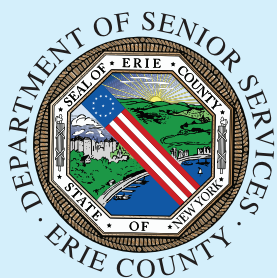


UNIVERSITY EXPRESS 2023



Lifelong Learning for Adults Age 55+



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES | NY CONNECTS

716-858-8526

FREE IN-PERSON & VIRTUAL CLASSES

ON CURRENT EVENTS, HISTORY, SCIENCE, THE ARTS, WELLNESS, & MORE!

erie.gov/seniorservices



ERIE COUNTY - WHERE OLDER ADULTS LIVE WELL



ERIE COUNTY SENIOR SERVICES - OUR MISSION IS TO SUPPORT YOUR HEALTH & WELLBEING!

Our team is here to help you find services to improve your quality of life, and provide assistance when you need it. Whether it's delicious healthy meals, transportation to a medical appointment or the grocery store, or if you want to connect with an exercise class - we can help. Or if you want to socialize, or simply have FUN with activities for self development & lifelong learning - Erie County Senior Services has something for you!

NUTRITION



- Stay Fit Dining program at participating senior centers
- Frozen meal pick up
- FREE nutrition counseling

WELLNESS



- Club 99 FREE exercise program
- University Express (UE) - FREE educational programs
- AmeriCorps Seniors RSVP volunteer program
- Choose Healthy workshops
- Aging Mastery program
- UE Book Club

CASE MANAGEMENT



- Insurance Counseling
- Transportation
- Home Care
- Family Caregiver Assistance



CALL US TODAY AT (716) 858-8526
erie.gov/seniorservices



Hello!

As I celebrate my one-year anniversary as Commissioner of Erie County Senior Services, I've been reflecting on all we have accomplished as a department.

One of my favorite programs is University Express! It brings people together for education and discussion. This semester we are excited to offer more Lunch & Learn style classes. Lunch & Learns are a wonderful way to have a nutritious meal, meet people, and be part of a community. Be sure to call ahead at least a week in advance to reserve your lunch and your spot in class.

This semester, I will be hosting "Cooking with the Commissioner." I love presenting in such a comfortable and informal setting. The attendees are engaged and ask great questions—and I love meeting new people! Come out and see me.

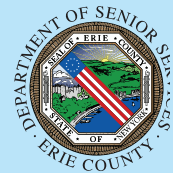
I'm also excited about our new UE Book Club! See our announcement below.

Just a reminder: you don't have to be a member at a host location to attend University Express! You can travel to any host location to attend a class.

Keep an eye out for our new passport booklet. You can track your class attendance and have a chance to win a prize at the end of the semester!



Angela Marinucci, Esq.
Commissioner
Erie County Department
of Senior Services



UNIVERSITY EXPRESS IS STARTING A BOOK CLUB! SAVE THE DATE



Our mission is simple - we want to read books that move us to think, open our minds, and lead us into interesting and important conversations.

The first virtual meeting of The Book Club will take place on April 24, 2023
and will be hosted by our own book-lover-in-chief,
Erie County Senior Services Commissioner
Angela Marinucci.

Watch our website (erie.gov/universityexpress) for more information...

TABLE OF CONTENTS

How To Register	5
Class Locations	6
Map of Locations	7
Class Listings By Topic	
Current Events	8
History	10
Humanities.....	16
Law & Finance.....	20
Natural Sciences	22
Science & Medicine	23
Wellness & Personal Enrichment.....	27
Technology.....	31

HOW TO REGISTER FOR A UNIVERSITY EXPRESS CLASS

1) Read through the catalog to see what interests you.

All University Express classes are free, either in-person or virtual using Webex. Virtual classes are marked with a computer  symbol. Some of the classes may be livestreamed on-site and/or recorded and posted on our website at a later date. Be sure to visit us at erie.gov/universityexpress regularly for the latest schedule and list of recordings!

2) Register for the classes that interest you.

Virtual Classes: Visit our website to register for the classes you want to virtually attend. You'll receive an email confirming your registration status after registering. You can call our office if you don't have internet access.

In-Person Classes: Call the location where the in-person class is offered and reserve your spot ahead of time. Some locations may be showing our virtual livestreams. Visit our website for their full schedules.

3) Make sure you have the right technology.

You can access the virtual classes from your smartphone, tablet, or computer. You may also phone in if you'd just like to listen to the presentation. Visit our website or call for more information.

4) Participate in the classes you registered for!

Virtual Classes: Once your registration is accepted, you'll receive email reminders before the class(es) start that you can join from. Visit our website for instructions on how to join a class.

In-Person Classes: Make sure you called the location ahead of time to register. Be sure to follow all safety guidelines at the location you are attending.

Website: erie.gov/universityexpress | **Phone:** 716-858-7605

CLASS LOCATIONS

1. Akron Senior Center

5691 Cummings Road
Akron 14001
Phone: 716-542-6645

2. Amherst Senior Center

370 John James Audubon Pkwy.
Amherst 14228
Phone: 716-636-3051

3. Autumnwood Senior Center

1800 Clinton Street
Buffalo 14206
Phone: 716-826-7895

4. Baptist Manor

276 Linwood Avenue
Buffalo 14209
Phone: 716-881-1120 ext. 5

5. Central Library

1 Lafayette Square
Buffalo 14203
Phone: 716-858-8900

6. Cheektowaga Senior Center

3349 Broadway
Cheektowaga 14227
Phone: 716-686-3930

**7. City of Tonawanda
Public Library**

333 Main Street
City of Tonawanda 14150
Phone: 716-693-5043

8. Clarence Senior Center

4600 Thompson Road
Clarence 14031
Phone: 716-633-5138

**9. Clemmon H. Hodges
Sr. Community Center**

86 Pine Street
Buffalo 14204
Phone: 716-847-8951

10. Concord Senior Center

40 Commerce Drive
Springville 14141
Phone: 716-592-2764

**11. Delavan Grider
Community Center**

877 E Delavan Avenue
Buffalo 14215
Phone: 716-896-7021

12. Eden Library

2901 E Church Street
Eden 14057
Phone: 716-992-4028

13. Elma Public Library

1860 Bowen Road
Elma 14059
Phone: 716-652-2719

**14. Grand Island
Golden Age Center**

3278 Whitehaven Road
Grand Island 14072
Phone: 716-773-9682

**15. Hamburg Senior
Community Center**

4540 Southwestern Blvd.
Hamburg 14075
Phone: 716-646-0665

16. Lancaster Senior Center

100 Oxford Avenue
Lancaster 14086
Phone: 716-685-3498

17. Orchard Park Senior Center

4520 California Road
Orchard Park 14127
Phone: 716-662-6452

18. Schiller Park Senior Center

2057 Genesee Street
Buffalo 14211
Phone: 716-895-2727

19. Tosh Collins Senior Center

35 Cazenovia Street
Buffalo 14220
Phone: 716-822-4532 ext. 0

**20. Town of Aurora
Senior Center**

101 King Street, Suite A
East Aurora 14052
Phone: 716-652-7934

**21. Town of Evans
Senior Center**

999 Sturgeon Point Rd
Derby 14047
Phone: 716-947-0974

**22. Town of Tonawanda
Senior Center**

291 Ensminger Road
Tonawanda 14150
Phone: 716-874-3266

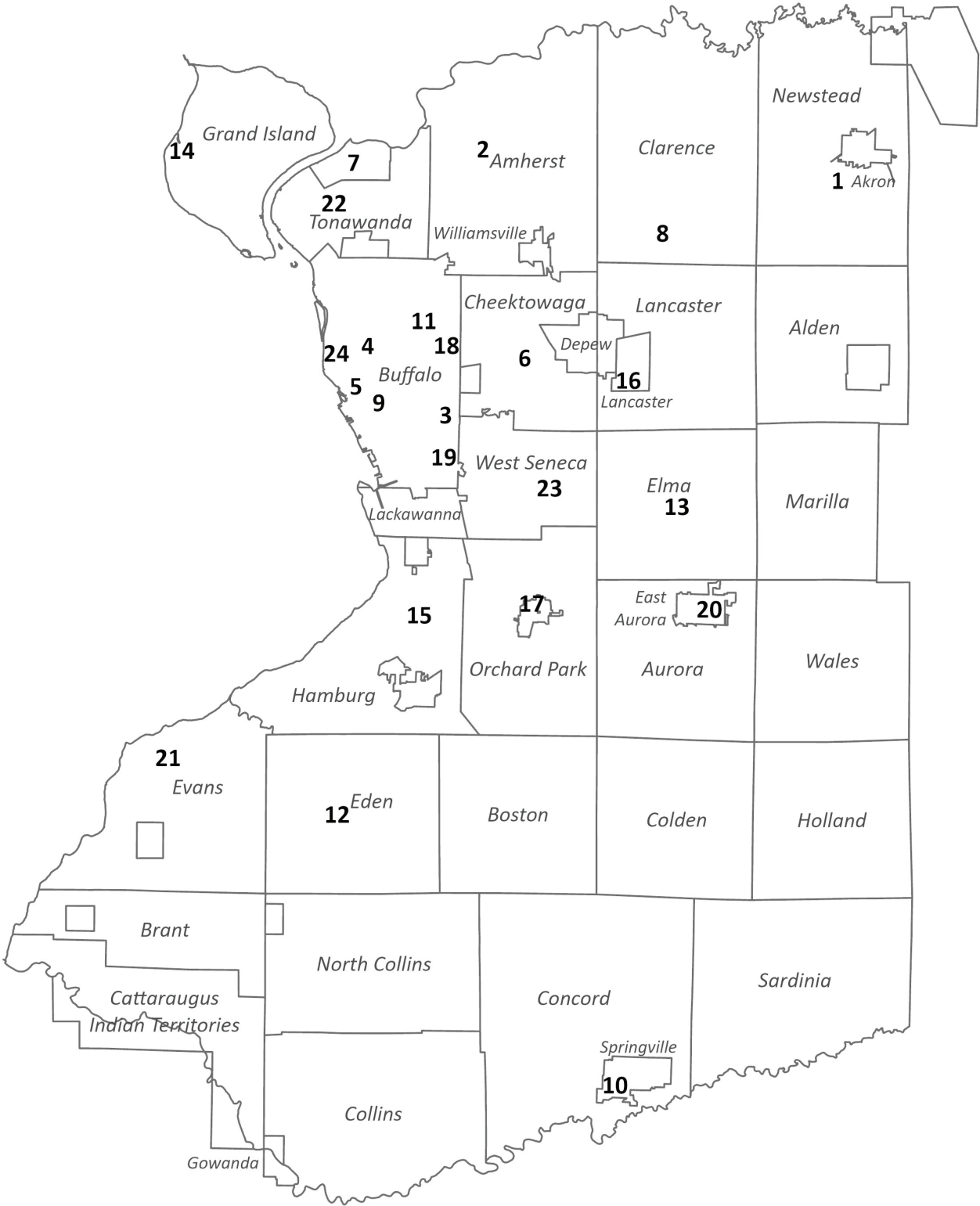
23. West Seneca Senior Center

4620 Seneca Street
West Seneca 14224
Phone: 716-675-9288

24. West Side Community Services

161 Vermont Street
Buffalo 14213
Phone: 716-884-6616

Map of Class Locations



CURRENT EVENTS

Smart Decisions in Down Markets

Only two things are certain with the stock market: it will always go up...and it will always go down. How you manage bear-markets may be even more important than bulls. Come join us as we discuss how to stay disciplined and not panic when markets are down.

Instructor: Adam Goldfarb, Branch Manager, RJFS; Chief Sustainability Officer, Goldfarb Financial

Monday, May 22 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, June 23 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, June 29 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Senior Services: Pathway to Making Your 60+ Years AWESOME!

Join us to learn about all the many programs and services available to the older adult community in Erie County. Trust us, there's something for everyone!

Instructor: Moira Mycio, MSW, Assistant Long Term Care Coordinator, Erie County Department of Senior Services

Tuesday, May 2 1 p.m.

Akron Senior Center, 542-6645 to register

Friday, May 19 1 p.m.

Clarence Senior Center, 633-5138 to register

Monday, June 5 1 p.m.

West Seneca Senior Center, 675-9288 to register

Thursday, June 15 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

The Sun, the Moon, & YOU!

A total solar eclipse is coming to Western New York on Monday, April 8th, 2024. During this once-in-a-lifetime event, Erie County will be shrouded in darkness for almost 4 minutes. Learn about the celestial mechanics that make a solar eclipse happen, what you can expect to see on Earth, and how to view it safely.

Instructor: Penn Dixie Fossil Park & Nature Reserve

Friday, May 19 2 p.m.

Amherst Senior Center, 636-3051 to register

On the Horizon in Buffalo & Erie County: Tourism, Conventions & Amateur Sports

We've been energizing the entire city by restoring our historic architecture, expanding our cultural attractions, revitalizing our neighborhoods and diversifying our culinary scene. And when it comes to sports - Buffalo's got a serious game! There's never been a better time to see Buffalo - join us to learn more!

Instructor: Patrick Kaler, President / CEO, Visit Buffalo Niagara

Thursday, June 15 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Wednesday, July 12 2 p.m.

Amherst Senior Center, 636-3051 to register

Balancing the Middle East: Iran & Saudi Arabia

We'll discuss the history of Iranian influence in the region and how the balancing act of the United States between Iran and Saudi Arabia contributes to policy implementation.

Instructor: Faizan Haq, Communication Department Faculty, SUNY Buffalo State; Founding President, Western New York Muslims

Thursday, May 18 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, July 10 2 p.m.

Amherst Senior Center, 636-3051 to register

Lies, Damn Lies, & Statistics

Hardly a day goes by that we are not bombarded by statistics. Clever advertisers and policy advocates use them to sell us something or get us to back a policy they are pushing. This course presents a number of examples and suggests ways to detect the inappropriate use of statistics.

Instructor: Kevin R. Hardwick, PhD, Erie County Comptroller

Monday, June 5 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Tuesday, June 20 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

CURRENT EVENTS

Composting is the Next Big Thing

Composting is a form of recycling, a natural way of returning needed nutrients to the soil. Let's talk about how to turn your spoils into soil and make it community wide.

Instructors: Amy Alduino, Senior Environmental Scientist; Gary Carrel, Solid Waste Recycling Specialist, Erie County Department of Environment & Planning

Thursday, May 18 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, June 7 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Tuesday, June 13 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, July 13 1:30 p.m.

Eden Library, 992-4028 to register

Let's Talk Buffalo Sports!

Veteran local sports media members Budd Bailey and Stu Boyer are ready to give opinions, answer questions, and tell stories about local professional sports. You'll learn a lot and laugh a lot during their presentation.

Instructors: Budd Bailey, Former Sports Writer; Editor, The Buffalo News; Stu Boyer, Former Channel 2 Sportscaster

Tuesday, May 23 10 a.m.

Clemmon H. Hodges Sr. Community Center, 847-8951 to register

Thursday, July 20 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

All Things Travel with AAA

Learn about current travel trends, safety information, and day-trip locations to view beautiful WNY in spring and summer.

Instructor: Corporate Communications Specialist, AAA Western & Central New York

Wednesday, May 10 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, June 29 4 p.m.

Amherst Senior Center, 636-3051 to register

Tuesday, July 18 5:30 p.m.

Clarence Senior Center, 633-5138 to register

The History of Juneteenth

Learn about the historical significance of Juneteenth and what meaning it holds today. We'll also talk about events that are taking place in our community this June.

Instructor: JoAnn C. Peters, Historian; Juneteenth Festival Board of Directors

Friday, May 5 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Protecting Water at Its Source

Learn what the Buffalo Niagara Waterkeeper is doing to protect the sources of streams and rivers that serve as a filter for drinking water flowing into Lake Erie, the Niagara River, and Lake Ontario. By preserving this critical acreage, the health of the entire region will be protected for future generations.

Instructor: Jeanne Beiter, Senior Program Manager, Buffalo Niagara Waterkeeper

Tuesday, May 9 4 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, May 11 2 p.m.

Elma Public Library, 652-2719 to register

The Facts About Marijuana

We'll discuss the new marijuana law, the various forms of marijuana, differences between CBD and THC, and the benefits and dangers associated with each. With shops popping up on every corner, we'll also discuss how to know if what they're selling is safe and legal.

Instructor: Yessica Amezcuita, Outreach Aide, Erie County Department of Health

Friday, May 5 10 a.m.

Akron Senior Center, 542-6645 to register

Monday, May 15 1 p.m.

West Seneca Senior Center, 675-9288 to register

Tuesday, June 6 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

I've attended many University Express Classes and I find all topics to be extremely interesting. It's amazing to find how knowledgeable the chosen speakers are! Also, I find it's a great way to meet new people who attend the classes.

Claudette M.

CURRENT EVENTS

The Opioid Epidemic & Narcan

Learn about the state of the opioid epidemic in our community and nationally. You'll also be trained on how to use Narcan and leave with a supply of it.

Instructor: Cheryll Moore, Medical Care Administrator, Erie County Department of Health

Thursday, June 22 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, June 27 2 p.m.

Amherst Senior Center, 636-3051 to register

An Open Conversation About Diversity in WNY

We will be addressing misconceptions about refugees and immigrants, and immigration. Bring your questions.

Instructor: May Shogan, Director of International Exchanges & Education, International Institute of Buffalo

Monday, May 1 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Artificial Intelligence (AI)

All of a sudden AI is everywhere, but what exactly is it? Learn how it works, the applications, and the known pros and cons.

Instructor: David Stott, Junior Information Security Analyst, Erie County

Friday, June 30 2 p.m.

Amherst Senior Center, 636-3051 to register

The "Cloud"

Simply put, the cloud is the Internet. More specifically, it's all the things you can access remotely over the Internet. This class explains the cloud and how it works.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

Wednesday, May 3 11 a.m.

West Seneca Senior Center, 675-9288 to register

HISTORY

Edison. Tesla. The Myths. The Truth.

Discover how fictitious and hyperbolic mythologies have developed around Edison and Tesla with the advent of the Internet. Uncover the distinction between reality and contrivance about scientific contributions that have impacted the entire world.

Instructor: Francis S. Lestingi, PhD, Professor Emeritus of Physics & History of Science, University at Buffalo

Tuesday, May 9 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Erie County Park History

Learn the history of the 5 main heritage parks of Erie County's Parks System! Including Chestnut Ridge, Emery, Ellicott Creek, Como Lake, and Akron Falls parks.

Instructor: Erie County Parks, Recreation & Forestry

Monday, May 15 1 p.m.

Akron Senior Center, 542-6645 to register

Pan-O-Rama: Buffalo's Pan-American Exposition

The "Pan" was a defining moment for Buffalo and WNY. It was a showcase of technology and progress, but what would a visitor to the Pan-Am have experienced? Join us to find out!

Instructor: Douglas Kohler, Erie County Historian

Tuesday, May 16 6 p.m.

Amherst Senior Center, 636-3051 to register

Monday, June 5 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 13 5:30 p.m.

Akron Senior Center, 542-6645 to register

Presidents in Buffalo: More Unusual & Unknown Stories

Considering Buffalo's rich and unique Presidential history, you will be surprised at how many unusual, unknown, and even weird stories abound. Some may be controversial; others "believe it or not."

Instructor: Bren Price, Retired Educator; Trustee, Buffalo Presidential Center; Explore Buffalo Master Docent

Thursday, June 8 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Saturday, June 10 11 a.m.

Central Library, 858-8900 ext. 2 to register

Thursday, July 13 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Fireboat Edward M. Cotter: A National Historic Landmark & Oldest Active Fireboat

While the main focus of this program is on the history of The Fireboat Cotter, we will also share a brief history of all of Buffalo's Fireboats through the years

Instructor: Ron Endle, President, Fireboat E. M. Cotter Conservancy, Inc.; President, Western New York Retired Firefighters Association; Board of Directors, Buffalo Fire Historical Society

Monday, May 1 1 p.m.

Town of Evans Senior Center, 947-0974 to register

Thursday, May 11 4 p.m.

Amherst Senior Center, 636-3051 to register

Tuesday, May 16 1 p.m.

Autumnwood Senior Center, 826-7895 to register

Thursday, June 8 1:30 p.m.

Eden Library, 992-4028 to register

Friday, June 9 1:15 p.m.

Akron Senior Center, 542-6645 to register

Monday, June 19 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 20 6 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, June 21 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Untold Stories of the Underground Railroad in Buffalo, NY

Expand your understanding of the Resistance Movement against slavery and the pivotal role members of the Buffalo community had in that struggle through the Underground Railroad.

Instructor: Lillie Wiley-Upshaw, Chair, Michigan Street African American Heritage Corridor; Chair, Buffalo Niagara Freedom Station Coalition

Wednesday, May 3 2 p.m.

Amherst Senior Center, 636-3051 to register

Friday, June 2 11 a.m.

Delavan Grider Community Center, 896-7021 to register

200 Years on the Erie Canal

The first Erie Canal, which opened in 1825, gave way to an Enlarged Erie Canal through the 1800s. In the 1900s, this gave way to the Barge Canal, today's Erie Canal.

Instructor: Mary Durlak, Member, The Canal Society of New York State; Writer; Retired Editor, Buffalo State

Tuesday, May 2 4 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, May 11 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Friday, May 19 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register.

The Eruption of Mount St. Helens Volcano

On March 27, 1980, a series of volcanic explosions and pyroclastic flows began at Mount St. Helens in Skamania County, Washington, United States. A major explosive eruption took place on May 18, 1980.

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School

Wednesday, May 17 1 p.m.

Town of Aurora Senior Center, 652-7934 to register.

Thursday, June 1 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Tuesday, June 27 1 p.m.

Clarence Senior Center, 633-5138 to register

The Birth of the Steel City: Bethlehem's Lackawanna Plant

Hear the story of how the 4th largest steel plant in the country came to the shores of Lake Erie, and explore the legacy of Bethlehem Steel in Lackawanna.

Instructor: Eileen Healy, Explore Buffalo Docent

Thursday, June 8

6 p.m.

Lancaster Senior Center, 685-3498 to register

Saving Buffalo Baseball: The 1956 Buffalo Bisons

Come relive the critical year when our community purchased the ball club! We'll also discuss the importance of signing Luke Easter, thus integrating the squad for the first time since 1888.

Instructor: Howard Henry, Member, Society for American Baseball Research

Thursday, June 22

4 p.m.

Amherst Senior Center, 636-3051 to register

Women in the Civil War

We'll discuss two extraordinary women who posed as men and saw combat during the Civil War. You'll learn about their experiences and about others who were medical providers and spies.

Instructor: Ed Brodbeck, Reenactor, Impressionist History: Civil War – World War II

Monday, June 5

1 p.m.

Town of Evans Senior Center, 947-0974 to register

History of North Tonawanda Amusement Companies

Join the Herschell Carrousel Factory Museum for a history of the four North Tonawanda Amusement Companies, their products, and the legacy they left behind.

Instructor: Marissa Seib, Education Coordinator, Herschell Carrousel Factory Museum

Monday, May 8

1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, July 14

2 p.m.

Amherst Senior Center, 636-3051 to register

The Early 1800s in Buffalo

Learn more about the extraordinary people who influenced the history, commerce, and culture of WNY during the early 1800s. We'll also discuss the creation of the Buffalo Harbor and the Erie Canal, along with Buffalo's role in the War of 1812.

Instructor: Rick Falkowski, Author; Lecturer; Founder, Buffalo Music Hall of Fame

Friday, June 9

2 p.m.

Amherst Senior Center, 636-3051 to register

Tuesday, June 20

1 p.m.

Clarence Senior Center, 633-5138 to register

Discovering Buffalo, One Street at a Time

Did you ever wonder how streets get named? Who was Mr. Goodell? What does Cordage Alley have to do with Great Lakes Shipping? Learn about how our local history is written on our street signs and about some of the people who gave their names to our streets.

Instructor: Angela Keppel, Blog Author – Discovering Buffalo, One Street at a Time; Urban Planner, Buffalo Place

Thursday, May 4

1 p.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Thursday, May 18

6 p.m.

Amherst Senior Center, 636-3051 to register

Wednesday, June 7

12:15 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Friday, June 16

1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, June 28

10:30 a.m.

Schiller Park Senior Center, 895-2727 to register

Tuesday, July 11

10 a.m.

Clemmon H. Hodges Sr. Community Center, 847-8951 to register

Monday, July 24

1 p.m.

Town of Evans Senior Center, 947-0974 to register

Planes, Pianos, & Paraphernalia

Learn about the little corner of the City of Buffalo known as Black Rock and Riverside that has been home to some major industries - some you would never have expected.

Instructor: Mary Ann Kedron, MBA, PhD, BOD Black Rock Historical Society

Wednesday, May 10 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, May 25 12:15 p.m.

Baptist Manor, 881-1120 ext. 5 to register

World Class Architecture: Buffalo and the World's Greatest Architects

From Frank Lloyd Wright to E.B. Green, Buffalo's architectural gems draw interest world-wide. Join us on a tour of WNY's architectural wonders.

Instructor: Douglas Kohler, Erie County Historian

Wednesday, June 7 6:30 p.m.

Elma Public Library, 652-2719 to register

Thursday, June 15 6 p.m.

Lancaster Senior Center, 685-3498 to register

Wednesday, July 12 12:15 pm

Baptist Manor, 881-1120 ext. 5 to register

Vietnam: From Combat to Cooperation

Fifty years ago, American troops fought Vietnamese guerilla fighters. The two countries now are linked in many ways. We'll travel from Hanoi in the north to Saigon in the south, stopping at Hué, Dalat, and other fascinating cities.

Instructor: Claude Welch, PhD, SUNY Distinguished Services Professor Emeritus, University at Buffalo

Thursday, May 4 10:30 a.m.

The Mystique of South Buffalo

Learn about the remains of a Native American burial ground, the lore of the underground railroad and the beauty of an Olmsted designed park, all in a multicultural neighborhood.

Instructor: Marla Bujnicki, Preservation Buffalo Niagara (PBN) & Forest Lawn certified Master Docent

Friday, May 5 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

History of US Battleships

Learn how battleships went from the most important ship in the Navy to serving in a diminished capacity as technology changed. Different classes of battleships will be discussed with the changes to each class.

Instructor: Shane Stephenson, Director of Museum Collections, Buffalo & Erie County Naval & Military Park; Owner, Archives in the Buff

Monday, May 8 1 p.m.

Town of Evans Senior Center, 947-0974 to register

Thursday, May 4 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, June 14 1 p.m.

Akron Senior Center, 542-6645 to register

The Sinking of the Edmund Fitzgerald

Forty-three years ago on November 10, a terrible storm on Lake Superior sank a freighter called the Edmund Fitzgerald. All 29 men aboard the ship perished. Learn about the sinking and the song written to commemorate this historic event.

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School

Wednesday, May 3 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Thursday, May 25 1:30 p.m.

Eden Library, 992-4028 to register

Friday, June 30 1 p.m.

Lancaster Senior Center, 685-3498 to register

The Dirty Story Behind the Birth of Four Architectural Treasures

Join us to examine the complex relationship among four giants in American history (John Larkin, Elbert Hubbard, Darwin Martin, and Frank Lloyd Wright). Learn how they all intersect around the turn of the 19th to 20th century in Buffalo, New York.

Instructor: Alan Nowicki, Program Director, Roycroft Campus

Monday, May 22 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Wednesday, May 24 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Celebrating Grant "Home Run" Johnson

Grant Johnson, an African American baseball player, belongs in the National Baseball Hall of Fame. In addition to his talents on the field, he was also a gifted singer and a mentor to young men.

Instructor: Howard Henry, Member, Society for American Baseball Research

Friday, May 12 11 a.m.

Delavan Grider Community Center, 896-7021 to register

US War Production During World War II

Learn how the US created the largest and most complex building program the world has ever seen and how this program overwhelmed the Axis powers with material.

Instructor: Shane Stephenson, Director of Museum Collections, Buffalo & Erie County Naval & Military Park; Owner, Archives in the Buff

Wednesday, May 31 1:30 pm

Orchard Park Senior Center, 662-6452 to register

Who Was Who on the Avenue

Step back in time to when the Park Lane was a private mansion on Gates Circle, Liberace was gaining popularity courtesy of the 31 Club, and the Cloister Restaurant was the place to be seen while you waited for a table!

Instructor: Marla Bujnicki, Preservation Buffalo Niagara (PBN) & Forest Lawn Certified Master Docent

Thursday, May 25 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Friday, June 2 2 p.m.

Amherst Senior Center, 636-3051 to register

Remembrances of the Civil War

Judy Buzby will take on the voice and costume of her Great Great Aunt Harriet to tell you of Hatties' remembrances of the exciting events that occurred during the Civil War.

Instructor: Judy Chapin Buzby, RN, MSN, Retired Professor of Nursing, Niagara County Community College

Wednesday, May 17 2 p.m.

Amherst Senior Center, 636-3051 to register

Russian & Turkish Authoritarianism: A Historical Comparison

Both Russia and Turkey have strong authoritarian institutions from their centuries-old imperial histories to their modern political structures. Explore how both nations' authoritarian traditions have grappled with westernization and unique cultural markers.

Instructor: Mustafa Gökçek, PhD, Professor, History Department; Director, MA-Interdisciplinary Studies, Niagara University

Monday, May 22 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register.

History of the Buffalo Mafia

Let's examine all things Cosa Nostra! We'll explore the crime organization's formation in Sicily, its emergence in Western New York, and its demise as the 20th century ended.

Instructor: Lee Coppola, Retired Print & Television Reporter; Former Assistant United States Attorney; Former Journalism School Dean

Wednesday, May 10 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Friday, May 19 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Wednesday, May 31 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Thursday, June 8 2 p.m.

Amherst Senior Center, 636-3051 to register

Tuesday, June 20 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, July 7 1 p.m.

Lancaster Senior Center, 685-3498 to register

Famous Women of Forest Lawn

Many women of power and influence reside in Buffalo's Forest Lawn Cemetery. Hear the inspirational stories of important historic heroines like Margaret St. John, Kathleen Howard, and Shirley Chisholm.

Instructor: Laura L. Fitzgerald, Historian

Friday, May 5 2 p.m.

Amherst Senior Center, 636-3051 to register

Monday, July 10 1 p.m.

Town of Evans Senior Center, call 947-0974 to register

Coast Guard History: How September 11th Shaped the Modern-Day Coast Guard

Our lesson will start in 1790 when an act of Congress created what we now know as the Coast Guard. We'll then focus on the Coast Guard's coordinated efforts of merchant ships, tugboats and ferries to help evacuate victims and deliver supplies in the days following the September 11th attacks through present time.

Instructor: Andre Clansy, Lieutenant Junior Grade, U.S. Coast Guard

Friday, May 19 2 p.m.

Akron Senior Center, 542-6645 to register

Thursday, May 25 2 p.m.

Amherst Senior Center, 636-3051 to register

History of Buffalo Roadways: From Footpaths to Roundabouts

We'll journey through the history of Buffalo transportation leaders and roadway styles. We'll cover names and styles that include Joseph Ellicott, Frederick Law Olmsted, the expressway era, and the modern roundabout.

Instructor: Kenneth Kuminski, Retired Professional Engineer, New York State Department of Transportation

Saturday, July 29 11 a.m.

Central Library, 858-8900 ext. 2 to register

The Making of the Nikola Tesla Legacy Corridor in WNY

More than a century ago, Buffalo became the first city on the planet to be powered by AC electricity through the genius of Nikola Tesla. Learn about the group that created the Nikola Tesla Legacy Corridor right here in Western New York—the epicenter of Tesla's work!

Instructor: Francis S. Lestingi, PhD, Professor Emeritus of Physics & History of Science, University at Buffalo

Thursday, July 13 2 p.m.

Amherst Senior Center, 636-3051 to register

Banking in Buffalo

Did you know Buffalo has a rich history in banking? Learn about individuals who forged Buffalo's economy and created banking institutions that helped make Buffalo prosperous and inventive. Buffalo's beautiful bank buildings are part of our architectural assets and admired around the world.

Instructor: Debra Hall-Stonish, Explore Buffalo Docent

Tuesday, June 6 6 p.m.

Amherst Senior Center, 636-3051 to register

Friday, June 2 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

A History of Forest Lawn Cemetery & Some of its Prominent Residents

We'll share a brief history of Buffalo's Forest Lawn Cemetery as well as some stories of its most interesting "permanent residents."

Instructors: Laura L. Fitzgerald, Historian; Marla Bujnicki, Preservation Buffalo Niagara (PBN) & Forest Lawn Certified Master Docent

Monday, June 19 1 p.m.

Town of Evans Senior Center, 947-0974 to register

A Short History of the Roycroft Campus

Working in the late nineteenth century, soap salesman, Elbert Hubbard became a catalyst for the Arts & Crafts movement in America. He is most well-known as the forefather of the Roycroft Artisan Community in East Aurora. Come hear the stories of the rise, fall, and rebirth of this National Historic Landmark called the Roycroft Campus.

Instructor: Alan Nowicki, Program Director, Roycroft Campus

Tuesday, May 9 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

*University Express is a great program!
Everyone should attend!*

Linda M.

Buffalo's Murals

In the last several years, there has been an explosion of murals in Buffalo. They come in all shapes and sizes and are all over the region.

Instructor: Margaret Logan, Explore Buffalo Docent

Wednesday, May 3 6:30 p.m.

Elma Public Library, 652-2719 to register

Scribblin' for a Livin': Mark Twain's Pivotal Period in Buffalo

In August 1869 33-year-old Mark Twain moved to Buffalo. This illustrated presentation is based on Tom Reigstad's study of Twain at a critical juncture of his career and shares entertaining details of Twain's domestic, social and professional life in Buffalo during his 17-month residency and beyond.

Instructor: Thomas J. Reigstad, PhD, Emeritus Professor of English, SUNY Buffalo State College

Thursday, May 25 2 p.m.

Elma Public Library, 652-2719 to register

Saturday, June 24 11 a.m.

Central Library, 858-8900 ext. 2 to register

Thursday, July 20 2 p.m.

Amherst Senior Center, 636-3051 to register

Graycliff: Isabelle & Darwin Martin's Frank Lloyd Wright Designed House on Lake Erie

Graycliff is a story about a wealthy businessman's ambition of building a breezy summer retreat for his family, a woman's steadfast influence in an otherwise male-dominated society, an acclaimed architect on the downward slope of his career, and a country on the brink of a financial crisis that threatened to extinguish it all. This fascinating story is one you won't want to miss!

Instructor: Graycliff Docent

Tuesday, May 30 6 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, June 14 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

The Art of Journaling

Journaling is a great way to manage stress, strengthen memory and track progress and goals. But how do you start? In this seminar, we'll examine different journaling styles so you can decide which one is right for you.

Instructor: Jennifer Johnson, Owner, New Sky Coaching

Monday, May 22 1 p.m.

West Seneca Senior Center, 675-9288 to register

Traveling the Holy Land: Modern & Historic Israel

The bustle of modern cities contrasts with the quiet of historic sites – silent mountain fortresses, restored Roman amphitheatres and harbors, sites sacred to Christians, Muslims, and Jews, and people of many backgrounds.

Instructor: Claude Welch, PhD, SUNY Distinguished Services Professor Emeritus, University at Buffalo

Thursday, June 8 10:30 a.m.

Dolls & Society

Join us for a discussion on all things dolls - doll collecting, doll making, and how dolls have historically impacted society over the decades.

Instructor: Lisa Jacobs-Watson, Local Doll Curator

Tuesday, June 20 10 a.m.

Clemmon H. Hodges Sr. Community Center, 847-8951 to register

Three Identical Strangers

Based on the movie of the same name, learn the story of adopted siblings who found each other after being separated for almost 20 years.

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School

Monday, May 15 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Thursday, May 18 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Wednesday, May 31 10:30 a.m.

Akron Senior Center, 542-6645 to register

Wednesday, June 28 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Let's Get Writing: BOOK IT!

The writing process can look different for everyone. Here we'll talk about finding inspiration and starting to conduct research. We'll walk through my journey with the *Orphans and Inmates* series to make the process come alive.

Instructor: Rosanne L. Higgins, PhD, Department of Anthropology, University at Buffalo

Thursday, June 1

6 p.m.

Amherst Senior Center, 636-3051 to register

Silo City

Buffalo was once known as the Grain Milling and Malting Capital of the World. Learn about this time in history and what is happening now to transform some of Buffalo's flour mills and grain storage silos.

Instructor: Harry Meyer, Docent & Lecturer of WNY History & Architecture

Thursday, July 6

10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Art Therapy

Art can be a very powerful therapeutic tool. Learn how it can enhance one's well-being and quality of life.

Instructor: Kris Crosson, LCAT, ATR-BC, Art Therapist, Hospice & Palliative Care Buffalo

Tuesday, June 20

 **10:30 a.m.**

My Career as a Buffalo Radio Journalist

Over a 56-year career, John Zach worked with many of the giants of the industry. His career also spawned relationships and associations with some unlikely individuals including: the convicted Texas Chainsaw Killer and daredevil Evel Knievel.

Instructor: John Zach, Retired Buffalo Broadcast Journalist; Author

Wednesday, May 17

1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Thursday, June 1

2 p.m.

Amherst Senior Center, 636-3051 to register

Monday, June 12

1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, June 15

2 p.m.

Elma Public Library, 652-2719 to register

The Legacy of Jazz Legends in WNY

Grover Washington, Dodo Green, Al Tinney, Duke Ellington, Count Basie, and more. Listen to George Scott, a legend in his own right, as he tells the stories of Jazz Legends, their time spent in Buffalo and the legacy they left behind.

Instructor: George Scott, Former President, Colored Musicians Club; Chairman, Michigan Street African American Heritage Corridor Commission

Tuesday, May 16

1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Friday, June 2

11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Tuesday, June 13

1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Tuesday, July 11

11 a.m.

Schiller Park Senior Center, 895-2727 to register

Malaysia, Truly Asia

No other country has Asia's three major races, Malay, Chinese, Indian, plus various other ethnic groups in large numbers. Nowhere is there such an exciting diversity of cultures, festivals, traditions and customs, offering countless experiences.

Instructor: Lai Yeng Bajus, MS, RD, CDN, Dietitian Consultant, Erie County Department of Senior Services

Thursday, June 22

2 p.m.

Amherst Senior Center, 636-3051 to register

Telling Stories Through Travel Photography

Learn photography tips when traveling and how to document your travels through photo albums, photo books, or online sharing services. We'll also get to view some of John's personal travel photography from around the world!

Instructor: John Harrigan, PhD, Professor, SUNY Erie

Wednesday, May 31

1 p.m.

Autumnwood Senior Center, 826-7895 to register

Wednesday, June 7

10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Monday, June 12

1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Thursday, June 29

2 p.m.

Amherst Senior Center, 636-3051 to register

Tango with the Buffalo Philharmonic Orchestra's Newest Conductor

Learn about Fernanda Lastra's journey to the BPO and her passionate advocacy for the music of South America and her homeland of Argentina, especially the Tango. She will discuss how her education and love of Tango influence her.

Instructor: Fernanda Lastra, Buffalo Philharmonic Orchestra

Friday, July 7 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Buffalo Scandals: The Unsolved Murders of Linden, NY

A short trip down the I-90 takes you to a usually peaceful place - a small hamlet of Linden, NY where 5-6 horrific murders took place from 1917 to 1924 that remain unsolved to this day! Nearly 100 years later, some regional historians and detectives believe they have uncovered evidence that could help solve these murders, which continue to fascinate and intrigue today. Join us to learn the story, and see where the evidence takes us!

Instructor: Ryan Gadzo, MPA, Research Analyst, Erie County Department of Senior Services

Wednesday, May 3 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, May 18 2 p.m.

Elma Public Library, 652-2719 to register

Saturday, May 20 11 a.m.

Central Library, 858-8900 ext. 2 to register

Tuesday, May 23 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Wednesday, June 7 1 p.m.

Akron Senior Center, 542-6645 to register

Monday, June 19 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Tuesday, June 27 2 p.m.

Eden Public Library, 992-4028 to register

Friday, June 30 1 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, July 12 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Music & Memories

Take a trip down memory lane with us. We'll listen to and discuss hits from the 50s, 60s, and 70s, and reminisce together.

Instructor: Richard Derwald, Musician; Author

Thursday, May 4 2 p.m.

Elma Public Library, 652-2719 to register

Thursday, May 18 2 p.m.

Amherst Senior Center, 636-3051 to register

Wednesday, May 24 10:30 a.m.

West Side Community Services, 884-6616 to register

Monday, June 5 1 p.m.

Autumnwood Senior Center, 826-7895 to register

Thursday, June 15 2 p.m.

Eden Library, 992-4028 to register

Tuesday, June 27 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Friday, July 14 11:30 am

Tosh Collins Senior Center, 822-4532 ext. 0 to register

The Development of the Hero From Odysseus to Harry Potter

In this class we'll examine the development of the hero from ancient times to the present. Three basic phases will be discussed: The classical hero, the modern hero, and the contemporary hero.

Instructor: Robert Butler, PhD, Emeritus Professor of English, Canisius College

Tuesday, June 20 1 p.m.

Clarence Senior Center, 633-5138 to register

Buffalo Suzuki Strings Concert

The Suzuki method, taught at Buffalo Suzuki Strings since 1969, offers instrument instruction for violin, viola, cello, piano, classical guitar, and harp. On this one special night, under the direction of Founder & Music Director Mary Cay Neal, their very best musicians will share their gift of music with us. Grandchildren are welcome to attend this community concert! *Please RSVP as soon as possible, as space is limited and the event will reach capacity quickly.

Instructor: Buffalo Suzuki Strings

Tuesday, May 23 6 p.m.

Amherst Senior Center, 636-3051 to register

Cults, Sects, Marginal Religious Groups in American History

Exclusive, narrowly-focused social groups with aberrant social and/or theological ideologies are surprisingly common throughout American history. Why do people join such organizations? Describing some representative groups from different historical periods, this talk provides some answers to that question.

Instructor: Phillips Stevens, PhD, Emeritus Professor of Anthropology, University at Buffalo

Wednesday, May 31 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Hidden Women Artists: The Reveal

Fifty percent of the world's female artists got ignored, diminished, or had their works attributed to men! You'll recognize names like Mary Cassatt who was refused Salon (Art School in Paris) lessons, and discover some surprises such as a presidential portrait painted by a female but attributed to her husband!

Instructor: Jean Serusa, BS/MS, Certified NYS Art Educator

Wednesday, May 10 12:15 pm

Baptist Manor, 881-1120 ext. 5 to register

Friday, May 12 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Friday, June 23 1 p.m.

Lancaster Senior Center, 685-3498 to register

The Buffalo AKG Art Museum

Calling all art lovers! The Buffalo AKG Art Museum, formerly known as the Albright-Knox Art Gallery, is set to reopen at the end of May 2023 after a huge expansion and development project—and we are giving you the inside scoop. Join us to learn about the museum's world renowned collection of modern and contemporary art, specific exhibits, and events.

Instructor: Buffalo AKG Art Museum

Wednesday, June 7 2 p.m.

Amherst Senior Center, 636-3051 to register

Great American Poets

America has produced some of the most well-known and read poets in the world, such as Mary Oliver, Robert Frost, William Carlos Williams, and Charles Dickens. The works of these poets have been so influential and powerful that their poems literally define poetry for many. If you are an expert poet or a novice - this class is for you!

Instructor: Jim Banko, Retired English Teacher, Buffalo Public Schools

Wednesday, May 17 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Images of Freedom

What comes to mind when you think of freedom (or lack thereof) in art imagery and iconic symbols? We'll review the process of American freedom, after looking at what inspired liberty around the world.

Instructor: Jean Serusa, BS/MS, Certified NYS Art Educator

Monday, May 22 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Understanding Non-Verbal Communication

Since nonverbal communication (or body language) is such a natural part of our everyday lives, join us to learn how to interpret it, which can greatly improve your relationships and your understanding of other people.

Instructor: John Harrigan, PhD, Professor, SUNY Erie

Wednesday, May 17 12:15 p.m.

Baptist Manor, call 881-1120 ext. 5 to register

Photography's Invention & Prehistory with The CEPA Gallery

We'll look at the developments leading up to the invention of photography and the first pictures. You'll also learn about Buffalo's own CEPA Gallery - or the Center for Exploratory and Perceptual Arts and all it has to offer.

Instructor: Nate Ely, Education Director, CEPA Gallery

Monday, May 15 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, June 15 2 p.m.

Amherst Senior Center, 636-3051 to register

Help Paying for Prescription Medications

Prescription costs could be a major expense for individuals. This class will identify the various programs available to help cover the cost of prescription drugs.

Instructor: Bill Daniels, Coordinator of Insurance Outreach & Counseling, Erie County Department of Senior Services

Wednesday, May 10 2 p.m.

West Seneca Senior Center, 675-9288 to register

Wednesday, May 17 1 p.m.

Clarence Senior Center, 633-5138 to register

Tuesday, July 11 2 p.m.

Eden Library, 992-4028 to register

Wednesday, July 19 10:30 a.m.

West Side Community Services, 884-6616 to register

A Guide for Basic Estate Planning

A primer on Last Will and Testament, Power of Attorney, Health Care Proxy documents and asset protection for long term care. It's a class you won't want to miss!

Instructor: Linda Stravalaci Gear, Esq., Attorney at Law

Monday, May 15 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Wednesday, June 7 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Guardianship 101: Article 81 Basics

This presentation will provide the basics on Mental Hygiene Law #81 (MHL 81), how it works, and what's required of a person who is appointed as an Article 81 Guardian

Instructors: Brad Loliger, Esq. & Christopher Phillips, Esq., Staff Attorneys, Center for Elder Law & Justice

Thursday, July 6 10:30 a.m.

Identity Theft & Credit

Let's talk about ways to ensure your identity is protected and what exactly goes into your credit score.

Instructor: Jennifer Andres, Director of Consumer Protection, Erie County

Monday, June 5 1 p.m.

Akron Senior Center, 542-6645 to register

Navigating Medical Bills & Insurance

Learn what options and support you have when it comes to understanding medical bills and addressing denials of coverage.

Instructor: Center for Elder Law & Justice

Monday, May 8 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, July 5 2 p.m.

Amherst Senior Center, 636-3051 to register

How to Ask Correct Financial Questions to Empower Yourself

Get tips on how to ask the correct questions to a Financial Advisor in order to keep your retirement goals intact.

Instructor: Les Robinson, Financial Advisor, CLTC; Author

Friday, June 2 1 p.m.

Lancaster Senior Center, 685-3498 to register

Veterans, Do You Know What You're Supposed to be Getting?

Find out about the federal, state, and local benefits which veterans, current service members, and their families may be eligible. We'll also cover additional benefits that the VA is now offering.

Instructor: Erie County Veterans Service Agency

Friday, June 2 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Tuesday, June 13 1 p.m.

Clarence Senior Center, 633-5138 to register

Friday, June 23 1:15 p.m.

Akron Senior Center, 542-6645 to register

Friday, July 7 2 p.m.

Amherst Senior Center, 636-3051 to register

University Express was a lifeline during the pandemic, and my wife and I continue to attend the classes to this day.

Jim C.

How to Transfer Real Estate to Your Heirs

This class will teach you the advantages and pitfalls involved in the various strategies for passing a house, cottage, or rental property to your heirs.

Instructor: Valerie Stanek, Esq., CFP, Attorney at Law; Certified Financial Planner

Thursday, May 18 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Wednesday, June 7 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Monday, June 19 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Friday, June 23 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Estate Planning & Asset Protection in Medicaid and Long Term Care

During this class we'll cover the specific requirements for Medicaid eligibility to cover the costs of long term care, and asset protection techniques when facing the need for assisted living and long-term skilled nursing home care.

Instructor: Jean E. Harris, Esq., Attorney at Law

Wednesday, May 3 10:30 a.m.

West Side Community Services, 884-6616 to register

Friday, June 2 1 p.m.

Clarence Senior Center, 633-5138 to register

Should I Turn Things Over? Joint Accounts, Life Estates, & Powers of Attorney

We'll discuss advantages of these tools for estate and financial planning, and potential problems that can arise.

Instructor: Valerie Stanek, Esq., CFP, Attorney at Law; Certified Financial Planner

Tuesday, May 9 10 a.m.

Clemmon H. Hodges Sr. Community Center, 847-8951 to register

Monday, June 5 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Wednesday, June 28 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Spot that Scam By Being An Educated Consumer!

We'll cover tips to help you be on the lookout for scams, and what resources are available if you or a loved one are impacted by a scam.

Instructor: Jennifer Andres, Director of Consumer Protection, Erie County

Monday, May 1 1 p.m.

Akron Senior Center, 542-6645 to register

Thursday, May 11 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, May 25 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Thursday, June 22 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

An Overview of Revocable & Irrevocable Trusts

We'll discuss how a revocable trust can be used to avoid a probate proceeding upon death, and how it can be used to protect assets from Medicaid and long-term care costs.

Instructor: Daniel J. Schuller, Esq., Attorney at Law

Tuesday, May 23 10:30 a.m.

Did You Know Your Social Security is Increasing?

This class will include information about Retirement, Disability, and Survivors benefits as well as Medicare.

Instructor: Ben Stump, Public Affairs Specialist, Social Security Administration

Wednesday, May 17 10:30 a.m.

Wednesday, June 14 10:30 a.m.

**ELDER LAW DAY
JUNE 2023**

PRESENTED BY:
THE ERIE COUNTY DEPARTMENT OF SENIOR
SERVICES &
CENTER FOR ELDER LAW & JUSTICE

FOR MORE INFORMATION, VISIT [ERIE.GOV/ELD](http://erie.gov/ELD)



**SAVE
THE
DATE**

Backyard Wildlife

Learn tricks to encourage wildlife into your backyard! We'll also explore the do's and don'ts, the best backyard wildlife to attract, and why these critters are so important to have around.

Instructor: Erie County Parks, Recreation & Forestry

Thursday, May 18 1:30 p.m.

Eden Library, 992-4028 to register

Tuesday, July 11 12:15 p.m.

Concord Senior Center, 592-2768 to register

Meteorology & Weather Forecasting in WNY

Learn how meteorologists forecast the weather, and how the process has evolved over the years. We'll focus on weather that impacts us during the summer, including thunderstorms. Is heat lightning real? Join us to find out!

Instructor: Andrew Baglini, Meteorologist

Tuesday, May 30 4 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, June 1 2 p.m.

Elma Public Library, 652-2719 to register

Electric Vehicles & Their Charging

Learn about what makes owning and operating an electric vehicle different from conventional vehicles, what models are available today, and how EV charging works.

Instructor: Reed Braman, Director of Energy Development & Management, Erie County

Thursday, May 11 2 p.m.

West Seneca Senior Center, 675-9288 to register

What's Up In The Solar System?

Let's discuss some of the recent discoveries from robotic missions to planets and other objects in our solar system. Where to see the planets in the night sky will also be shown.

Instructor: Kevin Williams, PhD, Associate Professor, Earth Sciences; Director, The Whitworth Ferguson Planetarium, SUNY Buffalo State

Wednesday, July 12 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Gardening for All Seasons!

If you'd like to have a garden with blooms and beautiful plants all season this is the program for you! We'll cover plants that bloom in the various seasons, along with those for visual interest.

Instructor: Lyn Chimera, Master Gardener, Cornell Cooperative Extension; Owner, Lessons from Nature

Thursday, May 4 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, June 7 1 p.m.

Autumnwood Senior Center, 826-7895 to register

Monday, June 19 1 p.m.

Akron Senior Center, 542-6645 to register

The Tale of the Tulip

Hear a brief history of the Tulip, including varieties and take a trip to Keukenhof Gardens in the Netherlands.

Instructor: Mary Ann Kedron, MBA, PhD, BOD BRRAlliance Inc.

Wednesday, May 24 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

All About Amphibians

Join us to explore the diversity of amphibians on Earth today, as well as their Devonian period origins.

Instructor: Robin Sanecki, Educator, Penn Dixie Fossil Park & Nature Reserve

Tuesday, July 11 10:30 a.m.

Gardening...Safely

Learn about new tools and items to help you garden safely. We'll cover how to protect your knees, arms, hips, and keep the sun at bay, too. Plus information about certain dangerous plants, herbs and fertilizers will be shared.

Instructor: Pati Aine Guzinski, Training Coordinator, Erie County Department of Health - Public Health Emergency Preparedness Division & SMART

Friday, June 9 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Thursday, June 15 12:15 p.m.

Concord Senior Center, 592-2768 to register

NATURAL SCIENCES

Have You Seen These in Your Yard? I Bet You Missed Them!

There are incredible creatures in your garden, which you may not have ever noticed. This presentation will introduce you to some "neat" creatures you can look for in the future.

Instructor: Carol Ann Harlos, Master Gardener, Cornell Cooperative Extension

Monday, May 22

1 p.m.

Akron Senior Center, 542-6645 to register

Gardening for Pollinators

Learn the importance of pollinators and how they make your garden thrive. We'll also cover how to attract pollinators with plants and flowers in your garden.

Instructor: Mary Mathis, Master Gardener, Cornell Cooperative Extension

Monday, July 10

1 p.m.

Akron Senior Center, 542-6645 to register

Beyond Impatiens: Unused & Underused Annuals in the Garden

Annuals bring color and energy to the garden, but often, gardeners depend on the same old choices every year. Learn about the wide variety of interesting and underused annuals that bring long-lasting color and interest from spring through fall.

Instructor: Peggy Koppmann, Master Gardener, Cornell Cooperative Extension

Friday, May 19

11 a.m.

Delavan Grider Community Center, 896-7021 to register

Why Heat Pumps?

New York State has put an emphasis on installing heat pumps to heat all types of buildings. Join us to learn what a heat pump is, how it works, and what options are available to heat your surroundings.

Instructor: Reed Braman, Director of Energy Development & Management, Erie County

Tuesday, June 27

 **10:30 a.m.**

SCIENCE & MEDICINE

Memory: Traveling Memory Lane Without Getting Lost

This is an interactive presentation, but don't worry, no one will be challenged or embarrassed. Several memory skill tests you can do at your seat will demonstrate the importance of attention and rehearsal to creating a memory.

Instructor: Thomas Rosenthal, MD, Emeritus Chair & Professor of Family Medicine, Department of Family Medicine, University at Buffalo

Monday, June 5

1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Monday, June 26

1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Chronic Kidney Disease?

We'll discuss how the kidneys work and how chronic kidney disease is diagnosed. You'll learn about the signs and symptoms of the disease, the stages and management and treatment options.

Instructor: Suzanne Stoklosa, MSN, ANP-BC

Thursday, June 22

 **10:30 a.m.**

Obstructive Sleep Apnea (OSA)

Learn about the signs and symptoms of OSA and how it is diagnosed. We'll also cover the available treatment options and the risks of untreated OSA.

Instructor: Suzanne Stoklosa, MSN, ANP-BC

Wednesday, July 12

 **10:30 a.m.**

Pickleball Injury Prevention & Recovery

Join us to talk about the hottest sport in the area! Learn some great prevention tips to help you warm up better for your matches. We'll also discuss some common injuries associated with Pickleball and how you can treat them to get back on the court in no time. Additional recovery ideas will be discussed to help you get ready for your next game.

Instructors: Lucas Baker, MS, ATC & David Dyson, ATC, Athletic Trainers, Excelsior Orthopaedics

Monday, May 15 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Friday, June 9 9 a.m.

Lancaster Senior Center, 685-3498 to register

Friday, June 23, 11 a.m.

West Seneca Senior Center, 675-9288 to register

Wednesday, June 28 2 p.m.

Amherst Senior Center, 636-3051 to register

Put Your Best Foot Forward

Diabetes? Bunions? Planter Fasciitis? Learn some tips and best practices on how to manage and even prevent foot issues. Your feet carry you into the future, let's keep them healthy.

Instructor: Barry J. Fitzgerald, DPM, Podiatrist, Affiliated with The Catholic Health System / Mercy Hospital

Wednesday, June 14 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, June 29 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Holistic Healing: Self-Reiki & Centering Techniques

Join us to learn about Reiki. What is it? How do we use it? Why it is important for all of us and how we can use it to "center" ourselves in stressful times. Found commonly in Yoga and Meditation practices, Reiki can also be used in Modern Medicine and Counseling/Psychological services (even with your pets!).

Instructor: Victoria R. Szymula, DHS, ATC, CSCS, CKTP, Usui Ryoho Reiki Master Teacher & Practitioner

Wednesday, June 21 2 p.m.

Amherst Senior Center, 636-3051 to register

Sleep as We Age

We'll focus on how our sleep changes as we age. You'll learn different sleep diagnoses, and tips and tricks that may help you get better sleep. Furthermore we'll discuss if your sleep issues may need further medical evaluation.

Instructor: Julie Starr, Director of Marketing & Business Development, Sleep & Wellness Centers

Thursday, May 18 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Tuesday, June 13 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, June 22 1:30 p.m.

Eden Library, 992-4028 to register

Wednesday, July 19 10:30 a.m.

Schiller Park Senior Center, 895-2727 to register

Wednesday, July 26 2 p.m.

Amherst Senior Center, 636-3051 to register

Inflammation & Your Diet

Learn the dietary and lifestyle factors that promote chronic inflammation in the body and those that help prevent it.

Instructors: Cassie Goodman, MS, RDN, CD; Kayla Kio, MS, RDN, CDN; Carly Hansen, MS, RDN, CD, Registered Dietitian Nutritionists, Excelsior Orthopaedics

Thursday, May 4 2 p.m.

Amherst Senior Center, 636-3051 to register

Monday, May 15 2 p.m.

Elma Public Library, 652-2719 to register

Wednesday, June 7 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Monday, June 26 1 p.m.

Akron Senior Center, 542-6645 to register

Healthy Living for your Brain & Body

Learn about research in the areas of diet & nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for health aging.

Instructor: Alzheimer's Association, Western New York Chapter

Tuesday, May 30 1 p.m.

Clarence Senior Center, 633-5138 to register

Oral Health

Learn how to keep your teeth in tip-top shape. We'll discuss maintaining oral health as we age and how to address issues including gum disease and tooth decay.

Instructor: Joseph Gambacorta, DDS, MPH, Associate Dean, Academic & Faculty Affairs; Interim Assistant Vice President of Interprofessional Education, University at Buffalo School of Dental Medicine

Thursday, May 4 **11:00 a.m.**

Schiller Park Senior center, 895-2727 to register

Hands-Only CPR

This class will teach you the skills needed to perform Hands-Only CPR on adults and infants. This is not a certificate course, but you will leave knowing that you can save a life.

Instructor: Pati Aine Guzinski, Training Coordinator, Erie County Department of Health - Public Health Emergency Preparedness Division & SMART

Monday, May 8 **11 a.m.**

Delavan Grider Community Center, 896-7021 to register

Thursday, May 11 **12 p.m. – 4 p.m.**

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Friday, May 12 **11:30 a.m.**

Lancaster Senior Center, 685-3498 to register

Tuesday, May 16 **5:30 p.m.**

Clarence Senior Center, 633-5138 to register

Thursday, May 18 **12 p.m. – 4 p.m.**

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Wednesday, May 24 **6:30 p.m.**

Elma Public Library, 652-2719 to register

Friday, June 23 **1 p.m.**

West Seneca Senior Center, 675-9288 to register

Tuesday, June 27 **1 p.m.**

Hamburg Senior Community Center, 646-0665 to register

Thursday, July 6 **2 p.m.**

Amherst Senior Center, 636-3051 to register

Thursday, July 6 **4 p.m.**

Amherst Senior Center, 636-3051 to register

Coping with Grief & Loss

Coping with Grief & Loss Grief is a universal experience we all come to understand in different ways. Join us in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope, through the most difficult of times.

Instructor: Anna VanDien, LCSW, Coordinator, Wilson Support Center & Hospice Bereavement Services

Wednesday, May 10 **10:30 a.m.**



Hearing, Hearing Loss & Treatment

Learn about the various types of hearing loss and treatment options available.

Instructor: Nancy Stecker, PhD, Clinical Professor, Department of Communicative Disorders & Sciences, University at Buffalo

Monday, May 8 **2 p.m.**

Amherst Senior Center, 636-3051 to register

Cancer Services Program Education

Learn about Breast, Cervical, and Colorectal Cancer screening and prevention.

Instructors: Suzanne Canfield & Lisa Milewski, Sr. Outreach Aides, Cancer Services Program of Erie County

Thursday, July 13 **11 a.m.**

Schiller Park Senior Center, 895-2727 to register

Sports Medicine 101

Are you an athlete or a former athlete and have always wanted to know more about certain injuries? Maybe you enjoy watching sports and have always been curious why some athletes return faster than others. Join us to learn more!

Instructors: Nick Darling, ATC & Chris Hidalgo, ATC, Athletic Trainers, Excelsior Orthopaedics

Friday, June 16 **2 p.m.**

Amherst Senior Center, 636-3051 to register

How Prescription Drugs React & Interact: A Pharmacist's Role

Learn how your medications interact with each other, and what questions you can ask your pharmacist.

Instructor: Mark S. Lenard, RPh, Pharmacist, Mobile Primary Care

Friday, May 5 **10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

Mosquitoes, Ticks & Fleas! Oh My!

We'll introduce the topic of vector-borne diseases and the related implications for public health. Specific vector-borne diseases of importance, including Lyme disease and West Nile virus will be examined. Our discussion will focus on disease description and treatment, risk factors, and personal preventive measures.

Instructor: Shauna Zorich, MD, Clinical Assistant Professor
Department of Epidemiology & Environmental Health,
University at Buffalo

Tuesday, June 6 **10:30 a.m.**

I'm Getting a New Knee!

The number of joint replacements has been trending upward, with more people opting for surgery at younger ages (50s and 60s), creating a flow of new challenges. Let's talk about what you can do to be successful.

Instructor: Brayan F. Lopez, PT, DPT, CSCS, Physical Therapist,
Excelsior Orthopaedics

Thursday, June 8 **6 p.m.**

Amherst Senior Center, 636-3051 to register

Understanding Prostate-Specific Antigen (PSA)

What is PSA? What are Gleason Scores and how are they determined? This class will include the basic facts and available support for those with prostate cancer and information for their family or friends. Bill will also discuss treatment side effects.

Instructor: Bill Krellner, Chapter Leader, US TOO! of WNY

Thursday, May 25 **1 p.m.**

Hamburg Senior Community Center, 646-0665 to register

Stop the Bleed

Stop the Bleed is a grassroots national awareness campaign that trains and encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

Instructor: Pati Aine Guzinski, Training Coordinator, Erie County
Department of Health - Public Health Emergency Preparedness
Division & SMART

Monday, May 22 **11 a.m.**

Delavan Grider Community Center, 896-7021 to register

Good Mood Food!

We've all heard the adage "an apple a day keeps the doctor away." A study by the American Journal of Public Health has found that eating fruits and veggies can actually help improve your mental health, too. This class will teach you how to choose foods that naturally boost your mood and help combat depression.

Instructor: Erie County Department of Senior Services

Tuesday, May 2 **12:15 p.m.**

Concord Senior Center, 592-2768 to register

Thursday, June 1 **12:15 p.m.**

Baptist Manor, 881-1120 ext. 5 to register

Monday, June 26 **11 a.m.**

Delavan Grider Community Center, 896-7021 to register

Wednesday, June 28 **1 p.m.**

Akron Senior Center, 542-6645 to register



**Senior Services offers FREE
nutrition counseling!**

Contact your local senior center
to connect with a Registered
Dietitian from Senior Services.

Cooking with the Commissioner

Join Commissioner Angela Marinucci as she makes a favorite recipe and engages in a lively Q&A. Yes, there will be food to sample! You can bring your favorite recipes to share with the group too!

Instructor: Angela Marinucci, Esq., Commissioner, Erie County Department of Senior Services

Friday, May 19 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, June 8 2 p.m.

Elma Public Library, 652-2719 to register

Friday, June 16 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Tuesday, July 11 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Mindfulness

Want to learn about mindfulness but don't know where to start? This program will teach you what it means to be mindful, its purpose and benefits, and how to incorporate it into your daily routine.

Instructor: Betsy Vazquez-Aradio, Public Health Educator, Erie County Department of Health

Tuesday, May 30 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, June 22 11 a.m.

Schiller Park Senior Center, 895-2727 to register

How to Play Fantasy Football

Do you enjoy watching football? Are you looking for a group to socialize with and engage in some good-natured ribbing? Consider joining a Senior Services Fantasy Football League! During this class we'll give an overview of the fantasy football season, including how it works, what the commitment is, and how much fun you'll have. Prior experience is not required! But if you have some, please come and spread your knowledge with the group!

Instructor: Erie County Department of Senior Services

Tuesday, June 6 5:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, June 29 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

The Importance of Social Connections

Are you or someone you know feeling lonely? This class will give you tips to combat loneliness and build social connections.

Instructor: Alissa Yax, Program Supervisor, People Inc. Senior Companion Program

Thursday, June 8 1:15 p.m.

Akron Senior Center, 542-6645 to register

Thursday, June 15 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Monday, June 26 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Self-Defense for Seniors

We'll learn how to be aware of our surroundings and techniques to help protect ourselves. Our instructor Sister Judith achieved her black belt in Tae Kwon Do at age 60!

Instructor: Sister Judith Beiswanger, Sister of St. Francis; Director of Faith Formation; Retired Teacher

Tuesday, May 9 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, May 25 12:30 p.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Monday, June 5 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Friday, June 16 1 p.m.

Lancaster Senior Center, 685-3498 to register

Learning for me has always been a lifelong experience. When I am in a classroom setting I am at my happiest. There are so many different subjects available to us that I register for about 25 classes each semester. I have become a University Express junky over the last five years since I retired.

Len V.

Acrylic Painting for Beginners with a Balloon

Lisa will show you an easy technique to make unique abstract art using a balloon. This class is for everyone! Materials will be provided.

Instructor: Lisa Saunders, Senior Account Clerk, Erie County Department of Senior Services

Friday, May 19 2 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, July 13 1 p.m.

Autumnwood Senior Center, 826-7895 to register

Chair Yoga

If you want to try yoga but are nervous about getting up and down off the floor, chair yoga might be the answer! In this class, we will practice seated postures and some standing postures, using a chair for balance and support.

Instructor: Jennifer Johnson, Owner, New Sky Coaching

Thursday, May 4 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Monday, June 26 1 p.m.

Autumnwood Senior Center, 826-7895 to register

True Colors

This class provides a method of understanding ourselves and others. Learn what the colors (blue, gold, green and orange) represent. The four colors combine in different ways to make up different personality spectrums. Take a "test" to determine which color represents you best. Learning about our personalities offers insights into our different behaviors, motivations and life.

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School

Tuesday, May 16 12:15 p.m.

Concord Senior Center, 592-2768 to register

Tuesday, May 30 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Tuesday, June 6 1 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, July 6 1:15 p.m.

Akron Senior Center, 542-6645 to register

School Days & How Buffalo School Records Can be a Historical Resource

Join us to learn about Buffalo school history resources – yearbooks, Buffalo Central High school registers, scrapbooks, photographs, and more, which can help when tracing your genealogy.

Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library

Thursday, May 4 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Pickleball 101

Are you interested in playing Pickleball but don't know the rules? Get your feet wet during this informational session! Maybe you can even take a few shots.

Instructor: George Erckert, Volunteer Pickleball Instructor, Lancaster Senior Center

Wednesday, May 31 11 a.m.

Lancaster Senior Center, 685-3498 to register

Wednesday, May 31 6 p.m.

Lancaster Senior Center, 685-3498 to register

Wednesday, June 28 11 a.m.

Lancaster Senior Center, 685-3498 to register

Wednesday, June 28 6 p.m.

Lancaster Senior Center, 685-3498 to register

Board Games for All Ages

A lot of new board games have come out since we were kids. We'll talk about the modernization of board games and tips to help you find new games that might be right for you and your family.

Instructor: Edward Sapienza, Hobbyist; Game Master; Retired Engineer

Tuesday, May 23 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Monday, June 12 1 p.m.

Autumnwood Senior Center, 826-7895 to register

Tuesday, June 20 6 p.m.

Amherst Senior Center, 636-3051 to register

Helpful Household Hints From Maria

Do you like entertaining, but wish it was a little less daunting? Do you have a stain you are trying to remove, but aren't sure what to use? Learn some helpful hints to make things a little easier and bring your tips and tricks to share with the group!

Instructor: Maria Vona, The "Heloise" of Erie County; Supervising Accountant, Erie County Department of Senior Services

Wednesday, June 28 12:15 p.m.

Concord Senior Center, 592-2768 to register

7 Key Decisions When Rightsizing or Moving From Your Residence

We'll break down this significant life challenge into seven more manageable pieces. Areas of worry that frequently accompany real estate will be identified and potential simple solutions will be presented.

Instructor: Michael Olear MSW, Associate Broker - Olear Team/MJ Peterson

Tuesday, May 2 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, May 11 1:30 p.m.

Eden Library, 992-4028 to register

From "Bitter to Better"

Gain insight into living with a positive attitude after challenging and life changing events.

Instructor: Sister Judith Beiswanger, Sister of St. Francis; Director of Faith Formation; Retired Teacher

Tuesday, May 2 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Friday, June 30 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Cut & Paste Genealogy: The Grosvenor Rooms Scrapbook Collection

Learn how the Grosvenor Rooms scrapbook collection at Central Library can add to your family's story.

Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library

Wednesday, May 10 1 p.m.

Akron Senior Center, 542-6645 to register

Understanding Adult Protective Services

Join for a discussion on all the services that Erie County Adult Protective Services can provide, and also what their limitations are.

Instructor: Michele Pfeffer, Administrative Director-Services, Adult Protective Services, Erie County Department of Social Services

Thursday, June 8 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Wednesday, July 12 10:30 a.m.

West Side Community Services, 884-6616 to register

Chess 101: A Story From a High-Stakes Chess Match

Learn the basics of how to play chess, or join in for a slight refresher! We'll also discuss the most recent, and possibly largest scandal in the chess world! *Senior Services will provide chess boards for class.

Instructor: Eric Weisansal, Health & Wellness Coordinator, Erie County Department of Senior Services

Tuesday, May 9 1 p.m.

Clarence Senior Center, 633-5138 to register

Tuesday, June 6 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Beginner Line Dancing

Come learn some basic line dancing steps! Next time you're on the dance floor you'll know how to bust a move.

Instructor: Bob Gafney, Line Dance Instructor

Tuesday, May 16 3 p.m.

Lancaster Senior Center, 685-3498 to register

Understanding Mental Health Disorders

Mental health is just as important as physical health. We'll talk about mental well-being, mental illness, and ways to get help.

Instructor: Mark O'Brien, LCSW-R, Commissioner, Erie County Department of Mental Health

Thursday, June 29 1:15 p.m.

Akron Senior Center, 542-6645 to register

Superstitions & Magical Thinking

Most superstitions are examples of basic patterns of thinking, which suggest mystical interconnections and causations in nature. Such principles are universal, found in all cultures and periods of history and prehistory, which suggests that they represent fundamental ways in which the brain works.

Instructor: Phillips Stevens, PhD, Associate Professor of Anthropology Emeritus, University at Buffalo

Thursday, June 8 1 p.m.

West Seneca Senior Center, 675-9288 to register

Memento Mori: Learning to Live by Listening to the Dying

Explore the wisdom offered to us by those who are dying and learn what brings meaning to our lives.

Instructor: Pei C. Grant, Ph.D., Research Consultant, Phronesis Consulting LLC

Tuesday, May 9 10:30 a.m.

Tips & Exercises for Improving your Balance

Learn different ways to exercise that will help keep you on your feet! Then we'll talk about different strategies to prevent falls.

Instructor: Eric Weisansal, Health & Wellness Coordinator, Erie County Department of Senior Services

Thursday, May 11 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Friday, May 12 1 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, May 17 1 p.m.

Autumnwood Senior Center, 826-7895 to register

Tuesday, June 6 10 a.m.

Clemmon H. Hodges Sr. Community Center, 847-8951 to register

Monday, June 26 10:30 a.m.

Akron Senior Center, 542-6645 to register

Deaf Culture & Sign Language

Learn about Deaf Culture and the history of the Deaf Community. You'll also learn some basic ASL letters and phrases.

Instructor: David Wantuck, Community Engagement Specialist/ASL Coordinator, Deaf Access Services

Wednesday, May 31 10:30 a.m.

LGBTQ+ Foundations for Older Adults

We'll talk about what it means to be part of the LGBTQ+ community, and the unique needs of LGBTQ+ older adults. In addition, we'll discuss how you can support an LGBTQ+ loved one, regardless of their age.

Instructors: Em Bystrak, MPH & Taylor Blake, MPA, Engagement & Education Team, Pride Center of WNY

Tuesday, May 23 1 p.m.

Clarence Senior Center, 633-5138 to register

Understanding & Coping with Anxiety

We'll discuss the types of anxiety, how anxiety may impact us, and ways to cope.

Instructor: Mark O'Brien, LCSW-R, Commissioner, Erie County Department of Mental Health

Wednesday, June 7 10:30 a.m.

West Side Community Services, 884-6616 to register



CLUB 99

Join our FREE exercise program!

We have classes at senior centers in Erie County and online.



Contact Julie Ruszala at 716-858-6403 to learn more.

Instacart

Have you ever wanted to learn how to grocery shop on your phone while watching television? We have the class for you! This class will teach you how to set-up Instacart on your device and also how to use the App.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

Wednesday, May 24 **2 p.m.**

Amherst Senior Center, 636-3051 to register

Staying Safe Online

Learn ways to keep your personal information safe online and what to be on the lookout for. You'll also learn what to do and who to call if your information has been compromised.

Instructor: Dave Stott, Junior Information Security Analyst, Erie County

Friday, May 12 **10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

Wednesday, May 24 **10:30 a.m.**

Grand Island Golden Age Center, 773-9682 to register

Friday, June 9 **1 p.m.**

Clarence Senior Center, 633-5138 to register

Internet Basics

With the Internet, it's possible to access almost any information, communicate with anyone else in the world, and do much more. If you are new to the web or are looking to improve your Internet skills, our Internet Basics class has you covered.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

Friday, May 19 **1 p.m.**

Akron Senior Center, 542-6645 to register

Friday, June 16 **1 p.m.**

Clarence Senior Center, 633-5138 to register

Using Google

This class will teach you how to do a Google search and use other Google-based services.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

Wednesday, June 7 **11 a.m.**

West Seneca Senior Center, 675-9288 to register

iPad & iPhone Basics

Once you have an iPad or iPhone, your next step should be learning about the physical features of the device and the accessories that come with it. This includes the different buttons and ports, how to turn the device on and off, how to charge the battery, and the importance of protecting the screen.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

Monday, May 8 **1 p.m.**

Hamburg Senior Community Center, 646-0665 to register

Tuesday, May 9 **12:15 p.m.**

Concord Senior Center, 592-2768 to register

Wednesday, June 14 **1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

Wednesday, June 28, **11 a.m.**

West Seneca Senior Center, 675-9288 to register

Wednesday, July 5 **1 p.m.**

Lancaster Senior Center, 685-3498 to register

Friday, July 7 **1 p.m.**

Clarence Senior Center, 633-5138 to register

Computer Basics

Learn how to operate a computer, identify parts of a computer, and use various basic, but useful software programs. Additionally, receive tips on purchasing a computer that fits your needs.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo & Erie County Public Library

Monday, May 15 **11 a.m.**

Delavan Grider Community Center, 896-7021 to register

I find University Express programs present a diverse group of choices backed up by folks who really care about their participants.

Bob P.



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

95 Franklin Street, 13th Floor
Buffalo, NY 14202

Share Your **Heart** Volunteer with Erie County **Retired Senior** **Volunteer Program**



Contact
RSVP@erie.gov
or call
716-858-6250
to join the fun



AmeriCorps
Seniors

