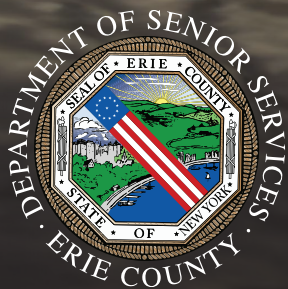


# UNIVERSITY EXPRESS

FALL  
2023

*Lifelong Learning for Adults Age 55+*

ERIE COUNTY DEPARTMENT OF SENIOR SERVICES • NY CONNECTS



**FREE IN-PERSON & VIRTUAL CLASSES**

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

**716-858-8526 • [erie.gov/ue](http://erie.gov/ue)**



You have questions.

Senior Services is here to help you find answers.



## OUR MISSION IS TO SUPPORT YOUR HEALTH AND WELL BEING.

Getting older looks different for each of us. Erie County Senior Services is focused on connecting you with local resources that meet your specific needs in effort to help you maintain or improve your quality of life.

NY Connects is a free service that can link you to free health insurance counseling, activities, transportation, meal delivery, free fitness classes and more!



## NUTRITION

- *Stay Fit Dining* - Enjoy warm nutritious meals at your local senior center
- *Frozen Meal Pick Up* - Grab a variety pack of 3 to 10 frozen meals to take home. Reheat to enjoy when you're ready
- **FREE Nutrition Counseling** - Gain a better understanding of how the foods you eat affect your health



## WELLNESS

- **Club 99** - FREE Exercise Program
- **University Express** - Free educational classes for older adults offered in person and virtually
- **RSVP** - Americorps Retired Senior Volunteer Program


## CASE MANAGEMENT


- Free Health Insurance Counseling
- Transportation
- Home Care
- Family Caregiver Assistance
- Respite

Reach out to us today and let us help you navigate the many programs and services that are available to help you LIVE WELL in Erie County!



**CALL OR VISIT US ONLINE TODAY!**

 716-858-8526

 [erie.gov/seniorservices](http://erie.gov/seniorservices)

 ECSeniorServices

 @ECSeniorSvcS

# Hello!

We are excited to have you join us for the University Express Fall semester! Erie County Department of Senior Services strives to create spaces and opportunities for older adults to maintain healthy, active, and social lifestyles. The University Express program continues to offer free courses that are created to keep your mind stimulated with interesting topics, while creating community connections for socialization to combat social isolation.

Whether you'd like to learn more about improving your health or how to take better photos with your iPhone, as a University Express student you are certain to find classes and activities within our catalog that suit your interests. Classes are offered at various senior centers and libraries across Erie County with participants being able to attend any locations. We are also excited to continue offering virtual classes this semester for our participants who find that more convenient.

We are so honored to be part of your lifelong journey of learning and exploration. Visit [erie.gov/ue](http://erie.gov/ue) for more information, recordings of past classes, and the chance to sign up for our email list.

See you this fall!



**Angela Marinucci, Esq.**  
COMMISSIONER,  
ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES



## ERIE COUNTY SENIOR SERVICES' UNIVERSITY EXPRESS PRESENTS *THE BOOK CLUB!*

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.

Our meetings take place in-person and online, so you can attend in the way that is most convenient for you!


Visit our website at [erie.gov/ue](http://erie.gov/ue) for more information.


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# 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 in-person classes will be livestreamed on-site and you will be able to log on and watch from home. These classes have the  symbol with the location. This is the first time we are offering this option. We ask that you please be patient and understanding if issues arise. Be sure to visit us at [erie.gov/ue](http://erie.gov/ue) 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. Our website has full schedules in chronological order for each location!

## 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.

## 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.

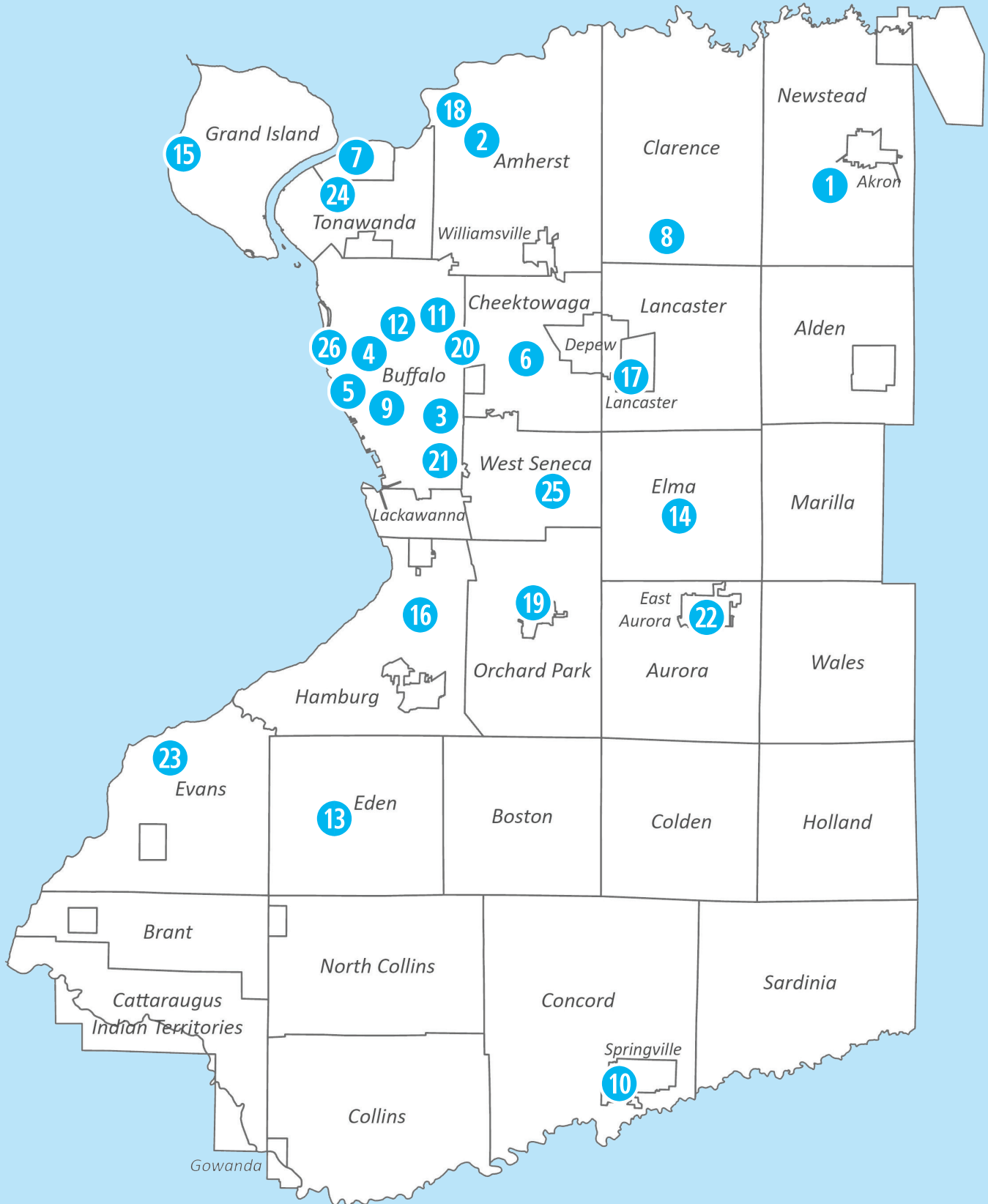
**In-Person Classes:** Make sure you called the location ahead of time to register. Be sure to follow all safety guidelines at the location you are attending.

**Website:** [erie.gov/ue](http://erie.gov/ue) | **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. Dorothy J. Collier  
Community Center**  
118 E Utica Street  
Buffalo, NY 14209  
Phone: 716-882-0602
- 13. Eden Library**  
2901 E Church Street  
Eden 14057  
Phone: 716-992-4028
- 14. Elma Public Library**  
1860 Bowen Road  
Elma 14059  
Phone: 716-652-2719
- 15. Grand Island Golden  
Age Center**  
3278 Whitehaven Road  
Grand Island 14072  
Phone: 716-773-9682
- 16. Hamburg Senior  
Community Center**  
4540 Southwestern Blvd.  
Hamburg 14075  
Phone: 716-646-0665
- 17. Lancaster Senior Center**  
100 Oxford Avenue  
Lancaster 14086  
Phone: 716-685-3498
- 18. Northwest Amherst  
Community Center**  
220 North Pointe Parkway  
Amherst, NY 14228  
Phone: 716-636-3051
- 19. Orchard Park Senior Center**  
4520 California Road  
Orchard Park 14127  
Phone: 716-662-6452
- 20. Schiller Park Senior Center**  
2057 Genesee Street  
Buffalo 14211  
Phone: 716-895-2727
- 21. Tosh Collins Senior Center**  
35 Cazenovia Street  
Buffalo 14220  
Phone: 716-822-4532 ext. 0
- 22. Town of Aurora Senior Center**  
101 King Street, Suite A  
East Aurora 14052  
Phone: 716-652-7934
- 23. Town of Evans Senior Center**  
999 Sturgeon Point Rd  
Derby 14047  
Phone: 716-947-0974
- 24. Town of Tonawanda  
Senior Center**  
291 Ensminger Road  
Tonawanda 14150  
Phone: 716-874-3266
- 25. West Seneca Senior Center**  
4620 Seneca Street  
West Seneca 14224  
Phone: 716-675-9288
- 26. West Side Community Services**  
161 Vermont Street  
Buffalo 14213  
Phone: 716-884-6616

# CLASS LOCATIONS



## CURRENT EVENTS

### **A Community Meeting in Akron with Commissioner Angela Marinucci**

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

**Instructors: Angela Marinucci, Esq., Commissioner & Moira Mycio, MSW, Assistant Long Term Care Coordinator, Erie County Department of Senior Services**

**Tuesday, October 10 5 PM**

Akron Senior Center, 716-542-6645 to register.

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### **Bail Reform**

In April 2019, New York State approved criminal justice reform legislation, which eliminated the ability to set monetary bail for individuals charged with non-violent felony or misdemeanor offenses. Bail reform required prosecutors to demonstrate that a defendant, charged with a "qualifying offense," posed a credible risk of flight in order for the Court to set bail or impose least restrictive conditions for pre-trial release. Since bail reform went into effect in January 2020, several amendments have been enacted following political and public outcry for changes to the law.

**Instructor: John Flynn, Esq., Erie County District Attorney**

**Tuesday, November 14 1 PM**

Cheektowaga Senior Center, 716-686-3930 to register.

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### **Cannabis & NYS Laws: What You Need to Know & Where to Buy**

This class will provide an overview of cannabis (marijuana). It'll focus on the basics of growing & use. We'll also discuss the NYS Laws pertaining to the medical & recreational use of cannabis, cannabis retail sales & Licensing, cannabis safe storage information and cannabis poisoning.

**Instructor: Sadia Rifah, Public Health Educator, Erie County Department of Health**

**Tuesday, October 10 12:15 PM**

Concord/Springville Senior Center, 716-592-2768 to register.

**Thursday, October 12 1:00 PM**

West Seneca Senior Center, 716-675-9288 to register.

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### **The Facts About Electric Heating & Cooling**

Learn all about how to heat and cool your home with modern heat pumps.

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

**Monday, October 23 2 PM**

West Seneca Senior Center, 716-675-9288 to register.

### **Hockey 101: A Beginners Guide**

The NHL Buffalo Sabres could be the team of destiny this year! Want to learn more about hockey? We will cover the rules (beginners version), player positions, the basics of "hockey lingo," including "the faceoff," "offsides," and more.

**Instructor: Julie Ruzala Julie Ruzala (Mz.Fit) Fitness Coordinator, Erie County Department of Senior Service, Collegiate Hockey & Soccer Player**

**Wednesday, October 25 1:15 PM**

Akron Senior Center, 716-542-6645 to register.

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### **Identity Theft & Credit**

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

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

**Wednesday, October 18 10:30 AM**

Grand Island Golden Age Center, 716-773-9682 to register.

**Wednesday, October 25 2 PM**

Amherst Senior Center, 716-636-3051 to register.

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### **Let's Talk 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**

**Wednesday, November 8 10:30 AM**

West Seneca Senior Center, 716-675-9288 to register.



Visit our website at [erie.gov/ue](http://erie.gov/ue) to see chronological schedules for each location!



**Lies, More 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, Professor, Canisius College; Erie County Comptroller**

**Thursday, October 12 1 PM**  
Elma Public Library, 716-652-2719 to register.

**Wednesday, December 13 1 PM**  
Cheektowaga Senior Center, 716-686-3930 to register.

**On the Horizon in Buffalo & Erie County**

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!

**Instructor: Patrick Kaler, President & CEO, Visit Buffalo Niagara, the Buffalo Niagara Convention Center & the Buffalo Niagara Sports Commission**

**Friday, December 1 10:30 AM**  
West Side Community Services, 716-884-6616 to register.

**Orange Shirt Day: What it is & Why it's so Important**

This session will cover how various Indigenous communities are striving to overcome the residual challenges created by the system of residential boarding schools. We'll discuss these boarding schools and some of the efforts to create more awareness and understanding of these dynamics through community events focusing on Orange Shirt Day. The origin of these efforts to promote greater healing and restore Native communities to a greater sense of thriving and wellbeing will also be explained.

**Instructor: Pete Hill, Special Initiatives Coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)**

**Thursday, September 28 10:30 AM**

**Prigozhin & Putin**

Let's examine the Recent coup attempt in Russia and its impact on the Putin Regime. We'll also talk about the aftermath of the August air fatality of Prigozhin.

**Instructor: York Norman, PhD, Professor of Middle Eastern & Eastern European History, SUNY Buffalo State University**

**Wednesday, October 11th 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register.

**Spot that Scam! Be an Educated Consumer**

What are the red flags one should watch for to identify these scams? What tips will prevent you from becoming a victim?

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

**Friday, October 13 11 AM**  
Dorothy J. Collier Community Center, 716-882-0602 to register.

**Thursday, November 2 2 PM**  
Eden Public Library, 716-992-4028 to register.

**Monday, November 13 11 AM**  
Delavan Grider Community Center, 716-896-7021 to register.

**The Ice Boom ... Does it Make Our Winters Longer or Seem Longer?**

The boom is installed late fall each year about two miles up from the Peace Bridge, and then, as spring approaches, it is removed for storage at a site up the Buffalo River opposite from Silo City. Why is this ritual done, and does the boom prolong our winter season?

**Instructor: Harry Meyer, Docent & Lecturer of WNY History & Architecture, Retired Attorney/Partner, Hodgson Russ LLP**

**Monday, October 2 1 PM**  
City of Tonawanda Public Library, 716-693-5043 to register.

**Monday, October 16 10:30 AM**  
Grand Island Golden Age Center, 716-773-9682 to register.

**The Latest News on China**

Let's learn more about this fascinating, ancient, and enormous country which is in the news so much today. Why has capitalism exploded there, and how has it affected the lifestyles, expectations, and freedoms of China's people?

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

**Wednesday, October 11 2 PM**  
Amherst Senior Center, 716-636-3051 to register.

**Monday, October 23 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register.

**Wednesday, November 8 1 PM**  
Cheektowaga Senior Center, 716-686-3930 to register.

**Russia & Ukraine**

The current war between Russia & Ukraine from Feb 2022 to present and its impact on the international community.

**Instructor: York Norman, PhD, Professor of Middle Eastern & Eastern European History, SUNY Buffalo State University**

**Monday, October 16 1:30 PM**  
Amherst Northwest Community Center, 716-636-3051 to register.

## CURRENT EVENTS

### The Sun, the Moon, the Solar Eclipse, & YOU!

A total solar eclipse is coming to Western New York on Monday, April 8, 2024. During this once-in-a-lifetime event, Erie County will be shrouded in darkness for almost four 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: Programs Specialist, Penn Dixie Fossil Park & Nature Reserve**

**Thursday, October 12 10:30 AM**

Grand Island Golden Age Center, 716-773-9682 to register.

**Monday, October 16 10:30 AM**

West Seneca Senior Center, 716 675-9288 to register.

**Monday, October 23 10 AM**

Akron Senior Center, 716-542-6645 to register.

**Thursday, October 26 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Tuesday, October 31 1 PM**

Town of Aurora Senior Center, 716-652-7934 to register.

### Waterfront & Infrastructure Developments

Brian Higgins is widely accepted as the principal architect of waterfront development and major infrastructure improvements in Buffalo and Western New York. Brian led the fight for a quarter-billion-dollar federal relicensing settlement from the New York Power Authority that continues to finance the transformation of Buffalo's long-neglected Inner & Outer Harbor areas. Come hear from the Congressman how all of this was achieved and what lies ahead for the future of the waterfront.

**Instructor: Brian Higgins, Congressman, United States House of Representatives serving New York's 26th district**

**Monday, September 25 1 PM**

Town of Tonawanda Senior center, 716-874-3266 to register.

### What's Ahead for Africa?

We'll examine the opportunities and challenges that face the next generation of African leaders.

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

**Thursday, October 26 10:30 AM**

## HISTORY

### A Night-out On The Town in Buffalo

We'll revive the exciting history of the entertainment community in Buffalo. Are you a movie buff? We'll talk about the variety of theaters that would have shown everyone from Charlie Chaplin to Cary Grant to the original Star Wars. Is music more your speed? We'll help you imagine where you would have sat to listen to the likes of Sinatra, Elvis, the Stones, and the Goo Goo Dolls.

**Instructor: Chris Campbell, Docent, Explore Buffalo**

**Friday, October 13 10:30 AM**

Northwest Amherst Community Center, 716-636-3051 to register.

### A Nostalgic Journey Through Buffalo History with High School & College Yearbooks

Yearbook photographs and descriptions provide a valuable historical record of the early lives of many Buffalonians. Especially interesting are vintage pictures and stories of individuals who later in life became famous. Guess the identity of many of the younger versions of adults which you have seen, heard, met, or read about in the newspaper, in books, on TV, or in the movies.

**Instructor: William R. Greco, PhD, MBA, Professor Emeritus, Roswell Park Comprehensive Cancer Center & State University of New York at Buffalo**

**Friday, October 6 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Friday, October 13 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Friday, November 17 11:30 AM**

Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.

**Tuesday, November 28 10 AM**

Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register.



Join one of our virtual classes!

Visit our website at [erie.gov/ue](http://erie.gov/ue) to view the upcoming classes and register.

## A History of Radio Reading Services for the Blind

Radio Reading Services for the blind was founded in WNY and now serves Buffalo, Rochester, N.PA. and Toronto, CA. Learn why radio reading services started, how they function, the status of services across the USA, and how people access them.

**Instructor: J. Mark Robinson Outreach/Development, Niagara Frontier Radio Reading Service**

**Monday, November 6 10:30 AM**

Orchard Park Senior Center, 716-662-6452 to register.

## A Young Woman's 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. Hattie was 10 years old when the War started and she reminisces about her family life, the soldiers, how she met Lincoln, and other important people from that time. This information comes from Harriet Chapin Barnard's memoirs, which Judy found when she was doing genealogical research.

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

**Monday, December 4 1 PM**

Grand Island Golden Age Center, 716-773-9682 to register.

## Bawdy Buffalo

From the Canal days of the 1800s where vice, crime, and "ladies of easy virtue" all resided, to the Prohibition years where speakeasies, bootleggers and a beer-brewing mayor all helped quench a thirsty city. An entertaining presentation that delves into the seedier side of Buffalo.

**Instructor: Marla Bujnicki, Certified Master Docent, Preservation Buffalo Niagara (PBN) & Forest Lawn; Miss Buffalo II Narrator**

**Thursday, October 5 2 PM**

Elma Public Library, 716-652-2719 to register.

**Friday, October 20 1 PM**

Lancaster Senior Center, 716-685-3498 to register.

**Friday, October 27 10:30 AM**

Northwest Amherst Community Center, 716-636-3051 to register.

**Thursday, November 9 2 PM**

Eden Public Library, 716-992-4028 call to register.

**Friday, December 1 11:30 AM**

Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.

**Monday, December 4 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

## Buffalo City Hall

One of the largest city halls in America, Buffalo's City Hall is often taken for granted by residents who live and work downtown. City Hall's location and style changed the way Buffalo looks. Explore the exterior and interior of this Art Deco masterpiece, including the many symbolic figures and decorations that portray the industrial prowess of the Queen City.

**Instructor: Harry Meyer, Docent & Lecturer of WNY History & Architecture, Retired Attorney/Partner, Hodgson Russ LLP**

**Monday, October 9 6:30 PM**

Elma Public Library, 716-652-2719 to register.

**Wednesday, October 11 1:30 PM**

Lancaster Senior Center, 716-685-3498 to register.

**Wednesday, November 1 12:30 PM**

Baptist Manor, 716-881-1120 ext. 4 to register.

## Buffalo's East Side Industries

Join us for a talk about the ethnic, cultural, and manufacturing center for Buffalo and Western New York.

**Instructor: Shane Stephenson, Director of Museum Collections, Buffalo Naval Park**

**Monday, October 2 1 PM**

Town of Evans Senior Center, 716-947-0974 to register.

**Wednesday, October 25th 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Wednesday, December 6 2 PM**

Amherst Senior Center, 716-636-3051 to register.



**Senior Services offers FREE nutrition counseling!**

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

## Buffalo Scandals: The Death of John Love

After being settled in the year 1803, the town of Boston was on high alert after the disappearance of a resident named John Love. Did he disappear without a trace, leaving his fortune behind? Or was there something more sinister behind his disappearance?

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

**Friday, October 27 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Monday, October 30 1 PM**

Town of Evans Senior Center, 716-947-0974 to register.

**Tuesday, October 31 1 PM**

Akron Senior Center, 716-542-6645 to register.

**Wednesday, November 1 12:15 PM**

Concord/Springville Senior Center, 716-592-2768 to register.

**Friday, November 3 1:30 PM**

Lancaster Senior Center, 716-685-3498 to register.

**Wednesday, November 8  1 PM**

Town of Aurora Senior Center, 716-652-7934 to register.

**Tuesday, November 14 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Thursday, November 30 2 PM**

Elma Public Library, 716-652-2719 to register.

**Friday, December 8 11 AM**

Dorothy J. Collier Community Center, 716-882-0602 to register.

**Thursday, December 14 10:30 AM**

Schiller Park Senior Center, 716-895-2727 to register.

## Buffalo Scandals: The Unsolved Murders of Linden, NY

A short trip down I-90 takes you to a usually peaceful place—the small hamlet of Linden, where a series of horrific murders took place from 1917 to 1924 that remain unsolved to this day. A century later, some regional historians and detectives believe they have uncovered evidence that could help solve these crimes.

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

**Tuesday, October 31 10 AM**

Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register.

**Friday, November 17 11 AM**

Dorothy J. Collier Community Center, 716-882-0602 to register.

## Cold Case Mysteries in the Southtowns

Let's examine a mystery death in Springville/Concord, NY which is still unsolved today.

**Instructor: E. Jolene Hawkins, Village Historian, Springville; Dept. Historian, Town of Concord; Author**

**Tuesday, October 24 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Tuesday, November 14 12:15 PM**

Concord/Springville Senior Center, 716-592-2768 to register.

## Discovering Buffalo, One Street at a Time

We'll continue learning about how the streets got named. Did you know that part of South Buffalo was a celery farm? Learn about a lost Frederick Law Olmsted park, why a street was named after a Jewish woman, and how our history is all around us on our street signs.

**Instructor: Angela Keppel, Urban Planner & Historian**

**Wednesday, October 4 1 PM**

Autumnwood Senior Center, 716-826-7895 to register.

**Wednesday, October 11 6 PM**

Lancaster Senior Center, 716-685-3498 to register.

**Thursday, October 26 2 PM**

Eden Public Library, 716-992-4028 to register.

**Tuesday, November 14 10 AM**

Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register.

## Gangsters & Organized Crime in Buffalo: History, Hits, & Headquarters

Close to Canada, Niagara Falls and Buffalo were perfect avenues through which to transport booze, and Magaddino and his Mafiosi maintained a stranglehold on the city until his death in 1974. Michael F. Rizzo will take us on a virtual tour of Buffalo's mafia exploits, everything from these brutal gangsters' favorite hangouts to secret underground tunnels to murder.

**Instructor: Michael F. Rizzo, Author**

**Monday, December 1  2 PM**

## Genealogically Rich U.S. Military Pension Files! Revolutionary War through the Civil War

U.S. military pension files are one of the most genealogically rich record sets. This class will discuss the type of information you may learn from military pension files—Revolutionary War through the Civil War—and how to access them.

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

**Monday, December 4th 10:30 AM**

Orchard Park Senior Center, 716-662-6452 to register.

## Haunted & Unusual Objects with Tim Shaw

How does an object become "haunted?" What should you do with something you suspect might be "haunted?" Join Tim Shaw to hear the most interesting stories behind his personal collection of haunted and unusual objects.

**Instructor: Tim Shaw, Psychic Medium; Author; Paranormal Investigator; Collector of Haunted & Unusual Objects**

**Thursday, October 26 2 PM**

Cheektowaga Senior Center, 716-686-3930 to register.

**Helena Piotrowska:  
Polish Community Activist & Educator**

Helena Piotrowska (1872-1926) was an accomplished writer, newspaper editor, educator, labor activist, and advocate for Polish independence. We'll learn about her years in Buffalo from 1895 to 1906.

**Instructor: Andrew Wise, PhD, Professor of History, Daemen University**

**Monday, November 20 1:30 PM**  
Northwest Amherst Community Center, 716-636-3051 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**

**Tuesday, October 17 2 PM**  
Amherst Senior Center, 716-636-3051 to register.

**History of the 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 Naval Park**

**Friday, October 27 1:30 PM**  
Lancaster Senior Center, 716-685-3498 to register.

**Influential Buffalo Women**

A review of historic and influential women from Buffalo and WNY who influenced area society and culture, while working in education, law, social welfare, entertainment, business, manufacturing, and philanthropy from the early 1800s until current day.

**Instructor: Rick Falkowski, Author; Lcturer; Founder, Buffalo Music Hall of Fame; Coordinator, Tonawanda Gateway Harbor Concerts & Events**

**Monday, October 30 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register.

**Friday, December 8 2 PM**  
Amherst Senior Center, 716-636-3051 to register.

**Wednesday, December 20 10:30 AM**  
West Side Community Services, 716-884-6616 to register.

**In the Shadow of the White Oak:  
Facts Behind the Fiction**

The novel by the same title spans three centuries of Buffalo's history, focusing on the period just after the revolutionary war, the late nineteenth century and the period just after the turn of the twentieth century. Learn about the treaty negotiations with the Seneca, the Medical Department at the University of Buffalo, and the scourge of tuberculosis.

**Instructor: Rosanne Higgins, PhD, Adjunct Professor of Anthropology, University at Buffalo**

**Tuesday, October 10 6 PM**  
Amherst Senior Center, 716-636-3051 to register.

**Inside the Glory Days of Professional  
of Wrestling in Buffalo**

We'll start in the early 1900s and move to the heyday of wrestling in Buffalo. Hear never-before-told inside stories from wrestlers' dressing rooms and learn about the ring.

**Instructor: Richard Derwald, Former Professional Wrestler; Musician; Author**

**Monday, October 23 10:30 AM**  
Orchard Park Senior Center, 716-662-6452 to register.

**Lewis & Clark: Opening the American West**

Join for a look at the history and legacy of the Lewis and Clark expedition. What challenges did they face, and how have they been viewed over time?

**Instructor: Doug Koher, Erie County Historian**

**Tuesday, October 24 5:30 PM**  
Akron Senior Center, 716-542-6645 to register.

**Monday, November 6 1 PM**  
Town of Evans Senior Center, 716-947-0974 to register.

**Tuesday, December 5 6 PM**  
Amherst Senior Center, 716-636-3051 to register.

**My Dear DDM: Frank Lloyd Wright,  
Darwin Martin, & Their 30-Year  
Relationship**

We'll look at the relationship between Darwin Martin and Frank Lloyd Wright. In addition to the famous Buffalo commissions, Martin supported Wright until his death in 1935. We'll take a look at Wright's Buffalo legacy and how Martin supported him when almost everyone else abandoned him.

**Instructor: Doug Koher, Erie County Historian**

**Tuesday, October 24 1 PM**  
Clarence Senior Center, 716-633-5138 to register.

**Friday, October 27 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register.

### My House is Giving Me a Vibe

Learn how to research your house's history to explore its potential for paranormal provoking events. We'll use Central Library in a case study which will show how the library's property history correlates with its ongoing paranormal phenomena.

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

**Monday, October 23 10:30 AM**

West Seneca Senior Center, 716-675-9288 to register.

**Thursday, October 26 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Thursday, November 9 2 PM**

Elma Public Library, 716-652-2719 to register.

**Thursday, November 16 1:30 PM**

Eden Public Library, 716-992-4028 to register.



### Nikola Tesla Changed The World & Was Forgotten. Not Anymore.

In this pictorial bio, learn about Tesla's boyhood, his education in Europe, his coming to America, his dealings with Edison and Westinghouse, and his transformational inventions in electricity that took place here in Western New York that eventually changed global civilization.

**Instructor: Francis S. Lestingi, PhD, Professor Emeritus of Physics & History of Science, SUNY Buffalo State University; President, Buffalo Niagara Nikola Tesla Council, Inc; President, Signs of Gold, Inc.**

**Thursday, November 16 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Friday, November 17 1 PM**

Hamburg Senior Community Center, 716-646-0665 to register.



### Nikola Tesla. Thomas Edison. 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, SUNY Buffalo State University; President, Buffalo Niagara Nikola Tesla Council, Inc; President, Signs of Gold, Inc.**

**Tuesday, November 7 2 PM**

Amherst Senior Center, 716-636-3051 to register.

### Rock 'n' Roll Buffalo

A review of the musicians, bands, DJ's, clubs, concert halls, and personalities that brought rock music to the Buffalo area. Starting with the beginning of Rock & Roll in the 50s, we'll focus on rock music, but will include all styles of music performed in WNY through the mid-80s.

**Instructor: Rick Falkowski, Author; Lecturer; Founder, Buffalo Music Hall of Fame; Coordinator, Tonawanda Gateway Harbor Concerts & Events**

**Tuesday, October 24 10:30 AM**

Schiller Park Senior Center, 716-895-2727 to register.

**Friday, November 3 11:30 AM**

Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.



### The Buffalo River, The Erie Canal, & Silo City

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, Retired Attorney/Partner, Hodgson Russ LLP**

**Tuesday, October 10 1 PM**

Town of Aurora Senior Center, 716 652-7934 to register.

**Thursday, October 19 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register.

**Tuesday, October 24 10 AM**

Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register.



### The Constitution

It's the supreme law of the United States of America. This, along with the Bill of Rights and the Declaration of Independence, have secured the rights of the American people for more than two and a quarter centuries and are considered instrumental to the founding and philosophy of the United States.

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

**Thursday, October 5 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Monday, December 4 1:30 PM**

Northwest Amherst Community Center, 716-636-3051 to register.



### The Early History of the Sisters of Mercy & Mercy Hospital in South Buffalo

We'll trace the roots of the founding of Mercy Hospital and how the Sisters of Mercy arrived in Buffalo.

**Instructor: Sr. Peggy Gorman, RSM; Sister of Mercy for 63 years**

**Friday, October 27 11:30 AM**

Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.

**The Early Women of Lilydale:  
Spiritualists, Suffragists,  
& Psychic Healers**

Hear about key female figures in the early history of Lily Dale and their contributions to the early modern spiritualist community.

**Instructor: Rosanne Higgins, PhD, Adjunct Professor of Anthropology, University at Buffalo**

**Monday, October 16 6:30 PM**

Elma Public Library, 716-652-2719 to register.

**Wednesday, October 18 6 PM**

Lancaster Senior Center, 716-685-3498 to register.

**Friday, October 20 2PM**

Eden Public Library, 716-992-4028 call to register.

**Friday, November 3 10:30 AM**

Northwest Amherst Community Center, 716-636-3051 to register.

**The Five Star Admirals that  
Won World War II**

The Admirals worked together to overcome the Axis powers in both the Atlantic and Pacific oceans. Let's discuss!

**Instructor: Shane Stephenson, Director of Museum Collections, Buffalo Naval Park**

**Monday, November 13 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**The Guaranty Building of Buffalo, NY**

The Guaranty Building, completed in 1895, is recognized as one of the masterpieces of Louis Sullivan, an important 19th-century American architect, acknowledged today as the "Father of the Skyscraper."

**Instructor: Harry Meyer, Docent & Lecturer of WNY History & Architecture, Retired Attorney/Partner, Hodgson Russ LLP**

**Friday, October 20 10:30 AM**

Grand Island Golden Age Center, 716-773-9682

**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.

**Instructor: Graycliff Docent**

**Wednesday, October 25 10:30 AM**

Orchard Park Senior Center, 716-662-6452 to register.

**The Hands That Rocked the Cradles:  
Mothers of U.S. Presidents**

Most of us don't know much about the women called "mother" by our Presidents. This presentation tells the compelling stories of the five Presidents with the most connections to Buffalo and Western New York.

**Instructor: Linda Czuba Brigrance, Professor Emeritus, SUNY Fredonia; Trustee, Buffalo Presidential Center**

**Monday, October 2 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Wednesday, October 18 1 PM**

Town of Tonawanda Senior Center, 716-874-3266 to register.

**Monday, November 6 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Thursday, November 9 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Monday, November 13 1 PM**

Town of Evans Senior Center, 716-947-0974 to register.

**Tuesday, December 19 1 PM**

Town of Aurora Senior Center, 716-652-7934 to register.

**The History of Beer in Buffalo**

We'll journey from the First Golden Age to the current Platinum Age.

**Instructor: Tim Herzog, Retired Brewer, Full-Time "Beer Evaluator"**

**Wednesday, October 4 1 PM**

Town of Tonawanda Senior Center, 716-874-3266 to register.

**Wednesday, October 11 1 PM**

West Seneca Senior Center, 716 675-9288 to register.

**Thursday, October 12 1 PM**

Hamburg Senior Community Center, 716-646-0665 to register.

**Wednesday, October 18 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Tuesday, October 24 2 PM**

Eden Public Library, 716-992-4028 call to register.

**Wednesday, October 25 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Wednesday, November 22 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register.

**The Story of Our Polish Immigration: From Southern Poland to Black Rock in Buffalo**

Explore the journey of why the Poles left southern Poland in the early 1900s. We'll learn why they ended up where they did, as well as the economic and cultural impacts they experienced as they joined these new communities.

**Instructor: Mary Ann Kedron, Member, Black Rock Historical Society, Black Rock Riverside Alliance, Buffalo Niagara River Land Trust, & Birds On Niagara**

**Friday, October 6 11:30 AM**

Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.

**Monday, October 23 1 PM**

Town of Evans Senior Center, 716-947-0974 to register.

**Unusual, Unknown, & Even Weird Stories About Presidents Who Visited Buffalo**

Considering Buffalo's rich and perhaps 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; Master Docent, Explore Buffalo**

**Thursday, November 9 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register.

**Who Did What on the Avenue**

Have you ever wondered why there is a Statler Hotel on Niagara Square, which Delaware mansion was the scene of a Pan American Exposition crime or what happened to the illegitimate son allegedly fathered by Grover Cleveland?

**Instructor: Marla Bujnicki, Certified Master Docent, Preservation Buffalo Niagara (PBN) & Forest Lawn; Miss Buffalo II Narrator**

**Wednesday, November 29 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Who Was Who on the Avenue**

From Niagara Square to Gates Circle, learn about the man who is credited with growing the Village of Buffalo into the 8th largest city in the country, the legacy that was left to Buffalo by a renowned doctor/surgeon, and the architect who was the only Buffalonian to perish on the Titanic.

**Instructor: Marla Bujnicki, Certified Master Docent, Preservation Buffalo Niagara (PBN) & Forest Lawn; Miss Buffalo II Narrator**

**Monday, October 16 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Monday, October 23 10:30 AM**

Grand Island Golden Age Center, 716-773-9682 to register.

**Tuesday, November 14 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register



**The Erie County Department of Senior Services Health Insurance Information & Counseling**

- Save \$ on your Medicare Premiums & Prescriptions
- Access Preventive Services covered by Medicare



**LEARN MORE 716-858-7883**

THIS PROJECT WAS SUPPORTED, IN PART BY THE U.S. ADMINISTRATION FOR COMMUNITY LIVING (ACL), DEPARTMENT OF HEALTH AND HUMAN SERVICES, WASHINGTON, D.C. 20201.

*"University Express offers a unique opportunity to explore interesting topics, learn about historic events, gain knowledge about present day news and keep your brain active and alive. I love being a part of University Express as a student and as a presenter!"*

*Theresa W.*



### Beer Culture & Styles

What separates an IPA from a lager? How is a sour ale made? Learn what makes each beer style unique, and the beer culture/country that made it popular.

**Instructor: Tim Herzog, Retired Brewer, Full-Time "Beer Evaluator"**

**Friday, October 20 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Wednesday, November 22 1 PM**

Town of Aurora Senior Center, 716-652-7934 to register.

### Books... A Journey from Antwerp to Buffalo

We'll go on an adventure to visit a 15th century printing facility in Antwerp, a library in Buffalo, and a venture into book creation. This class will be a fun and quick look at an ancient art.

**Instructor: Mary Ann Kedron, Founder Kedron Books and More; Member, Black Rock Historical Society, Black Rock Riverside Alliance, Buffalo Niagara River Land Trust, & Birds On Niagara**

**Tuesday, October 3 10 AM**

Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register.

**Tuesday, October 24 4 PM**

Amherst Senior Center, 716-636-3051 to register.

### Brainstormers

A group of "seasoned" actors who have been performing short skits for seniors in WNY for nearly two decades.

**Power Up by Keith Elkins**

Living in a retirement community named Sunful Acres, Bruce Wayne (aka Batman), Clark Kent (a.k.a. Superman) and Diana Prince (a.k.a. Wonder Woman) try to figure out what's happened to their superpowers and how to live without them.

**Tuesday, October 3 10:30 AM**

Schiller Park Senior Center, 716-895-2727 to register.

**Friday, October 20 10:30 AM**

West Side Community Services, 716-884-6616 to register.

**Monday, October 30 1:30 PM**

Northwest Amherst Community Center, 716-636-3051 to register.

**No Future by Keith Elkins**

In 2021, when the power goes out, a small Idaho hamlet's mayor treks deep into the woods to ask for advice about what to do from an old flame who's been a reclusive and self-reliant survivalist for years and can still write and read cursive and do arithmetic on paper.

**Thursday, October 12 1 PM**

Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.

**Wednesday, November 8 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Thursday, November 16 2 PM**

Baptist Manor, 716-881-1120 ext. 4 to register.

### Breaking Old World

The key to breaking your genealogy research into the "Old World" is knowing your immigrant ancestor's origin. Learn about American resources which will tell you your ancestor's birth town or region.

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

**Wednesday, October 11 10:30 AM**

Hamburg Senior Community Center, 716-646-0665 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. Families/children 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: Mary Cay Neal & Buffalo Suzuki Strings**

**Thursday, November 9 5:30 PM**

Cheektowaga Senior Center, 716-686-3930 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, NYS Licensed Clinical Social Worker (Retired) Credentialed Alcoholism & Substance Abuse Counselor (Emeritus)**

**Thursday, October 19 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Thursday, December 7 10:30 AM**

Schiller Park Senior Center, 716-895-2727 to register.

*"Went to the Buffalo Suzuki Strings concert this past semester. It's a must and worth the trip!"*

*Janice F.*

### Cruising the Elbe: From Berlin to Prague

Step onto a paddle wheeler and travel along one of Europe’s storied rivers. We’ll float between two of the continent’s most interesting cities, with major tours along the way.

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

**Thursday, November 9**  **10:30 AM**

### 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**

**Thursday, October 26** **1 PM (two hour class)**

Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.

**Wednesday, December 13** **1 PM**

Autumnwood Senior Center, 716-826-7895 to register.

### The Dionne Quintuplets

In 1934, a farm woman in Canada gave birth to naturally conceived quintuplets. Not having much of a chance to live, the midwife lovingly wrapped up each baby and put them in a basket. When morning came and they were all still alive, the doctor was called and he took charge of upbringing. When the Canadian government became involved, the girl’s lives were anything but normal.

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

**Friday, October 6** **1:15 PM**

Akron Senior Center, 716-542-6645 to register.

**Wednesday, October 11** **1 PM**

Cheektowaga Senior Center, 716-686-3930 to register.

**Wednesday, October 18** **1 PM**

Town of Aurora Senior Center, 716-652-7934 to register.

**Wednesday, November 15** **2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Monday, November 27** **1 PM**

Town of Evans Senior Center, 716-947-0974 to register.

**Friday, December 1** **1:30 PM**

Lancaster Senior Center, 716-685-3498 to register.

### Development of the Hero from Odysseus to Harry Potter

A survey of the changing notions of the hero from ancient times to the present. There will be an emphasis on how the concept of the hero has radically changed in contemporary America as evidenced by the enormous popularity of the Potter books and films.

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

**Friday, October 6** **1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

### 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, Doll Curator**

**Monday, November 20** **11 AM**

Delavan Grider Community Center, 716-896-7021 to register.

### Donkeys & Elephants: Enduring Political Mascots

How in the world did donkeys and elephants evolve into mascots of the Democratic and Republican parties? Can you guess where they first appeared? We’ll journey from the mid-1800s to present day, picturing an array of comic illustrations and funky artifacts used to support or denigrate political candidates.

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

**Friday, October 13** **1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

### Halloween: Anthropological Perspectives on a Festival with Many Meanings

This evening can be explained according to different themes: as a seasonal/calendrical event; as a “ritual of reversal;” as Samhain, an ancient Celtic festival; as All Hallows Eve, a Christian observance; as a witches’ sabbath; as a modern pagan holiday; and, in America, a special event for children.

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

**Friday, October 6** **1:30 PM**

Lancaster Senior Center, 716-685-3498 to register.

**Monday, October 30** **10:30 AM**

West Seneca Senior Center, 716-675-9288 to register

### The Ghosts of Buffalo, NY!

Join us to learn the haunted history of the Nickel City! Learn about the “Wickedest Street in America,” who walks onboard the ships at the Buffalo & Erie County Naval Park, and exactly what happens when the lights go down in haunted theaters.

**Instructor: Tim Shaw, Psychic Medium; Author; Paranormal Investigator; Collector of Haunted & Unusual Objects**

**Thursday, November 2 6 PM**  
Amherst Senior Center, 716-636-3051 to register.

### Heroes & Heroines in American Literature & Film

An exploration of representative American Heroic Figures and how they dramatize distinctively American values, especially radical forms of freedom, independence, and innocence.

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

**Friday, October 13 2 PM**  
Amherst Senior Center, 716-636-3051 to register.

### History of Quilt Names

Let’s discuss the history quilt blocks such as Nine Patch, Jacob’s Ladder, Irish Chain, Log Cabin, and Flying Geese, to name a few. Quilts made and collected by the instructor will be on-hand.

**Instructors: Theresa Wiater, Retired Teacher, Clarence Center Elementary School**

**Tuesday, November 14 1 PM**  
Town of Aurora Senior Center, 716-652-7934 to register.

**Monday, December 4 11 AM**  
Delavan Grider Community Center, 716-896-7021 to register.

### The Haudenosaunee Thanksgiving Address

We’ll discuss the significance of this Haudenosaunee tradition and what it teaches us.

**Instructor: Pete Hill, Special Initiatives Coordinator, Native American Community Services of Erie & Niagara Counties, Inc.**

**Monday, November 6 10:30 AM**

### Kleinhans Music Hall

We’ll explore the history of acoustical design including the intriguing story of dual consultants—and the ultimate acoustic results which perhaps surprisingly, fell short of what they had desired to achieve.

**Instructor: Denise Prince, Docent, Explore Buffalo**

**Wednesday, November 22 10:30 AM**  
West Side Community Services, 716-884-6616 to register.

### Linguistics of the States

Gain insight into some folk language theories as well as different dialects that occur across the country. We’ll touch on linguistics in the USA; broadly on languages that are in the States natively, and language contact.

**Instructor: Kae Savar, Assistant Research Analyst, Erie County Department of Senior Services**

**Monday, November 6 6:30 PM**  
Elma Public Library, 716-652-2719 to register.

**Thursday, November 9 6 PM**  
Amherst Senior Center, 716-636-3051 to register.

### Marc Chagall: Floating Figures, Goats, & Violins

You may be familiar with this artist’s works but not know much about his pivotal testimony of Jewish culture in Belarus pogroms in the 20th century, or exile to America! Chagall’s colorful renditions of life in his village were the inspirational settings for *Fiddler on the Roof* story and musical.

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

**Wednesday, October 4 1:30 PM**  
Lancaster Senior Center, 716-685-3498 to register.

**Thursday, October 19 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register.

### Meet the Two Charlies: Burchfield & Penney

Buffalo’s very own Burchfield Penney Art Center holds the largest public collection of works by Charles E. Burchfield (1893–1967), as well as an archive of more than 10,000 pages of handwritten journals, 25,000 drawings, and other ephemera.

**Instructor: Mary Kozub, Director of Education, Burchfield Penney Art Center**

**Friday, October 27 10:30 AM**  
Orchard Park Senior Center, 716-662-6452 to register.

**Tuesday, November 21 3 PM**  
Clarence Senior Center, 716-633-5138 to register.

**Monday, November 27 1:15 PM**  
Akron Senior Center, 716-542-6645 to register.

**Merry Christmas from Buffalo**

Buffalo, with its diverse ethnic population, had an abundance of Christmas traditions that influenced the various ways this holiday was celebrated. Join us to learn how these early Buffalonians brought their unique ethnic and religious traditions to help define a Buffalo Christmas!

**Instructor: TinaMarie Kumiega, Docent, Explore Buffalo**

**Monday, December 11 1 PM**

City of Tonawanda Library, 716-693-5043 to register.

**Michelangelo: Creator of Giants**

This is an overview of Michelangelo's life with an examination of many of his most famous works, including the Pieta, David, and Sistine Chapel.

**Instructor: Alan Nowicki, Director of Programming, Roycroft Campus**

**Friday, November 17 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**My City Smells Like Cheerios: The History of Cereal**

Hear the story of how Cheerios came to be made in Buffalo, how dry, ready-to-eat cereal right out-of-the-box began in central New York, and even cereal's connection to Mar-a-Lago!

**Instructor: Cheryl McDonald, Docent, Explore Buffalo**

**Tuesday, October 3 1 PM**

Town of Aurora Senior Center, 716-652-7934 to register.

**Photography's Invention & Pre-history 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—the Center for Exploratory & Perceptual Arts—and all it has to offer.

**Instructor: Nate Ely, Education Director, CEPA Gallery**

**Friday, November 17 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Propaganda Images in Art & Advertising**

This updated class will explore the basics of advertising and persuasive propaganda from centuries ago to new technologies in use today. By explaining exactly what we are looking at, the presenter offers tools to decipher "real" from "fake."

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

**Tuesday, October 10 2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Quirky Portraits**

Both real and imagined have been classic subject matter for artists. In this fun look at paintings and sculpture by well-known and obscure people, the presentation takes you from the REAL to the CREEPY! Drawing tricks will be shared so you can try out your own creations.

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

**Tuesday, October 10 5:30 PM**

Clarence Senior Center, 716-633-5138 to register.

**Tuesday, October 17 1 PM**

Cheektowaga Senior Center, 716-686-3930 to register.

**Radium Girls: The Walking Dead**

In 1898, Marie Curie discovered radium, which is used in the battle to fight cancer. During World War I, radium was painted on the dials of airplanes so that pilots could see the gauges as they "glowed in the dark." Women were happy to be employed, at a good wage, to paint the dials on gages, clocks and wristwatches. Why then, were so many of these women mysteriously dying?

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

**Tuesday, October 10 10:30 AM**

Schiller Park Senior Center, 716-895-2727 to register.

**Friday, October 13 10:30 AM**

Grand Island Golden Age Center, 716-773-9682 to register.

**Friday, October 20 10:30 AM**

Northwest Amherst Community Center, 716-636-3051 to register.

**Thursday, November 2 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Thursday, November 16 10:30 AM**

Orchard Park Senior Center, 716-662-6452 to register.

*"Sometimes University Express is sheer fun. Sometimes you want to learn more on a given topic. Sometimes you are just more knowledgeable at the end of the session.*

*"But all the time it is a great experience! UE classes have inspired me to try new things too! I learned about Tango Dancing after the BPO presentation on Tango and I've prepared Good Mood Foods at home after I learned about them."*

Ann S.

**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: Tom Reigstad, PhD, Emeritus Professor of English, Buffalo State University**

**Wednesday, October 4 6:30 PM**

Elma Public Library, 716-652-2719 to register.

**Wednesday, October 11 1:15 PM**

Akron Senior Center, 716-542-6645 to register.

**Friday, October 20 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Spanish 101**

Here we'll learn the basic fundamentals of the Spanish language. This will include basic greetings in Spanish, greeting others and introducing yourself so you can be prepared for everyday interactions and travel!

**Instructor: Esmeralda Sierra, MPA, Vice-President, Hispanic Heritage Council of Western New York, Inc.**

**Tuesday, November 28 10:30 AM**

Schiller Park Senior Center, 716-895-2727 to register.

**Thursday, November 30 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Teachings of the Good Mind:  
A Haudenosaunee Principle**

Many Indigenous cultures include very positive messages and understandings for how to treat each other, ourselves, and our environment in a good way. Keeping a good mind can be a challenge in today's society when there is much anger, violence, and disrespect shown by and towards many diverse peoples. This session will provide various perspectives of the Good Mind, as these teachings can benefit all people.

**Instructor: Instructor: Pete Hill, Special Initiatives Coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)**

**Monday, October 16 10:30 AM**



**Tombstone Artwork**

Tombstone artwork, sometimes referred to as funerary art, is any work of art placed in a repository for the remains of the dead. This class will look at the history and meaning behind tombstone art. Including renderings from cemeteries here in Erie County.

**Instructor: E. Jolene Hawkins, Village Historian for Springville; Dept. Historian for the Town of Concord; Author**

**Monday, December 11 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

**Transformation of the Colored Musicians Club**

The Club will soon be open to the public! You'll get to learn about the renovations and get a sneak peek at the upcoming exhibits. Plus you'll hear stories of jazz legends from back in the day and about everything they have in store for the future.

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

**Wednesday, October 11 12:30 PM**

Baptist Manor, 716-881-1120 ext. 4 to register.

**Thursday, October 12 10:30 AM**

West Seneca Senior Center, 716 675-9288 to register.

**Wednesday, October 18 1 PM**

Autumnwood Senior Center, 716-826-7895 to register.

**Friday, November 17 11:30 AM**

Delavan Grider Community Center, 716-896-7021 to register.

**Special Community Jazz Concert**

**Saturday, December 9 1 PM**

Central Library, 716-858-8900 ext. 2 to register.

**Vampires, Werewolves, Witches,  
and Other Creatures of the Night**

Cultures throughout history have believed dangerous beings roam in search of human victims. We'll look at examples of such beliefs and explanations for them.

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

**Monday, October 2 10:30 AM**

Hamburg Senior Community Center, 716-646-0665 to register.

**Friday, October 27 10:30 AM**

Grand Island Golden Age Center, 716-773-9682 to register.

## HUMANITIES

### Untold Stories of the Underground Railroad in Buffalo, NY

We'll expand our 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

**Monday, October 23** **11 AM**  
Delavan Grider Community Center, 716-896-7021 to register.

*"We should really be thanking you for enriching our lives. We have gained so much knowledge and have broadened our horizons."*

*Jim & Sue C.*

### WNY Firsts (and a couple of seconds)

Take this fun journey through Western New York history with various facts and stories about the people, inventions and accomplishments that were first done in our area.

**Instructor:** Alan Nowicki, Director of Programming, Roycroft Campus

**Monday, October 16** **10:30 AM**  
Orchard Park Senior Center, 716-662-6452 to register.

**Thursday, October 19** **2 PM**  
Elma Public Library, 716-652-2719 to register.

**Friday, October 27** **10:30 AM**  
West Side Community Services, 716 884-6616 to register.

**Thursday, November 16** **6 PM**  
Amherst Senior Center, 716-636-3051 to register.

**Wednesday, November 29** **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register.

### Writing, Literature, & Delivering a Eulogy

We'll cover it all! Join us for what promises to be an extremely interesting class.

**Instructor:** Jim Banko, Retired English Teacher

**Thursday, November 2** **2 PM**  
Amherst Senior Center, 716-636-3051 to register.

## LAW & FINANCE

### 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

**Tuesday, October 17** **10:30 AM**

### Article 81 Guardianship

This presentation will provide the basics regarding MHL 81, how it works, and what is required of a person who is appointed as an Article 81 Guardian

**Instructor:** Dan Piersa, Esq., Attorney; Director of the Family Guardian Support Project, Center for Elder Law & Justice

**Wednesday, December 6** **10:30 AM**

### Ask the Correct Financial Questions to Empower Yourself

Learn what questions you should be asking about your future personal and financial care to make sure everyone is on the same page. You will leave feeling empowered about where to begin the process.

**Instructor:** Les Robinson, Financial Advisor, CLTC, IRMAA Certified Planner & Author

**Monday, October 2** **10:30 AM**  
West Seneca Senior Center, 716 675-9288 to register.


**Wednesday, November 1** **2 PM**  
Amherst Senior Center, 716-636-3051 to register.

**Wednesday, November 15** **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register.

### Basics of Medicaid & Long-Term Care: Protecting & Preserving Assets

We'll focus on strategies to preserve and protect assets in the event that there is a need for Medicaid, skilled nursing home care or care in your home. We'll discuss how to protect your assets and ensure that you are provided with good care for the rest of your life—even if you are unable to get through the five-year "look back" period.

**Instructors: Jean Harris, Esq., Attorney**

**Wednesday, October 18**  **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register.

**Wednesday, November 1** **1 PM**  
Town of Tonawanda Senior Center, 716-874-3266 to register.

**Monday, November 6** **10:30 AM**  
Grand Island Golden Age Center, 716-773-9682 to register.

**Friday, November 17** **10:30 AM**  
Northwest Amherst Community Center, 716-636-3051 to register.

### Financial Strategies for Sustainable Retirement

This class will discuss assessing retirement income sources, creating a retirement budget aligned with sustainability goals, managing expenses and maintaining a sustainable lifestyle, understanding long-term care considerations and insurance options.

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

**Friday, October 27** **2 PM**  
Amherst Senior Center, 716-636-3051 to register.

### HEAP Basics

This class will give an overview of the program with a concentration on a regular benefit. We will discuss how you can apply for the program, what documentation is needed and if eligible, what additional programs you may qualify for with a HEAP approval letter.

**Instructor: Adam Kowalyk, Case Manager, Erie County Department of Senior Services**

**Tuesday, October 24** **3 PM**  
Clarence Senior Center, 716-633-5138 to register.

**Wednesday, November 15** **1 PM**  
Autumnwood Senior Center, 716-826-7895 to register.

**Thursday, November 16** **10:30 AM**  
Schiller Park Senior Center, 716-895-2727 to register.

### 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., Attorney**

**Wednesday, October 18** **1:15 PM**  
Akron Senior Center, 716-542-6645 to register.

### Last Wills & Testaments, Powers Of Attorney & Trusts: Protection from Probate & Nursing Home Costs

We'll discuss the ins and outs of basic estate planning, advance directives and protection of assets including avoidance of costly and time consuming legal proceedings upon death and preservation of assets in the event of the need for long-term care during life.

**Instructors: Jean Harris, Esq. & Linda Grear, Esq., Attorneys**

**Monday, October 16** **1 PM**  
Town of Evans Senior Center, 716-947-0974 to register.

**Thursday, November 9** **1 PM**  
City of Tonawanda Public Library, 716-693-5043 to register.

**Wednesday, November 29** **1:30 PM**  
Lancaster Senior Center, 716-685-3498 to register.

**Tuesday, December 5** **1 PM**  
Autumnwood Senior Center, 716-826-7895 to register.

### Saving Money on Prescriptions & Medical Insurance

Education is power when it comes to saving money on your prescriptions or health insurance. You'll learn information on health insurance, prescription coverage and ways of paying for long-term care.

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

**Friday, October 6** **10:30 AM**  
Northwest Amherst Community Center, 716-636-3051 to register.

## BENEFITS ENROLLMENT CENTER

Are you wondering what benefits you are eligible for and how to apply? Give us a call!

716-858-8526





NEW YORK STATE  
**NY Connects**  
Your Link to Long Term Services and Supports  
of ERIE COUNTY  
(800) 342-9871 (716) 858-8526

## LAW & FINANCE

### 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 L. Stanek, Esq., Attorney

**Friday, October 13** **11 AM**

Delavan Grider Community Center, 716-896-7021 to register.

**Monday, November 13** **1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

### Understanding Social Security

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

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

**Tuesday, November 14**

 **10:30 AM**

### Veterans: Do You Know What Your Benefits Are?

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. Bring your questions!

**Instructor:** Erie County Veterans Services

**Tuesday, October 10**

**1 PM**

Hamburg Senior Community Center, 716-646-0665 to register.

## NATURAL SCIENCES

### All About Amphibians & Their Struggles to Survive

This is a very interesting class even for those who don't know much about Amphibians. Join us to explore the diversity of amphibians on Earth today, as well as their Devonian period origins.

**Instructor:** Robin Sanecki, Programs Specialist, Penn Dixie Fossil Park & Nature Reserve

**Monday, November 20** **10:30 AM**

Hamburg Senior Community Center, 716-646-0665 to register.

### All About Electric Vehicles

Are you interested in getting an electric vehicle but not sure if it's for you? Learn all about electric vehicle models, how far they travel, and how they charge.

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

**Tuesday, October 17** **2 PM**

Eden Public Library, 716-992-4028 call to register.

### 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

**Tuesday, October 17** **1 PM**

Hamburg Senior Community Center, 716-646-0665 to register.

**Thursday, October 26** **10:30 AM**

Schiller Park Senior Center, 716-895-2727 to register.

### Breast, Cervical & Colorectal Health

Cancer Services provides education about breast, cervical and colorectal health- including breast, cervical and colorectal screens to eligible uninsured and underinsured men and women across WNY. Join us to learn more!

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

**Thursday, November 16** **1 PM**

Akron Senior Center, 716-542-6645 to register.



### Fall is For Gardening

What to do and not do in fall and how to prepare your garden for winter.

**Instructor: Cornell Cooperative Extension Master Gardener**

**Monday, October 2 1PM**

West Seneca Senior Center, 716-675-9288 to register.

**Monday, October 16 1 PM**

City of Tonawanda Public Library, 716-693-5043 to register.

**Friday, October 20 10:30 AM**

Orchard Park Senior Center, 716-662-6452 to register.

### The Language of Holiday Flowers

What is the meaning behind holiday flowers? How did certain flowers and plants become associated with the winter holidays? Learn what you really mean when you send someone a poinsettia or decorate with wreaths and evergreens.

**Instructor: Pati Aine Guzinski, Training Coordinator, Erie County Department of Health, Public Health Emergency Preparedness Division & SMART; Avid Gardener**

**Friday, November 10 10:30 AM**

Grand Island Golden Age Center, 716-773-9682 to register.

**Wednesday, November 15 6 PM**

Lancaster Senior Center, 716-685-3498 to register.

**Tuesday, November 21 1 PM**

Hamburg Senior Community Center, 716-646-0665 to register.

**Tuesday, December 12 5:30 PM**

Akron Senior Center, 716-542-6645 to register.

### Learning from You: Reuse & Repair in Your Life

We'll be learning from each other how to reuse or repurpose items to prevent waste. Bring your ideas and questions!

**Instructor: Gary Carrel, Solid Waste Recycling Specialist & Amy Alduino, Recycling Coordinator, Erie County**

**Tuesday, October 17 10 AM**

Schiller Park Senior Center, 716-895-2727 to register.

**Tuesday, December 5 10 AM**

Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register.

### Meteorology & Weather Forecasting in WNY

Learn how meteorologists forecast the weather, and how the process has evolved over the years. We'll also be taking a look at the challenges in forecasting weather in Western New York.

**Instructor: Andrew Baglini, Meteorologist**

**Wednesday, November 15 1 PM**

Town of Tonawanda Senior Center, 716-874-3266 to register.

**Friday, December 8 1:30 PM**

Lancaster Senior Center, 716-685-3498 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**

**Thursday, November 9 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

### So, You Want to Make More Plants?

Can all plants be divided? Learn what to do to insure success for those that can be.

**Instructor: Cornell Cooperative Extension Master Gardener**

**Tuesday, October 24 12:15 PM**

Concord/Springville Senior Center, 716-592-2768 to register.

### What's Up in the Solar System? What's a Solar Eclipse?

Let's discuss some of the recent discoveries from robotic missions to planets and other objects in our solar system. We'll also cover where to see the planets in the night sky. We'll finish with the total solar eclipse which is coming to Western New York on Monday, April 8, 2024!

**Instructor: Dr. Kevin Williams, Associate Professor of Earth Sciences; Director of the Whitworth Ferguson Planetarium at SUNY Buffalo State University**

**Friday, October 6 1:30 PM**

Orchard Park Senior Center, 716-662-6452 to register.

### Winter Activities in Your County Parks

Buffalo owns winter! Join us to learn about the many outdoor activities our winter wonderland has to offer. There's plenty of outdoor fun and activities for everyone happening in our parks all-season-long.

**Instructor: Erie County Parks, Recreation, & Forestry**

**Wednesday, November 29 1:15 PM**

Akron Senior Center, 716-542-6645 to register

### Art Therapy for Health & Well-Being

Art therapy specifically helps people express themselves more freely, improve their mental health, and improve interpersonal relationships. This will be educational discussion with a short time for art making.


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

**Wednesday, November 8**  **10:30 AM**

### Brain Health

Enjoy your healthy brain for a lifetime! In this seminar, you'll learn tips for maintaining your brain health, including foods, supplements, and physical and mental exercise.

**Instructor:** Jennifer Johnson, RYT-200, Owner, New Sky Coaching

**Tuesday, October 24**  **1 PM**  
Town of Aurora Senior Center, 716-652-7934 to register.

**Tuesday, November 21** **10:30 AM**  
Schiller Park Senior Center, 716-895-2727 to register.

**Tuesday, November 28** **2 PM**  
Amherst Senior Center, 716-636-3051 to register.

### Buffalo's First Physician & Pioneer Advocate

Dr. Chapin had arrived in Buffalo in 1803 and built a huge practice spanning both sides of the Niagara River. Blessed with a forceful personality, infuriating gall, and a caring nature, Dr. Chapin involved himself in every foundation of Buffalo society.

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

**Tuesday, October 3** **2 PM**  
Amherst Senior Center, 716-636-3051 to register.

### Effective Communication

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

**Instructor:** Alzheimer's Association, WNY Chapter

**Wednesday, December 6** **1 PM**  
Autumnwood Senior Center, 716-826-7895 to register.

**Tuesday, December 12** **10 AM**  
Hamburg Senior Community Center, 716-646-0665 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. *Class size limited to ten.*

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

**Tuesday, October 3** **11 AM & 12:30 PM**  
Town of Tonawanda Senior Center, 716-874-3266 to register.

**Wednesday, October 18** **2 PM**  
Baptist Manor, 716- 881-1120 ext. 4 to register.

**Monday, November 13** **1:30 PM**  
Northwest Amherst Community Center, 716-636-3051 to register.

### Harm Reduction 101

What does "harm-reduction" mean? We'll discuss common community practices for harm reduction, as well as Narcan as a method for harm reduction. Join us and learn to save a life.

**Instructor:** Cheryll Moore, Medical Care Administrator; Director of the Erie County Opiate Epidemic Task Force

**Tuesday, October 24**  **10:30 AM**

**Thursday, November 16**  **10:30 AM**

### Healthy Eating on a Budget

This class will discuss healthy eating patterns, foods to focus on for older adults and grocery shopping on a budget or fixed income!

**Instructor:** Cassandra Woody, MS, RDN, CD, & Kayla Kio, MS, RDN, CDN, Registered Dietitians, Excelsior Orthopaedics

**Wednesday, November 8** **1:30 PM**  
Lancaster Senior Center, 716-685-3498 to register.

**Wednesday, December 13** **10:30 AM**  
Orchard Park Senior Center, 716-662-6452 to register.

### Learn How to "Stop the Bleed"

In life, you are more likely to use Stop the Bleed skills than CPR skills. 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

**Thursday, October 5** **10 AM & 1 PM**  
Cheektowaga Senior Center, 716-686-3930 to register.


**Friday, October 6** **1 PM**  
West Seneca Senior Center, 716-675-9288 to register.

**Friday, November 17** **1 PM**  
Autumnwood Senior Center, 716-826-7895 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 true meaning to our lives.

**Instructor: Pei C. Grant, PhD, Research Consultant, Phronesis Consulting, LLC**

**Thursday, October 19**  **10:30 AM**

**Mosquitoes, Ticks, & Fleas! Oh My!**

There has been a major increase in vector-borne illness right here in WNY. We'll learn about the topic of vector borne diseases, including Lyme Disease and West Nile Virus, and the related implications for public health.

**Instructor: Shauna Zorich, Clinical Assistant Professor, SUNY at Buffalo School of Public Health & Health Professions**

**Tuesday, November 14** **5:30 PM**  
Clarence Senior Center, 716-633-5138 to register.

**The Effect of Sensory Changes in Older Adults on Food Intake & Nutritional Status**

Taste and smell losses in people of all ages can reduce appetite and lead to inadequate dietary intake. We'll look at older adults' unique nutritional needs and provide suggestions of a variety of foods to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease.

**Instructor: Leanne Bajus, MS, RD, CDN, Erie County Department of Senior Services**

**Thursday, October 19** **10:30 AM**

Grand Island Golden Age Center, 716-773-9682 to register.

**Thursday, November 2** **10:30 AM**

Hamburg Senior Community Center, 716-646-0665 to register.

**Tuesday, December 5** **1 PM**

Clarence Senior Center, 716-633-5138 to register.

**Understanding & Coping with Anxiety**

In this "low stress" class, 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**

**Thursday, October 5** **2 PM**

Amherst Senior Center, 716-636-3051 to register.

**Friday, October 6** **1 PM**

Hamburg Senior Community Center, 716-646-0665 to register.

**Wednesday, November 22** **1:15 PM**

Akron Senior Center, 716-542-6645 to register.

**Understanding & Responding to Dementia Related Behaviors**

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

**Instructor: Alzheimer's Association, WNY Chapter**

**Wednesday, December 13** **12:30 PM**

Baptist Manor, 716-881-1120 ext. 4 to register.

**Vaccines: What You Need to Know**

This course will serve as an introduction to the science, history and impact of vaccination. Specific vaccines recommended for older adults will also be discussed, including vaccines for influenza, COVID-19, pneumonia and shingles.

**Instructor: Shauna Zorich, Clinical Assistant Professor, SUNY at Buffalo School of Public Health & Health Professions**

**Thursday, October 12** **6 PM**

Amherst Senior Center, 716-636-3051 to register.

**When The Foot Hits The Ground**

A basic introduction to the force imparted on the various joints with simple activities such as walking.

**Instructor: Michael Massaro, Physical Therapist, Excelsior Orthopaedics**

**Monday, November 27** **10:30 AM**

Orchard Park Senior Center, 716-662-6452 to register.



**CLUB 99**

**Join our FREE exercise program!**

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



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

### Adult Protective Services

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


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

**Wednesday, November 1**  **10:30 AM**

### Balance is Key: A Guide to Fall Prevention

Learn ways to help prevent yourself from falling with these tips and tricks!

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

**Thursday, October 5**  **1 PM**  
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register.

**Wednesday, October 11**  **1 PM**  
Town of Aurora Senior Center, 716-652-7934 to register.

**Tuesday, November 14** **3 PM**  
Clarence Senior Center, 716-633-5138 to register.


**Monday, November 20** **10:30 AM**  
Akron Senior Center, 716-542-6645 to register.

**Wednesday, December 6** **10:30 AM**  
West Side Community Services, 716-884-6616 to register.

### Chair Yoga

Yoga in a chair? Yes! You don't need to get down on the floor to experience the benefits of yoga. This class will include both seated postures and standing postures, using a chair for support. All fitness levels are welcome. A yoga mat to place under the chair is optional but recommended.

**Instructor: Jennifer Johnson, RYT-200, Owner, New Sky Coaching**

**Tuesday, November 21**  **1 PM**  
Town of Aurora Senior Center, 716-652-7934 to register.

### Chronic Obstructive Lung Disease (COPD)

Learn about what congestive heart failure is and how it affects other organs in the body. We'll discuss signs and symptoms, when to call your healthcare provider and ways to manage the condition.

**Instructor: Suzanne Stoklosa, ANP-BC, Daemen University**

**Monday, November 20**  **10:30 AM**

### Cooking with the Commish, Holiday Style!

Join our favorite Commissioner Angela Marinucci as she shares some of her favorite holiday recipes that will have everyone asking for seconds. She will even bring some samples to taste. Bring your favorite recipes to share!

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

**Wednesday, October 25** **10:30 AM**  
Hamburg Senior Community Center, 716-646-0665 to register.

**Wednesday, November 1** **1 PM**  
Autumnwood Senior Center, 716 826-7895 to register.


**Friday, November 3rd** **1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register.

**Wednesday, November 15** **1:15 PM**  
Akron Senior Center, 716-542-6645 to register.

**Friday, November 17** **10:30AM**  
West Side Community Services, 716-884-6616 to register.

**Tuesday, November 28**  **1 PM**  
Town of Aurora Senior Center, 716-652-7934 to register.

**Friday, December 1** **10:30 AM**  
Grand Island Golden Age Center, 716-773-9682 to register.

**Tuesday, December 5**  **1 PM**  
Cheektowaga Senior Center, 716-686-3930 to register.

**Wednesday, December 6** **12:15 PM**  
Concord/Springville Senior Center, 716-592-2768 to register.

### Handy 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, November 29** **12:15 PM**  
Concord/Springville Senior Center, 716-592-2768 to register.

*"The University Express program is really terrific, and possibly unique. The Erie County Department of Senior Services deserve our praise, and hearty thanks."*

*Phil S.*

### Holistic Healing: Meditative Centering Techniques, Self-Reiki, & Natural Healing 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.

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

**Wednesday, November 15 10 AM**  
Hamburg Senior Community Center, 716-646-0665 to register.

### Keep on Moving

Do you already have an assistive device like a cane or walker, but aren't sure if you're using it properly? Or maybe you're interested in getting one and want to learn more about which one is right for you. Join for a lively discussion on all things assistive devices, including a show and tell segment!

**Instructor: Richard Steely, Durable Medical Equipment Specialist, Excelsior Orthopaedics**

**Friday, October 13 10:30 AM**  
Orchard Park Senior Center, 716-662-6452 to register.

### Lab Results: What do Those Numbers Mean?

This is for anyone interested in learning more about cholesterol and lipid profiles and how they affect our health. We'll learn about HDL, LDL, and triglycerides, how they work in the body, and management options.

**Instructor: Suzanne Stoklosa, ANP-BC, Daemen University**

**Monday, December 11 10:30 AM**

### Let's Learn More About Buffalo's LGBTQ+ Community

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.

**Instructor: Taylor Blake, Engagement & Education Coordinator, Pride Center of WNY**

**Wednesday, November 29 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register.

### Line Dance 101

Come learn some basic line dancing steps! Next time you're on the dance floor, you'll know how to “bust a move” country-style!

**Instructor: Bob Gafney, Line Dance Instructor**

**Tuesday, November 14 3:15 PM**  
Lancaster Senior Center, 716-685-3498 to register.

### Make Friends with Your Freezer

We'll cover recipes and tips that will help you enjoy delicious, healthy food, while spending less time in the kitchen. From comfort food to holiday cookie exchanges, we've got you covered!

**Instructor: Erin Mahoney, Administrative Clerk, Erie County Department of Senior Services; Former Professional Chef**

**Thursday, October 5 10:30 AM**  
Schiller Park Senior Center, 716-895-2727 to register.

**Wednesday, October 11 1 PM**  
Autumnwood Senior Center, 716-826-7895 to register.

**Monday, November 13 1 PM**  
Cheektowaga Senior Center, 716-686-3930 to register.

**Thursday, November 16 2 PM**  
Elma Public Library, 716-652-2719 to register.

### Mindfulness

This program will teach you what it means to be mindful, its purpose and benefits, and how to incorporate it into your daily routine. You will also participate in several mindful relaxation exercises.

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

**Friday, October 13 10:30 AM**  
West Seneca Senior Center, 716-675-9288 to register.

**Wednesday, December 6 2 PM**  
Baptist Manor, 716-881-1120 ext. 4 to register.

### 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, December 12 10 AM**  
Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register.

### Planning for Your Next Trip

Learn tips to make the most of your next stateside or international trip. We'll talk about things like booking flights and arranging layovers to sneak in extra sightseeing at places, and important things to learn about the culture of places you are visiting.

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

**Thursday, November 30 2 PM**  
Amherst Senior Center, 716-636-3051 to register.

**Thursday, December 7 2 PM**  
Elma Public Library, 716-652-2719 to register.

**Thursday, December 14 10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register.

### Positive Attitude: Living Better or Bitter?

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

**Friday, October 13** 1 PM

Clarence Senior Center, 716-633-5138 to register.

**Monday, October 23** 10 AM

Cheektowaga Senior Center, 716-686-3930 to register.

**Thursday, November 2** 1:30 PM

Orchard Park Senior Center, 716-662-6452 to register.

**Monday, November 6** 1:30 PM

Northwest Amherst Community Center, 716-636-3051 to register.

### Put Your Best Foot Forward

Diabetes? Bunions? Plantar 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

**Tuesday, December 12** 1 PM

Cheektowaga Senior Center, 716-686-3930 to register.

### Self Defense for Seniors: Awareness, Prevention, & Techniques

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

**Monday, October 16** 10:30 AM

Hamburg Senior Community Center, 716-646-0665 to register.

**Friday, October 20** 2 PM

Amherst Senior Center, 716-636-3051 to register.

**Tuesday, November 14** 10:30 AM

Schiller Park Senior Center, 716-895-2727 to register.

**Friday, November 17** 1 PM

Clarence Senior Center, 716-633-5138 to register.

### Strengthening the Canine-Human Relationship!

A dog's friendship is like no other. But did you ever wonder why they do some of the things they do? Join us for this awesome class to better understand your furry friend. *Instructor plans to bring a few dogs to class for demonstrations.*

**Instructor:** Dawn Bellere, Canine Obedience Trainer; American Kennel Club Evaluator

**Thursday, November 2** 10:30 AM

Schiller Park Senior Center, 716-895-2727 to register.

**Tuesday, December 12** 2 PM

Amherst Senior Center, 716-636-3051 to register.

### "String Pull" Art

Lisa has done it again! She will show us another easy art technique to make a unique abstract painting using twine/string and acrylic paints. This class is for all experience levels! *Supplies will be provided and class size is limited.*

**Instructor:** Lisa Saunders, Senior Account Clerk, Erie County Department of Senior Services; Amateur Artist

**Wednesday, November 29** 1 PM

Town of Tonawanda Senior Center, 716-874-3266 to register.

**Monday, December 11** 1 PM

Hamburg Senior Community Center, 716-646-0665 to register.

### Table Tennis 101

In this interactive session, we'll review the fundamentals including the rules, paddle grips, some basic strokes and creating and handling spins. Expect to be playing most of the time. Paddles and balls will be provided. *Class size is limited.*

**Instructor:** Steven Ford, Lancaster Table Tennis Coach

**Friday, October 13** 1:30 PM

Lancaster Senior Center, 716-685-3498 to register.

**Wednesday, November 1** 1:30 PM

Lancaster Senior Center, 716-685-3498 to register.

### What Your Survivors Need to Know

This presentation's main focus is to identify the major topics and areas to be considered or acted upon after a person's passing; it will not address nor dispense legal or financial advice.

**Instructor:** Jim Bardot, M.S., B.P.S., Retired Lecturer, Program Coordinator, Assistant Professor, & Academic Dean

**Tuesday, October 10** 3 PM

Clarence Senior Center, 716-633-5138 to register.

**Wednesday, October 11** 10:30 AM

West Seneca Senior Center, 716-675-9288 to register.

**Tuesday, November 14** 6 PM

Amherst Senior Center, 716-636-3051 to register.

### Winter Holiday Safety for You & Your Pets

Let's keep the winter holidays festive celebrations for everyone, including our furry friends. We'll learn about decorations and plants that are harmful to pets and the most common causes of holiday home accidents and how to prevent them.

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

**Friday, November 3** 2 PM

Amherst Senior Center, 716-636-3051 to register.

**Thursday, November 9** 10:30 AM

Schiller Park Senior Center, 716-895-2727 to register.

### Android Basics

Android devices are devices powered by the popular Google-based operating system known as Android. Learn about how Android-powered devices work, what you need to get one running, popular features, adding apps, and much more. *(Class is two hours long.)*

**Instructor:** Librarian, Buffalo & Erie County Public Library  
**Friday, October 6** **12 PM**  
 Central Library, 716-858-8900 ext. 2 to register.

### The Cloud

In simple terms, the cloud is a place to store and access data and programs over the internet instead of using your computer's hard drive. Join us to learn more about "The Cloud" and how it can help you. *(Class is two hours long.)*

**Instructor:** Librarian, Buffalo & Erie County Public Library  
**Tuesday, December 12** **10:30 AM**

### From Birth to Death: New York State Vital Records

Learn about New York State births, deaths, and marriages and what records are available through the B&ECPL and the Western New York Genealogical Society.

**Instructor:** Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library  
**Wednesday, November 8** **1:15 PM**  
 Akron Senior Center, 716-542-6645 to register.

### Google Photos

Google Photos is the cloud-based storage service that allows users to save their photos online rather than on their devices. Learn about how this service works, the positives and negatives, and other useful features such as their mobile app. *(Class is two hours long.)*

**Instructor:** Librarian, Buffalo & Erie County Public Library  
**Tuesday, December 5** **10:30 AM**

### Instacart

This class will teach you how to set-up Instacart on your device and also how to use the App. *(Class is two hours long.)*

**Instructor:** Librarian, Buffalo & Erie County Public Library  
**Friday, December 1** **1 PM**  
 Clarence Senior Center, 716-633-5138 to register.

### iPhone Photography Tips

Learn tips for taking better photos with your cell phone.

**Instructor:** Quishara Williams, Public Relations Assistant, Erie County Department of Senior Services; Freelance Photographer  
**Thursday, October 5** **6 PM**  
 Amherst Senior Center, 716-636-3051 to register.

### The Libby App

Want to learn how to borrow eBooks, audiobooks, and digital magazines from the library? In this training you will learn how to use Libby to access digital materials for free from your own phones, tablets, e-readers, or laptops. *(Class is two hours long.)*

**Instructor:** Librarian, Buffalo & Erie County Public Library  
**Tuesday, October 10** **12 PM**  
 Central Library, 716-858-8900 ext. 2 to register.

### Staying Safe Online

Over half of the world has Internet access and can reach out and touch your phone and your computer. Learn how to stop intruders and phonies from getting to you. And learn who to call and what to do if they do get through.

**Instructor:** David Stott, Information Security Analyst, Erie County  
**Friday, November 17** **1:30 PM**  
 Lancaster Senior Center, 716-685-3498 to register.  
**Wednesday, November 22** **2 PM**  
 Amherst Senior Center, 716-636-3051 to register.

### What is AI (Artificial Intelligence) & What Does it Mean to You?

AI has been the subject of movies and science fiction for a hundred years. It's here today. Is that good news or bad? And what does that mean to you? We will see a demonstration of AI in action and discuss what AI can do right now. We will also ponder what this means for our future.

**Instructor:** David Stott, Information Security Analyst, Erie County  
**Friday, October 27** **1 PM**  
 Clarence Senior Center, 716-633-5138 to register.  
**Thursday, November 2** **2 PM**  
 Elma Public Library, 716-652-2719 to register.  
**Monday, November 27** **1 PM**  
 Cheektowaga Senior Center, 716-686-3930 to register.



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