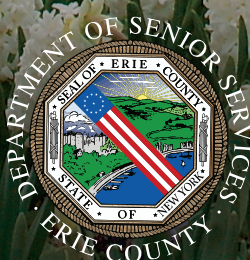


UNIVERSITY EXPRESS

SPRING
2024



Lifelong Learning for Adults Age 55+



FREE IN-PERSON & VIRTUAL CLASSES

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

716-858-8526 • 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



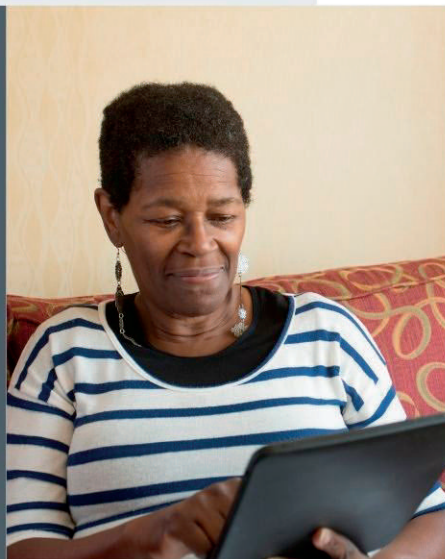
WELLNESS

- **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

 ECSeniorServices

 @ECSeniorSvcS

Hello!

On behalf of the Erie County Department of Senior Services, it is my pleasure to welcome you as a participant in our University Express (UE) Spring Semester. Senior Services strives to create spaces and opportunities for older adults to maintain healthy, active, and social lifestyles. Whether you're interested in topics like local history, technology, or wellness, or diving into our quickly growing Book Club, there is something for everyone to enjoy within the UE program.

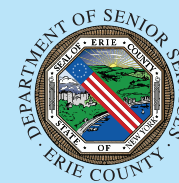
This semester, we are excited to offer even more hybrid classes, thanks to the equipment provided through our Senior Center Technology project. Attend classes in person at senior centers and libraries across Erie County, or virtually from the comfort of your own home. This flexibility will potentially enhance the learning experience and allow for greater participation from all members of our community.

Whether you attend classes in person or online, I am confident that you will find each session to be both informative and enjoyable.

We are honored to be part of your lifelong journey of learning and exploration and hope your semester is filled with discovery, connection, and growth.



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



**Come and Join the
University Express...**

BOOK CLUB

- Led by our Book-Lover-In-Chief, Commissioner Angela Marinucci
- Meet ups monthly & a virtual option (come when you can!)
- Discover new books
- Make new friends

Join Today

www.erie.gov/universityexpress/book-club
(716) 858-8793



TABLE OF CONTENTS

How To Register	5
Class Locations	6
Map of Locations	7


CLASS LISTINGS BY TOPIC:


Current Events.....	8
History	11
Humanities	17
Law & Finance	20
Natural Sciences.....	21
Science & Medicine	23
Health & Wellness.....	25
Technology	30

Front Cover Photo: Buffalo & Erie County Botanical Gardens

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 option is still new for us. We ask that you please be patient and understanding if issues arise. Be sure to visit us at 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! Consider having lunch or dinner at the center too! Reservations for meals must be made at least one week in advance. Inquire when you reserve your class spot.

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 erie.gov/ue for instructions on how to join a class.

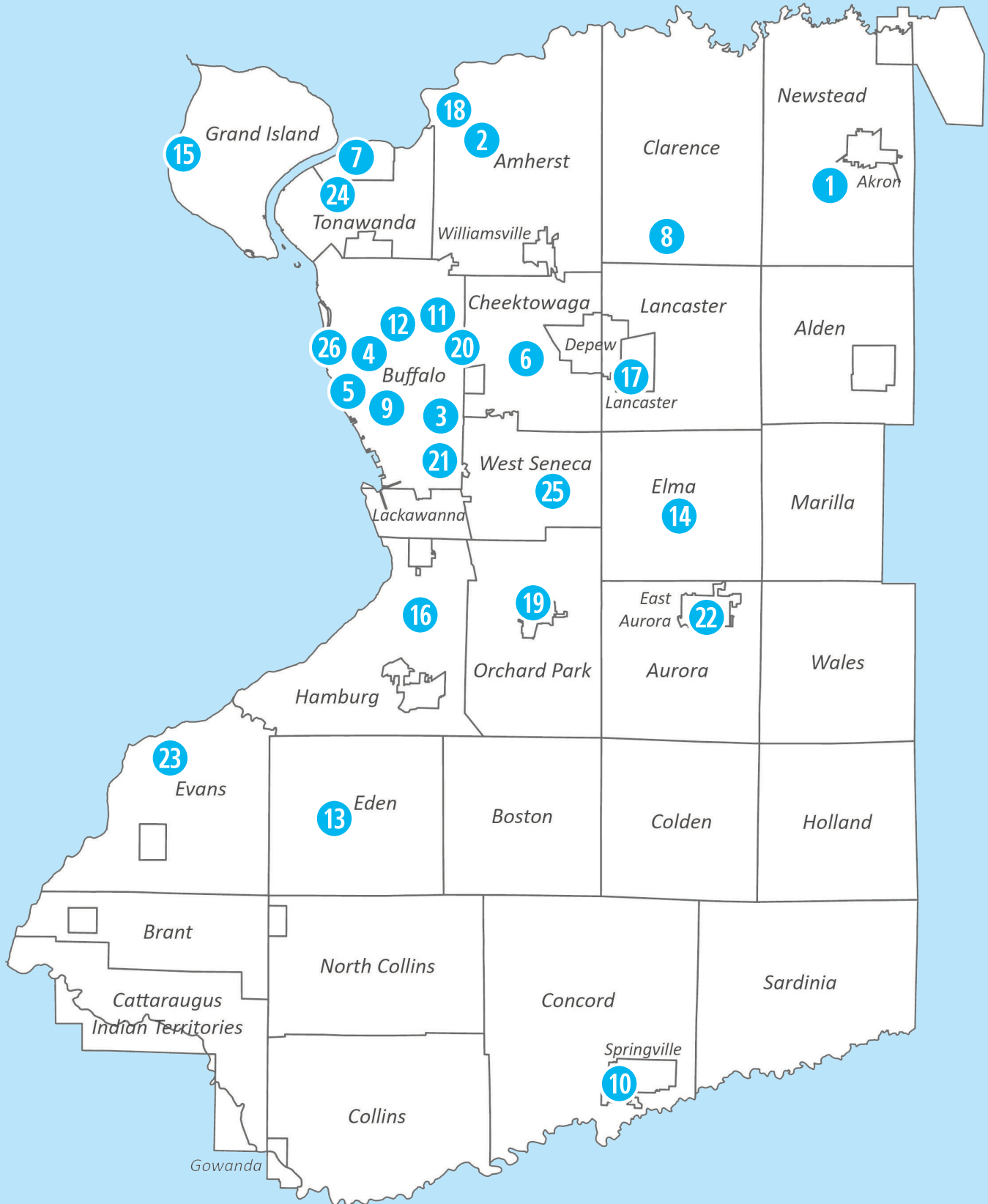
In-Person Classes: Make sure you called the location ahead of time to register. Be sure to follow all safety guidelines at the location you are attending.

Website: erie.gov/ue • **Phone:** 716-858-6897 / 716-858-8793

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. 4
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



Behind the Scenes of *Ghost TV* with Medium Tim Shaw

Step into the world of the paranormal with our own nationally-famous medium, Tim Shaw! Delve into the realm of spirits, ghosts, & otherworldly phenomena. Learn about the techniques & insights Tim uses. From deciphering mysterious energies to understanding the history behind haunted sites, you will uncover secrets behind the TV shows that have captivated audiences worldwide.

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

Thursday, May 30 6 PM

Amherst Senior Center, 716-636-3051 to register

Cannabis: Navigating Use Safely & Responsively

A presentation on the basics of Cannabis, with focus on NYS laws, storage, disposal information, & safer use recommendations.

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

Wednesday, May 8 10:30 AM

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

Friday, June 7 1:15 PM

Akron Senior Center, 716-542-6645 to register

Friday, June 14 10:30 AM

Northwest Amherst Community Center, 716-636-3051

Friday, June 21 1 PM

Lancaster Senior Center, 716-685-3498 to register

Chess 101 & A Story from a High-Stakes Match

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

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

Monday, May 20 1:30 PM

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

Diamonds & Emeralds & Rubies! Oh My!

Come learn the secrets other jewelers do NOT want you to know! For most people, buying a piece of jewelry is an act of trust. Educating yourself can be hard; there are significant variations in jewelry designs—metals, size & quality of stones, workmanship, and degree to which sellers will stand behind their product. So, it always comes back to trust! Join us for the facts on jewelry—as well as some creative ideas about old pieces you no longer wear—from one of Western New York's best jewelers.

Instructor: Barbara Oliver, Owner & Graduate Gemologist, Barbara Oliver Jewelry

Wednesday, July 10 2 PM

Amherst Senior Center, 716-636-3051 to register

Friday, July 12 1:30 PM

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

FIELD TRIP ALERT: Discover Burchfield with University Express!

For the first time ever, UE is going on location to celebrate & explore the work of an American master. Join us for a docent-led tour at The Burchfield Penney Art Center, home to 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—including a scale re-creation of the artist's studio. Join us to experience the genius of one of America's most original artists! *(Thanks to the Birchfield team for offering this wonderful opportunity!)*

Wednesday, May 1 10:15 AM

Burchfield Penney Art Center, 1300 Elmwood Avenue, Buffalo, at Buffalo State University (parking in lot R-3).

Registration limited to 100 guests. To register, visit: erie.gov/universityexpress

Wheelchairs available & can be reserved in advance by calling 716-878-6011.

Discussion Session about Diversity in Western New York

Instructor May Shogan will address misconceptions about refugees and immigrants and explore how they add to the region's diversity, vibrancy, and economy.

Instructor: May Shogan, Director, International Exchanges & Education

Tuesday, July 23 10:30 AM

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

Future of America as a World Power

Welcome to a captivating exploration of the geopolitical frontier! Join us in unraveling the intricate tapestry of "The Future of America as a World Power." In this class, we will embark on a thought-provoking journey through the challenges, opportunities, and transformative forces shaping the destiny of the United States on the global stage.

Instructor: Faizan Haq; Communication Department Faculty, SUNY Buffalo State University; Founding President, WNY Muslims

Thursday, May 2 2 PM

Amherst Senior Center, 716-636-3051 to register

Monday, June 17 1:30 PM

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

CURRENT EVENTS

Let's Talk Sports

Join two veteran sports reporters from Western New York—Budd Bailey & Stu Boyar—as they answer all your questions about local sports & history. Since there is no set lecture, every program is different. You're guaranteed to be learning & laughing during this session!

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

Wednesday, May 1 1 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, May 22 1 PM

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

Wednesday, May 29 1 PM

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

Wednesday, June 5 1 PM

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

Lies, Damn Lies, & Statistics

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

Instructor: Kevin Hardwick, Erie County Comptroller, PhD

Tuesday, May 21 2 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, May 22 1 PM

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

Mastering Cash Apps: Navigating the Digital Financial Frontier

Unlock the full potential of digital finance with a class on cash apps. Whether you're a seasoned user or new to the world of digital transactions, this class covers essential aspects of popular platforms like *PayPal*, *Venmo*, and *Cash App*.

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

Tuesday, May 14 2 PM

Amherst Senior Center, 716-636-3051 to register

Monday, June 3 1:30 PM

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

Middle East Conflict

This presentation provides a historical overview of the Israeli-Palestinian conflict covering the concerns and anxieties of both perspectives, and addresses the humanitarian dimension of the conflict.

Instructor: Mustafa Gokcek, Professor & Chair, Department of History, Niagara University

Wednesday, May 15 10:30 AM

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

On the Horizon

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

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

Thursday, May 16 1 PM

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

Thursday, May 30 1:30 PM

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

Perceptual Illusions: Seeing is Believing!

In this class, we will discuss the perceptual process and look at how our beliefs and imagination influence our understanding of what we see. This includes a fun sampling of optical illusions and other visual examples of how our eyes play tricks on us.

Instructor: John Harrigan, Ph.D. / Professor

Tuesday, May 28 10:30 AM

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

Tuesday, June 11 2 PM

Amherst Senior Center, 716-636-3051 to register

Reopening of the Colored Musicians Club

It's a new day, a new chapter for Buffalo's Colored Musicians Club. Come learn about all the exciting improvements happening to this Buffalo landmark!

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

Tuesday, May 21 10 AM

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

Friday, June 7 1:30 PM

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

Thursday, July 18 1 PM

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

SPCA's Role in Our Community

This program shows the scope of programs and range of services offered by the *SPCA Serving Erie County*. You'll learn how we meet the needs of domestic, wildlife, and farm animals in our community as we discuss topics such as overpopulation, euthanasia, cruelty, & neglect.

Instructor: SPCA Serving Erie County Staff

Thursday, May 9 1 PM

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

CURRENT EVENTS

Spot that Scam! by Being an Educated Consumer

What are some common scams? What are the red flags people should watch for to identify these scams? Learn tips to prevent you from becoming a victim?

Instructor: Jennifer Andres, Director of Consumer Protection, Erie County Department of Public Advocacy

Tuesday, May 21 1 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, May 29 10:30 AM

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

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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 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; Canine Sports Enthusiast

Wednesday, May 29 1 PM

Akron Senior Center, 716-542-6645 to register

Wednesday, June 26 1 PM

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

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The Olympics

This year the Summer Olympic Games will be held in Paris, France. The modern-day Olympics continue to inspire and awe people around the world. But, did you know that in 776 BC and continuing for 600 years, the Olympic Games were held in Greece? What were the ancient Olympics and why did they end in 394 AD? Who regenerated the modern-day Olympics and what traditions are carried on to honor the ancient games?

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

Thursday, May 23 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, June 13 6 PM

Amherst Senior Center, 716-636-3051 to register

Friday, June 14 1:15 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, June 25 10:30 AM

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

Wednesday, June 26 10:30 AM

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

Wednesday, July 3 1 PM

Lancaster Senior Center, 716-685-3498 to register

Treatment Options for Prostate Cancer & Understanding Prostate Specific Antigen (PSA)

What is PSA? What are *Gleason scores* and how are they determined? This class will include the basic facts and discuss what support is available for those with prostate cancer. It will also include information for family or friends. Instructor Bill will also discuss treatment options and side-effects.

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

Thursday, May 9 10:30 AM

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

Thursday, June 13 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

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University Express *The Book Club*

NEW this semester, a special UE *The Book Club* meeting with local author Rosanne Higgins moderating along with our Book-Lover-In-Chief (& our favorite *commish*) Angela Marinucci. Our discussion will be on the book "Orphans & Inmates" which has a historical Buffalo setting. Join us this one time, or come to join our Book Club, which meets monthly. All are welcome!

Book Summary: In the spring of 1835, at the pier of Buffalo's Canal District, the "most dangerous square mile" in developing America, 17-year-old Ciara Sloane steps onto land, alone, save for her younger sisters, orphaned at sea on the voyage from Ireland. Turned away by her only family on this side of the Atlantic, Ciara is admitted to the almshouse, along with her younger sisters, as the nursemaid, charged with bringing order to the chaos that is the children's ward. With the help of the Christian Ladies Charitable Society, led by the formidable Mrs. Farrell, and the compassionate and charming Dr. Michael Nolan, Ciara is able to transform the children's ward from a place of loneliness and despair to one of optimism and hope.

Instructors: Rosanne Higgins, PhD, Adjunct Professor of Anthropology, University at Buffalo, Author & Angela Marinucci, Esq., Commissioner, Erie County Department of Senior Services

Friday, July 26 10:30 AM

Northwest Amherst Community Center, (716) 636-3051 to register

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Vetting Your Sources

Working as the research analyst, Ryan has to make sure the sources of the data are truthful and accurate. This class will show you how to spot false information, and tips to find accurate information for the topics that pique your interests.

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

Wednesday, July 31 10:30 AM



10:30 AM

A Chronological & Inefficient Quest to American Presidential Homes #1 to #10

Visits to presidential homes, not for the political details, but for human interest stories and surprising observations. This will include an extensive book list.

Instructor: Rachelle Francis, Retired Teacher; Author; Board Member of the Buffalo Presidential Center & Aurora Historical Society

Saturday, May 11 1 PM

Central Library, 716-858-8900 to register

Wednesday, May 22 2 PM

Amherst Senior Center, 716-636-3051 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 Hattie's remembrances of the exciting events that occurred during the Civil War. She 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, NCCC, Retired

Friday, May 3 2 PM

Akron Senior Center, 716-542-6645 to register

Monday, May 20 1:30 PM

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

Monday, June 10 1:30 PM

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

Bawdy Buffalo

From the Canal Days of the 1800's 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 into the seedier side of Buffalo's history.

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

Monday, May 13 1 PM

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

Monday, June 17 10:30 AM

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

Bourbon in Buffalo & Beyond

A class for bourbon and whiskey enthusiasts, those interested in the process of distilling, as well as the history of bourbon and distilling in Buffalo and the United States. Class will include lecture/media portion and discussion/question period.

Instructor: Joe Mattimore, Distiller & General Manager, Buffalo Distilling Company

Tuesday, May 14 1 PM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, May 24 1 PM

Lancaster Senior Center, 716-685-3498 to register

Friday, June 7 10:30 AM

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

Wednesday, June 26 2 PM

Amherst Senior Center, 716-636-3051 to register

Buffalo's Murals

In the last several years, there has been an explosion of murals in Buffalo. They come in all shapes and sizes and are all over the region. Explore Buffalo has several tours by bicycle and on foot that explore some of these. This talk is designed to give you an overview of the locations, artists, and wide variety of murals around town.

Instructor: Margaret Logan, Explore Buffalo Docent

Tuesday, April 30 6 PM

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

Wednesday, July 10 6 PM

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

Buffalo Then & Now: What Building Was There 100 Years Ago?

In this compare-and-contrast presentation, see what the sites of some of your favorite Buffalo buildings looked like one hundred years ago! This presentation will show what various locations around the Queen City looked like in 1918, juxtaposed with their 2018 appearance. You'll be surprised by how much the city has changed, and in some ways remains the same!

Instructor: Chuck LaChiusa; Photographer & creator of website *Buffalo Architecture & History* (BuffaloAH.com); Docent at Explore Buffalo

Friday, June 21 2 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, July 2 2 PM

Eden Public Library, 716-992-4028 to register

Buffalo's Sporting Life

Are you a die-hard Buffalo Sabres fan? Do you keep rooting for the Bills year after year? Are you just getting into all that Buffalo sports has to offer? Whether an aficionado or an amateur, this talk is for you! Presented through the eyes of a 60-year-old lifelong Buffalo sports fan, this talk will focus on professional sports in Buffalo, including the history of the Bills, the Bisons, the Braves, the Sabres, and more!

Instructor: Joe Wasik; Director of US Department of Labor, Office of Labor-Management Standards (retired); Explore Buffalo Docent

Friday, May 31  **11:30 AM**

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

Tuesday, June 4  **10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

Cool Tools for Genealogy

Join us to learn about some cool tools that will help make your family history research easier and fun.

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

Friday, May 24 **2 PM**

Akron Senior Center, 716-542-6645 to register

Thursday, May 30 **1 PM**

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

Thursday, June 27 **1 PM**

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

Early 1900s Society & Culture

We'll take a look at Individuals involved in education, politics, entertainment, sports, religion, social welfare, and white-collar companies of Western New York, including retail, newspapers, hospitality, and other businesses, along with philanthropists that benefited our community.

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

Thursday, June 6  **1 PM**

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

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: Sister Peggy Gorman, Sister of Mercy

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

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

Thursday, May 30 **10:30 AM**

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

Wednesday, June 12 **1 PM**

Lancaster Senior Center, 716-685-3498 to register

Friday, June 28 **10:30 AM**

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

Edison. Tesla. The Myths. The Truth.

In this dynamic, visual presentation, learn about the two Americans whose inventive contributions have affected the entire world. Discover how fictitious and hyperbolic myths have developed around Edison and Tesla, particularly with the advent of the Internet. Neither celebratory nor disparaging, learn the distinction between reality and contrivance, between the good, the bad, and the stunning.

Instructor: Francis S. Lestingi, PhD, Professor Emeritus, SUNY Buffalo State University; President, Buffalo Niagara Nikola Tesla Council, Inc.


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

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

Erie County Park History

Learn the history of the five main heritage parks of Erie County's Parks System! This class includes information on Chestnut Ridge, Emery, Ellicott Creek, Como Lake and Akron Falls parks.

Instructor: Greg Bittner, Senior Park Ranger, Erie County Department of Parks, Recreation, & Forestry

Tuesday, May 7  **1 PM**

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

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

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

Wednesday, May 15 **1 PM**

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

Tuesday, May 21 **1 PM**

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

Tuesday, June 4 **1 PM**

Clarence Senior Center, 716-633-5138 to register

Wednesday, June 26 **1 PM**

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

Ernie Pyle, War Correspondent: the "G.I.'s Best Friend"

Ed Brodbeck will tell us about Pulitzer Prize winning American journalist Ernie Pyle. Pyle was a World War II correspondent who is best known for his stories about ordinary American soldiers during the war. He was among the best-known American war correspondents. His syndicated column was published in 400 daily and 300 weekly newspapers nationwide. Come hear real stories about World War II soldiers as they are re-told by Ed Brodbeck.

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

Friday, May 31 **1 PM**

Lancaster Senior Center, 716-685-3498 to register

Monday, June 3 **10:30 AM**

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

Wednesday, June 5 **2 PM**

Amherst Senior Center, 716-636-3051 to register

Tuesday, July 9 **1 PM**

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

HISTORY

Every Marker Tells a Story

This class is a walk-through the Black Rock historic markers and the stories behind them. From waterworks like the Jubilee Springs to changing times and changing markers like Unity Island. Bonus: a sneak-peek at the stories behind some historic homes & buildings.

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

Monday, May 13 10:30 AM
Orchard Park Senior Center, 716-662-6452 to register

Wednesday, May 22 6 PM
Grand Island Golden Age Center, 716-773-9682 to register

Thursday, May 23 2 PM
Amherst Senior Center, 716-636-3051 to register

Thursday, June 13 1 PM
City of Tonawanda Public Library, 716-693-5043 to register

Half a Century of Working Women

From Irish immigrants arriving on ships to "Rosie the Riveter" building warplanes, women have helped shape our city and beyond. Whether managing the world's largest box company or running a nightclub on Michigan Avenue, Buffalo women have not shied away from hard work and entrepreneurship. We'll meet some of the amazing women, focusing on the period 1900-1950.

Instructor: Cheryl McDonald, Founding Member, Explore Buffalo

Friday, May 17 11:30 AM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Wednesday, June 12 2 PM
Amherst Senior Center, 716-636-3051 to register

Happenings on Delaware Avenue

Buffalo's well-known Avenue was the site of some of the city's lesser known stories. These include the start of Statler's hotel legacy, the second crime that took place at the PanAm after the McKinley assassination, and the whereabouts of the illegitimate son that Grover Cleveland allegedly fathered. Memorabilia will also be shared.

Instructor: Marla Bujnicki, Certified Master Docent with both Preservation Buffalo Niagara (PBN) and Forest Lawn Cemetery, Boat Tour Narrator aboard the Miss Buffalo II.

Friday, July 5 1 PM
Lancaster Senior Center, 716-685-3498 to register

Have an Old Artifact? Learn How to Research It!

Have a small object or found something of interest around the house? Let's take a look and determine if it has value. Bring in your object or just come to learn what to look for.

Instructor: Jolene Hawkins, Historian, Town of Concord, Village of Springville; Author, Researcher at Lucy Bensley Center; a.k.a. Grandma Butter at the Erie County Fair

Thursday, May 9 10:30 AM
Grand Island Golden Age Center, 716-773-9682 to register

Thursday, May 16 4 PM
Clarence Senior Center, 716-633-5138 to register

Thursday, May 23 2 PM
Elma Public Library, 716-652-2719 to register

Tuesday, June 4 2 PM
Amherst Senior Center, 716-636-3051 to register

Tuesday, June 11 1 PM
Town of Aurora Senior Center 716-652-7934 to register

Hidden History

This presentation will cover a six significant historical events kept out of public knowledge. We will go over incidents & narratives, which will seem fantastical in some situations, but are part of our history, like it or not. We will look at the largest man-made non-nuclear explosion in history, weather control and modification, the most deadly nuclear accident in the US, and much more.

Instructor: John Horan, History Enthusiast

Wednesday, July 10 1 PM
Cheektowaga Senior Center, 716-686-3930 to register

History of Brewing in Buffalo

Buffalo has a rich history in the brewing industry dating back to the 19th century. In the late 1800s, Buffalo was home to numerous breweries, and the city played a significant role in the production and distribution of beer in the region. In recent years, there has been a resurgence of interest in craft beer in Buffalo. Microbreweries and craft breweries have gained popularity, contributing to the city's vibrant beer culture. In this class, our instructor will take you from the "First Golden Age" to the current "Platinum Age."

Instructor: Tim Herzog, Retired Brewer, Owner, Manager, Lobbyist, Community Activist

Thursday, May 16 12:45 PM
Concord Senior Center, 716-592-2764 to register

Monday, June 3 1 PM
Town of Evans Senior Center 716-947-0974 to register

History of Buffalo Roadways: from Footpaths to Roundabouts!

Our area has come a long way from the unexplored wilderness it was at the end of the Revolution in 1783! Western New York is home to two major east-west transcontinental highways—Interstate 90, the longest route in the Interstate Highway System, and U.S. Route 20, the longest road in the older U.S.-Numbered Highway System and also the longest road in America. Join us to learn more fascinating history about our Buffalo roadways.

Instructor: Kenneth Kuminski, NYS Professional Engineer (retired)

Friday, July 12  **11:30 AM**

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

History of the Herschell Spillman Motor Company

Calling all automobile enthusiasts! From 1901 to 1924 more than 200,000 engines were built at the North Tonawanda plant for cars, boats, trucks and farm tractors. Join us for a history of the Herschell Spillman Motor Company, their products, and the legacy they left behind.

Instructor: John Dumbrosky, Herschell Spillman Motor Company Specialist

Friday, May 10 **10:30 AM**

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

Thursday, June 13 **2 PM**

Eden Public Library, 716-992-4028 to register

Thursday, June 20 **2 PM**

Elma Public Library, 716-652-2719 to register

History of North Tonawanda Amusement Co's

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

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

Friday, May 31 **2 PM**

Akron Senior Center, 716-542-6645 to register

Friday, June 28 **1 PM**

Lancaster Senior Center, 716-685-3498 to register

History of the Town/Village of Springville

Come see the collection of old photos, books, maps and artifacts that we have to share.

Instructor: Jolene Hawkins, Historian, Town of Concord, Village of Springville; Author, Researcher at Lucy Bensley Center; a.k.a. Grandma Butter at the Erie County Fair

Thursday, June 6 **12:45 PM**

Concord Senior Center, 716-592-2764 to register

How Black Rock & Its Harbor Played a Part in Shipbuilding, Transport of Salt, & the Civil War

As a stop on the Erie Canal and now the site of the 100-year-old lock in the Niagara River, there is still much to say about this historic corner in Buffalo. Join us to learn all the facts!

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

Monday, July 22 **1 PM**

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

How FDR's 'Four Freedoms' Principles Still Apply in our Country & World Today

Erie County Executive Mark C. Poloncarz will discuss President Franklin D. Roosevelt's "Four Freedoms" speech, the genesis for it, what resulted from it, and how the basic principles of the speech still apply today in an ever-growing tumultuous nation and world. *Registration limited to 80 guests due to room size.*

Instructor: Mark C. Poloncarz, Erie County Executive

Tuesday, April 30 **6 PM**

Theodore Roosevelt Inaugural National Historic Site, 641 Delaware Ave, Buffalo, NY 14202

Reservations: 716-858-8793

Irish & the Erie Canal

The Erie Canal was intended to be built with local labor, however the further west they went the labor force dwindled. The canal was completed with the help of poor, unpopular, and unruly Irish immigrants. This presentation chronicles the issues and scope of the Irish intrusion.

Instructor: Michael McCarthy, Police Investigator (retired); Author

Monday, May 6 **1 PM**

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

Tuesday, June 11 **5:30 PM**

Akron Senior Center, 716-542-6645 to register

Friday, June 14  **11:30 AM**

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

Kleinhans Music Hall

Anyone who has spent time in Buffalo has likely heard that the acoustics of Kleinhans Music Hall are amongst the finest in the world. Dating from 1940, Kleinhans was designed by Eliel Saarinen, an architect of international reputation, working with an acoustical consultant. Based on original research in Kleinhans' archives, this talk will explore the acoustical design and the ultimate acoustic results which perhaps surprisingly fell short of what they had desired. We'll also discuss elements of acoustical planning and recent changes to the hall's design.

Instructor: Denise Prince, Explore Buffalo Docent

Thursday, June 6 **10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

Friday, June 21 **10:30 AM**

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

Montreal, 1946: Home to Two of the World's Greatest Sports Heroes

Montreal in 1946 was home to two of the world's greatest sports heroes: Maurice Richard of the *Canadiens* hockey team, and Jackie Robinson of the *Royals*, a minor-league farm team of the *Brooklyn Dodgers*. There was a common bond between Richard and Robinson more significant than their talents: A French-Canadian culture and society that served as a support system and a haven from linguistic, religious, and racial discrimination.

Instructor: Eileen Angelini, Dean of the College of Arts and Sciences, Le Moyne College

Thursday, May 30  **6PM**

New York State Census Records are *The Bomb!*

Many genealogists use the U.S. Federal Census, but did you know that New York State took ten extra censuses between 1825 and 1925? The details they contain surely make the other states envious. Learn how to explore these records.

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

Tuesday, June 18 **2 PM**
Amherst Senior Center, 716-636-3051 to register

Remembering Buffalo's Yesteryear Restaurants

Step back in time to when the *Park Lane* was a converted mansion on Gates Circle, Liberace was gaining popularity courtesy of the DiGuilio-family-owned *31 Club*, *The Cloister* was the place to be seen, and you were spun around, albeit lightly, as you enjoyed a beverage at *Chez Ami*. Both memories and taste buds will be revived!

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

Friday, May 3 **1 PM**
City of Tonawanda Public Library, 716-693-5043 to register

Thursday, May 9 **2 PM**
Eden Public Library, 716-992-4028 to register

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

Thursday, June 6 **10 AM**
Grand Island Golden Age Center, 716-773-9682 to register

Friday, June 28 **11:30 AM**
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

The *Green Lightning* Story by Author Michael Rizzo

Should the public have input when public art is privately funded? In 1984, Buffalo Mayor Jimmy Griffin went to battle over artist Billie Lawless' sculpture "Green Lightning," ending in a seven-year court battle. Lawless left Buffalo and became a strong anti-censorship advocate. Michael Rizzo tells the story from hundreds of interviews, court documents, and press accounts.

Instructor: Michael F. Rizzo, Author

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

Spirit of Buffalo Women in Arts & Entertainment

Historic and influential women from Buffalo and Western New York in arts and entertainment, including musicians, actresses, authors and artists from the early 1800s to current times.

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

Monday, July 8 **1 PM**
Town of Evans Senior Center 716-947-0974 to register

The Guaranty Building

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, June 28 **10:30 AM**
Northwest Amherst Community Center, 716-636-3051 to register

The Peter Robinson Settlement Project of 1823 & 1825

A crop failure in southern Ireland in 1821 and 1822 resulted in widespread starvation. The British government requested Peter Robinson, a Canadian official, to lead a mass emigration from Ireland into Upper Canada. This presentation describes the issues and concerns of Canada, the British government, and the Irish people.

Instructor: Michael McCarthy, Police Investigator (retired); Author

Friday, May 3 **10:30 AM**
Northwest Amherst Community Center, 716-636-3051 to register

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

Wednesday, May 22 **10:30 AM**
Orchard Park Senior Center, 716-662-6452 to register


The Sullivan Family of Waterloo, Iowa

While three American families lost five or more children in battle, the Sullivan family is the only one to lose them on the same day. Our Fletcher-class destroyer honors the family, but come to learn about the more human side to the story.

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

Wednesday, May 22  **1 PM**

Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, May 22  **5 PM**

Lancaster Senior Center, 716-685-3498 to register

Friday, May 31 **10:30 AM**

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

Friday, June 7 **1 PM**

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

Wednesday, June 26 **6 PM**

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

Thursday, June 27 **6 PM**

Amherst Senior Center, 716-636-3051 to register


Thursday, July 11 **1:15 PM**

Akron Senior Center, 716-542-6645 to register

They Call Me Korney: The True Story of Buffalo's Korney Gang

Set in Buffalo during Prohibition, this true story involves a group of Polish East Side gangsters. Korney Kwiatkowski leads the gang that robs and kills its way to the front pages—and a surprise ending.

Instructor: Michael F. Rizzo, Author

Wednesday, July 17  **12:00**

Two Wives of Millard Fillmore

Abigail Powers Fillmore and Caroline Carmichael McIntosh Fillmore looked alike, but were very different. Come meet the ladies who flank President Millard Fillmore at Forest Lawn.

Instructor: Rachelle Francis, Retired Teacher; Author; Board Member of Buffalo Presidential Center & Aurora Historical Society

Wednesday, May 15  **1 PM**

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

Saturday, June 8 **1 PM**

Central Library, 716-858-8900 to register

Friday, June 14  **1 PM**

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

U.S. Naval War Production During WWII

The U.S. Navy constructed over 110,000 ships, craft, & vessels for the two-ocean war during World War II. Learn how American shipyards ramped-up production via the 70% Act to defeat enemies on both sides of the world.

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

Monday, June 24 **1 PM**

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

Vanishing Ditch: in Search of the Original Erie Canal

What we think of today as the Erie Canal bears almost no resemblance to the first Erie Canal. We'll focus on the story of the original canal, which was built between 1817 & 1825.

Instructor: Mary Durlak, Writer/editor; docent and volunteer, Explore Buffalo; Erie Canal enthusiast

Monday, May 13 **2 PM**

Akron Senior Center, 716-542-6645 to register

Thursday, May 30 **2 PM**

Elma Public Library, 716-652-2719 to register

Western New York 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 at the National Historic Landmark, Roycroft Campus; Teacher for 25 years at all levels, Pre-K through College

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

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

Tuesday, May 7 **2 PM**

Eden Public Library, 716-992-4028 to register

What's in a Name: How a Wild West Legend Lent his Name to the Buffalo Bills

Ever wonder where the Buffalo Bills got their name? There were never American bison in our area, so where did the name come from? Join Erie County Historian Douglas Kohler for a look at the myth & legend of "Buffalo Bill" Cody & how his exploits gave us the name of our beloved Bills!

Instructor: Douglas Kohler, Erie County Historian

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

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

Saturday, May 18 **9:30 AM**

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

Tuesday, May 28  **5:30 PM**

Akron Senior Center, 716-542-6645 to register

Monday, June 10 **1 PM**

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

Will the Real Millard Fillmore Please Stand Up?

Three political parties, two different wives, and widely conflicting reviews. Who really was our most Buffalonian president?

Instructor: Rachelle Francis, Retired Teacher; Author; Board Member of the Buffalo Presidential Center & Aurora Historical Society

Thursday, May 16 **2 PM**

Elma Public Library, 716-652-2719 to register

Tuesday, May 28 **1 PM**

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, June 20 **2 PM**

Amherst Senior Center, 716-636-3051 to register

Architectural Styles 101

Ever looked at one of Buffalo's beautiful buildings, or maybe even your own home, and wondered what style it is? Georgian? Gothic Revival? Mid-century? Every building—commercial or residential, centuries old or brand new—has a unique architectural style, but you don't need to be a professional to identify them. Each style has its own distinctive features, and once a few of these are pointed out, you'll know what style it is—and we promise you'll never look at a building the same way again!

Instructor: Tina Marie Kumiega, Retired Law Enforcement & Restaurant Owner; Explore Buffalo Docent

Friday, May 17 1:30 PM

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

Beer Styles & Culture

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, Owner, Manager, Lobbyist, Community Activist

Tuesday, May 28 1 PM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, June 20 2 PM

Amherst Senior Center, 716-636-3051 to register

Brews & Bites: the Art of Perfect Pairing

Just like wine is paired with different foods, you can do the same with beer selections. Join us to learn how!

Instructor: Tim Herzog, Retired Brewer, Owner, Manager, Lobbyist, Community Activist

Friday, June 28 1:30 PM

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

Thursday, July 11 2 PM

Amherst Senior Center, 716-636-3051 to register

Books & Censorship: History Repeats Itself

Books have been censored throughout history. Different eras have seen various methods of silencing dissent. We'll look at some of these occurrences along with the current situation, particularly in places where librarians and teachers feel under siege. The ALA (American Library Association) documented more book bans in 2022 and 2023 than in any other time period since they began compiling data 20 years ago. Where is this happening? Which books are most likely to be cited? Why now?

Instructor: Dr. Linda Drajem, Retired, Buffalo Public Schools, Buffalo State College

Thursday, May 2 1 PM

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

Friday, May 3 10:30 AM

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

Thursday, May 9 2 PM

Elma Public Library, 716-652-2719 to register

Friday, July 12 10:30 AM

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

Buffalo Area Scandals: Genesee River Killer

In the late 1980s, some 60 miles away in Rochester, a serial killer was on the loose. Women disappeared over a two-year period, with authorities looking everywhere to find a suspect. Learn who was responsible—and how it could have been prevented.

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

Monday, May 13 1 PM

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

Monday, May 20 1 PM

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

Thursday, May 23 1 PM

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

Thursday, June 13 1 PM

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

Monday, June 17 1 PM

Akron Senior Center, 716-542-6645 to register

Wednesday, July 10 1 PM

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

Crafting Family Legacy: a Guide to Creating Your Family Memories Book

In this class, you'll learn the essential steps to create a captivating family memory book that will be treasured for generations to come. From gathering and organizing historical photographs to documenting personal anecdotes and significant milestones. We'll guide you through the process of curating a narrative that truly reflects your family's legacy.

Instructor: Jolene Hawkins, Historian, Town of Concord, Village of Springville; Author, Researcher at Lucy Bensley Center; a.k.a. Grandma Butter at the Erie County Fair

Monday, June 3 1 PM

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

Tuesday, July 9 2 PM

Amherst Senior Center, 716-636-3051 to register

Experimental Printmaking

Students will use *Model Magic* and archival ink to make abstract prints which they can take home. *Class size limited to 20.*

Instructor: Marsha Mis, Artist, BFA, University at Buffalo

Tuesday, May 7 2 PM

Amherst Senior Center, 716-636-3051 to register

Horns, Hooch, & Hoods: Buffalo in the 1920's: Author Rosanne Higgins' Newest Book Discussion

In the latest installment of the Orphans and Inmates series, the Colored Musicians' Club, Prohibition and the arrival of the Ku Klux Klan in Buffalo form the backdrop of Maude Travers' latest supernatural adventure back in time.

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

Thursday, July 11 6 PM

Amherst Senior Center, 716-636-3051 to register

Michelangelo: Creator of Giants

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

Instructor: Alan Nowicki, Director of Programming at the Roycroft Campus. Teacher for 25 years, Pre-K through college

Friday, June 14  **1 PM**

Lancaster Senior Center, 716-685-3498 to register

No Future I: 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.

Instructor: Acting Troupe from *The Brainstormers*

Tuesday, May 14 **10 AM**

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

Outsider Art: What is it?

A short history with hands-on art-making (emphasis on Judith Scott). Bring an object with you to wrap. *Class size limited to 20.*

Instructor: Marsha Mis, Artist, BFA from University at Buffalo

Monday, June 17 **1:30 PM**

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

The Poetic Greatness of Walt Whitman

By examining a single poem, "Out of the Cradle Endlessly Rocking" we discover the subtlety of Whitman's poetics, which so many of his contemporaries failed to see.

Instructor: Peter Siedlecki, Professor Emeritus & Poet in Residence, Daemen University

Wednesday, May 29 **10:30 AM**

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

Propaganda Images in Art & Advertising:

Seniors are aware of increased pharmaceutical marketing in our world, but would you like to know how these ads work? We will look back at early ads (asthma cigarettes?) and the ways in which they grabbed our attention. We'll learn to decipher more subtle message techniques in mass media today. *How* we see and respond is the human factor. This hour will be a useful eye-opener!

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

Thursday, May 16  **10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

Race, Racism, & Ethnic Animosities

Racism is defined as prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership in a particular racial or ethnic group, typically one that is a minority or marginalized; and hence the belief that different races possess distinct characteristics, abilities, or qualities that mark them as inferior or superior to one another. So, what defines race? Ethnicity, tribe, nationality, geography? Customs, behavior? Physical appearance? Drawing from its ethnological and biological perspectives, Anthropology shows that the whole concept of race is socially constructed, with no utility in biology. And, what is "Critical Race Theory," anyway?

Instructor: Phillips Stevens, Ph.D., Associate Professor of Anthropology Emeritus, University at Buffalo, SUNY

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

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

The Spirits of Aging: by Betty Accordino

Sitting in front of her make-up mirror, an older woman having trouble accepting her own aging is visited by five spirits: Acceptance, Gratitude, Imagination, Now, & Growth (*A.G.I.N.G.*).

Instructor: Acting Troupe from *The Brainstormers*

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

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

Wednesday, July 10 **10:30 AM**

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

Spiritualism in Western New York

Many Buffalonians are familiar with Lily Dale but don't know that spiritualism actually has a long and rich history in Western New York. This talk will introduce the concept of spiritualism and its development in the United States as well as its history here. Learn about famous locals like the Fox sisters and Davenport brothers, and others who influenced the practice of spiritualism in this area.

Instructor: Ms. Donnie Gibson, Explore Buffalo Docent

Tuesday, May 14 **6 PM**

Lancaster Senior Center, 716-685-3498 to register

Superstitions & Magical Thinking

Most superstitions are examples of basic patterns of thinking, which postulate mystical interconnections and causations in nature. In this talk such patterns of thinking are explored, shown to be based on six distinct principles, and explained with reference to a number of different superstitions collected by Dr. Stevens and provided by the audience. Such principles are universal, found in all cultures and periods of history and prehistory, which suggests that they represent fundamental ways in which the brain works.

Instructor: Phillips Stevens, Ph.D. Associate Professor of Anthropology Emeritus, University at Buffalo, SUNY

Tuesday, May 7 **6 PM**

Amherst Senior Center, 716-636-3051 to register

Friday, May 17 **10:30 AM**

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

Spanish 101

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

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

Wednesday, June 5  **1 PM**

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

Friday, June 14 **10:30 AM**

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

Tuesday, June 25 **10 AM**

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

Thursday, July 11 **12 PM**

Autumnwood Senior Center, 716-826-7895 to register



The Art of Marc Chagall

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 the *Fiddler on the Roof* story and musical.

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

Thursday, June 6 **2 PM**

Amherst Senior Center, 716-636-3051 to register



The Immortal Life of Henrietta Lacks

We owe immense gratitude to Henrietta Lacks for her 1951 contribution to science that continues to help in the battle against cancer. But did she know? Did she give consent? Was she compensated? Only after twenty years did her family learn of the existence of the HeLa immortalized cell line, taken from Mrs. Lacks after she died of cancer. Learn how this event led to privacy and patients' rights policies.

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

Wednesday, May 29 **2 PM**

Amherst Senior Center, 716-636-3051 to register

Tuesday, June 4 **1 PM**

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

Thursday, June 20 **1 PM**

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



The Ten Most Influential Films

Learn about the historical, technical, and artistic context for this (personal) top ten list of the most influential films in movie history. How did these ten films, discussed in chronological order, change the way movies were made.

Instructor: Alan Nowicki, Director of Programming at the National Historic Landmark, Roycroft Campus. Teacher for 25 years at all levels of education: Pre-K through college

Wednesday, June 5 **1 PM**

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

The Sicily I Know

This large island at the tip of Italy's "boot" was the pit-stop of the Mediterranean. Neanderthal caves, Greeks, Moors, and Norman conquests formed a long and unique culture to the region. The presenter (Vincenza) shares colorful stories through art and research about her four grandparents and a trip up volcano Mt. Etna—which is now erupting again! Come be *famiglia* for an hour!

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

Monday, May 6  **1 PM**

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

Tuesday, May 14 **6 PM**

Amherst Senior Center, 716-636-3051 to register

Wednesday, May 15 **6:30 PM**

Elma Public Library, 716-652-2719 to register

Wednesday, July 10 **10:30 AM**

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



We Didn't Start the Fire

There are 119 historical references by Billy Joel—thoughts important enough to put into the 1989 hit song. Some events are obvious, while some are obscure. Take a step back in time to look at the historic events. At the end of this program, we will take a look at what was left out of the song. We will also talk about the events from 1989 to present that should be mentioned if another song is written.

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

Tuesday, May 21 **1 PM**

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

Thursday, May 23 **6 PM**

Amherst Senior Center, 716-636-3051 to register

Wednesday, June 12 **10:30 AM**

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

Tuesday, June 18 **1:30 PM**

Eden Public Library, 716-992-4028 to register

Friday, June 21 **10 AM**

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



You're NOT for ART!

Chronicling the endearing and diverse artistic journey of "unknown" yet cherished octogenarian - artist Sylvia Fahey-Kleindist. *YNFA!* celebrates the essence of art as a lifelong pastime, irrespective of fame or commercial success. This is a documentary film screening followed by a filmmaker Q&A.

Instructor: Lukia Costello, Documentary Filmmaker/Executive Director Spark Filmmakers Collaborative

Thursday, June 6 **10:30 AM**

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


Thursday, July 18 **2 PM**

Amherst Senior Center, 716-636-3051 to register

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

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

Instructor: Jean Harris, Attorney & Partner, PB Elder Law, Pfalzgraf Beinhauer Grear Harris Schuller, LLP

Tuesday, May 14  **1 PM**
Clarence Senior Center, 716-633-5138 to register

Cryptocurrency 101

Whether you're a curious beginner or looking to deepen your understanding, this course is designed to demystify the complexities of digital currencies. You will learn the fundamentals, explore the revolutionary concept of decentralized finance and how it challenges traditional systems, and gain insights into cryptocurrencies like Bitcoin, Ethereum, and others. We'll also cover essential topics such as wallet management, securing your digital assets, and the basics of blockchain transactions.

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

Friday, June 14  **2:30 PM**
Clarence Senior Center, 716-633-5138 to register

Identity Theft & Credit

Let's talk about ways to ensure your identity is protected, how to avoid identity theft and why you should review your credit report on a regular basis. Have you reviewed your credit report recently?

Instructor: Jennifer Andres, Director of Consumer Protection, Erie County Department of Public Advocacy

Wednesday, May 1 **1 PM**
Akron Senior Center, 716-542-6645 to register

Tuesday, May 7 **1 PM**
Clarence Senior Center, 716-633-5138 to register

Wednesday, June 26 **1 PM**
Hamburg Senior Community Center, 716-646-0665 to register

Tuesday, June 11 **2 PM**
Elma Public Library, 716-652-2719 to register

Is Your Estate Plan at Odds with Your Financial Plan?

How to make your estate plan and financial plan work together, and what happens if they don't.

Instructor: Valerie Stanek, Estate & Elder Law Attorney, Valerie L. Stanek Attorney at Law

Friday, May 3 **10:30 AM**
Orchard Park Senior Center, 716-662-6452 to register

Monday, May 6 **11 AM**
Delavan Grider Community Center, 716-896-7021 to register

Monday, June 10 **1 PM**
City of Tonawanda Public Library, 716-693-5043 to register

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

This course is taught by an Elder Law attorney and focuses on making sure you are afforded the most independence in decision making during your lifetime. We will 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.

Instructor: Jean Harris, Attorney & Partner, PB Elder Law, Pfalzgraf Beinhauer Grear Harris Schuller, LLP

Thursday, May 23 **1 PM**
Dorothy J. Collier Community Center, 716-882-0602 to register

Tuesday, June 11 **10 AM**
Clarence Senior Center, 716-633-5138 to register

Health Insurance: Don't Get Sick Without it!

Come learn all the tricks to find the best health insurance plan for you and your family.

Instructor: William Daniels, Erie County Department of Senior Services

Tuesday, May 7 **10:30 AM**
Schiller Park Senior Center, 716-895-2727 to register

Tuesday, May 28 **1 PM**
Clarence Senior Center, 716-633-5138 to register

Navigating the Challenges of Long-Term Care

Finding your way through the complexities of long-term care can be daunting. From choosing the nursing home or assisted living facility, to managing costs and ensuring quality of care, it's easy to feel overwhelmed. This class is designed to provide individuals and their advocates with the information they'll need to help achieve the best outcome possible.

Instructor: Susan Fenster, NYS Long Term Care Ombudsman Program

Thursday, July 11 **10 AM**
Cheektowaga Senior Center, 716-686-3930 to register

Understanding the Future Cost of Long-Term Care

This is crucial for effective financial planning. As you age, the likelihood of needing long-term care increases, and the increasing cost of care expenses has a significant impact on your finances. Understanding and preparing for the future cost of care requires a comprehensive approach that considers both healthcare needs and financial resources. By taking proactive steps, you can better navigate potential challenges and safeguard your financial well-being in the years to come.

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

Monday, June 17 **1 PM**
City of Tonawanda Public Library, 716-693-5043 to register

LAW & FINANCE

Using Revocable Trust to Manage Assets

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 Schuller, Attorney/Partner, Pfalzgraf Beinhauer Grear Harris Schuller LLP

Monday, May 13 1 PM

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

Monday, June 17 1 PM

Autumnwood Senior Center, 716-826-7895 to register

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What is a Trust & Do I Need One?

An explanation of the two major kinds of trusts and the pros & cons of having one.

Instructor: Valerie Stanek, Estate & Elder Law Attorney, Valerie L. Stanek Attorney at Law

Thursday, June 6 2 PM

Elma Public Library, 716-652-2719 to register

Friday, June 28 1:15 PM

Akron Senior Center, 716-542-6645 to register

What Your Survivors Need to Know

You have prepared a will, completed an advanced directive, & delegated the power of attorney. Your estate planning is in order. Then, you suffer a significant health event, leaving you incapacitated, or you pass on. Your survivors will often face the task of picking up the pieces without knowing critical information about you. In this presentation, we will discuss what details & documents to gather, how to organize and store this information, and when to review it. Note: Estate, financial planning and legal advice, are not part of this presentation.

Instructor: James Bardot, MS, BPS, Retired Lecturer, Program Coordinator, Assistant Professor, & Academic Dean

Wednesday, May 8 1 PM

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

Thursday, June 13 4 PM

Akron Senior Center, 716-542-6645 to register

Monday, June 17 4 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, July 9 6 PM

Amherst Senior Center, 716-636-3051 to register

NATURAL SCIENCES

All About Amphibians & Their Struggles to Survive

A very interesting class, even for those who don't know much about amphibians. We'll explore the diversity of amphibians on Earth today, as well as their Devonian-era origins.

Instructor: Robin Sanecki, Science Program Coordinator, Penn Dixie Fossil Park & Nature Reserve

Friday, July 19 10:30 AM

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

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Backyard Wildlife

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

Instructor: Greg Bittner, Senior Park Ranger, Erie County Department of Parks, Recreation & Forestry

Tuesday, June 11 1 PM

Clarence Senior Center, 716 633-5138 to register

Tuesday, June 18 6 PM

Amherst Senior Center, 716-636-3051 to register

Climate Change: What is it & will it affect me?

Learn about the changing climate in Western New York and the simple changes we all can make to reduce the impacts we will feel. Also learn about what the County is doing to partner with the community to take action.

Instructor: Tracy Skalski, Sustainability Coordinator

Thursday, May 30 1 PM

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

Thursday, June 20 4 PM

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

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Eastern Monarch Butterfly Farm of Clarence: Come Learn All About Us!

Eastern Monarch Butterfly Farm is actively campaigning for awareness of conditions detrimental to the environment, other pollinators, wildlife, and indigenous plant species. Beginning in 1999, their mission has been Monarch Butterfly recovery and habitat restoration through milkweed plant distribution, awareness, and education. Join us to learn more!

Instructor: David O'Donnell, Eastern Monarch Butterfly & Native Plant Farm

Friday, May 31 2 PM

Clarence Senior Center, 716-633-5138 to register

Everything you need to know about Electric Vehicles

Learn everything you must know before getting an electric vehicle.

Reed Braman, Director of Energy Development & Management, Erie County Dept of Public Works

Wednesday, June 26 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Exploring Our Night Sky: Late Spring & Early Summer

Late spring and early summer bring warmer temperatures for viewing the night sky. You will learn about well-known constellations such as *Leo* and *Scorpius* as well as asterisms such as the *Teapot* and the *Big Dipper*, and some of the brighter stars. We will also discuss when and where to see the planets.

Instructor: Kevin Williams, Associate Professor; Geosciences Planetarium Director, The Whitworth Ferguson Planetarium, Buffalo State University

Thursday, May 2 6 PM

Amherst Senior Center, 716-636-3051 to register

Saturday, May 4 11 AM

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

Monday, June 24 1:30 PM

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

Fossils of Western New York

Uncover the past and explore the ancient history of Western New York with Penn Dixie Fossil Park & Nature Reserve, ranked the #1 fossil park in the US in a 2011 independent study. Learn what animals lived in this region 380 million years ago, how the Earth has changed since, and what those fossils look like today.

Instructor: Penn Dixie Representative, Programs Specialist, Educator

Monday, July 1 1 PM

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

Garden of Delights: How to Plant a Scent Garden

Scent is a typically forgotten aspect of gardening. From in-ground gardening to patio pots, there are many plants that exude fragrance both day and night.

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

Wednesday, April 24* 1 PM

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

Wednesday, May 1 6:30 PM

Elma Public Library, 716-652-2719 to register

Monday, May 6 1 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, May 14 10:30 AM

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

Wednesday, May 16 1PM

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

Gardening on a Dime in Less Time

Reducing your costs and improving efficiency in your garden.

Instructor: Master Gardeners of Erie County

Friday, May 10 10:30 AM

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

Thursday, June 27 1 PM

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

Made in the Shade

Selecting different kinds of shade plants for texture, color, & fill.

Instructor: Master Gardeners of Erie County

Monday, May 20 11 AM

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

Myths & Facts on Climate Change

With all the misinformation, learn the truth about climate change in Western New York and what Erie County is doing to take action.

Instructor: Tracy Skalski, Sustainability Coordinator

Thursday, June 6 1:30 PM

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

Sex in the Garden...

The birds, the bees, & botany! Learn what really goes on in our gardens. You'll never look at gardens the same old way again!

Instructor: Master Gardeners of Erie County

Wednesday, June 5 1 PM

Cheektowaga Senior Center, 716-686-3930 to register

Monday, June 10 1:30 PM

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

The Facts about Western New York Weather from Meteorologist Andrew Baglini

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

Instructor: Andrew Baglini, Meteorologist

Thursday, May 16 2 PM

Amherst Senior Center, 716-636-3051 to register

What Happens After We Flush?

Learn how sewer systems are critical for protection of public health and environment. We'll also cover how they support our economy.

Instructor: Joe Fiegl, PE, BCEE, Deputy Commissioner, Erie County Department of Environment & Planning, Division of Sewerage Management

Thursday, May 9 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, May 9 6 PM

Amherst Senior Center, 716-636-3051 to register

Cancer Education Services

Join us for education about breast, cervical, and colorectal health—including screening services to eligible uninsured and under-insured men & women. Instructors will be giving-out FREE colorectal screening kits to those ages 45–75 that qualify.

Instructor: Lisa Milewski, Sr. Outreach Aide, Cancer Services Program of Erie County

Tuesday, July 9 10 AM

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

Wednesday, July 10 1 PM

Lancaster Senior Center, 716-685-3498 to register

Coping with Grief & Loss

Grief is a universal experience we all come to understand in different ways. Join us in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope, through the most difficult of times. Practical strategies and useful resources will be available.

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

Wednesday, June 12 1:00 PM

CBD 101

What is CBD and where does it come from? What are the benefits? Can it help me?

Instructor: Marcy & Theresa Ungaro, Owners of Your CBD Store

Thursday, May 9 1 PM

Hamburg Senior Community Center, 716-646-0665 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: Chelsea Torgalski, Education Outreach Specialist, Alzheimer’s Association WNY

Monday, July 8 1:15 PM

Akron Senior Center, 716-542-6645 to register

Hip & Knee Arthritis & the Basics of Joint Replacement Surgery

Explore the intricacies of hip and knee arthritis, delving into the causes, symptoms, and management strategies of these debilitating conditions. Dr. Vargo will also present the basics of joint replacement surgery (preoperative preparation, surgical techniques, and post-op care), enabling reclaimed mobility and alleviation of pain. Empower yourself with essential knowledge on the journey toward improved joint health.

Instructor: Dr. Daniel Vargo, Orthopaedic Surgeon, Excelsior Orthopaedics, specializing in hip & knee replacement surgery

Friday, May 10 1:30 PM

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

Introduction to Reiki

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 to enhance overall wellness.

Instructor: Victoria Szymula, DHS, ATC, CSCS, CKTP, Usui Ryoho Reiki Master/Practitioner; Outreach Coordinator for Athletic Training at Excelsior Orthopaedics

Tuesday, May 21 10 AM

Baptist Manor 716-881-1120 x 4 to register

Tuesday, May 28 10:30 AM

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

Microbiology for the Non-scientist, Part 1

We all have heard of Salmonella, E. coli, Listeria, MRSA, etc. contaminating our food. Recently, cantaloupes, peanut butter, onions, cheese, snack bars, and vegetables were recalled because of bacterial contamination. Where do these bacteria come from? Why are they in our food? What can we do to prevent them from contaminating our food? We will cover how such epidemics of food-borne illnesses have occurred and how they can be prevented. You will learn how manufacturers establish shelf life, and what terms like “best if used by” mean.

Instructor: John Shields, Retired Food Microbiologist

Wednesday, May 1 2 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, May 22 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Microbiology for the Non-scientist, Part 2

Now that we have covered bacteria & the effect they have on food, we will cover the processes that manufacturers follow that make food safe to ship, store, & eat.

Instructor: John Shields, Retired Food Microbiologist

Wednesday, May 8 2 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, June 12 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Mindfulness

Want to learn about mindfulness but don’t know where to start? This program will teach you what it means to be mindful, its purpose and benefits, and how to incorporate it into your daily routine. You will also participate in several mindful relaxation exercises.

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

Thursday, May 30 10 AM

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

Wednesday, June 26 10:30AM

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

Mosquitoes, Ticks, & Fleas! Oh My!

An introduction to vector-borne diseases and implications for public health. Specific diseases of importance will be examined, including Lyme disease & West Nile virus, with a focus on disease description & treatment, risk factors, and personal preventive measures.

Instructor: Shauna Zorich, Clinical Associate Professor at the University at Buffalo.

Friday, May 24 10:30 AM

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

Thursday, June 27 5 PM

Akron Senior Center, 716-542-6645 to register

Posture & Neck Pain

Unlock secrets of relieving discomfort and achieving optimal alignment. Practical techniques, ergonomic principles, and mindful exercises to transform your posture and bid farewell to neck pain.

Instructor: Michael Massaro, Physical Therapist, Excelsior Orthopaedics

Monday, May 6 9 AM

Clarence Senior Center, 633-5138 to register

Monday, June 24 10:30 AM

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

The Ten Warning Signs of Alzheimer’s

Learn to recognize common signs of Alzheimer’s in yourself & others, as well as next steps to take—including how to talk to your doctor.

Instructor: Chelsea Torgalski, Education Outreach Specialist, Alzheimer’s Association WNY

Thursday, June 13 2 PM

Amherst Senior Center, 716-636-3051 to register

The Latest Infectious Disease Detective Work: Wastewater-Based Epidemiology

Learn how Erie County and University at Buffalo have used wastewater-based epidemiology to better understand COVID-19 impacts and how this may help monitor future community health.

Instructor: Joe Fiegl, PE, BCEE, Deputy Commissioner, Erie County Dep’t of Environment & Planning, Div. of Sewerage Management; Ian M. Bradley, PhD, Asst. Professor, Dep’t of Civil, Structural & Environmental Engineering RENEW Institute, University at Buffalo

Wednesday, June 5 10:30 AM

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

Tips for Tough Conversations about Dementia

Know someone experiencing changes in memory, thinking, & behavior? Learn tips & strategies for difficult but important conversations about changes that may be related to dementia.

Instructor: Chelsea Torgalski, Education Outreach Specialist, Alzheimer’s Association WNY

Tuesday, May 21 10:30 AM

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

Thursday, June 27 1 PM

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

Understanding & Coping with Anxiety

In this “low stress” class, we’ll discuss types of anxiety, how anxiety may impact us, and ways to cope.

Instructor: Mark O’Brien, Commissioner of Mental Health, LCSW-R, Licensed Clinical Social Worker

Monday, June 17 10:30 AM

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

Understanding & Coping with Depression

In this “uplifting” class we’ll discuss ways to identify and cope with depression, and how it may impact us and those around us.

Instructor: Mark O’Brien, Commissioner of Mental Health, LCSW-R, Licensed Clinical Social Worker

Thursday, June 6 2 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, June 11 10 AM

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

Friday, June 21 1:30 PM

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

What is Memory & How to Keep It

Partially interactive, this class will show components of memory creation. We’ll demo a few simple memory exercises, and discuss the role of new medications to ward-off dementia. You’ll gain a few tricks to improve memory and hurdle those “senior moments.”

Instructor: Thomas Rosenthal, MD, Emeritus Professor, Family Medicine, Jacobs School of Medicine & Biomedical Science, University at Buffalo

Thursday, May 2 2 PM

Elma Public Library, 716-652-2719 to register

Wednesday, May 8 1 PM

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

Wednesday, May 15 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, May 21 1:30 PM

Eden Public Library, 716-992-4028 to register

Wednesday, May 29 2 PM

Baptist Manor, Buffalo, 716-881-1120 x4 to register

Thursday, May 30 4 PM

Clarence Senior Center, 716 633-5138 to register

Wednesday, June 5 1 PM

Autumnwood Senior Center, 716-826-7895 to register

Thursday, July 11 1 PM

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

Vaccines: What You Need to Know

An introduction to the science, history, and impact of vaccination. We’ll discuss specific vaccines for older adults, including those for influenza, pneumonia, and shingles. We’ll address the COVID-19 vaccines, including safety & efficacy, and emerging information.

Instructor: Shauna Zorich, Clinical Assoc. Professor, University at Buffalo.

Thursday, May 23 4 PM

Clarence Senior Center, 716-633-5138 to register

Acrylic Painting 101

Unleash your creativity and embark on a colorful journey! This class provides a fun and accessible introduction to the versatile medium of acrylics. Whether you're looking to unwind, explore a new hobby, or simply enjoy the therapeutic benefits of art, this class is designed for you. No prior painting experience is required—just bring your enthusiasm, and we'll provide the rest.

Instructor: Lisa Saunders, Senior Account Clerk

Thursday, June 6 4 PM

Clarence Senior Center, 633-5138 to register

Friday, June 7 10:30 AM

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

Tuesday, July 16 10 AM

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

Wednesday, May 22 2 PM

Baptist Manor 716-881-1120 x 4 to register

An Introduction to De-cluttering & Home Organizing

Join us for a discussion of how your clutter got there in the first place, why it can be difficult to let go, and learn a low/no-mess de-cluttering method. We will also discuss how to create simple systems based on individual organizing styles.

Instructor: Debbie Hamm, Professional Home Organizer

Wednesday, May 8 1 PM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, May 14 10 AM

Clarence Senior Center, 633-5138 to register

Friday, May 17 10:30 AM

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

Monday, May 20 1 PM

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

Tuesday, May 28 1 PM

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

Balance is Key!

Join us for a guide to fall prevention.

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

Thursday, May 2 1 PM

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

Thursday, May 23 12:45 PM

Concord Senior Center, 716-592-2764 to register

Monday, June 3 11 AM

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

Tuesday, June 4 2 PM

Baptist Manor, 716-881-1120 x4 to register

Friday, June 7 10:30 AM

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

Tuesday, June 11 1 PM

Cheektowaga Senior Center, 716-686-3930 to register

Fun Board Games to Discover

For those of you who played *nine men's morris*, *backgammon*, *checkers*, *chess*, *Risk*, and *Acquire*; learn what board game connoisseurs are playing these days and gain an understanding of what these new games have to offer.

Instructor: Ed Sapienza, Hobbyist, Game Master, Pickleball Court Manager and retired Engineer

Thursday, May 23 1 PM

Hamburg Senior Community Center, 716-646-0665 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. Students should bring a yoga mat to place under the chair, if possible.

Instructor: Jennifer Johnson, Certified Wellness Coach, Registered Yoga Teacher

Wednesday, May 8 1 PM

Autumnwood Senior Center, 716-826-7895 to register

Cooking with the Commish: Angela's Appetizers for Summer Parties

Join our favorite commish in an exciting culinary adventure as she guides you through the art of crafting delectable summer party appetizers. You'll discover secrets behind creating light & flavorful starters that are perfect for warm-weather gatherings. Angela will share her expertise on selecting fresh seasonal ingredients that will be sure to elevate your appetizer game. Unleash your creativity and impress your guests with appetizers that capture the essence of summer in every bite.

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

Tuesday, July 2 10:30 AM

Baptist Manor, 716-881-1120 x 4 to register

Tuesday, July 23 1 PM

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

Thursday, July 25 2 PM

Amherst Senior Center, 716-636-3051 to register

A Puerto Rican Cooking Fiesta

Embark on a flavorful journey through the vibrant culinary traditions of Puerto Rico in a cooking class led by a dynamic duo—Assemblymember Rivera and his beloved mom, Esther Rivera! With hands-on guidance and heartwarming anecdotes, you will be transported to the sun-kissed shores of the Caribbean, to learn the soulful essence of Puerto Rican cuisine. Get ready to savor the spices, sizzle with excitement, and create unforgettable recipes in this delicious celebration of food, family, and culture. *Buen provecho!*

Instructor: Assemblymember Jon Rivera, 149th District

Wednesday, July 17 10:30 AM

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

Dreamwork & Dream Interpretation

Do you want to deepen your appreciation for the role dreams play in your personal growth and transformation? Do you want to gain the skills needed to understand your dreams better? In this workshop you will learn about the tools and techniques for remembering and capturing dreams. You will receive an overview of theories and techniques of working with your dreams. We'll talk about the role of symbols, dictionaries, and archetypes in dreams and provide you with techniques to interpret your dreams.

Instructor: Gabrielle Michaelek, Emeritus Professor: Carnegie Mellon University; Trained/Certified Spiritual Mentor; MA in Transpersonal Psychology / Atlantic University; Certification in Spiritual Guidance Mentorship

Wednesday, May 29 1 PM

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

Monday, June 10 10:30 AM

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

Wednesday, June 12 1 PM

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

Drum4Health

We will introduce you to the magic, fun, & healing power of recreational music-making with handheld drums. No prior experience needed—just bring your enthusiasm! *Allow two hours for class. Class size limited to 25.*

Instructor: Carolyn Zimmermann; Owner of Drum4Health / Bringing Rhythm to Life; member of Healthy Alternatives Through Healing Arts (HAHA)

Monday, May 6 1:30 PM

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

Monday, May 13 1 PM

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

Thursday, May 16 2 PM

Eden Public Library, 716-992-4028 to register

Thursday, May 23 1 PM

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

Friday, June 7 2 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, June 12 2 PM

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

Wednesday, June 26 2 PM

Baptist Manor, 716-881-1120 x 4 to register

Tuesday, July 9 5:30 PM

Akron Senior Center, 716-542-6645 to register

Eating Better on a Budget

Join us as we explore nutrition labels, smart shopping tips, and budget-friendly recipes that empower you to make nutritious choices within your means.

Instructor: Michelle Werneiwski, Dietitian Consultant, Erie County Department of Senior Services

Monday, June 24 10 AM

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

Fuel for an Active Lifestyle

Learn practical strategies for balanced nutrition, discover the art of tracking sugar, and make mindful choices that support your energy & recovery.

Instructor: Michelle Werneiwski, Dietitian Consultant, Erie County Department of Senior Services

Thursday, May 30 1 PM

West Seneca Senior Center, 716-675-9288 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 10.*

Instructor: Pati Aine Guzinski; Training Coordinator, EC Department of Health, Public Health Emergency, Preparedness Division & SMART; Retired EMS First Responder, Avid Gardener

Wednesday, May 8 1 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, June 18 10 AM

Clarence Senior Center, 716-633-5138 to register

Wednesday, July 3 1 & 2:30 PM

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

Hands-Only CPR Refresher Course

“Use it or lose it” is often quoted when it comes to learning a new skill. This is certainly true for CPR skills. If you have taken a *hands-only CPR class and/or a stop the bleed class*, this session is for you. This class will offer the chance to practice the hands-on skills learned in previous classes, including compressions, AED use, tourniquet application, etc. *Note that this is NOT a Hands-Only CPR or Stop the Bleed class.* Everyone is encouraged to register for the initial classes first, as this class is for those who have successfully taken the class before. *Class size limited 15.*

Instructor: Pati Aine Guzinski; Training Coordinator, EC Department of Health, Public Health Emergency, Preparedness Division & SMART; Retired EMS First Responder, Avid Gardener

Tuesday, July 9 1 PM

Clarence Senior Center, 716-633-5138 to register

Healthy Aging

Join us for a class to discuss different techniques to help adults age gracefully, and age in place safely. We will also review various ways physical therapy and other health care services can help adults age well.

Instructor: Dominique Riforgianto, Doctor of Physical Therapy and Certified Strength and Conditioning Coach; Excelsior Orthopaedics Physical & Occupational Therapy

Wednesday, May 15 2 PM

Amherst Senior Center, 716-636-3051 to register

General Healthy Eating for Older Adults.

Fueling your body with nutritious food shouldn't be a chore. Learn how to get started with a plan that works for your life. Good nutrition is important at every stage of life. But to stay active and independent as you grow older, it's essential. Not only does a healthy diet give you the energy you need to tackle your daily to-do list, it can also lower your risk for chronic health problems. Think of food as your secret healthy-aging superpower. But what should a day of healthy eating really look like? It turns out that eating well is not as complicated as it might seem. This simple guide has everything you need to know about good nutrition for healthy aging, plus tips to turn your diet around—starting today.

Instructor: Carly Hansen, RDN CDN, IBCLC, Registered Dietitian

Friday, June 21 10:30 AM

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

Healthy Relational Communication

The benefits of positive relationships are supported by healthy communication. This course will review the core advantages of social relations, while offering strategies that encourage positive communication. In doing so, we will highlight the fundamental communication methods that create, maintain, and grow strong relationships.

Instructor: John Harrigan, Ph.D. / Professor

Monday, June 3 1:30 PM

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

Wednesday, June 12 2 PM

Baptist Manor, 716-881-1120 x 4 to register

Helping Homeless Pets Through Service

Volunteering your time and talents are tremendous assets to the SPCA Serving Erie County. There are many ways in which you can make a difference for the welfare of the animals. You may wish to work directly with the pets at our shelter and offsite locations, or you may get involved with other important aspects of our organization's operation. Either way, it's enjoyable and extremely rewarding to be an SPCA volunteer.

Instructor: SPCA of Erie County Staff

Wednesday, May 29 1 PM

Lancaster Senior Center, 716-685-3498 to register

Introduction to Essential Oils

This class provides an overview of essential oils, covering the origins of where essential oils come from, safety considerations and usage practices. Explore the fundamentals of aromatherapy and learn about various oils such as lavender, tea tree and lemon. Discover how essential oils can be incorporated into your life and positively impact your well-being.

Instructor: Kathy Bragagnola, Certified Aromatherapist & Yoga Teacher

Tuesday, May 21 6 PM

Amherst Senior Center, 716-636-3051 to register

Friday, June 28 1PM

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

John F. Kennedy: A Celebration of the Life & Legacy of One of America's Most Iconic Leaders

In this inspiring class we will delve into the captivating journey of JFK's life, from his upbringing to his presidency, exploring his unwavering dedication to public service, his visionary leadership, and his enduring impact on the nation and the world. We'll pay homage to his courage, charisma, and commitment to justice, inspiring a new generation to embrace his timeless ideals of hope, unity, and progress. Ephemera from JFK's tenure in the presidency will also be presented.

Instructor: Assemblymember Jon Rivera, 149th District

Friday, June 28 1 PM

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

Laughter Yoga Wellness

Join Caren, a Certified Laughter Yoga Teacher for 12 years, to experience the fun, interactive world-wide practice of Laughter Yoga Wellness. Mind, body, and spirit are engaged as participants combine laughter exercises with yoga breath, gentle stretching, childlike playfulness and positivity. All done to experience stress relief, joy, well-being, and connection. No yoga experience needed. Dress comfortably & layered. Most exercises can be done seated if necessary but bring a mat or towel to sit on. *Allow two hours for class. Class size limited to 25.*

Instructor: Caren Kolerski; Certified Laughter Yoga Teacher & Retreat Coach; Board Member of Healthy Alternatives Through Healing Arts (HAHA)

Friday, May 17 1 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, May 28 2 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, June 11 1:30 PM

Eden Public Library, 716-992-4028 to register

Tuesday, July 2 2 PM

Clarence Senior Center, 716-633-5138 to register

Meditation for Beginners

Meditation offers well-known benefits, from reducing stress and anxiety to improving sleep and lowering blood pressure, but getting started can feel overwhelming. In this session, we'll discuss why meditation works and practice some techniques you can easily incorporate into your day.

Instructor: Jennifer Johnson, Certified Wellness Coach, Registered Yoga Teacher

Tuesday, May 7 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, June 25 2 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, July 16 1 PM

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

Opioid Epidemic: Overview & Narcan Training with Certificate

The Office of Harm Reduction provides free Narcan and harm reduction tools, and also educates the community members about the current situation of opioid epidemic, and how to address the growing death rate from opioid overdose. The training aims to educate community members about the signs of an overdose, how to administer Narcan (medication that can reverse the effects of opioids), and how to access EMS. The training seeks to raise awareness and a greater understanding of the urgent need for action, and to empower community members to save lives.

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

Monday, June 24 1:30 PM
Northwest Amherst Community Center, 716-636-3051 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

Wednesday, May 22 6:30 PM
Elma Public Library, 716-652-2719 to register

Prevent Falls with a Home Safety Inventory

Participants will receive an abridged copy of the *Home Safety Self-Assessment Tool* developed by the Occupational Therapy Geriatric Group at the University at Buffalo. There will be a discussion of the various components of the tool as well as suggestions for use in a house or apartment. Older adults and their caregivers are encouraged to attend this together. In addition, practical suggestions for removing excess accumulation from the home will also be provided.

Instructor: Michael Olear, Masters Social Work; Licensed Association Real Estate Broker

Thursday, May 9 12:45 PM
Concord Senior Center, 716-592-2764 to register

Wednesday, June 12 1 PM
Hamburg Senior Community Center, 716-646-0665 to register

Qigong for Stress Relief

Qigong, while not well known locally, is quickly becoming popular for its ability to help people deal with stress and anxiety while being gentle and nurturing. The slow rhythmic movements along with guided imagery and visualizations, helps the body, mind and emotions! It's easy to do, and not complicated to learn and can be adapted to be done by everyone! *Allow two hours for class. Class size limited to 25.*

Instructor: Susanne Rosinski, Qigong Master, Medical Qigong Therapist; Member, Healthy Alternatives Through Healing Arts (HAHA)

Tuesday, June 18 10:30 AM
Schiller Park Senior Center, 716-895-2727 to register

Wednesday, June 26 2 PM
Elma Public Library, 716-652-2719 to register

Tuesday, July 2 2 PM
Amherst Senior Center, 716-636-3051 to register

Wednesday, July 10 10 AM
Cheektowaga Senior Center, 716-686-3930 to register

Right-Sizing for Seniors: Seven Key Decisions

Thinking of selling your home/condo or apartment? Simplify the process of this life-challenging event by breaking it down into seven more manageable pieces. Areas of worry that frequently accompany real estate will be identified and simple solutions presented. Participants will learn tools to successfully handle all aspects of this potentially thorny real-life problem.

Instructor: Michael Olear, Masters Social Work; Licensed Association Real Estate Broker

Thursday, May 16 1 PM
City of Tonawanda Public Library, 716-693-5043 to register

Wednesday, June 5 1 PM
Town of Tonawanda Senior Center, 716-874-3266 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

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

Wednesday, May 15 2 PM
Baptist Manor 716-881-1120 x4 to register

Monday, June 3 12:45 PM
Concord Senior Center, 716-592-2764 to register

Spring Clean Your Way to a Safer Kitchen

Explore ways to keep your food safe via proper food handling, preparation and storage, as well as how to keep your kitchen clean and your pantry free from sources of contamination.

Instructor: Janice Nowak, Chief Dietitian, Erie County Senior Services

Monday, May 20 1 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, July 16 10:30 AM

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

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; Retired EMS First Responder; Avid Gardener

Monday, June 3 1 PM

Akron Senior Center, 716-542-6645 to register

Thursday, June 13 12:45 PM

Concord Senior Center, 716-592-2764 to register

Monday, June 24 11 AM

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

Tuesday, July 2 1 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, July 10 1 & 2:30 PM

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

Universal Design for Aging in Place

Empower yourself or your loved ones to live independently and comfortably in their own homes through innovative and inclusive approaches to creating living spaces that cater to the needs of individuals as they age.

Instructor: Krista Macy, Architectural Researcher & Designer

Wednesday, May 8 1 PM

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

Thursday, June 13 1 PM

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

Unlocking the Secrets to Affordable & Fresh Veggies & Fruits

We'll navigate the aisles with practical tips and strategies to help you make the most of your grocery budget while enjoying a variety of nutritious produce. Learn how to identify seasonal bargains, interpret labels, and take advantage of sales and promotions.

Instructor: Michelle Werneiwski, Dietitian Consultant, Erie County Department of Senior Services

Thursday, June 6 1 PM

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

Tuesday, June 11 10:30 AM

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

Erie County Adventures: Unveiling the Treasures in Your Own Backyard

Delve into the wonders of our region, from the majestic Niagara Falls to the serene shores of Lake Erie and uncover the countless treasures that make our county truly exceptional. Whether you're exploring the rich history of the Buffalo History Museum or savoring the flavors of Buffalo's vibrant culinary scene, this class promises to reignite your sense of wonder and appreciation for the remarkable place we call home. Join us as we celebrate Erie County's beauty, culture, and endless opportunities for adventure right at your doorstep!

Instructor: Assemblymember Jon Rivera, 149th District; John Percy, President and CEO of Destination Niagara USA; Patrick Kaler, President & CEO of Visit Buffalo Niagara

Friday, May 10 1 PM

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

What is Fostering?

The SPCA Serving Erie County's Foster Care Program provides care for animals not yet ready for adoption. Volunteers care for animals in their own homes, providing animals that are underweight, underage, sick, or injured giving them the time they need to grow or heal so they may become adoptable. Our foster care program saves thousands of lives each year and there is always a need for foster care volunteers. We discuss the importance of fostering for those not quite old enough for adoption, what the commitment consists of, and how to get started.

Instructor: SPCA of Erie County Staff

Thursday, June 27 2 PM

Amherst Senior Center, 716-636-3051 to register

Android Basics

This class will give *Android* rookies (and those who just want to learn more) a crash-course in how to use these popular phones. We'll walk through some tips and tricks to customize your phone, optimize your settings, and make the most of apps and widgets. *Please allow two hours for this class.*

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

Thursday, May 9 **1 PM**
Dorothy J. Collier Community Center, 716-882-0602 to register

Thursday, May 23 **12 PM**
Autumnwood Senior Center, 716-826-7895 to register

Monday, June 24 **12:45 PM**
West Seneca Senior Center, 716-675-9288 to register

Wednesday, June 26 **1 PM**
Town of Aurora Senior Center 716-652-7934 to register

Instacart

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

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

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

Wednesday, July 10 **1 PM**
Town of Aurora Senior Center 716-652-7934 to register

Internet Basics

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

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

Friday, July 12 **1 PM**
Lancaster Senior Center, 716-685-3498 to register

Internet Privacy & Safety

Learn ways to keep your personal information safe online and what to be on the lookout for. *Please allow two hours for this class.*

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

Wednesday, May 22 **1 PM**
Hamburg Senior Community Center, 716-646-0665 to register

iPad & iPhone Basics

Once you have an iPad or iPhone, your next step should be learning about the physical features of the device and the accessories that come with it. This includes the different buttons and ports, how to turn the device on and off, how to charge the battery, and the importance of protecting the screen. *This class teaches the iPhone & iPad only. Please allow two hours for this class.*


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

Monday, July 15 **12:45 PM**
West Seneca Senior Center, 716-675-9288 to register

iPhone Photography Tips

Learn tips for taking better photos with your cell phone. Learn how to store them and print them too.

Instructor: Quishara Williams, PR Assistant, Erie County Senior Services; Freelance Photographer

Tuesday, May 14  **10 AM**
Cheektowaga Senior Center, 716-686-3930 to register

Thursday, May 30 **12:45 PM**
Concord Senior Center, 716-592-2764 to register

Tuesday, June 4 **10 AM**
Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register



Visit our website at erie.gov/ue to see chronological schedules for each location!

Mastering the Magic: iPad & iPhone Settings 101

Welcome to the ultimate crash course in unraveling the mysteries of your *iPad* and *iPhone* settings! Whether you're a tech novice or an aspiring wizard, join us as we demystify the enchanting world of Apple's settings. In this class you will learn the art of swipes, pinches, and taps to move effortlessly between screens. You will also discover the wonders of Control Center, your gateway to quick access and magical shortcuts.

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

Monday, June 17 11 AM
Delavan Grider Community Center, 716-896-7021 to register

Monday, July 22 12:45 PM
West Seneca Senior Center, 716-675-9288 to register

Through the Lens: Photo History With the CEPA Gallery, Part 2

Explore photography's rich history with Nate Ely of CEPA Gallery in Buffalo. From the invention of the camera obscura to the digital revolution, this class will traverse the evolution of photographic techniques, styles, and movements. Through an engaging discussion and visual presentations, participants will learn the fascinating stories behind some iconic images and the pioneers who shaped this art form.

Instructor: Nate Ely, CEPA Gallery Education Director

Thursday, May 9 2 PM
Amherst Senior Center, 716-636-3051 to register

Streaming Media

Get ready to embark on a wild journey through the digital universe as we dive into the art and science of streaming media! Find out more about *Netflix*, *Hulu*, *Apple TV*, and other streaming apps. Learn how to join and watch a *Webex* or *Zoom* event. Streaming allows you to access and enjoy content almost instantly without the need for permanent storage.

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

Monday, May 6 12:45 PM
West Seneca Senior Center, 716-675-9288 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 the technology can do right now. We will also ponder what this means for our future.

Instructor: David Stott, Information Security Analyst, Erie County Department of Information & Support Services

Thursday, June 13 12 PM
Autumnwood Senior Center, 716-826-7895 to register



Join one of our virtual classes!
Visit our website at erie.gov/ue to view the upcoming classes and 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.



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES
95 Franklin Street, 13th Floor, Buffalo, NY 14202

**FREE
EVENT**

2024 ELDER LAW DAY

WEDNESDAY, JUNE 5TH - 8:00AM-3:00PM

Buffalo Marriott Niagara ~ 1340 Millersport Hwy Amherst 14221

Providing information to assist older adults, family members and caregivers in making informed choices about their health and financial well-being.

Topics include: Long Term Care Planning & Asset Protection, Medicaid, Advanced Directives, Estate Planning Basics and more!

Register online at erie.gov/ELD or by calling 716.858.2776

20 -minute legal consultations available by request during registration checkout ONLY

Morning refreshments and box lunch available for those who pre-register online by 5/10/24!

Hosted by the Erie County Department of Senior Services in partnership with the Center for Elder Law & Justice