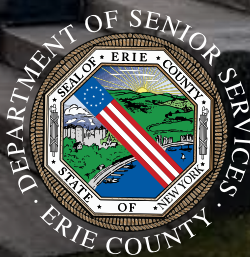


# UNIVERSITY EXPRESS

FALL  
2024

*Lifelong Learning for Older Adults, Age 55+*



**FREE IN-PERSON & VIRTUAL CLASSES**

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

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



*Buffalo History Museum  
Field Trip opportunity - page 8  
Photo credit - C. Banas*

You have questions.

Senior Services is here to help you find answers.



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

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

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



## NUTRITION

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



## WELLNESS

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


## CASE MANAGEMENT


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


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




**CALL OR VISIT US ONLINE TODAY!**

 716-858-8526

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

 ECSeniorServices

 @ECSeniorSvcS

# Welcome



**Angela Marinucci**  
Commissioner of Senior  
Services



The Erie County Department of Senior Services is delighted to welcome YOU to our 2024 University Express Fall Semester! We're passionate about empowering older adults to live vibrant, healthy, and social lives, and this program is all about making that happen.

Get ready to dive into a world of knowledge, fun, and connection! Whether you're joining us virtually or in person, we're thrilled to offer a dynamic range of classes thanks to the success of our Senior Center Technology Project. Now, staying connected and engaged has never been easier—even from the comfort of your own home!

I'm so excited to be part of your journey and can't wait for you to experience the enriching sessions we've prepared. Each one is designed to be both informative and enjoyable, ensuring you get the most out of every moment.

We're honored to accompany you on this lifelong journey of learning and exploration. Here's to a semester filled with joy, growth, and new connections!

Sincerely,  
*Angela Marinucci*



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



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# HOW TO REGISTER FOR A *UNIVERSITY EXPRESS CLASS*

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

All University Express classes are free, either in-person or virtual using *Webex*. Virtual classes are marked with a computer  symbol.

Some of the in-person classes will be livestreamed on-site and you will be able to log on and watch from home. These classes have the  symbol with the location. This 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](http://erie.gov/ue) regularly for the latest schedule and list of recordings.

## 2) Register for the classes that interest you.

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

**In-Person Classes:** Call the location where the in-person class is offered and reserve your spot ahead of time. Some locations may be showing our virtual livestreams. Our website has full schedules in chronological order for each location! 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](http://erie.gov/ue) for instructions on how to join a class.

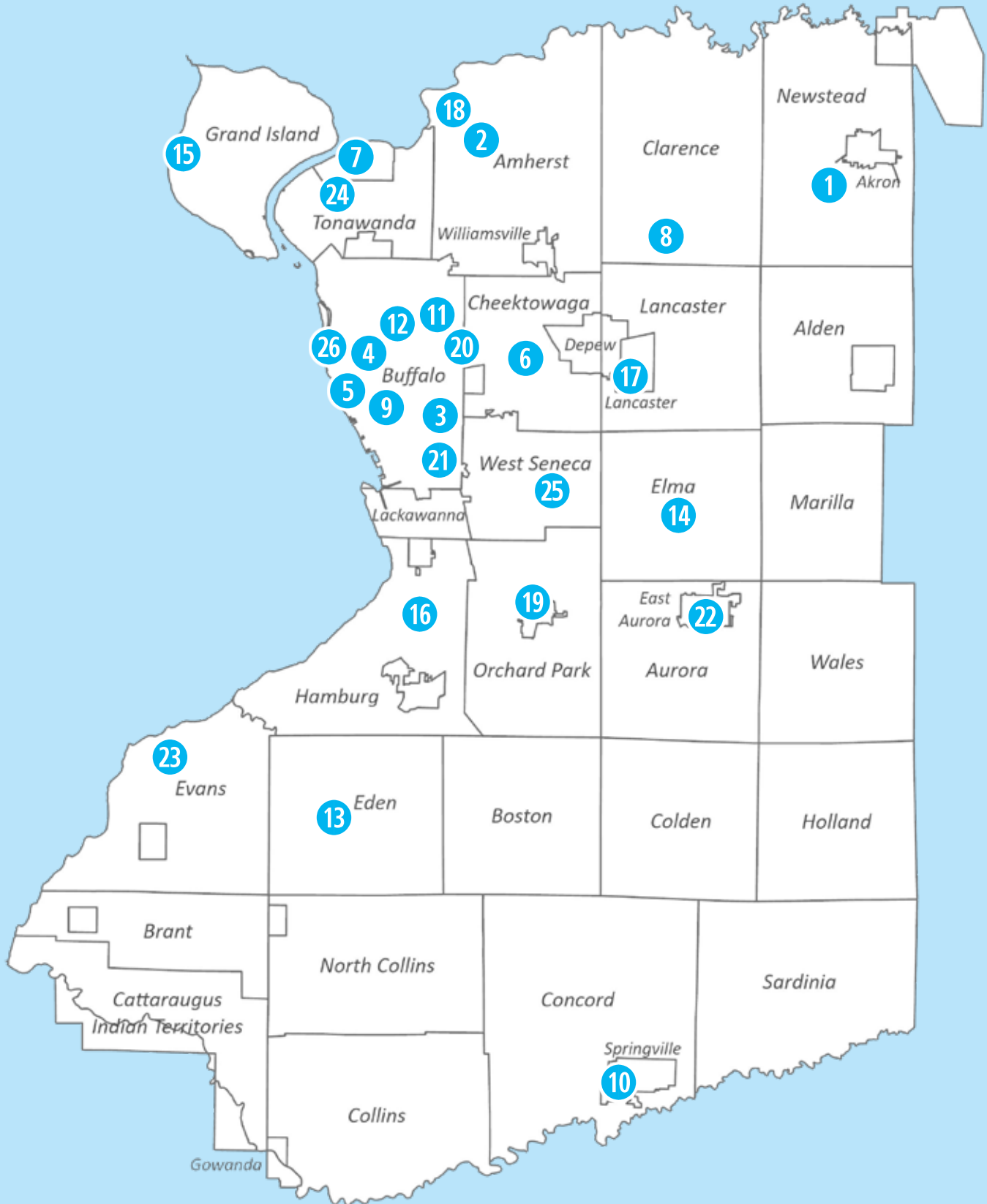
**In-Person Classes:** Make sure you called the location ahead of time to register. Be sure to follow all safety guidelines at the location you are attending.

**Website:** [erie.gov/ue](http://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



## CURRENT EVENTS

### 200 Years on the Erie Canal

The first Erie Canal, which opened in 1825, gave way to an Enlarged Erie Canal through the 1800s. In the 1900s, the Erie Canal gave way to the Barge Canal, today's Erie Canal. This presentation provides an overview of these three major iterations of the Erie Canal.

**Instructor: Explore Buffalo Docent**

**Tuesday, October 8 10:30 AM**

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

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### Cooking with the Commish - Tailgate Style!

There might not be a bigger Buffalo Bills fan than our favorite Commissioner, Angela Marinucci! So she decided to share her BuffaLove with UE through a "Cooking with the Commish- Tailgate Style" class. Not only will this class provide an engaging experience for fans to learn how to craft iconic game-day apps with a Buffalo flair, but Angela will also share her tips and enthusiasm for the Bills. *(Let's make it a real tailgate party – wear your favorite Bills gear to this class!).*

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

**Monday, October 14 1 PM**

West Seneca Center, 716-675-9288 to register

**Wednesday, November 20 2:30 PM**

Lancaster Senior Center, 716-685-3498 to register

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### Books and Censorship: History Repeats Itself

Books have been censored from time to time throughout history. Different eras have seen increases along with other methods of silencing dissent. We'll look at some of these occurrences along with the current situation, particularly in certain states 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: Linda Drajem, Ph.D. Retired, Buffalo Public Schools, Buffalo State College**

**Thursday, October 24 2 PM**

Amherst Senior Center, 716-636-3051 to register

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

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

**Thursday, November 7 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

**Friday, November 8 2 PM**

Lancaster Senior Center, 716-685-3498 to register

**Monday, November 18 1 PM**

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

**Friday, December 6 2 PM**

Lancaster Senior Center, 716-685-3498 to register

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### Public Meeting: Gather Around if You Give a Hoot!

Please join the Erie County Department of Senior Services for our Annual Public Hearing. We want to hear your voice and what matters to you! Light refreshments will be provided.

**Instructor: Angela Marinucci, Commissioner, Erie County Department of Senior Services & Department Staff**

**Thursday, October 24 6:30 PM**

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

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### FREE FIELD TRIP ALERT: Discover the Buffalo History Museum with University Express!

Step back in time on a special FREE University Express field trip this fall to The Buffalo History Museum. Discover the fascinating stories of Western New York's history from ancient times to the Pan-American Exposition to today. Explore captivating exhibits and beautifully preserved artifacts while listening to the expert knowledge of our trained docents. This trip offers a wonderful chance to connect with friends, relive history, and celebrate the rich heritage that makes our community unique. *(A giant "Thank You" to the Buffalo History Museum team for offering this wonderful opportunity!)*

**Thursday, December 5**

**Tour 1: 10:30 AM**

**Tour 2: 11:30 AM**

**(1 hour each)**

Buffalo History Museum, 1 Museum Ct, Buffalo, NY.

Registration limited to 100 guests. The museum is handicap accessible. Free parking on-site. To register, visit: [erie.gov/university-express](http://erie.gov/university-express).

*I've attended many University Express Classes and I find all topics to be extremely interesting. It's amazing to find how knowledgeable the chosen speakers are!*

*Also, I find it's a great way to meet new people who attend the classes.*

*Claudette M.*



# CURRENT EVENTS

## Health Insurance - Don't Get Sick Without It!

Education is power when it comes to selecting the health insurance plan that is right for you. Come learn all the tricks to compare the plans to make an informed decision. We'll also discuss the various programs available to help cover the cost of prescription drugs.

**Instructor: Bill Daniels, Coordinator of Insurance-Erie County Department of Senior Services**

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

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

**Tuesday, November 12 1 PM**  
Dorothy J. Collier Community Center, 716-882-0602 to register

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## Human Trafficking in Western New York

This course will give an understanding of human trafficking, how to identify it, the impact on our region and what you can do about it.

**Instructor: Julie Palmer, Executive Director, PATH Inc. (People Against Trafficking Humans)**

**Friday, October 4 2 PM**  
Lancaster Senior Center, 716-685-3498 to register

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## Identity Theft & Credit

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

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

**Wednesday, October 2 10:30 AM**  
Orchard Park Senior Center, 716-662-6452 to register

**Tuesday, October 8 1 PM**  
Dorothy J. Collier Community Center, 716-882-0602 to register

**Tuesday, November 19 1 PM**  
Town of Aurora Senior Center, 716-652-7934 to register

**Friday, November 22 10:30 AM**  
Schiller Park Senior Center, 716-895-2727 to register

**Tuesday, December 3 10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register

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## Indian Boarding Schools

The history of boarding schools for Native American children as told through the story of the Thomas Indian School on the Cattaraugus Seneca Reservation and the children who attended it for more than one hundred years. This presentation will include photos of the facilities and children.

**Instructor: Keith Burich, Professor Emeritus of Native American History, Canisius University**

**Tuesday, October 29 1:30 PM**  
Eden Public Library, 716-992-4028 to register

**Friday, November 1 10 AM**  
Grand Island Golden Age Center, 716-773-9682 to register

**Friday, November 8 10 AM**  
Northwest Amherst Community Center, 716-636-3051 to register

**Tuesday, December 3 10 AM**  
Orchard Park Senior Center, 716-662-6452 to register

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## The Lake Erie Ice Boom A Climate Changer for WNY

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

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

**Thursday, October 17 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register

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## 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 & Stu Boyer, Retired Sportswriters**

**Tuesday, October 15 1 PM**  
Concord Senior Center, 716-592-2768 to register

**Thursday, November 14 2 PM**  
Elma Public Library, 716-652-2719 to register

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## 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**

**Monday, October 21 10:30 AM**  
Hamburg Senior Community Center, 716-646-0665 to register

**Monday, November 4 10:30 AM**  
Grand Island Golden Age Center, 716-773-9682 to register

**Orange Shirt Day - What Is It & Why Is It Important?**

This would address a national day of remembrance of Native children who were sent to residential boarding schools in the US and Canada, where a lot of abuse and traumas were inflicted on many children.

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

**Monday, October 7** **1 PM**  
Akron Senior Center, 716-542-6645 to register

**Reach Out to 911**

Everyone knows how to dial the number, but not everyone knows WHEN! Let us teach you all about the Who, What, Where, When, Why, and Hows of calling 911 for help. We answer questions such as: When should you call 911? What information do you need to know? Learn the difference between 911, 211, 311, 988 and other numbers that offer assistance!

**Instructors: Elizabeth Forkl & Andrew Marts, Reach out to 911 Coordinators**

**Wednesday, October 9** **10:30 AM**  
Hamburg Senior Community Center, 716-646-0665 to register

**Friday, October 25** **11:30 AM**  
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

**Monday, October 28** **10 AM**  
Grand Island Golden Age Center, 716-773-9682 to register

**Wednesday, November 6** **1 PM**  
West Seneca Senior Center, 716-675-9288 to register

**Wednesday, December 4** **1:30 PM**  
Akron Senior Center, 716-542-6645 to register

**Strengthening the Canine-Human Relationship**

A dog's friendship is like no other. But did you ever wonder why they do some of the things they do? Join us for this 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**

**Thursday, December 5** **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register



**Weathering the Storm**

Western New Yorkers pride themselves as being "winter tough." While winter weather is growing more severe, this class will help us get ready for the coming cold weather season. Join us to learn key winter weather terms, when and how to prepare for snow emergencies and potential life saving tips.

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

**Tuesday, October 15** **1 PM**  
Hamburg Senior Community Center, 716-646-0665 to register

**Thursday, October 17** **10 AM**  
Grand Island Golden Age Center, 716-773-9682 to register

**Wednesday, October 23** **6 PM**  
Grand Island Golden Age Center, 716-773-9682

• *There will be an optional potluck at 5 PM before this class*

**Wednesday, October 30** **1 PM**  
West Seneca Senior Center, 716-675-9288 to register

**Wednesday, November 20** **1 PM**  
Akron Senior Center, 716-542-6645 to register

**Friday, November 22** **11:30 AM**  
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

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

AI has been the subject of movies and science fiction for one hundred years. It's here today - is that good news or bad? 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, Junior Information Security Analyst, Erie County**

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

**Wednesday, October 2** **1 PM**  
West Seneca Senior Center, 716-675-9288 to register

**Thursday, October 17** **2 PM**  
Elma Public Library, 716-652-2719 to register

**Thursday, October 24** **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register

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

**Friday, November 15** **2 PM**  
Lancaster Senior Center, 716-685-3498 to register

**Thursday, December 5** **2 PM**  
Amherst Senior Center, 716-636-3051 to register

## CURRENT EVENTS

### Winter Sowing & Native Plants

Winter sowing is an effective way to grow native plants, annuals and vegetable seeds using recycled milk jugs. Winter sowing traditionally starts on the Winter Solstice and is a great way to extend the growing season and grow your own food.

**Instructor: Dr. Kathleen Contrino, Owner/Operator of CW Native Plant Farm**

**Tuesday, October 22** 1 PM

Hamburg Senior Community Center 716-646-0665 to register

**Wednesday, October 30** 2 PM

Amherst Senior Center, 716-636-3051 to register

**Friday, December 13** 2 PM

Akron Senior Center, 716-542-6645 to register

### 200th Anniversary of the Erie Canal

Join us for a captivating Class that delves into the rich history of Black Rock, NY, and its transformation by the Erie Canal. Explore how this iconic waterway shaped the community, bringing together canal workers, engineers, merchants, and travelers who left their mark on the town's vibrant past.

**Instructor: Mary Ann Kedron, PhD, Founder Kedron Books and More, Board member Black Rock Historical Society, Member Scajquada Corridor Coalition, Emeritus BRRAlliance**

**Wednesday, October 9** 2 PM

Amherst Senior Center, 716-636-3051 to register

## HISTORY

### 3rd Party & Contested Presidential Elections

You think contested elections are something new? What about the impact of 3rd parties on presidential elections? Do they make a difference? What are Buffalo's 3rd party connections? We'll answer these questions and more, especially as we enter the 2024 presidential election.

**Instructor: Bren Price, VP Buffalo Presidential Center; Master docent Explore Buffalo;**

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

Orchard Park Senior Center 716-662-645 to register

### 18 Years, 5 Months, 22 Days

In 1971, John List murdered his entire family and disappeared for 18 years. After escaping law enforcement and being on the FBI's Most Wanted for almost 2 decades, what led to this killer's capture? Learn the unbelievable reason for the killings and how a talented artist helped apprehend the man hiding in plain sight.

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

**Tuesday, October 1** 6 PM

Amherst Senior Center, 716-636-3051 to register

**Thursday, October 3** 1 PM

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

**Friday, October 4** 1:15 PM

Akron Senior Center, 716-542-6645 to register

**Tuesday, October 15** 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

**Wednesday, October 30** 2 PM

Lancaster Senior Center, 716-685-3498 to register

**Tuesday, November 12** 10:30 AM

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

**Wednesday, December 4** 10:30 AM

Orchard Park Senior Center 716-662-6452 to register

### A Young Woman's Remembrances of the Civil War

Judy Buzby will take on the voice and costume of her Great Great-Aunt Harriet to tell you of 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**

**Tuesday, October 1** 1 PM

Concord Senior Center, 716-592-2768 to register

**Thursday, November 21** 2 PM

Amherst Senior Center, 716-636-3051 to register

### Buffalo City Hall

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

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

**Tuesday, October 1** 1 PM

Clarence Senior Center, 716-633-5138 to register

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

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

## Christmas Shopping in Buffalo

Do you remember being in downtown Buffalo at Christmastime? This talk will bring back memories of getting dressed up, spending the day shopping in the wonderful stores, looking at the department store window decorations, eating at the AM&A's top floor restaurant and so much more! We'll also talk about all of the great retailers that made Buffalo their home.

**Instructor: Explore Buffalo Docent**

**Wednesday, October 30 6 PM**

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

**Thursday, December 5 2 PM**

Elma Public Library 716-652-2719 to register

## COL Bennet Riley: Defender of Buffalo

As one of the largest and most important cities in America following the success of the Erie Canal, Buffalo was protected by an Army post known as the "Buffalo Barracks" from 1837-1847. We'll review the important role of the Buffalo Barracks under Riley's leadership in the context of life in Buffalo during that time period and his relationship with Buffalo notables such as Millard Fillmore and others.

**Instructor: Thomas Schobert, Lieutenant Colonel (Ret.), US Army**

**Wednesday, October 23 5 PM**

Lancaster Senior Center, 716-685-3498 to register

**Monday, October 28 1:30 PM**

Orchard Park Senior Center 716-662-6452 to register

**Wednesday, November 6 6 PM**

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

• *There will be an optional Potluck offered at 5 PM before this class*

**Wednesday, November 13 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Wednesday, November 20 2 PM**

Baptist Manor 716-881-1120 x4 to register

## Early History of the Sisters of Mercy and Mercy Hospital in South Buffalo

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

**Instructor: Sister Peggy Gorman, Religious Sister of Mercy**

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

Hamburg Senior Community Center 716-646-0665 to register

## Erie Canal: The Creation of the Empire State

The Erie Canal had a significant impact not only on the growth of Buffalo but the growth of the nation. The talk includes: the initial concept of the Canal, the political fight to make it a reality, the construction of this amazing civil engineering feat, and its effect on the economy of Buffalo as it became one of the largest inland ports in the world.

**Instructor: Explore Buffalo Docent**

**Tuesday, November 12 1 PM**

Cheektowaga Senior Center, 716-686-3930 to register

## Erie County Parks 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: Erie County Department of Parks, Recreation & Forestry**

**Monday, October 7 10:30 AM**

Orchard Park Senior Center 716-662-6452 to register

**Wednesday, October 23 6:30 PM**

Elma Public Library, 716-652-2719 to register

**Tuesday, November 5 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

**Monday, December 2 3 PM**

Lancaster Senior Center, 716-685-3498 to register

## Five Star Admirals that Helped Win WWII

In US Naval history, there have only been four Five-Star Admirals, also known as Fleet Admirals. These four men: Leahy, King, Halsey, and Nimitz guided the forces throughout the Pacific during WWII, ultimately bringing the surrender of Japan in Sept. 1945. Each man had the right knowledge and experience to do the job assigned to them, gathered by years of experience before America joined the Allied forces in 1941.

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

**Wednesday, October 2 1 PM**

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

**Wednesday, November 6 1 PM**

Akron Senior Center, 716-542-6645 to register

**Thursday, November 7 2 PM**

Elma Public Library, 716-652-2719 to register

**Wednesday, November 20 6 PM**

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

• *There will be an optional Potluck at 5 PM before this class*

## Fran Striker/Lone Ranger

Let's go back to the days of Radio programs. Most of us grew up in the age of television, but our parents would always talk about the "old time radio shows" The Lone Ranger, The Green Hornet, Sgt. Preston of the Yukon, and others. Well, did you know that the creator of The Lone Ranger was from WNY! Come learn more about him.

**Instructor: Jolene Hawkins, Historian, Town of Concord, Village of Springville; Author; Researcher at Lucy Bensley Center**

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

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

**Friday, November 15 1:30 PM**

Orchard Park Senior Center 716-662-6452 to register

## Historic Places of Buffalo/WNY

Information about historic locations, buildings, homes and places in our community, as identified by historic markers and other sites of interest.

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

**Tuesday, November 12 1 PM**

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

**Wednesday, November 13 6 PM**

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

• *There will be an optional Potluck at 5 PM before this class*

**Thursday, December 5 1 PM**

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

**Thursday, December 12 2:30 PM**

Akron Senior Center, 716-542-6645 to register

## Philanthropists & Social Benefactors

Individuals that contributed to the social welfare of WNY through their financial contributions, activities and organizations or foundations they created

**Instructor: Rick Falkowski, Lecturer; Author of four books on Buffalo history & Founder of the Buffalo Music Hall of Fame**

**Monday, November 18 1:30 PM**

Orchard Park Senior Center 716-662-6452 to register

## Histories of the Buffalo Naval Park's Three Ships

Many people walk down by Canalside and see the three tour-able vessels, but just as many don't know the behind-the-scenes stories of the ships. Come learn about the service histories, the battles and some of the men who served aboard these ships - whose combined service totals 66 years for the US Navy.

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

**Tuesday, October 8 1 PM**

Concord Senior Center 716-592-2768 to register

## History of Beer and Brewing in Buffalo

Buffalo has a rich history in the brewing industry dating back to the 19th century. In recent years, there has been a resurgence of interest in craft beer in Buffalo. In this class, our instructor will take you from the "First Golden Age" to the current "Platinum Age."

**Instructor: Timothy Herzog, Retired Brewery Owner**

**Friday, October 4 11:30 AM**

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

**Thursday, November 7 1 PM**

Central Library, 716-858-8900 to register

**Wednesday, November 13 1 PM**

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

## History of Buffalo Aviation: People Places and Planes

Did you know that Buffalo was once the center of United States Aviation? In a Casey Kasem countdown-style format, this talk will introduce the top five people that influenced Buffalo's aviation history. Come hear about the manufacturing centers existing and long gone that created the industry. Listen to stories and facts about Buffalo built planes that affected the world. Let your knowledge soar to new heights!

**Instructor: Explore Buffalo Docent**

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

Schiller Park Senior Center, 716-895-2727 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.

**Instructor: John Dombrowski, Herschell Spillman Motor Company Specialist**

**Thursday, October 3 4:30 PM**

Akron Senior Center, 716-542-6645 to register

**Wednesday, November 20 1 PM**

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

## History of the North Tonawanda Amusement

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

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

**Thursday, November 14 1 PM**

Hamburg Senior Community Center, 716-646-0665 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. *\*\*University Express Fall Semester Kick-Off!!*

**Instructor: Mark C. Poloncarz, Erie County Executive**

**Monday, September 30 3 PM**

Cheektowaga Senior Center, 716-686-3930 to register

## How Buffalo Gave Wings to the World

And it's not what you think! It's about how the City of Buffalo became a vital center of the nation's fledgling aircraft industry—making key contributions to aviation, helping win two world wars, and creating important innovations from the early days of flight to today's aerospace field.

**Instructor: Chuck Banas, Chuck works for Erie County's IT Department. He's also a part-time community activist, urban planner & lover of all things Buffalo.**


**Tuesday, October 8**  **10 AM**  
Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register

**Thursday, October 24** **1:30 PM**  
Eden Public Library, 716-992-4028 to register

## 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, Past President of the Irish American Cultural Institute, Ancient Order of Hibernians**

**Thursday, October 24** **AUDIO ONLY**  **1 PM**  
City of Tonawanda Public Library, 716-693-5043 to register

**Monday, November 25** **1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register

## Landlubbing on the Buffalo River

From the comfort of your chair, "sail" down the Buffalo River with its rich industrial history and learn about the day it caught fire, the role it played in the Civil Rights movement and how it was instrumental in electrifying the city of Buffalo. Stories of how a poor Irish lad came to live on The Avenue and how a cataclysmic series of events caused a bridge to topple will also be retold.

**Instructor: Marla Bujnicki, Preservation Buffalo Niagara (PBN), former Vice President, Docent & Presenter at Forest Lawn Cemetery, Boat Tour Narrator on the Miss Buffalo II**

**Friday, October 4** **1 PM**  
Clarence Senior Center, 716-633-5138 to register

**Tuesday, October 8** **10:30 AM**  
Grand Island Golden Age Center, 716-773-9682 to register

**Thursday, October 10** **2 PM**  
Amherst Senior Center, 716-636-3051 to register

**Monday, November 18** **10:30 AM**  
Orchard Park Senior Center 716-662-6452 to register

**Thursday, November 21** **2 PM**  
Elma Public Library, 716-652-2719 to register


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

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

## The Larkin Company

Come learn about the rise and fall of The Larkin Company, the second largest mail order company in the country behind Sears & Roebuck. Learn about the unique selling style of the "Larkin Secretaries", and how this selling policy also aided in its collapse as technology changed during the 1910's and 1920's, leading to its final closure in 1967.

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

**Monday, October 28**  **2:30 PM**  
Lancaster Senior Center, 716-685-3498 to register

## The Long-Forgotten Cleveland Hill School Fire

The book, with facts and data made available through Freedom of Information Law requests and other sources, uncovers the true cause of the fire and explains why no one was ever charged despite overwhelming evidence that could have resulted in prison terms. Learn some interesting facts about the post fire lives of the victims.

**Instructor: John Zach, Retired Buffalo Broadcast Journalist; Author**

**Tuesday, October 8** **6 PM**  
Amherst Senior Center, 716-636-3051 to register

**Wednesday, October 9** **1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register

**Friday, October 11** **1 PM**  
Clarence Senior Center, 716-633-5138 to register

**Thursday, October 17** **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register

**Thursday, October 21** **1 PM**  
City of Tonawanda Library, 716-693-5043 register

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

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

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

**Monday, November 4** **1 PM**  
Central Library, 716-858-8900 to register

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

*Linda M.*

**Scajaquada Beyond the Multitude**

Explore 500 years of history about the Scajaquada and beyond. Let's go on a journey together through the centuries that will uncover the rich cultural and environmental significance of the Scajaquada, and the influence it has had on shaping the surrounding landscape.

**Instructor: Mary Ann Kedron, PhD, Founder Kedron Books and More, Board member Black Rock Historical Society, Member Scajaquada Corridor Coalition, Emeritus BRRAlliance**

**Wednesday, October 2 1 PM**

Akron Senior Center, 716-542-6645 to register

**Wednesday, October 9 6 PM**

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

• *An optional Potluck will be offered before this class at 5 PM*

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

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

**The Making of the Nikola Tesla Legacy Corridor**

Learn how a group of local private citizens created a Triptych Tribute of Appreciation, the Nikola Tesla Legacy Corridor, to honor our fellow New Yorker, the brilliant inventor / scientist who changed the world. Tesla's "spark" that illuminated the entire globe was ignited right here in Western New York. Discover what he did and how we are acknowledging it.

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

**Friday, October 25 1 PM**

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

**The Ghosts of Buffalo, NY!**

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

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

**Thursday, October 24 6 PM**

Amherst Senior Center, 716-636-3051 to register

**US Naval War Production**

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**

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

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

**Waterway of Change: Two Hundred Years on the Erie Canal**

May 2025 marks the bicentennial of the Erie Canal. Plans are underway to celebrate Buffalo's role as the western end of the Canal. Join Erie County historian Doug Kohler on a look at how the canal came to be and what some of the exciting plans are for the bicentennial commemoration!

**Instructor: Douglas Kohler, Erie County Historian**

**Tuesday, October 1 1 PM**

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

**Monday, October 21 1:30 PM**

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

**Tuesday, December 3 5:30 PM**

Akron Senior Center, 716-542-6645 to register

**Tuesday, December 10 6 PM**

Amherst Senior Center, 716-636-3051 to register

**Who Knew?**

When recalling some of Buffalo's well-known movers and shakers, names like Heacock, Chapin, Cass and Marshall might not readily come to mind. However, they and others will now have their stories told and their contributions to the city of Buffalo will be both recognized and appreciated.

**Instructor: Marla Bujnicki, Preservation Buffalo Niagara (PBN), former Vice President Docent & Presenter at Forest Lawn Cemetery, Boat Tour Narrator on the Miss Buffalo II**

**Thursday, November 14 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Thursday, December 5 10:30 AM**

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

**What Ever Happened to Campaign Songs?**

The Whigs of the 19th century invented insulting and sometimes bawdy songs to promote their presidential candidates. Join us for a lively singalong!

**Instructor: Rachele Francis, Rachele is Retired Teacher and a Fillmore family historian. She was docent at the Millard Fillmore Museum and later his biographer. This summer her double biography of "The Two Wives of Millard Fillmore" was published.**

**Wednesday, October 30 2 PM**

Baptist Manor, 716-881-1120 x4 to register

**Monday, December 9 1:30 PM**

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

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

*Phil S.*

**Who Was That Man?**

As the president's wife, Jacqueline Kennedy was assigned her own Secret Service agent for her personal protection. Who was that man that jumped onto the limousine after the shooting and what were his thoughts on being given the job of securing the safety of the first lady instead of the president? Learn about his tenure with Mrs. Kennedy and about the book he eventually wrote after decades of silence. Based on the book, Mrs. Kennedy and Me, by Clint Hill.

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

**Tuesday, November 12 6 PM**  
Amherst Senior Center, 716-636-3051 to register

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

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

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

**Thursday, November 14 12 PM**

**University Express The Book Club**

Moderated by our Book-Lover-In-Chief (& our favorite commish) Angela Marinucci, this class will serve as a way to welcome new members to our club. Our discussion for November will be on the book "Night," by Elie Wiesel. Join us this one time, or come to join our club, which meets monthly. All are welcome! *(The books we read are selected by a majority vote of our club.)*

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

**Friday, November 22 10:30 AM**  
Amherst Senior Center, 716-636-3051 to register

**November FREE UE Movie Day**

UE has partnered with the Aurora Theatre & Popcorn Shop & West Herr to offer a FREE day at the movies for 150 UE participants. This special event will take place at 2 PM on Tuesday, November 12. \*MOVIE TBD\*. Popcorn from the famous "Popcorn Shop" is the star of the snack show at the theater *(a full service concession stand is available for purchase)*

**Tuesday, November 12 2 PM**  
Aurora Theatre & Popcorn Shop, 673 Main Street, East Aurora, NY 14052 (716-652-1660). Registration limited to 150 guests (first come-first served). To register, visit: erie.gov/university express

**A Time Against Race**

The 8th book in the Orphans and Inmates series, focuses on the early 1920's, when the Ku Klux Klan came to Buffalo. We join our favorite characters, plus a few new ones, during prohibition at iconic locations in the African American Heritage Corridor like the Colored Musicians Club.

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

**Friday, November 8 10 AM**  
Grand Island Golden Age Center, 716-773-9682 to register

**Friday, November 22 10 AM**  
Northwest Amherst Community Center, 716-636-3051 to register

**Friday, December 6 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register

**Friday, December 13 1 PM**  
City of Tonawanda Library, 716-693-5043 to register

**Acting Shakespeare: How the Actor Prepares**

Engage in a conversation with local professional actors about the techniques and skills used to connect players to the complex material of Shakespeare. Learn how actors train to conquer the emotional and physical challenges present in the bard's work and how it differs from acting in a contemporary piece.

**Instructor: Gretchen Didio, Education & Office Manager, Shakespeare in Delaware Park**

**Friday, October 11 10 AM**  
Northwest Amherst Senior Center, 716-636-3051 to register

**All About the Genealogy Database "FamilySearch"**

FamilySearch is a massive genealogy database with records for the U.S. and beyond" and best of all, it's free! Learn what FamilySearch has to offer and some tips and tricks for finding your ancestors.

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

**Tuesday, October 22 1 PM**  
Town of Tonawanda Senior Center, 716-874-3266 to register

**Ask the Genealogist**

Got genealogy questions? Bring them to this Q & A session where Rhonda Hoffman, a 25-year family history veteran and genealogy specialist with the Buffalo & Erie County Public Library, will offer research advice on Western New York genealogy and resources available through the Library.

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

**Friday, November 8 1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register


**Wednesday, November 20 1 PM**  
Autumnwood Senior Center, 716-826-7895 to register



**Beer Culture and Styles**

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

**Instructor: Timothy Herzog, Retired Brewery Owner**

**Friday, October 11**  **11:30 AM**  
Tosh Collins Senior Center, 716-822-4532 ext. 0 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: Timothy Herzog, Retired Brewery Owner**

**Friday, October 11** **2 PM**  
Lancaster Senior Center, 716-685-3498 to register

**Friday, October 18** **11:30 AM**  
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

**Tuesday, November 19**  **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register

**Thursday, December 5** **10:30 AM**  
Hamburg Senior Community Center, 716-646-0665 to register

**Buffalo's Best Restaurants Remembered**

Bring your memories and your taste buds as some of the city's most popular restaurants will once again "reopen". Their history, favorite menu items, tragic accidents and alas, their demise will be recalled and appreciated as we step back in time to when dining out was a memorable occasion.

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

**Tuesday, October 22** **1 PM**  
Concord Senior Center, 716-592-2768 to register

**Friday, November 1** **2 PM**  
Lancaster Senior Center, 716-685-3498 to register

**Christmas Tree Ornaments Around the World**

Celebrate global diversity this holiday season by crafting Christmas ornaments from around the world! Choose from three ornament designs and create two unique pieces—one to keep and one to display at the WSCS Christmas Senior Luncheon. This class offers a creative way to embrace holiday traditions and learn about different culture.

**Instructor: Aileen Gonzalez-Marti, Manager of Senior Programs, West Side Community Services; Multidisciplinary Artist; Co-founder of Los Artistas del Barrio Buffalo**

**Thursday, October 24** **10 AM**  
Grand Island Golden Age Center, 716-773-9682 to register

**Wednesday, November 13** **1 PM**  
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

**Friday, November 15** **11 AM**  
West Side Community Services, 716-884-6616 x 101 to register

**Deaf Culture Competency**

Understanding the resources that are provided for those who are Deaf, hard of hearing and those with hearing loss. Resources are available and is offered to anyone with any hearing loss. This is a great training opportunity to be able to help yourself, or those who you may know that can benefit from those resources

**Instructor: David Wantuck, Dave graduated from Medaille College and works at Deaf Access Services as the Community Engagement Specialist**

**Thursday, October 3** **12:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register

**Thursday, October 31** **2 PM**  
Amherst Senior Center, 716-636-3051 to register

**The Dirty Story Behind the Birth of 4 Architectural Treasures**

Examine the complex relationship among four giants in American history that all intersect around the turn of the 19th to 20th century in Buffalo, New York. John Larkin, Darwin D. Martin, and Frank Lloyd Wright. Their relationship would help create four architectural masterpieces; The Larkin Administration Building, The Martin House, Graycliff, and The Roycroft Campus, which are once again beacons for people today.

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

**Monday, October 21** **10:30 AM**  
Orchard Park Senior Center, 716-662-6452 to register

**Experimental Printmaking**

In this experimental printmaking class, students will create abstract prints using Model Magic putty and archival ink. Explore innovative techniques and textures to produce unique, personal artworks. Take home your creations and enjoy a new approach to printmaking that combines creativity with hands-on experimentation. *(Allow 1.5 hours for the class.)*

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

**Wednesday, October 16** **1 PM**  
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

**Future of Technology & Humanity**

Explore the intersection of innovation and ethics in "Future of Technology & Humanity," where we'll delve into how emerging technologies are reshaping our world and our very existence. From artificial intelligence to biotechnology, this class will examine the profound impact these advancements have on society, culture, and human identity.

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

**Tuesday, October 29** **1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register

**The Genius of Charles Burchfield: Seeing the Extraordinary in the Ordinary**

Charles Burchfield lived where we live, walked the same streets and fields we walk. He heard the same bird calls and insect chatter, experienced the same changing of the seasons and gazed at the same moon, sun and stars. Yet he found magic while we often miss the wonder in the world. If you spend time looking at his vast number of drawings, doodles and paintings, you may learn to see the magic and begin to wonder along with him.

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

**Monday, October 7 1 PM**

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

**Wednesday, October 23 1:30 PM**

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

**Monday, November 25 1:30 PM**

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

**The Golden Age of Disney (1937-1942)**

Learn the beginnings of one of the most iconic American movie companies, Walt Disney Studios, as it rose to challenge the idea of what animation could be with classics like Snow White, Pinocchio and Fantasia.

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

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

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

**Tuesday, November 12 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

**Friday, November 22 2 PM**

Lancaster Senior Center, 716-685-3498 to register

**Monday, December 2 12:45 PM**

Akron Senior Center, 716-542-6645 to register

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

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

**Instructor: Graycliff Docent**

**Tuesday, October 8 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Wednesday, October 16 1 PM**

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

**Greeting Card Master Class**

In this class, we will create two greeting cards: one for the football season and one for Halloween. Kits will be provided. Class size is limited.

**Instructor: Cindy Solly, Arts & Crafts Wiz**

**Monday, October 7 1 PM**

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

**Wednesday, October 9 1 PM**

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

**Tuesday, October 15 10:30 AM**

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

**Wednesday, October 16 1 PM**

Lancaster Senior Center, 716-685-3498 to register

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

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

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

**Thursday, October 24 1 PM**

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

**What Was that Star Over Bethlehem?**

Of the four canonical Gospels, only Matthew writes about the marvelous Star which guided three Median astrologers over more than 1000 miles to that stable in Bethlehem. Only they, the "Magi," see it. Herod doesn't see it. The writings of the great Roman-Jewish historian Flavius Josephus, produced only a few decades after Jesus, contain no mention of it. Many modern writers have spent a lot of time and energy offering speculation. But all interpretations have ignored what the Magi meant to 1st-century Jews. This talk offers a new explanation for the Star.

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

**Tuesday, December 3 6 PM**

Amherst Senior Center, 716-636-3051 to register



**History of the Buffalo & Erie County Public Library & the Significance of its Collection**

The Buffalo & Erie County Public Library began with the Young Men’s Association, a subscription library founded in 1836 for intellectual improvement. In 1857, merchant Seth Grosvenor established a second non-circulating library. These entities merged in 1953, thriving through the efforts of Buffalonians who collected books, maps, and music for the community’s benefit. Join us to learn more about the history of Buffalo’s Public Libraries and learn about some of the treasured items held in the Special Collections Department.

**Instructor: Susan Buttaccio, Manager of Special Collections, Buffalo & Erie County Public Library**

**Thursday, October 17 1:30 PM**

Eden Public Library, 716-992-4028 to register

**Friday, October 25 1 PM**

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

**Tuesday, November 5 1 PM**

Concord Senior Center, 716-592-2768 to register

**Wednesday, November 20 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Irish Immigration: Coming to America**

The Irish began their first significant immigration to Western New York during the building of the Erie Canal in the first quarter of the nineteenth century. The next wave came with the onset of the Great Potato Famine in the middle of the century and the last large wave came in the latter part of the century. We’ll examine where they settled, the jobs they held, and the impact of the Catholic Church in Buffalo.

**Instructor: Explore Buffalo Docent**

**Wednesday, October 2 2 PM**

Lancaster Senior Center, 716-685-3498 to register

**Italian Immigration: Coming to America**

Italians migrated to Buffalo in the latter part of the 19th century escaping famine brought on by drought and high taxes. We’ll examine the movement of Italian immigrants in Buffalo, the businesses they were involved in, (including the influence of the Mafia), prominent Italian-American citizens and their eventual absorption into the melting pot of cultures that gives Buffalo its character.

**Instructor: Explore Buffalo Docent**

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

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

**Thursday, November 21 AUDIO ONLY 1 PM**

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

**Jacqueline Kennedy - A Style Icon**

Jackie Kennedy was not only the President’s wife; she was a style icon who captured the attention of the entire world. Learn how one man’s vision, along with Mrs. Kennedy’s impeccable taste changed how women in America dressed and how dignitaries from other countries were charmed with her simplistic elegance.

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

**Friday, October 18 10 AM**

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

**Tuesday, October 22 1PM**

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

**Tuesday, October 29 1PM**

Concord Senior Center, 716-592-2768 to register

**Friday, November 15 11:30 AM**

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

**Tuesday, December 3 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Wednesday, December 4 2 PM**

Lancaster Senior Center, 716-685-3498 to register

**The Language of Holiday Flowers**

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

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

**Monday, October 28 1:30 PM**

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

**Monday, November 4 1 PM**

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

**Friday, November 8 1 PM**

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

**Learn How to Make a Linocut Postcard Print**

Discover the art of linocut in this hands-on class! Learn to draw, carve, and ink your design using various tools. Experience the thrill of creating prints by transferring your inked lino block onto paper. Perfect for beginners and art enthusiasts, this class offers a creative way to make unique postcards and explore relief printing techniques. Join us to unleash your artistic potential and craft beautiful prints! (Class size is limited)

**Instructor: Aileen Gonzalez-Marti, Manager of Senior Programs, West Side Community Services; Multidisciplinary Artist; Co-founder of Los Artistas del Barrio Buffalo**

**Friday, October 18 11AM**

West Side Community Services, 716-884-6616 x 101 to register

**Merry Christmas from Buffalo**

Christmas here in Buffalo and throughout this nation was first a religious celebration whose roots date back to the Romans and to ancient pagan rites. Buffalo, with its diverse ethnic population, had an abundance of Christmas traditions that influenced the various ways this holiday was celebrated. Join us to learn how these early Buffalonians brought their unique ethnic and religious traditions to help define a Buffalo Christmas!

**Instructor: Explore Buffalo Docent**

**Monday, December 9**  **2 PM**

Akron Senior Center, 716-542-6645 to register

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

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

**Origami Boxes**

Join us for a hands-on hour of relaxing creativity with paper folding and cutting! Follow step-by-step instructions to create unique designs. Basic materials will be provided, but feel free to bring paper and any additional art supplies you'd like to use, such as markers, colored pencils, collage materials, glue sticks, and scissors. Class size is limited.

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

**Tuesday, November 12** **2 PM**

Amherst Senior Center, 716-636-3051 to register

**Henry Flagler's Opening Up Florida**

A New York State born entrepreneur, Henry Flagler made history happen with oil cohort Rockefeller and other connections during the Golden Age. After Ohio ventures with relatives, Flagler turned a winter visit into a booming obsession, installing the Florida East Coast Railway the entire length of Florida, though a hurricane thwarted the bridge to the Keys! With art images and dicey side stories, this tale fascinates anyone who loves history (early Seminoles) Spanish settlers, fish camps and orange groves. Henry's society links and land acquisitions did the rest, though construction desecrated early artifacts. Most "snowbirds" recognize that St. Augustine tourism, The Breakers Hotel and the whole Palm Beach scene had the Flagler touch. The presenter adds her local insight to the dynasty!

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

**Wednesday, October 23** **2 PM**

Amherst Senior Center, 716-636-3051 to register

**Friday, October 29** **3 PM**

Clarence Senior Center, 716-633-5138 to register

**Origin & Evolution of Popular Musical Instruments**

We'll review one musical instrument each from a range of categorizations (string, woodwind, percussion etc.) and detail its history from creation to modern day. Along the way we'll see pictures of these instruments to show the forms they have taken through different time periods and from various cultures.

**Instructor: Ross Schultz, Community Resource Technician, Erie County Department of Senior Services**

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

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

**Thursday, December 12** **2 PM**

Amherst Senior Center, 716-636-3051 to register

**Outsider Art - What is it?**

We'll learn about Judith Scott, an acclaimed American fiber sculptor who was deaf and had Down Syndrome. Judith gained international recognition for her unique and impactful art. Using her style as inspiration, we'll create our own masterpieces during this class. Please bring an object to wrap such as small tree branches, a hanger, or old CD's. Please allow 1.5 hours for this class. Class size is limited.

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

**Tuesday, October 1** **10 AM**

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

**Painting with Acrylics for Beginners**

Follow this step by step guide to create a stunning wreath on canvas using acrylic paints and leaves.

**Instructor: Lisa Saunders, Senior Account Clerk - Erie County Department of Senior Services, Art enthusiast**

**Thursday, November 21**  **2 PM**

**Propaganda Images in Art & Advertising**

Learn to decipher imagery, editing tricks and symbolic 'hooks' used on Social Media to 'sell' candidates. We'll put our Art Eye Filter in place in the weeks ahead! History provides many examples of propaganda images long before the internet, so let's take time to be entertained, then discuss and compare these!

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

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

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

**Royal Craft: The History of the Roycroft Through the Lens of Six Artworks**

Elbert Hubbard was a Gilded Age businessman who left his industrial life to create the Roycroft, one of the first Arts and Crafts communities in America. A brief history of the site will be told through historical photographs and the examination of six artworks housed on the Campus. The story behind each of these unique artifacts is the tale of the Roycroft itself.

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

**Monday, November 4** AUDIO ONLY 📡 1 PM

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

**Wednesday, November 6** 📡 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 famigghia for an hour!

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

**Friday, November 1** 1 PM

Clarence Senior Center, 716-633-5138 to register

**Wednesday, November 6** 5 PM

Lancaster Senior Center, 716-685-3498 to register

*(\* An Italian dinner will be offered at the Lancaster Senior Center before this class. Please call by Wednesday, October 30 by 11 AM to RSVP.)*

**So What Do I Need to Start Working with Watercolors?**

We will talk about watercolor supplies, paper, paint and brushes. The basics of what I need to start trying. You may even want to give it a try.

**Instructor: Cindy Solly, Arts & Crafts Wiz**

**Tuesday, October 1** 1 PM

Elma Public Library, 716-652-2719 to register

**Spirits of Aging**

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: The Brainstormers Troupe of Actors**

**Thursday, October 17** 2 PM

Baptist Manor, 716-881-1120 x4 to register

**Storytelling through Shakespeare**

We'll use movement and voice to help us take ownership of Shakespeare's text and deepen our understanding. Shakespeare's works were meant to be seen and heard, and this kinesthetic workshop will allow us to embody his text. We'll identify key story elements in scenes, work in small groups to create movements and sounds, and perform our interpretations.

**Instructor: Gretchen Didio, Education & Office Manager, Shakespeare in Delaware Park**

**Friday, October 18** 10 AM

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

**Teachings of the Good Mind**

This addresses the Haudenosaunee concept of the "Good Mind" and how we can integrate these teachings into our daily lives.

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

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

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

**William Who?**

In this class, participants will dive into learning about who Shakespeare was in his time and the true stories that inspired some of his greatest works. The class will examine some of his texts to explore how he connects with our understanding of passion, status, and whimsy. Participants will engage in a discussion about how we can find ourselves in the stories Shakespeare has written hundreds of years ago.

**Instructor: Gabriella McKinley, Teaching Artist, Shakespeare in Delaware Park**

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

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

**Wonderful Words of Shakespeare**

The Oxford English Dictionary credits Shakespeare with introducing over 1,700 words, with about 400 potentially invented by him. He created new words by combining existing ones or altering their parts of speech. In this workshop, we'll explore some of these words and collaborate to create a poem or sonnet using them.

**Instructor: Gretchen Didio, Education & Office Manager, Shakespeare in Delaware Park**

**Friday, October 4** 10 AM

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

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

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

**Instructor: Jean Harris, Attorney/Partner PB Elder Law**

**Tuesday, October 1**  **3 PM**

Clarence Senior Center, 716-633-5138 to register

**Wednesday, October 9** **10:30 AM**

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

**Thursday, November 7** **2 PM**

Amherst Senior Center, 716-636-3051 to register

**Budgeting & Bundt Cakes**

This course is designed to inform participants about the importance of working within a budget as you age. We will share a tasty treat while discussing ways to conserve, rework and manage a budget on a fixed income.

**Instructor: Renee Pratt, Center for Elder Law & Justice**

**Tuesday, October 8** **9:30 AM**

Clarence Senior Center, 716-633-5138 to register

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

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

**Does your Will Conflict with Your Financial Plan?**

We'll explore how legal planning and financial planning must be considered together to attain the desired outcome.

**Instructor: Valerie Stanek, Esq., Attorney at Law**

**Tuesday, October 15** **1 PM**

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

**Monday, October 21** **11 AM**

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

**Friday, November 8** **1:15 PM**

Akron Senior Center, 716-542-6645 to register

**Financial Strategies for Sustainable Retirement**

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

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

**Monday, October 7** **1:30 PM**

Orchard Park Senior Center, 716-662-6452

**Tuesday, October 29**  **1 PM**

Dorothy J. Collier Community Center, 716-882-0602 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, PhD, Professor, Canisius College; Erie County Comptroller**

**Friday, October 25** **1:30 PM**

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

**Managing Money: A Caregiver's Guide to Finances**

60-minutes. This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning, and teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

**Instructor: Chelsea Torgalski, Alzheimer's Association, Western New York Chapter**

**Thursday, October 17** **1 PM**

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

**Tuesday, November 19** **10:30 AM**

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

**Should I Turn Things Over?**

Explore effective strategies for preserving and transferring assets while understanding potential pitfalls.

**Instructor: Valerie Stanek, Esq., Attorney at Law**

**Tuesday, October 8** **1:30 PM**

Eden Public Library, 716-992-4028 to register

**Spot that Scam! By Being an Educated Consumer**

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

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

**Friday, October 4** **10:30 AM**

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

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

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

**Monday, October 28** **11 AM**

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

**Tuesday, November 12** **1 PM**

Concord Senior Center, 716-592-2768 to register

**Tuesday, December 17** **10 AM**

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

**Understanding Health Care Inflation & Impact**

As we age, the likelihood of needing Long Term Care increases, and the increasing cost of care expenses has a significant impact on our finances. We'll talk about ways to keep us on target for our financial goals, and help ensure we receive the care we need.

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

**Wednesday, December 11 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Understanding Your Annuity: A Comprehensive Educational Workshop**

This comprehensive workshop aims to equip participants with the knowledge and tools needed to make informed decisions about annuities, integrating them effectively into their overall financial plans while navigating the complexities of the financial landscape.

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

**Wednesday, November 27 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Veterans Benefits: What am I entitled to?**

Find out about the federal, state, and local benefits for which veterans, current service members, and their families may be eligible.

**Instructor: Erie County Veterans Service Agency**

**Wednesday, November 13 1 PM**

Akron Senior Center, 716-542-6645 to register



The Aurora Theatre was built on the site of the original Millard Fillmore Theatre through the efforts of a group of local businessmen, including Irving Price who later founded Fisher-Price Toys and Elbert Hubbard II, son of Elbert Hubbard, founder of the American Arts and Crafts Movement on the Roycroft Campus. It was opened on June 2 1925, with a showing of Madame Sans Gene starring Gloria Swanson. *\*(The Theatre offers a monthly senior movie special every 2nd Tuesday of the month at 2 PM for \$2.)*

**What Your Survivors Need to Know - Creating a Legacy Document**

End-of-life presentations typically cover advanced directives, wills, and power of attorney. Although these documents are crucial, they often omit a vast array of information necessary when a spouse or life partner dies or becomes incapacitated. This presentation primarily aims to highlight key issues that need consideration or action following a significant life event; it does not provide legal, financial, or estate planning counsel.

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

**Wednesday, October 2 6:30 PM**

Elma Public Library, 716-652-2719 to register

**Monday, October 7 10 AM**

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

**Tuesday, October 29 6 PM**

Amherst Senior Center, 716-636-3051 to register

**Thursday, November 14 1 PM**

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

**Wednesday, November 25 1 PM**

Autumnwood Senior Center, 716-826-7895 to register

**CLUB 99**

Join our **FREE** exercise program!  
We have classes at senior centers in Erie County and online.

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

**Bad Boy Plants and the Insects that Love Them**

The natural world is built upon specialized relationships. Native plants need birds, insects and butterflies to spread their seed, protect their young and provide the essentials of life. These specialized relationships explain why biodiversity is critical for reliance in an ecosystem facing a changing climate.

**Instructor: Dr. Kathleen Contrino, Owner/Operator of CW Native Plant Farm**

**Thursday, October 3 2 PM**

Elma Public Library, 716-652-2719 to register

**Fossils of Western NY**

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 Fossil Park & Nature Reserve**

**Monday, October 28 1:15 PM**

Akron Senior Center, 716-542-6645 to register

**Wednesday, November 13 1 PM**

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

**Tuesday, November 19 10:30 AM**

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

**Gardening on a Dime in Less Time**

Discover tips for reducing costs and improving efficiency in your garden. Learn smart techniques to save money and resources while maximizing your garden's beauty and health.

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

**Friday, November 15 10:30 AM**

Orchard Park Senior Center, 716-662-6 to register

**Introduction to Native Plants**

Habitat loss from destruction, fragmentation and degradation is a threat to the native flora and fauna. Gardeners in urban, suburban and rural residential communities are uniquely suited to providing pockets of biodiversity to provide long term environmental sustainability. Native varieties of plants, bushes and trees -locally sourced, provide the best chances for success.

**Instructor: Dr. Kathleen Contrino, Owner/Operator of CW Native Plant Farm**

**Friday, October 18 1:15 PM**

Akron Senior Center, 716-542-6645 to register

**Friday, November 1 1 PM**

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

**Tuesday, November 12 10 AM**

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

**Friday, November 22 1:30 PM**

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

**Nature Journaling 101**

Learn the basics of nature journaling with an Erie County Park Ranger. Learn how to Improve your observation skills and capture your adventures in writing, drawings, and paintings.

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

**Thursday, October 3 1 PM**

Akron Senior Center, 716-542-6645 to register

**Not Just a Pretty Face (Medicinal Native Plants)**

We'll discuss medicinal natives and their many uses while also touching upon some important herbs that can be grown in container gardens for sunny borders. Many of these medicinal plants are important food sources for pollinators and critical to the environment. The information provided in this presentation is for educational purposes only and not intended to provide information to treat or diagnose any particular medical problem.

**Instructor: Dr. Kathleen Contrino, Owner/Operator of CW Native Plant Farm**

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

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

**Wednesday, October 16 2 PM**

Amherst Senior Center, 716-636-3051 to register

**Queerness in Nature**

In this lecture, we will explore the natural world to meet 25 queer animals, plants, and even fungi! We will also touch base on why this science is so important and why it has been hidden for hundreds of years.

**Instructor: Ashtin Ashbrook, Engagement & Education Coordinator, Pride Center of WNY**

**Wednesday, October 2 2 PM**

Amherst Senior Center, 716-636-3051 to register

**When Perennials Aren't Perennial**

Discover why some perennials may not thrive or return as expected and learn how to identify and address common issues. Gain insights on how to ensure your perennials return year after year for a beautiful, lasting garden.

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

**Tuesday, October 8 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register



**Why We Love the Element Gold**

Learn all about GOLD! Its cosmological origin, its physics, its utilization in art, religion, industry, finance, jewelry, awards, warfare, astronomy. Its mining and refining, etc. Informative, illuminating, compelling, forthright, captivating, and enjoyable!

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

**Tuesday, November 19** **2 PM**

Elma Public Library, 716-652-2719 to register

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

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

**Cancer Education Services**

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

**Instructor: Lisa Milewski, Sr. Outreach Aid, Erie County Cancer Services**

**Monday, October 7** **1 PM**

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

**Tuesday, November 26** **1 PM**

Clarence Senior Center, 716-633-5138 to register

**CBD Wellness**

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

**Instructors: Theresa Ungaro & Marcy Ungaro, Owners of Your CBD Store Hamburg location and Malia Glover, GM Northtowns locations**

**Monday, October 7** **1:30 PM**

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

**Wednesday, October 23** **10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

**Tuesday, October 29** **1 PM**

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

**Friday, November 8** **11:30 AM**

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

**Tuesday, November 12** **4 PM**

Clarence Senior Center, 716-633-5138 to register

**Cultural Bereavement**

Though the act of parting with familiar places is a loss in itself, the true meaning of cultural bereavement is an experience of disconnection to many other facets of culture, values, and identity. Join us to learn about how cultural bereavement can impact a migrant's ability to forge a new life of safety and opportunity while maintaining their traditions and sense of self

**Instructor: Anna VanDien, LCSW, Manager, Wilson Support Center & Hospice Bereavement Service**

**Thursday, October 24**  **1 PM**

**Hands Only CPR-AED**

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. 2 Sessions

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

**Wednesday, December 4** **1 PM - 2 PM**

**Wednesday, December 4** **2:30 PM - 3:30 PM**

Tosh Collins Senior Center, 716-822-4532 ext. 0 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 Riforgiato, Doctor of Physical Therapy and Certified Strength and Conditioning Coach; Excelsior Orthopaedics Physical & Occupational Therapy**

**Thursday, October 17** **4:30 PM**

Akron Senior Center, 716-542-6645 to register

**Healthy Living for Your Brain & Body**

60-minute or 30-minute options available. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Incorporate these recommendations into building a plan for healthy aging.

**Instructor: Alzheimer's Association, Western New York Chapter**

**Monday, December 9** **1 PM**

West Seneca Senior Center, 716-675-9288 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 Office of Public Health Emergency Preparedness**

**Wednesday, December 11** 1PM - 2 PM  
**Wednesday, December 11** 2:30 PM - 3:30 PM  
 Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

**Understanding Alzheimer’s & Dementia**

This course covers basic information on the difference between Alzheimer’s and dementia, stages, risk factors, research and FDA-approved treatments.

**Instructors: Alzheimer’s Association, Western New York Chapter**

**Tuesday, November 12** 1 PM  
 Town of Tonawanda Senior Center, 716-874-326 to register  
**Wednesday, December 4** 1 PM  
 Autumnwood Senior Center, 716-826-7895 to register

**Understanding & Coping with Anxiety**

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

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

**Tuesday, October 22** 10:30 AM  
 Schiller Park Senior Center, 716-895-272 to register  
**Wednesday, November 13** 2 PM  
 Lancaster Senior Center, 716-685-3498 to register  
**Tuesday, November 19** 1 PM  
 Dorothy J. Collier Community Center, 716-882-0602 to register  
**Wednesday, December 11** 1 PM  
 West Seneca Senior Center, 716-675-92 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, LCSW-R, Licensed Clinical Social Worker, Commissioner of Mental Health**

**Thursday, October 3** 1 PM  
 Hamburg Senior Community Center, 716-646-0665 to register  
**Thursday, October 17** 12:30 PM  
 Orchard Park Senior Center, 716-662-6452 to register  
**Tuesday, October 29** 2 PM  
 Amherst Senior Center, 716-636-3051 to register  
**Monday, December 2** 1 PM  
 West Seneca Senior Center, 716-675-9288 to register

**What is the Core?**

Discover the importance and function of core muscles in this entry-level class. Gain a foundational understanding of how strong core muscles support overall health and fitness, enhance stability, and improve daily activities.

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

**Thursday, November 21** 2 PM  
 Akron Senior Center, 716-542-6645 to register  
**Friday, December 13** 10 AM  
 Northwest Amherst Community Center, 716-636-3051 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**

**Wednesday, October 9** 1 PM  
 Cheektowaga Senior Center, 716-686-3930 to register  
**Wednesday, October 9** 3 PM  
 Lancaster Senior Center, 716-685-3498 to register  
**Wednesday, October 16** 1 PM  
 West Seneca Senior Center, 716-675-9288 to register  
**Monday, October 21** 10:30 AM  
 Grand Island Golden Age Center, 716-773-9682 to register



**Adult Protective Services - What We Can & Cannot Do**

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

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

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

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

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

Through practical tips and exercises, we'll learn how to eliminate fall risks and enhance our confidence and skills to maintain an active, independent lifestyle.

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

**Thursday, October 10 2 PM**

Elma Public Library, 716-652-2719 to register

**Monday, October 21 1 PM**

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

**Friday, November 8 1 PM**

Clarence Senior Center, 716-633-5138 to register

**Basic Table Tennis 101 (Doubles)**

Discover the essentials of pickleball in this comprehensive class. Explore the health benefits and master the basic rules, including extended service rules. Learn fundamental strokes, paddle handling, and the role of governing bodies in the sport. Access valuable websites for further learning and community engagement.

**Instructor: Steven R. Ford, Table Tennis Coach, Lancaster Senior Center**

**Thursday, November 21 12:30 PM**

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

**Be Choosy when Choosing a Caregiver**

This course is designed to inform participants about the importance of selecting the proper caregiver as you or family members age and will discuss how to fit increasing care costs into a long-term budget.

**Instructor: Kathy Kanaley, Center for Elder Law & Justice**

**Tuesday, October 22 1 PM**

Clarence Senior Center, 716-633-5138 to register

**Tuesday, October 24 1 PM**

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

**Wednesday, October 30 1 PM**

Cheektowaga Senior Center, 716-686-3930 to register

**Thursday, November 7 1:30 PM**

Eden Public Library, 716-992-4028 to register

**Better Choices for Future House Selling**

This is designed for the homeowner who is not quite ready to sell but sees it on the horizon perhaps in 6 months or 5 years. We'll discuss the following points: repair and maintenance decisions that make sense; what upgrades make the most money for you; how to reduce clutter without a lot of work; creating a slow and manageable timeline for planning a move and lastly, how to orchestrate a move, a real estate sale and also selling the things I don't need.

**Instructor: Michael Olear, MSW, Associate Broker with Olear Team/MJ Peterson Real Estate**

**Thursday, November 14 10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

**Body Wisdom: A Self Care Workshop for Caregivers**

Caregivers are so busy nurturing others that they rarely have the time to stop and listen to their bodies. Here you'll learn how to listen deeply to your body and identify how its signals and messages contain deep wisdom. We'll talk about ways to nurture and rejuvenate your body with conscious breathing, silence and focused attention.

**Instructor: Victoria Fann, Owner of Victoria Fann Coaching**

**Thursday, October 10 6 PM**

Amherst Senior Center, 716-636-3051 to register

**Wednesday, October 30 1 PM**

Autumnwood Senior Center, 716-826-7895 to register

**Breathing Techniques & Performance**

How does breathing influence our ability to reach peak performance? Breathing techniques to create a sense of calm or increase a sense of focus for all populations.

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

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

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

**Club 99: Work Out With Us!**

Learn about Erie County Senior Services' free fitness program offered both virtually and in-person at various sites throughout Erie County. Workouts are geared toward older adults and include modifications so that individuals with various levels of physical fitness and ability can participate.

**Instructor: Julie Ruzala Julie Ruzala (Mz.Fit) Fitness Coordinator, Erie County Department of Senior Service**

**Friday, November 22 1 PM**

West Side Community Services, 716-884-6616 x 101 to register

**Drum4Health/Bringing Rhythm to Life**

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! *(Please allow 2 hours for this class. Class size is limited.)*

**Instructor: Carolyn Zimmermann, Owner/Drum4health, Member Healthy Alternatives Through Healing Arts (HAHA)**

**Tuesday, October 8** **2 PM**  
Cheektowaga Senior Center, 716-686-3930 to register

**Tuesday, October 15** **3 PM**  
Clarence Senior Center, 716-633-5138 to register

**Monday, November 4** **2 PM**  
Lancaster Senior Center, 716-685-3498 to register

**Tuesday, November 19** **5:30 PM**  
Akron Senior Center, 716-542-6645 to register

**Dreamwork & Dream Interpretation**

In this workshop you will learn about the tools and techniques for remembering and capturing dreams. You'll 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**

**Friday, November 1** **10 AM**  
Northwest Amherst Community Center, 716-636-3051 to register

**Erie County Senior Services - Connecting You to Key Services**

Learn about congregate and home-delivered meals, nutrition counseling, employment and volunteer opportunities, senior centers, transportation, in-home supports as well as support to family, friends, and neighbors who may be providing assistance to older adults and much more.

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

**Tuesday, October 15** **1 PM**  
Town of Tonawanda Senior Center, 716-874-3266 to register

**Thursday, November 7** **12 PM**  
Autumnwood Senior Center, 716-826-7895 to register

**Getting Comfortable with Death Talk**

Death has become hidden, making it harder for us to come to terms with the reality of it. It hasn't always been this way. The modern death-positive movement creates ways for those who want the chance to talk openly about mortality. We'll explore how the Date with Death Club provides a chance to grow our comfort and knowledge about this topic.

**Instructor: Amber Sastry, Global Hospice & Palliative Care Volunteer; Founder at A Storied Life**

**Tuesday, October 22** **10 AM**  
Cheektowaga Senior Center, 716-686-3930 to register

**Monday, October 28** **1 PM**  
Autumnwood Senior Center, 716-826-7895 to register

**Get Where You are Going!**

Arrive alive to your driving destination this autumn and winter. In this class we will discuss the unique hazards of holiday driving, as well as learning tips and tricks of safe driving in snow, on ice, as well as throughout the year.

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

**Friday, October 4** **1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register

**Monday, October 21** **1:30 PM**  
Northwest Amherst Community Center, 716-636-3051 to register

**Friday, November 12** **1 PM**  
Hamburg Senior Community Center, 716-646-0665 to register

**Improving Your Pickleball Game**

We'll cover various pickleball strategies, along with drills and game variations, to help you enhance your skills.

**Instructor: Edward Sapienza, Hobbyist; Game Master; Pickleball Ambassador; Retired Engineer**

**Thursday, October 24** **2 PM**  
Elma Public Library, 716-652-2719 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**

**Wednesday, October 30** **10 AM**  
Akron Senior Center, 716-542-6645 to register

**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. *(Please allow two hours for this class. Class size limited).*

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

**Wednesday, October 23 1 PM**

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

**Tuesday, November 26 1 PM**

Town of Aurora Senior Center, 716-652-7934 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, Owner, New Sky Coaching**

**Wednesday, October 30 1 PM**

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

**Meditative Self-Healing**

You'll be guided on a Meditative Journey that will result in deep relaxation. This process helps you to go "within" and begin to heal. Whether it be a mental, emotional, or physical issue you need to "let go" of. You'll also receive a mini energy clearing. *(Please allow 1.5 Hours for this class. Class size limited).*

**Instructors: Janet Deese, Energy Medicine Practitioner/Owner of Illumination Wellbeing Center, Member Healthy Alternatives Through Healing Arts (HAHA)**

**Wednesday, October 2 1 PM**

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

**Wednesday, October 9 1 PM**

Autumnwood Senior Center, 716-826-7895 to register

**Tuesday, November 19 10 AM**

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

**Tuesday, November 26 3 PM**

Clarence Senior Center, 716-633-5138 to register

**Wednesday, December 4 2 PM**

Baptist Manor, 716-881-1120 x4 to register

**Wednesday, December 11 2 PM**

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 - Office of Health Equity**

**Tuesday, December 3 1 PM**

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

**Pickleball 101**

Learn about one of the activities becoming increasingly popular with seniors. I will talk about rules, scoring, and things to focus on when you are starting to learn the game.

**Instructor: Edward Sapienza, Hobbyist; Game Master; Pickleball Ambassador; retired Engineer**

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

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

**Senior Services Senior Hiking Club - JOIN US!**

Get ready to explore the natural beauty of Erie County Parks! Brought to you by the Erie County Department of Senior Services and the Erie County Parks Department - this hike is for all levels of experience!

**Instructors: Erie County Department of Senior Services and the Erie County Parks Department**

**Wednesday, October 9 11 AM**

Ellicott Creek Park Friendship House, to register visit: [erie.gov/parks/events](http://erie.gov/parks/events)

**Understanding Condos, Townhouses and Patio Homes**

Learn the answers to commonly asked questions about residential communities and downsizing.

**Instructor: Michael Olear, MSW, Associate Broker with Olear Team/MJ Peterson Real Estate**

**Wednesday, December 4 2 PM**

Amherst Senior Center, 716-636-3051 to register

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

*Bob P.*

**Yoga Dance & Meditation**

Experience somatic (body) awareness through fun and creative dance and mindful meditation showcasing a journey through the chakra system. A unique combination of easy body movements, simple yoga poses, stretches, brain gym, breathwork, and meditation. It is designed to improve health, fitness, and well-being. The class provides a safe, non-judgmental space for you to have fun. No previous experience is required! *(Allow 1.5 for the class. Class size is limited).*

**Instructor: Kohava Howard, Holistic Practitioner, YogaDance instructor, Licensed Practical Nurse, Jungian Life Coach, Meditation Instructor, Member Healthy Alternatives Through Healing Arts (HAHA)**

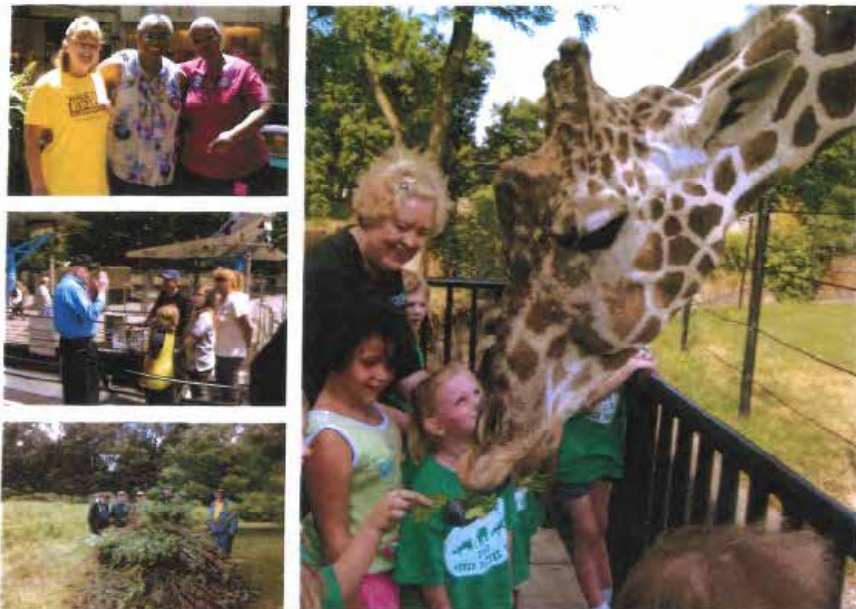
**Friday, November 15** **10 AM**  
Northwest Amherst Community Center, 716-636-3051 to register

**Yoga: The Eight-Limbed Path**

When we hear the word yoga, we think of yoga poses like Tree Pose or Downward Facing Dog or we think we could never do yoga because we don't have the flexibility! However, yoga is so much more than moving your body. In this class, we'll learn about yoga as a way of living and discuss the guidance yoga provides for living an ethical and fulfilling life.

**Instructor: Jennifer Johnson, Owner, New Sky Coaching**

**Thursday, November 21** **1:30 PM**  
Orchard Park Senior Center, 716-662-6452 to register



**ERIE COUNTY RETIRED  
SENIOR VOLUNTEER  
PROGRAM**

**MAKE A DIFFERENCE-  
VOLUNTEER!**



Remote volunteering opportunities available!



**OPEN TO ADULTS AGE 55+  
716-858-7548**

**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**

**Monday, November 4** **1:30 PM**  
Northwest Amherst Community Center, 716-636-3051 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**

**Tuesday, December 10** **1 PM**  
Dorothy J. Collier Community Center, 716-882-0602 to register

**Learn to Set-Up a Home Entertainment System**

Join this comprehensive class on setting up home entertainment systems and learn how to transform your living space into a cinema-quality experience. You'll learn to select components, set up audio and video settings, and ensure all devices work harmoniously together. Perfect for all skill levels! *(Please allow 2 hours for this class).*

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

**Friday, October 25** **10 AM**  
Northwest Amherst Community Center, 716-636-3051 to register

**Learn to Use Microsoft Word**

Master the essentials of Microsoft Word in this practical class designed to help you create professional documents with ease. You'll learn how to format text, use templates, and navigate features like tables. Perfect for beginners or those looking to refine their skills, this course will empower you to use Word efficiently for all your personal needs. *(This class is limited to 10 students as it is a hands-on class and the instructor will be bringing laptops for each attendee. Please allow two hours for this class).*

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

**Monday, November 18** **1:30 PM**  
Northwest Amherst Community Center, 716-636-3051 to register

**Streaming Media**

Discover the art of streaming media in this class, where you'll learn to access and enjoy movies, music, and live content from popular platforms like Netflix, Hulu, and YouTube. We'll guide you through setting up devices, managing subscriptions, and optimizing your streaming experience. Ideal for beginners. *(Please allow two hours for this class).*

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

**Monday, December 2** **1:30 PM**  
Northwest Amherst Community Center, 716-636-3051 to register

**The Cloud**

In this class, you'll learn how to harness the power of the cloud to store, access, and share your files securely from anywhere. We'll cover the basics of cloud services, including how to choose the right platform, sync your devices, and manage your data. Ideal for beginners, this course will give you the confidence to seamlessly integrate cloud technology into your daily life. *(Please allow two hours for this class. \*\* This is a Virtual Class)!*

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

**Friday, November 22** **10:30 AM**

**Tips for Using Your iPhone**

Unlock the full potential of your I-Phone or mobile device. In this informative class you'll learn how to efficiently use an I-Phone for everyday life. For example, creating a contact list, using the speaker phone, searching the web on the phone, Sending a photo while on the phone.

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

**Tuesday, November 5** **10 AM**  
Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register

**Using Google**

Unlock the full potential of Google in this informative class, where you'll learn how to efficiently search the web, utilize advanced search techniques, and explore Google's powerful suite of tools like Drive and Maps. Whether you're new to the platform or looking to enhance your skills, this course will guide you through making the most of Google's resources. *(Please allow two hours for this class\*\* This is a Virtual Class)!*

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

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

**Coming this Fall**

The Erie County Department of Senior Services  
Annual Public Hearings

We Want to Hear **YOUR** Voice!!!

These hearings provide an opportunity for the public to offer thoughts and suggestions on the department's programs and services

Check for updates on our website  
[www.erie.gov/seniorservices](http://www.erie.gov/seniorservices)



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