| Date  | Day      | Time | Topic   | Site                | Instructor Name |
|-------|----------|------|---|---------------------|-----------------|
| May 1 | Thursday | 1 PM | Healthy Living for Your Brain & Body  | Akron Senior Center | Kailea Lalka    |
| May 2 | Friday   | 2 PM | Strategies for Successful<br>Aging and Retirement                             | Akron Senior Center | Les Robinson    |
| May 5 | Monday   | 1 PM | Cancer Education Services   | Akron Senior Center | Lisa Milewski   |
| May 8 | Thursday | 2 PM | Basics of Estate Planning /<br>How to Protect Assets from<br>the Nursing Home | Akron Senior Center | Daniel Schuller |
| May 9 | Friday   | 2 PM | Save Energy, Save Dollars<br>Workshop   | Akron Senior Center | Carla Rosa      |

| May 15 | Thursday  | 1 PM    | Stop the Bleed                    | Akron Senior Center | Pati Aine Guzinski |
|--------|-----------|---------|-----------------------------------|---------------------|--------------------|
| May 16 | Friday    | 2 PM    | Three Surgeons                    | Akron Senior Center | Henry Pogodzinski  |
| May 20 | Tuesday   | 5:30 PM | Internet Privacy & Safety         | Akron Senior Center | Brendan Chella     |
| May 22 | Thursday  | 10 AM   | Brownies and Budget<br>Building   | Akron Senior Center | Renee Pratt        |
| May 28 | Wednesday | 1 PM    | Connecting You to Key<br>Services | Akron Senior Center | Moira Mycio        |

| May 29 | Thursday | 2 PM    | The Anthropology of<br>Conspiracy Theories | Akron Senior Center | Phillip Stevens  |
|--------|----------|---------|--|---------------------|------------------|
| May 30 | Friday   | 1:15 PM | Landlubbing on the Buffalo<br>River        | Akron Senior Center | Marla Bujnicki   |
| June 2 | Monday   | 2 PM    | Let's get Potted                           | Akron Senior Center | Carol Ann Harlos |

| June 3 | Tuesday   | 5:30 PM | The Lake Erie Ice Boom         | Akron Senior Center | Harry Meyer - Explore<br>Buffalo |
|--------|-----------|---------|--------------------------------|---------------------|----------------------------------|
| June 4 | Wednesday | 1 PM    | Sparrows, Seeds, and<br>Safety | Akron Senior Center | Pati Aine Guzinski               |
| June 9 | Monday    | 2 PM    | Sleep Ergonomics               | Akron Senior Center | Depew Health Center              |

| June 11 | Wednesday | 1 PM | Hands Only CPR/AED                           | Akron Senior Center | Pati Aine Guzinski |
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| June 12 | Thursday  | 4 PM | Harry Potter for<br>Grandparents             | Akron Senior Center | Theresa Wiater     |
| June 16 | Monday    | 2 PM | General Bennet Riley,<br>Defender of Buffalo | Akron Senior Center | Tom Schobert       |

| June 25 | Wednesday | 1:15 PM | The Gardens at Murder<br>Creek: Restoration and<br>Biodiversity     | Akron Senior Center | Dr. Kathleen Contrino |
|---------|-----------|---------|---|---------------------|-----------------------|
| June 26 | Thursday  | 1:30 PM | The Horror of March 31st<br>1954; The Cleveland Hill<br>School Fire | Akron Senior Center | John Zach             |
| July 7  | Monday    | 2 PM    | Finding Western New York<br>Holland Land Company<br>Plots           | Akron Senior Center | Rhonda Hoffman        |

| July 8 | Tuesday   | 5:30 PM | Discovering Erie County<br>Parks' Heritage: 100 Years<br>of Green Space | Akron Senior Center | Doug Kohler    |
|--------|-----------|---------|---|---------------------|----------------|
| July 9 | Wednesday | 1 PM    | Laughter Yoga Wellness  | Akron Senior Center | Caren Kolerski |

| July 10 | Thursday  | 1:15 PM | Medication Management for Seniors                                | Akron Senior Center | Sarah Hopseker |
|---------|-----------|---------|--|---------------------|----------------|
| July 16 | Wednesday | 1 PM    | History of Buffalo Roadways:<br>from Footpaths to<br>Roundabouts | Akron Senior Center | Ken Kuminski   |
| July 18 | Friday    | 1:30 PM | No Allergens, No Problem   | Akron Senior Center | Erin Mahoney   |