

Date	Day	Time	Topic	Site	Instructor Name
May 2	Friday	11:45 AM	Sleep Ergonomics: The Best/Worst Sleep Positions - and How to Sleep Comfortably	Tosh Collins Senior Center	Depew Health Center
May 7	Wednesday	1 PM	Origami Boxes	Tosh Collins Senior Center	Jean Serusa
May 9	Friday	11:45 AM	A Night Out on the Town	Tosh Collins Senior Center	Christine Campbell - Explore Buffalo
May 14	Wednesday	1 PM	Fall Prevention	Tosh Collins Senior Center	Buffalo Rehab Group

May 16	Friday	11:45 AM	Looking Back	Tosh Collins Senior Center	Harriet Grayson
May 21	Wednesday	1 PM	Meditative Self-Healing	Tosh Collins Senior Center	Janet Deese
May 23	Friday	11:45 AM	Beat the Heat	Tosh Collins Senior Center	Pati Aine Guzinski
May 28	Wednesday	1 PM	Hands Only CPR/AED	Tosh Collins Senior Center	Pati Aine Guzinski
May 28	Wednesday	1 PM	Stop the Bleed	Tosh Collins Senior Center	Pati Aine Guzinski

May 30	Friday	11:45 AM	Save Energy, Save Dollars Workshop	Tosh Collins Senior Center	Carla Rosa
June 4	Wednesday	1 PM	Transforming Anxiety into Peaceful Flow	Tosh Collins Senior Center	Sherry Lyn Hartel
June 11	Wednesday	1 PM	Yoga: The Eight-Limbed Path	Tosh Collins Senior Center	Jennifer Johnson

June 13	Friday	11:45 AM	Brownies and Budget Building	Tosh Collins Senior Center	Renee Pratt
June 18	Wednesday	1 PM	Star-Spangled Style: Create Your Own 4th of July Tie Dye Tee!	Tosh Collins Senior Center	Aileen Gonzalez-Marti
June 20	Friday	11:45 AM	Rightsizing Your Living Situation	Tosh Collins Senior Center	Michael Olear

June 25	Wednesday	1 PM	Beginner Watercolor Class	Tosh Collins Senior Center	Cindy Solly
June 27	Friday	11:30 PM	Superstitions and Magical Thinking	Tosh Collins Senior Center	Phillip Stevens
July 2	Wednesday	1 PM	Drum4Health/Bringing Rhythm to Life	Tosh Collins Senior Center	Carolyn Zimmerman

July 9	Wednesday	1 PM	Pickle Ball 101	Tosh Collins Senior Center	Edward Sapienza
July 11	Friday	11:45 AM	Healthy Living for Your Brain & Body	Tosh Collins Senior Center	Claire Corwin
July 16	Wednesday	1 PM	Board Games for all ages	Tosh Collins Senior Center	Edward Sapienza

July 18	Friday	11:45 AM	Harry Potter for Grandparents	Tosh Collins Senior Center	Theresa Wiater
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