

UNIVERSITY EXPRESS



SPRING
2025

Lifelong Learning for Adults Age 55+



FREE IN-PERSON & VIRTUAL CLASSES

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

716-858-8526 • erie.gov/ue



Williamsville North High School, Williamsville Space Lab Planetarium
(Field Trip Page 10)



ERIE COUNTY SENIOR SERVICES

Stay Fit Dining Program

Nutritious meals provided to promote social interaction and healthy eating

Club 99 Fitness

FREE
Fitness Classes and programs to enhance balance and mobility

Case Management

Focused on providing personalized support to help access resources, navigate healthcare, enhance quality of life, and more

Nutrition Education

Assistance in navigating what nutrients are the best for you and your wallet including counseling

University Express

Lifelong in person and online learning program covering a wide range of topics

HEAP Assistance

Heating, cooling, and utility, and outreach assistance supporting older adults aging in place

NY Connects

Live call center providing information and benefits enrollment assistance for all needs

Health Insurance Counseling

FREE unbiased health insurance assistance

Going Places Transportation

Providing essential and accessible rides for older adults



Caregiver Support

Assists those caring for older loved ones, offering resources, education, and respite services to help ease the challenges of caregiving

 **716-858-8526**

 **95 Franklin St Buffalo NY**

 **Erie.gov/seniorservices**

Welcome

UNIVERSITY EXPRESS SPRING 2025 SEMESTER

I'm excited to welcome you to another enriching season of University Express! As the new Commissioner of Erie County Senior Services, it's an honor to support a program that brings so many older adults together in pursuit of knowledge, connection, and personal growth. Whether you're joining us for the first time or you're a returning participant, you'll find a wide variety of courses designed to inform, inspire, and spark meaningful conversations.

It's truly inspiring to see so many older adults taking an active role in their learning and well-being. Your enthusiasm, curiosity, and dedication to expanding your knowledge are what make this program so special. Lifelong learning isn't just about keeping our minds sharp—it's about staying engaged with the world, meeting new people, and continuing to grow in ways that enrich our lives. The energy and passion you bring to these classes show that learning has no age limit, and that's something to celebrate.

I encourage you to dive into new topics, challenge yourself, and most importantly, have fun along the way. We're here to support and celebrate your journey, and I look forward to a fantastic semester ahead!



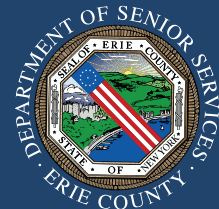
Randall Hoak
Commissioner



VOLUNTEER OPPORTUNITIES! Join the FUN!

- Improve Lives
- Strengthen Communities
- Foster civic engagement

...through service & volunteering!



Find an opportunity you
are passionate about!

(716) 858-7548

TABLE OF CONTENTS

How To Register	5
-----------------------	---

Class Locations	6
-----------------------	---

CLASS LISTINGS BY TOPIC:

Current Events.....	8
---------------------	---

Health & Wellness.....	14
------------------------	----

History	19
---------------	----

Humanities	26
------------------	----

Law & Finance	28
---------------------	----


Natural Sciences	29
------------------------	----


Technology	32
------------------	----

*Front Cover Photo:Williamsville Space Lab Planetarium, Williamsville North High School
Photo Credit : Aislyn McQueen*

HOW TO REGISTER FOR A *UNIVERSITY EXPRESS* CLASS

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

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

Some of the in-person classes will be livestreamed on-site and you will be able to log on and watch from home. These classes have the  symbol with the location. This option is still new for us. We ask that you please be patient and understanding if issues arise. Be sure to visit us at erie.gov/ue regularly for the latest schedule and list of recordings.

2) Register for the classes that interest you.

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

In-Person Classes: Call the location where the in-person class is offered and reserve your spot ahead of time. Some locations may be showing our virtual livestreams. Our website has full schedules in chronological order for each location! Consider having lunch or dinner at the center too! Reservations for meals must be made at least one week in advance. Inquire when you reserve your class spot.

3) Make sure you have the right technology.

You can access the virtual classes from your smartphone, tablet, or computer. You may also phone-in if you'd just like to listen to the presentation.

4) Participate in the classes you registered for!

Virtual Classes: Once your registration is accepted, you'll receive email reminders before the class(es) start that you can join from. Visit our website erie.gov/ue for instructions on how to join a class.

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

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

CLASS LOCATIONS

1. **Akron Senior Center**
5691 Cummings Road
Akron 14001
Phone: 716-542-6645
 2. **Amherst Senior Center**
370 John James Audubon Pkwy.
Amherst 14228
Phone: 716-636-3051
 3. **Autumnwood Senior Center**
1800 Clinton Street
Buffalo 14206
Phone: 716-826-7895
 4. **Baptist Manor**
276 Linwood Avenue
Buffalo 14209
Phone: 716-881-1120 ext. 4
 5. **Central Library**
1 Lafayette Square
Buffalo 14203
Phone: 716-858-8900
 6. **Cheektowaga Senior Center**
3349 Broadway
Cheektowaga 14227
Phone: 716-686-3930
 7. **City of Tonawanda Public Library**
333 Main Street
City of Tonawanda 14150
Phone: 716-693-5043
 8. **Clarence Senior Center**
4600 Thompson Road
Clarence 14031
Phone: 716-633-5138
 9. **Clemmon H. Hodges, Sr. Community Center**
86 Pine Street
Buffalo 14204
Phone: 716-847-8951
 10. **Concord Senior Center**
40 Commerce Drive
Springville 14141
Phone: 716-592-2764
 11. **Delavan Grider Community Center**
877 E Delavan Avenue
Buffalo 14215
Phone: 716-896-7021
 12. **Dorothy J. Collier Community Center**
118 E Utica Street
Buffalo, NY 14209
Phone: 716-882-0602
 13. **Eden Library**
2901 E Church Street
Eden 14057
Phone: 716-992-4028
 14. **Elma Public Library**
1860 Bowen Road
Elma 14059
Phone: 716-652-2719
 15. **Grand Island Golden Age Center**
3278 Whitehaven Road
Grand Island 14072
Phone: 716-773-9682
 16. **Hamburg Senior Community Center**
4540 Southwestern Blvd.
Hamburg 14075
Phone: 716-646-0665
 17. **Lancaster Senior Center**
100 Oxford Avenue
Lancaster 14086
Phone: 716-685-3498
 18. **Northwest Amherst Community Center**
220 North Pointe Parkway
Amherst, NY 14228
Phone: 716-636-3051
 19. **Orchard Park Senior Center**
4520 California Road
Orchard Park 14127
Phone: 716-662-6452
 20. **Schiller Park Senior Center**
2057 Genesee Street
Buffalo 14211
Phone: 716-895-2727
 21. **Tosh Collins Senior Center**
35 Cazenovia Street
Buffalo 14220
Phone: 716-822-4532 ext. 0
 22. **Town of Aurora Senior Center**
101 King Street, Suite A
East Aurora 14052
Phone: 716-652-7934
 23. **Town of Evans Senior Center**
999 Sturgeon Point Rd
Derby 14047
Phone: 716-947-0974
 24. **Town of Tonawanda Senior Center**
291 Ensminger Road
Tonawanda 14150
Phone: 716-874-3266
 25. **West Seneca Senior Center**
4620 Seneca Street
West Seneca 14224
Phone: 716-675-9288
 26. **West Side Community Services**
161 Vermont Street
Buffalo 14213
Phone: 716-884-6616
- TWO NEW PARTNERS:**
27. **BFNC Life Center / Westminster Community House**
419 Monroe Street, 1st Floor
Buffalo 14202
Phone: 716-852-5065 x132
 28. **West Seneca Public Library**
1300 Union Road
West Seneca 14224
Phone: 716-674-2928

CURRENT EVENTS

A Consumer's Guide to Condos, Townhouses & Patio Homes

What are you buying? What are "common elements"? How is a residential community like this managed? Who governs the homeowner's association? How much are typical fees associated with this type of living and what do they pay for? What are special assessments? Are property taxes lower or not? What types of financing are allowed for these types of properties? What type of insurance do you need? What items need to be checked before you commit to a purchase? How do you avoid buying someone else's problem? What's the best way to prepare for a move from a larger to a smaller residence?.

Instructor: Michael Olear, Master's degree in social work, Licensed Associate Real Estate Broker at MJ Peterson

Thursday, May 15

10:00 AM 

Cheektowaga Senior Center, 716-686-3930 to register

AI (Artificial Intelligence) - What is the Latest?

AI is advancing at an unprecedented pace, with groundbreaking developments redefining our world every day. These innovations are not just transforming technology—they're reshaping our perceptions of AI, for both its promise and its peril. In this discussion, we'll dive into the profound impact of these changes and what they mean for the future. If you attended one of my sessions last year, prepare for an entirely new landscape of urgent and thought-provoking issues.

Instructor: David Stott, Junior Information Security Analyst, Erie County

Wednesday, July 9

1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, July 11

1:00 PM 

Lancaster Senior Center, 716-685-3498 to register

Are the Popes Catholic? Reflections on the State of the U.S. Political System

Reflections on the State of the U.S. Political System. Many people blame our political system for the polarization that currently exists in our society. What is the source of this problem? Is there anything we can do? Is the 2-party system obsolete and is there room for a third party? The Erie County Comptroller and Canisius University Political Science Professor has some thoughts and is more than willing to share them.

Instructor: Kevin Hardwick, PhD, Professor, Canisius College Erie County Comptroller

Wednesday, May 28

2:00 PM

Amherst Senior Center, 716-636-3050 to register

Friday, May 30

2:00 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, June 4

10:00 AM

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

Become a Volunteer & Make a Real Difference in Our Community!

Join us for an engaging and informative class designed for adults eager to explore the rewarding world of volunteering in the Erie County community! This session will showcase the diverse opportunities available for individuals aged 55 and older, emphasizing that there truly is something for everyone. Participants will learn how they can utilize their skills and passions to make a meaningful impact, whether it's through delivering meals to home-bound seniors, assisting Make-A-Wish, or community beautification projects – to name just a few. With flexible commitment options ranging from just a few hours to more extensive involvement, this class will empower attendees to find the perfect volunteer role that fits their lifestyle while fostering connections with fellow community members. Come learn all about the volunteer opportunities and discover how your time and talents can enrich not only your life but also the lives of others in Erie County!

Instructors: Suzann Tighe or Molly Mazurek, Erie County Staff

Tuesday, June 17

5:30 PM

West Seneca Public Library, 716-674-2928 to register

Beginner Watercolor Class

In this class we will talk about the different types of watercolors available, the different types of paper that can be used, and the different brushes. You will do a hands-on watercolor painting using your newfound skill. Cindy will try to help you figure out what minimal supplies you will need for your new hobby. Most newbies say, "But I can't draw stick people", no worries, Cindy will not ask you to draw stick people. (**Attendance Limits by Site. Please call to register early. First come, first served.*)

Instructor: Cindy Solly, Crafter, Past- President of the West Seneca Art Society

Monday, May 5

5:30 PM

West Seneca Public Library, 716-674-2928 to register

Monday, May 19

1:00 PM

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

Wednesday, June 25

1:00 PM

Tosh Collins Senior Center, 716-822-4532 to register

Wednesday, July 2

1:00 PM

Lancaster Senior Center, 716-685-3498 to register

Board Games for All Ages

A lot of new board games have come out since we were kids. I'll talk about tips to help you find new games that might be right for your family and friends. Some of these games you can play for free

Instructor: Edward Sapienza, Hobbyist, Board Game Connoisseur, Pickleball Ambassador, and retired Engineer

Tuesday, May 20

1:00 PM

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

Wednesday, July 16

1:00 PM 

Tosh Collins Senior Center, 716-822-4532 to register

CURRENT EVENTS

"Cards for Wishes" Class with Volunteer Crafter, Cindy Solly at the West Seneca Library!

Make a difference in our community by joining the **"Cards for Wishes"** class, a vibrant and heartwarming University Express class where older adults come together to create handmade cards for the Make-A-Wish Foundation. Led by craft-master Cindy Solly, this free, one-hour class is all about spreading joy and making a difference while having a blast! You'll learn cool card-making techniques, get creative with different materials, and share laughs with new friends. No experience is needed—just bring your enthusiasm and willingness to make a difference. As you craft these special cards, you'll not only be stimulating your mind but also contributing to the happiness of children supported by the Make-A-Wish Foundation. It's a perfect way to connect with others, build new friendships, and feel the warmth of giving back. So, come ready to unleash your creativity, make some amazing cards, and be part of something truly special!

Instructor: Cindy Solly, Crafter, Prior President of the West Seneca Art Society (Supply kits to make the cards will be handed out before class. Class size is limited.)

Wednesday, May 21 11:00 AM
West Seneca Public Library, 716-674-2928 to register

Connecting You to Key Services

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

Instructor: Moira Mycio, ALTCC, MSW, Erie County Department of Senior Services

Tuesday, May 6 10:30 AM
Hamburg Senior Center, 716-646-066 to register

Wednesday, May 28 1:00 PM
Akron Senior Center, 716-542-6645 to register

Thursday, June 5 12:00 PM
Delavan Grider Community Center, 716-896-7021 to register

Tuesday, June 24 2:00 PM
Elma Public Library, 716-652-2719 to register

Monday, July 14 1:00 PM
West Seneca Senior Center, 716-675-928 to register



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

Emergency Preparedness for Seniors

While everyone is at risk during a disaster or similar emergency, older adults can be especially vulnerable during these challenging times. Being prepared in advance can help you survive. Join Pati Aine Guzinski and Frank Cammarata to learn the safety planning steps to consider now, whether you plan to remain at home or to be evacuated in the event of an emergency. We will also discuss community disaster response and resources.

Instructor: Pati Aine Guzinski, Training Coordinator ECDOH-Office of Public Health Emergency Preparedness, along with Frank A. Cammarata III, MPA - Executive Director of the Office for People with Disabilities of Erie County

Tuesday, May 29 2:00 PM
Amherst Senior Center, 716-636-3050 to register

Tuesday, June 10 1:00 PM
Dorothy J. Collier Community Center, 716-882-0602 to register

Friday, June 13 2:00 PM
Baptist Manor, 716-881-1120 x4 to register

Tuesday, June 24 1:00 PM
Concord Senior Center, 716-592-2764 to register

Everything Real Estate

Explaining Contracts for Sellers and Buyers, the Do's and Don'ts.

Instructor: Donald Zappia, Real Estate Agent

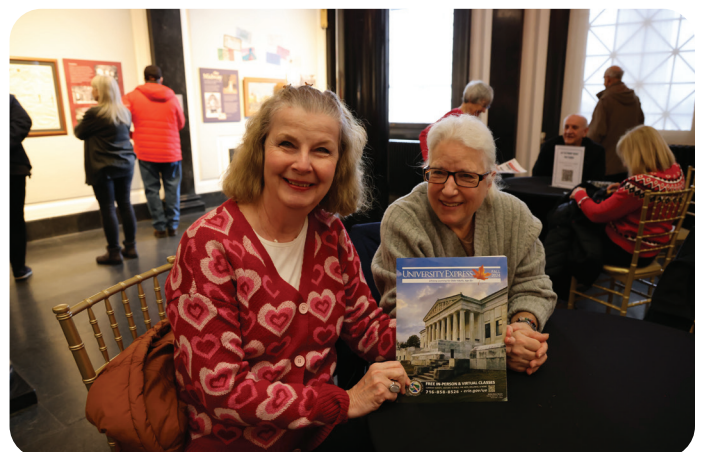
Thursday, May 1 2:00 PM
Amherst Senior Center, 716-636-3050 to register

Facilitating Productive Discussions

Learn to create more engaging interactions, both interpersonally and in groups, with productive dialogue whereby all participants feel involved and understood. We will cover aspects of group dynamics, conversation starters, managing different perspectives, and listening for connections

Instructor: John Harrigan, Ph.D.

Wednesday, May 21 2:00 PM
Orchard Park Senior Center, 716-662-6452 to register



CURRENT EVENTS

FIELD TRIP: Discover Burchfield with University Express!

UE is going on location to celebrate & explore the work of an American master. Join us for a docent-led tour at The Burchfield Penney Art Center, home to the largest public collection of works by Charles E. Burchfield (1893–1967), as well as an archive of more than 10,000 pages of handwritten journals, 25,000 drawings, and other ephemera—including a scale re-creation of the artist's studio. Join us to experience the genius of one of America's most original artists! Thanks to the Burchfield team for offering this wonderful opportunity!

Friday, June 6

Tours start at 10:15 AM and run through 1:15 PM

Burchfield Penney Art Center, 1300 Elmwood Avenue, Buffalo, at Buffalo State University (parking in lot R-3, on Burchfield Campus) (**Registration limited to 140 guests.**) To register, visit: erie.gov/universityexpress (*Wheelchairs available & can be reserved in advance by calling 716-878-6011.*)

FIELD TRIP: Williamsville Space Lab Planetarium - Living Worlds (Length: 1 Hour)

What forms might life take in the Solar System and beyond? Whether earthly or alien, all life leaves a trace. Take a journey through space and time to discover how life makes Earth liveable, where it could be found elsewhere in the cosmos, and what new technologies we might use to find it. Along the way, you'll learn how light and color can help us spot other living worlds even from vast distances—and develop a new appreciation for the one-of-a-kind planet right beneath our feet. A deeper understanding of Earth might help us locate other living worlds, light years away.

(75 Person Limit Due to Space)

Tuesday, May 6

1:00 PM

To register, visit: erie.gov/universityexpress

Forecasting Frenzy: Unraveling the Mysteries of the Skies & Great Lakes with the National Weather Service's Jon Hitchcock

Join Senior Forecaster Jon Hitchcock from the National Weather Service on an exhilarating journey through the world of meteorology! This class is not just about predicting rain or shine; it's an adventure into the heart of weather forecasting. Jon, with his extensive experience in severe weather will guide you through the fascinating processes that shape our daily lives.

Instructor: Jon Hitchcock from the National Weather Service

Friday, May 16

2:00 PM

Amherst Senior Center, 716-636-3050 to register

Global African Village

Doing Humanitarian Work in Uganda, Global African Village is a small nonprofit doing humanitarian work to assist the impoverished Bagishu tribe in rural Uganda. Started in 2007, Global African Village has no office or paid staff. Instead, it is co-run by three senior citizens - one American and two Canadians - who volunteer their time to do this rewarding work. Who are we? Why do we volunteer? Why did we choose Uganda for our work? What sorts of projects do we do? What are our successes? Join us for this session to learn the answers to these questions and see many pictures of Uganda's Bagishu people.

Instructor: Sharon Green, Retired College Educator, co-founder and Public Relations Director of Global African Village - an all-volunteer nonprofit doing humanitarian work in rural Uganda

Friday, May 9

1:00 PM

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

Friday, May 23

10:30 AM

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

Thursday, May 29

2:00 PM

Amherst Senior Center, 716-636-3050 to register

Monday, June 2

10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Greeting Card-Making Class

Ever wanted to make someone's day with a card that's WAY more special than anything you'd find in a store? This fun, creative workshop is your ticket to becoming a greeting card superstar! We'll dive into the magical world of card-making, where your creativity knows no bounds and every card tells a story. You'll learn cool techniques, discover insider tricks, and unleash your inner artist - no previous crafting experience required! During this class we will be making two greeting cards - a Birthday Card and a Get Well Card. (**Supply kits will be provided. Class size is limited.**)

Instructor: Cindy Solly, Crafter, Prior President of the West Seneca Art Society

Wednesday, May 28

12:45 PM

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

Monday, June 30

1:00 PM

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



CURRENT EVENTS

GREASE is STILL the Word! FREE Movie Day in East Aurora

UE has partnered with Aurora Theatre & Popcorn Shop & West Herr to offer a FREE day at the movies for 150 UE students! This special event will take place at 2 PM on Tuesday, June 10. 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.)

MOVIE: "Grease," starring John Travolta and Olivia Newton-John. Experience the friendships, romances, and adventures of a group of high school kids in the 1950s. Join us to enter the singing and dancing world of "Grease," the most successful movie musical of all time.

Tuesday, June 10 2:00 PM

Aurora Theatre & Popcorn Shop, 673 Main Street, East Aurora (716-652-1660) Registration is limited to 150 guests (first come - first served). * Wear your favorite 50s clothes and come ready to sing along! To register, visit: erie.gov/universityexpress

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 of Consumer Protection, Erie County

Wednesday, May 7 1:00 PM

BFNC Life Center, 716-852-5065 x 132 to register

Wednesday, June 25 1:00 PM 

Clarence Senior Center, 716-633-5138 to register

It's More Than Just an Emoji

Ready to become fluent in the secret language of the internet? Join us for this eye-opening class that goes beyond the basic smiley face! In this fun and engaging course, we'll dive deep into the world of digital paralinguistic cues – those little extras that add flavor to our online conversations. Think emojis are just cute pictures? Think again! We'll explore how these tiny icons are revolutionizing the way we communicate in the digital age.

Instructor: Alejandro Ghalili, Doctoral Candidate at the University of Pompeu Fabra, Barcelona Spain

Wednesday, June 11 2:30 PM 

Let's Talk Sports

Join two veteran sports reporters from Western New York, Budd Bailey & Stu Boyer, as they answer all your questions about local sports - past and present. 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 sports reporters

Tuesday, June 3 1:30 PM

Eden Library, 716-992-4028 to register

Microbiology for the Non-Scientist, Part 1

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

Instructor: John Shields, Retired Food Microbiologist

Monday, June 9 1:00 PM

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

Friday, June 20 1:00 PM

Lancaster Senior Center, 716-685-3498 to register

Microbiology for the Non-Scientist, Part 2

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

Instructor: John Shields, Retired Food Microbiologist

Friday, June 13 1:00 PM

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

Friday, June 20 2:15 PM

Lancaster Senior Center, 716-685-3498 to register

My Unlikely Career in Buffalo Radio

Hired by the legendary Irv Weinstein in 1961, John Zach has worked alongside many of the giants of the industry. After nearly three decades at the iconic WKBW radio, John's success leveled off during a brief stint at WGR. Awaiting him was another opportunity that would last nearly two more decades; co-host of the WBEN morning Show. Some surprises here to entertain you.

Instructor: John Zach, Retired Radio News Personality and Local Author

Tuesday, May 6 6:00 PM

Amherst Senior Center, 716-636-3050 to register

Thursday, May 15 2:00 PM

Eden Library, 716-992-4028 to register

Thursday, May 29 1:00 PM

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

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

Theresa W.

CURRENT EVENTS

Name That Scam Presentation

Join us for a fun and unique presentation about scams! Come find out how Elvis Presley's "Return to Sender" relates to scams! An interactive, music-driven presentation about scams using songs from the 50s, 60s, and 70s. You will be asked to "Name That Tune", then we will provide some basic tips about various scams related to the title and lyrics of the songs played. Presented by the Erie County Division of Consumer Protection in collaboration with the Scams & Frauds Program, a part of the Upstate Elder Abuse Center at Lifespan.

Instructors: Erie County Division of Consumer Protection, Jennifer Andres and Justin McCabe, Fraud and Scam Prevention Coordinator

Friday, June 13 **2:00 PM**
Amherst Senior Center, 716-636-3050 to register

On The Horizon

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

Instructor: Patrick Kaler, President & CEO, Visit Buffalo Niagara

Wednesday, May 14 **1:00 PM**

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

Thursday, June 26 **2:00 PM**

Amherst Senior Center, 716-636-3051 to register

Online Hate

Online hate is a complex phenomenon that can be analyzed through various theoretical frameworks in communication and linguistics. This course will explore these frameworks to provide a comprehensive understanding of online hate speech and its dynamics.

Instructor: Alejandro Ghalili, Doctoral Candidate at the University of Pompeu Fabra, Barcelona Spain

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

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. Improving your pickleball game – I will go over different strategies in pickleball, the scale for rating a player's skill level, and some drills for improving your game.


Instructor: Edward Sapienza, Hobbyist, Board Game Connoisseur, Pickleball Ambassador, and retired Engineer

Wednesday, July 9 **1:00 PM**
Tosh Collins Senior Center, 716-822-4532 to register

Positive Attitude: Living Better or Bitter?

Gain insight into living with a positive attitude after challenging and life changing events.

Instructor: Sister Judith Beiswanger, Sister of St. Francis; Director of Faith Formation; Retired Teacher

Friday, June 13 **10:00 AM** 
Orchard Park Senior Center, 716-662-6452 to register

Protect Yourself from Elder Abuse and Exploitation

As part of Erie County District Attorney Michael J. Keane's ongoing effort to protect all Erie County residents from becoming the victim of a crime, lawyers will educate seniors about elder abuse and exploitation. This often-unreported issue involves an intentional or neglectful act by a trusted individual or an unknown person that results in the physical, emotional, financial or sexual harm of a vulnerable older adult. Financial exploitation is the most frequent form of elder abuse reported to the Erie County DA's Office. Prosecutors will share information about the latest scams, warning signs of abuse, tips on protecting your personal information, and how to report these crimes to law enforcement.

Tuesday, June 3 **2:00 PM**
Amherst Senior Center, 716-636-3051 to register

Speaker: Chief Gary Ertel of the Erie County DA's Office Special Investigations and Prosecutions Bureau

Wednesday, June 4 **3:00 PM**

Cheektowaga Senior Center, 716-686-3930 to register

Speaker: Assistant District Attorney Brian Dassero of Erie County DA's Office Special Investigations and Prosecutions Bureau

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

Speaker: Chief Gary Ertel of the Erie County DA's Office Special Investigations and Prosecutions Bureau

Wednesday, June 18 **10:00 AM**
Orchard Park Senior Center, 716-662-6452 to register

Speaker: Assistant District Attorney Christopher Jurusik of the Erie County DA's Office Special Investigations and Prosecutions Bureau



CURRENT EVENTS

Puzzle-Palooza Contest: Get Ready for the Ultimate Brain Teaser Bash!

Calling all seasoned sleuths and puzzle enthusiasts! Are you ready to challenge your mind, sharpen your wit, and have a blast with friends? Join our Puzzle Palooza Contest, designed specifically for older adults who are young at heart and sharp in mind. Three senior centers will be holding initial competitions (5 teams of 4) completing the same puzzle in up to one hour. Each contest will have its own puzzle "arbiter." (We had to look that one up too – it's a puzzle contest referee!) The team that completes the puzzle the fastest will advance to the final competition and face each other for "Championship Puzzler Day!" Our Goal: To have an absolute blast while keeping your mind sharp and active. Whether you're a seasoned puzzle pro or just looking for a fun way to stay engaged, this event is for you

Session 1: Monday, June 9 2:00 PM
Cheektowaga Senior Center, 716-686-3930 to register

Session 2: Monday, June 16 1:00 PM
West Seneca Senior Center, 716-675-9288 to register

Session 3: Friday, June 27 1:00 PM
Amherst Senior Center, 716-636-3050 to register

**Championship Puzzler Day:
Friday, July 11 1:00 PM**
Amherst Senior Center (Must win one of the initial sessions to compete in this round)

Rightsizing Your Living Situation

What are the seven key decisions that will allow for the lowest stress and greatest net return when planning a move from a house to an apartment or condo? Repair and maintenance decisions that make sense; what upgrades make the most money for you; how can I reduce accumulation without a lot of work; how to create a slow and manageable timeline for planning a move and lastly, how to orchestrate every aspect of the process in an efficient, no-nonsense way.

Instructor: Michael Olear, Master's degree in social work, Licensed Associate Real Estate Broker at MJ Peterson

Monday, June 16 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register


Friday, June 20 11:45 AM
Tosh Collins Senior Center, 716-822-4532 to register


Russia & Ukraine in Trump's Second Term

This talk will discuss the prospects for peace, if any, in the ongoing conflict from February 2022 until today.

Instructor: York Norman, Ph.D, Professor of Eastern European & Middle Eastern History, Buffalo State University

Thursday, May 22 2:00 PM
Amherst Senior Center, 716-636-3050 to register

Monday, June 30 10:00 AM 
Orchard Park Senior Center, 716-662-6452 to register

Thursday, July 10 10:00 AM 
Cheektowaga Senior Center, 716-686-3930 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 of Consumer Protection, Erie County

Tuesday, May 6 1:00 PM
Dorothy J. Collier Community Center, 716-882-0602 to register

Tuesday, May 20 1:00 PM
Town of Tonawanda Senior Center, 716-874-3266 to register

Wednesday, June 4 1:00 PM
Clarence Senior Center, 716-633-5138 to register

Star-Spangled Style: Create Your Own 4th of July Tie Dye Tee!

Participants will receive detailed, step-by-step guidance on how to design a pattern on a white shirt using rubber bands and patriotic-colored ink. **(EC provides the T-shirts and Dye. Class size is limited.)**

Instructor: Aileen Gonzalez-Marti, Co-Founder of Los Artistas del Barrio Buffalo; Multidisciplinary Artist; Former Art Director of the Hispanic Heritage of Western NY; Manager of Senior Programs and Resident Artist at West Side Community Services

Wednesday, June 18 1:00 PM
Tosh Collins Senior Center, 716-822-4532 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. (The instructor plans to bring a few dogs to class for demonstrations.)

Instructor: Dawn Bellere, Obedience Instructor

Tuesday, May 13 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Tuesday, June 17 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, July 16 2:00 PM
Lancaster Senior Center, 716-685-3498 to register



CURRENT EVENTS

Syria in the Midst of Regional and Global Powers

The fall of the Assad regime created excitement, opportunities, and an unknown future for the freedom of Syrian people and a new Syria. Ethnic and sectarian diversity of Syria poses unique challenges for the social and political unity and restructuring of the Syrian government. Besides, the clashing interests of regional and global powers lead to the possibility of continued tension among the various interest groups. Building capacity for a unified Syria appears to be another major challenge for the new Syrian government. This presentation will analyze the rise of a new Syria in the midst of clashing interests and agendas of regional and global powers.

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

Monday, May 12 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register


The Magic of Toy Trains

Retired Buffalo Radio news journalist John Zach, author of *The Train Man*, Western New York's most successful locally published book, will take you on a captivating trip through the decades when toy trains were America's most fascinating toy. Meet other enthusiasts and collectors. Bring along your own stories and even your treasures to show to others. Everyone receives a giant *Spoonley The Train Man* poster showing the subject of John Zach's book in his iconic shop in South Buffalo.

Instructor: John Zach, Retired Radio News Personality and Local Author

Thursday, May 8 2:00 PM
Elma Public Library, 716-652-2719 to register

Thursday, May 22 1:00 PM
City of Tonawanda Public Library, 716-693-5043 to register

Wednesday, June 4 1:00 PM 
Town of Aurora Senior Center, 716-652-7934 to register

Monday, June 9 10:00 AM
Orchard Park Senior Center, 716-662-645 to register

HEALTH & WELLNESS

Beat the Heat

If you live in Western New York, you already know the importance of being prepared for winter weather emergencies. As spring and summer temperatures continue to rise, are you prepared for warm weather hazards? Do you know how to take shelter from a tornado? How far away can lightning strike and why can't you continue to play golf when the dark clouds are far away? Can you tell the difference between heat exhaustion and heat stroke? What's the best way to treat annoying insect bites? Is that vine poison ivy? Just how long can I leave those cooked burgers on the picnic table? This class will cover a broad range of spring and summer hazards. We will learn important spring/summer weather terms, outdoor safety, food safety, medications that make people more vulnerable to heat, how to recognize and assist someone experiencing heat illnesses, summer holiday safety, and other topics to help you stay healthy and enjoy Western New York summers.

Instructor: Pati Aine Guzinski, Training Coordinator ECDOH-Office of Public Health Emergency Preparedness

Monday, May 5 1:00 PM
Hamburg Senior Community Center, 716-646-0665 to register

Friday, May 23 11:45 AM
Tosh Collins Senior Center, 716-822-4532 to register

Wednesday, June 25 6:00 PM
Grand Island Golden Aging Center, 716-773-9682 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 Aide, Cancer Services Program of Erie County

Monday, May 5 1:00 PM
Akron Senior Center, 716-542-6645 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, May 13 1:00 PM
Clarence Senior Center, 716-633-3050 to register

Thursday, May 29 1:00 PM
Autumnwood Senior Center, 716-826-7895 to register

Wednesday, July 2 1:00 PM
Tosh Collins Senior Center, 716-822-4532 to register

Dying: A Visit to the Last Frontier

Unlike any generation before us, today's health care shields us from the familiarity with the dying process our forefathers knew. Still, the death rate remains 100%. Chronic illness is the most common challenge today, placing new emotional demands at the end of life. Empowering patients and families to manage their own dying process is key to respecting their dignity and personhood. This seminar will describe death's patterns and expectations. It won't, however, remove our yearning for visiting hours in heaven.

Instructor: Dr. Thomas Rosenthal, Author of two books about WNY medical history and Emeritus Professor of Family Medicine and Geriatrics, University at Buffalo

Tuesday, May 13 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Tuesday, June 10 1:00 PM

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

Exploring the Power of CBD: Science, Benefits, and Applications

In this informative and engaging class, we will take a deep dive into the world of Cannabidiol (CBD), a powerful compound derived from the cannabis plant. This class is designed for individuals curious about the science, benefits, and practical applications of CBD.

Instructors: Marcy Ungaro or Theresa Ungaro, Owners of Your CBD Store Hamburg/SUNMED

Tuesday, May 13 1:00 PM

Concord Senior Center, 716-592-2764 to register

Wednesday, May 28 6:30 PM

Elma Public Library, 716-652-2719 to register

Fall Prevention

Improving balance is necessary to keep you moving, independent, and doing what you love. Learn tips and tricks to help prevent falls and obtain the key to independence and longevity!

Instructor: Buffalo Rehab Group Buffalo Rehab Group, Physical & Occupational Therapy

Wednesday, May 14 1:00 PM

Tosh Collins Senior Center, 716-822-4532 to register

Tuesday, July 1 1:00 PM

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

Fall-Proof Your Life: A Guide to Injury Prevention

Falls don't have to be an inevitable part of aging! Discover how to reduce your risk of falling and stay healthy. This class will teach you how to take control of your safety and well-being.

Instructor: Depew Health Center, an Affiliate of Northeast College of Health Sciences

Monday, May 5 10:00 AM

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

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.

Instructor: Pati Aine Guzinski, Training Coordinator ECDOH- Office of Public Health Emergency Preparedness

Monday, May 12 1:00 PM

Autumnwood Senior Center, 716-826-789 to register

Wednesday, May 28 1:00 PM

Tosh Collins Senior Center, 716-822-4532 to register

Wednesday, June 11 1:00 PM

Akron Senior Center, 716-542-6645 to register

Monday, July 7 1:30 PM

Northwest Amherst Community Center, 716-636-3050 to register

Health Insurance- Don't Get Sick Without It

This class will explain the different approaches to fill the gaps in Medicare (i.e. Medicare supplemental plans, Medicare advantage plans, Medicaid) Also, health insurance options for people without Medicare.

Instructor: Bill Daniels, Coordinator of Insurance/Erie County - Counseling and Outreach

Wednesday, May 7 1:00 PM

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

Friday, May 9 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Friday, May 16 10:30 AM

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

Tuesday, May 20 12:00 PM

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

Monday, June 2 1:00 PM

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

Wednesday, June 11 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, June 17 1:00 PM

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

Healthy Aging

Learn management techniques to age in place and what physical therapy/exercise can help you achieve this.

Instructor: Dominique Riforgiato, PT, DPT, CSCS with Excelsior Orthopedics

Wednesday, June 25 1:00 PM

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

*"You are braver than you believe,
stronger than you seem, and
smarter than you think".*

A. A. Milne

Healthy Living for Your Brain & Body

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 of WNY

Thursday, May 1 1:00 PM 📶

Akron Senior Center, 716-542-6645 to register

Wednesday, May 14 1:00 PM

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

Tuesday, June 24 1:00 PM

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

Wednesday, July 9 2:00 PM

Baptist Manor, 716-881-1120 x4 to register

Friday, July 11 11:45 AM

Tosh Collins Senior Center, 716-822-4532 to register

Tuesday, July 15 1:00 PM

West Seneca Senior Center, 716-675-9288 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 is 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)

Monday, June 16 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, July 9 1:00 PM

Akron Senior Center, 716-542-6645 to register

Low Back Pain Management

What you can do at home to help with back pain, stretches, and how a chiropractor can help.

Instructor: Depew Health Center, an Affiliate of Northeast College of Health Sciences

Friday, May 23 10:00 AM 📶

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

Wednesday, June 18 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Medication Management for Seniors

This class will discuss common issues seniors may face regarding medications. We will discuss medication adherence, tips for minimizing side effects, best practices for taking common medications, drug interactions, including over-the-counter medications, and non-pharmacological recommendations for common disease states.

Instructor: Sarah Hopseker, PharmD

Thursday, May 1 10:30 AM

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

Wednesday, May 7 1:00 PM

Central Library, 716-858-8900 to register

Friday, June 13 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Thursday, July 10 1:15 PM 📶

Akron Senior Center, 716-542-6645 to register

Friday, July 11 1:00 PM

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

Meditative Self-Healing

You'll be guided on a Meditative Journey that will result in-depth 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).*

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

Wednesday, May 21 1:00 PM 📶

Tosh Collins Senior Center, 716-822-4532 to register

No Allergens, No Problem!

Do you or someone you cook for have a food allergy or intolerance? This class showcases recipes that use alternatives to food allergens and are still delicious and easy to prepare. Will include vegetarian-friendly recipes as well. Some of these allergen-free recipes may even become your favorites, even if you don't require a special diet!

Instructor: Erin Mahoney, Professional Chef, Erie County Senior Service's Nutritionist

Wednesday, June 11 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Monday, June 23 1:00 PM 📶

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

Friday, July 18 1:30 PM

Akron Senior Center, 716-542-6645 to register

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

Linda M.

Osteoporosis and Women's Health with Aging

Discussion on Knee Osteoarthritis, Balance, Vestibular/ Concussion, what it is and what you can do about it.

Instructor: Kristina Hines, physical therapist, Doctor of Physical Therapy/PT, DPT

Friday, July 18 10:00 AM

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

Reach Out to 911

The Reach Out to 911 program educates the public on when and how to call 9-1-1. Instructors present proper emergency response protocols, enhancing community preparedness and reducing anxiety associated with emergency calls. It also guides people on when to call 911 versus using other services like 211 (for basic needs), 988 (for people experiencing thoughts of suicide or a mental health crisis) or 1-800-222-1222 (for the Upstate New York Poison Center), helping to prevent misuse of 9-1-1 in non-emergency situations.

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

Wednesday, May 14 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Thursday, June 5 10:00 AM

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

Wednesday, June 25 6:30 PM

Elma Public Library, 716-652-2719 to register

Rock On! Learn About Stones & Craft Your Own Bracelet!

We will have a semi-precious gemstone and learn about the meaning of the stone, how it can help in healing and make a fun bracelet to wear. It will improve hand and mind coordination. It's therapeutic and brings creativity, socializing all while having fun making your own bracelet.

Instructor: Jennifer Chowdhury, Health & Wellness Coordinator, Erie County Senior Services

Wednesday, May 21 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Monday, June 9 10:00 AM

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

Sleep Ergonomics: The Best/Worst Sleep Positions – and How to Sleep Comfortably

Come and learn with us! By adopting ergonomic sleep practices tailored to your needs, you can improve comfort, reduce pain, and promote better overall health.

Instructor: Depew Health Center, an Affiliate of Northeast College of Health Sciences

Friday, May 2 11:45 AM

Tosh Collins Senior Center, 716-822-4532 to register

Wednesday, June 4 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Monday, June 9 2:00 PM 

Akron Senior Center, 716-542-6645 to register

Sparrows, Seeds, and Safety

Feeding birds is a hobby enjoyed by many people. This hobby provides enjoyment for humans and a vital food source for our avian friends. Did you know that bird feeders and feeding stations can be a source of illness for birds? Are you wondering if you should continue feeding the birds during the recent outbreak of H5 bird flu? Are you at risk of contracting H5 bird flu when filling the feeders? How can we feed the birds and keep the rat population at bay? This class will answer these questions and show you what to feed the birds to avoid seed waste, how to keep your bird feeders clean to prevent illness in birds (and yourself), answer questions about H5 bird flu spread in bird and humans, and how to avoid letting your bird feeder become a rat buffet.

Instructor: Pati Aine Guzinski, Training Coordinator ECDOH-Office of Public Health Emergency Preparedness

Friday, May 9 1:00 PM

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

Tuesday, May 20 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Wednesday, June 4 1:00 PM 

Akron Senior Center, 716-542-6645 to register

Tuesday, June 17 1:00 PM

Concord Senior Center, 716-592-2764 to register

Wednesday, June 18 6:30 PM

Elma Public Library, 716-652-2719 to register

Monday, July 14 10:00 AM

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



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.

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 equipped, and empowered to help in a bleeding emergency before professional help arrives.

Instructor: Pati Aine Guzinski, Training Coordinator ECDOH-Office of Public Health Emergency Preparedness

Thursday, May 15 1:00 PM 

Akron Senior Center, 716-542-6645 to register

Wednesday, May 28 1:00 PM

Tosh Collins Senior Center, 716-822-4532 to register

Friday, July 18 10:30 AM

Northwest Amherst Senior Center, 716-636-3050 to register

Table Tennis 101

You know what is just as fun as Pickle Ball? Table Tennis! This class will serve as a basic introduction to Table Tennis, covering rules, service rules, basic strokes, health benefits, paddles, governing bodies and interesting websites to teach you more. Finally, everyone will take part in playing doubles table tennis with the instructors providing coaching and tips. **(Please allow (2) hours for this class. Class size limited.)**

Instructor: Steven Ford, Table Tennis Instructor

Monday, June 16 2:30 PM

Lancaster Senior Center, 716-685-3498 to register

The 10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

Instructor: Alzheimer's Association of WNY

Tuesday, May 6 10:30 AM

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

Tuesday, May 13 12:00 PM

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

Thursday, May 15 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Tuesday, June 17 1:00 PM

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

The Kinetic Chain

The kinetic chain is the system that refers to how the joints and muscles work together to perform movements that we utilize in our daily lives and how they affect each other.

Instructor: Michael Massaro, Physical Therapist, Excelsior Orthopaedics

Monday, June 16 1:00 PM

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

Transforming Anxiety into Peaceful Flow

Introductory workshop in which we will look for ways to find a state of calm in the chaos of today's world? Come explore techniques to access the calm, despite the chaos around us. We'll explore how we hold anxiety, worry, anger, fear, grief in different layers of our being. We'll play with several ancient methods to transform negative emotions into a gentle state of peace. Each one can be a class. The intention of this class is to introduce you to options for further exploration. ***Some of the ancient techniques I will introduce in this class include:*** Grounding: connecting to earth's natural frequency, changing your thoughts, changing everything. Did you know you can choose what you think? The Japanese finger holds to release negative emotions. Top 3 natural homeopathies to balance anxiety and more! **(Please allow (2) hours for this class. Class size limited.)**

Instructor: Sherry Lyn Hartel, Board Certified Traditional Naturopath, BCTN, ANMA, Medical QiGong Practitioner, Academy of QiGong, Spiritual Explorer, Independent Research, HAHA Instructor

Wednesday, May 21 2:00 PM

Baptist Manor, 716-881-1120 x4 to register

Wednesday, June 4 1:00 PM

Tosh Collins Senior Center, 716-822-4532 to register

Friday, June 6 10:00 AM 

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

Wednesday, June 11 2:00 PM

Lancaster Senior Center, 716-685-3498 to register

Transgender & Non-binary Experiences

A lot of folks have questions about the trans experience, so we are happy to provide a safe space to ask those questions. This training explores the journey that someone of the trans community may experience. We will go over pronouns, transitioning, legal protections, and more! **(*This class is VIRTUAL only.)**

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

Friday, May 30 10:30 AM 

Understanding Alzheimer's and Dementia

Learn basic information on the difference between alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Instructor: Alzheimer's Association of WNY

Tuesday, June 10 1:00 PM

Concord Senior Center, 716-592-2764 to register

HEALTH & WELLNESS

Vaccines for Seniors

The vaccines for seniors class will discuss basic principles of immunity, types of vaccines and how they work, specific vaccines recommended for seniors, timing and spacing for vaccines, potential side effects, and common vaccine myths.

Instructor: Sarah Hopseker, PharmD

Friday, June 6 10:30 AM

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

Wednesday, June 25 1:00 PM

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

What is Chiropractic?

What do chiropractors do, how they can help you and their educational background.

Instructor: Depew Health Center, an Affiliate of Northeast College of Health Sciences

Friday, May 9 10:30 AM

Schiller Park Senior Center, 716-895-2727 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

Wednesday, June 11 1:00 PM

Tosh Collins Senior Center, 716-822-4532 to register

You're Gone...Now What?

When a loved one passes or becomes incapacitated, the survivors need access to critical information that is missing from traditional documentation. Creating a LEGACY DOCUMENT empowers your survivors with the information they need at their most vulnerable times. It's giving them the most important gift you can give...the GIFT of INFORMATION. This presentation, "What Your Survivors Need to Know—Creating a Legacy Document," focuses on gathering and organizing critical details after a significant life event occurs; it does not offer legal, financial, or estate planning advice.

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

Thursday, May 15 1:00 PM

Hamburg Senior Center, 716-646-0665 to register

Friday, May 30 1:00 PM

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

Tuesday, June 3 6:00 PM

Amherst Senior Center, 716-636-3050 to register

Tuesday, June 17 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register



HISTORY

A Night Out on the Town

This talk revives the exciting history of the entertainment community in Buffalo. Are you a movie buff? We will talk about the variety of theatres that would have shown everyone, from Charlie Chaplin to Cary Grant to the original Star Wars. Is music more your speed? We will help you imagine where you would have sat to listen to the likes of Sinatra, Elvis, the Stones, and the Goo Goo Dolls. From vaudeville to live stage productions, Buffalo has been home to wondrous theatres and other venues which are no longer physically with us but, through this talk, can once again be part of our collective memory.

Instructor: Christine Campbell - Explore Buffalo

Friday, May 9 11:45 AM 

Tosh Collins Senior Center, 716-822-4532 to register

Wednesday, July 9 10:00 AM

Grand Island Golden Aging Center, 716-773-9682

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 at NCCC, retired

Monday, May 12 1:00 PM

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

Architectural Styles 101

Have you ever looked at one of Buffalo's beautiful buildings, or maybe even your own home, and wondered about what style it is? Georgian? Gothic Revival? Mid-century? Every building -commercial or residential - whether built in the 1600's or 2000's, has a unique Architectural style. But you don't need to be a professional architect to identify them. Architectural Styles are unique, and each has its very own distinctive features. Once a few of these features are pointed out to you, we promise you will never look at a building the same way again! And you will know what style it is.

Instructor: Tina Marie Kumeiga - Explore Buffalo

Wednesday, May 14 6:30 PM

Elma Public Library, 716-652-2719 to register

Tuesday, June 10 1:00 PM

BFNC Life Center, 716-852-5065 x 132 to register

Bell Aircraft's Rosie the Riveter

Focuses on roles of women at Bell Aircraft during WW2 - google slides presentation with show and tell riveter tools and materials.

Instructor: David Faix, Education Coordinator & Docent, Niagara Aerospace Museum

Wednesday, May 7 6:00 PM

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

Buffalo's Sporting Life

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

Instructor: Joe Wasik - Explore Buffalo

Wednesday, May 14 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, May 30 10:00 AM

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

Buffum Street's Secrets

No other street, within Buffalo's city limits, can boast a history as rich and diverse as Buffum Street. It has the remains of a Native American burial ground, the lore of the Underground Railroad and one of the most extant historic houses still standing in Buffalo. All of Buffum Street's secrets will be revealed as we revisit some of Buffalo's earliest history

Instructor: Marla Bujnicki, History Enthusiast and Preservationist

Friday, May 9 1:00 PM

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

Wednesday, May 14 1:00 PM

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

Thursday May 15 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Monday, May 19 10:00 AM

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

Cults, Sects, Marginal Religious Groups in American History

Exclusive, narrowly focused social groups with aberrant social and/or theological ideologies are surprisingly common throughout American history. Some are psychologically damaging, a very few are violent (and many of the worst are imaginary!), but most are benign. All require sacrifice of some things of personal value, like family relationships and material wealth. Why do people join such organizations? Describing some representative groups from different historical periods, this talk provides some answers to that question.

Instructor: Phillip Stevens, Associate Professor of Anthropology Emeritus, University at Buffalo

Tuesday, June 3 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Cyrenius Chapin

A War of 1812 Veteran and Erie County's first physician, Chapin was an eyewitness to the burning of Buffalo. As the first physician and pharmacist in Erie County, his medical contributions to Western New York and medicine, in general, are influential to this day.

Instructor: Henry Pogodzinski, Retired English teacher at John F. Kennedy High School where the focus was on British Literature

Friday, June 6 1:00 PM

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

Monday, June 16 5:00 PM

Lancaster Senior Center, 716-685-3498 to register



Discovering Erie County Parks' Heritage: 100 years of Green Space

The Erie County Parks system will turn 100 this year. From the oldest "Heritage Parks" to the more recent additions to the parks system, the county's greenspaces are enjoyed by 1000s of county residents. Join County Historian Douglas Kohler for a virtual tour of our county parks system.

Instructor: Douglas Kohler, Erie County Historian

Wednesday, May 21 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Monday, June 30 1:00 PM

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

Tuesday, July 2 10:00 AM

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

Wednesday, May 20 6:00 PM

Amherst Senior Center, 716-636-3050 to register

Tuesday, July 8 5:30 PM

Akron Senior Center, 716-542-6645 to register

Erie County Park History

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

Instructor: Gregory Bittner, Erie County Senior Park Ranger

Wednesday, May 14 1:00 PM 

Elbridge Spaulding-Father of the Greenback

A former Mayor of Buffalo, an astute businessman, and Congressman, Mr. Spaulding, known as the author of the National Currency Act of 1862 which financed the Union cause during the Civil War and provided the foundation for the monetary system we use today.

Instructor: Henry Pogodzinski, Retired English teacher at John F. Kennedy High School where the focus was on British Literature

Friday, June 20 1:00 PM

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

General Bennet Riley, Defender of Buffalo

Thomas F. Schobert, author of "Hush the Cannon's Roar - The Life and Times of Bennet Riley: Defender of Buffalo", will discuss the career and personal life of Major General Bennet C. Riley, who served in the U.S. Army for 40 years from the War of 1812 through the Mexican War and culminated with his serving as the last military governor of California during the famous "California Gold Rush". In the early 1840s, Riley was a commanding officer of the Buffalo Barracks, an army post located on what is now the Theodore Roosevelt Inaugural Site. The experience of Riley during his time here and his interactions with notable Buffalonians convinced him to return here after his military service was finished.

Instructor: Thomas Schobert, Lieutenant Colonel (Retired) US Army

Monday, June 16 2:00 PM

Akron Senior Center, 716-542-6645 to register

Thursday, June 26 1:00 PM

City of Tonawanda Public Library, 716-693-5043 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: Jessica Cross, Visitor Services & Volunteer Coordinator at Graycliff

Wednesday, May 7 2:00 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, May 13 1:00 PM

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

Monday, June 23 1:00 PM

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

History of Buffalo Roadways: from Footpaths to Roundabouts

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

Instructor: Ken Kuminski, NYS Professional Engineer (retired)

Tuesday, June 3 1:00 PM

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

Monday, July 7 1:00 PM

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

Wednesday, July 16 1:00 PM

Akron Senior Center, 716-542-6645 to register



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

History of 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, June 5 2:00 PM

Elma Public Library, 716-652-2719 to register

James K. Polk the Eleventh President of the United States

He was a strong advocate of manifest destiny. He expanded the United States from the Atlantic Ocean to the Pacific Ocean. A controversial chief executive and one of the most aggressive and independent presidents to ever occupy the White House. Who is James K. Polk? You will be able to answer that question when this presentation is completed.

Instructor: Henry Pogodzinski, Retired English teacher at John F. Kennedy High School where the focus was on British Literature

Wednesday, July 9 1:00 PM

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

Joseph Ellicott a Founding Father of WNY

The name Ellicott is found in buildings, creeks, towns and roads all over WNY but few of us know anything about the man. The presenter will give a first-person portrayal of the man who in addition to surveying WNY, helped to bring the Erie Canal to the area. Look up josephellicott.com for more details. (Dennis often does his class in costume.)

Instructor: Dennis Upton, Retired Teacher

Wednesday, May 28 1:00 PM

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

Thursday, June 5 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Landlubbing on the Buffalo River

From the comfort of your chair, "sail" down the Buffalo River with its rich industrial history. Harken back to the days when Buffalo was a major inland port, and the grain elevators were the heart of the city's pulse. We will be revisiting the past and looking toward the future as we explore Buffalo's riverfront.

Instructor: Marla Bujnicki, History Enthusiast and Preservationist

Monday, May 5 1:00 PM

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

Friday, May 30 1:15 PM

Akron Senior Center, 716-542-6645 to register

Marconi. Tesla. The Wireless War

What are the origins of the fantastic wireless world we live in today? This visually rich examination is revelatory, relevant, entertaining, and informative. Learn how the wireless world is but a part of the electromagnetic spectrum. See how Tesla and Marconi revealed the secrets of communicating without wires in their own separate ways. Discover how their initial efforts eventually led to broadcast radio. And delve into the little-known biography of Guglielmo Marconi.

Instructor: Francis S. Lestingi, PhD, Professor Emeritus of Physics and History of Science at Buffalo State University and President of the Buffalo Niagara Nikola Tesla Council

Monday, June 2 1:00 PM

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

Native American Boarding and Residential Schools

The American and Canadian governments created schools to take Indian children from their families, and strip them of their names, clothes, language and culture with tragic consequences. One such school was the Thomas Indian School in Western New York. This class will examine Indian boarding schools through the story of that school and its effect on Indian children and the Native community in New York.

Instructor: Keith Burich, Emeritus Professor of Native American History, Canisius University, B.A., Ohio Wesleyan University; M.A., Ph.D., University of North Carolina at Chapel Hill

Friday, May 23 1:00 PM

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

Friday, June 20 10:00 AM

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

Nikola Tesla, The Eclectic Lecture

No, we didn't spell ELECTRIC wrong. The lecture is an in-depth, visually rich look at the manifold fascinating topics we couldn't cover in previous lectures, such as: Why Tesla Never Married; Edison Patented, But Did Not Invent the Light Bulb; What Was the Buffalo 1901 PanAm Expo Like; AC Transmissions Before Niagara Falls; What Is a Watt?; Who Electrocuted an Elephant with AC and why; and much more.

Instructor: Francis S. Lestingi, PhD, Professor Emeritus of Physics and History of Science at Buffalo State University and President of the Buffalo Niagara Nikola Tesla Council

Friday, May 2 1:00 PM

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

Philanthropists & Social Benefactors

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

Instructor: Rick Falkowski, Author, Lecturer, BuffaloHistoryBooks.com

Tuesday, June 17 6:00 PM

Amherst Senior Center, 716-636-3050 to register

Pony Express

When the US Mail took weeks, even months to reach California from the east, the Pony Express filled that period in record time. Travel with the Pony Express and its riders and experience the dangers of the isolated Western United States.

Instructor: Henry Pogodzinski, Retired English teacher at John F. Kennedy High School where the focus was on British Literature

Thursday, June 12 2:00 PM

Eden Library, 716-992-4028 to register

Wednesday, June 25 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, July 8 1:00 PM

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

Monday, July 14 1:00 PM

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

Queer History

The LGBTQ+ community has a rich and vibrant history that is largely unknown. In efforts to share and preserve this history (or history, as we call it), the Pride Center is proud to introduce one of its newest trainings! Learn about queer history and what you can do to preserve it! (*This class is **VIRTUAL** only.)

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

Friday, June 27 10:30 AM

(The Lancaster Senior Center will be showing this virtual class at the center. All are welcome. To register, please call 716-685-3498.)

Roughing it with the Rich Folks: The Great Camps of the Adirondacks

Learn about the rustic mansions built at the turn-of-the-century by William West Durant and others by a former Road Scholar staff member at Great Camp Sagamore.

Instructor: Rachelle Francis, Retired Orchard Park teacher, author of Fillmore biography and more, board of Buffalo Presidential Center and Aurora Historical Society

Friday, May 2 2:00 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, May 21 1:00 PM

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

Thursday, June 5 1:00 PM

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

Tuesday, June 10 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Superstitions and Magical Thinking

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

Instructor: Phillip Stevens, Associate Professor of Anthropology Emeritus, University at Buffalo

Monday, May 12 1:00 PM

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

Tuesday, May 13 1:00 PM

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

Tuesday, June 10 6:00 PM

Amherst Senior Center, 716-636-3050 to register

Friday, June 27 11:30 AM

Tosh Collins Senior Center, 716-822-4532 to register

Tuesday, July 15 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

The Anthropology of Conspiracy Theories

"Conspiracy Theory" is a common phrase in the news these days; what does it mean? This talk discusses some of the standard elements in public narratives about hidden evil forces that are working among us to subvert our way of life. Anthropology reveals that such beliefs are timeless and universal and intensify in times of general social anxiety. Most interesting: many conspiracy theories throughout history have several terrible elements in common, which are suggestive of their likely origins in the evolution of human sociality.

Instructor: Phillip Stevens, Associate Professor of Anthropology Emeritus, University at Buffalo

Thursday, May 29 2:00 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, July 1 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Wednesday, July 9 2:00 PM

Lancaster Senior Center, 716-685-3498 to register



The 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, Herschell Carrousel Factory Museum

Wednesday, May 14 2:00 PM
Lancaster Senior Center, 716-685-3498 to register

Monday, June 9 1:00 PM
Town of Evans Senior Center, 716-947-0974 to register

Tuesday, June 10 1:00 PM
Grand Island Golden Aging Center, 716-773-9682 to register

Wednesday, June 11 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

The Horror of March 31, 1954; The Cleveland Hill School Fire

The local news story of the 20th Century in Cheektowaga; the worst school fire in New York State history. Back for another University Express series following last fall's presentations that informed and educated standing-room-only audiences.

Instructor: John Zach, Retired Radio News Personality and Local Author

Tuesday, June 24 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Thursday, June 26 1:30 PM 📡
Akron Senior Center, 716-542-6645 to register

The Lake Erie Ice Boom

What is the ice boom supposed to do? Does it slow the arrival of Spring in Western New York? Is it unique to this area, and does it possibly harm some other parts of the environment? All this will be discussed in The Lake Erie Ice Boom presentation.

Instructor: Harry Meyer - Explore Buffalo

Tuesday, June 3 5:30 PM
Akron Senior Center, 716-542-6645 to register

Wednesday, June 18 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

The Larkin Company

In this presentation, you'll learn about the rise and fall of this large WNY company.

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

Wednesday, May 21 10:00 AM 📡
Orchard Park Senior Center, 716-662-6452 to register

Three Surgeons

The Civil War produced an appalling loss of life. The three Union surgeons presented here helped stem this tragedy. The advances they made saved many lives and echo down to our modern medical practices.

Instructor: Henry Pogodzinski, Retired English teacher at John F. Kennedy High School where the focus was on British Literature

Friday, May 16 2:00 PM
Akron Senior Center, 716-542-6645 to register

Friday, July 11 10:30 AM
Northwest Amherst Community Center, 716-636-305 to register.

Town Founders

Find out about the people who founded the cities, towns, villages and sections of WNY during the 1800s.

Instructor: Rick Falkowski, Author, Lecturer, BuffaloHistoryBooks.com

Friday, May 9 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Monday, June 2 1:00 PM
City of Tonawanda Public Library, 716-693-5043 to register

Wednesday, June 18 10:00 AM 📡
Cheektowaga Senior Center, 716-686-3930 to register.

Those Spooky Victorians: Legends, Unusual Traditions, and Mourning Practices

Come and hear about the lore and legends of death during the Age of Queen Victoria. What were the spooky traditions that became commonplace here in the United States.

Why did families have photographs taken of their departed loved ones? What part did a dead relative's hair play in the Mourning practices? What traditions carry onto modern times? Finally, why did this time period give rise to a worldwide religion that started just outside of Rochester, NY? Let's explore these dark mysteries together as well as examine unusual mourning pieces from my private collection.

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

Tuesday, July 8 6:00 PM
Amherst Senior Center, 716-636-3050 to register

USS The Sullivans, the Sinking and the Way Forward

In April 2022, the World War II destroyer, USS The Sullivans, sank at the pier. Learn how this occurred, and what's been done since and what will happen as we move into the future.

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

Monday, June 2 6:30 PM
West Seneca Public Library, 716-674-2928 to register

Friday, June 27 2:00 PM 📡
Lancaster Senior Center, 716-685-3498 to register

WAVES: During WWII 83,000 Women Enlisted in the WAVES Program

This program, under the guidance of the US Navy, taught women Naval jobs stateside so men could be relieved of desk duty and enter the combat zones. This presentation will give an overview of the WAVES program and take you through the lives of two women who kept detailed scrapbooks.

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

Thursday, May 8 1:00 PM 

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

Friday, June 27 10:00 AM

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

Wednesday, July 9 6:00 PM

Grand Island Golden Aging Center, 716-773-9682 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: Rachelle Francis, Board member, Buffalo Presidential Center and Aurora Historical Society, retired Orchard Park teacher, local historian and author

Friday, June 6 10:00 AM

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

What is Modern Dance (and Why has this Deceptive Name Stuck!)?

This class will discuss the history of Modern Dance and will include a showing of Paul Taylor's "Esplanade" and "Ruins."

Instructor: Leslie Wexler, MFA Dance, University of Michigan; BS Dance SUNY Brockport. Current instructor of dance and Co-director of Buffalo Contemporary Dance

Wednesday, June 11 1:00 PM

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

Who Knew

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

Instructor: Marla Bujnicki, History Enthusiast and Preservationist

Thursday, May 1 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, May 27 1:00 PM

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

Thursday, June 12 2:00 PM

Amherst Senior Center, 716-686-3930 to register

Women's History Month, Cinco de Mayo, Frida Kalo Craft

Attendees will create a mini-Frida Kahlo piñata using a cardboard tube and colorful tissue paper for decoration. This craft is a fun activity to celebrate and learn about Frida Kahlo's artistic contributions to the arts. EC to provide the tissue paper.

Instructor: Aileen Gonzalez-Marti, Co-Founder of Los Artistas del Barrio Buffalo; Multidisciplinary Artist; Former Art Director of the Hispanic Heritage of Western NY; Manager of Senior Programs and Resident Artist at West Side Community Services

Friday, May 30 1:30 PM

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

World War II: Buffalo Women on the Homefront

During World War II, Buffalo focused its industry and manufacturing on helping with the war effort, and women played an especially important role. Learn about the services and jobs women performed on the Homefront to help the Allies secure victory.

Instructor: Cheryl McDonald - Explore Buffalo

Monday, June 2 10:00 AM

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

Monday, June 16 1:00 PM

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

A True Story from the Days of Prohibition

This class tells the true story based on my grandfather's years as a bootlegger for Gangster Dutch Schultz. Harriet can't wait to share it all with you!

Instructor: Harriet Grayson, Author

Thursday, May 8 10:00 AM 

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, May 27 1:00 PM

Concord Senior Center, 716-592-2764 to register

Friday, May 30 1:00 PM 

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

Tuesday, June 24 10:30 AM

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

Friday, June 27 1:00 PM

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

Monday, June 30 1:00 PM

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

Finding Western New York Holland Land Company Plots

If your ancestors were early Western New York settlers, they may have purchased land from the Holland Land Company. This class will discuss published Holland Land Company indexes, online Holland Land Company records, and how to use online maps to find your ancestors' Holland Land Company property.

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

Thursday, June 5 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Monday, July 7 2:00 PM

Akron Senior Center, 716-542-6645 to register

Funny 'ISMs' Illustrated Words of Wisdom and Old Timey Sayings

Did you grow up with the advice of someone saying things like 'flies by the seat of his pants' or 'penny wise and pound foolish?' We visualized such charming expressions even if we were a little mystified about 'looking a gift horse in the mouth' or counting hatched chickens. Find your favorites of the proverbial 'ISMs' while using words and pictures put together by the artist-presenter. With historic origins, 'humble pie' or 'bees knees' make more sense. In 2025 'stitch in time saves nine' or 'too soon old, too late smart' still have meaning and imagination.

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

Thursday, July 10 10:00 AM

Amherst Senior Center, 716-636-3050 to register

Harry Potter for Grandparents

Learn about the characters, plot and vocabulary of this charming book series which was a catalyst for millions of children worldwide to experience the joy of reading. Put your name in the "Sorting Hat" to win a "magic wand".

Instructor: Theresa Wiater, Retired Educator

Tuesday, May 20 1:00 PM

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

Thursday, May 22 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, May 22 6:00 PM

Amherst Senior Center, 716-636-3050 to register

Thursday, June 12 4:00 PM

Akron Senior Center, 716-542-6645 to register

Friday, July 18 11:45 AM

Tosh Collins Senior Center, 716-822-4532 to register

Intro to Spanish

Join us for an introduction to the beautiful Spanish language with our amazing professor straight from the University of Pompeu Fabra in Barcelona, Spain. This class is for those with little or no knowledge of Spanish, but are interested in learning!

Instructor: Alejandro Ghalili, Doctoral Candidate at the University of Pompeu Fabra, Barcelona Spain

Tuesday, June 10

2:30 PM 

Looking Back

Growing up in the 1960's from a teenager's point of view.

Instructors: Harriet Grayson, Author

Friday, May 16 11:45 AM

Tosh Collins Senior Center, 716-822-4532 to register

Mark Twain's Haunts Around Western New York

When Mark Twain lived and worked in Buffalo from 1869 to 1871, he hung out mostly in the downtown and waterfront area, the Delaware district, and the Niagara Falls region. This illustrated presentation describes places and people that Twain knew well during his time in Western New York. Several entertaining anecdotes will be shared from my new book, *The Illustrated Mark Twain* and the *Buffalo Express*

Instructor: Tom Reigstad, Emeritus Professor of English, Buffalo State University

Tuesday, May 6 1:00 PM

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

Wednesday, May 14 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Wednesday, June 18 2:00 PM

Lancaster Senior Center, 716-685-3498 to register

Monday, July 21 1:00 PM

Town of Evans Senior Center, 716-947-0974 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 small scissors. Class size is limited. Hand dexterity is recommended.

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

Wednesday, May 7 1:00 PM

Tosh Collins Senior Center, 716-822-4532 to register

Pulitzer Prize Winning Photos and the Story Behind Them

Have you ever wondered why a photo was honored with the Pulitzer Prize? Take a step back in history and learn about the people in the photograph and the person who took the picture.

Instructor: Theresa Wiater, Retired Educator

Tuesday, May 6 1:00 PM

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

Thursday, May 15 1:00 PM

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

Thursday, May 29 6:00 PM

Amherst Senior Center, 716-636-3050 to register

Friday, June 20 10:00 AM

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

Robert Frost's Greatest Poetry Works

Robert Frost is the pre-eminent poet in American literature. His thought-provoking poems: STOPPING BY THE WOODS ON A SNOWY EVENING, A ROAD NOT TAKEN, leave us with a sense of wonder.

Instructor: Jim Banko, Retired Teacher

Tuesday, May 6 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Storytelling Practices: Tips for Telling Your Story

Would you like to be a better storyteller? Well, this class is for you. Learn to create enriching connections with expressive narratives. Improve your storytelling skills with a variety of communicative techniques that enhance a variety of social encounters. We will cover aspects of theme, plot, delivery, and structure that help you find and tell your story.

Instructor: John Harrigan, Ph.D.

Wednesday, July 9 1:00 PM

Clarence Senior Center, 716-633-5138 to register



Tracing Ancestors with Church Records

Fill gaps in your family tree with historical church documents. Learn practical strategies for locating and accessing religious records from multiple denominations, whether they're housed in physical archives or digital databases. Discover how these documents can provide crucial details about your ancestors' lives and relationships.

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

Thursday, May 8 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Tuesday, May 13 1:00 PM

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

Monday, May 19 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Tuesday, May 20 1:00 PM

BFNC Life Center, 716-852-5065 x 132 to register

Thursday, May 29 1:00 PM

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

Tuesday, June 3 1:00 PM

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

Thursday, June 10 12:00 PM

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

Wonderful Words of Shakespeare

The Oxford English Dictionary lists more than 1,700 words which appear for the first time in Shakespeare's writing. He was the first person we know of to use these words in print. However, there are as many as 400 words which Shakespeare may have invented himself. Whether by combining two words that already existed to create something new, or by taking common words and changing the parts of speech, there are so many words in the English Language made popular by Shakespeare. In this workshop, we will explore some of Shakespeare's words and work together to create a poem or sonnet with them.

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

Tuesday, May 20 1:30 PM

Eden Library, 716-992-4028 to register

Tuesday, May 27 2:00 PM

Elma Public Library, 716-652-2719 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.

Basics of Estate Planning / How to Protect Assets from the Nursing Home

We'll discuss the ins and outs of basic estate planning, advance directives and protection of assets including avoidance of costly and time-consuming legal proceedings upon death and preservation of assets.

Instructor: Daniel Schuller, Attorney/Partner - Pfalzgraf Beinhauer Grear Harris Schuller LLP ("PB Elder Law")

Tuesday, May 6 1:00 PM

Concord Senior Center, 716-592-2764 to register

Thursday, May 8 2:00 PM

Akron Senior Center, 716-542-6645 to register

Monday, May 19 1:00 PM

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

Basics of Medicaid and Long-Term Care

Protecting and Preserving Assets - This course is taught by an Elder Law attorney and focuses 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 will 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 5 year "look back" period. This is "must have" information if you are concerned about a need for long term care!

Instructor: Jean E. Harris, Esq., Attorney at Law, PB Elderlaw

Friday, May 16 10:30 AM

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

Thursday, July 17 2:00 PM

Amherst Senior Center, 716-636-3050

Best Ways to Pass your Real Estate on to Your Kids

We'll discuss the pros and cons of the various methods to transfer real estate assets to your heirs during your lifetime and at the time of your passing.

Instructor: Valerie Stanek, Attorney at Law and Certified Financial Planner specializing in wills, trusts, estates and elder law

Monday, June 16 1:00 PM

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

Friday, June 20 1:00 PM

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

Brownies and Budget Building

The Center for Elder Law and Justice will speak about budgeting for Seniors and ways to improve your money management skills. We will also present on the benefits of partnering with our Money Management Program as a volunteer or a client. Join us as we share a snack and new ideas!

Instructor: Renee Pratt, Project Outreach Coordinator for the Money Management Program at Center for Elder Law and Justice

Thursday, May 22 10:00 AM

Akron Senior Center, 716-542-6645 to register

Tuesday, June 3 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Friday, June 13 11:45 AM

Tosh Collins Senior Center, 716-822-4532 to register

Estate Administration - What to Expect

Estate administration- what to expect. A common theme among people I have helped over the years is disbelief over what estate administration is and the red tape involved. We will discuss what the current landscape in Erie County is, and things to consider in advance to reduce red tape and frustration for yourself or loved ones.

Instructor: Caroline Cercone, Attorney-Wood's Oviatt Gilman LLP

Friday, June 6 1:00 PM

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

Tuesday, July 8 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Family Court Explained & Grandparent Legal Issues

This class will provide an explanation of basic Family Court issues such as Child Custody, Access (Visitation), Child Support, Foster Care and Juvenile Justice. The New York State Website will be demonstrated for Do It Yourself (DIY) forms & information. How to proceed in Court without a lawyer. A "typical" case will be explained and examples will emphasize grandparent rights & responsibilities.

Instructor: Paul Buchanan, Erie County Family Court Judge (Ret.)

Friday, May 2 10:00 AM

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

Wednesday, May 7 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Thursday, May 22 10:30 AM

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

Wednesday, May 28 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, June 17 2:00 PM

Elma Public Library, 716-652-2719 to register



LAW & FINANCE

Strategies for Successful Aging and Retirement

Understanding the issues and impact on your Money, Income, and Home of Medicaid & Nursing Home Risks. Some examples include:

- Understanding the effects of Market downturn and inflation on Retirement and Care
- Evaluating the impact extra fees will have on Retirement and your Care Plans
- Learn about Tax saving on Retirement and Plan of Care

Instructor: Lester Robinson, CLTC, CRPC Author: Protecting your Money from Medicaid and Nursing Home Event, CE instructor for Life and health insurance and over 30 years in the insurance field

Monday, April 28 1:00 PM

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

Friday, May 2 2:00 PM

Akron Senior Center, 716-542-6645 to register

Understanding Annuities

What are annuities? Why do people invest in them? What kinds of guarantees can they provide? What different kinds of annuities are available? What are the pros and cons of owning them? What role can they play for retirees or those approaching retirement? Chartered Financial Consultant® Jason Myers will explore these questions and more in this education – only presentation.

Instructor: Jason Myers, JBM Health Wealth Consulting, LLC Jason B. Myers, ChFC, CLU Jason is the owner of JBM Health and Wealth Consulting

Tuesday, May 6 1:00 PM

Clarence Senior Center, 716-633-5138 to register

What the Heck is a Trust, and Do I Need One?

We will explain what trusts are, the kinds of trusts available and the reasons why you might or might not want one.

Instructor: Valerie Stanek, Attorney at Law and Certified Financial Planner specializing in wills, trusts, estates and elder law

Tuesday, July 1 1:30 PM

Eden Library, 716-992-4028 to register

NATURAL SCIENCE

Climate Action, Sustainability and You!

For years, Erie County has been working to reduce climate pollution through climate action programs with goals to create a more sustainable Western New York. Learn about what Climate Action & Sustainability means and what the County has been working on to make a difference. Also learn about individual actions you can take to reduce climate pollution. Every action, no matter how small, can make a difference. By making conscious choices in your daily life, you can inspire others to do the same.

Instructor: Tracy Skalski, Sustainability Coordinator, Erie County Department of Environment & Planning

Thursday, May 8 2:00 PM

Eden Library, 716-992-4028 to register

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

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

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

Tuesday, May 20 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Fossils of Western New York

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

Instructor: Penn Dixie Educator - Penn Dixie Fossil Park & Nature Reserve

Wednesday, June 11 1:00 PM

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

Tuesday, June 24 1:30 PM

Eden Library, 716-992-4028 to register

Tuesday, July 15 6:00 PM

Amherst Senior Center, 716-636-3050 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 Park Rangers, Erie County Department of Parks, Recreation & Bureau of Forestry

Wednesday, June 25 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Hemlock Invasive Species Identification & Hunt!

This class will take place at Chestnut Ridge Park. Hemlocks are the fourth most common tree in NYS, and we are in peril of losing them in the near future to an invasive aphid-like insect. In this class you will learn how to identify hemlock trees, learn about their importance on the landscape, and how to survey for and report findings of a hemlock wooly adelgid infestation (HWA). This course has a 1 hour PowerPoint presentation, and a 1 hour guided stroll through Chestnut Ridge Park to survey for HWA. (Allow 2 hours for the class)

Instructor: Joshua Konovitz, Erie County Forester

Tuesday, May 13 10:00 AM

Class walk held at the Chestnut Ridge Park Commissioner's Cabin, To register, visit: erie.gov/universityexpress

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 – provides the best chances for success.

Instructor: Dr. Kathleen Contrino, Owner - CW Native Plant Farm/CW Native Botanika

Monday, May 5 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Landscape Solutions with Native Plants

The effects of climate instability have presented new challenges for homeowners. Wetter summers, drier springs, extreme temperature swings have all impacted landowners. The right native plant or plants can help mitigate some of these challenges and thrive.

Instructor: Dr. Kathleen Contrino, Owner - CW Native Plant Farm/CW Native Botanika

Monday, June 9 1:00 PM

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

Let's Get Potted (Successful plant repotting)

Why bother to re-pot a plant? How to do this easily without damaging the plant or your self-esteem. (You don't really believe in "brown thumbs, do you?)

Instructor: Carol Ann Harlos, Master Gardener- Erie County, Garden writer/Beekeeper

Monday, June 2 2:00 PM

Akron Senior Center, 716-542-6645 to register

Thursday, June 26 1:00 PM

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

Mars: Updates on the Red Planet

From imagining canals and "little green men" to understanding the geologic history of Mars, our exploration of Mars has led to an understanding of the rocks and the geologic history of the Red Planet. This presentation will focus on what we have learned from U.S. robotic missions that have probed the surface of Mars and where this exploration will go in the future.

Instructor: Kevin Williams- Associate Professor, Department of Geosciences, Director, The Whitworth Ferguson Planetarium

Wednesday, May 28 5:00 PM

Lancaster Senior Center, 716-685-3498 to register

Thursday, June 5 2:00 PM

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

What's Wrong with my Plant?

Your plant looks unhealthy. What to do! Is it a disease, a creepy crawler, too much or too little water, food, light. Let's find out.

Instructors: Carol Ann Harlos, Master Gardener- Erie County, Garden writer/Beekeeper or Lyn Chimera, Master Gardener - Erie County

Wednesday, June 4 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, June 4 2:00 PM

Lancaster Senior Center, 716-685-3498 to register

Thursday, June 12 2:00 PM

Elma Public Library, 716-652-2719 to register

Friday, July 11 10:00 AM

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

Not Just a Pretty Face (Medicinal Native Plants)

Native plants, trees and bushes are critical to ecological resilience and biodiversity. Native plants have an additional value as they have been used medicinally by indigenous populations for centuries. This presentation will discuss medicinal natives and their many uses while also touching upon some important herbs that can be grown in container gardens or 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 medical problem.

Instructor: Dr. Kathleen Contrino, Owner - CW Native Plant Farm/CW Native Botanika

Monday, May 19 1:00 PM

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

Tuesday, June 3 1:00 PM

Concord Senior Center, 716-592-2764 to register

Wednesday, July 2 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Rocks and Minerals

This class will provide an overview of elements, rocks, and minerals; their different characteristics, the different types, how they form, and how they are part of western New York geology.

Instructor: Paul Moretti, Educator at Penn Dixie Fossil Park and Nature Reserve

Monday, May 5 1:00 PM

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

Tuesday, May 6 2:00 PM

Elma Public Library, 716-652-2719 to register

Monday, June 23 10:00 AM

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

Save Energy, Save Dollars Workshop

This workshop will explore the many resources to help you save money on your energy bill and increase the comfort and safety of your home. Come join us and get a free DIY energy savings kit!

Instructor: Carla Rosa, Energy and Outreach Specialist, Erie County Department of Environment and Planning

Friday, May 9 2:00 PM

Akron Senior Center, 716-542-6645 to register

Monday, May 12 1:30 PM

Northwest Amherst Community Center, 716-636-3050

Friday, May 16 10:00 AM

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

Friday, May 30 11:45 AM

Tosh Collins Senior Center, 716-822-4532 to register

Friday, June 13 10:30 AM

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

Friday, June 27 1:00 PM

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

Friday, July 18 1:00 PM

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

So, You're Thinking of Keeping Bees

This sounds great but are you willing to spend the money and the time to make this a success? Are you afraid of getting stung? Are you doing this for the money? Carol Ann has three hives and has kept bees for about 12 years, and she still loves it!

Instructor: Carol Ann Harlos, Master Gardener- Erie County, Garden writer/Beekeeper

Tuesday, May 20 1:00 PM

Concord Senior Center, 716-592-2764 to register

The Gardens at Murder Creek: Restoration and Biodiversity

The restoration efforts at our gardens (Gardens at Murder Creek) focus on restoring the Great Lakes ecosystem on just under 10 acres. The property, a former horse pasture, was purchased in 2008 and restoration efforts in 2010. Our mission included the removal of invasive exotics, increased biodiversity of Great Lakes native plants, and stabilizing the banks of our seasonally flooded creek bed. So far, our efforts have transformed the landscape, and we have begun cataloging the results of our efforts in terms of insects, birds, and mammals. More work is needed but restoration takes time. Our primary goal has always been to demonstrate what restoring native plants would mean to the community

Instructor: Dr. Kathleen Contrino, Owner - CW Native Plant Farm/CW Native Botanika

Tuesday, May 13 10:30 AM

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

Tuesday, May 27 10:30 AM

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

Wednesday, June 25 1:15 PM

Akron Senior Center, 716-542-6645 to register

Using Color in the Garden

Color is often the first thing we notice in a garden. Using warm, cool, or neutral colors can create a feeling of excitement or serenity. Learn how to create a pleasing color scheme in your garden using the principles of color theory to create a space that brings you joy.

Instructor: Peggy Koppmann, Erie County Master Gardener

Monday, May 19 10:00 AM

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

What's Going on with Composting?

Composting is a form of recycling, a natural way of returning needed nutrients to the soil. Let's talk about how to turn your spoils into soil and make it community wide.

Instructor: Gary Carrel, Solid Waste Recycling Specialist, Department of Environment and Planning

Thursday, May 15 2:00 PM

Elma Public Library, 716-652-2719 to register

Friday, June 13 10:30 AM

Northwest Amherst Community Center, 716-636-3050 to register

Thursday, July 10 2:00 PM

Eden Library, 716-992-4028 to register

What's Happening with Recycling?

Wondering what you can and cannot recycle? This class is for you! We'll talk about all of the things you can put in your recycling bin and what to do with the things you cannot.

Instructor: Gary Carrel, Solid Waste Recycling Specialist, Department of Environment and Planning

Wednesday, July 9 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Basic Device Maintenance

Understand how to care for and maintain your devices, including cleaning, updating software, and troubleshooting common issues to keep everything running smoothly.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Wednesday, July 9 **10:00 AM**
Cheektowaga Senior Center, 716-686-3930 to register

Buying Tech

Learn how to evaluate and purchase the right technology for your needs, from computers to smart devices, with tips on features, pricing, and brand selection.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Tuesday, May 27 **1:00 PM**
Dorothy J. Collier Community Center, 716-882-0602 to register

Tuesday, June 10 **1:00 PM**
Cheektowaga Senior Center, 716-686-3930 to register

Evolution of Home Entertainment

Discover the history and technological advancements of home entertainment, from traditional TVs to the rise of streaming services and smart devices.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Tuesday, May 13 **1:00 PM**
Central Library, 716-858-8900 to register

Google Maps

Learn how to navigate with Google Maps, from getting directions to exploring real-time traffic updates, finding places, and saving locations. Explore advanced features like Street View, custom maps, and integration with other services

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Monday, May 12 **1:00 PM** 

Internet Privacy and Safety

Learn the best practices for protecting your personal information online, from creating secure passwords to avoiding scams and staying safe on social media.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Tuesday, May 20 **5:30 PM**
Akron Senior Center, 716-542-6645 to register

Tuesday, July 8 **1:00 PM**
Clarence Senior Center, 716-633-5138 to register

iPad-iPhone Basics

Explore the fundamentals of using iPads and iPhones, including navigation, downloading apps, and understanding core features like the home screen and settings.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Monday, May 5 **1:30 PM**
Northwest Amherst Community Center, 716-636-3050 to register

Tuesday, July 1 **1:00 PM**
Central Library, 716-858-8900 to register

LIBBY

Discover how to borrow and enjoy ebooks and audiobooks using the Libby app for free with your library card.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Monday, July 14 **1:00 PM** 

Smart TV Basics

Learn the essentials of setting up, navigating, and using smart TVs, including connecting to Wi-Fi, streaming apps, and using voice controls.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Wednesday, June 18 **1:00 PM** 

Streaming Media

Explore popular streaming services, how to access content, and tips for managing subscriptions for TV shows, movies, and music.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library


Tuesday, June 17 **1:00 PM**
Central Library, 716-858-8900 to register

Using Google

Master the basics of Google Search and other Google tools, including Gmail, Google Drive, and Google Docs, to enhance productivity and simplify tasks.

Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Monday, June 16 **1:15 PM**
Northwest Amherst Community Center, 716-636-3050 to register

Tuesday, July 15 **1:00 PM** 
Clarence Senior Center, 716-633-5138 to register

LEARN TIPS ABOUT VARIOUS SCAMS
RELATED TO THE
TITLE AND LYRICS OF SONGS PLAYED.

**NAME
THAT
SCAM!**

JOIN US FOR FUN AND UNIQUE
PRESENTATION ABOUT SCAMS!

Friday, June 13th
at 2pm
Amherst Senior Center

PRESENTED BY THE ERIE COUNTY DIVISION OF CONSUMER PROTECTION IN COLLABORATION WITH THE SCAMS & FRAUDS
PROGRAM, A PART OF THE UPSTATE ELDER ABUSE CENTER AT LIFESPAN.

SOS

**ATTENTION
VOLUNTEERS**

CLUB 99 IS SENDING OUT A SOS!!!!

DO YOU LOVE EXERCISE?
DO YOU LIKE GIVING BACK TO YOUR COMMUNITY?
DO YOU HAVE ONE HOUR PER WEEK TO COMMIT TO?
WOULD YOU LIKE TO HELP OTHERS REACH THEIR FITNESS
GOALS?
THEN WE WANT YOU TO JOIN OUR FITNESS TEAM !!
CLUB 99 IS LOOKING FOR VOLUNTEERS TO HELP LEAD
RESISTANCE BAND AND MOVEMENT EXERCISE CLASSES

**YOU WILL BE TRAINED AND SUPPORTED
BY ERIE COUNTY SENIOR SERVICES**

PLEASE CONTACT JULIE RUSZALA FITNESS COORDINATOR FOR
CLUB 99 JULIE.RUSZALA@ERIE.GOV OR 716-858-6403

2025 ELDER LAW DAY

FREE EVENT **TUESDAY, JUNE 3RD**
8:00am - 2:00pm
Buffalo Marriott Niagara
1340 Millersport Hwy - Amherst 14221

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

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

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



*20-minute legal consultations available by
request during registration checkout ONLY.
Morning refreshments and a box lunch
is available for those who pre-register
online by 5/15/25!*

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