

UNIVERSITY EXPRESS

FALL
2024

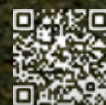
Lifelong Learning for Older Adults, Age 55+



FREE IN-PERSON & VIRTUAL CLASSES

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

716-858-8526 • erie.gov/ue



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

You have
questions.

Senior Services is
here to help you
find answers.



OUR MISSION IS TO SUPPORT YOUR HEALTH AND WELL BEING.

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

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



NUTRITION

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



WELLNESS

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



CASE MANAGEMENT

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

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



**CALL OR VISIT
US ONLINE
TODAY!**



716-858-8526



erie.gov/seniorservices



ECSeniorServices



@ECSeniorSvc

Welcome



Angela Marinucci
Commissioner of Senior
Services



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

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

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

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

Sincerely,
Angela Marinucci



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

BOOK CLUB

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

Join Today

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



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HOW TO REGISTER FOR A *UNIVERSITY EXPRESS* CLASS

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

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

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

2) Register for the classes that interest you.

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

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

3) Make sure you have the right technology.

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

4) Participate in the classes you registered for!

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

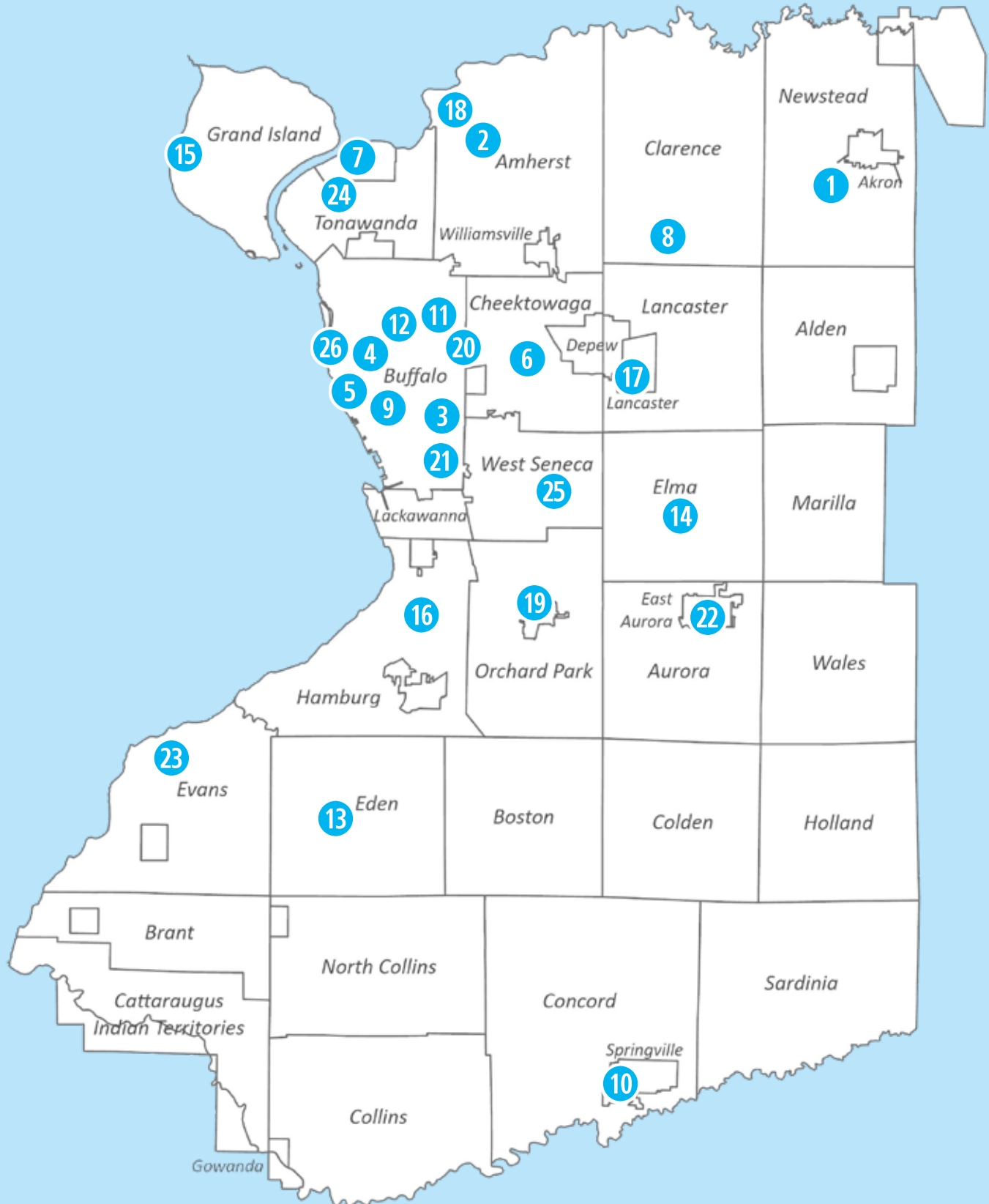
In-Person Classes: Make sure you called the location ahead of time to register. Be sure to follow all safety guidelines at the location you are attending.

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

CLASS LOCATIONS

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

CLASS LOCATIONS



CURRENT EVENTS

200 Years on the Erie Canal

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

Instructor: Explore Buffalo Docent

Tuesday, October 8 10:30 AM

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

Cooking with the Commish - Tailgate Style!

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

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

Monday, October 14 1 PM

West Seneca Center, 716-675-9288 to register

Wednesday, November 20 2:30 PM

Lancaster Senior Center, 716-685-3498 to register

Books and Censorship: History Repeats Itself

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

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

Thursday, October 24 2 PM

Amherst Senior Center, 716-636-3051 to register

Friday, November 1 10:30 AM

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

Thursday, November 7 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, November 8 2 PM

Lancaster Senior Center, 716-685-3498 to register

Monday, November 18 1 PM

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

Diamonds & Emeralds & Rubies! Oh My!

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

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

Friday, December 6 2 PM

Lancaster Senior Center, 716-685-3498 to register

Public Meeting: Gather Around if You Give a Hoot!

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

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

Thursday, October 24 6:30 PM

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

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

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

Thursday, December 5

Tour 1: 10:30 AM

Tour 2: 11:30 AM

(1 hour each)

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

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

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

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

Claudette M.

CURRENT EVENTS

Health Insurance - Don't Get Sick Without It!

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

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

Wednesday, October 16 10:30 AM

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

Wednesday, November 6 2 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, November 12 1 PM

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

Human Trafficking in Western New York

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

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

Friday, October 4 2 PM

Lancaster Senior Center, 716-685-3498 to register

Identity Theft & Credit

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

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

Wednesday, October 2 10:30 AM

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

Tuesday, October 8 1 PM

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

Tuesday, November 19 1 PM

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

Friday, November 22 10:30 AM

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

Tuesday, December 3 10 AM

Cheektowaga Senior Center, 716-686-3930 to register



Indian Boarding Schools

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

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

Tuesday, October 29 1:30 PM

Eden Public Library, 716-992-4028 to register

Friday, November 1 10 AM

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

Friday, November 8 10 AM

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

Tuesday, December 3 10 AM

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

The Lake Erie Ice Boom A Climate Changer for WNY

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

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

Thursday, October 17 1:30 PM

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

Let's Talk Sports

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

Instructors: Budd Bailey & Stu Boyer, Retired Sportswriters

Tuesday, October 15 1 PM

Concord Senior Center, 716-592-2768 to register

Thursday, November 14 2 PM

Elma Public Library, 716-652-2719 to register

Mastering Cash Apps: Navigating the Digital Financial Frontier

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

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

Monday, October 21 10:30 AM

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

Monday, November 4 10:30 AM

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

CURRENT EVENTS

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

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

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

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

Reach Out to 911

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

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

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

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

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

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

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

Strengthening the Canine-Human Relationship

A dog's friendship is like no other. But did you ever wonder why they do some of the things they do? Join us for this class to better understand your furry friend. (Instructor plans to bring a few dogs to class for demonstrations.)

Instructor: Dawn Bellere, Canine Obedience Trainer; American Kennel Club Evaluator; Canine Sports Enthusiast

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



Weathering the Storm

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

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

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

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

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

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

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

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

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

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

AI has been the subject of movies and science fiction for one hundred years. It's here today - is that good news or bad? What does that mean to you? We will see a demonstration of AI in action and discuss what the technology can do right now. We will also ponder what this means for our future.

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

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

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

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

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

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

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

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

CURRENT EVENTS

Winter Sowing & Native Plants

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

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

Tuesday, October 22 1 PM

Hamburg Senior Community Center 716-646-0665 to register

Wednesday, October 30 2 PM

Amherst Senior Center, 716-636-3051 to register

Friday, December 13 2 PM

Akron Senior Center, 716-542-6645 to register

200th Anniversary of the Erie Canal

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

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

Wednesday, October 9 2 PM

Amherst Senior Center, 716-636-3051 to register

HISTORY

3rd Party & Contested Presidential Elections

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

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

Wednesday, October 30 10:30 AM

Orchard Park Senior Center 716-662-645 to register

18 Years, 5 Months, 22 Days

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

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

Tuesday, October 1 6 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, October 3 1 PM

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

Friday, October 4 1:15 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, October 15 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, October 30 2 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, November 12 10:30 AM

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

Wednesday, December 4 10:30 AM

Orchard Park Senior Center 716-662-6452 to register

A Young Woman's Remembrances of the Civil War

Judy Buzby will take on the voice and costume of her Great Great-Aunt Harriet to tell you of Hattie's remembrances of the exciting events that occurred during the Civil War. She was 10 years old when the War started and she reminisces about her family life, the soldiers, how she met Lincoln, and other important people from that time. This information comes from Harriet Chapin Barnard's memoirs, which Judy found when she was doing genealogical research.

Instructor: Judy Buzby, RN, BSN, MSN, Professor of Nursing, NCCC, Retired

Tuesday, October 1 1 PM

Concord Senior Center, 716-592-2768 to register

Thursday, November 21 2 PM

Amherst Senior Center, 716-636-3051 to register

Buffalo City Hall

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

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

Tuesday, October 1 1 PM

Clarence Senior Center, 716-633-5138 to register

Thursday, October 3 10:30 AM

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

Christmas Shopping in Buffalo

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

Instructor: Explore Buffalo Docent

Wednesday, October 30 6 PM

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

Thursday, December 5 2 PM

Elma Public Library 716-652-2719 to register

COL Bennet Riley: Defender of Buffalo

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

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

Wednesday, October 23 5 PM

Lancaster Senior Center, 716-685-3498 to register

Monday, October 28 1:30 PM

Orchard Park Senior Center 716-662-6452 to register

Wednesday, November 6 6 PM

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

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

Wednesday, November 13 2 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, November 20 2 PM

Baptist Manor 716-881-1120 x4 to register

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

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

Instructor: Sister Peggy Gorman, Religious Sister of Mercy

Friday, November 8 10:30 AM

Hamburg Senior Community Center 716-646-0665 to register

Erie Canal: The Creation of the Empire State

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

Instructor: Explore Buffalo Docent

Tuesday, November 12 1 PM

Cheektowaga Senior Center, 716-686-3930 to register

Erie County Parks History

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

Instructor: Erie County Department of Parks, Recreation & Forestry

Monday, October 7 10:30 AM

Orchard Park Senior Center 716-662-6452 to register

Wednesday, October 23 6:30 PM

Elma Public Library, 716-652-2719 to register

Tuesday, November 5 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Monday, December 2 3 PM

Lancaster Senior Center, 716-685-3498 to register

Five Star Admirals that Helped Win WWII

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

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

Wednesday, October 2 1 PM

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

Wednesday, November 6 1 PM

Akron Senior Center, 716-542-6645 to register

Thursday, November 7 2 PM

Elma Public Library, 716-652-2719 to register

Wednesday, November 20 6 PM

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

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

Fran Striker/Lone Ranger

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

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

Friday, October 11 10:30 AM

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

Friday, November 15 1:30 PM

Orchard Park Senior Center 716-662-6452 to register

HISTORY

Historic Places of Buffalo/WNY

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

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

Tuesday, November 12 1 PM

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

Wednesday, November 13 6 PM

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

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

Thursday, December 5 1 PM

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

Thursday, December 12 2:30 PM

Akron Senior Center, 716-542-6645 to register

Philanthropists & Social Benefactors

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

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

Monday, November 18 1:30 PM

Orchard Park Senior Center 716-662-6452 to register

Histories of the Buffalo Naval Park's Three Ships

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

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

Tuesday, October 8 1 PM

Concord Senior Center 716-592-2768 to register

History of Beer and Brewing in Buffalo

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

Instructor: Timothy Herzog, Retired Brewery Owner

Friday, October 4 11:30 AM

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

Thursday, November 7 1 PM

Central Library, 716-858-8900 to register

Wednesday, November 13 1 PM

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

History of Buffalo Aviation: People Places and Planes

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

Instructor: Explore Buffalo Docent

Friday, October 11 10:30 AM

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

History of the Herschell Spillman Motor Company

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

Instructor: John Dombrowski, Herschell Spillman Motor Company Specialist

Thursday, October 3 4:30 PM

Akron Senior Center, 716-542-6645 to register

Wednesday, November 20 1 PM

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

History of the North Tonawanda Amusement

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

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

Thursday, November 14 1 PM

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

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

Erie County Executive Mark C. Poloncarz will discuss President Franklin D. Roosevelt's "Four Freedoms" speech, the genesis for it, what resulted from it, and how the basic principles of the speech still apply today in an ever-growing tumultuous nation and world. ***University Express Fall Semester Kick-Off!!*

Instructor: Mark C. Poloncarz, Erie County Executive

Monday, September 30 3 PM

Cheektowaga Senior Center, 716-686-3930 to register

How Buffalo Gave Wings to the World

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

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

Tuesday, October 8

10 AM

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

Thursday, October 24

1:30 PM

Eden Public Library, 716-992-4028 to register

Irish & the Erie Canal

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

Instructor: Michael McCarthy, Police Investigator (retired); Author, Past President of the Irish American Cultural Institute, Ancient Order of Hibernians

Thursday, October 24

AUDIO ONLY 1 PM

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

Monday, November 25

1:30 PM

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

Landlubbing on the Buffalo River

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

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

Friday, October 4

1 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, October 8

10:30 AM

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

Thursday, October 10

2 PM

Amherst Senior Center, 716-636-3051 to register

Monday, November 18

10:30 AM

Orchard Park Senior Center 716-662-6452 to register

Thursday, November 21

2 PM

Elma Public Library, 716-652-2719 to register

Monday, December 2

1 PM

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

Tuesday, December 10

10:30 AM

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

The Larkin Company

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

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

Monday, October 28

2:30 PM

Lancaster Senior Center, 716-685-3498 to register

The Long-Forgotten Cleveland Hill School Fire

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

Instructor: John Zach, Retired Buffalo Broadcast Journalist; Author

Tuesday, October 8

6 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, October 9

1:30 PM

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

Friday, October 11

1 PM

Clarence Senior Center, 716-633-5138 to register

Thursday, October 17

10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, October 21

1 PM

City of Tonawanda Library, 716-693-5043 register

Nikola Tesla Changed The World. Was Forgotten. Not Anymore

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

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

Monday, November 4

1 PM

Central Library, 716-858-8900 to register

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

Linda M.

Scajaquada Beyond the Multitude

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

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

Wednesday, October 2 1 PM

Akron Senior Center, 716-542-6645 to register

Wednesday, October 9 6 PM

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

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

Wednesday, October 23 10:30 AM

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

The Making of the Nikola Tesla Legacy Corridor

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

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

Friday, October 25 1 PM

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

The Ghosts of Buffalo, NY!

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

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

Thursday, October 24 6 PM

Amherst Senior Center, 716-636-3051 to register

US Naval War Production

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

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

Friday, November 8 10:30 AM

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

Waterway of Change: Two Hundred Years on the Erie Canal

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

Instructor: Douglas Kohler, Erie County Historian

Tuesday, October 1 1 PM

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

Monday, October 21 1:30 PM

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

Tuesday, December 3 5:30 PM

Akron Senior Center, 716-542-6645 to register

Tuesday, December 10 6 PM

Amherst Senior Center, 716-636-3051 to register

Who Knew?

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

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

Thursday, November 14 2 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, December 5 10:30 AM

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

What Ever Happened to Campaign Songs?

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

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

Wednesday, October 30 2 PM

Baptist Manor, 716-881-1120 x4 to register

Monday, December 9 1:30 PM

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

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

Phil S.

Who Was That Man?

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

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

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

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

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

Instructor: Michael F. Rizzo, Author

Thursday, November 14 12 PM

University Express The Book Club

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

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

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

November FREE UE Movie Day

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

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

A Time Against Race

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

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

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

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

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

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

Acting Shakespeare: How the Actor Prepares

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

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

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

All About the Genealogy Database "FamilySearch"

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

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

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

Ask the Genealogist

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

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

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

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

Beer Culture and Styles

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

Instructor: Timothy Herzog, Retired Brewery Owner

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

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

Brews & Bites

The art of perfect pairing, just like wine, is paired with different foods, you can do the same with beer selections. Join us to learn how!

Instructor: Timothy Herzog, Retired Brewery Owner

Friday, October 11 **2 PM**

Lancaster Senior Center, 716-685-3498 to register

Friday, October 18 **11:30 AM**

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

Tuesday, November 19  **10 AM**

Cheektowaga Senior Center, 716-686-3930 to register

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

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

Buffalo's Best Restaurants Remembered

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

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

Tuesday, October 22 **1 PM**

Concord Senior Center, 716-592-2768 to register

Friday, November 1 **2 PM**

Lancaster Senior Center, 716-685-3498 to register

Christmas Tree Ornaments Around the World

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

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

Thursday, October 24 **10 AM**

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

Wednesday, November 13 **1 PM**

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

Friday, November 15 **11 AM**

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

Deaf Culture Competency

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

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

Thursday, October 3 **12:30 PM**

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

Thursday, October 31 **2 PM**

Amherst Senior Center, 716-636-3051 to register

The Dirty Story Behind the Birth of 4 Architectural Treasures

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

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

Monday, October 21 **10:30 AM**

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

Experimental Printmaking

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

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

Wednesday, October 16 **1 PM**

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

Future of Technology & Humanity

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

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

Tuesday, October 29 **1:30 PM**

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

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

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

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

Monday, October 7 1 PM

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

Wednesday, October 23 1:30 PM

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

Monday, November 25 1:30 PM

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

The Golden Age of Disney (1937-1942)

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

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

Friday, November 1 11:30 AM

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

Tuesday, November 12 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, November 22 2 PM

Lancaster Senior Center, 716-685-3498 to register

Monday, December 2 12:45 PM

Akron Senior Center, 716-542-6645 to register

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

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

Instructor: Graycliff Docent

Tuesday, October 8 2 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, October 16 1 PM

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

Greeting Card Master Class

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

Instructor: Cindy Solly, Arts & Crafts Wiz

Monday, October 7 1 PM

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

Wednesday, October 9 1 PM

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

Tuesday, October 15 10:30 AM

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

Wednesday, October 16 1 PM

Lancaster Senior Center, 716-685-3498 to register

Halloween: Anthropological Perspectives on a Festival with Many Meanings

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

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

Thursday, October 24 1 PM

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

What Was that Star Over Bethlehem?

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

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

Tuesday, December 3 6 PM

Amherst Senior Center, 716-636-3051 to register



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

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

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

Thursday, October 17 1:30 PM

Eden Public Library, 716-992-4028 to register

Friday, October 25 1 PM

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

Tuesday, November 5 1 PM

Concord Senior Center, 716-592-2768 to register

Wednesday, November 20 2 PM

Amherst Senior Center, 716-636-3051 to register

Irish Immigration: Coming to America

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

Instructor: Explore Buffalo Docent

Wednesday, October 2 2 PM

Lancaster Senior Center, 716-685-3498 to register

Italian Immigration: Coming to America

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

Instructor: Explore Buffalo Docent

Wednesday, November 13 1:30 PM

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

Thursday, November 21 AUDIO ONLY 1 PM

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

Jacqueline Kennedy - A Style Icon

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

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

Friday, October 18 10 AM

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

Tuesday, October 22 1PM

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

Tuesday, October 29 1PM

Concord Senior Center, 716-592-2768 to register

Friday, November 15 11:30 AM

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

Tuesday, December 3 2 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, December 4 2 PM

Lancaster Senior Center, 716-685-3498 to register

The Language of Holiday Flowers

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

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

Monday, October 28 1:30 PM

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

Monday, November 4 1 PM

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

Friday, November 8 1 PM

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

Learn How to Make a Linocut Postcard Print

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

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

Friday, October 18 11AM

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

Merry Christmas from Buffalo

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

Instructor: Explore Buffalo Docent

Monday, December 9

 **2 PM**

Akron Senior Center, 716-542-6645 to register

Wednesday, December 11

10:30 AM

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

Origami Boxes

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

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

Tuesday, November 12

2 PM

Amherst Senior Center, 716-636-3051 to register

Henry Flagler's Opening Up Florida

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

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

Wednesday, October 23

2 PM

Amherst Senior Center, 716-636-3051 to register

Friday, October 29

3 PM

Clarence Senior Center, 716-633-5138 to register

Origin & Evolution of Popular Musical Instruments

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

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

Friday, October 11

10:30 AM

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

Thursday, December 12

2 PM

Amherst Senior Center, 716-636-3051 to register

Outsider Art - What is it?

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

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

Tuesday, October 1

10 AM

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

Painting with Acrylics for Beginners

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

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

Thursday, November 21

 **2 PM**

Propaganda Images in Art & Advertising

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

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

Wednesday, October 30

1:30 PM

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

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

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

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

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

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

Wednesday, November 6  **1 PM**

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

The Sicily I Know

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

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

Friday, November 1 **1 PM**

Clarence Senior Center, 716-633-5138 to register

Wednesday, November 6 **5 PM**

Lancaster Senior Center, 716-685-3498 to register

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

So What Do I Need to Start Working with Watercolors?

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

Instructor: Cindy Solly, Arts & Crafts Wiz

Tuesday, October 1 **1 PM**

Elma Public Library, 716-652-2719 to register

Spirits of Aging

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

Instructor: The Brainstormers Troupe of Actors

Thursday, October 17 **2 PM**

Baptist Manor, 716-881-1120 x4 to register

Storytelling through Shakespeare

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

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

Friday, October 18 **10 AM**

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

Teachings of the Good Mind

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

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

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

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

William Who?

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

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

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

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

Wonderful Words of Shakespeare

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

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

Friday, October 4 **10 AM**

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

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

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

Instructor: Jean Harris, Attorney/Partner PB Elder Law

Tuesday, October 1  **3 PM**

Clarence Senior Center, 716-633-5138 to register

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

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

Thursday, November 7 **2 PM**

Amherst Senior Center, 716-636-3051 to register

Budgeting & Bundt Cakes

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

Instructor: Renee Pratt, Center for Elder Law & Justice

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

Clarence Senior Center, 716-633-5138 to register

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

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

Does your Will Conflict with Your Financial Plan?

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

Instructor: Valerie Stanek, Esq., Attorney at Law

Tuesday, October 15 **1 PM**

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

Monday, October 21 **11 AM**

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

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

Akron Senior Center, 716-542-6645 to register


Financial Strategies for Sustainable Retirement

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

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

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

Orchard Park Senior Center, 716-662-6452

Tuesday, October 29  **1 PM**

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

Lies, Damn Lies, & Statistics

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

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

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

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

Managing Money: A Caregiver's Guide to Finances

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

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

Thursday, October 17 **1 PM**

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

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

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

Should I Turn Things Over?

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

Instructor: Valerie Stanek, Esq., Attorney at Law

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

Eden Public Library, 716-992-4028 to register

Spot that Scam! By Being an Educated Consumer

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

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

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

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

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

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

Monday, October 28 **11 AM**

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

Tuesday, November 12 **1 PM**

Concord Senior Center, 716-592-2768 to register

Tuesday, December 17 **10 AM**

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

Understanding Health Care Inflation & Impact

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

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

Wednesday, December 11 2 PM

Amherst Senior Center, 716-636-3051 to register

Understanding Your Annuity: A Comprehensive Educational Workshop

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

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

Wednesday, November 27 2 PM

Amherst Senior Center, 716-636-3051 to register

Veterans Benefits: What am I entitled to?

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

Instructor: Erie County Veterans Service Agency

Wednesday, November 13 1 PM

Akron Senior Center, 716-542-6645 to register



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

What Your Survivors Need to Know - Creating a Legacy Document

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

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

Wednesday, October 2 6:30 PM

Elma Public Library, 716-652-2719 to register

Monday, October 7 10 AM

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

Tuesday, October 29 6 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, November 14 1 PM

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

Wednesday, November 25 1 PM

Autumnwood Senior Center, 716-826-7895 to register



CLUB 99

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



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

Bad Boy Plants and the Insects that Love Them

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

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

Thursday, October 3 2 PM

Elma Public Library, 716-652-2719 to register

Fossils of Western NY

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

Instructor: Penn Dixie Fossil Park & Nature Reserve

Monday, October 28 1:15 PM

Akron Senior Center, 716-542-6645 to register

Wednesday, November 13 1 PM

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

Tuesday, November 19 10:30 AM

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

Gardening on a Dime in Less Time

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

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

Friday, November 15 10:30 AM

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

Introduction to Native Plants

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

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

Friday, October 18 1:15 PM

Akron Senior Center, 716-542-6645 to register

Friday, November 1 1 PM

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

Tuesday, November 12 10 AM

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

Friday, November 22 1:30 PM

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

Nature Journaling 101

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

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

Thursday, October 3 1 PM

Akron Senior Center, 716-542-6645 to register

Not Just a Pretty Face (Medicinal Native Plants)

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

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

Friday, October 11 1:30 PM

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

Wednesday, October 16 2 PM

Amherst Senior Center, 716-636-3051 to register

Queerness in Nature

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

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

Wednesday, October 2 2 PM

Amherst Senior Center, 716-636-3051 to register

When Perennials Aren't Perennial

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

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

Tuesday, October 8 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Why We Love the Element Gold

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

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

Tuesday, November 19 2 PM

Elma Public Library, 716-652-2719 to register

Monday, December 2 1:30 PM

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

Cancer Education Services

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

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

Monday, October 7 1 PM

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

Tuesday, November 26 1 PM

Clarence Senior Center, 716-633-5138 to register

CBD Wellness

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

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

Monday, October 7 1:30 PM

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

Wednesday, October 23 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, October 29 1 PM

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

Friday, November 8 11:30 AM

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

Tuesday, November 12 4 PM

Clarence Senior Center, 716-633-5138 to register

Cultural Bereavement

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

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

Thursday, October 24 1 PM

Hands Only CPR-AED

This class will teach you the skills needed to perform hands only CPR on adults and infants. This is not a certificate course, but you will leave knowing that you can save a life. Class size limited. 2 Sessions

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

Wednesday, December 4 1 PM - 2 PM

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

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

Healthy Aging

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

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

Thursday, October 17 4:30 PM

Akron Senior Center, 716-542-6645 to register

Healthy Living for Your Brain & Body

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

Instructor: Alzheimer's Association, Western New York Chapter

Monday, December 9 1 PM

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

Stop the Bleed

In life, you are more likely to use “Stop the Bleed” skills than CPR skills. Stop the Bleed is a grassroots national awareness campaign that trains and encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

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

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

Understanding Alzheimer’s & Dementia

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

Instructors: Alzheimer’s Association, Western New York Chapter

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

Understanding & Coping with Anxiety

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

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

Tuesday, October 22 10:30 AM
 Schiller Park Senior Center, 716-895-272 to register
Wednesday, November 13 2 PM
 Lancaster Senior Center, 716-685-3498 to register
Tuesday, November 19 1 PM
 Dorothy J. Collier Community Center, 716-882-0602 to register
Wednesday, December 11 1 PM
 West Seneca Senior Center, 716-675-92 to register

Understanding & Coping with Depression

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

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

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

What is the Core?

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

Instructor: Michael Massaro, Physical Therapist, Excelsior Orthopaedics

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

What is Memory: How to Keep It

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

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

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



Adult Protective Services - What We Can & Cannot Do

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

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

Wednesday, November 20 10:30 AM

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

Balance is Key: A Guide to Fall Prevention

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

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

Thursday, October 10 2 PM

Elma Public Library, 716-652-2719 to register

Monday, October 21 1 PM

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

Friday, November 8 1 PM

Clarence Senior Center, 716-633-5138 to register

Basic Table Tennis 101 (Doubles)

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

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

Thursday, November 21 12:30 PM

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

Be Choosy when Choosing a Caregiver

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

Instructor: Kathy Kanaley, Center for Elder Law & Justice

Tuesday, October 22 1 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, October 24 1 PM

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

Wednesday, October 30 1 PM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, November 7 1:30 PM

Eden Public Library, 716-992-4028 to register

Better Choices for Future House Selling

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

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

Thursday, November 14 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Body Wisdom: A Self Care Workshop for Caregivers

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

Instructor: Victoria Fann, Owner of Victoria Fann Coaching

Thursday, October 10 6 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, October 30 1 PM

Autumnwood Senior Center, 716-826-7895 to register

Breathing Techniques & Performance

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

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

Wednesday, November 6 10:30 AM

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

Club 99: Work Out With Us!

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

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

Friday, November 22 1 PM

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

Drum4Health/Bringing Rhythm to Life

We will introduce you to the magic, fun, & healing power of recreational music-making with handheld drums. No prior experience needed -just bring your enthusiasm! *(Please allow 2 hours for this class. Class size is limited.)*

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

Tuesday, October 8 2 PM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, October 15 3 PM

Clarence Senior Center, 716-633-5138 to register

Monday, November 4 2 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, November 19 5:30 PM

Akron Senior Center, 716-542-6645 to register

Dreamwork & Dream Interpretation

In this workshop you will learn about the tools and techniques for remembering and capturing dreams. You'll receive an overview of theories and techniques of working with your dreams. We'll talk about the role of symbols, dictionaries, and archetypes in dreams and provide you with techniques to interpret your dreams.

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

Friday, November 1 10 AM

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

Erie County Senior Services - Connecting You to Key Services

This class will give *Android* rookies (and those who just want Learn about congregate and home-delivered meals, nutrition counseling, employment and volunteer opportunities, senior centers, transportation, in-home supports as well as support to family, friends, and neighbors who may be providing assistance to older adults and much more. *(*This class is a lunch-n-learn. Please call to register at least one week before to request a lunch).*

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

Tuesday, October 15 1 PM

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

Thursday, November 7 12 PM

Autumnwood Senior Center, 716-826-7895 to register

Getting Comfortable with Death Talk

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

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

Tuesday, October 22 10 AM

Cheektowaga Senior Center, 716-686-3930 to register

Monday, October 28 1 PM

Autumnwood Senior Center, 716-826-7895 to register

Get Where You are Going!

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

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

Friday, October 4 1:30 PM

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

Monday, October 21 1:30 PM

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

Friday, November 12 1 PM

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

Improving Your Pickleball Game

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

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

Thursday, October 24 2 PM

Elma Public Library, 716-652-2719 to register

Introduction to Reiki

Join us to learn about Reiki. What is it? How do we use it? Why it is important for all of us and how we can use it to "center" ourselves in stressful times. Found commonly in Yoga and Meditation practices, Reiki can also be used in Modern Medicine and Counseling/Psychological services to enhance overall wellness.

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

Wednesday, October 30 10 AM

Akron Senior Center, 716-542-6645 to register

Laughter Yoga Wellness

Mind, body, and spirit are engaged as participants combine laughter exercises with yoga breath, gentle stretching, childlike playfulness and positivity. All done to experience stress relief, joy, well-being, and connection. No yoga experience needed. Dress comfortably & layered. Most exercises can be done seated. *(Please allow two hours for this class. Class size limited).*

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

Wednesday, October 23 1 PM

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

Tuesday, November 26 1 PM

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

Meditation for Beginners

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

Instructor: Jennifer Johnson, Owner, New Sky Coaching

Wednesday, October 30 1 PM

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

Meditative Self-Healing

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

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

Wednesday, October 2 1 PM

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

Wednesday, October 9 1 PM

Autumnwood Senior Center, 716-826-7895 to register

Tuesday, November 19 10 AM

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

Tuesday, November 26 3 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, December 4 2 PM

Baptist Manor, 716-881-1120 x4 to register

Wednesday, December 11 2 PM

Cheektowaga Senior Center, 716-686-3930 to register

Mindfulness

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

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

Tuesday, December 3 1 PM

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

Pickleball 101

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

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

Monday, November 4 1:30 PM

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

Senior Services Senior Hiking Club - JOIN US!

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

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

Wednesday, October 9 11 AM

Ellicott Creek Park Friendship House, to register visit: erie.gov/parks/events

Understanding Condos, Townhouses and Patio Homes

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

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

Wednesday, December 4 2 PM

Amherst Senior Center, 716-636-3051 to register

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

Bob P.

Yoga Dance & Meditation

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

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

Friday, November 15

10 AM

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

Yoga: The Eight-Limbed Path

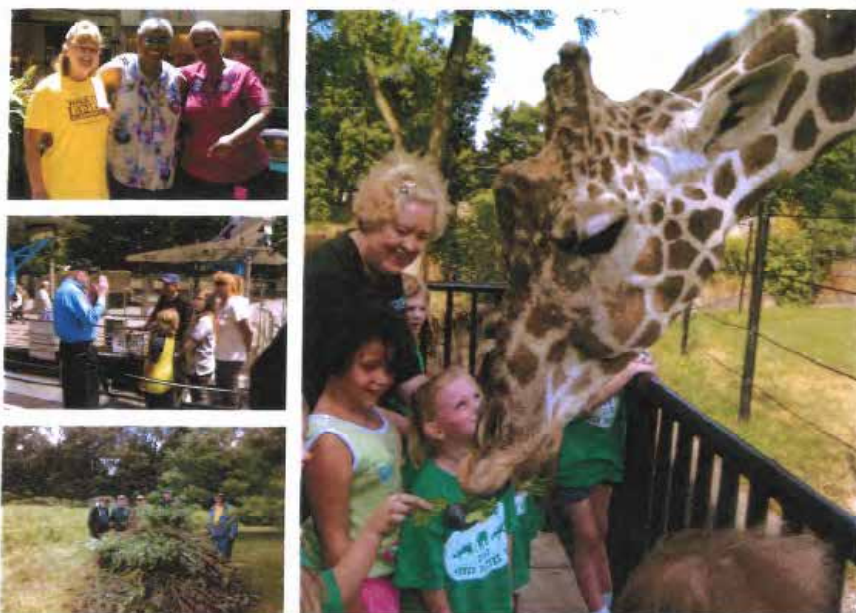
When we hear the word yoga, we think of yoga poses like Tree Pose or Downward Facing Dog or we think we could never do yoga because we don't have the flexibility! However, yoga is so much more than moving your body. In this class, we'll learn about yoga as a way of living and discuss the guidance yoga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

Instructor: Jennifer Johnson, Owner, New Sky Coaching

Thursday, November 21

1:30 PM

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



ERIE COUNTY RETIRED
SENIOR VOLUNTEER
PROGRAM

**MAKE A DIFFERENCE-
VOLUNTEER!**



Remote volunteering
opportunities available!



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

Instacart

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

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

Monday, November 4 1:30 PM

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

Internet Privacy & Safety

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

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

Tuesday, December 10 1 PM

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

Learn to Set-Up a Home Entertainment System

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

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

Friday, October 25 10 AM

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

Learn to Use Microsoft Word

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

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

Monday, November 18 1:30 PM

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

Streaming Media

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

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

Monday, December 2 1:30 PM

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

The Cloud

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

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

Friday, November 22 10:30 AM

Tips for Using Your iPhone

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

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

Tuesday, November 5 10 AM

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

Using Google

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

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

Friday, November 8 10:30 AM

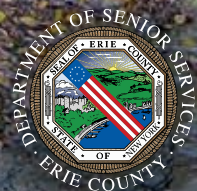
Coming this Fall

The Erie County Department of Senior Services
Annual Public Hearings

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

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

Check for updates on our website
www.erie.gov/seniorservices



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