

UNIVERSITY EXPRESS

FALL
2025



Lifelong Learning for Adults Age 50+

BUFFALO

THE ERIE CANAL
THIS SITE MARKS THE WEST
END OF THE CANAL OPENED IN
1825. IT CARRIED PRODUCTS
AND PEOPLE BETWEEN LAKE
ERIE AND THE HUDSON RIVER.
CANAL SOCIETY
OF N.Y.S.



FREE IN-PERSON & VIRTUAL CLASSES

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

716-858-8526 • erie.gov/ue





ERIE COUNTY DEPARTMENT FOR THE AGING

HEAP ASSISTANCE

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

CLUB 99

FREE fitness and dance classes to enhance balance and mobility at all ability levels

RSVP

Retired Senior Volunteer Program connecting older adults with their community

STAY FIT DINING PROGRAM

Nutritious meals provided to promote social interaction and healthy eating at locations across Erie County for adults 60+ with a suggested confidential contribution cost. Frozen meals are also available for home use.

NUTRITION EDUCATION

Assistance in navigating what nutrients are the best for you and your wallet via workshops, cooking demos, and counseling.

NY CONNECTS

Our case managers staff the main phone line, offering personalized support with resources, healthcare navigation, benefits enrollment, and quality-of-life needs—and you'll also see them at community outreaches.

CAREGIVER RESOURCE UNIT

Free programs to support caregivers—like support groups, respite care, safety checks, helpful classes, and resources for those caring for someone with dementia, veterans, or children. Our goal is to make caregiving easier and safer for everyone.

CASE MANAGEMENT

Personalized support to help adults 60+ access resources, navigate healthcare, and age in place. Tailored care plans connect individuals to services like home care and meals, and check in regularly to ensure changing needs are met—all to enhance quality of life and support independence.

UNIVERSITY EXPRESS

Offers 300–400 lifelong learning classes each Fall and Spring at 28 senior centers and libraries, covering topics from History and Finance to Humanities and Wellness. Programs also include virtual trivia, book club, March Madness, fantasy football, puzzle contests, and field trips.

HEALTH INSURANCE COUNSELING

FREE unbiased health insurance assistance (Medicare, Medicaid, Private-Pay, and more)

GOING PLACES TRANSPORTATION

Providing essential and accessible rides for older adults of all abilities



716-858-8526
95 Franklin St - Floor 13 Buffalo NY
www3.erie.gov/aging
senior.info@erie.gov
Facebook- Erie County Department for the Aging

University Express Fall 2025

Dear Learners,

As Commissioner of the Department for the Aging, it's my pleasure to welcome you to another semester of University Express. Fall is here—the air's crisp, the colors are bold, and it's the perfect time to take on something new.

This semester, University Express is packed with exciting classes and hands-on experiences built to challenge your mind, spark conversation, and keep you engaged. Whether you're stepping in for the first time or coming back for more, there's a course here that will push you to think differently, learn more, and connect with others.

Lifelong learning isn't just about keeping sharp—it's about staying active, meeting new people, and continuing to grow no matter the season of life. The drive, curiosity, and energy you bring are what make this program a success, and we couldn't be more grateful for you.

So gear up, dive in, and make the most of this fall. We've got a great lineup ahead—let's get started!

Randy Hoak



Randy Hoak
Commissioner
Erie County Department for
the Aging

VOLUNTEER OPPORTUNITIES

Join the **FUN!**



Find an opportunity you're passionate about
716-858-7548



TABLE OF CONTENTS

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

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

CLASS LISTINGS BY TOPIC:

Current Events.....	7
---------------------	---

Health & Wellness.....	10
------------------------	----

History	16
---------------	----

Humanities	21
------------------	----

Law & Finance	24
---------------------	----

Natural Science.....	26
----------------------	----

Special Events.....	28
---------------------	----

Technology	30
------------------	----

*Front Cover: Longshed at Canalside,
Photo Credit: Douglas Kohler, Erie County Historian
(Field Trip, pg. 28)*

Let's get started! Learn How to Register for University Express (UE)


Experience the joy of lifelong learning with University Express, specifically designed for adults aged 50 and over! Our exceptional instructors are a blend of renowned experts and active professionals who bring both deep knowledge and fresh insights, inspiring every learner.

Each year, **University Express offers two semesters each year: from May - July and October - December, featuring around 400 engaging classes per semester, including 50 convenient virtual options.** Whether your interests lie in history, science, art, technology, or wellness, you'll find enriching opportunities to explore. With partnerships at 28 senior centers and libraries in Erie County, learning has never been so accessible, social, or enjoyable—and best of all, classes and events are absolutely free!

Step 1: Review the Course Listings! Discover classes by category, with detailed information on titles, descriptions, dates, times, and locations.

Step 2: Choose Your Classes! Choose as many classes as you like; all are free and open to Erie County residents 50+. No membership to a senior center is required.

Step 3: Register Easily (Important)!

- **For virtual classes (marked with a )**, register online via our University Express website <https://www4.erie.gov/universityexpress/virtual-registration> . You'll receive a confirmation email and reminders with easy access links.
- **For in-person classes**, reserve your spot by calling the class location. This helps manage attendance and waitlists smoothly. Please note most of our classes are about one hour long, but some run **90+ minutes** and are noted in the catalog so you can plan accordingly.
- Many venues also offer meal reservations for lunch or dinner—book one week in advance! Inquire about these options when you reserve your seat for class!

Step 4: Special Events! Register online for exclusive field trips and special events—spaces are limited and available on a first-come, first-served basis.

Step 5: Attend Your Class! Arrive a few minutes early to get settled. If plans change, please notify the location so others can benefit from your spot.

Need Help? For assistance with registration or questions about the program, contact the University Express at 716-858-6897, or visit our website at erie.gov/ue . We're committed to making lifelong learning inspiring, accessible, and enjoyable for older adults everywhere.

CLASS LOCATIONS

1. **Akron-Newstead 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**
4041 Southwestern Blvd.
Erie Community College Building #4
Orchard Park 14127
Phone: 716-646-5145
 17. **Lancaster Senior Center**
100 Oxford Avenue
Lancaster 14086
Phone: 716-685-3498
 18. **Northwest Amherst Community Center**
220 Northpointe Parkway
Amherst, NY 14228
Phone: 716-636-3051
 19. **Orchard Park Senior Center**
4520 California Road
Orchard Park 14127
Phone: 716-662-6452
 20. **Schiller Park Senior Center**
2057 Genesee Street
Buffalo 14211
Phone: 716-895-2727
 21. **Tosh Collins Senior Center**
35 Cazenovia Street
Buffalo 14220
Phone: 716-822-4532 ext. 0
 22. **Town of Aurora Senior Center**
101 King Street, Suite A
East Aurora 14052
Phone: 716-652-7934
 23. **Town of Evans Senior Center**
999 Sturgeon Point Rd
Derby 14047
Phone: 716-947-0974
 24. **Town of Tonawanda Senior Center**
291 Ensminger Road
Tonawanda 14150
Phone: 716-874-3266
 25. **West Seneca Senior Center**
4620 Seneca Street
West Seneca 14224
Phone: 716-675-9288
 26. **West Side Community Services**
161 Vermont Street
Buffalo 14213
Phone: 716-884-6616
- TWO NEW PARTNERS:**
27. **BFNC Life Center / Westminster Community House**
419 Monroe Street, 1st Floor
Buffalo 14202
Phone: 716-852-5065 ext. 132
 28. **West Seneca Public Library**
1300 Union Road
West Seneca 14224
Phone: 716-674-2928

CURRENT EVENTS

A Puerto Rican Cooking Fiesta

Embark on a flavorful journey through the vibrant culinary traditions of Puerto Rico in a cooking class led by a dynamic duo—Assemblymember Rivera and his beloved mom, Esther Rivera! With hands-on guidance and heartwarming anecdotes, you will be transported to the sun-kissed shores of the Caribbean, to learn the soulful essence of Puerto Rican cuisine. Get ready to savor the spices, sizzle with excitement, and create unforgettable recipes in this delicious celebration of food, family, and culture. Buen provecho!

Instructor: Assemblymember Jon Rivera, 149th District & Esther Rivera. (Class size limited, 90 minutes.)

Monday, October 6 11:00 AM
West Side Community Services, 716-884-6616 to register

7 Key Decisions for Seniors for Rightsizing

This session will simplify this process by breaking down this significant life challenge into seven more manageable pieces. Decision making - how to know when it's time to go/ what do I need to be concerned about/how do I organize my ideas? Personal property - donate/sell/give to family? Financial and legal - who to talk to/what to talk about? Timeline for moving - what is this and how does it work best? What about repairs and municipal requirements - can I sell "as is" or is it better to do some things? Areas of worry that frequently accompany real estate will be identified and simple solutions will be presented. Participants will walk away with tools to successfully handle all aspects of this potentially thorny real-life problem.

Instructor: Michael Olear, MSW, Licensed Associate

Thursday, October 16 12:30 PM
Hamburg Senior Community Center, 716-646-5145 to register

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

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

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

Instructor: Michael Olear, MSW, Licensed Associate

Wednesday, November 5 10:00 AM
Orchard Park Senior Center, 716-662-645 to register

Benefits Bingo!

Play Benefits Bingo to learn about programs and services available in a Bingo format! Win prizes and have some fun :-).

Instructor: Moira Mycio, Assistant Long Term Care Coordinator, MSW, Erie County Department for Aging

Thursday, October 9 1:00 PM
Dorothy J. Collier Community Center, 716-882-0602 to register

Tuesday, October 14 1:00 PM
Autumnwood Senior Center, 716-826-7895 to register

Wednesday, October 22 10:30 AM
Schiller Park Senior Center, 716-895-2727 to register

Friday, October 31 11:45 AM
Tosh Collins Senior Center, 716-822-4532 ext. 0

Thursday, November 6 10:00 AM
Clemmon H. Hodges, Sr. Community Center, 716-847-8951 to register

Wednesday, November 12 1:00 PM
Clarence Senior Center, 716-633-5138 to register

Wednesday, November 19 2:00 PM
Lancaster Senior Center, 716-685-3498 to register

Thursday, December 4 1:00 PM
City of Tonawanda Public Library, 716-693-5043 to register

Health Insurance - Don't Get Sick Without It

Discusses the importance of health insurance and the different types available to ensure protection in case of illness.

Instructor: Bill Daniels, Coordinator of Insurance Outreach, Erie County Department for Aging

Thursday, November 6 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

HEAP Basics

This class will give an overview of the program with a concentration on a regular benefit. We will discuss how you can apply for the program, what documentation is needed and if eligible, what additional programs you may qualify for with a HEAP approval letter.

Instructor: Adam Kowalyk, Aging & Disability Resource Representative, Erie County Department for Aging

Friday, October 17 12:30 PM
Lancaster Senior Center, 716-685-3498 to register

Identity Theft & Credit

Learn how to protect your identity and why it's important to review your credit report regularly.

Instructor: Jennifer Andres, Director of Consumer Protection, Erie County Department of Public Advocacy

Wednesday, October 22 2:00 PM
Lancaster Senior Center, 716-685-3498 to register

CURRENT EVENTS

Inside the DA's Office: Investigation, Prosecution and Crime Prevention

As part of District Attorney Mike Keane's ongoing effort to protect and educate Erie County residents, lawyers will discuss the role of the District Attorney's Office in the investigation, prosecution and prevention of crime. The Special Investigations and Prosecutions Bureau handles cases involving embezzlements, fraud, identity theft, tax evasion, and other white-collar crimes. Financial exploitation is the most frequent form of elder abuse reported to the Erie County DA's Office. Prosecutors will share information on the latest scam trends, warning signs of abuse, tips on protecting your personal information, and how to report suspected crimes to law enforcement.

Instructor: Chief Gary Ertel, Erie County District Attorney's Office, Special Investigations & Prosecutions Bureau

Wednesday, October 8 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, October 14 11:00 AM

West Seneca Center, 716-675-9288 to register

Monday, November 3 2:00 PM

Lancaster Senior Center, 716-685-3498 to register

Is Islam an Arab Religion? Rethinking What We Assume About Faith and Culture

What forms might life take in the Solar System and beyond? This presentation explores the often-misunderstood relationship between Islam and Arab culture. By examining key Islamic texts such as the Qur'an and Sunnah, this presentation highlights Islam's emphasis on cultural diversity and universal moral principles rather than a singular cultural expression.

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

Wednesday, November 12 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, December 10 10:00 AM

Orchard Park Senior Center, 716-662-6452 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. **(All materials are provided. Class size is limited, 90 minute class.)**

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

Thursday, November 13 1:00 PM

West Side Community Services, (716) 884-6616 to register

Let's Talk Sports! One Bills Drive - The Buffalo Bills' Greatest Home Games, 1973-2025

Join two long-time friends and veteran sports reporters from Western New York, Budd Bailey & Stu Boyar, as they answer all your questions about local sports - past and present. Since there is no set lecture, every program is different. You're guaranteed to be learning & laughing during this session. . (Budd's newly released book **"One Bills Drive - The Buffalo Bills' Greatest Home Games, 1973-2025,"** will be available at these classes. The book has a summary of the top 50 games played in the Orchard Park stadium.)

Instructors: Budd Bailey, Author & Retired sportswriter, The Buffalo News & Stu Boyar, Former WGRZ TV sportscaster from 1985-2020

Wednesday, October 29 1:00 PM

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

Thursday, November 20 1:00 PM

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

Listing and Buying Your Home: What First, Where Do I Go, How Do I Start

(This class is a lunch and learn - RSVP to attend)

Instructor: Donald Zappia, Real Estate Advisor: License Real Estate Agent with eXp Real Estate

Thursday, October 30 12:00 PM

Elma Public Library, 716-652-2719 to register

Make A Wish Birthday Card Class (Art from the Heart)

We will make birthday cards for Make-A-Wish. Supplies will be provided, and you can learn about the R.S.V.P. (Retired Senior Volunteer Program of Erie County). The cards made will be donated to Make-A-Wish.

Instructor: Cindy Solly, R.S.V.P. Member & Paper Crafter

Monday, October 6 1:00 PM

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

Wednesday, October 8 10:00 AM

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

Tuesday, October 14 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, November 26 1:00 PM

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

Russia & Ukraine in Trump's Second Term

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

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

Wednesday, December 3 6:30 PM

Elma Public Library, (716) 652-2719 to register

CURRENT EVENTS

Servicios públicos del Condado de Erie / Public Services in Erie County

Erie County offers a wealth of public services that are often underutilized. This bilingual (Spanish-English) session provides guidance on how to navigate local services, including health care, senior care, legal aid, and youth services.

El Condado de Erie ofrece una cantidad amplia de servicios públicos que muchas veces están subutilizados. Esta sesión bilingüe (Español-Inglés) intenta dar información en cuanto cómo navegar servicios locales, incluso atención médica, salud, programas para mayores de edad, asistencia legal y servicios para jóvenes. ***Class will be taught in Spanish with English translation.***

Instructor: Justin Read, Associate Professor of Romance Languages and Literatures, University at Buffalo; Board of Directors, Hispanic Heritage Council of Western New York

Thursday, October 9 10:30 AM

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

Jueves, 9 de octubre a las 10:30 AM

West Side Community Services, 716- 884-6616 para register

Spot that Scam! By Being an Educated Consumer

Learn how to identify scams and the red flags to watch for.

Instructor: Jennifer Andres, Director of Consumer Protection, Erie County Department of Public Advocacy

Friday, November 7 11:45 AM

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

Tuesday, November 18 2:00 PM

Elma Public Library, 716-652-2719 to register

Tuesday, November 25 1:00 PM

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

Stay Safe Online

Learn 4 key behaviors to lock down your online accounts and keep your data safe.

Instructor: Jennifer Andres, Director of Consumer Protection, Erie County Department of Public Advocacy

Wednesday, November 12 1:00 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Wednesday, November 19 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, December 2 2:00 PM

Amherst Senior Center, 716-636-3051 to register

The Hispanic Heritage of Western New York

Hispanic communities have long been a part of the cultural fabric of Western New York, dating back to the 19th century. The Hispanic community grew particularly pronounced over the course of the 20th century with the arrival of Puerto Ricans, who primarily settled in Buffalo's West Side. More recently, Hispanic heritage has been enhanced by the arrival of Dominicans, Mexicans, Colombians, and Venezuelans to the region. The histories and cultures of Western New York's Hispanic communities are currently being enshrined with the construction of the Hispanic Heritage Cultural Institute in the heart of Niagara St./Avenida San Juan. This course provides an introduction to the history and evolution of Hispanic/Latino communities in our region.

Instructor: Justin Read, Associate Professor of Romance Languages and Literatures, University at Buffalo; Board of Directors, Hispanic Heritage Council of Western New York

Thursday, October 2 2:00 PM

Amherst Senior Center, 716-636-3051 to register

The Future of Cemeteries in WNY

Generations once tripped over each other, tending to family graves at local cemeteries. Now, local gravesites have become an inconvenient responsibility. This sacred ground, which holds history and once launched new business and industry, attracts few visitors except in rare situations. Church closures have also had a negative effect on the conditions of cemeteries. Chances are that you'll drive past a local cemetery on your way to hear retired Buffalo broadcast journalist, John Zach, talk about his research into the future of cemeteries here in Western NY.

Instructor: John Zach, Retired Buffalo Broadcast Journalist with a storied career, now a full-time writer working on a fourth book.

Monday, October 20 1:00 PM

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

The Israel-Iran Conflict

This talk will focus on the recent "12-day war" between Israel and Iran, the issue of nuclear proliferation, and the prospects of a renewed outbreak and further American military intervention.

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

Friday, November 14 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Friday, November 21 1:00 PM

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

CURRENT EVENTS

What Does It Mean to Dry Dock USS The Sullivans?

Many people have heard the term “dry dock” but many of those same individuals may not have a full understanding of what it is. In this presentation, Shane will review the process of what it means to dry dock a ship. Included will be the many steps involved, the kind of work that may be done, and how the ship will be saved for many years with this work.

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

Wednesday, October 29 6:00 PM

(Potluck offered before class at 5 PM)

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

Friday, November 14 10:00 AM

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

Tuesday, November 25 1:00 PM

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

When & How to Call 9-1-1

The Reach Out to 911 program educates the public on when and how to call 9-1-1. Instructors present proper emergency response protocols, enhancing community preparedness and reducing anxiety associated with emergency calls. It also guides people on when to call 911 versus using other services like 211 (for basic needs), 988 (for people experiencing thoughts of suicide or a mental health crisis) or 1-800-222-1222 (for the Upstate New York Poison Center), helping to prevent misuse of 9-1-1 in non-emergency situations. This is a groundbreaking program inspired by interactions with the public. Erie County schools, businesses, and community groups are encouraged to engage with this training program. By participating, you contribute to a safer and more prepared community, ready to act effectively in emergencies.

Instructor: Instructor: Elizabeth Forkl, MERS Coordinator, Reach Out to 911 Coordinator

Thursday, November 20 10:00 AM

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

Monday, December 8 2:00 PM

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

HEALTH & WELLNESS

Better Sleep, Better Brain, Better Body: A Guide to Stress-Free Aging

Tired of being tired? This session demystifies how stress, poor sleep, and inflammation sabotage your mood, metabolism, and memory. Learn about evidence-based tools like Alpha-Stim cranial therapy and red-light treatments that improve brain and body function—naturally.

Instructor: Joyce O’Riley, FNP-BC, NP-BC Founder & CEO of Visionary Wellness WNY

Tuesday, October 21 5:30 PM

Clarence Senior Center, 716-633-5138 to register

Declutter with Purpose: Practical Strategies for an Organized Life

Decluttering is not just about having less stuff, it’s about creating space for what you want. Learn how to create organized systems that actually work for real life.

Instructor: Michelle Walter, Professional Organizer & Life Coach, Founder of Well & Ordered

Friday, December 12 11:45 AM

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



Digital Health Literacy Workshop

This workshop includes understanding the tools and information available for determining whether a website is reliable, how to use a search engine to efficiently find answers/information, and recognize generally reliable digital sources for health-related information. **(This class is 90 minutes.)**

- Build understanding to find information on the internet
- Learn how to assess information quality
- Know what healthcare information sites you can trust
- How to Organize and Compare search results

Instructor: Hex Kleinmartin, Digital Literacy Coordinator at Literacy Buffalo Niagara

Friday, October 31 10:00 AM

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

Drum4Health/Bringing Rhythm to Life

Learn the therapeutic power of drumming and rhythm for mental and physical well-being. This course will guide you through the benefits of rhythmic activities in group settings, promoting mindfulness, relaxation, and health. **(This class runs 90 minutes, Class size limited)**

Instructor: Carolyn Zimmermann, Owner, Drum4Health, Member of Healthy Alternatives Through Healing Arts Health Alternatives (HAHA)

Tuesday, November 4 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Wednesday, December 17 1:00 PM

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

Dying: "Good Bye, I Love You"

Health care today shields us from the processes of death once so familiar in the parlors of our forefathers. Chronic illness is our most common challenge, and it places new emotional demands on the end of life. Patients and families can be empowered to manage their own dying experience while respecting the dignity of personhood. This seminar will describe death's patterns and expectations, though it won't stop our yearning for visiting hours in heaven.

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

Tuesday, October 7 1:00 PM

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

Friday, October 10 10:00 AM

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

Fall Detoxing

Discusses detoxing and holistic practices, covering topics like types of detoxes and the importance of detoxing during specific times of the year, particularly the fall. **(Class may run 90 minutes)**

Instructor: Sherry Lyn Hartel, Board Certified Traditional Naturopath, Medical QiGong Energy Healer, Member of Healthy Alternatives Through Healing Arts (HAHA)

Wednesday, November 12 1:00 PM

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

Fall Prevention

How to stay strong, independent, and prevent falls.

Instructor: Bradley Hopkins, Assistant Professor at Northeast College of Health Sciences & Lead Clinician at Depew Health Center

Wednesday, October 8 10:30 AM

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

Hands Only CPR/AED

This class will teach you the skills needed to perform hands-only CPR on adults and infants.

Instructor: Sarah Hopseker, PharmD; Erie County Dept. of Health

Wednesday, October 29 1:00 PM

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

Thursday, November 6 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Healing through Art - Angel Ornaments: A Meditation Angel Ornament Making Experience

Enter a peaceful, heart-centered space where calm meets creativity. In this two-hour workshop, you'll create your own meditation angel ornament, beginning with a gentle guided meditation to ground and inspire you. Surrounded by soft music and beautiful materials like feathers, crystals, and wood, you'll craft with intention and intuition—no experience needed. We'll close with a reflective sharing circle, and you'll leave with a handmade angel carrying your personal message of peace, love, or protection. **(All materials are provided. Class size is limited, 90 minute class.)**

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

Thursday, December 18 1:00 PM

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

Happy Veteran's Day from Erie County Veterans Services! Come Learn All About Available Benefits!!

Our mission with this class is to help veterans, current service members, and their families learn about the many benefits available to them from federal, state, and local programs. By actively participating in community events and working with local veteran organizations, our office continues to be a strong resource in Erie County. We aim to build relationships and raise awareness so that veterans and their families can access the support and services they deserve.

Instructor: Felice Krycia, Director of Erie County Veterans Services

Tuesday, November 18 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Healthy Aging

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

Instructor: Dominique Riforgiato, PT, DPT, CSCS

Wednesday, October 29 2:00 PM
Hamburg Senior Community Center, 716-646-5145 to register

Healthy Living for Your Brain and Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Incorporate these recommendations into building a plan for healthy aging.

Instructor: Yessica Amezcua, Program Manager, Alzheimer's Association WNY Chapter

Wednesday, November 5 10:30 AM
Schiller Park Senior Center, 716-895-2727 to register

Hypnosis: What It is and Isn't

This presentation gives an overview on how the mind works and the relationship between the conscious mind and the subconscious mind. It's a communication process to openly receive positive communication for change resulting in your desired goals. The old myths and misconceptions about hypnosis have given way to proven, scientifically sound applications. Today the use of hypnosis is seen in a variety of fields including: medicine, dentistry, law enforcement, professional sports and education. **(Please allow two hours for this class. Class size is limited.)**

Instructor: Lori Ann Redlinski, Certified Consulting Hypnotist, Member of Healthy Alternatives Through Healing Arts (HAAH)

Monday, October 27 1:00 PM
West Seneca Senior Center, 716-675-9288 to register

Introduction to Healing Touch

A relaxing energy therapy that uses intentional touch to promote physical, mental, emotional, and spiritual well-being. This fun, interactive workshop lets you give and receive treatments while seated in a chair.

Instructor: Kathryn Frankiewicz, RN, MSN, Healing Touch Practitioner

Tuesday, October 14 1:00 PM
Cheektowaga Senior Center, 716-686-3930 to register
Wednesday, October 15 1:00 PM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Laughter Yoga Wellness

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

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

Monday, December 8 1:00 PM
West Seneca Senior Center, 716-675-9288 to register

Learn How to Play BUNCO

Let's get together, learn, and play BUNCO. Start a BUNCO game day at your Senior Center. It's an easy and fun dice game.

Instructor: Cindy Solly, Family Game Coordinator

Monday, October 20 12:45 PM
Grand Island Golden Age Center, 716-773-9682 to register
Tuesday, November 4 1:00 PM
Concord Senior Center, 716-592-2764 to register
Wednesday, November 5 1:00 PM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register
Wednesday, December 10 2:00 PM
Lancaster Senior Center, 716-685-3498 to register

Let's Paint with Watercolors

It's simple! Our instructor will provide an outline, paints and paper. You will have fun painting!

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

Monday, December 1 2:00 PM
West Seneca Public Library, 716-675-9288 to register

Low Back Pain

What are low back pain, prevention, and treatment options?

Instructor: Bradley Hopkins, Assistant Professor at Northeast College of Health Sciences & Lead Clinician at Depew Health Center

Wednesday, October 29 **1:00 PM**

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

Medicaid & Long Term Care Planning

Discusses strategies to preserve and protect assets in the event that there is a need for Medicaid or nursing home care.

Instructor: Jean Harris, Attorney/Partner at PB Elder Law (Pfalzgraf Beinhauer Grear Harris Schuller)

Thursday, December 4 **10:00 AM**

Cheektowaga Senior Center, 716-686-3930 to register

Medication Management for Seniors

This class is intended to discuss common issues seniors may face regarding their medications. Topics will include tips for medication adherence, minimizing common side effects, and general medication issues.

Instructor: Sarah Hopseker, PharmD; Erie County Dept. of Health

Friday, October 24 **11:45 AM**

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

Wednesday, November 5 **12:30 PM**

Hamburg Senior Community Center, 716-646-5145 to register

Monday, November 24 **1:00 PM**

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

Men's Health Decoded: What Every Man Over 40 Should Know But Was Never Told

From testosterone crashes to belly fat and silent inflammation, this class gets real about men's health. Learn how to spot early warning signs, natural ways to reclaim strength and stamina, and how concierge medicine is flipping the script on healthcare. Bonus: Attendees will receive a "Know Your Numbers" health card for tracking key metrics.

Instructor: Joyce O'Riley, FNP-BC, NP-BC Founder & CEO of Visionary Wellness WNY

Friday, November 21 **10:30 AM**

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

Microbiology for the Non-Scientist, Part 1

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

Instructor: John Shields, Food Microbiologist

Wednesday, December 10 **2:00 PM**

Amherst Senior Center, 716-636-3050 to register

Microbiology for the Non-Scientist, Part 2

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

Instructor: John Shields, Food Microbiologist

Thursday, December 11 **2:00 PM**

Amherst Senior Center, 716-636-3050 to register

Pain Management Using the Power of Your Mind

Discover how the mind can play a role in easing physical discomfort. Guided by a Certified Consulting Hypnotist, this class introduces gentle, non-invasive techniques that support pain management through focused awareness and relaxation. **(Please allow two hours for this class. Class size is limited.)**

Instructor: Lori Ann Redlinski, Certified Consulting Hypnotist

Friday, October 17 **1:00 PM**

Orchard Park Senior Center 716-662-6452 to register

Wednesday, December 10 **1:00 PM**

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

Positive Attitude (You Can Be Better Not Bitter)

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

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

Monday, November 3 **1:00 PM**

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

Friday, November 14 **11:45 AM**

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

Wednesday, December 3 **1:30 PM**

Baptist Manor, 716-881-1120 ext. 4 to register

Self Defense for Seniors

We'll learn how to be aware of our surroundings and techniques to help protect ourselves. Our instructor Sister Judith achieved her black belt in Tae Kwon Do at age 60!

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

Tuesday, October 14  **1:00 PM**

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

Monday, December 15 **10:00 AM**

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

Qigong

Qigong is an ancient system of gentle movements that help the body, mind, and emotions. Qigong is the mother of Acupuncture, Kung Fu, and TaiChi! It's simple for anyone to learn, and its benefits are far-ranging—from increasing energy to improving sleep and more! *(Please allow two hours for this class. Class size is limited.)*

Instructor: Susanne Rosinski, Master of Qigong-China, Professional member of the National Qigong Association, Member of Healthy Alternatives Through Healing Arts (HAHA)

Friday, October 17 **1:00 PM**

Hamburg Senior Community Center, 716-646-5145 to register

Wednesday, November 19 **1:00 PM**

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

Relaxation and Stress Release

This class offers simple, guided techniques to help you unwind, relax, and reduce stress. Learn practical tools you can use in everyday life to promote calm, comfort, better sleep and overall well-being. *(Please allow two hours for this class. Class size is limited.)*

Instructor: Lori Ann Redlinski, Certified Consulting Hypnotist

Wednesday, December 3 **1:00 PM**

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

Responding to Dementia-Related Behaviors

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors, and recognizing when additional help is needed.

Instructor: Chelsea Torgalski, Education Program Manager, Alzheimer's Association WNY Chapter

Thursday, November 6 **2:00 PM**

Eden Public Library, 716-992-4028 to register

Friday, December 5 **12:30 PM**

Lancaster Senior Center, 716-685-3498 to register

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

Learn about stones and make your own bracelet. We will have semi-precious gemstones and know about the meaning of the stone, how it can help in healing, and make a fun bracelet to wear. It will help with hand and mind coordination, be therapeutic, bring creativity, and offer socializing while having fun.

Instructor: Jennifer Chowdhury, Health & Wellness Coordinator, Erie County Department for Aging

Wednesday, October 8 **5:30 PM**

Elma Public Library, 716- 652-2719 to register

Wednesday, October 15 **10:00 AM**

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

Wednesday, October 29 **12:00 PM**

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

Wednesday, November 5 **12:30 PM**

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

Wednesday, November 12 **12:30 PM**

Lancaster Senior Center, 716-685-3498 to register

Self Reiki

Come learn the basics of Reiki. What is it, how is it used in modern medicine, and how can you learn to do it on yourself? *(Class size is limited and may run up to 90 minutes.)*

Instructor: Victoria Szymula, DHS, ATC, CSCS, CKTP

Wednesday, November 5 **9:00 AM**

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

Self-Empowerment and Self-Defense for Seniors

Learn tools to protect yourself and feel safer through knowledge, situational awareness, and non-lethal self-defense tools.

Instructor: Rhonda Bent, Retired Federal Agent

Wednesday, October 1 **10:00 AM**

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

Tuesday, October 7 **1:00 PM**

Cheektowaga Senior Center, 716-686-3930 to register

Friday, October 17 **1:00 PM**

Akron-Newstead Senior Center, 716-542-6645 to register

Friday, November 21 **11:45 AM**

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

Tuesday, December 9 **1:00 PM**

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

Stop the Bleed

Learn how to help in a bleeding emergency before professional help arrives.

Instructor: Sarah Hopseker, PharmD;
Erie County Dept. of Health

Friday, October 10 10:00 AM

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

Friday, November 21 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Telehealth Workshop

This workshop includes understanding what a Patient Portal is, how to set one up and keep it secure, and how to use it to help manage your health. There will be the opportunity for participants to get some hand-on experience with navigating a simulated MyChart portal. This exercise walks people through where some of the common portal tools are, and what steps they might expect to encounter. *(This class is 2 hours long.)*

- Learn how to make or modify appointments through the portal
- Understand how to access a virtual appointment
- Learn how to ask questions of your healthcare provider
- Learn how to troubleshoot common problems

Instructor: Hex Kleinmartin, Digital Literacy Coordinator,
Literacy Buffalo Niagara

Friday, October 3 10:00 AM

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

Textile Art: Magic Charm Pin

Create your own magical charm pin using a felt base, a safety pin, and a mix of textile scraps and personal charms. This hands-on workshop invites participants to explore texture, color, and symbolism while crafting a wearable piece of art that carries personal meaning or intention.

(All materials are provided. Class size is limited, 90 minute class.)

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

Thursday, October 16 1:00 PM

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

The 10 Warning Signs of Alzheimer's and Dementia

We'll discuss common signs of the disease and outline the next steps to take, including consulting your doctor.

Instructor: Tanya Hernandez, Bilingual Program Manager,
Alzheimer's Association WNY Chapter

Thursday, October 16 1:00 PM

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

The Reset Blueprint: Aging Strong in Every Decade

Discover what aging strongly looks like for men and women over 40. This workshop covers hormone changes, stubborn weight, brain fog, stress, and sleep issues—and the new science behind reversing them. We'll explore cutting-edge therapies like LED light, Alpha-Stim, and peptide-based strategies. Attendees leave with a Reset Checklist and free wellness gift bag.

Instructor: Joyce O'Riley, FNP-BC, NP-BC Founder & CEO of Visionary Wellness WNY

Tuesday, October 14 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Tip Top Travel Tips

Learn how to stay healthy while traveling by preparing a first aid kit and more.

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

Friday, November 21 10:00 AM

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

Transforming Anxiety into Peaceful Flow

An introductory workshop to transform negative emotions into a flow state of peace using various ancient techniques. *(Class may run 90 minutes.)*

Instructor: Sherry Lyn Hartel, Board Certified Traditional Naturopath, Medical QiGong Energy Healer, Member of Healthy Alternatives Through Healing Arts (HAHA)

Wednesday, October 8 1:00 PM

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

Where's the Beef? Vegetarian Cooking for Even the Most Committed Carnivore

Taste delicious vegetarian recipes and explore the benefits of incorporating vegetarian cooking into your eating routine.

Instructor: Erie County Department for Aging Nutrition Team

Wednesday, October 22 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, October 23 2:00 PM

Hamburg Senior Center, 716-646-5145 to register

Wednesday, October 29 10:30 AM

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

Monday, November 3 1:00 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Friday, December 12 1:00 PM

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

HEALTH & WELLNESS

YogaDance & Meditation: Move, Breathe, Transform

Join us for a unique experience that blends joyful movement with mindful stillness. YogaDance & Meditation is a creative and expressive class that can be done either standing or seated, making it accessible for all levels of ability and mobility. The class includes yoga poses, gentle stretches, Brain Gym exercises, breathwork, and somatic (body-based) awareness practices to support your full well-being. **(This class runs 90 minutes. Class size limited. No mat needed.)**

Instructor: Kohava Howard, Transformational Mindset Coach, Holistic Nurse Practitioner, and Meditation. Board member of Healthy Alternatives Through Healing Arts (HAHA)

Thursday, October 16 1:00 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Thursday, October 23 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Understanding Total Joint Replacements - KNEE

This class will cover Joint Anatomy, Understanding Arthritis, Indications for Joint Replacement, Conservative/ Non-Surgical Management, Surgery/Rehabilitation Process, Risks, benefits and Recover and Complications.

Instructor: Tanya Jarnot, PT Master's Degree in Physical Therapy, currently working at Buffalo Surgery Center.

Monday, October 20 10:00 AM

Akron-Newstead Senior Center, 716-542-6645 to register

HISTORY

A Chronological and Inefficient Quest: American Presidential Homes #11 to #20

(1845-1881): Let's examine the men who served as president before and after the Civil War, including Fillmore and Lincoln, with visits to presidential homes, not for the political details, but for human interest stories and surprising observations.

Instructor: Rachelle Francis, Retired Orchard Park teacher, author of Fillmore biographies, Board member of Buffalo Presidential Center, Aurora Historical Society, and Chautauqua Association of Disciples of Christ

Wednesday, October 25 1:00 PM

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



A Historical Look at the Origin & Traditions of Halloween

Witches, black cats, goblins and bats all contribute to this most enjoyable of holidays. But where did it begin?? ...this trick or treat, and Jack o Lantern? We will look back to the beginning of Halloween and its traditions which continue to influence our society.

Instructor: Henry Pogodzinski, English Teacher, Retired

Thursday, October 9 2:00 PM

Eden Library, 716-992-4028 to register

Friday, October 17 1:00 PM

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

Monday, October 20 10:00 AM

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

Wednesday, October 22 6:30 PM

Elma Public Library, 716-652-2719 to register

Thursday, October 30 2:00 PM

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

Friday, October 31 12:45 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Tuesday, November 18 1:00 PM

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

A Soldier's View

Stories about Buffalo and my family during the Civil War Era.

Instructor: Darlene Sarver Johnson, M.ED, Retired Educator (30 years)

Tuesday, November 25 1:00 PM

Concord Senior Center, 716-592-2764 to register

HISTORY

Baseball Memorabilia Collection

A discussion on baseball memorabilia from the 1930-1965 era followed by a one-hour HBO movie on the era.

(90 minute class)

Instructor: Marty Kohler, Ret. President/Owner of Kohler Awning, Inc.

Tuesday, October 7 **1:00 PM**
Town of Tonawanda Senior Center, 716-874-3266 to register

Tuesday, December 9 **1:00 PM**
Cheektowaga Senior Center, 716-686-3930 to register

Bell Aircraft's Rosie the Riveter

Step back to 1943 and imagine yourself reporting for your first shift at Bell Aircraft—overalls on, rivet gun in hand. During WWII, thousands of women took on roles once reserved for men, drilling, riveting, and inspecting aircraft that would take flight overseas. In this session, we'll explore their groundbreaking contributions through photos, stories, and even a hands-on look at the tools they used so you can feel the weight of their work. Beyond the factory floor, we'll also consider what it meant for women to step into this world of heavy industry, and the lasting legacy they left behind when peace returned.

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

Tuesday, October 28 **6:00 PM**
Amherst Senior Center, 716-636-3051 to register

Wednesday, October 29 **6:00 PM**
Lancaster Senior Center, 716-685-3498 to register

Bennet Riley, Buffalo's Unsung Hero

Riley Street in Buffalo and Fort Riley in Kansas are named for him. A major political party offered him (but he turned down) their nomination for President of the United States in 1852. He achieved national fame during his 40-year military career, which included several years as commanding officer of the Buffalo Barracks, now the site of the Theodore Roosevelt Inaugural Site. Yet today, few remember General Bennet Riley. Learn more about his life and career during a multi-media presentation by Thomas Schobert, author of *Hush the Cannon's Roar - The Life & Times of Bennet Riley: Defender of Buffalo*.

Thomas Schobert, Lieutenant Colonel (Retired), United States Army

Monday, October 27 **1:00 PM**
Orchard Park Senior Center, 716-662-6452 to register

Buffalo: Crime, Romance & Intrigue

Crime, romance, and intrigue either stand alone or combine to create little-known tales about some of Buffalo's more scintillating history. The stories span decades from the 1880s to the roaring 1920s, and they all offer then-and-now glimpses into the city's storied past.

Instructor: Marla Bujnicki, Preservationist & Buffalo Enthusiast

Thursday, October 9 **2:00 PM**
Amherst Senior Center, 716-636-3051 to register

Friday, October 10 **10:00 AM**
Grand Island Golden Age Center, 716-773-9682 to register

Wednesday, October 29 **10:00 AM**
Orchard Park Senior Center, 716-662-6452 to register

Thursday, November 6 **1:00 PM**
City of Tonawanda Public Library, 716-693-5043 to register

Monday, December 8 **1:15 PM**
Akron-Newstead Senior Center, 716-542-6645 to register

Buffalo: From Outpost to Gateway Via the Erie Canal

This class talks about the canal's role in Buffalo's early growth and its economic impact.

Instructor: Explore Buffalo

Thursday, October 9 **1:00 PM**
City of Tonawanda Public Library, 716-693-5043 to register

Buffalo's First Ladies: Abigail Powers Fillmore and Frances Folsom Cleveland

This class focuses on the women behind Presidents Fillmore and Cleveland and the important roles they played in American history.

Instructor: Explore Buffalo

Thursday, October 16 **2:00 PM**
Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, November 12 **1:00 PM**
Elma Public Library, 716-652-2719 to register



Crazy 1960's

Return to those chaotic days when music and new fashions ruled as the threat of the Vietnam War was beginning.

Instructor: Harriet Grayson, MUP (Master of Urban Planning), Author

Tuesday, October 7  **10:00 AM**

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

Friday, October 10  **11:45 AM**

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

Friday, November 14 **1:00 PM**

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

Thursday, December 4 **2:00 PM**

Elma Public Library, 716-652-2719 to register

Digging up the Erie Canal

From Wilkeson to the Thruway, the Erie Canal has had an indelible influence on Western New York. Celebrate the 200th anniversary of its opening with visuals and a song or two!

Instructor: Rachelle Francis, Retired Orchard Park Teacher, Author of Fillmore Biographies, Board member of Buffalo Presidential Center, Aurora Historical Society, and Chautauqua Association of Disciples of Christ

Wednesday, November 5  **1:00 PM**

Akron-Newstead Senior Center, 716-542-6645 to register

Dr. Cyrenius Chapin: The Roots of Buffalo's Beginning

With a stolen cannon, Dr. Cyrenius Chapin blew a hole in the advancing British ranks, shattering the cannon's carriage. Tying a white handkerchief to his sword, the doctor rode out to parley with the Redcoats, claiming authority far exceeding his rank. For the second time in the War of 1812, he was taken prisoner. Doc Chapin was oblivious to controversy, yet controversy stuck to him like burrs as he, Joseph Ellicott, and Red Jacket laid the foundations of WNY.

Instructor: Thomas Rosenthal, MD, Author of two books about WNY Medical History and Emeritus Professor of Family Medicine and Geriatrics, University at Buffalo

Monday, October 6  **1:00 PM**

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

Thursday, October 9 **1:00 PM**

Hamburg Senior Community Center, 716-646-5145 to register

Wednesday, October 29 **1:00 PM**

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


Dreams, Schemes & Machines – The Roaring Twenties!

Using art, videos, and music, we will take a trip BACK 100 years to the amazing decade of innovation: highs of motorized travel and flight and lows of economic crash in this lively piece of American history. While big topics like 'sound' movies and Prohibition occurred, everyday life was also affected. New inventions on farms and cities are still 'basics' today! *This popular topic is a 'must' for any site which did not book it five years ago! Kick up your heels!

Instructor: Jean Serusa, BS/MS Certified NYS Art Educator, 30+ years

Wednesday, October 15 **1:00 PM**

BFNC Life Center / Westminster Community House, 716-852-5065 x132

Monday, October 20  **1:00 PM**

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

Forgotten War

Based on my father's military service in the China Burma India Theater during World War 2. Today few remember those sacrifices. It deserves our attention.

Instructor: Harriet Grayson, MUP (Master of Urban Planning), Author

Wednesday, October 8 **2:00 PM**

Amherst Senior Center, 716-636-3051 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, and an architect on the downward slope of his career. This fascinating story is one you won't want to miss!

Instructor: Docent, Education Committee, Graycliff

Monday, October 27 **10:00 AM**

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

Wednesday, November 19  **1:00 PM**

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



Great Tales of the Great Lakes

Why is the story of a ship tragedy on Lake Erie known to every German school child? From weather to history to heroics, join Erie County historian, Doug Kohler, for a look at the impact of the Great Lakes on WNY.

Instructor: Douglas Kohler, Erie County Historian

Monday, October 20  **1:00 PM**

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

Wednesday, October 22  **1:00 PM**

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

Wednesday, October 29 **1:00 PM**

Cheektowaga Senior Center, 716-686-3930 to register

Saturday, November 1 **2:00 PM**

Central Library, 716-858-8900 to register

Friday, November 14  **1:15 PM**

Akron-Newstead Senior Center, 716-542-6645 to register

Wednesday, November 19 **2:00 PM**

Amherst Senior Center, 716-636-3051 to register

Friday, December 5 **10:00 AM**

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

Thursday, December 11 **2:00 PM**

Eden Library, 716-992-4028 to register

History of Mystery

Story of early female detective writers. We also pay homage to the goddess of mystery Agatha Christie.

Instructor: Harriet Grayson, MUP (Master of Urban Planning), Author

Monday, October 27  **1:00 PM**

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

Friday, October 31 **12:30 PM**

Lancaster Senior Center, 716-685-3498 to register

History of Transportation in Buffalo

Explore the history of roadways in the Buffalo area from footpaths to the Modern Roundabout. We will discuss contributions from significant citizens from Joseph Ellicott to Frederick Law Olmsted, as well as the evolution of major thoroughfares in Buffalo.

Instructor: Kenneth Kuminski, P.E. (Retired - New York State Department of Transportation)

Thursday, November 6 **2:00 PM**

Elma Public Library, 716-652-2719 to register

Joseph Ellicott: A Founding Father of WNY

The name Ellicott is found in buildings, creeks, towns and roads all over WNY but few of us know anything about the man. The presenter will take us back to 1824 and will give a first-person, fully customized, portrayal of the man who in addition to surveying WNY, helped to bring the Erie Canal to the area. Google josephellicott.com for more details.

Instructor: Dennis Upton, Educator, Retired

Monday, November 10 **1:00 PM**

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

Life After Power: Seven Presidents & their Search for Purpose Beyond the White House

Presidents have an unusual place in American history and life. How did seven of them spend their post-presidency? To what extent did they use their previous power to influence the next chapters of their lives and what can we learn from them?

Instructor: Marla Bujnicki, History Enthusiast and Preservationist

Thursday, October 16 **6:00 PM**

Amherst Senior Center, 716-636-3051 to register

Friday, October 24 **10:00 AM**

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

Monday, November 3  **1:00 PM**

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

Life in the Original Larkinville

The story of the Larkin Soap Company and the company's influence on improving working conditions for employees.

Instructor: Explore Buffalo

Tuesday, October 28 **1:00 PM**

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

Mark Twain's Haunts Around Western New York

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

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

Tuesday, October 21 **1:00 PM**

Concord Senior Center, 716-592-2764 to register

Thursday, October 23  **1:00 PM**

Akron-Newstead Senior Center, 716-542-6645 to register

Tuesday, December 16 **2:00 PM**

Elma Public Library, 716-652-2719 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 for Aging

Tuesday, October 21 2:00 PM

Amherst Senior Center, 716-636-3050 to register

Pony Express

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

Instructor: Henry Pogodzinski, English teacher, Retired

Wednesday, October 15 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Presidential History of Buffalo

This class on *Presidential History of Buffalo* is where lively storytelling meets a touch of nostalgia. Between maps, old photos, and some presidential fun facts, the class proves that Buffalo's role in White House history is anything but boring!

Instructor: NYS Assemblymember Jon D. Rivera, 149th District

Monday, October 20 1:00 PM

Hamburg Senior Center, 716-646-5145 to register

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

Explore the story of the Roycroft Arts and Crafts community, one of the first of its kind in America.

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

Tuesday, November 18 1:00 PM

Concord Senior Center, 716-592-2764 to register



The Electric Light Bulb: How the World Was Illuminated: From Edison to Tesla to the LED

In this dynamic, visually rich, digitally projected Lecture, we will trace the fascinating history of humankind's development and use of incandescence, fluorescence, and our current employment of the new technology of Light Emitting Diodes. Enjoy and learn from live demos (such as an authentic Tesla Coil) that will explicate the science in an easy-to-understand fashion.

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

Thursday, November 13 2:00 PM

Eden Library, 716-992-4028 to register

Thursday, November 20 1:00 PM

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

The Silver Age of Disney (1950–1967)

Explore the return of feature-length storytelling and Walt Disney's influence on TV and theme parks.

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

Thursday, November 13 2:00 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Wednesday, November 19 1:00 PM

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

Three Surgeons

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

Instructor: Henry Pogodzinski, English Teacher, Retired

Monday, November 17 10:00 AM

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

Town Founders

Discussion about the people who founded the cities, towns, villages, and sections of WNY.

Instructor: Rick Falkowski, Author, Lecturer

Tuesday, November 18 5:30 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Wednesday, December 3 2:00 PM

Amherst Senior Center, 716-636-3051 to register

HUMANITIES

Who Knew

When recalling some of Buffalo's Movers and Shakers, names like Heacock, Marshall, and Cass may not readily come to mind. But, as Forest Lawn continues to celebrate its 175th Anniversary, the stories of some lesser-known Buffalonians, most who are permanent residents in the cemetery, will be told so that their contributions can be both recognized and appreciated.

Instructor: Marla Bujnicki, Preservationist & Buffalo Enthusiast

Monday, November 24 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Who Was That Man?

The Secret Service agent who jumped onto the back of President Kennedy's car in Dallas 62 years ago, died this past February at the age of 93. Learn about his job protecting Mrs. Kennedy, the events of what happened in Dallas, as well as his life after the assassination.

Instructor: Theresa Wiater, Retired Educator

Wednesday, October 15 12:30 PM
Lancaster Senior Center, 716-685-3498 to register

African American Artist: Cultural Creativity

The 20th century highlighted several unique artists. This presentation presented four, but is now expanded to more, including architect John Brent who designed the Buffalo Zoo. All are part of our rich American Arts heritage-- we'll see the context of influence such as Cubism, Harlem Jazz, and social issues that impacted lives and expression of all Americans. Romare Bearden said, *"You should always respect what you are and your culture, because if your art is going to mean anything, that is where it comes from!"*.

Instructor: Jean Serusa, BS/MS Certified NYS Art Educator, 30+ Years

Wednesday, October 29 1:00 PM
BFNC Life Center/Westminster Community House
716-852-5065 x132 to register

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

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

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

Friday, November 21 1:15 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Art's Up: The Buffalo Fine Arts Academy and Its Impact Near and Far

Learn about the BFAA, its history, and its influence on Buffalo and beyond, including the Monuments Men's efforts to recover Nazi-looted art during WWII.

Instructor: Explore Buffalo

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

Characters with the Bard

Through this movement-based approach to learning, participants will take ownership of some of Shakespeare's most influential characters by interpreting how these characters view themselves, how other characters view them, and through the character's actions. This workshop focuses on discussing and analyzing Shakespeare's characters through physical and vocal expression. Participants will be guided through a vocal and physical warm-up that will prepare them to be present, connect with each other, and prepare their bodies to receive and tell stories.

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

Tuesday, October 28 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Witches, Werewolves, Vampires and Other Dangerous Creatures of the Night

Cultures throughout history have believed dangerous beings roam in search of human victims. We'll look at examples of such beliefs and explanations for them.

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

Tuesday, October 21 1:00 PM
Town of Tonawanda Senior Center, 716-874-3266 to register

Saturday, October 25 1:00 PM
Central Library, 716-858-8900 to register

Tuesday, October 28 1:00 PM
Concord Senior Center, 716-592-2764 to register

Thursday, October 30 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Halloween: Anthropological Perspectives on a Festival with Many Meanings

This evening can be explained according to different themes, each with widespread cultural parallels: 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: Phil Stevens, Associate Professor of Anthropology Emeritus, University at Buffalo, SUNY

Thursday, October 23 10:30 AM
Hamburg Senior Community Center, 716-646-5145 to register

Images of Freedom - Beyond Symbols and Sayings

Freedom is a broad concept that expresses through art, imagination, examples, and moments in history. This presentation selects visual images done by famous and unknown artists to portray Freedom. Beyond the expected 'Statue of Liberty' origin, what other images come to mind when you think of 'freedom'? This colorful and exciting collection of slides even includes some art activities to inspire your own journey.

Instructor: Jean Serusa, BS/MS Certified NYS Art Educator, 30+ Years

Thursday, October 16  **1:00 PM**
City of Tonawanda Public Library 716-693-5043 to register
Wednesday, October 22 **10:30 AM**
Hamburg Senior Community Center, 716-646-5145 to register
Monday, November 3 **1:00 PM**
Orchard Park Senior Center, 716-662-6452 to register
Wednesday, November 12 **1:00 PM**
BFNC Life Center/Westminster Community House
716-852-5065 x132 to register

Nature Journaling 101

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

Instructor: Erie County Park Rangers, Erie County Department of Parks, Recreation & Bureau of Forestry

Thursday, October 29 **6:00 PM**
Amherst Senior Center, 716-636-3051 to register

Perceptual Illusions: Seeing (Is or Is Not) Believing

We will discuss the perceptual process and look at how our beliefs and imagination influence our understanding of what we see. Our reality is constructed from our interpretation of sensory data (what we see, hear, etc.). However, this "interpretation" is influenced by numerous mental and social processes. We will cover several concepts related to perceptual anomalies. This includes a fun sampling of optical illusions and other visual examples revealing how our eyes play tricks on us.

Instructor: John Harrigan, Ph.D.

Thursday, November 6 **10:30 AM**
Hamburg Senior Community Center, 716-646-0665 to register
Monday, November 17 **1:00 PM**
West Seneca Senior Center, 716-675-9288 to register
Wednesday, November 19 **10:00 AM**
Cheektowaga Senior Center, 716-686-3930 to register
Monday, November 24 **1:00 PM**
Orchard Park Senior Center, 716-662-6452 to register

Pulitzer Prize Winning Photos and the Stories Behind Them - Part II

Many photos were presented in Part I of this class in the Spring. Part II explores even more of these amazing pictures and the incredible stories behind them.

Instructor: Theresa Wiater, Retired Educator

Tuesday, October 21 **1:00 PM**
Town of Aurora Senior Center, 716-652-7934 to register
Thursday, October 23 **1:00 PM**
City of Tonawanda Public Library, 716-652-7934 to register
Thursday, November 6 **2:00 PM**
Amherst Senior Center, 716-636-3051 to register
Friday, November 14 **10:00 AM**
Grand Island Golden Age Center, 716-773-9682 to register

Secrets of Voodoo, Revealed!

Run by feuding violent gangs, Haiti today is an unhappy and dangerous place to live. One thing above all gives Haitians comfort: their traditional religion of Vodou. This complex faith has been severely misunderstood and sensationalized elsewhere. This is the story of Haitian Vodou, and its role in that nation's exemplary and turbulent history, and how it morphed into "Voodoo" with its horrible allegations.

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

Wednesday, October 22 **1:00 PM**
West Seneca Senior Center, 716-675-9288 to register

Senior Living Hacks for Green Living

Come explore new tech that can make your life a little bit greener and safer.

Instructor: Amy Alduino, Recycling Coordinator at Erie County Dept of Environment & Planning

Friday, December 19 **11:45 AM**
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Shirley Jackson's "The Lottery"

This chilling and thought-provoking short story still resonates today. We'll examine the themes, symbols, and impact of Jackson's writing—and explore how a simple village tradition can carry deep meaning.

Instructor: Jim Banko, Retired Teacher of English Literature

Monday, November 3 **1:00 PM**
West Seneca Public Library, 716-674-2928 to register

Spice Up the Holidays

Explore how to use herbs and spices to enhance holiday meals and add fragrance to your home. Includes hands-on activities such as creating a stove-top simmer bag.

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

Wednesday, October 22 1:00 PM

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

Friday, October 24 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, November 19 6:00 PM

(Potluck offered before class at 5 PM)

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

Thursday, December 11 1:00 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Thailand Cave Rescue

Seven years ago, 12 young boys and their coach headed into a local cave to explore after soccer practice. Shortly after they entered the cave, heavy rain began to fall which trapped them deep inside. Learn about the unbelievable rescue which took 17 days, included thousands of volunteers from all over the world and a race against the clock before more rain fell.

Instructor: Theresa Wiater, Retired Educator

Friday, October 17 10:00 AM

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

Tuesday, October 21 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Friday, October 24 1:15 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Wednesday, November 12 1:00 PM

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

The 10 Most Influential Films

IA look at how 10 films changed the way movies were made.

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

Friday, October 17 11:45 AM

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

Friday, November 21 10:00 AM

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

The Perception of Time

What is time? How we perceive time is a fascinating mix of psychology and philosophy combined with the mingling of our consciousness and our memories. Learn more about how time is mentally constructed and significantly personalized as it ebbs and flows throughout our life.

Instructor: John Harrigan, Ph.D.

Wednesday, October 29 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, November 18 1:00 PM

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

Using FamilySearch Full-Text Search for Genealogy

Harness the power of artificial intelligence for genealogy research using FamilySearch Full-Text Search.

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

Wednesday, December 3 10:00 AM

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

Vincent Van Gogh, Validated

This overview of Van Gogh's life and many of his works, from drawings to the famous 'splasy' expressionist style, goes even deeper. It's an exploration of his difficulties being accepted during his lifetime, while so revered posthumously.

Instructor: Jean Serusa, BS/MS Certified NYS Art Educator, 30+ Years

Tuesday, October 21 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, November 6 1:00 PM

Akron-Newstead Senior Center, 716-542-6645 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: Phil Stevens, Associate Professor of Anthropology Emeritus, University at Buffalo, SUNY

Wednesday, December 10 1:00 PM

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

Friday, December 12 10:00 AM

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

Thursday, December 18 1:15 PM

Akron-Newstead Senior Center, 716-542-6645 to register

Monday, December 22 10:30 AM

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



HUMANITIES

You're Gone...Now What?

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

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

Friday, November 7 1:00 PM

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

Wednesday, December 3 1:00 PM

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



LAW & FINANCE

Advantages of Tax Strategy in Retirement

Unlock the keys to a more secure and enjoyable retirement with this essential class on tax strategies. Learn how smart tax planning can help you maximize your income, minimize your tax burden, and preserve your wealth for years to come.

Instructor: Paul Hutchings, Wealth Manager - Sgroi Lawley Group

Thursday, December 4 2:00 PM

Amherst Senior Center, 716-636-3051 to register

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

Learn about basic estate planning techniques to safeguard assets, including how to protect your property from the nursing home.

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

Thursday, October 16 2:00 PM

Eden Public Library, 716-992-4028 to register

Estate Planning Basics: Avoiding Probate and Protecting Assets

This course will provide the essentials of estate planning and elder law to ensure that your legacy, assets, and loved ones are protected. Learn how to protect assets from probate and long-term care costs.

Instructor: Linda S. Great, Attorney at Law

Monday, November 17 1:00 PM

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

Family Court & Grandparent Legal Issues

This 1-hour talk will discuss topics in NYS Family Court (Erie County Family Court). Areas of Child Custody, Access (Visitation), Paternity, Child Support, Foster Care, and Juvenile Justice will be explained. Particular attention will be given to issues concerning Grandparent custody, visitation, and related areas. The New York State Court Website will be discussed in reference to DIY functions and how to access Family Court without a lawyer. Also, the elements of a "typical" case will be explored, who does what, and what happens. Why does it take so long? The Court requirement to make decisions "In the Best Interest of the Child" will be covered. Mediation Services will be explained as an alternative to Court.

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

Wednesday, October 8 1:00 PM

BFNC Life Center / Westminster Community House, 716-852-5065 x132 to register

Thursday, October 16 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Wednesday, December 3 10:30 AM

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



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

Investing for Your Beneficiaries, Kids & Grandchildren

Learn how to secure your family's financial future with this focused class on investing for the next generation. We'll explore practical strategies for your current investment portfolios while also looking at building new investment accounts tailored for children and grandchildren, including custodial accounts, 529 college savings plans, trusts, and gifting techniques. Discover how to leverage tax advantages, set clear financial goals, and instill smart money habits in young beneficiaries.

Instructor: Paul Hutchings, Wealth Manager - Sgroi Lawley Group

Friday, October 10  **1:00 PM**

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

Thursday, November 20 **2:00 PM**

Amherst Senior Center, 716-636-3051 to register

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Know Before You Renovate

Understanding New York State Home Improvement Contract Law Requirements. This class is designed to educate consumers and homeowners about their rights when hiring a contractor to perform home repairs or improvements. The class will explain important parts of New York State's home improvement contract law, which includes provisions contractors must include in a written home improvement contract, important cancellation rights and time limits, information about deposits, insurance and more. The class will also provide practical tips on how to choose the right home improvement contractor and red flags to watch out for.

Instructor: Jennifer Hemming, Assistant County Attorney, Erie County Department of Law

Wednesday, November 19 **10:00 AM**

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

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Making Sure Your Estate Plan & Financial Plan Are Not in Conflict

Estate planning and financial planning are closely related and can, if not handled properly, result in unintended consequences. The class focuses on making sure that your financial plans are not set up at cross purposes to your will or other legal documents.

Instructor: Valerie Stanek, Attorney at Law, Stanek Law, LLC

Wednesday, October 8 **10:00 AM**

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, October 16 **1:00 PM**

West Seneca Public Library, 674-2928 to register

Wednesday, November 12 **1:00 PM**

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

Should I Turn It Over to My Kids?

Estate planning fundamentals including the most common tools used by planners to maximize convenience and minimize costs of transferring assets to heirs. The class emphasizes costly mistakes that can be made if planning is not done correctly.

Instructor: Valerie Stanek, Attorney at Law, Stanek Law, LLC

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

Hamburg Senior Community Center, 716-646-5145 to register

Tuesday, November 18 **3:00 PM**

Clarence Senior Center, 716-633-5138 to register

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Understanding Annuities

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

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

Thursday, November 20 **1:15 PM**

Akron-Newstead Senior Center, 716-542-6645 to register

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Watt's Up With Your Electric Bill?

Curious about how your electric bill works—and how to reduce it? We'll break down how to read and understand your electric utility bill, your rights as a residential electric customer, community solar and how it can help you save money (—without installing panels on your home!) and the Erie County ECLIPSE Program which helps residents reduce electricity costs. Please bring a recent electric bill with you! We'll use it as a hands-on example so you can leave feeling informed and confident.

Instructor: Sarah Sanford, Senior Energy Development Specialist, Department of Environment & Planning

Thursday, October 9 **10:00 AM**

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

Friday, October 24 **1:00 PM**

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

Wednesday, November 5 **2:00 PM**

Amherst Senior Center, 716-636-3050 to register

Friday, November 7  **12:30 PM**

Lancaster Senior Center, 716-685-3498 to register

Thursday, November 13 **1:00 PM**

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

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What is a Trust and Do I Need One?

An introduction to the basics of using trusts as an estate planning tool along with a discussion of who might need a trust and what the pros and cons are of using this as a tool.

Instructor: Valerie Stanek, Attorney at Law, Stanek Law, LLC

Tuesday, November 4 **2:00 PM**

Elma Public Library, 716-652-2719 to register

Backyard Beekeeping

Backyard Beekeepers is a class designed for anyone interested in starting their own hive and learning the basics of beekeeping. Participants will explore fundamental topics such as bee biology, hive structure, and the importance of honeybees in pollination. The course covers essential equipment—like hives, protective clothing, smokers, and basic tools—along with guidance on choosing a hive location. Students will also be introduced to valuable resources to support their beekeeping journey.

Instructor: Joe Mesmer, Beekeeper on Grand Island, Retired Master Sergeant.

Wednesday, October 29 10:00 AM
Grand Island Golden Age Center, 716-773-9682 to register

Backyard Wildlife

Learn tricks to encourage wildlife into your backyard! Do's and don'ts, best species to attract, and why they matter.

Instructor: Park Rangers, Erie County Parks, Recreation & Forestry

Tuesday, October 21 2:00 PM
Elma Public Library, 716-652-2719 to register

Tuesday, November 18 1:00 PM
Clarence Senior Center, 716-633-5138 to register

Batteries Everywhere

Join us for a lively discussion about rechargeable batteries and how to safely charge, use, and dispose of them.

Instructor: Amy Alduino, Recycling Coordinator at Erie County Department of Environment & Planning

Wednesday, November 5 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Monday, November 17 1:15 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Bugs Up Close – What Good Are Insects?

What Good Are Insects? Join us to find out! .

Instructor: Carol Ann Harlos, Cornell Cooperative Extension Master Gardener, Retired Math & Science Teacher

Thursday, October 23 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register



Erie County Climate Action & Sustainability

Discover how Erie County is tackling climate change and building a greener future—and how you can be part of it! In this engaging and interactive session designed for older adults, we'll explore local sustainability projects, share simple ways to make a difference at home, and uncover surprising facts about how small actions add up to big impact. Come ready to learn, laugh, and leave inspired to help keep our community thriving for generations to come!

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

Tuesday, December 2 1:00 PM
Clarence Senior Center, 716-633-5138 to register

Fall Gardening Made Easy

Tips to reduce fall chores and prepare your garden for winter.

Instructor: Lyn Chimera, Cornell Cooperative Extension Master Gardener

Monday, October 6 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Tuesday, October 7 1:00 PM
Concord Senior Center, 716-592-2764 to register

Flowers from Grandma's Garden

A nostalgic trip through memorable flowers and their history in our gardens.

Instructor: Peggy Koppmann, Cornell Cooperative Extension Master Gardener

Friday, December 19 12:30 PM
Lancaster Senior Center, 716-685-3498 to register

Forces of Nature: The Science of Natural Disasters

From earthquakes and hurricanes to wildfires and tsunamis, this class will explore the powerful natural forces that shape our planet. Learn what causes them, how scientists study and predict them, and how communities prepare and respond.

Instructor: Heather Thuman, Educator - Williamsville North High School

Thursday, November 13 5:00 PM
Lancaster Senior Center, 716-685-3498 to register

Tuesday, December 16 4:00 PM
Clarence Senior Center, 716-633-5138 to register

Tuesday, November 18 6:00 PM
Amherst Senior Center, 716-636-3051 to register

Fossils of Western New York

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

Instructor: Penn Dixie Fossil Park & Nature Reserve Representative

Tuesday, October 14 **1:00 PM**

Concord Senior Center, 716-592-2764 to register

Growing a Chocolate-Scented Garden – Yum!

Design a garden featuring plants with chocolate-like aromas.

Instructor: Carol Ann Harlos, Cornell Cooperative Extension Master Gardener, Retired Math & Science Teacher

Tuesday, October 14 **2:00 PM**

Eden Library, 716-992-4028 to register

Introduction to Backyard Astronomy

This program is an introductory course featuring the many night-sky wonders you can observe from your own backyard. Topics will include background and terms useful for understanding the night skies, types of equipment generally available for viewing, and how, what, and why objects can be observed.

Instructor: Penn Dixie Fossil Park & Nature Reserve Representative

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

Hamburg Senior Community Center, 716-646-5145 to register

Thursday, October 16 **10:00 AM**

Cheektowaga Senior Center, 716-686-3930 to register

Monday, November 3 **1:00 PM**

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

Wednesday, November 5 **2:00 PM**

Lancaster Senior Center, 716-685-3498 to register

Wednesday, November 5 **6:30 PM**

Elma Public Library, 716-652-2719 to register

Thursday, November 6 **1:00 PM**

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

Monday, November 10 **1:00 PM**

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

What's Going on With Composting

Learn about composting trends, methods, and how to get started at home.

Instructor: Tyler Hamilton, Compost Educator for Erie County

Monday, October 20 **1:30 PM**

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

Winter Sowing and Native Plants

Learn to grow native plants and vegetables through winter sowing using recycled milk jugs.

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

Thursday, December 11 **10:00 AM**

Cheektowaga Senior Center, 716-686-3930 to register



SPECIAL EVENTS

University Express Fall Semester KICK - OFF with Erie County Executive Mark C. Poloncarz - "How FDR's 'Four Freedoms' Principles Still Apply in Our Country & World Today"

Understanding the issues and impact on your Erie County Executive Mark Poloncarz will discuss President Franklin D. Roosevelt's "Four Freedoms" speech, the genesis for it, what resulted, & how the basic principles of the speech still apply today. **In person or Virtual.**

Instructor: Erie County Executive Mark C. Poloncarz

Wednesday October 1  **10:00 AM**

Amherst Senior Center, 716-636-3051 to register

To Register for the Virtual Class:

<https://erie.webex.com/weblink/register/r4de6f882e199e9da910ede7a166e40bb>

Senior Hiking Club - Sprague Brook Park, 9674 Foote Rd, Glenwood, NY 14069

Join us as we partner with the Erie County Department for Aging's Club 99 & Erie County Parks for their Senior Hiking Club Event. The Hiking Club is a wonderful opportunity for seniors to stay active and enjoy the beauty of nature in the company of other like-minded individuals. * This hike will be a 2-mile loop and is considered moderate impact/not accessible. Also, restrooms are available in the park, but not at the meeting location.

Meeting Location: Cross Country Ski Loop Parking Lot

Wednesday, October 1 **9:30 AM - 10:30 AM**

To register, visit: <https://www4.erie.gov/universityexpress/>

UE Field Trip: Visit the Longshed

The Erie Canal opened 200 years ago this fall! The 363 mile long canal connected the Great Lakes to the Hudson River and the Atlantic Ocean. The Canal made Buffalo the Queen City of the Lakes as grain flowed east and immigrants moved west along the canalway. Join Erie County Historian Doug Kohler for a tour of the new hands-on canal experience in the Longshed at Canalside.

Instructor: Doug Kohler, Erie County Historian

Wednesday, October 8 **12:00 PM**

To register, visit: <https://www4.erie.gov/universityexpress/>



Puzzle-Palooza Contest: Get Ready to WIN!

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

Instructor: UE Staff

Wednesday, October 22 **1:00 PM**

Cheektowaga Senior Center, 716-686-3930 to register

Friday, October 31 **1:00 PM**

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

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

Lancaster Senior Center, 716-685-3498 to register

Friday, November 14 **2:00 PM**

Amherst Senior Center, 716-636-3050 to register

Thursday, November 20 **1:00 PM (First Round)**

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

CHAMPIONSHIP DAY:

Thursday, December 18, **1:00 PM**

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

TRIVIA IN THE PARK!

Ready to put your smarts to the test? Swing by for Trivia in the Parks—our favorite way for older adults to mix a little brainpower with sunshine and laughter! Grab a friend (or make a new one), answer some wild and wacky questions, and compete for bragging rights (and maybe a prize or two). No pressure, just fun—because everybody's an expert at something!

Chestnut Ridge Park - Commissioner's Cabin

Thursday, October 16 **2:00 PM**

To Register, Visit University Express Events Page:

Trivia in the Park: October 16 | University Express

Shakespeare in the Park's Golden Love Story - "Romeo & Juliet"

Celebrate 50 years of Shakespeare in Delaware Park with a special performance at the Buffalo History Museum! This fast-paced, abridged version of Romeo & Juliet brings the timeless story of star-crossed lovers to life in the museum's beautiful setting. Join University Express for an afternoon of theater as Buffalo's beloved tradition marks its golden milestone

Location: Buffalo History Museum, 1 Museum Court, Buffalo 14216

Wednesday, November 19 **1:00 PM**

To register, visit: <https://www4.erie.gov/universityexpress/>

SPECIAL EVENTS

Field Trip: Right Tree, Right Place - with Erie County Parks, Recreation & Forestry's Joshua Konovitz, Forester

Planting a tree is much more than just digging a hole and putting the green side up. Learn how to match a tree to your desired planting location by considering factors such as: soil, hydrology, sun exposure, utilities, and development of the proposed location. Consider the tree's above and below ground growth habits, mycorrhizal and soil biota associations, and ecological function in the landscape.

October is a great time to plant a tree. 2-hour class. Be prepared to walk in inclement weather and to dig up a native tree sapling. A small shovel is recommended but the Parks Dept can provide a shovel if needed. Also bring gloves, hiking boots or sneakers, bucket/plastic bag for the sapling and a bottle of water. **Rain or Shine. Limit 25 people.**

Instructor: Erie County Parks, Recreation & Forestry's Joshua Konovitz, Forester

Wednesday, October 15 10:30 AM

Commissioner's Cabin Chestnut Ridge Park

To register, visit: <https://www4.erie.gov/universityexpress/>

Field Trip: The Process of Restoring the Natural Landscape with Erie County Parks, Recreation & Forestry's Joshua Konovitz, Forester

The natural landscape has been drastically altered and fragmented from land management and development, and invasive species further degrade our ecological communities. Let's learn how we can read the landscape and learn how to make simple adjustments to our management and maintenance practices to benefit ecological function that can also be aesthetically appealing by selecting for native species, using various weed suppression techniques, and sustainably using materials on site. Short stroll may be involved please be prepared to walk in inclement weather. **Limit 25 people. 2-hour class. Rain or Shine.**

Instructor: Erie County Parks, Recreation & Forestry's Joshua Konovitz, Forester

Wednesday, November 5 10:30 AM

Commissioner's Cabin Chestnut Ridge Park

To register, visit: <https://www4.erie.gov/universityexpress/>

UE BOOK CLUB!

Join us for our November UE The Book Club meeting! Our discussion will be on the book "Nobody Will Tell You This But Me: A True (As Told to Me) Story," by Bess Kalb. Join us this one time, or come to join our Book Club, which meets monthly. All are welcome! Book Summary: **Nobody Will Tell You This But Me** showcases the close relationship between a grandmother and her granddaughter. Bess recounts her family history through the unique perspective of her hilariously blunt grandma. This memoir packs all the feels.

Instructor: Katherine Earl, Erie County Department of Aging, Project Administrator - Recreation & Wellness

Thursday, November 20 10:30 AM

Lancaster Senior Center, 100 Oxford Ave., Lancaster, NY 14086

To register, visit: <https://www4.erie.gov/universityexpress/>

FIELD TRIP: Discover Burchfield with University Express!

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

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

Friday, October 17 1:15 PM
Tours start at 10:15 AM and run through 1:15 PM

To register, visit: <https://www4.erie.gov/universityexpress/>

FIELD TRIP: Williamsville Space Lab Planetarium -The Life and Death of Stars

Williamsville Planetarium Director Mark Percy will lead participants on a journey through space and time to help you understand how stars are formed, how they evolve and the many possible outcomes when they run out of fuel. We'll begin with a tour of the winter night sky, and then learn about several stars and how they fit into our greater understanding of stellar lifecycles. We will conclude with a spectacular immersive experience about one of the universe's most bizarre objects - Black Holes! **(75 Person Limit Due to Space)**

Instructor: Mark Percy has been the Director of the Williamsville Central School District's Space Lab Planetarium for 25 years, during which he has taught astronomy to learners of all ages. He has produced numerous original planetarium programs and led Western New York through the Total Solar Eclipse of April 2024. Mark is currently the President of the Great Lakes Planetarium Association


Tuesday, November 4 2:00 PM
To register, visit: <https://www4.erie.gov/universityexpress/>



AI (Artificial Intelligence) - What Next?

Learn about the rapid evolution of AI and its impact. Discuss exciting developments and potential pitfalls in AI and how it's shaping our future.

Instructor: David Stott, Security Analyst with Erie County Information & Support Services

Wednesday, December 3  **1:00 PM**
Orchard Park Senior Center, 716-662-6452 to register

Apps and Websites

Discover the digital world one click at a time! Learn how to navigate popular apps and websites easily, making everyday tasks—from shopping to staying connected—both fun and simple.

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

Wednesday, December 17 **1:00 PM**
Dorothy J. Collier Community Center, 716-882-0602 to register

Facebook Safety and Security

Stay safe while staying social! This class covers the essentials of protecting your privacy, recognizing scams, and using Facebook confidently and securely.

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

Monday, November 17 **1:30 PM**
Northwest Amherst Community Center, 716-636-3050 to register

Google Maps

Never get lost again! Explore how to use Google Maps for directions, local business info, and even virtual tours—your new digital travel buddy.

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

Monday, December 15 **1:30 PM**
Northwest Amherst Community Center, 716-636-3050 to register

Wednesday, November 19 **1:15 PM**
Akron-Newstead Senior Center, 716-542-6645 to register

Instacart

Groceries delivered to your door? Yes, please! Learn how to shop for fresh food and household items online with Instacart, saving time and hassle.

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


Monday, November 3  **10:00 AM**
Orchard Park Senior Center, 716-662-6452 to register

Wednesday, November 5 **1:00 PM**
Clarence Senior Center, 716-633-5138 to register

Library Downloadables

Your library card just got smarter! Discover how to download ebooks, audiobooks, and more from your local library straight to your device—no need to leave home.


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

Tuesday, December 9  **1:00 PM**
Town of Aurora Senior Center, 716-652-7934 to register

Smart TV Basics

Turn your TV into a smart entertainment hub! Get to know the basics of streaming, apps, and connecting your smart TV to the internet easily.


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

Tuesday, November 25  **1:00 PM**
Cheektowaga Senior Center, 716-686-3930 to register

The Cloud

Meet the invisible yet powerful cloud that lets you store photos, documents, and more securely online. Learn how the cloud works and how to use it to keep your digital life organized and safe.

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

Wednesday, December 3  **1:00 PM**
Cheektowaga Senior Center, 716-686-3930 to register





ATTENTION VOLUNTEERS

CLUB 99 IS SENDING OUT A SOS!!!!

DO YOU LOVE EXERCISE?

DO YOU LIKE GIVING BACK TO YOUR COMMUNITY?

DO YOU HAVE ONE HOUR PER WEEK TO COMMIT TO?

**WOULD YOU LIKE TO HELP OTHERS REACH THEIR FITNESS
GOALS?**

THEN WE WANT YOU TO JOIN OUR FITNESS TEAM !!

**CLUB 99 IS LOOKING FOR VOLUNTEERS TO HELP LEAD
RESISTANCE BAND AND MOVEMENT EXERCISE CLASSES**

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

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

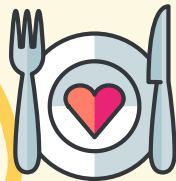


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