

UNIVERSITY EXPRESS



SPRING
2026

Lifelong Learning for Adults Age 50+



FREE IN-PERSON & VIRTUAL CLASSES

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

716-858-8526 • erie.gov/ue



**UE Shakespeare
in the Park Event
See pg. 34**

UNIVERSITY EXPRESS

Spring

2026

Hello University Express,

As Commissioner of the Department for the Aging, I'm pleased to welcome you to the Spring 2026 semester of University Express. Spring brings longer days, warmer weather, and a great chance to start something fresh.

I'm truly inspired by how much this program has grown. Each semester, we see new friendships forming, new traditions taking shape, and more people getting involved. It's been wonderful to watch University Express become not just a place to learn, but a community where people support one another and have fun together.

This spring, we're excited to offer even more opportunities to connect and explore. Along with our regular classes, make sure you check out our field trips, fantasy football group, March Madness activities, and a book club—different ways for you to learn, share interests, and enjoy time with others.

Lifelong learning is about staying active, curious, and engaged, and you make that possible. Your energy and enthusiasm keep this program moving forward, and we're grateful for everything you bring to it.

We hope you enjoy the season, the activities, and the company. Here's to another great semester with University Express!



Randy Hoak
Commissioner



VOLUNTEER OPPORTUNITIES! JOIN THE FUN WITH RSVP!

- Improve Lives
- Strengthen Communities
- Foster civic engagement

...through service & volunteering!



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(716) 858-7548



Let's get started! Learn About University Express (UE)



Experience the joy of lifelong learning with University Express, designed for adults aged 50 and over. Our instructors include renowned experts and active professionals who bring both deep knowledge and fresh insights to every class.

University Express offers two semesters each year (May–July and October–December), with about 400 engaging classes per semester, including 50 convenient virtual options. Whether you're interested in history, science, art, technology, or wellness, you'll find enriching opportunities to explore. With partnerships at 30 senior centers and libraries in Erie County, learning is accessible, social, and enjoyable— and best of all, classes and events are absolutely *FREE!*

- **Step 1:** Review the course listings by category, including titles, descriptions, dates, times, and locations.
- **Step 2:** Choose as many free classes as you like; all are open to Erie County residents 50+, and no senior center membership is required.
- **Step 3:** Register for the **virtual class** option (**classes that are highlighted in blue throughout the catalog**) online at erie.gov/universityexpress. You will receive confirmation and reminder emails with access links. For **in-person classes**, call the host location to reserve your seat and help manage attendance and waitlists. Most classes are about one hour, with some 90+ minute sessions noted in the catalog.
- **Step 4:** Register online for special events and field trips; space is limited and available on a first-come, first-served basis.
- **Step 5:** Attend your class, arriving a few minutes early; if your plans change, please notify the location so someone else can attend.

Many venues also offer lunch or dinner reservations; ask about meal options when you reserve, and book at least one week in advance. For help with registration or program questions, contact University Express at 716-858-6897 or visit erie.gov/ue.



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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. BFNC Life Center/Westminster Community House
419 Monroe Street, 1st Floor
Buffalo 14202
Phone: 716-852-5065 x132

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 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. Orchard Park Senior Center
4520 California Road
Orchard Park 14127
Phone: 716-662-6452

19. Schiller Park Senior Center
2057 Genesee Street
Buffalo 14211
Phone: 716-895-2727

20. Tosh Collins Senior Center
35 Cazenovia Street
Buffalo 14220
Phone: 716-822-4532 x0

21. Town of Aurora Senior Center
101 King Street, Suite A
East Aurora 14052
Phone: 716-652-7934

22. Town of Evans Senior Center
999 Sturgeon Point Road
Derby 14047
Phone: 716-947-0974

23. Town of Tonawanda Senior Center
291 Ensminger Road
Tonawanda 14150
Phone: 716-874-3266

24. West Seneca Senior Center
4620 Seneca Street
West Seneca 14224
Phone: 716-675-9288

25. West Seneca Public Library
1300 Union Road
West Seneca 14224
Phone: 716-674-2928

26. West Side Community Services
161 Vermont Street
Buffalo 14213
Phone: 716-884-6616

THREE NEW PARTNERS:

27. Clarence Library
3 Town Place
Clarence 14031
Phone: 716-741-2650

28. North Park Branch Library
975 Hertel Ave.
Buffalo 14216
Phone: 716-875-3748

30. Richmond Summer Senior Center
337 Summer Street
Buffalo 14127
Phone: 716-885-3290

Front Cover: Shakespeare in Delaware Park

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

(Field Trip in the Special Events section!)

**Spring 2026 University Express Kickoff
Event: Roosevelt Rumble: FDR vs. TR**

Get ready to step into the ring for Roosevelt Rumble: FDR vs. TR! Join us for a lively and thought-provoking showdown between two of America's most influential presidents as we celebrate the start of the Spring 2026 University Express semester! In this spirited debate, Erie County Executive Mark C. Poloncarz faces off against City of Buffalo Historian Lindsey Lauren Visser, each making the case for their favorite Roosevelt

- Poloncarz champions Franklin D. Roosevelt for his transformative leadership through the New Deal and World War II.
- Visser steps into the corner for Theodore Roosevelt, highlighting his daring reforms, dynamic presidency, and larger-than-life personality.

Blending humor, history, and friendly competition, this program promises insight, laughter, and maybe even a new presidential favorite. Come ready to learn, cheer, and decide which Roosevelt reigns supreme!

Instructors: Erie County Executive Mark C. Poloncarz & Lindsey Lauren Visser, City of Buffalo Historian, Ex. Dir. of the Niagara Aerospace Museum

Monday, May 4 1:00 PM
Orchard Park Senior Center, 716-662-6452 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, Master of Social Work and Licensed Associate Real Estate Broker

Wednesday, May 13 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Tuesday, May 19 10:30 AM
Hamburg Senior Community Center, 716-646-5145 to register

Friday, June 26 11:45 AM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Active Shooter

Situational Awareness is a concise safety program that teaches participants how to recognize potential threats, stay alert to their surroundings, and make rapid decisions to protect themselves and others during a violent incident. Drawing on best-practice response, the class covers warning signs, emergency planning, and practical steps to take before, during, and after an active shooter event so attendees feel more prepared, confident, and empowered to act in a crisis.

Instructor: Luca Amarena, Coordinator for Building Security/Erie County Homeland Security Protective Services

Friday, May 1 12:30 PM
Lancaster Senior Center, 716-685-3498 to register

Tuesday, May 5 1:00 PM
Clarence Senior Center, 716-633-5138 to register

Tuesday, May 12 2:00 PM
Amherst Senior Center, 716-636-3051 to register

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

Thursday, May 21 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, May 27 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Wednesday, June 17 10:30 AM
Schiller Park Senior Center, 716-895-2727 to register

Wednesday, June 24 1:00 PM
Town of Tonawanda Senior Center, 716-874-3266 to register

Tuesday, June 30 1:00 PM
Dorothy J. Collier Community Center, 716-882-0602 to register

AI for Seniors

Explore how Artificial Intelligence is shaping everyday life and how it can be used in practical, meaningful ways. This class is for those who want to understand what Artificial Intelligence is, and what it isn't. We'll break down common terms in plain language, explore how AI is already part of everyday life, and talk about the benefits and risks.

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

Tuesday, June 16 1:00 PM
Orchard Park Senior Center, 716-662-6452 to register

CURRENT EVENTS

Baseball, New York, and a Changing America

In the years after World War II, New York baseball stood at the center of American life. City teams dominated the World Series, games filled radios and early televisions, and baseball shaped everyday conversation within neighborhoods and across generations. This class explores that postwar high point in the 1940s and 1950s, and then looks ahead to the changes that followed, including the departure of the Dodgers and Giants. Using baseball as a starting point, the session opens into broader discussion about how American society and culture were changing during this period. Designed as a welcoming, discussion-based class, participants are invited to share memories, perspectives, and reflections from a formative era.

Instructor: Eric Deutsch, Historian, Mediator, and Trainer - The Mediation Offices of Eric A. Deutsch

Monday, May 11 10:30 AM

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

Wednesday, July 8 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Extreme Heat – Is this Really something I Should be Thinking about in Western New York?

Extreme cold and snow is something we are pretty used to here in Erie County. But did you know that extreme heat is the #1 weather-related killer in the US? And seniors are especially vulnerable. To prepare for the expected hotter temperatures in our region, Erie County is creating an Extreme Temperatures Plan. Come learn about this plan and takeaway strategies to make sure you and your loved ones stay safe.

Instructor: Tracy Skalski, Erie County DEP - Sustainability Director

Thursday, June 25 12:30 PM

Hamburg Senior Community Center, 716-646-5145 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, Buffalo and Erie County Public Library

Thursday, May 7 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, May 12 1:00 PM

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

Fourth of July Tie Dye Shirts

Participants will receive detailed, step-by-step guidance on how to design a pattern on a white shirt using rubber bands and patriotic-colored ink. Erie County Dept. for Aging will be providing the supplies. **(Class limited to 25 people.)**

Instructor: Aileen Gonzalez-Marti, - Multidisciplinary Artist; Manager of the Older Adult Program at West Side Community Services, Buffalo

Friday, June 26

1:00 PM

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

Home Improvement Contracts in New York State: Protecting Yourself from Scams

This class will provide practical information on hiring home improvement contractors and understanding required contract provisions under New York Law. The class will also provide information regarding civil vs. criminal contractor legal issues that may arise and the applicability of New York State Penal Law offenses.

Instructor: Jennifer Hemming, Assistant County Attorney- Erie County Department of Law / Ryan Emmerling, Esq. - Assistant District Attorney, Erie County Department of Law

Wednesday, June 24

2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, July 8

10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Identity Theft & Credit

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

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

Tuesday, May 12

2:00 PM

Elma Public Library, 716-652-2719 to register

Tuesday, June 16

1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register



Keeping the Neighborhood Connected

The SUAAOA program is dedicated to education, outreach, and support for older adults and communities impacted by substance use. Older adults are frequently overlooked in substance use discussions, despite facing distinct and complex challenges that require targeted attention. This class aims to provide accurate, accessible information about the impacts of substance use in later life within a respectful, judgment-free environment. It also incorporates harm reduction education, equipping participants with practical strategies and tools to support health and well-being. In addition, the program can help connect participants with community-based organizations to help reduce barriers to care and improve access to supportive services.

Instructor: Jennifer Icard, Substance use Awareness and Advocacy for Older Adults, Program Coordinator

Wednesday, May 27 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Mosquitoes, Ticks & Fleas! Oh My!

This course will introduce the topic of vector-borne diseases and the related implications for public health. Specific vector-borne diseases of importance, including Lyme disease and West Nile virus will be examined. The discussion will focus on disease description and treatment, risk factors, and personal preventive measures.

Instructor: Shauna Zorich, Clinical Associate Professor at SUNY at Buffalo

Thursday, May 28 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Organic Farming with Root Down Farm

Learn about organic farming directly from a local grower in this class led by Root Down Farm, a Community Supported Agriculture (CSA) organic farm in Clarence. Farmer Steve Blabac (who runs the farm with his wife, Erin) will share his experience running a community-oriented organic farm, discuss what “organic” means in practice, and highlight how they care for the land and grow healthy, seasonal food in Western New York. All of their produce is grown using organic standards and without synthetic or artificial pesticides, herbicides or fungicides. **(Allow 90 minutes for class.)**

Instructor: Farmer Steve Blabac, Root Down Farm

Thursday, May 28 6:00 PM

Clarence Library, 716-741-2650 to register

Protect Yourself from Grandparent Scams

The latest research indicates that on average, every American receives communication from scammers more than daily. Scammers are clever, new technology makes their schemes harder to detect, and we are all targets. In this course you will: Master the key concepts of grandparent scams, from foundational principles to advanced techniques.

Apply your knowledge through hands-on practical exercises designed to build real skills and practice those skills in a safe environment.

Evaluate your understanding with comprehensive assessments to solidify your learning.

Learn about free tools that can help you keep your scam-protection skills sharp and your level of vigilance high.

Instructor: Cynthia Stewart, Executive Director or DART Collective and Program Manager for UB Center for Information Integrity

Wednesday, July 1 4:30 PM

Lancaster Senior Center, 716-685-3498 to register

Protect Yourself from Medication Scams

The latest research indicates that on average, every American receives communication from scammers more than daily. Scammers are clever, new technology makes their schemes harder to detect, and we are all targets. In this course you will:

Master the key concepts of medication scams, from foundational principles to advanced techniques.

Apply your knowledge through hands-on practical exercises designed to build real skills and practice those skills in a safe environment.

Evaluate your understanding with comprehensive assessments to solidify your learning.

Learn about free tools that can help you keep your scam-protection skills sharp and your level of vigilance high.

Instructor: Cynthia Stewart, Executive Director or DART Collective and Program Manager for UB Center for Information Integrity

Wednesday, June 24 1:15 PM

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

Sports Talk!

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.

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

Monday, June 29 2:00 PM

Clarence Library, 716-741-2650 to register

CURRENT EVENTS

Spot that Scam! By Being a Educated Consumer

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

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

Friday, May 15 2:00 PM

Clarence Library, 716-741-2650 to register

Wednesday, May 27 10:30 AM

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

Friday, May 29 10:30 AM

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

Tuesday, June 9 2:00 PM

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

Friday, July 10 1:00 PM

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

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Vaccines for Seniors

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

Instructor: Sarah Hopseker, PharmD - Erie County Health Department

Thursday, May 21 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, May 27 10:30 AM

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

Veterans and Spouses, Do You Know What Your Benefits Are?

The class explains what federal and state benefits are available to veterans and their families. The federal government constantly changes the playing field and one needs to keep up with the rules.

Instructor: Felice Krycia, Director and Certified Veteran Service Officer of Erie County Veterans Services

Tuesday, May 19 3:00 PM

Clarence Senior Center, 716-633-5138 to register

Friday, May 22 1:00 PM

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

Thursday, June 4 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Thursday, June 18 10:00 AM

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

Wednesday, July 1 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

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What Your Survivors Need to Know—Creating a Legacy Document

When a loved one passes or becomes incapacitated, survivors often struggle to locate essential information—details that traditional documents overlook. Creating a Legacy Document empowers survivors with the clarity they need during life's most vulnerable moments. This free presentation focuses on identifying and organizing critical personal information to ease the burden of those left behind. It does not provide legal, financial, or estate-planning advice. Instead, it provides a practical framework for preparing the most meaningful gift you can give: the gift of information.

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

Thursday, July 9 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, July 21 1:00 PM

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

HEALTH & WELLNESS

Aging Gracefully 1 - Mind & Body

Little things that I do day in day out to keep me healthy and full of energy.

Instructor: Pilar Sánchez, Retired HS Teacher

Monday, July 6 1:00 PM

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

Thursday, July 16 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, July 17 11:45 AM

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

Thursday, July 23 1:00 PM

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

Brain Games

Enjoy an hour of fun games to challenge your brain and learn some strategies to think in a different way.

Instructor: Theresa Wiater, Retired Educator

Friday, June 5 10:00 AM

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

Wednesday, June 17 1:00 PM

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

Bucket Hat Chef Presents - F.T.C. Food, Travel & Culture

Immerse yourself into the culture, tourism and food of Iceland! Travel hacks and food tasting included. **(90 Minute Class.)**

Instructor: Robb Poloncarz, ACF Certified Professional Chef / Office for the Aging Erie County

Wednesday, May 13 1:00 PM

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

Friday, May 22 1:00 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, June 3 1:00 PM

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

Friday, June 5 1:00 PM

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

Building Brain Healthy Habits

Dive deeper into the latest research on habits that support brain health. Incorporate these recommendations into building a plan for healthy aging.

Instructor: Alzheimer’s Association WNY

Tuesday, May 5 1:00 PM

Concord Senior Center, 716-592-2764 to register

Building Foundations of Caregiving

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Instructor: Alzheimer’s Association WNY

Tuesday, June 30 1:00 PM

Concord Senior Center, 716-592-2764 to register

BUNCO

Learn and play BUNCO. Start a BUNCO game day at your location, play with your family at home. BUNCO is a simple FUN game that takes no skill. Let’s get together and enjoy meeting new people and have some laughs. **(Class size limited to 26 people, 90 minute class.)**

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

Wednesday, May 13 1:00 PM

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

Monday, June 1 10:00 AM

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

Cancer Education Services

Catching cancer early—before symptoms arise—plays a crucial role in improving outcomes and survival rates. The Erie County Cancer Services Program (CSP) provides breast, cervical and colorectal screenings to eligible individuals that reside in Erie County, NY. Come learn more!

Instructor: Lisa Milewski, Sr. Outreach Aid Cancer Services

Tuesday, June 9 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, June 10 1:00 PM

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

Thursday, July 16 12:45 PM

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

Coping with Grief

Providing an overall description of grief, reviewing different types of grief, offering ways to help individuals cope, suggesting ways to help others cope with grief, and reviewing services and resources offered by the Wilson Support Center.

Instructor: Rachael Young, Clinical Facilitator at Hospice and Palliative Care Buffalo

Wednesday, June 17 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, June 24 1:00 PM

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

Creating to Cope

As we did during the Pandemic and others have done in the past, creating ART provides a functional way to distract, relax or interpret the moment. A variety of ideas and techniques and practical skills will release the ART PART of your brain and add a diversion in days ahead! Our time will give you a springboard towards that GOAL. Bring along your own recycled supplies or use what we provide for the class. **(Class size limited to 25 people, 90 minute class.)**

Instructor: Jean Serusa, NYS Certified Art Educator BS/MS Edu

Wednesday, May 13 1:00 PM

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

Friday, June 5 1:15 PM

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



Death and Dying: Goodbye, 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: Dr. Thomas Rosenthal, Emeritus Professor of Family Medicine, University at Buffalo

Saturday, May 2 10:00 AM
Central Library, 716-858-8900 to register

Thursday, July 23 4:00 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Dominos and Café Social

Participants will learn the basic rules and gameplay of dominoes through simple, step-by-step instruction. The session will also include a brief introduction to the origins of the domino game and how it became a beloved tradition in Hispanic and Caribbean cultures. While enjoying a small coffee tasting, attendees will explore the history of coffee and its deep cultural roots in Hispanic communities. After the demonstration, participants will have time to practice playing dominoes in small groups.

No limit

Instructor: Aileen Gonzalez-Marti — Multidisciplinary Artist; Manager of the Older Adult Program at West Side Community Services, Buffalo

Thursday, July 23 11:00 AM
West Side Community Services, 716-884-6616 to register

Exercise & Nutrition for Muscles & Bones

This class will examine the body's digestion and absorption processes to build an understanding of how to fuel your activities. We will learn the physiology behind building muscle & discuss the types of exercises that increase lean mass to support strong healthy bones and relieve pressure on joints.

Instructor: Jenifer Stanek, Business Consultant; Wellness Coach

Monday, June 15 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Friday, June 26 11:00 AM
West Seneca Senior Center, 716-675-9288 to register

Exercise for Seniors

The importance of prioritizing exercise, staying safe during exercise, and benefits of exercise.

Instructor: Bradley Hopkins, Chiropractor and Educator at Northeast College of Health Sciences

Monday, July 20 10:00 AM
Akron-Newstead Senior Center, 716-542-6645 to register

Hand Painted Plate

Participants are welcomed into a relaxed, creative space where they'll explore the joy of painting on ceramic dessert plates. Each guest receives a small plate along with a selection of thoughtfully designed patterns to choose from—ranging from simple, elegant motifs to more playful, intricate designs. This is a step by step class. By the end of the session, every participant leaves with a beautifully hand-painted dessert plate—unique, functional, and ready to display or gift. **(Class limited to 25 people, supplies provided.)**

Instructor: Aileen Gonzalez-Marti — Multidisciplinary Artist; Manager of the Older Adult Program at West Side Community Services, Buffalo

Tuesday, May 5 1:00 PM
West Side Community Services, 716-884-6616 to register

Hands Only CPR/AED

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

Instructor: Sarah Hopseker, PharmD - Erie County Health Department

Thursday, May 14 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Wednesday, July 8 1:00 PM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Help! The Grands are Coming

What art can I do with my grandchildren that's cool; but not messy or expensive. This is a Hands-on and Demo class to teach you projects that are fun, frugal and you can do with Elementary and Middle School age kids. No Slime! Supplies provided. **(Allow 90 minutes for the class, supplies provided.)**

Instructor: Marsha Mis, BFA – UB

Wednesday, May 20 1:00 PM
North Park Library, 716-875-3748 to register

Wednesday, May 27 12:30 PM
Lancaster Senior Center, 716-685-3498 to register

Wednesday, June 24 1:00 PM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Introduction to Healing Touch

Healing Touch is a relaxing energy therapy that uses intentional touch to promote physical, mental, emotional and spiritual well-being. This fun and interactive workshop lets you give and receive treatments while seated in a chair. You may experience pain decrease, relaxation and a feeling of peace.

Instructor: Kathryn Frankiewich, RN,MSN,Nurse Practitioner, Healing Touch Practitioner

Monday, May 4 1:00 PM

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

Wednesday, May 13 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, May 26 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Tuesday, June 9 1:15 PM

Concord Senior Center, 716-592-2764 to register

Introduction to Meditation

This class teaches what mediation is including the benefits and how to create a daily practice. The format will be instruction, Q&A, practice, followed by a closing Q&A. Wear comfortable clothes.

Instructor: Jenifer Stanek, Business Consultant; Wellness Coach

Monday, May 18 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Intuition and Tarot 101

Learning about the history of Tarot and Oracle cards and how they can be used to enhance intuition! Please feel free to bring your own cards (even a normal deck of cards will work!) - limited decks will be available for purchase on site.

Instructor: Victoria "Vicky" Szymula, Coordinator for Outreach Athletic Training Services & Head Athletic Trainer at St. Joseph's Collegiate Institute

Wednesday, May 20 10:00 AM

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



Let's Paint with Watercolors

Cindy took some watercolor lessons and found that watercolor is a fun and calming outlet for creativity. When asked if anyone wants to try art, they usually respond that they can't draw stick people. But you don't need to be a professional artist to try your hand at art. The classes Cindy has had in the past provided seniors with a sketch, direction and Watercolor supplies. Time to try something new. Cindy will give you a supply list so you can get your own supplies and continue to paint on your own. Paint the flowers in your garden, paint a beautiful landscape, paint from your vacation photos. You can be artistic, you just need to try. **(Class size limited to 25 people, 90 minute class.)**

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

Monday, May 4 10:00 AM

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

(Join us for a "May the 4th Be With You" galaxy painting class. Wear your favorite Star Wars gear for a chance to win a prize!)

Wednesday, May 27 1:00 PM

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

Wednesday, June 3 5:30 PM

Elma Public Library, 716-652-2719 to register

Tuesday, June 23 10:00 AM

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

Wednesday, June 24 10:00 AM

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

(We have 10 watercolor supply kits available for virtual participants to take this class from home, with preference given to those with transportation challenges or disabilities. Call 716-858-8793 to reserve your kit.)

Let's Talk About Sex

The class will cover male and female anatomy and how it changes as we age in terms of sexual function. We will discuss safe sex, STI's, and how to prevent them. We will discuss modifications and tools to support safe, healthy, and fun sex. We will also discuss tips for healthy relationships and the importance of consent no matter what kind of relationship you are.

Instructor: Stephanie Saia, Public Health Educator, Erie County Department of Health

Tuesday, May 5 1:00 PM

BFNC Life Center/Westminster Community House

716-852-5065 x132 to register

Thursday, May 7 1:00 PM

Concord Senior Center, 716-592-2764 to register

Monday, May 18 10:00 AM

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

**Living with a Positive Attitude.
You can be Bitter or Better!**

I share my own experiences and challenge seniors to live with a positive attitude. Our world needs people who can model living a happy life even through difficult circumstances.

Instructor: Sister Judy Beiswanger, Sister of St. Francis, Teacher

Tuesday, May 5 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, May 7 1:00 PM

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

Tuesday, May 26 1:00 PM

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

Monday, June 15 1:15 PM

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

Low Back Pain

Learn what lower back pain is, how to help prevent it, and which treatment options may offer relief.

Instructor: Bradley Hopkins, Chiropractor and Educator at Northeast College of Health Sciences

Monday, June 8 1:00 PM

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

Medication Management for Seniors

This class will outline various issues seniors may face regarding common medications and disease states. We will discuss medication adherence, tips for minimizing side effects, best practices for taking medications, and common drug interactions.

Instructor: Sarah Hopseker, PharmD - Erie County Health Department

Tuesday, May 26 1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, June 9 1:00 PM

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

Tuesday, June 16 10:30 AM

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

Meditation for Beginners

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

Instructor: Jennifer Johnson, Owner, New Sky Wellness

Wednesday, May 13 1:00 PM

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

Tuesday, May 26 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Microbiology for the Non-Scientist. Parts 1 & 2

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. We will then cover the processes that manufacturers follow that make food safe to ship, store, & eat. **(90 minute - 2 hr class but very interesting!)**

Instructor: John Shields, Food Microbiologist

Monday, July 20 10:00 AM

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

Mindfulness

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

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

Friday, June 12 1:15 PM

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

Practical Self Defense for Seniors

In this class Sister Judy will teach awareness, prevention and simple moves to get away if someone grabs you.

Instructor: Sister Judy Beiswanger, Sister of St. Francis, Teacher

Wednesday, May 27 1:00 PM

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

Tuesday, June 2 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, June 16 2:00 PM

Elma Public Library, 716- 652-2719 to register

Wednesday, July 29 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Put Your Best Feet Forward

The most common foot issues and how to prevent/treat them.

Instructor: Alkhafaji Amar, DPM - Excelsior Orthopaedics

Wednesday, June 10 3:00 PM

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

Responding to Dementia-Related Behaviors

This class 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: Alzheimer’s Association WNY

Tuesday, May 19 10:30 AM

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

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

Discover the beauty and meaning behind semi-precious gemstones as you learn how each one is tied to healing and wellbeing. Then, get creative and craft your own unique bracelet to wear! This hands-on class encourages creativity, hand-eye coordination, relaxation, and conversation—all while having fun making something beautiful. **(90 minute class.)**

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

Monday, May 11 10:00 AM

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

Tuesday, June 9 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, June 10 1:00 PM

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

Thursday, June 11 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Self- Reiki 101

Learn the basics of Reiki and how to channel and create “chi” energy and use it for self- healing techniques! Free Reiki charge crystals to all who attend! Learn about your body’s energy fields and how to use a pendulum to measure chakra strength! Feel free to bring your own pendulum. Pendulums available for purchase prior to the event.

Instructor: Victoria “Vicky” Szymula, Coordinator for Outreach Athletic Training Services & Head Athletic Trainer at St. Joseph’s Collegiate Institute

Tuesday, June 30 11:00 AM

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

Sleep Ergonomics

The best way to sleep and the impact of sleeping position.

Instructor: Bradley Hopkins, Chiropractor and Educator at Northeast College of Health Sciences

Wednesday, July 1 1:00 PM

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

Stop the Bleed

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

Instructor: Sarah Hopseker, PharmD - Erie County Health Department

Wednesday, July 8 2:00 PM

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

Friday, July 10 1:00 PM

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

Tuesday, July 21 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Sunsets and Silhouettes

‘Hands on’ class, anyone with an interest in LIGHT and SHADOWS will enjoy dipping a paintbrush or cutting black shapes to create a realistic or abstract composition or photograph using the concept of silhouettes. Historic images and references will be included for your full ART APPRECIATION experience! **(Class size limited to 25 people, 90 minute class, supplies provided.)**

Instructor: Jean Serusa, NYS Certified Art Educator BS/MS Edu

Wednesday, May 6 1:00 PM

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

Wednesday, May 20 1:00 PM

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

Friday, May 22 1:00 PM

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

Friday, July 24 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Supporting Brain Health in Our Community

We all deserve a life with the healthiest brain possible. Learn science-backed strategies that support brain health and may reduce your risk for Alzheimer’s and dementia.

Instructor: Alzheimer’s Association WNY

Tuesday, July 28 5:30 PM

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

Supporting Independence

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Instructor: Alzheimer’s Association WNY

Friday, July 31 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

The 10 Warning Signs of Alzheimer’s

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

Instructor: Alzheimer’s Association WNY

Tuesday, May 19 1:00 PM

Concord Senior Center, 716-592-2764 to register

The Great Community Care Showdown!

A fast-paced, interactive game where contestants compete to identify, match, and explain community support services. Fun and prizes are practically guaranteed!

Instructor: Moira Mycio, Assistant long Term Care Coordinator

Wednesday, May 6 10:30 AM

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

Monday, May 18 1:00 PM

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

Tuesday, June 2 11:00 AM

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

Tuesday, June 23 10:30 AM

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

Wednesday, June 24 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Therapy, Service, and Support Dogs: The Range of Man’s Best Friend

Many wonder what the difference is between a therapy, support, or service animal; some think they're all the same. This class discusses the differences between the three areas, what training and requirements look like, and the benefits of animal companionship. Disclaimer: presentation may contain dogs.

Instructors: Kae Savar, Research Analyst Erie County Department for the Aging and Marian Wojcik, Kae’s Mom and Dog Trainer

Tuesday, June 9 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Friday, July 10 11:45 AM

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

Tuesday, July 14 2:00 PM

Clarence Library, 716-741-2650 to register

Thinking of a Hip Replacement?

Learn what to expect before, during and after surgery.

Instructor: David Phillips, DO, MHSA - Excelsior Orthopaedics

Thursday, July 30 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Three Civil War Surgeons and Their Contribution to Modern Medicine

A presentation which examines the efforts of three Union surgeons to stem the large number of military casualties sustained during the war through disease and battle.

Instructor: Henry Pogodzinski, Retired HS English Teacher

Wednesday, June 24 1:00 PM

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

Traditional Foods of India and Bangladesh: Nutrition, Healing, and Culture

India and Bangladesh are home to an incredible variety of exotic fruits and vegetables, many celebrated for their healing properties and rich nutritional value. In this class, you'll discover the cultural stories and traditional knowledge behind these foods, and learn how to incorporate them into your everyday meals. Explore flavors and ingredients that are wonderfully different from what you typically find in American grocery stores! **(Allow 90 Minutes for class.)**

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

Thursday, May 7 1:00 PM

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

Wednesday, June 3 10:00 AM

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

Tuesday, June 16 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Thursday, June 18 1:00 PM

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

Treating Dizziness - A Physical Therapy Based Approach

Come learn about some common problems that are experienced in the population of older adults, especially what we see in our physical therapy clinic. We will briefly teach basic anatomy and what physiologic changes occur with aging. There is a plethora of research to support physical therapy in managing the aging process, balance disorders, and dizziness. We will share up to date evidence and tools that the audience can use right away for their own health and safety benefits.

Instructor: Jelah Meyerhofer, WNY PT & OT

Thursday, June 25 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Understanding Alzheimer’s and Dementia

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

Instructor: Alzheimer’s Association WNY

Tuesday, June 2 1:00 PM

Concord Senior Center, 716-592-2764 to register

Tuesday, July 14 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

HEALTH & WELLNESS

Understanding Trauma, the ACES Scale, and its Lifelong Effects on Your Health and Emotional Wellbeing

Trauma in this world is very widespread and many young and old are affected. It often goes unnoticed and unnamed. Some say that “the past is in the past, forget it”. But, it’s not in the past, it’s right here. Learn about what trauma is, what is PTSD, and what is the ACES or Adverse Childhood Experience Scale. This simple quick scale lets one measure the amount of trauma a person has experienced in life. We’ll talk about physical effects, dysregulation, and also about treatment approaches.

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

Wednesday, June 10 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, July 1 10:00 AM

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

Yoga for Gratitude & Healing

This class teaches the fundamentals of yoga with active meditation. The goal is to connect mind & body through breath work, stretching, balancing, & holding poses. The format will be instruction, followed by a yoga class (chair yoga poses will be included as well as standing/floor poses). Wear comfortable clothes and note you will be removing your shoes (and your socks if you choose).

Instructor: Jenifer Stanek, Business Consultant; Wellness Coach

Monday, May 11

10:00 AM

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

HISTORY

A Chronological and Inefficient Quest American Presidential Homes #21-30: from 1881-1929

Let’s examine the men who served as president before and after the Turn of the Century, including Teddy Roosevelt and Woodrow Wilson, with visits to presidential homes, not for the political details, but for human interest stories and surprising observations. This will include an extensive book and media list.

Instructor: Rachelle Francis, Retired Orchard Park Teacher, & Author

Thursday, May 21 1:00 PM

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

Friday, May 29 10:00 AM

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

Baseball Memorabilia and Video

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

Instructor: Marty Kohler, Former President Kohler Awning Inc.

Friday, May 15 1:00 PM

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

Tuesday, June 9 1:00 PM

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

Bat Masterson: A Lawman

A unique individual whose dedication to law and order in the volatile western territories in the nineteenth century commanded respect and dedication. This presentation will reveal a man of the law whose reputation is unblemished.

Instructor: Henry Pogodzinski, Retired HS English Teacher

Wednesday, June 17 1:00 PM

Town of Aurora Senior Center, 716-652-7934 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.

(* See Special Events Section for Field Trip to Aerospace Museum)

Instructor: David Faix MS.Ed. Education Coordinator Niagara Aerospace Museum

Monday, May 11

1:00 PM

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

BUFFALO: CRI

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

Instructor: Marla Bujnicki, Preservationist and Buffalo Enthusiast

Tuesday, May 12 2:00 PM

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

Friday, May 15 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, June 2 1:00 PM

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

Celebrating Buffalo & Beyond: The Artistic Legacy of Józef Sławinski

Accomplished artist Jozef Sławinski came from Poland to Buffalo in the 1960s and made the Niagara Frontier his home until his death in 1983. In those two decades Sławinski created artwork both reflecting and helping to inspire the civic, historical, architectural, religious, natural, and cultural heritage of the WNY community. In this talk we will consider both Sławinski's artistic vision as well as his versatility and skill in using varied materials and labor-intensive processes, such as hammered copper portraits or layered cement murals known as sgraffito. Although Sławinski's work is found elsewhere, his richest body of work is in the Buffalo Niagara region. Join us for a virtual tour of his art, so that his work - as the artist hoped - would be "open for everyone's enjoyment" and "create a lasting tribute to the idea of peace."

Instructor: Eleanor Ash, Explore Buffalo Docent

Friday, May 15 1:00 PM

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

China Struggles During WW 2

Harriet's father was one of thousands of Americans, Brits and Indians to assist China during WW 2 in its battle against the Japanese. President Roosevelt felt China was going to emerge from its fight to become a major power in the world. The aim was to move supplies and materiel to the Chinese across the Himalayas through Burma. An American Army Air Corps sergeant he directed the use of mules to carry the supplies. It's a story of a great adventure.

Instructor: Harriet Grayson, Author

Monday, July 20 1:00 PM

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

Cobblestone Houses of WNY

The history of cobblestone houses from the glacier age to present.

Instructor: Veronica Young, Retired Graphic Arts/Printing Professor

Wednesday, May 20 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Crazy 1960's - Where Were You?

This class dives into the chaos and wonder of the 1960's, one of the most monumental eras of our times. There are four major elements of the 1960's discussed in the class starting with the music explosion and the Beatles. The second element overshadowing everything was the Vietnam War. There were rallies for and against. It was also a time of political violence including the assassination of President Kennedy, Robert Kennedy, and Martin Luther King, Jr.. During the 1960s the country also lived through the sometimes-bloody civil rights movement with its degree of violence. Enjoy the fun and heartache of the Crazy 1960's.

Instructor: Harriet Grayson, Author

Thursday, May 14 2:00 PM

Eden Library, 716-992-4028 to register

Tuesday, June 30 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Cults, Sects, Fringe Religious Groups in American History

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

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

Wednesday, May 13 12:30 PM

Lancaster Senior Center, 716-685-3498 to register

HISTORY

Cyrenius Chapin: Buffalo's First Doctor and Hero of War of 1812

Arriving in 1803 with his wife Sylvia, Dr. Chapin brought little more than a caring attitude and infuriating gall. He joined every project on the WNY frontier. In 1813, he was the renegade militia officer who fired a final cannonball before the British burned Buffalo. In 1821, he started the Erie County Medical Society, serving as its first president, dying in 1838 after his third effort to free Canada from British rule.

Instructor: Dr. Thomas Rosenthal, Emeritus Professor of Family Medicine, University at Buffalo

Thursday, May 7 3:00 PM

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

Monday, May 11 2:00 PM

Clarence Library, 716-741-2650 to register

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Disabled Veterans in American Film and Culture

From World War II through the late twentieth century, disabled veterans appeared regularly in American movies, shaping how past audiences understood war, rehabilitation, and civilian life. This class explores how films such as *The Best Years of Our Lives* (1946), *The Men* (1950), *Coming Home* (1978), and *Forrest Gump* (1994) portrayed wounded soldiers returning home. Using familiar scenes and shared cultural memory, the session examines how these portrayals both challenged and reinforced expectations about independence, masculine identity, and re-entry into civilian life. Designed as a discussion-based cultural history, participants are invited to reflect on the movies they watched and how those portrayals resonated with their own memories and experiences.

Instructor: Eric Deutsch, Historian, Mediator, and Trainer - The Mediation Offices of Eric A. Deutsch

Wednesday, June 17 2:00 PM

Amherst Senior Center, 716-636-3051 to register

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Early Buffalo Music & Entertainment

A look back to the beginning of entertainment in the WNY area, starting with Canal Street to early theaters, concert halls, vaudeville houses and big band night clubs through the 1950s. Includes information about area radio stations, songwriters, musicians, entertainers and many historic photos.

Instructor: Rick Falkowski, Author & Lecturer, Buffalo History Books

Wednesday, June 3 1:00 PM

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

Wednesday, July 1 1:00 PM

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

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Dark History of the Statler Hotel

Come with me on a tour of the Statler, highlighting the hotel's significance in Buffalo's history, the details of how it was built, and the remarkable legacy of Ellsworth Statler, and the almost Kennedy-like mystery that surrounds the Statler family. This class covers some darker topics.

Instructor: Emily Jarnot, Preservation Planner, Preservation Buffalo Niagara

Wednesday, May 27 1:00 PM

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

Wednesday, June 3 6:00 PM

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

Tuesday, June 16 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Monday, June 22 1:00 PM

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

Wednesday, July 22 1:15 PM

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

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Every Building Has a Story

Buffalo is renowned for the architecture of its built environment. Not only does the city have significant masterpieces but the stories behind who, how and why these buildings were constructed are not only interesting but, oftentimes, surprising as well. Get a whole new perspective of downtown Buffalo's stellar architecture and learn the stories these buildings are waiting to reveal.

Instructor: Marla Bujnicki, Preservationist and Buffalo Enthusiast

Monday, July 6 10:00 AM

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

Thursday, June 18 1:00 PM

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

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Historic Places of Buffalo & WNY

Discussion of historic locations, buildings, homes and places in the WNY area. This talk will feature an overview of the 250 locations included in the book *Historic Places of Buffalo & WNY*, including photos and history of the properties discussed.

Instructor: Rick Falkowski, Author & Lecturer, Buffalo History Books

Tuesday, May 12 1:00 PM

Concord Senior Center, 716-592-2764 to register

Wednesday, June 10 6:30 PM

Elma Public Library, 716-652-2719 to register

Tuesday, June 30 1:00 PM

Town of Aurora Senior Center, 716-652-7934 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 individuals like Joseph Ellicott to Frederick Law Olmsted, as well as the evolution of major thoroughfares in Buffalo.

Instructor: Kenneth Kuminski, Professional Engineer

Wednesday, May 6 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Saturday, June 20 1:00 PM

Central Library, 716-858-8900 to register

How Organized Crime Got Its Start

Based on family history, this class looks at how organized crime got its start during Prohibition. Meet the gangsters of the day through the teacher's grandfather. He was a fisherman and gangster Dutch Schultz wanted his boats to get the Canadian booze to the US. Goldy is the accidental gangster but in 1920 he starts a relationship with Schultz that lasts for 13 years. This gets him access to the most important figures of the times including law enforcement.

Instructor: Harriet Grayson, Author

Friday, May 22 1:00 PM

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

Wednesday, June 10 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, June 12 1:00 PM

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

How the Erie Canal Changed Buffalo and How Buffalo Changed the Erie Canal

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

Instructor: Rachele Francis, Retired Orchard Park Teacher, Author

Thursday, May 7 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, May 19 1:00 PM

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

Joseph Ellicott: Why is His Name Found in Every Corner All Over WNY?

2026 marks the 200th anniversary of the death of Joseph Ellicott. The name Ellicott is found in buildings, creeks, towns and roads all over WNY. However, few of us know much about this founding father of Buffalo, Batavia and so much more in our area. This presentation is a living portrayal (very much like a play) set in 1824. You will be enlightened and saddened at the accomplishments and struggles of Joseph Ellicott.

Instructor: Dennis Upton, Retired Teacher and Actor

Tuesday, July 14 1:00 PM

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

My City Smells Like Cheerios - The History of Cereal

On a warm, breezy summer day, that sweet aroma wafting over the city will tell you they're making Cheerios. But why here in Buffalo? And how did breakfast become a thing, what is the connection to health sanitariums? Hear the story of how Cheerios came to be made in Buffalo and how dry, ready to eat cereal right out of the box began in central New York, and even cereal's connection to Mar-a-Lago!

Instructor: Cheryl McDonald, Explore Buffalo Docent

Friday, May 15 11:45 AM

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

Thursday, July 30 10:00 AM

Cheektowaga Senior Center, 716-686-3930 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, Department for the Aging

Wednesday, July 8 10:00 AM

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

Polish Immigration: Coming to America

Polish immigration to Buffalo began in the last quarter of the nineteenth century. The Poles came from a region divided among three empires in the 18th century. The Poland that we know of today did not exist until after WWI. Still, those who came were fierce in their tenacity to hold onto their cultural identity. One of the best examples of this is the Polish enclave that formed in the east side of Buffalo known as "Polonia". Drawn to migrate to Buffalo with the promise of Catholic parish communities, the first of which was St. Stan's, the Polish began coming in earnest in the 1870s.

Polish culture is still going strong in Buffalo today. With the many festivals, foods, dance and singing, we can celebrate the Polish culture that has been preserved by the descendants of the original immigrants.

Instructor: Debra Hall-Stonish, Program Director, Explore Buffalo

Tuesday, May 19 5:00 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, July 8 1:00 PM

Orchard Park Senior Center, 716-662-6452 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, Professor, Buffalo State University

Friday, May 29 1:00 PM

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

Monday, July 20 5:00 PM

Lancaster Senior Center, 716-685-3498 to register

Save Our Sacred Sites

This is an initiative that Preservation Buffalo Niagara has been working on for the past 2 years in response to the Buffalo Diocese Road to Renewal, which has closed countless churches in our area. Not only will we explain the process of how preservation tools can benefit these sites, but also how we have been helping congregations through this very difficult time.

Instructor: Emily Jarnot, Preservation Planner, Preservation Buffalo Niagara

Thursday, May 7 2:00 PM

Elma Public Library, 716-652-2719 to register

Friday, June 12 1:00 PM

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

Wednesday, July 15 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Silo City, The Erie Canal and Buffalo's Grain Handling and Milling Industry

We will examine why and how Buffalo's grain business developed and then flourished; what is the future of some of the buildings that have ceased to be used for their original businesses.

Instructor: Harry Meyer, Explore Buffalo Docent

Monday, July 6 1:00 PM

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

Sleep Ergonomics

The best way to sleep and the impact of sleeping position.

Instructor: Bradley Hopkins, Chiropractor and Educator at Northeast College of Health Sciences

Wednesday, July 1 1:00 PM

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

Spiritualism in WNY

Many Buffalonians are familiar with Lily Dale, but fewer of us know that spiritualism actually has a long and rich history in Western New York. Join us for this interesting talk which will introduce the concept of spiritualism and its development in the United States before delving into its history here in WNY. You'll learn about famous locals such as the Fox sisters and the Davenport brothers, along with others who influenced the practice of spiritualism in this area. The talk will include information about Lilydale and its place as the center of spiritualism in the United States, as well as various other local places where spiritualist events have occurred. Finally, we'll discuss where spiritualism fits in with today's social fabric.

Instructor: Donnie Gibson, Explore Buffalo Docent

Wednesday, May 13 6:30 PM

Elma Public Library, 716-652-2719 to register

Spotlight on Harry Altman: The Man Behind the Town & Glen Casino

Step back into Buffalo's golden age of nightlife with historian and author Susan Fenster as she shares the story of Harry Altman, the showman who brought world-class entertainment to Western New York. As operator of the Town Casino in downtown Buffalo and the Glen Casino in Williamsville, Altman reshaped Western New York's cultural landscape, presenting vaudeville favorites alongside chart-topping performers such as Sammy Davis Jr. and elevating the region into a premier entertainment destination. Drawing from her new book, "Harry Altman: Buffalo's Master Showman, Fenster will explore Altman's rise as an impresario, the glitz and glamour of his venues, and the challenges that came with keeping Buffalo in the national spotlight. The presentation blends history, show business, and local memory to illuminate one of Buffalo's most colorful figures and the legacy he left behind.

Instructor: Susan Fenster, Author/Historian

Monday, May 11 1:00 PM

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

Thursday, May 14 1:15 PM

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

Thursday, June 18 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Friday, June 19 1:00 PM

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

Sunni- Shia Split and Iran

The division between the Sunni and Shia sects constitutes the largest in the Islamic world. This class will provide the historical background for how the Sunni - Shia split took place. Participants will have a clear introduction to the events that led to this division going back to the time of Prophet Muhammad. The class will also provide context on how this division has affected the place of Iran in Middle East history and politics from the Ottoman times to today.

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

Thursday, June 18 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Swift Flowing Water: HiSTORIES of North Tonawanda

Water frames and colors the history of North Tonawanda -- flowing from the name of the place, to the power passing through it, to the people who came to it, and to the products made there and then sent out to the world.

The strategic location provided a gateway to the Erie Canal and a transfer point for both electricity and travelers going between Buffalo and Niagara Falls or Lockport.

This talk will introduce a few of the influential individuals, as well as a selection of the major industries and businesses in N.T. 's history, sometimes having interesting connections with other people and places in or beyond Western New York.

Instructor: Eleanor Ash, Explore Buffalo Docent

Tuesday, May 19 2:00 PM

Elma Public Library, 716-652-2719 to register

The Anthropology of Conspiracy Theories

"Conspiracy Theory" is a common phrase in the news these days; what does it mean? Is it something to fear? This talk discusses some of the standard elements in public narratives about hidden evil forces that are working among us to subvert our way of life. Anthropology reveals that such beliefs are absolutely universal, intensify in times of general social anxiety, and probably have their roots in the evolution of human sociality.

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

Friday, May 15 1:00 PM

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

Tuesday, June 23 1:00 PM

Concord Senior Center, 716-592-2764 to register

The Art of America at the Beginning of the 19th Century (1760-1860)

In 1801, the United States had only been a country for a quarter century and was trying to find its own identity. The European influence was still great, especially when it came to art. But the 19th century would bring about a new voice, as artists in a variety of media would begin to be noticed. Come along as we explore the start of the art culture in the United States, from the first colonial painters & architects, first art school to the Hudson River School and the American Romantics.

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

Tuesday, May 26 1:00 PM

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

Friday, July 10 2:00 PM

Clarence Library, 716-741-2650 to register

The Birth of the Steel City

Hear the story of how the 4th largest steel plant in the country came to the shores of Lake Erie and explore the legacy of Bethlehem Steel in Lackawanna.

Instructor: Eileen Healy, Explore Buffalo Docent

Friday, July 10 1:15 PM

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

Monday, July 27 6:00 PM

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

The Buffalo Presidential Suite

Sing (and even play!) four fun songs about Buffalo's presidents—Fillmore, Cleveland, McKinley and Teddy Roosevelt--and learn some history in a fun way!

Instructor: Rachelle Francis, Retired Orchard Park Teacher & Author

Monday, June 1 1:00 PM

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

The Delaware Avenue Mansions

Buffalo's Gilded Age: The beauty, the people in the mansions and what is their present use.

Instructor: Harry Meyer, Explore Buffalo Docent

Monday, June 8 1:00 PM

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

Thursday, June 25 1:15 PM

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

Monday, July 13 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, July 15 1:00 PM

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

Thursday, July 23 10:00 AM

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

The Silver Age of Disney Part 2: The Park (1950-1967)

Walt Disney had dreams of creating a theme park that explored many of his own dreams and wishes. Learn of his inspirations, the construction and completion of the “Happiest Place on Earth”, along with many of the inventions that changed the industry.

Instructor: Alan Nowicki, Director of Programming, Roycroft Campus

Tuesday, July 21 2:00 PM
West Seneca Public Library, 716-674-2928 to register

The World Came to Buffalo: Remembering the Pan-American Exposition 125 Years Later

The Pan-American Exposition was intended to showcase Buffalo’s prominence in 1901. Planners expected over 20 million visitors to come to the Pan-Am, but instead, the fair is largely remembered for the assassination of President McKinley. Join Erie County Historian Douglas Kohler for a look at Buffalo’s world’s fair as we commemorate the 125th anniversary of the Pan-American Exposition.

Instructor: Douglas Kohler, Erie County Historian

Tuesday, May 19 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Thursday, May 21 4:30 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Thursday, May 28 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

Friday, June 5 1:00 PM
City of Tonawanda Public Library, 716-693-5043 to register

Saturday, June 6 1:00 PM
Central Library, 716-858-8900 to register

Monday, June 8 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Thursday, June 11 7:00 PM
Clarence Library, 716-741-2650 to register

Tuesday, June 23 2:00 PM
Eden Library, 716-992-4028 to register

Tuesday, July 7 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

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

Through Her Eyes: A Family’s Journey Beyond Residential Schools

In this powerful intergenerational seminar, a mother and son share the lived story of Hazel Brown, a survivor of the Mt Elgin Industrial School. As Hazel’s daughter and grandson, the presenters offer a deeply personal perspective on how residential schools have affected Indigenous peoples, families, and communities across generations. Participants can expect to learn about the lasting impacts of residential schools, the realities of intergenerational trauma, and the remarkable resilience that emerges in the face of profound adversity. Grounded in lived experience, the seminar also highlights pathways to healing, strength, and success—honoring survival while affirming hope for future generations.

Instructors: Randy Hoak, Commissioner of Erie County Department for the Aging & Jackie Hoak, Retired Educator

Friday, June 5 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Today’s The Day!

The Atocha, a Spanish treasure galleon carrying gold, silver and emerald worth millions of dollars, was sunk by a hurricane in the Florida Straits in 1622. In 1968 a man named Mel Fisher began a quest to find the wreckage and its multi-million treasure. Did he succeed? What was the personal gain and loss of undertaking such an arduous task?

Instructor: Theresa Wiater, Retired Educator

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

Wednesday, June 10 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Thursday, June 11 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Tomb of the Unknown Soldier - Arlington

Since November 11, 1921, the Tomb of the Unknown Soldier has been the heart of Arlington National Cemetery. Learn what inspired the United States to honor an American unknown soldier and how the honor of earning the Tomb Guard Identification Badge is awarded.

Instructor: Theresa Wiater, Retired Educator

Friday, May 22 12:45 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Tuesday, May 26 6:00 PM
Amherst Senior Center, 716-636-3051 to register

Wednesday, May 27 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Wednesday, June 3 12:30 PM
Lancaster Senior Center, 716-685-3498 to register

Monday, June 15 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

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

US Naval War Production during World War II

In this class, Shane will discuss the ever-changing shipbuilding production of US Naval war vessels from the period right after World War I, through the austere interwar period, and the leadup to production for the two-ocean war known as World War II. The US Navy and associated shipyards constructed over 100,000 vessels of all types and sizes for the war. Shane will also bring shipbuilding down to our local area and highlight the Bison Shipbuilding Company, which was located on Tonawanda Island.

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

Wednesday, May 20 6:00 PM

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

Friday, July 10 10:00 AM

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

Monday, July 13 1:00 PM

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

Western New York's Man at the Alamo

The historic Battle of the Alamo that took place in Texas in 1836 has inspired generations of Americans. It is a story of courage and selfless dedication in the face of overwhelming odds. Did you know that a Western New York man was one of the key participants at the Alamo? John Hubbard Forsyth from Avon NY stood shoulder to shoulder with legendary figures like David Crockett, Jim Bowie and William Travis. Haunted by personal tragedy that transformed him, Forsyth's path led him toward an extraordinary legacy as one of the immortal defenders of the Alamo. You will hear his life story and see the battle of the Alamo through his eyes during a multimedia presentation by Thomas Schobert, author of "From Avon to the Alamo - The Saga of Captain John Hubbard Forsyth"

Instructor: Thomas Schobert, Lieutenant-Colonel (Retired), United States Army

Tuesday, May 19 5:30 PM

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

Tuesday, June 30 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Friday, July 10 1:00 PM

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

What's in a Name?

Did you ever wonder how certain Buffalo streets got their name? This talk will go over the origins of street names on ten Explore Buffalo Tours Including: Allentown, Black Rock, Columbus Parkway, Albright Estate, Bungalows, Hamlin Park, Tonawanda and Hidden Gems of the Delaware District.

Instructor: Debra Hall, Program Director, Explore Buffalo

Tuesday, May 12 5:30 PM

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

Who Knew

When recalling some of Buffalo's movers and shakers names like Heacock, Marshall and Cass may not readily come to mind. However, the Archives of Forest Lawn Cemetery have uncovered some lesser known Buffalonians whose stories will be told so that their contributions can be both recognized and appreciated.

Instructor: Marla Bujnicki, Preservationist and Buffalo Enthusiast

Wednesday, May 27 1:00 PM

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

Who Says Historical Buildings Can't Talk? FRED 1900-2020

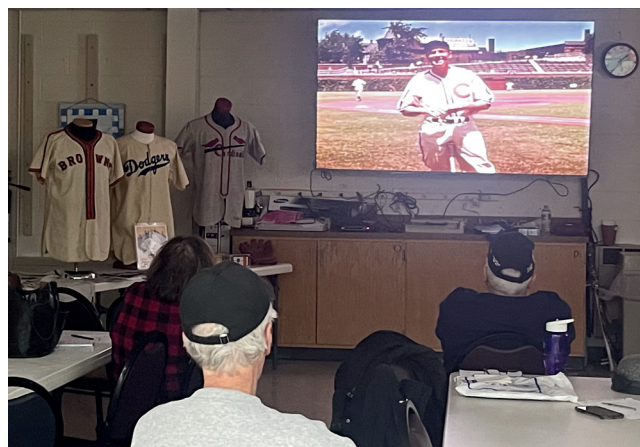
Thinking about writing historical fiction—or just love reading it? This class explores how a nonfiction writer transformed her fascination with a 1900 Buffalo apartment building into FRED: Buffalo Building of Dreams after nine years of research with her team, "Fred's Friends."

You'll also discover FRED II, set in the late 1930s and '40s, where the building comes alive through tenants' stories shaped by the Great Depression and World War II—and see how research and imagination can turn a place into a character.

Instructor: Frances Schmidt, Author

Friday, May 1 1:00 PM

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



Architectural Styles 101

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

Instructor: TinaMarie Kumiega, Explore Buffalo Docent

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

Buffalo's Green Book Sites

This class provides a comprehensive look at Buffalo's sixteen remaining Green Book sites, exploring their history and significance. In addition, we will examine sixteen former Green Book locations that have since been demolished, discussing what once stood there and what occupies those sites today. Together, these snapshots offer a deeper understanding of Buffalo's layered past and the enduring legacy of the Green Book in shaping travel, community, and resilience. will also showcase 16 demolished sites and what they have become today.

Instructor: Emily Jarnot, Preservation Planner, Preservation Buffalo Niagara

Thursday, July 2 12:00 PM
Eden Library, 716-992-4028 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. (*See *Special Events Section for Field Trip Information.*)

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

Monday, May 18 1:00 PM
Town of Evans Senior Center, 716-947-0974 to register

Communicating Effectively

Describes how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Instructor: Alzheimer's Association WNY

Tuesday, July 14 1:00 PM
Concord Senior Center, 716-592-2764 to register

History of Mystery

It was women detective writers in the late 19th and early 20th centuries that changed the genre. One of the most important writers of the times was Katherine Greene of Buffalo. She was the queen of detective writers. Also discussed is the goddess of mystery British Agatha Christie. They created memorable male protagonists. It was a fascinating period for writers and introduced the class to a whole set of new writers.

Instructor: Harriet Grayson, Author

Wednesday, May 13 1:00 PM
North Park Library, 716-875-3748 to register

Tuesday, June 23 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Friday, June 26 10:00 AM
Grand Island Golden Age Center, 716-773-9682 to register

Lies, Damn Lies, and Statistics

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

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

Thursday, June 4 1:00 PM
Orchard Park Senior Center, 716-662-6452 to register

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

Miniature Worlds: Islamic Manuscripts & Figurative Art

Format: Lecture + Coloring Activity

Description: This session introduces the charm of Islamic miniature painting and the storytelling traditions behind it. Participants explore examples from Persian, Ottoman, and Mughal manuscripts, learning how artists captured emotion and detail in tiny scenes. For the hands-on portion, participants receive printed outlines of a miniature-style scene to color using soft pencils or markers. Key Activities: Storytelling through manuscript images, Color-in-the-lines miniature scene inspired by classic works. (*90 minute class, supplies provided.*)

Instructor: Nada Odeh, Visual Artist, Curator and Educator

Thursday, June 11 6:00 PM
Amherst Senior Center, 716-636-3051 to register

Queerness in Nature

Nature holds many surprises. One surprise might not be so surprising to some. Did you know that nature is queer?! Gay penguins, fungus with thousands of sexes, and so many more make up a small part of the queer community in the natural world! In this program, we will explore 25 different queer plants, animals, and even fungi. And that is just a fraction of what there is to learn! But you've got to start somewhere, right?

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

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

Superstitions and Magical Thinking

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

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

Thursday, May 7 2:00 PM
Eden Library, 716-992-4028 to register

Friday, May 22 12:30 PM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Tell Your Family's Story with Military Records

This class explores how military records can deepen your understanding of your family's place in the nation's history, even if your ancestor was not a soldier. Participants will learn to navigate military collections to uncover details about ancestors who served and the stories of the families connected to them

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

Tuesday, June 2 1:00 PM
BFNC Life Center/Westminster Community House
716-852-5065 x132 to register

Friday, June 5 12:30 PM
Lancaster Senior Center, 716-685-3498 to register

Thursday, June 11 4:00 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Monday, June 15 1:00 PM
Town of Evans Senior Center, 716-947-0974 to register

Tuesday, June 30 10:30 AM
Richmond-Summer Senior Citizen Center, 716-885-3290 to register

Tuesday, July 7 2:00 PM
Amherst Senior Center, 716-636-3051 to register

The Art of Architecture: Geometry of Faith

Format: Lecture + Simple Drawing Activity

Description: Participants embark on a visual journey through the architectural wonders of the Islamic world—from Moroccan mosques to Persian madrasas. The session highlights how geometric design expresses spirituality and balance. Key Activities: Visual slideshow of architectural gems, Pattern drawing on large, easy-to-see worksheet. **(90 minute class, supplies provided.)**

Instructor: Nada Odeh, Visual Artist, Curator and Educator

Tuesday, June 30 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

The Hat as Art

Fascinators, turbans, Stetsons, Fedoras...let's look at the complex world of head coverings from practical to fashion design. Can you identify a Hollywood role by the hat? Do you know a politician with 'lucky' hats? Which bird species went almost EXTINCT over demand for feathery toppers? Come join us and WEAR YOUR FAVORITE HAT to tell your story!

Instructor: Jean Serusa, NYS Certified Art Educator BS/MS Edu

Friday, May 1 11:45 AM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

What Will Become of Our Cemeteries?

Generations once tripped over each other, tending to family graves at local cemeteries. Now, chances are you'll drive past a cemetery that is in ruins. Local gravesites have become an inconvenient responsibility. This sacred ground attracts few visitors except in rare situations. Did you know that cemeteries, looking to conserve space, are proposing novel ways to bury people? Ways you may find off putting. Come to hear retired Radio journalist John Zach explain his riveting research into the future of cemeteries.

Instructor: John Zach, Retired Buffalo Broadcast Journalist

Thursday, May 21 6:00 PM
City of Tonawanda Public Library, 716-693-5043 to register

Wonderful Words of Shakespeare

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

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

Wednesday, June 3 2:00 PM
Clarence Library, 716-741-2650 to register

HUMANITIES

Writing a Eulogy

A hands on class illustrating techniques for writing a eulogy.

Instructor: Jim Banko, English Teacher

Thursday, May 28 2:00 PM

Elma Public Library, 716-652-2719 to register

Wednesday, June 10 1:00 PM

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



LAW & FINANCE

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

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, Master of Social Work and Licensed Associate Real Estate Broker

Tuesday, May 5 1:00 PM

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

Thursday, May 14 2:00 PM

Elma Public Library, 716-652-2719 to register

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. We'll cover the benefits of tax diversification, tax-efficient withdrawal strategies, and the best ways to leverage tax-advantaged accounts like IRAs and Roth accounts. Discover how to optimize Social Security benefits, manage investment income, and protect your legacy for heirs. Whether you're approaching retirement or already enjoying it, this class will equip you with practical tools to keep more of what you've earned and create lasting financial peace of mind.

Instructor: Paul Hutchings, Wealth Manager - Sgroi Lawley

Tuesday, May 19 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Does Your Will Conflict with Your Financial Planning?

A discussion of the ways your will and other estate documents might be working against your financial plan.

Instructor: Valerie Stanek, Attorney at Stanek Law PLLC

Friday, May 15 1:00 PM

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

Estate Planning and Asset Protection

This presentation will focus on the importance of Estate Planning for purposes of avoiding probate and to protect assets from future long-term care costs, such as nursing homes, and to assist with qualifying for Medicaid.

Instructor: Daniel Schuller, Attorney/Partner, PB Elder Law, LLP

Tuesday, May 5 2:00 PM

Elma Public Library, 716-652-2719 to register

Monday, May 11 1:00 PM

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

Wednesday, May 13 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, July 8 1:00 PM

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

Get from Where You are to Where You Want to Be

Learn the principles necessary to maximize your efforts to achieve what you desire. Come with a goal(s) in mind. This class will walk you through creating a vision of your future self, developing a road map for your journey, and scheduling checkpoints.

Instructor: Jenifer Stanek, Business Consultant; Wellness Coach

Friday, May 29 11:45 AM

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

Health Insurance - Don't Get Sick Without it

The instructor will provide an overview of medicare and options to fill the gaps in Medicare. Also being discussed will be health insurance options for people who do not have Medicare.

Instructor: Bill Daniels, Erie County Dept. for the Aging

Tuesday, June 2 10:30 AM

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

Monday, June 22 1:00 PM

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

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. Whether you're a parent, grandparent, or guardian, this class will equip you with the tools to create a lasting legacy and empower your loved ones for lifelong financial success.

Instructor: Paul Hutchings, Wealth Manager - Sgroi Lawley

Wednesday, June 10 1:00 PM

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

Friday, June 19 10:00 AM

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

Managing Money: A Caregiver's Guide to Finances

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

Instructor: Alzheimer's Association WNY

Tuesday, June 16 1:00 PM

Concord Senior Center, 716-592-2764 to register



Muffins and Money Management

The Center for Elder Law and Justice will present updated information about budgeting on a budget and provide seniors with ways to improve budgeting skills. We will present the benefits of partnering with our Budget Buddies program as either a client or volunteer. Join us as we share muffins and discuss the in's and out's of successful budgeting. You will also have the opportunity to learn about the Center for Elder Law and Justice and our services.

Instructor: Renee Pratt, Outreach Coordinator for Center for Elder Law and Justice (CELJ)

Thursday, May 14 1:00 PM

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

Tuesday, June 9 10:30 AM

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

Paying for Long-Term Care

This class will focus on how to protect and preserve assets in the event that Medicaid is needed to cover the cost of nursing home care. We will discuss the resource and asset limits, advanced planning and utilization of Trusts, along with how to protect assets on the eve of a Medicaid application using "Medicaid Crisis Planning."

Instructor: Jean Harris, Attorney/Partner, PB Elder Law, LLP

Tuesday, June 2 3:00 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, June 16 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Should I Turn it Over to My Children?

A look at the tools lawyers use to transfer your property from your name to your heirs while avoiding unnecessary delays and taxes.

Instructor: Valerie Stanek, Attorney at Stanek Law PLLC

Wednesday, May 13 10:30 AM

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

The Hidden Threat: Protect Your Retirement and Estate From a Health-Care Crisis

A 60-Minute Guide to Preventing Medical Costs From Destroying Your Wealth. Protect your retirement from the silent danger that drains more wealth than taxes or market downturns—a health-care crisis. Join our 60-minute class, "The Hidden Threat," and learn how rising care costs, Medicaid rules, and unexpected medical events can erode your estate and disrupt plans for your spouse and heirs. Discover smart strategies to safeguard assets, prevent estate loss, and build a secure financial future. Ideal for retirees and pre-retirees.

Instructor: Les Robinson CRPC, CRPC

Thursday, June 4 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

LAW & FINANCE

The Process to Ask the Correct Financial Questions to Empower Yourself and Save Your Money

What this 60-minute seminar will teach you: Are you prepared to protect your financial future, especially when it comes to long-term care needs? In this empowering session, you'll learn the process of asking the right financial questions, a crucial step that could save you time, money, and stress.

Instructor: Les Robinson CRPC, CRPC

Monday, June 1 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Understanding Medicare

Medicare is Confusing! What are Parts A, B, C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me? This class will help people understand how the federal Medicare program works and provide a general overview of the variety of Medicare insurance options available to beneficiaries.

Instructor: Jason B. Myers, ChFC, CLU Business Owner

Thursday, May 7 1:00 PM
City of Tonawanda Public Library, 716-693-5043 to register

Thursday, May 21 2:00 PM
Elma Public Library, 716-652-2719 to register

Thursday, May 28 2:00 PM
Eden Library, 716-992-4028 to register

Wednesday, June 3 1:00 PM
North Park Library, 716-875-3748 to register

Monday, June 8 2:00 PM
West Seneca Public Library, 716-674-2928 to register

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, Erie County Environment & Planning

Tuesday, June 16 2:00 PM
Eden Library, 716-992-4028 to register

Monday, June 22 11:00 AM
Hamburg Senior Community Center, 716-646-5145 to register

What is Family Court and What are GRANDPARENT Legal Rights

The New York State Court System will be explained. Emphasis will be on Family Court Issues of Child Custody, Visitation, Neglect, Abuse, Child Support, Orders of Protection, Adoptions and Juvenile Justice. GRANDPARENT RIGHTS examples will be used.

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

Tuesday, May 12 11:30 AM
Richmond-Summer Senior Citizen Center, 716-885-3290 to register

What the Heck is a Trust?

This class discusses various types of Trusts and answers the question: do I need one?

Instructor: Valerie Stanek, Attorney at Stanek Law PLLC

Thursday, May 21 1:00 PM
Orchard Park Senior Center, 716-662-6452 to register

NATURAL SCIENCE

Understanding Human Energy

Energy is fundamental to everything we experience. It's why our bodies need food, what we must expend to lose weight, what we feel when we walk into a room, what we sense when no one says a word. Energy is the essence of our being. We will explore the questions: What is energy? Can we see energy? How do I know if I'm seeing energy?

Instructor: Jenifer Stanek, Business Consultant; Wellness Coach

Friday, May 8 11:45 AM
Tosh Collins Senior Center, 716-822-4532 ext. 0 to register

Friday, June 12 10:00 AM
Orchard Park Senior Center, 716-662-6452 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: Erie County Park Rangers, Erie County Park Rangers - Dept. of Parks, Recreation, and Bureau of Forestry

Thursday, May 7 10:00 AM
West Seneca Senior Center, 716-675-9288 to register

Wednesday, June 17 11:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Thursday, July 16 4:00 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Building a Climate Resilient Garden

Gardeners can adopt strategies that will help their garden adapt to environmental changes in our climate. Learn how to help your garden cope with climate stressors of heat, drought, and wind and choose plants best suited for our changing climate.

Instructor: Peggy Koppman, Master Gardeners of Erie County - Speakers Bureau

Thursday, June 4 11:00 AM
Clarence Library, 716-741-2650 to register

Crystals 101

Learn about how crystals can be used to enhance your own healing journey! Learn about the most common crystals used in energy healing (reiki), what they represent, and how you can use them daily! Free crystals to all who attend!

Instructor: Victoria "Vicky" Szymula, Coordinator for Outreach Athletic Training Services & Head Athletic Trainer at St. Joseph's Collegiate Institute

Wednesday, May 6 10:15 AM
Akron-Newstead Senior Center, 716-542-6645 to register

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

Growing Foliage Plants

Did you ever grow Phacelia? This workshop will expose you to many annuals that few people grow. They don't know what they are missing!

Instructor: Carol Ann Harlos, Master Gardeners of Erie County - Speakers Bureau

Tuesday, May 12 1:00 PM
Autumnwood Senior Center, 716-826-7895 to register

Monday, June 22 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

My Favorite Herbs

I simply must grow certain herbs because they taste good, smell good, have historical value, or support certain insects. Join me in a conversation and maybe a taste or a whiff of some wonderful herbs.

Instructor: Carol Ann Harlos, Master Gardeners of Erie County - Speakers Bureau

Wednesday, June 10 10:00 AM
West Seneca Senior Center, 716-675-9288 to register

Plants to Never Grow in Your Garden

Just because a plant is for sale doesn't mean it should be planted in your garden. Let's take a look at some plants that you will regret ever planting!

Instructor: Carol Ann Harlos, Master Gardeners of Erie County - Speakers Bureau

Wednesday, July 22 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

Remove Invasive Exotic Plants to Create a Bird Paradise

Invasive species such as Garlic Mustard, Lesser Celandine, Japanese Knotweed, Common Reed, Eurasian Honeysuckle, and more have overtaken WNY. What can you do? We will discuss various ways to attack invasive plants and what native plants to grow to provide the most good for birds and pollinators.

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

Tuesday, May 12 2:00 PM
Clarence Library, 716-741-2650 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, Senior Environmental Compliance Specialist, Environment & Planning

Tuesday, May 12 10:30 AM
Grand Island Golden Age Center, 716-773-9682 to register

Tuesday, May 26 1:00 PM
Clarence Senior Center, 716-633-5138 to register

Tuesday, June 2 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, June 16 1:00 PM
Dorothy J. Collier Community Center, 716-882-0602 to register

Severe Weather Hazards Across Western New York

Discover the basics of thunderstorm development and the hazards associated with severe storms, including strong winds, large hail, tornadoes, and flash flooding.

Instructor: Matthew Brothers, Meteorologist, Science and Operations Officer at the National Weather Service in Buffalo

Wednesday, July 22 2:00 PM
West Seneca Public Library, 716-674-2928 to register

Wednesday, July 29 10:30 AM
Akron-Newstead Senior Center, 716-542-6645 to register

Wednesday, July 29 2:00 PM
Amherst Senior Center, 716-636-3051 to register

NATURAL SCIENCE

Soil is the Key

To have a healthy garden you need healthy soil. Learn the difference between soil and dirt and what you can do to improve the soil you have.

Instructor: Lyn Chimera, Master Gardeners of Erie County - Speakers Bureau

Wednesday, May 6 2:00 PM

Clarence Library, 716-741-2650 to register

Thursday, May 21 1:00 PM

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

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Sustainable Container Gardening

Gardening is a wonderful hobby, but popular potting mixes have sustainability problems. Peat moss, vermiculite and perlite are finite. Finding renewable resources and sustainable practices can help those finite resources become more sustainable.

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

Tuesday, June 16 2:00 PM

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

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The Fossils of Penn Dixie in Western New York

The Fossils of Penn Dixie in Western New York is an introduction to the many different fossils and rocks in Western New York, concentrating on the fossils found in the rock layers of the Penn Dixie Fossil Park, located in Blasdell, NY. Topics will include: What constitutes a fossil? How a fossil gets made; the age of the rocks and fossils at Penn Dixie; The global position of Western New York when the fossils were alive; The types of rocks in Western New York; What fossils are not here in our rocks and why; What fossils are in our rocks, and the new fossil discovery at Penn Dixie.

Instructor: Docent, Penn Dixie

Thursday, June 11 2:00 PM

Elma Public Library, 716-652-2719 to register

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The Gardens at Murder Creek: Restoration and Biodiversity

The restoration efforts at our gardens (Gardens at Murder Creek) focus on restoring the Great Lakes ecosystem on just under 10 acres. The property, a former horse pasture, was purchased in 2008 and restoration efforts in 2010.

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

Tuesday, June 9 2:00 PM

Clarence Library, 716-741-2650 to register

Monday, June 29 1:00 PM

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

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TECHNOLOGY

Android Basics

This beginner-friendly class is designed to help seniors feel more confident using their Android smartphones or tablets. We'll cover the essentials like navigating your home screen, adjusting settings, making calls, sending texts, downloading apps, and staying safe online. **(90 Minute Class.)**

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

Thursday, July 9 10:30 AM

Richmond-Summer Senior Citizen Center, 716-885-3290 to register

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Computer Basics - Windows 11

This beginner-friendly class will help you feel more comfortable using a Windows 11 computer. We'll go over the basics like using the Start menu, navigating the desktop, managing files and folders, connecting to the internet, and understanding common programs. **(90 Minute Class.)**

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

Wednesday, July 8 1:00 PM

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

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Evolution of Technology

Explore the evolution of technology from the early Stone age, the steam engine, the electric telegraph, the telephone, the first ENIAC computers, transistors, the internet, cell phones, bringing us to current times to see how technology has evolved. **(90 Minute Class.)**

Instructor: Edie Monroe, Technology Teacher

Monday, June 29 10:00 AM

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

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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. **(90 Minute Class.)**

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

Tuesday, July 21 1:00 PM

Concord Senior Center, 716-592-2764 to register

Intro to AI

Learn how artificial intelligence is shaping the world and how it influences everyday life — from voice assistants to personalized recommendations. This class introduces key AI concepts in simple, practical terms to help you feel confident using and understanding this evolving technology. **(90 Minute Class.)**

Instructor: Jacqueline Hovey, Librarian, Buffalo and Erie County Public Library

Monday, May 4 **1:00 PM**
Hamburg Senior Community Center, 716-646-5145 to register

Tuesday, May 5 **3:00 PM**
Clarence Senior Center, 716-633-5138 to register

Wednesday, May 6 **1:00 PM**
BFNC Life Center/Westminster Community House
716-852-5065 x132 to register

Monday, May 18 **1:00 PM**
Town of Tonawanda Senior Center, 716-874-3266 to register

Thursday, May 21 **2:00 PM**
Eden Library, 716-992-4028 to register

Tuesday, June 2 **1:00 PM**
Dorothy J. Collier Community Center, 716-882-0602 to register

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

Tuesday, June 16 **10:30 AM**
Richmond-Summer Senior Citizen Center, 716-885-3290 to register

Wednesday, June 17 **1:00 PM**
West Seneca Senior Center, 716-675-9288 to register

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



iPads and iPhones

Learn the basics of using your iPad or iPhone in this easy-to-follow class designed for beginners. We'll cover navigating your device, adjusting settings, making calls, sending texts or emails, downloading apps, and helpful tips to make your device work better for you. **(90 Minute Class.)**

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

Thursday, July 23 **10:30 AM**
Richmond-Summer Senior Citizen Center, 716-885-3290 to register



Is Your Phone Out of Storage?

Running out of space on your smartphone can be frustrating, but it's usually an easy fix! In this class, we'll walk through how to check what's taking up space, delete unnecessary photos and apps, clear cache, and explore simple storage-saving tips. **(90 Minute Class.)**

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

Thursday, June 18 **1:00 PM**
Orchard Park Senior Center, 716-662-6452 to register



Stay Safe Online

Staying safe online is not as hard as you might think – During this presentation, we'll go over 4 key behaviors that are easy to adopt. With these habits, you can lock down your online accounts and keep your data very safe.

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

Friday, May 1 **1:00 PM**
West Side Community Services, (716) 884-6616 to register

Wednesday, June 24 **10:30 AM**
Hamburg Senior Community Center, 716-646-5145 to register



Telehealth Workshop

Staying safe online is not as hard as you might think – 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. 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, and learn how to troubleshoot common problems **(2 hour class.)**

Instructor: Hex Kleinmartin, Program Coordinator, Literacy Buffalo Niagara

Friday, May 22 **10:00 AM**
Orchard Park Senior Center, 716-662-6452 to register

Thursday, May 28 **10:30 AM**
Hamburg Senior Community Center, 716-646-5145 to register

Friday, June 12 **12:30 PM**
Lancaster Senior Center, 716-685-3498 to register



Using Google

Master the basics of Google Search and other Google tools, including Gmail, Google Drive, and Google Docs, to enhance productivity and simplify tasks. **(90 Minute Class.)**

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

Tuesday, May 26 **1:00 PM**
Concord Senior Center, 716-592-2764 to register



Wi-Fi and Bluetooth on Mobile Devices

This class will break it down in simple terms. We'll go over how to connect to Wi-Fi, pair Bluetooth devices (like speakers or headphones), troubleshoot common issues, and understand when to use each one. Bring your smartphone or tablet for hands-on practice and leave feeling more confident staying connected. **(90 Minute Class.)**

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

Tuesday, May 19 **1:00 PM**
Dorothy J. Collier Community Center, 716-882-0602 to register

Word, Excel and PowerPoint

Get introduced to the basics of Microsoft Word, Excel, and PowerPoint in this beginner-friendly class. We'll cover creating simple documents in Word, organizing information and basic formulas in Excel, and building easy presentations in PowerPoint. **(90 minute Class)**

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

Tuesday, July 7 1:00 PM
Orchard Park Senior Center, 716-662-6452 to register

YouTube

Curious about how to use YouTube to watch videos, listen to music, or learn something new? This class will cover how to search for videos, subscribe to channels, adjust settings, and save videos to watch later. **(90 minute Class)**

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

Wednesday, June 10 10:30 AM
Delavan Grider Community Center, 716-896-7021 to register

2026 ELDER LAW DAY

Free Event!

**Tuesday, June 2nd
8:00am - 2:00pm**

**Buffalo Marriott Niagara
1340 Millersport Hwy - Amherst 14221**

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

Topics include:

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

Scan the QR code, visit erie.gov/ELD, or call 716.858.6517 to register today!



Register in advance for FREE 20 minute legal consultations. Space is limited!

Morning refreshments and a box lunch are available for those who pre-register online by 5/14/26!

If you need a reasonable accommodation, please contact Jaclyn Strawbrich at 716.858.6517

Hosted by the Erie County Department for the Aging in partnership with the Center for Elder Law & Justice

NEW IN 2026!!

DEPARTMENT FOR THE AGING
ERIE COUNTY

BINGOCIZE

Bingocize combines exercise and health information with the game of **BINGO!!**

Evidence-Based - That means It Works!!

Go to www.erie.gov/aging to find a location near you!

Battleship Tour & Talk about Dry Docking the Sullivan

Shane will speak on Dry Docking the USS The Sullivans battleship topic in an enclosed meeting area prior to the tour of the battleships. *What does it mean to dry dock USS The Sullivans and USS Croaker?* With two of our three vessels preparing to leave the Buffalo River in 2026 for a ship's maintenance period in Erie, PA, Shane will discuss what it means to dry dock a ship, and the kind of work that will be completed. He'll share insights into how this work will help preserve The Sullivans and Croaker for future generations. This presentation will be followed by an abridged tour of the ships still in the harbor. *(If attending both the class and tour, please prepare for a 2-3 hour experience.)* *SHIP TOUR IS NOT HANDICAP ACCESSIBLE, TOUR WILL INCLUDE: A couple staircases, the largest being about 17 steps, the rest about 7-10. Ladders/stairs are secured to the ship. ALL ARE WELCOME FOR THE CLASS BEFOREHAND*

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

Tuesday, June 9 10:00 AM

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

UE Book Club

Our mission is simple: we read books that move us, challenge our thinking, and spark great conversations. The UE Book Club is for anyone who loves reading, talking about books, or just wants to read more. Join us to share your thoughts or simply listen and learn from others. Along the way, you'll discover new perspectives, make friends, and reconnect with the joy of reading.

May's Book: *The Thursday Murder Club* by Richard Osman

May's Moderator: Katie Earl, Erie County DFA Project Administrator - Recreation and Wellness

Monday, May 18 2:00 PM

At Amherst Senior Center

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

June's Book: *Accidental Gangster* by Harriet Grayson

June's Moderator: Harriet Grayson, Author

Friday, June 5 10:30 AM

At Town of Tonawanda Senior Center

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



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. Wheelchairs available & can be reserved in advance by calling 716-878-6011.)**

Friday, August 21 10:15 AM

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

Explore Buffalo - Architectural Timeline of Buffalo

This downtown walking tour is a chronological walk through architectural time from the mid-nineteenth century to the early twenty-first century. We'll see excellent examples of all the major architectural styles prevalent in commercial and government office construction during this period, from Beaux Arts to Art Deco to Modern. This tour focuses in particular on the evolution of the tall office building that was enabled by modern technology such as steel frame construction. Some of the buildings featured on this tour include the Guaranty Building, City Hall, One M&T Plaza, and Seneca One. *(This tour is approximately 90 minutes in length and about 1.5 miles of walking with a portion of slightly uphill walking from Niagara Square to Main Street.)*

This is an exterior-only tour. This tour meets at the northeast corner of Pearl & Seneca Streets in downtown Buffalo, across from Pearl Street Grill and Brewery. Use 75 Pearl Street, Buffalo NY 14202 for GPS. Metered parking is available on surrounding streets. Please note that nearby parking lots require payment at all times. The Seneca Station of the Metro Rail is one block away on Main Street.

Instructor: Ed Howard, Explore Buffalo Docent

Meeting Location: Tour meets at the northeast corner of Pearl & Seneca Streets in downtown Buffalo, across from Pearl Street Grill and Brewery.

Tuesday, July 14 10:00 AM

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

SPECIAL EVENTS

Longshed Tour

The Erie Canal opened 200 years ago! 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: Douglas Kohler, Erie County Historian

Meeting Location: 44 Prime st, Buffalo NY, Meet at the front doors of the Longshed near the bridge

Tuesday, May 12

1:00 PM

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

Bell Aircraft's Rosie the Riveter

University Express invites you to explore Western New York's rich aviation and space heritage with a field trip to the Niagara Aerospace Museum, located next to the terminal at the Niagara Falls Airport. The museum, which recently celebrated its 25th anniversary, highlights the region's important contributions to flight and space exploration, from the rocket engine that lifted all twelve Apollo astronauts off to the moon to the Bell X-1 aircraft that Chuck Yeager piloted to break the sound barrier. Participants will have the opportunity to engage with exhibits that bring this remarkable history to life and to deepen their understanding of the local innovations that helped shape modern aerospace technology.

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

Meeting Location: Niagara Falls International Airport/Old Terminal, 9990 Porter Road, Niagara Falls, NY 14304. - FREE Parking

Wednesday, June 17

10:00AM - 12:00 PM

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

Planting and Caring for Trees in the Landscape

There is much more to planting a tree than just digging a hole and setting it in. If it were that easy, then trees wouldn't need to produce thousands of seeds every year. Let's visit Elma Meadows Park and the magnificent trees there to discuss tree health and explore methods and techniques of tree care. We can then get hands-on and dig in and plant trees in the Park.

Instructor: Joshua Konovitz, County Forester, Erie County

Meeting Location: Elma Meadows Park

Thursday, May 28

10:30 AM

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

Senior Hiking Club - Hunter's Creek Park

Join Club 99, Environmental Specialist Wendy and a Park Ranger on a dual hike where you can pick either the moderate or the high-level difficulty! Wendy will lead the moderate group on a shortened version of an intense hike led by the park ranger. You can decide as you hike to either turn around with Wendy or continue on with the ranger. **(*For your safety, please see online for duration, difficulty, distance, elevation, equipment and cancellation policy*)**

Meeting Location: Memorial Park/Hunters Creek - Parking Lot

Wednesday, May 13 9:30 AM - 1:30 PM if necessary

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

Senior Hiking Club - Como Lake

Join us as we partner with Club 99 for their Senior Hiking Club! The Hiking Club is a wonderful opportunity for seniors to stay active and enjoy the beauty of nature in the company of like-minded individuals. Summary: Join the Environmental Specialist Wendy on a leisurely walk through the park to the lighthouse! We will cross over three bridges over Cayuga Creek as we walk and look for birds, butterflies, and turtles. This park is a great place to be on a hot summer day. **(*For your safety, please see online for duration, difficulty, distance, elevation, equipment and cancellation policy*)**

Meeting Location: Como Lake Park at the Casino Parking Lot

Wednesday, June 24

9:30 AM - 11:30 AM

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

Senior Hiking Club - Sprague Brook Park

Join us as we partner with Club 99 for their Senior Hiking Club! The Hiking Club is a wonderful opportunity for seniors to stay active and enjoy the beauty of nature in the company of like-minded individuals. Summary: Join the Environmental Specialist Wendy on a summer hike of the cross country ski trail! On this hike we will explore the forests at the park and also the adjacent forestry lot. This park is a great place to be on a hot summer day. Dogs are welcome on a leash. **(*For your safety, please see online for duration, difficulty, distance, elevation, equipment and cancellation policy*)**

Meeting Location: Sprague Brook Park - at the Cross Country Ski Trail Parking Lot

Wednesday, August 5

9:30 AM - 12:00 PM

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

SPECIAL EVENTS

University Express: Trivia in the Park - X2

Grab your thinking cap and a few friends—it's time for Trivia in the Park! University Express is taking the fun outdoors with a friendly trivia challenge featuring questions about everything from Buffalo history and pop culture to movies, music, and random surprises. Don't worry if you're not a trivia whiz—this event is all about laughs, teamwork, and a little friendly competition! Don't miss this chance to show off your smarts and soak up the sunshine with University Express. We'll see you in the park! **(You are welcome to join us for one, or both trivia events! Registration for each event is limited to 100 guests, due to space limits.)**

Northtowns Trivia: (Ellicott Creek Park Casino, Ellicott Creek Park

Thursday, August 6 2:00 PM - 4:00 PM

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

Southtowns Trivia: (James Depczynski Casino, Como Lake Park)

Thursday, September 17 2:00 PM - 4:00 PM

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

Shakespeare in the Park

Fools and Foes: Get ready for mischief, mayhem, and magic with Shakespeare in Delaware Park's touring production, Fools and Foes. This fast-paced, one-hour show features Shakespeare's most unforgettable clowns and villains - from laugh out loud fools to deliciously wicked foes - in a playful, action-packed performance perfect for all ages. **(Seating NOT provided. Please bring your lawn chairs/blanket and look for our University Express Section! Picnics welcome!!)**

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

Meeting Location: Bassett Park - Williamsville

Monday, August 17 7:00 PM

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

Spring Ephemeral Saunter

The forest floor community is a strong indicator of forest health. Many forest floor species including the spring ephemerals are extremely sensitive to change, such as increased sunlight, foot traffic, deer browse, and invasive species. In forests where these have been lost, it can take generations for them to recolonize, even from nearby populations. Let's take a walk through Emery Park to admire the beauty of a healthy forest community and welcome spring.

Instructor: Joshua Konovitz, County Forester, Erie County

Meeting Location: Emery Park

Tuesday, May 5 10:30 AM

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

Erie County Parks History Tour of the Schenck House

The Erie County Department of Parks, Recreation & Forestry is excited to announce the opening of the newly rehabilitated Schenck House. Be one of the first to see the new Erie County Parks history museum, housed in one of the oldest existing stone structures in the City of Buffalo, built in 1822. An Erie County Park Ranger and staff will be on hand to provide information about the historic site and the \$2 million restoration project. This historic structure has been transformed into a museum showcasing the area's history. **(No food or drink allowed inside the house. This is an open house type event, please join at anytime from 10AM-2PM)**

Instructor: Joshua Konovitz, County Forester, Erie County

Meeting Location: Grover Cleveland Golf Course

Wednesday, June 3 10:00 AM - 2:00 PM

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

Williamsville North Planetarium: Living With Our Star - The Sun

Williamsville Planetarium Director Mark Percy will explore the inner workings of our star and the many ways it affects us here on Earth. We will learn about the source of the Sun's immense power, solar cycles, sunspots, auroras and much more. It is the source of energy for almost all life on Earth, but only recently have we begun to understand how it could shine for billions of years. Join us to dive into the Sun and its many mysteries!

Instructor: Mark Percy, Director of the WCSD Space Lab Planetarium

Meeting Location: Williamsville North Planetarium 1595 Hopkins Rd, Williamsville, NY 14221

Wednesday, June 24 1:00 PM

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

ATTENTION VOLUNTEERS!

The Erie County Department for the Aging's Club 99 resistance band and movement exercise program is looking for volunteer instructors!

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!

We will train and support you!

Contact Julie Ruzala, Club 99 Coordinator at julie.ruzala@erie.gov or 716-858-6403 to learn more!



LOOKING FOR SOMETHING NEW TO DO THIS SPRING?

Discover Buffalo's rich history and vibrant neighborhoods this Spring with Explore Buffalo - whether you are **new** to the area or have been a **long-time Buffalonian!**

Our **guided tours**—offered by **foot, bus, bike, and boat**—make it easy to explore in a way that's comfortable **for you!**

Learn more, see our upcoming schedule, and plan your next outing at explorebuffalo.org

Questions? We're happy to help!

explore@explorebuffalo.org | 716.245.3032



Look out for Williamsville North Space Lab's other programs!

They have a monthly meditation in the planetarium! Check out all of their offerings by Scanning the QR code below!



WATERWAY OF CHANGE



Longshed-Canalside Explore the transformative story of the Erie Canal

Travel through the interactive exhibits from the homeland of the Haudenosaunee to the canal's opening in 1825, to the bustling port of Buffalo by the late 19th century.

FREE Admission

HOURS

Thursday: 12 pm to 5 pm
Friday: 12pm to 5 pm
Saturday: 12 pm to 5 pm
Sunday: Sensory Hour from 11 am
General Admission: 12 pm -5 pm

Reservations recommended to secure a timed entry spot

buffalowaterfront.com/erie-canal/things-to-do#get-tickets



A typical visit takes 30-45 minutes.



Walk In the footsteps of those who have walked on the moon.

The Niagara Aerospace Museum celebrates the incredible aviation and space history of WNY, from the rocket engine that lifted all 12 Apollo Astronauts OFF the moon to the Bell X-1 that Chuck Yeager flew to break the sound barrier!

**Open 11am-4pm Weekends only.
And by appointment**

Niagara Falls International Airport
9990 Porter Road
Niagara Falls, New York 14304
(716) 297-1323

Library & Restoration Center: (716) 297-1323

niagaraaerospacemuseum.org



ERIE COUNTY DEPARTMENT FOR THE AGING

HEAP ASSISTANCE

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

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.

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.

HEALTH INSURANCE COUNSELING

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

CLUB 99

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

NUTRITION EDUCATION

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

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.

RSVP

Retired Senior Volunteer Program connecting older adults with their community

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.

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.

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