

UNIVERSITY EXPRESS

FALL
2026

Lifelong Learning for Adults Age 50+

BURCHFIELD PENNEY ART CENTER



FREE IN-PERSON & VIRTUAL CLASSES

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

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UNIVERSITY EXPRESS

Fall

2026

ERIE COUNTY DEPARTMENT FOR THE AGING

Welcome to the latest edition of University Express!

At the Erie County Department for the Aging, we believe that learning, curiosity, and connection don't have an expiration date. University Express reflects that belief by providing older adults throughout Erie County with opportunities to explore new ideas, discover new interests, and connect with others in our community.

This catalog offers an exciting range of programs designed to inform, challenge, and inspire. Whether you are interested in history, current events, the arts, science, technology, health, or simply learning something new, I encourage you to take a look and find a program that sparks your interest.

University Express is about more than education. It is about engagement and connection. Every class is an opportunity to meet new people, share experiences, and remain active participants in our community.

As our county continues to benefit from a growing and increasingly diverse older adult population, programs like University Express remind us that aging is not about slowing down—it is about continuing to grow, contribute, and pursue the things that make life meaningful.

I hope you will join us, bring your questions and your curiosity, and perhaps discover something you never expected to enjoy.

Keep learning. Keep connecting. Keep exploring.

On behalf of the Erie County Department for the Aging, thank you for being part of the University Express community. I look forward to seeing you in the classroom!

Randy Hoak

Commissioner
Erie County Department for the Aging



Randy Hoak

Commissioner
Erie County Department
for the Aging



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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 29 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. ** Please remember to cancel in advance if you cannot attend- freeing up your space for another guest.*
- **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.



TABLE OF CONTENTS:

Class Locations.....	4
Current Events.....	6
Health & Wellness.....	9
History.....	14
Humanities.....	22
Law & Finance.....	24
Natural Sciences.....	26
Technology.....	28
Special Events.....	30

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

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

Front Cover: Burchfield Penney Art Center

Photo Credit: Burchfield Penney Art Center

(Field Trip in the Special Events section!)

Map of Class Locations



CURRENT EVENTS

7 Key Decisions for Rightsizing

What are the 7 key decisions that will allow for the lowest stress and greatest net return when planning a move from a house to an apartment or condo? Repair and maintenance decisions that make sense; what upgrades make the most money for you; how can I reduce accumulation without a lot of work; how to create a slow and manageable timeline for planning a move and lastly, how to orchestrate every aspect of the process in an efficient, no non-sense way.

Instructor: Michael Olear, Licensed Associate Real Estate Broker - Master in Social Work

Thursday, October 15 1:00 PM

Clarence Library, 716-741-2650 to register

Wednesday, October 28 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Thursday, December 10 3:30 PM

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

Active Shooter

Drawing on best-practice response, this 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. **(Disclaimer: This class topic is of a sensitive nature, and while we believe it is an important topic to offer, please note it could be upsetting to attendees.)**

Instructor: Luca Amarena, Coordinator for Erie County Building Security

Tuesday, October 20 10:30 AM

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

Tuesday, November 17 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Are the Popes Catholic?

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

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

Friday, December 11 2:00 PM

Clarence Library, 716-741-2650 to register

Cannabis 101 for Older Adults: Understanding New York's Legal Market

Cannabis has changed dramatically in New York, leaving many adults with questions about legality, dispensaries, product types, terminology, health considerations, and responsible use. This class provides a clear introduction to New York's legal cannabis market, including how to identify licensed dispensaries, understand product labels, compare THC and CBD, and recognize common consumption methods. We will also discuss the differences between adult-use and medical cannabis, licensed New York dispensaries and reservation stores, and important questions to ask healthcare providers and dispensary staff.

Instructor: Steve McMorro, Founder of Buffalo Cannabis Network

Monday, December 14 5:30 PM

Lancaster Senior Center, 716-685-3498 to register

Energy Savings Made Simple: Erie County's One-Stop Guide

This class introduces seniors of all income levels to programs that can meaningfully reduce household energy costs. An Energy Affordability Specialist will explain federal, state, and local programs including HEAP, EAP, EEAP, ECLIPSE, and EmPower+. These programs can collectively provide hundreds to thousands of dollars in heating assistance, electric bill discounts, and home energy-efficiency improvements at little or no cost. After the class, attend an Erie County Energy Affordability Outreach event for personalized assistance completing and submitting applications for multiple programs in one visit. Check your senior center or local library schedule for an upcoming Energy Affordability Outreach event.

Instructors: Sarah Sanford, Senior Energy Development Specialist-ECLIPSE Coordinator & Adam Kowalyk, Aging & Disability Resource Representative, Erie County | Department For the Aging

Tuesday, October 6 1:00 PM

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

Wednesday, October 7 10:30 AM

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

Thursday, October 15 10:30 AM

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

Wednesday, October 21 10:00 AM

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

CURRENT EVENTS

Everything Pickleball

Learn about one of the activities becoming increasingly popular with seniors. I will talk about rules, scoring, and things to focus on when you are starting to learn the game. I will go over different strategies in pickleball, the scale for rating a player's skill level, and some drills for improving your game.

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

Monday, October 5 1:00 PM

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

Fires & Floods

A lively discussion about fire hazards in our homes and reducing damage during basement floods.

Instructor: Amy Alduino, Erie County Recycling Coordinator

Tuesday, December 8 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Thursday, December 17 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Hockey 101

The NHL's Buffalo Sabres could be the team of destiny this year!?? Want to learn more about hockey? We will cover the rules (beginners version), player positions, the basics of "Hockey Player Lingo": "The Faceoff", "Offsides", and more.

Instructor: Julie Ruzsala, Erie County Department for Aging / Club 99

Thursday, October 1 10:00 AM

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

Friday, November 13 10:00 AM

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

Wednesday, November 18 1:00 PM

Tosh Collins Senior Center, 716-822-4532 ext. 0 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, October 6 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Let's Talk Sports

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. No subject is off-limits, and Budd and Stu have many stories to tell about their careers in journalism. Since there is no set lecture, every program is different. You're guaranteed to be learning & laughing during this session.

Instructors: Budd Bailey and Stu Boyar, Retired journalist & Retired sportscaster WNY ATHLETICS

Wednesday, October 14 1:00 PM

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

Wednesday, October 21 10:00 AM

Cheektowaga Senior Center, 716-686-3930 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

Monday, December 14 10:00 AM

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

Reach Out to 911

Reach Out to 911 is an evidence-informed community education program that empowers individuals of all ages to confidently recognize emergencies and effectively access the 911 system. Through engaging, interactive instruction, participants learn when to call 911, what information dispatchers need, how emergency calls are processed, and what to expect when first responders arrive. The program uses age-appropriate lessons, realistic scenarios, hands-on activities, and take-home educational materials to build confidence, reduce fear, and decrease inappropriate 911 use. By partnering with schools, senior centers, community organizations, and public safety agencies throughout Erie County, Reach Out to 911 strengthens community preparedness while fostering trust between residents and emergency responders.

Instructor: Elizabeth Forkl, Public Safety Communications

Tuesday, November 10 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, November 10 1:00 PM

Concord Senior Center, 716-592-2764 to register

CURRENT EVENTS

Spot that Scam! By Being an Educated Consumer

What are some common scams? What tips will prevent you from becoming a victim? This presentation will provide a general overview of the red flags one should watch out for to help identify scams!

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

Thursday, December 3 10:30 AM
Richmond-Summer Senior Citizen Center, 716-885-3290 to register

Stay Safe: Protect Yourself from Grandparent Scams

Every day, Americans are losing millions of dollars to scammers. Older adults are particularly targeted, and the effects of scams can be catastrophic, both financially and emotionally. Technology is making it easier for scammers to target more people and it makes their schemes harder to detect. But there are things we can do to stay safe. This course will focus on grandparent scams, but techniques covered can be used against any impersonation scam. It will examine how scammers select their targets, the techniques they use to manipulate us, and what we can do to protect ourselves. The interactive format allows participants to practice protective behaviors and begin to develop habits that will keep them safe from scams. Participants will also have access to supplemental online resources to continue to refine their scam-safety skills.

Instructor: Cynthia Stewart, PhD, Program Manager, UB Center for Information Integrity

Thursday, October 15 10:30 AM
Richmond-Summer Senior Citizen Center, 716-885-3290 to register

Tuesday, October 20 2:00 PM
Eden Library, 716-992-4028 to register

Wednesday, November 18 1:00 PM
Orchard Park Senior Center, 716-662-6452 to register

The Iran War

This talk will focus on the military, geopolitical and economic consequences of the war between the United States & Israel with Iran. Ample comparisons of the war will be made with earlier Middle Eastern crises from the 1973-74 Oil Embargo onwards.

Instructor: York Norman, Professor, History & Social Studies Education Department, Buffalo State University

Friday, October 2 2:00 PM
Clarence Library, 716-741-2650 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

Thursday, November 19 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Traditional Foods of India & 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 (ECDFA)

Thursday, October 29 1:00 PM
Orchard Park Senior Center, 716-662-6452 to register

Thursday, December 3 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Trans Experiences

Gender can be complicated and trans issues can be difficult to understand. If you're looking to better understand the trans community, then come learn with us! This course will teach you about common experiences faced by the trans community, pronouns, and more!

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

Wednesday, December 2 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

HEALTH & WELLNESS

Aging Gracefully 1: Mind & Body/Fall & Winter

Come and learn the little things I do, day in & day out, to stay healthy and full of energy. Learn from my experience of living in Barcelona, Spain which has one of the highest life expectancies in the world.

Instructor: Pilar Sánchez, Retired High School Teacher

Tuesday, October 13 10:30 AM
Clemmon H. Hodges Sr. Community Center, 716-847-8951 to register

Aging Gracefully 2: Curing Unwanted Loneliness

Exploring what unwanted loneliness is and suggesting courses of action to avoid it. Though it can affect anybody in their life cycle, older adults and adolescents are more prone to suffer from it.

Instructor: Pilar Sánchez, Retired High School Teacher

Monday, October 19 10:00 AM
Orchard Park Senior Center, 716-662-6452 to register

Balancing Life Thru Seasons & Elements

We're designed to be connected to nature, to flow within its rhythms & cycles through the seasons as well as through life. We'll look at the four seasons, how to connect to them through our actions for vitality as well as how these ideas can help us get the most from various stages of our life. Seasonal foods is one aspect, but seasonal thinking is another, from planting ideas to harvesting them, recouping, reviewing in a winter-like season. That space to review & reap the rewards of our life's work is often forgotten, but vital on a soul level.

Instructor: Sherry Lyn Hartel, Board Certified Traditional Naturopath, Medical QiGong Energy Worker

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

Creating a Legacy Document - What Your Survivors Need to Know

When a loved one passes - or becomes incapacitated - survivors are often left scrambling for critical information. Traditional documents don't tell the whole story. That's where a LEGACY DOCUMENT comes in. It's a simple, powerful way to organize the essential details your loved ones will need most. It's not just a document. It's a gift - the Gift of Information. Learn how to gather and organize the practical, personal, and logistical information your survivors will need after a significant life event. This session does not provide legal, financial, or estate planning advice.

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

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

Tuesday, December 15 10:00 AM
Cheektowaga Senior Center, 716-686-3930 to register

Wednesday, December 16 10:00 AM
West Side Community Services, (716) 884-6616 to register

Crystals 101

Are you a "rock hound" or into collecting and using crystals? If you use them for energy work or just for decoration, this class is for you! Learn how crystals are formed, how they get their value, and how they can be used in spiritual and energetic practices!

Instructor: Victoria Szymula DHSc, ATC, CSCS, CKTP

Friday, October 16 10:30 AM
Hamburg Senior Community Center, 716-646-5145 to register

Exploring Care and Support Services

This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

Instructor: Alzheimer's Association WNY

Tuesday, October 6 10:30 AM
Hamburg Senior Community Center, 716-646-5145 to register

Falls Prevention Seminar: Stay Strong & Steady

Join us for a 90-minute, one-day Falls Prevention Seminar designed for older adults. Learn simple do's and don'ts to prevent falls, improve safety at home, and reduce everyday fall risks. The session will be followed by a quick and easy workout focused on balance, strength, and stability. Staying strong and improving balance can help reduce the risk of falls, build confidence, and support independence. Come learn practical tips, get moving, and take an important step toward safer, healthier, and more independent aging!

Instructor: Jennifer Chowdhury, Health and Wellness Coordinator (ECDFA)

Wednesday, October 14 1:00 PM
Orchard Park Senior Center, 716-662-6452 to register



HEALTH & WELLNESS

Get Empowered: Embrace Your Mental Well-Being

The pilot program is brought to you by the National Council on Aging in partnership with the Mother Cabrini Health Foundation and facilitated by the Erie County Department for the Aging. The program equips older adults with mental well-being knowledge and resiliency. Promotes behavioral health awareness and reduces stigma in underserved rural communities. Strengthens local infrastructure for ongoing mental health programming among older adults. This interactive, 3-part series covers what we all need to know about mental well-being, tips and strategies to effectively communicate about mental well-being and utilizing self-care strategies to empower your mental health well-being. All attendees will receive a participant booklet, lite refreshments and snacks will be available during each session.

Instructors: Adam Kowalyk / Andrea DeRousseau, Adam: Aging & Disability Resource Representative - Erie County Department for the Aging / Andrea: Case Manager- Erie County Department for the Aging

Tuesday, October 13 1:00 PM

Concord Senior Center, 716-858-1348 to register

Tuesday, October 20 1:00 PM

Concord Senior Center, 716-858-1348 to register

Tuesday, October 27 1:00 PM

Concord Senior Center, 716-858-1348 to register

Grief and Loss: How to Cope and How to Help

Grief is a universal experience we all come to understand in different ways. Join us in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope, through the most difficult of times. Practical strategies and useful resources will be available.

Instructor: Rachael Young, LMSW, Clinical Facilitator, Wilson Support Center (affiliate of Hospice & Palliative Care Buffalo)

Wednesday, December 2 2:00 PM

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

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

Tuesday, October 13 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Monday, October 19 1:00 PM

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

Healing from Your Family - The Origins of the Issues

Learn about what causes trouble in family and partner relationships. This is about families carrying addictions, and multi-generational losses and its effect on children, the next generation. Learn what can be done with love to start to heal and live your desired life.

Instructor: Kathryn Frankiewicz RN, MSN, HT

Tuesday, November 10 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Healing through Art

Join us for "Angel Ornaments A Meditation Angel Ornament Making Experience!" In this two-hour workshop, you'll create your own meditation angel ornament, beginning with a gentle guided meditation to ground and inspire you. Surrounded by soft music and beautiful materials like feathers, crystals, and wood, you'll craft with intention and intuition - no experience needed. We'll close with a reflective sharing circle, and you'll leave with a handmade angel carrying your personal message of peace, love, or protection. All materials provided. **(Allow 90 minutes for class)**

Instructor: Aileen Gonzalez-Marti, Director of Older Adults at West Side Community Services

Wednesday, December 9 10:00 AM

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

Health Insurance - Don't Get Sick Without It!

The instructor will provide health insurance options for persons with and without Medicare and options to fill the gaps in Medicare.

Instructor: Bill Daniels, Erie County Department for the Aging

Wednesday, November 4 10:00 AM

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

How to Meditate

Whether you are curious about meditation or practice, this class provides an overview of what it is, how to do it, and the benefits. This is an interactive class where we will meditate and you can ask questions. We will be seated in a chair. Dress comfortably so you can just relax and enjoy!

Instructor: Jenifer Stanek, Health, Wellness, & Energy Coach

Monday, November 2 1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

HEALTH & WELLNESS

Keys for Vitality

Whole fresh food, connecting to nature, sunshine, water, thoughts, daily energy cleansing. Diving into each of these topics with why they're important for our vitality. Also touching upon the importance of understanding we are spiritual & soulful beings, and their roles in our healing.

Instructor: Sherry Lyn Hartel, Board Certified Traditional Naturopath, Medical QiGong Energy Worker

Wednesday, October 21 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, November 19 10:30 AM

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

Tuesday, November 24 10:30 AM

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

Mindfulness

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

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

Wednesday, December 23 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Painting Autumn: November

Join us for a relaxing, beginner-friendly workshop where you'll create a beautiful hand-painted ceramic dessert plate inspired by the cozy spirit of November. Choose from a variety of seasonal designs, including fall leaves, pumpkins, harvest scenes, florals, and simple autumn patterns.

Step-by-step instruction will guide you through the process, from transferring your design to adding color and decorative details. Whether you are an experienced artist or trying ceramic painting for the first time, you'll enjoy creating a personalized piece to display at home or give as a thoughtful handmade gift. All materials are provided. Participants will leave with a finished decorative plate and new creative skills. **The workshop lasts approximately two hours**

Instructor: Aileen Gonzalez-Marti, Director of Older Adults at West Side Community Services

Wednesday, November 4 12:30 PM

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

Pigeons!! Not Your Ordinary Bird!

Pigeons can be traced back years. They are one of the most intelligent birds and have played many important roles in history. We will explore their life cycle and the fun there is in raising and breeding them

Instructor: Jerry Gallagher, Past President, Buffalo Pigeon Club, Retired Speech Pathologist

Wednesday, November 4

1:00 PM

North Park Library, 716-875-3748 to register

Practical Self Defense

Learn awareness, prevention and simple self defense skills.

Instructor: Sister Judy Beiswanger, Retired Teacher & Administrator, Black Belt in Taekwondo

Tuesday, October 13

10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, December 1

1:00 PM

Autumnwood Senior Center, 716-826-7895 to register

Protect Your Health Through Early Detection: Colorectal & Breast Cancer Screening

Learn how early detection can save lives through recommended colorectal and breast cancer screenings. This presentation explains who should be screened, when to get screened, and the screening options available. You'll also learn about free screening services, take-home FIT kits for eligible adults, and programs that can help with follow-up testing and treatment if needed.

Instructor: Erie County Cancer Services

Tuesday, December 8

1:00 PM

Cheektowaga Senior Center, 716-686-3930 to register

Put Your Best Feet Forward

Dr. Amar Alkhafaji will go over the most common foot issues and how to prevent/treat them.

Instructor: Dr. Amar K. Alkhafaji, DPM, Podiatrist, Excelsior Orthopaedics

Friday, November 13

1:00 PM

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



HEALTH & WELLNESS

Recipe Makeover

Do you want to enjoy the foods you love, but believe eating healthier means boring or yucky? If so, this class is for you! Tell the instructor your favorite dish and she will tell you what to do to keep the taste, but with less carbs and fat. Learn great substitutes and how to eat within the macronutrient limits you need so you can enjoy your meals and still be lean, strong, and healthy.

Instructor: Jenifer Stanek, Health, Wellness & Energy Coach

Friday, October 16 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Monday, October 19 10:30 AM

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

Monday, October 26 10:00 AM

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

Monday, November 16 10:00 AM

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

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Secrets of a Good Night's Sleep

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Join us as we discuss the basics of sleep and learn to identify "sleep stealers".

Instructor: Jennifer Johnson, Owner, New Sky Wellness

Tuesday, November 17 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, December 2 1:00 PM

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

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Self Reiki 101

Learn about the chakras of the body and how to recognize your own energy field. Learn how to create a chi-ball and learn techniques to enhance your own energy for a healthy life

Instructor: Victoria Szymula DHSc, ATC, CSCS, CKTP

Tuesday, October 27 11:00 AM

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



Situational Awareness

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. (**Disclaimer:** This class topic is of a sensitive nature, and while we believe it is an important topic to offer, please note it could be upsetting to attendees.)

Instructor: Luca Amarena, Coordinator for Erie County Building Security

Tuesday, October 6 2:00 PM

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

Monday, October 19 1:15 PM

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

Friday, October 30 11:45 AM

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

Tuesday, November 10 1:00 PM

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

Monday, November 23 1:00 PM

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

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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, December 1 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

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Supporting Independence

This class 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

Tuesday, December 11 1:15 PM

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

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Tarot and Intuition for Beginners

What is intuition? How can we tune in and recognize it in ourselves? Learn how to train your intuition to be more receptive to the messages from the universe! This class will also briefly talk about the history of tarot, how it came to be, and some basic education on how to understand, read, and make sense of tarot spreads. Great class for the beginner and experienced Intuitive reader!

Instructor: Victoria Szymula DHSc, ATC, CSCS, CKTP

Thursday, November 5 11:00 AM

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

HEALTH & WELLNESS

TeleHealth/Healthcare Portal 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, October 9 10:00 AM

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

Thursday, October 22 1:00 PM

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

Thursday, November 19 2:00 PM

Elma Public Library, 716- 652-2719 to register

Therapy, Service, & 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, September 29 1:00 PM

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

Friday, October 23 11:45 AM

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

Thursday, November 5 1:00 PM

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

Tuesday, November 10 2:00 PM

Eden Library, 716-992-4028 to register

Wednesday, November 18 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Thinking of a Hip Replacement?

Considering hip replacement surgery—or simply wondering whether it may be right for you? Join Dr. David S. Phillips, DO, MHSA for a clear, informative discussion about what to expect at every stage of the process.

Dr. Phillips will explain how to prepare for surgery, what happens during the procedure, and what recovery and rehabilitation may look like afterward. Bring your questions and gain practical information to help you feel more informed and confident about your next steps.

Instructor: Dr. David S. Phillips, DO, MHSA, Orthopaedic Surgeon, Excelsior Orthopaedics

Thursday, November 5 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Tools for Taming Stress

Everyone suffers from stress. We worry about our finances, our health and our families. However, chronic stress can be dangerous. In this seminar, we'll talk about how stress affects our bodies and learn some stress management techniques, including the benefits of humor and laughter.

Instructor: Jennifer Johnson, Owner, New Sky Wellness

Tuesday, November 3 2:00 PM

Elma Public Library, 716- 652-2719 to register

Wednesday, November 18 2:00 PM

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

Understanding Trauma, the ACES Scale, & Its Lifelong Effects on Your Health & Emotional Wellbeing

Trauma in this world is very widespread. Many young and old are affected. It often goes unnoticed and unnamed. Some say "the past is in the past, forget it". But it's not in the past, it's right here. Learn what trauma and PTSD are, and what the ACES, or Adverse Childhood Experience Scale is. It's a quick way to measure the amount of trauma a person has experienced. We will talk about the physical and emotional effects and also about treatment approaches.

Instructor: Kathryn Frankiewicz RN, MSN, HTP

Monday, November 23 1:00 PM

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

Watercolor, Just Try it.

Cindy Solly is back to guide us through a watercolor adventure! Learn the basics, play with color, and create your own project in this beginner-friendly class. **(Class size is limited to 25 people, 90 minute class. First come-first served basis. Thank you for your understanding!)**

Instructor: Cindy Solly, Art and craft teacher at West Seneca Senior Center and Lancaster Senior Center

Monday, October 5 1:00 PM

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



HEALTH & WELLNESS

Wheel of Wellness: Resources for Healthy, Safe, Independent Living

Step right up and join us for a fun and interactive Spin the Wheel game where you can test your knowledge, win prizes, and learn valuable services available to our older adults in our community! Whether you're a senior or a caregiver this is a great chance to explore services that are meant to keep you or a loved one healthy, safe and independent. Come spin, learn and WIN!

Instructor: Case Management Staff of ECDFA

Thursday, October 8 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, October 13 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, October 28 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, November 17 10:30 AM

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

Wednesday, December 2 10:00 AM

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

Thursday, December 10 10:30 AM

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

Your Best Shot: Understanding Adult Vaccines

Vaccines have dramatically reduced the burden of infectious diseases and continue to play a vital role in protecting health, especially as we age. This lecture explains how vaccines work, reviews their history and impact, and discusses current recommendations for influenza, COVID-19, shingles, pneumococcal disease, and others. Common questions and misconceptions will also be addressed to help participants make informed decisions about vaccination.

Instructor: Shauna Zorich, Clinical Associate Professor, University at Buffalo School of Public Health and Health Professions

Tuesday, October 20 5:30 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, November 10 5:30 PM

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

HISTORY

17 Deadly Days: How Gerald Ford Cheated Death Twice

California, 1975. 17 days apart. Two women. Each with a gun. Both tried to assassinate President Gerald Ford. One was a disgruntled housewife who only recently passed away. The other was a follower of Charles Manson. This is the fascinating story of Ford's brief presidency, the fallout from the attempted assassinations, and how the president got lucky - twice.

Instructor: Jeff Schober, Writer, Retired Educator, Trustee for the Buffalo Presidential Center

Monday, October 26 1:00 PM

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

Wednesday, November 4 1:00 PM

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

Tuesday, November 17 2:00 PM

Eden Library, 716-992-4028 to register

A Chronological & Inefficient Quest to Presidential Homes: Washington to Tyler, #1 to #10

Visits to the presidential homes of our Founding Fathers, 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, October 29 4:00 PM

Clarence Library, 716-741-2650 to register

A Night Out on the Town

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

Instructor: Christine Campbell, Attorney & Explore Buffalo Docent

Friday, October 2 1:00 PM

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

Friday, October 23 10:00 AM

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

HISTORY

American Women Quarters/Coins

The American Women quarters program is a series of commemorative quarters released by the United States Mint from 2022 through 2025. They feature designs of notable women in U.S. history, commemorating the centennial of the Nineteenth Amendment to the United States Constitution. Learn about these 20 amazing women who worked for women's suffrage, civil rights, government, humanities, science, space, and arts.

Instructor: Theresa Wiater, Retired Educator

Wednesday, October 7 1:00 PM

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

Thursday, October 29 6:00 PM

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

Wednesday, November 18 10:00 AM

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

Becoming Your Own Historian

Every family, every home and every community has a story; but we all struggle to curate the massive number of papers, photographs and other items piled unorganized in boxes in our attics, closets and basements. Learn how to collect, curate and preserve the history of your family, home and community, and how to document and preserve your own story for future generations.

Instructor: Robert Lowell Goller, Aurora Town and East Aurora Village Historian

Monday, November 2 10:00 AM

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

Before the Code: Hollywood in the Early 1930s

Long before movie ratings, Hollywood produced films that openly explored crime, romance, politics, corruption, independent women, and the hardships of the Great Depression. This class introduces the world of pre-Code cinema (1930–1934) and uses these films to explore American life during one of the nation's most turbulent decades. Participants will discover why these movies were so different from those that followed and what they reveal about a changing America.

Instructor: Eric A. Deutsch, J.D., Ph.D

Tuesday, October 20 3:00 PM

North Park Library, 716-875-3748 to register

Friday, November 20 2:00 PM

Clarence Library, 716-741-2650 to register

Friday, December 4 3:00 PM

Akron-Newstead Senior Center, 716-542-6645 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 WW2 thousands of women took on rolls 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 that you can feel the weight of their work. Beyond the factory floor, we'll also consider what it meant for women to step into this world of heavy industry, and the lasting legacy they left behind when peace returned.

Instructor: David Faix, Education Coordinator and Docent Niagara Air and Space Museum

Wednesday, October 14 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, October 20 1:00 PM

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

Wednesday, October 21 1:00 PM

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

Bringing a Warhawk Home

What does it take to bring a World War II fighter airplane home? This presentation tells the remarkable story of how volunteers from the Niagara Air & Space Museum acquired, transported, and reassembled a rare three-quarter-scale Curtiss P-40 Warhawk from the Curtiss Museum in Hammondsport, New York. Through photographs and firsthand stories, you'll follow the project from a simple idea to a successful museum exhibit, learning about the planning, teamwork, engineering, and determination required to move an aircraft more than 150 miles. Along the way, you'll also discover the important role Western New York played during World War II, when Buffalo became one of the world's leading aircraft manufacturing centers and the P-40 Warhawk became a symbol of the region's industrial strength and wartime contribution. This engaging presentation celebrates local history, dedicated volunteers, and the preservation of our aviation heritage for future generations.

Instructor: Jim Van Oss, Board member Niagara Air & Space Museum, Retired Mechanical Engineer, Retired UB Professor

Monday, October 19 1:00 PM

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

Monday, November 2 1:00 PM

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

Friday, November 20 3:00 PM

North Park Library, 716-875-3748 to register

Monday, December 7 10:00 AM

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

HISTORY

Buffalo CRI: Crime, Romance & Intrigue

Crime, romance and intrigue are the essential ingredients in these little known tales about some of Buffalo's more scintillating history. These four stories span decades from the 1880's to the roaring 1920's and all offer glimpses into the city's "buried" storied past.

Instructor: Marla Bujnicki, Master Docent & Tour Boat Narrator

Friday, October 16 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, November 10 10:00 AM

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

Buffalo Made: Inventions That Changed the World!

From windshield wipers to air conditioning to the implantable pacemaker, WNY has a long history of invention and innovation. Yet it's an often untold story! For almost 200 years, things made right here in Buffalo (and WNY) have influenced the world! Join Erie County Historian Doug Kohler on a virtual tour of inventors and inventions from WNY that have had a global impact.

Instructor: Douglas Kohler, Erie County Historian

Wednesday, October 14 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Thursday, October 15 3:30 PM

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

Friday, November 6 10:00 AM

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

Tuesday, November 10 1:00 PM

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

Monday, November 30 10:00 AM

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

Tuesday, December 1 2:00 PM

Eden Library, 716-992-4028 to register

Friday, December 4 11:45 AM

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

Wednesday, December 9 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, December 11 1:00 PM

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

Wednesday, December 16 1:00 PM

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



Buffalo's East Side Industry

Buffalo's East Side Industry reviews 141 businesses that were or are still located on the East Side. The images included represent an immensely diverse industrial base when the East Side was the ethnic, cultural, and manufacturing center for Buffalo and Western New York. The author will discuss some of these businesses in detail, talk about the growth of industry in Buffalo and the process used to write industry review books.

Instructor: Shane E. Stephenson, President & Trustee of the Buffalo Presidential Center

Monday, October 5 1:00 PM

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

Friday, October 9 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, October 13 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Friday, November 6 1:00 PM

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

Friday, November 13 2:00 PM

Clarence Library, 716-741-2650 to register

Wednesday, November 18 6:00 PM

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

Carnegie Libraries of Western New York

Andrew Carnegie's unique philanthropy provided library access to cities all over the United States, including right here in Western New York. Learn about the Carnegie library fund, and the stories behind the eleven local libraries we are fortunate to have, thanks to the generosity of Mr. Carnegie and the dedication of local citizens.

Instructor: Eileen Healy, Current President of the Board of Directors at Explore Buffalo

Wednesday, November 18 2:00 PM

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

Carousels, Coasters, & Ghosts: A Dead Park Tale

Discover the life and times of the real defunct and abandoned amusement parks featured in the middle-grade paranormal mystery series: Dead Park Tales.

Instructor: Rose Ann Hirsch, Author and Artist

Tuesday, October 13 5:30 PM

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

Monday, December 7 1:00 PM

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

HISTORY

Cobblestone Houses of WNY

The history of cobblestone houses from the glacier age to present. Take a step back in time and discover the fascinating story behind cobblestone houses, from their origins in the age of glaciers to the charming homes we see today. This class will explore how ancient ice movements helped shape the stones themselves, and how early settlers turned those stones into beautiful, lasting buildings. It's a fun mix of natural history and local architecture that brings the past right to your doorstep.

Instructor: Veronica Young, Retired Graphic Arts/Printing Professor

Friday, October 2 1:15 PM

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

Friday, October 16 1:00 PM

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

Friday, November 6 11:45 AM

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

Tuesday, December 8 1:00 PM

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

Crazy 1960's

It was the time of musical experimentation, the British invasion in music and fashion, and the emergence of pop culture. It was also the time of political violence, the civil rights movement and the Vietnam War.

Instructor: Harriet Grayson, Author and Urban Planner

Friday, October 9 10:00 AM

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

Dark History: 72 Sycamore, The Eliza Quirk House

This class is a lecture on 72 Sycamore, a former 1848 Brothel owned by Irish Immigrant Eliza Quirk. This lecture will focus on the history from Eliza to the current status as Preservation Buffalo Niagara's future home. Dark undertones include sex work and homicides.

Instructor: Emily Jarnot, Preservation Planner with Preservation Buffalo Niagara

Wednesday, October 7 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Wednesday, November 4 6:00 PM

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

Tuesday, November 10 1:00 PM

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

Dark History: The Statler Hotel

This class is a lecture on the creation of the Statler Hotel at 107 Delaware Avenue. To understand the hotel, you have to understand the man and the family curse. This topic has many dark undertones such as homicide, suicide, and strange deaths.

Instructor: Emily Jarnot, Preservation Planner with Preservation Buffalo Niagara

Tuesday, October 20 6:00 PM

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

Wednesday, November 4 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Friday, November 20 1:00 PM

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

Does East Aurora Legally Exist?

For nearly a century, no one had any reason to question the existence of the Village of East Aurora, but for a few weeks in February 1968, East Aurorans were worried that their village might not be real. Learn about the uproar that followed a judge's decision that called into question the village's legal existence, the subject of the title chapter of an upcoming book.

Instructor: Robert Lowell Goller, Aurora Town and East Aurora Village Historian

Tuesday, November 10 1:00 PM

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

Elbridge Spaulding: Father of the American "Greenback"

Discover the story of a successful Buffalo banker and former mayor who went on to serve in Congress. Learn how he helped pass landmark Civil War financing legislation that supported the Union and helped shape the foundation of today's U.S. monetary system.

Instructor: Henry S. Pogodzinski, English Teacher (Retired) John F. Kennedy High School & former Civil War Re-enactor

Tuesday, November 24 1:00 PM

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

Wednesday, December 9 10:00 AM

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



HISTORY

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 details behind who, how and why these buildings were constructed are both interesting and, oftentimes, quite surprising. Get a whole new perspective of Buffalo's stellar architecture as you hear the stories these buildings will reveal.

Instructor: Marla Bujnicki, Master docent & Tour Boat Narrator

Thursday, October 8 3:30 PM

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

Thursday, November 19 1:00 PM

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

Friday, December 11 11:45 AM

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

Exploring America's Wonders: North of the 40 Latitude

A 9300-mile geology field trip taken with my family in 1993 is told in multi-generational journaling and many photos.

Instructor: Rachelle Francis, Retired Orchard Park Teacher & Author

Thursday, November 5 1:00 PM

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

From Tragedy to Safety - How Laws Were Changed as a Result of Disasters

Keeping our children, family and community safe is of the utmost importance for everyone. This class will review unthinkable catastrophes of the past, from the Titanic to the Oklahoma Bombing and from Len Bias to Adam Walsh. The lessons learned from such tragedies created positive changes in our communities as well as stronger laws to keep us all safer.

Instructor: Theresa Wiater, Retired Educator

Tuesday, October 27 1:00 PM

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

Tuesday, November 17 5:30 PM

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

Friday, November 20 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Graycliff: Then & Now...100 Years in the Making

Experienced Docents will take you on a journey through time with the Martin Family, the Piarist Fathers, and the Graycliff Conservancy. The focus of this program will be on revision, restoration, and preservation accomplishments throughout the buildings and grounds over the past 100 years.

Instructor: Frank Lloyd Wright's Graycliff Docent

Tuesday, October 6 2:00 PM

Eden Library, 716-992-4028 to register

Friday, October 23 12:30 PM

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

Historical Uses for Indigenous Plants

Indigenous plants, trees and bushes are critical to ecological resilience and biodiversity. Historically, plants have an additional value as they have been used for a wide variety of ways to support indigenous populations for centuries. This presentation will discuss some of those plants and their many historical uses while also touching upon some important herbs. Many of these plants are also important food sources or host plants for pollinators and critical to the environment.

Instructor: Dr. Kathleen Contrino, Master Gardener

Wednesday, October 28 11:00 AM

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

History of Artificial Intelligence

What was the first computer used for? Can computers change their programming? Do robots understand what they are doing? How much trust should we put in technology like driverless cars?

Instructor: Edward Sapienza, Hobbyist, Board Game Connoisseur, Pickleball Ambassador, & Retired Engineer

Tuesday, November 17 6:00 PM

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

Wednesday, December 9 1:00 PM

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

History of Mahjong

This class traces mahjong from its roots in 19th-century China to its reinvention in the United States, showing how one game became many traditions through migration, mythmaking, commercialization, community life, and modern revival.

Instructor: John Chin

Thursday, October 8 2:00 PM

Elma Public Library, 716- 652-2719 to register

Friday, November 13 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

History of Transportation in Buffalo

Explore the history of roadway construction from footpaths to high speed thoroughfares. We will delve into the evolution of the 'Modern Roundabout' and its relationship with the earlier version of the Traffic Circle. We will also discuss contributions from significant individuals such as Joseph Ellicott and Frederick Law Olmsted and how they shaped transportation in Buffalo.

Instructor: Kenneth J. Kuminski, Professional Engineer (Retired)

Friday, October 16 1:00 PM

North Park Library, 716-875-3748 to register

HISTORY

Inside the White House

The White House is an enduring symbol of the United States. For more than 225 years, it has served U.S. presidents as a home, office, and stage. Learn about the history and roles of the White House and explore how the building has changed over time.

Instructor: Courtney Speckmann, Director of Programs & Community Engagement, Buffalo Naval Park

Tuesday, October 27 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, November 12 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Monday, November 16 5:00 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, December 8 1:00 PM

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

Tuesday, December 15 5:30 PM

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

Music From the Past

Enjoy the rare sounds of yesteryear from a dozen fascinating, self-playing mechanical musical instruments including street organs, organettes and music boxes, many over 100 years old.

Instructor: Dan Wilke, Organ Grinder, Former Organ Grinder at The Broadway Market.

Tuesday, October 27 2:00 PM

Eden Library, 716-992-4028 to register

Thursday, October 29 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Return to Crystal Beach Park

Go back in time to experience the 101-year history of Crystal Beach Park from 1888 to 1989, featuring the Cyclone and Comet roller coasters, Laff in The Dark, and Magic Carpet.

Instructor: Rose Ann Hirsch, Author and Artist

Friday, October 2 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Friday, October 9 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, October 27 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, October 28 2:00 PM

Clarence Library, 716-741-2650 to register

Tuesday, December 1 2:00 PM

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

Thursday, December 3 2:00 PM

Elma Public Library, 716- 652-2719 to register

Rock N Roll Buffalo

A review of the musicians, bands, DJ's, clubs, concert halls and personalities that brought rock music to WNY by the founder of the Buffalo Music Hall of Fame.

Instructor: Rick Falkowski, Authors & Lecturer at Buffalo History Books

Thursday, October 22 6:00 PM

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

Tuesday, November 10 2:00 PM

Elma Public Library, 716- 652-2719 to register

Tuesday, November 24 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Russia & Ukraine During Trump's Second Term

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

Instructor: York Norman, Ph.D., Professor, History & Social Studies Education Department, Buffalo State University

Monday, November 23 10:00 AM

Orchard Park Senior Center, 716-662-6452 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

Wednesday, November 4 2:00 PM

Amherst Senior Center, 716-636-3051 to register

The Buffalo Presidential Suite

Sing (and even play!) four fun & original 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, November 16 1:00 PM

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

HISTORY

The Clash of the Titans: Mark Twain & Theodore Roosevelt

This illustrated talk describes the intersections between two of America's most famous men of the late 19th and early 20th centuries: Teddy Roosevelt and Mark Twain. They covered some of the same physical terrain in Buffalo, they were both authors and orators, they were beloved by the American public, they both had gigantic egos, their domestic lives were filled with a tight family circle spent in gorgeous mansions and were plagued by tragedy, they were both conflicted about wealth, the average, common laborer and entrepreneurship, and they had deep respect for each other on a personal level. However, they had distinctly different lifestyles, and were worlds apart on economic and political policies. These key differences were mostly expressed in private, but sometimes spilled over into the public arena. Their relationship was complicated. For example, Twain once called Roosevelt "far and away the worst president we have ever had." The presenter's two books on Twain in Buffalo will be on hand in the class.

Instructor: Thomas J. Reigstad, Emeritus Professor of English, SUNY Buffalo State

Thursday, October 8 2:00 PM

Clarence Library, 716-741-2650 to register

Thursday, October 15 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, October 29 1:00 PM

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

The Five-Star Admirals that Guided the US to Victory

The Navy promoted only four lifelong Navy men to the rank of fleet Admiral, or Five-Star. This is the story of how their career paths and personalities worked together to overcome the Axis powers in both the Atlantic and Pacific Oceans during WW2. Let's discuss!

Instructor: Shane E. Stephenson, President & Trustee of the Buffalo Presidential Center

Tuesday, November 3 10:00AM

Cheektowaga Senior Center, 716-686-3930 to register



The KKK's 1920s Stranglehold on WNY

During the Prohibition era, the Ku Klux Klan experienced a powerful resurgence across many northeastern cities. Buffalo became one of the movement's strongest footholds, with thousands of members spread throughout Erie County. But the Klan's grip on the region would ultimately be broken by the extraordinary courage of an undercover investigator whose sacrifice exposed the organization's inner workings. His death not only helped bring about the Klan's collapse in Western New York but also accelerated its decline across the nation.

Instructor: Susan Fenster, Author/Historian

Tuesday, November 17 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Tuesday, December 1 2:00 PM

Elma Public Library, 716-652-2719 to register

Tuesday, December 1 5:30 PM

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

Friday, December 4 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

The Objects That Tell Our Stories: Life at the Hull Family Home & Farmstead

Step inside the history of the Hull Family Home & Farmstead through the objects that shaped daily life. Built in 1810, the farmstead preserves the story of the Hull family and more than 200 years of agricultural life in Western New York. Discover the stories behind historic farm tools and household artifacts, and create your own lavender sachet inspired by traditions of the past.

Instructor: Hull Family Home & Farmstead

Thursday, November 5 6:00 PM

Amherst Senior Center, 716-636-3051 to register

Thursday, November 12 4:30 PM

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

Saturday, November 28 11:00 AM

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



HISTORY

The Real History of Yoga

Most of us picture yoga as ancient and unchanging - a physical system practice passed down intact for thousands of years. The real history is more interesting than that, and recent research has overturned some long-held assumptions. This course traces how yoga actually developed: from its earliest mentions in ancient Indian texts, through classical formulations like Patanjali's Yoga Sutras, into medieval tantric and hatha yoga traditions, and finally into the 19th - and 20th-century encounters with colonialism and Western fitness culture that shaped the yoga most of us know today. Some of what surprises people most: many familiar poses aren't nearly as old as advertised. Scholars have traced much of modern postural yoga to the early 20th century, when Indian reformers were in direct contact with European gymnastics and fitness movements - meaning the practice on your mat is, in real ways, a modern hybrid. We'll also look at how yoga arrived in America through specific, sometimes surprising episodes - including a 1929 series of talks given right here in Buffalo, and a U.S. Supreme Court case that denied an Indian man citizenship on racial grounds even as he argued for his shared heritage with white Americans. Come with questions. No prior yoga experience or scholarly background needed.

Instructor: Jane Cameron , RYT 500 - Iyengar based Yoga Teacher & Yoga Philosophy Researcher through the Yogic Studies Certificate Program

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

Amherst Senior Center, 716-636-3051 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, National Historic Landmark, Roycroft Campus

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

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

Waves During WWII

More than 86,000 women participated in World War II by joining the WAVES program. This program, while not the first in America's military history, ushered the discussion of bringing women into service full time.

Instructor: Shane E. Stephenson, President & Trustee of the Buffalo Presidential Center

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

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

Tuesday, November 17 **2:00 PM**

Elma Public Library, 716- 652-2719 to register

Western New York Amusement Parks

Take a wild ride at the past and present parks of the region including Crystal Beach, Celoron Park, Midway Park, Dealings, Glen Park, Fantasy Island, and Darien Lake.

Instructor: Rose Ann Hirsch, Author and Artist

Thursday, October 22

12:45 PM

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

When "Fake News" is True: Grover Cleveland was a Big, Fat Liar

During his second term, President Cleveland underwent a risky operation, then maneuvered to discredit the journalist who reported the story. Years later, the truth was finally revealed. A fascinating look at the intersection of presidency, politics, and journalism.

Instructor: Jeff Schober, Writer, Retired Educator, Trustee, Buffalo Presidential Center

Tuesday, November 10

2:00 PM

Amherst Senior Center, 716-636-3051 to register

Wednesday, December 9

1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Why Are So Many Things Named Ellicott in WNY? Come Meet the Man in Person

The name Ellicott is found in buildings, creeks, squares, towns and roads all over WNY. 2026 marks the 200th anniversary of Ellicott's death. This presentation will bring Ellicott back to life in a first person, costumed portrayal set in 1824 as he relates the details of his life and impact on our area including bringing the Erie Canal to WNY. History will be brought to life in this living depiction of one of WNY's founding fathers.

Instructor: Dennis Upton, Retired Teacher and Actor

Tuesday, October 20

6:00 PM

Amherst Senior Center, 716-636-3051 to register

Monday, November 16

2:30 PM

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



HUMANITIES

A Review of Iconic Horror Stories

From a horror author's perspective, this class will review both written and cinematic horror stories. We will read scenes from books and watch clips of movies analyzing what makes them so scary! This is the perfect class to set the atmosphere for Halloween!

Instructor: Jenifer Stanek, Health, Wellness, & Energy Coach

Monday, October 26 2:30 PM

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

Communication Competence: Respectful, Reflective, Rewarding

Productive and positive interactions start with recognizing and comprehending the underlying principles of communication. Concepts such as language use, nonverbal cues, and listening techniques, will be covered as a means of improving your communication skills. Additionally, understanding modality choice and context cues will enhance your communication awareness. Learn how to be a more effective communicator, while avoiding miscommunications, thus enriching the connections you have personally and professionally.

Instructor: John Harrigan, Ph.D.

Tuesday, October 20 12:00 PM

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

Monday, November 9 1:00 PM

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

Get That Cricut Out of the Box!

Ready to turn your creative ideas into custom cards, labels, decals, gifts, and more? In this hands-on beginner class, you'll learn the basics of using a Cricut machine and explore Design Space, the program that brings your projects to life. We'll cover simple tools, beginner-friendly project ideas, and tips to help you feel comfortable getting started. No prior Cricut experience is needed—just bring your curiosity and get ready to create. You will go home with a fun holiday creation! ***This is a 2 hour class.***

Instructor: Cindy Solly, Arts & Craft Teacher, West Seneca Senior Center & Lancaster Senior Center

Monday, November 2 6:00 PM

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

Wednesday, November 4 2:00 PM

Clarence Library, 716-741-2650 to register

Monday, December 7 1:00 PM

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

Dying: Embracing the Last Frontier

Birth and death used to occur in our homes. It was intimate, but all too familiar. Today, much of the dying process is considered part of health care, and less personal. Most of us will have days, weeks or months to manage the end of our life. We can do things the way we want them done. This seminar will provide a practical guide to death's patterns and expectations, though it won't stop our yearning for visiting hours in heaven.

Instructor: Thomas Rosenthal MD, Emeritus Professor of Family Medicine/Geriatrics UB

Wednesday, October 7 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Friday, October 23 1:00 PM

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

Halloween: Anthropological Perspectives on a Festival with Many Meanings

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

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

Wednesday, October 28 1:00 PM

North Park Library, 716-875-3748 to register

Friday, October 30 10:00 AM

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

Michelangelo: Creator of Giants

This presentation is an overview of Michelangelo's life with an examination of many of his most famous works, including the Pieta, David and Sistine Chapel.

Instructor: Alan Nowicki, Director of Programming, National Historic Landmark, Roycroft Campus

Wednesday, November 4 1:00 PM

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



HUMANITIES

Secrets of Voodoo, Revealed!

Haitians today live in a violent, gang-ruled society. They find some comfort in their national religion, Vodou. This complex religious system has been widely misunderstood and sensationalized, largely due to false popular beliefs created about it during its suppression under the terrible century-long Code Noir of King Louis XIV, issued in 1685. In fact, Vodou is the premiere Afro-Caribbean religious system, offering comfort and protection to believers, which likely began among the African slaves transported to Hispaniola as early as 1505. It developed as a blending of various African beliefs with French Catholic and indigenous Taino beliefs. The port of New Orleans had been closed by its own code noir; the need for labor generated by the Louisiana Purchase of 1804 re-opened the port to the importation of slaves, and Vodou morphed into "Voodoo." This is the story of Haitian Vodou, and its role in that nation's exemplary and tragic history.

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

Wednesday, October 21 12:00 PM
Hamburg Senior Community Center, 716-646-5145 to register
Friday, October 23 1:30 PM
Lancaster Senior Center, 716-685-3498 to register
Thursday, October 29 2:00 PM
Amherst Senior Center, 716-636-3051 to register

Storytelling Practices: Tips for Telling Your Story

Everyone has stories worth telling. This lecture helps you shape those moments into memorable narratives that connect and inspire. We'll translate classic storytelling tools such as theme, character, structure, and stakes into simple, repeatable steps you can use in conversations, family histories, and presentations. Through short demos and guided prompts, you'll learn how to find your "through line," craft a compelling beginning-middle-end, use sensory detail without rambling, and deliver with presence, pace, and confidence as you share the stories of your life.

Instructor: John Harrigan, Ph.D.

Tuesday, November 10 11:00 AM
BFNC Life Center/Westminster Community House
716-852-5065 x132 to register

Strange and Unusual Stories I Tell My Friends

Join Tim Shaw for a Halloween-season evening of strange tales, unexplained encounters, unusual history, and wonderfully weird stories drawn from his life and work - and from his forthcoming book, *Strange and Unusual Stories I Tell My Friends*. As a paranormal investigator, author, filmmaker, and collector of the unusual, Tim brings a lifetime of curiosity and storytelling to an entertaining program that may leave you intrigued, amused, and just a little unsettled. Attendees are encouraged to join the Halloween fun by wearing a costume. A costume contest will be held during the program, with prizes awarded for first, second, and third place.

Instructor: Tim Shaw, Para Investigator, Author, Collector of the Unusual, Filmmaker, Host of the Black Cat Lounge, Media Personality & Grumpy Old Man

Thursday, October 22 6:00 PM
West Seneca Public Library, 716-674-2928 to register

The Iditarod Trail Sled Dog Race

Held in March, the annual dogsled race, which began in 1973, covers almost 1,000 miles between Anchorage and Nome, Alaska. The race follows the route of a medical emergency back in 1925. What are the rules and requirements for the race? Who is Susan Butcher and what record does she hold in regard to the race? Included will be pictures taken by the presenter during a 2025 trip to Alaska.

Instructor: Theresa Wiater, Retired Educator

Thursday, October 8 2:00 PM
Amherst Senior Center, 716-636-3051 to register
Tuesday, November 17 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

The Origin & Traditions of Halloween

An examination of the origins and traditions of this internationally celebrated holiday. From its earliest foundations to the present day, it provides mystery and enjoyment to the world.

Instructor: Henry S. Pogodzinski, English Teacher (Retired) John F. Kennedy High School & former Civil War Re-enactor

Thursday, October 29 10:00 AM
Grand Island Golden Age Center, 716-773-9682 to register
Friday, October 30 12:45 PM
Akron-Newstead Senior Center, 716-542-6645 to register

Wearable Spooky Art - October: Create a One-of-a-Kind Necklace

hands-on workshop, participants will design and craft a unique spooky-themed necklace using a variety of materials, including: beads, yarn, twine, charms, fabric, natural elements, and mixed-media embellishments. Draw inspiration from pumpkins, ghosts, bats, spiders, haunted houses, autumn leaves and other seasonal symbols to create a piece that reflects your own spooky style. Learn simple jewelry-making and art techniques while exploring color, texture and creative expression. Perfect for beginners and creative makers of all skill levels! All materials will be provided and participants will leave with a wearable spooky art necklace. *(The workshop lasts 2 hours.)*

Instructor: Aileen Gonzalez-Marti, Director of Older Adults, West Side Community Services

Wednesday, October 14 10:00 AM
West Side Community Services, (716) 884-6616 to register

Banana Bread and Budget Building

Join the Center for Elder Law and Justice for a tasty treat while we explore practical strategies for creating, adjusting, and maintaining a budget on a fixed income. We'll also discuss ways to save money, stretch your resources, and protect yourself when using person-to-person cash transfer apps. Participants will learn about the free services offered by the Center for Elder Law & Justice and leave with a budget template, helpful resources, and connections to community services that can support their financial well-being.

Instructor: Renee Pratt, Outreach Coordinator

Friday, October 23 1:00 PM

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

Tuesday, November 17 1:00 PM

Clarence Senior Center, 716-633-5138 to register

Wednesday, November 18 1:30 PM

Lancaster Senior Center, 716-685-3498 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, Esq.

Wednesday, December 9 2:00 PM

North Park Library, 716-875-3748 to register

Estate Planning and Trusts

In this course, we will cover estate planning (Last Wills and Testaments, Powers of Attorney, Living Will/Health Care Proxies) and the use of Revocable, Irrevocable, Testamentary and Living Trusts for probate avoidance and asset protection. We will discuss why these legal documents are needed during lifetime, and which documents help make things easier on your loved ones upon your passing.

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

Tuesday, December 8 1:00 PM

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



Everyday Money Basics for a More Secure Future

This beginner-friendly workshop is designed to help you feel more confident and in control of your finances. Using clear language and real-life examples, we'll walk through the essentials of managing your money in retirement. You'll learn how to understand your monthly cash flow with a simple budgeting approach, explore practical strategies to help your money last, and gain a basic understanding of investing and protecting your savings. Whether you're newly retired or simply looking to strengthen your financial habits, this session offers straightforward guidance to support your financial well-being.

Instructor: Paul Hutchings, Wealth Manager - Sgroi Lawley

Wednesday, October 21 1:00 PM

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

Wednesday, November 18 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Tuesday, November 24 1:00 PM

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

How Family Court Works and Grandparents' Rights and Senior Citizens Concerns

Describes how to access Family Court without a lawyer, and how it functions for people. Examples of Grandparents and Senior Citizens issues will be used.

Instructor: Paul Buchanan, Family Court Judge, Retired

Tuesday, October 6 1:00 PM

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

Friday, October 9 12:30 PM

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



How to be a Fiduciary: What to Do if You Are Someone's Power of Attorney, Trustee or Executor

If you are the executor of a will, the trustee of a trust, or someone's power of attorney agent, you are taking on a very serious responsibility. This presentation introduces these roles and helps participants anticipate and avoid the common mistakes that people make when handling financial transactions on behalf of their loved ones.

Instructor: Valerie Stanek, Esq., Attorney at Law

Monday, October 5 10:30 AM

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

Tuesday, October 13 1:00 PM

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

Thursday, October 29 1:00 PM

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

Wednesday, November 4 10:30 AM

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

Tuesday, November 10 10:00 AM

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

Friday, November 13 1:15 PM

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

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

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

Instructor: Assistant District Attorney Brian Dassero

Tuesday, December 15 1:00 PM

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

Probate & Probate Avoidance: What Happens to Your Assets After Death?

Many individuals are surprised to learn that a Will does not avoid probate. This presentation will explain the probate process in New York, including how assets are transferred after death, the role of the Surrogate's Court, and the responsibilities of executors and beneficiaries. Participants will learn which assets pass through probate, which assets pass outside of probate, and common strategies used to simplify estate administration and avoid unnecessary court involvement. The course will also discuss probate avoidance techniques, including beneficiary designations, joint ownership, transfer-on-death arrangements, and trust planning.

Instructor: Madeline E. Bosque, Senior Associate Attorney, PB Elder Law

Thursday, October 15 1:00 PM

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

Wednesday, November 11 10:30 AM

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

Protecting Your Legacy: Asset Protection and the Use of Living Trusts

Proper planning can help individuals protect assets, maintain privacy, and create a smoother transition of wealth to future generations. This presentation will explore the role of trusts in estate planning, with a focus on living trusts and other commonly used trust strategies. Participants will learn how trusts work, the differences between revocable and irrevocable trusts, and the benefits and limitations of trust-based planning. The course will also introduce asset protection concepts, including strategies used to safeguard assets from long-term care costs, probate, and other potential risks. Attendees will gain a better understanding of when trust planning may be appropriate and how trusts can be incorporated into a comprehensive estate plan.

Instructor: Madeline E. Bosque, Senior Associate Attorney, PB Elder Law

Tuesday, December 1 2:00 PM

Clarence Library, 716-741-2650 to register



LAW & FINANCE

Should I Turn it Over to My Children?

There are several ways to move your assets from yourself to your heirs. Each comes with its own advantages and disadvantages and some create unforeseen problems or tax consequences. This is an exploration of the options you have when trying to make sure your assets end up in the hands of those you intended to receive them. We discuss the best ways to accomplish this while avoiding any potential pitfalls.

Instructor: Valerie Stanek, Esq., Attorney at Law

Wednesday, October 14 10:00 AM

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

Tuesday, December 15 1:00 PM

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

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

An introductory course on the basic types of trusts, how they work, what they accomplish and who might need one.

Instructor: Valerie Stanek, Esq., Attorney at Law

Thursday, October 15 2:00 PM

Elma Public Library, 716- 652-2719 to register

Thursday, November 12 10:30 AM

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

Tuesday, November 17 1:00 PM

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

Wednesday, December 16 12:30 PM

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

NATURAL SCIENCE

All About Honeybees

Did you know that male honeybees have a mother but no father? That there are "winter bees" which live longer than the usual 6 weeks? Plus, more!

Instructor: Carol Ann Harlos, Master Gardener

Monday, November 2 1:00 PM

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

Composting in Your Community

Composting is a form of recycling, a natural way of returning needed nutrients to the soil. Let's learn about what composting is, community composting programs to get involved with, and ways to compost at home.

Instructor: Tyler Hamilton, Erie County Compost Coordinator

Tuesday, October 13 2:00 PM

Amherst Senior Center, 716-636-3051 to register

Friday, December 11 1:00 PM

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

Exoplanets: Discovering Worlds Beyond Our Solar System

Thousands of planets have been discovered orbiting stars beyond our solar system, revealing a universe filled with remarkable and unexpected worlds. In this engaging class, we will explore how astronomers find these distant planets, what they are like, and what they can teach us about the formation of planetary systems—including our own.

Instructor: Heather Thuman, Teacher, Williamsville North High School

Monday, October 19 5:00 PM

Lancaster Senior Center, 716-685-3498 to register

Tuesday, October 27 5:30 PM

Clarence Senior Center, 716-633-5138 to register

Tuesday, December 8 5:30 PM

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

Flowers from Grandma's Garden

Many of us learned to love gardening at the side of our grandparents. A row of peonies down the driveway or the scent of a rose or lily of the valley bring back memories of the gardens of yesteryear. Recall some of those special plants and learn about their history in this nostalgic trip to the gardens of our past.

Instructor: Peggy Koppmann, Master Gardener

Wednesday, November 18 1:00 PM

North Park Library, 716-875-3748 to register



NATURAL SCIENCE

Geology of WNY

Western New York boasts some of the most dynamic and world-renowned geological features in North America, shaped by hundreds of millions of years of ancient seas, tectonic shifts, and massive carving glaciers. In this course, we will look beyond the surface to understand the literal foundation of our region. Discover how the towering layers of the Niagara Escarpment were formed, how the spectacular Niagara Gorge serves as a timeline of our recent glacial past, and how local rock formations influence everything from our landscape to our regional history. We will also highlight how sites like Penn Dixie Fossil Park & Nature Reserve allow us to step directly onto these ancient layers. Perfect for hikers, nature lovers, and anyone curious about the massive forces that sculpted the hills, valleys, and waterways of WNY.

Instructor: Brian C. Steinberg, Penn Dixie Fossil Park & Nature Reserve Staff Member

Wednesday, December 9 2:00 PM
West Seneca Public Library, 716-674-2928 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 (ECDFA)

Wednesday, December 2 1:00 PM
Lancaster Senior Center, 716-685-3498 to register

The Lake Erie Ice Boom: Does it Prolong Winter?

We will examine the origin of the Ice Boom, what it is made of, and whether other communities have similar installations. We will also discuss environmental evidence of the effect of the Boom on our local weather.

Instructor: Harry Meyer, Member, NYS Bar Association House of Delegates

Tuesday, October 20 3:00 PM
Clarence Senior Center, 716-633-5138 to register

Weird Waste

Have you ever wondered what to do with different items that no longer work or you can't use anymore. What can be recycled and what can't. We will answer all your questions about the weirdest types of waste you can think of.

Instructor: Amy Alduino, Erie County Recycling Coordinator

Tuesday, December 1 3:00 PM
Clarence Senior Center, 716-633-5138 to register

Wild Weather of WNY

From lake-effect blizzards that measure snowfall in feet to sudden summertime severe thunderstorms, Western New York is famous for its incredibly dynamic weather. But what actually causes our region's atmospheric drama? In this course, we will pull back the curtain on the unique science of WNY weather patterns. Discover how Lakes Erie and Ontario act as massive weather engines, how local topography shapes where the snow falls, and how meteorologists track these rapid shifts. We will also touch on how you can read the sky like a pro and stay weather-ready in every season. Come explore the fascinating, powerful, and sometimes wild forces that keep us all checking our weather apps!

Instructor: Brian C. Steinberg, Penn Dixie Fossil Park & Nature Reserve Staff Member

Thursday, December 10 6:00 PM
City of Tonawanda Public Library, 716-693-5043 to register

Winter Weather Hazards across Western New York

Discover the basics of winter storm development, including lake effect snow, nor'easters, and snow squalls, and the preparedness actions you should take when faced with harsh winter weather conditions.

Instructor: Matthew Brothers, Science & Operations Officer, National Weather Service, Buffalo, NY

Wednesday, October 21 1:00 PM
Town of Aurora Senior Center, 716-652-7934 to register

Monday, November 2 12:00 PM
Hamburg Senior Community Center, 716-646-5145 to register

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

Thursday, December 10 11:00 AM
Clarence Library, 716-741-2650 to register



TECHNOLOGY

Audacy (Radio App)

Learn how to navigate the Audacy app to stream your favorite live radio stations, sports, and podcasts. This class guides you through finding content, creating custom stations, and saving your top shows for easy listening.

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

Thursday, October 8 10:30 AM

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

Friday, October 30 10:00 AM

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

Beyond the Paywall: Free Genealogy Resources Every Researcher Should Know

Amazing discoveries don't require an expensive subscription. Come explore free genealogy websites that can help you find ancestors, break through brick walls, and save money.

Instructor: Rhonda Hoffman, Genealogy Specialist

Wednesday, October 28 10:00 AM

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

Cut the Cord - Learn How to Start Streaming & Use Over-The-Air TV Technologies to Save Money While Keeping Your Favorite Shows

This course walks you through the steps of transitioning from traditional cable TV to modern streaming services and over-the-air (OTA) broadcasting. Whether you're looking to save money, gain more control over your viewing choices, or simply modernize your entertainment setup, you'll learn practical strategies to make the switch confidently and successfully. By the end of this course, you will have the knowledge to form your own cord-cutting plan and resources to optimize your viewing experience.

Instructor: Glenn Fitzgerald, Home Media Consultant - (Sole Proprietor) CTC Buffalo

Tuesday, October 20 1:00 PM

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

Tuesday, December 8 1:30 PM

Lancaster Senior Center, 716-685-3498 to register

Thursday, December 10 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Friday, December 11 10:00 AM

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

Digital Decluttering

Declutter your digital life by organizing your files, clearing out unneeded emails, and managing your cloud storage. You will learn practical strategies to streamline your devices, free up space, and reduce daily digital overwhelm.

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

Wednesday, October 14 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register

Facebook Safety and Security

Protect your personal information by mastering Facebook's privacy settings and security tools. This course teaches you how to recognize scams, control who sees your posts, and secure your account against hackers.

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

Monday, December 7 1:00 PM

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

Gmail - Web Version

Get the most out of Gmail by learning to navigate the web interface, organize your inbox with labels, and block unwanted spam. You will also discover how to quickly search for old messages and attach files with confidence.

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

Friday, November 20 10:00 AM

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

Instacart

Master the basics of grocery delivery by learning how to use the Instacart app to shop from your favorite local stores. This course walks you through building a virtual cart, scheduling deliveries, and safely checking out online.

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

Wednesday, December 2 1:30 PM

Lancaster Senior Center, 716-685-3498 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. (2 hour class)

Instructor: Jacqueline Hovey, Librarian, Buffalo & Erie County Public Library's TechKnow Lab

Thursday, October 22 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register



TECHNOLOGY

Microsoft Excel

Learn the core essentials of spreadsheet management in this beginner-friendly Microsoft Excel course. You will master basic data entry, simple formatting, and everyday formulas like SUM to organize your information with confidence.

(Limited to 10 people due material limitations)

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

Tuesday, December 2 2:00 PM

Amherst Senior Center, 716-636-3051 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 safe.

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

Tuesday, September 29 11:00 AM

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

Tuesday, December 2 1:00 PM

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

Thursday, December 10 2:00 PM

Elma Public Library, 716 652-2719 to register

Stay Safe: Protect Yourself from Identity Theft

Every day, Americans are losing millions of dollars to scammers. Older adults are particularly targeted, and the effects of scams can be catastrophic, both financially and emotionally. Technology is making it easier for scammers to target more people and it makes their schemes harder to detect. But there are things we can do to stay safe. This course will focus on identity theft, but techniques covered can be used against any type of scam. It will examine how scammers select their targets, the techniques they use to manipulate us, and what we can do to protect ourselves. The interactive format allows participants to practice protective behaviors and begin to develop habits that will keep them safe from scams. Participants will also have access to supplemental online resources to continue to refine their scam-safety skills.

Instructor: Cynthia Stewart, PhD, Program Manager, UB Center for Information Integrity

Monday, October 26 12:00 PM

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

Stay Safe: Protect Yourself from Medication Scams

Scammers often target older adults with fake medications, misleading health claims, and promises of quick cures. These schemes can cost people money and put their health at risk.

This interactive course focuses on recognizing medication scams and misleading marketing. Participants will learn how to spot false promises, distinguish legitimate treatments from questionable products, and practice simple habits that help protect against scams. Supplemental online resources will also be provided for continued learning and support.

Instructor: Cynthia Stewart, PhD, Program Manager, UB Center for Information Integrity

Monday, November 16 12:00 PM

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

Stay Safe: Protect Yourself from Tech Support Scams

Tech support scammers often target older adults, using convincing tactics to steal money and personal information. As technology makes these scams easier to spread and harder to recognize, knowing how to respond is essential.

This interactive course explores how tech support scams work, how scammers manipulate their targets, and practical ways to stay safe. Participants will practice protective behaviors and receive online resources to continue building scam-safety skills.

Instructor: Cynthia Stewart, PhD, Program Manager, UB Center for Information Integrity

Thursday, November 5 10:00 AM

Cheektowaga Senior Center, 716-686-3930 to register



SPECIAL EVENTS

An Exclusive Look Inside Buffalo's Historic Knox Mansion (Currently Home to Cellino Law)

Join University Express and Dr. Michael Cellino for a special 90-minute private tour of Buffalo's historic Cellino/Knox Mansion, graciously hosted by Cellino Law Firm and Dr. Cellino. This rare opportunity offers an inside look at one of Buffalo's most storied homes, where history, architecture, and local legacy come together in an unforgettable experience. **The tour is limited to 25 participants**, includes free on-site parking, and is not suitable for individuals with mobility concerns due to multiple stairways throughout the mansion.

Saturday, December 5

10:00 AM

Cellino Law: 800 Delaware Ave Buffalo, NY 14209

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

Birdwatching at Knox Farm State Park

Join University Express and New York State Parks for a guided birdwatching walk at beautiful Knox Farm State Park! Explore the park's scenic fields and woodlands while learning to identify birds by sight, sound, and habitat. Led by Environmental Educator Michael Adriaansen, this relaxed outdoor program offers the chance to look for Bobolinks, Eastern Meadowlarks, and other grassland birds. High-tech binoculars will be available to share - no birdwatching experience required! Please dress for the weather and wear comfortable walking shoes. The program will last about 90 minutes and may be adjusted for weather and the group's comfort level. **(25 person limit - free parking)**

Friday, October 9, 2026

10:00 AM

Knox Farm State Park, Main Parking Lot, 437 Buffalo Rd, East Aurora, NY 14052

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

(* A sincere thank-you to New York State Parks, Recreation and Historic Preservation for partnering with University Express on this special opportunity to explore and enjoy the natural beauty of Knox Farm.)

Buffalo Jewish Museum at Temple Beth Zion

Join the staff of the Jewish Museum of Buffalo for a 90 minute tour of the museum collections, with a focus on Jewish immigration to Buffalo and Western New York. The Museum illuminates the stories of Jewish life in Buffalo while exploring the richness of Jewish art, culture, history, and architecture across time and place. **This tour is limited to 30 guests - free parking**

Wednesday, October 28

1:00 PM

The Museum is located behind Temple Beth Zion, 805 Delaware Avenue, Buffalo

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! **A GIANT thanks to the Burchfield team!! They were our very first partner for UE events and we want to sincerely thank them for continuing to offer these wonderful opportunities!**

Thursday, December 3 10:15 AM through 1:15 PM

Burchfield Penney Art Center, 1300 Elmwood Avenue, Buffalo, at Buffalo State University (Parking in lot R-3, on Burchfield Campus. Registration limited to 140 guests. **FREE PARKING!** Wheelchairs available & can be reserved in advance by calling 716-878-6011.)

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

Explore Buffalo: "Reaching For the Skies: The Tall Buildings Tour"

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.) 2:00 PM 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 always require payment. The Seneca Station of the Metro Rail is one block away on Main Street. **This tour is limited to 25 guests.**

Thursday, October 8

10:00 AM

Instructor: Ed Howard, Explore Buffalo Docent

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

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

SPECIAL EVENTS

Football Tailgate with Bucket Hat Chef Robb!

Get ready for game day like never before with Bucket Hat Chef Robb Poloncarz! In this high-energy tailgate experience, Chef Robb will share crowd-winning favorites that are perfect for any football gathering—from bold, flavorful bites to classic comfort foods with a chef-inspired twist. Whether you are hosting at home, cheering from a watch party, or heading to the stadium, you'll leave with fresh recipes, helpful techniques, and plenty of inspiration to elevate your next tailgate spread. A tailgate recipe card featuring Chef Robb's recipes will be available for participants to take home.

Then, keep the fun going with a Bills Bracelet Craft! Join Cindy Solly, University Express's own Master Crafter, along with Jennifer Chowdhury, Health & Wellness Coordinator for the Department for the Aging, to create a spirited Buffalo Bills-inspired bracelet. Show off your team colors, make something fun to wear on game day, and enjoy a little extra time with fellow fans (and your favorite UE team!) Please wear your favorite football gear—jerseys, hats, team colors, or anything that shows your football spirit (A prize will be given for the fan that shows the most team spirit!) ***This event is limited to 100 guests - reserve your spot early!***

Wednesday, October 21, 2026 1:00 PM

Como Lake Park James Depczynski Casino Pavilion, Quincy Ave, Lancaster, NY 14086, located inside Como Lake Park

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

History Comes Alive: Student-Led Veterans of Foreign Wars Museum Tour & Lunch

Step into local history and experience the stories of service, sacrifice, and community at the VFW Post 1419 Museum in Hamburg. This special intergenerational program pairs seniors with enthusiastic 7th Grade students from Hamburg Middle School, who will lead the tour and share the stories behind the museum's fascinating artifacts and exhibits. Explore memorabilia honoring local heroes who served during 20th-century conflicts, while encouraging a new generation of historians as they build confidence, presentation skills, and a connection to the community's past. The VFW Post is located in Hamburg, making this a meaningful opportunity to discover a local treasure and the people it remembers. Following the tour, stay for a free lunch with the students, generously provided by Hamburg's own Butera's Restaurant. Come learn, connect across generations, and help preserve the stories that should never be forgotten. ***Space limited to 35 guests - free parking***

Thursday, October 15 11:00 AM

VFW Post 1419, 2985 Lakeview Road (Near Nike Base), Hamburg, NY 14075

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

Holiday Puzzle Swap Social: Cocoa, Cookies & New-to-You Puzzles!

Add some cozy fun to your holiday season! Bring your lightly used, complete jigsaw puzzles to our Holiday Puzzle Swap Social and trade them in for festive, new-to-you puzzles to enjoy all winter long.

Arrive between 1:00 - 2:00 PM to drop off your puzzles and receive one ticket for every puzzle you bring. Then relax, mingle with fellow puzzle lovers, and enjoy hot cocoa and holiday cookies while our volunteers sort the collection by piece count.

When the Holiday Puzzle Swap "shop" opens, it's time to browse! Use your tickets to select the same number of puzzles to take home. Whether you enjoy quick 300-piece puzzles, 500-piece favorites, or a 1,000-piece challenge, there will be something for every puzzler.

Please make sure puzzles are complete and in good condition. Place the pieces in a sealed zip-top bag inside the box, then secure the box with a rubber band or tape. Bring a puzzle, share some holiday cheer, enjoy a sweet treat, and head home with your next puzzling adventure! (Leftover puzzles will be donated to our Erie County Senior Centers.)

Tuesday, December 8

Puzzle Drop Off

1:00 - 2:00 PM

Hot Chocolate, Cookies & Carols

2:00 - 3:00 PM

Puzzle Exchange Store Opens

3:00 - 4:00 PM

West Seneca Public Library, 1300 Union Road, West Seneca

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

Longshed Tour/Waterway of Change Exhibit Canalside

The Erie Canal opened over 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. ***This tour is limited to 40 guests.***

Tuesday, October 20

12:00 PM

Tour Guide: Douglas Kohler, Erie County Historian

44 Prime Street, Buffalo NY, Meet at the front doors of the Longshed near the foot bridge

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



SPECIAL EVENTS

Niagara Air & Space Museum - (formerly the Niagara Aerospace Museum)

Bell Aircraft's Rosie the Riveter 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. Please allow 90 minutes for the tour. ***This tour is limited to 35 guests.***

Tuesday, November 10

10:30 AM

Instructor: David Faix, Education Coordinator & Docent
Niagara Falls International Airport/Old Terminal, 9990 Porter Road, Niagara Falls, NY 14304 - FREE Parking

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

Popcorn & Pictures: "Mother Cabrini" Movie Day

Join University Express at the Akron-Newstead Senior Center for a special screening of Cabrini, the inspiring true story of Saint Frances Cabrini, filmed right here in Buffalo's historic mansions and landmarks. Arriving in New York City to find streets filled with impoverished children, disease, and crime, Mother Cabrini embarks on a daring mission, and despite poor health and fierce opposition from the city's hostile mayor, church hierarchy, and corrupt politicians, she uses her formidable entrepreneurial spirit and unwavering faith to build orphanages, schools, and hospitals for society's most vulnerable. Filmed extensively in Buffalo in 2021, the movie used many of our region's well-preserved late-1800s locations—including InnBuffalo, the Ellicott Square Building, St. Paul's Episcopal Cathedral, Blessed Trinity Church, Shea's Buffalo Theatre, and Delaware Park - to stand in for Gilded Age New York, bringing local history to life on the big screen. Don't miss this opportunity to see a powerful story of faith, resilience, and hope, filmed in the very buildings you may have explored in University Express classes on Buffalo's historic mansions. Popcorn & soda for all! All are welcome.

Thursday, November 19

3:00 PM

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

Rumble 2: History's Biggest Personalities. One Epic Showdown for UE's Fall Semester Kick-Off!

History is back in the ring! Erie County Executive Mark C. Poloncarz and City of Buffalo Historian Lindsey Lauren Visser return to the ring for a lively, laugh-filled historical battle featuring two soon-to-be-announced iconic characters. Hear the arguments, uncover the drama, cheer for your favorite, and help decide who deserves the crown! Expect sharp arguments, surprising stories, playful rivalry, and plenty of audience energy as our contenders battle it out over leadership, legacy, influence, and their place in history. You will learn the real stories behind two larger-than-life figures, cheer for your favorite, and help decide: who wins the rumble?

Come celebrate the official start of University Express's Fall semester with a class that is part history lesson, part live performance, and all fun!

Wednesday, October 7

1:00 PM

Burchfield Penney Art Center Auditorium, 1300 Elmwood Avenue, Buffalo, at Buffalo State University (Parking in lot R-3, on Burchfield Campus. Registration limited to 140 guests. **FREE PARKING!**)

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

Stepping Back in Time: The Hull Family Home & Farmstead

Travel back more than 200 years for a guided tour of the Hull Family Home & Farmstead, the oldest fully restored stone dwelling in Erie County. Built around 1810 by Revolutionary War veteran Warren Hull for his wife, Polly, and their family, the Federal-style stone house tells the story of one of Western New York's earliest pioneer families and the world they helped build. This 90-minute tour will take you through the beautifully restored historic house and across the farmstead, including the reconstructed early-19th-century threshing barn and Hull family cemetery. Discover how the Hull family lived and worked, and learn about life on a Western New York farm before the Erie Canal transformed the region. * This facility is not fully handicapped accessible, especially the bathrooms. ***The tour is limited to 50 guests and will last 90 minutes - free parking***

Wednesday, November 4

11:00 AM

Hull Family Home & Farmstead, 5976 Genesee Street, Lancaster, NY 14086

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

SPECIAL EVENTS

University Express 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.

Wednesday, October 28

10:30 AM

West Seneca Public Library

1300 Union Road, West Seneca 14224

Book: Wayward Girls, by Susan Wiggs

Moderator: Debbie Pharr

To register for in person, call 716-674-2928

To register for the virtual class, visit: <https://www4.erie.gov/universityexpress/>

Tuesday, November 17

10:30 AM

Aurora Senior Center

101 King Street, East Aurora, NY 14052

Book: Wild Dark Shore, by Charlotte McConaghy

Moderator: Patti Young

To register for in person, call 716-858-8793

To register for the virtual class, visit: <https://www4.erie.gov/universityexpress/>

University Express Team Hike at Reinstein Woods Nature Preserve

Fall fun starts here! Join Eric and the University Express team for a cheerful, easygoing walk through the beautiful trails of Reinstein Woods Nature Preserve. This relaxed saunter is perfect for everyone—no hiking experience needed—just come ready to enjoy crisp autumn air, brilliant foliage, and plenty of smiles along the way. It's a great chance to unwind, connect, and soak in the beauty of the season together. All are welcome, so grab a friend and come wander with us!

Tuesday, October 13

10:00 AM

93 Honorine Dr, Depew, NY 14043 (We will meet in the lot)

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

ERIE COUNTY DEPARTMENT FOR THE AGING PRESENTS

COOKING WITH SASS

3 week fun, interactive & hands-on cooking series (Smart & Simple Sustenance)

CALL THE LOCATION TO SIGN UP TODAY!

Williamstowne Village: Mondays, 8/24, 8/31 & 9/14; 1:00-2:00 p.m. **716.892.2263**

Clarence Senior Center: Mondays, 9/15, 9/22 & 9/29; 1:00-2:00 p.m. **716.633.5138**

Akron-Newstead Senior Center: Thursdays, 9/17, 9/24, 10/01; 1:00-2:00 p.m. **716.542.6645**

Town of Alden Community Center: Fridays, 10/9, 10/16, 10/23; 10:30-11:30 a.m. **585.604.8929**

Town of Aurora Senior Center: Mondays, 10/19, 10/26, 11/02; 1:00-2:00 p.m. **716.652.7934**

With Erie County Dept for the Aging Chefs!

Includes Hands-on Participant Involvement & Food Sampling!

ERIE COUNTY DEPARTMENT FOR THE AGING STAY FIT DINING PROGRAM

716 858 7470 | Janice.Nowak@erie.gov

SAVE THE DATE FOR THE 2ND ANNUAL

LiveWellRetreat Erie

REFRESH • RESTORE

THE SIGNATURE EVENT DESIGNED TO INSPIRE, ENERGIZE, AND EMPOWER OLDER ADULTS

Saturday, October 24, 2026
9:00 am - 2:00 pm
Amherst Senior Center
370 John James Audubon Pkwy, Buffalo, NY 14228

TOPICS INCLUDE:

- Medicare education and options
- Family caregiving trends and support resources
- Brain health and Alzheimer's awareness
- Technology and Artificial Intelligence
- Aging in Place and home safety
- Employment resources
- Financial wellness, foreclosure prevention, reverse mortgages, and estate planning
- Volunteer opportunities and lifelong purpose
- Healthy eating and nutrition
- Exercise and healthy movement
- Building social connections and reducing isolation
- Community advocacy and civic engagement

Featuring a keynote address by Nora O'Brien-Suric of the Health Foundation for Western & Central New York

expert-led workshops
hands-on demonstrations
valuable community resources that support healthy aging, lifelong learning, and independent living.

REFRESH YOUR MIND. RESTORE YOUR SPIRIT. RECONNECT WITH YOUR COMMUNITY.
REGISTRATION INFORMATION AND THE FULL CONFERENCE AGENDA WILL BE ANNOUNCED SOON!

Notes, Ideas & Wishes

UNIVERSITY EXPRESS

 *Dream more, learn more, care more, and be more.* 
DOLLY PARTON, 2009

NOTES FROM TODAY'S CLASS

CLASSES I'D LOVE TO SEE NEXT

IDEAS TO MAKE THE PROGRAM EVEN BETTER





LOOKING FOR SOMETHING NEW TO DO THIS FALL?

Discover Buffalo's rich history and vibrant neighborhoods this Fall 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

HISTORY COMES TO LIFE AT THE HULL FAMILY HOME & FARMSTEAD



What was life like in Western New York 200 years ago? Come find out at Hull Family Home & Farmstead. Explore the beautifully restored circa-1810 stone house built by Revolutionary War veteran Warren Hull, the reconstructed threshing barn, Hull family cemetery, and historic grounds. Join us for special events, classes, and hands-on activities throughout the year.

5976 Genesee Street • Lancaster, NY 14086
www.hullfamilyhome.com
Follow us on Facebook & Instagram

UNIVERSITY EXPRESS • FALL CATALOG CONTEST

Whose Pet Is It?

Alisa, Eric & Kitty each hid photos of their pets in this semester's catalog. Can you figure out whose pet is whose?



4 CHANCES TO WIN!

WHOSE PET IS IT?

Match every pet with its staff owner - all correct enter a prize raffle!



NAME THAT PET!

Guess the name of any one featured pet and enter to win a prize!



Scan to enter! Entries close on December 1st!

Winners announced in early December.

Or mail to: Erie County Department for the Aging, Attn: University Express, 95 Franklin St., 13th Floor, NY 14202



Walk in the footsteps of those who have walked on the moon!



The Niagara Air and Space 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 11 AM - 4 PM 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

CLUB 99

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

RSVP

Retired Senior Volunteer Program connecting older adults with their community

STAY FIT DINING PROGRAM

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

NUTRITION EDUCATION

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

NY CONNECTS

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

CAREGIVER RESOURCE UNIT

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

CASE MANAGEMENT

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

UNIVERSITY EXPRESS

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

HEALTH INSURANCE COUNSELING

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

GOING PLACES TRANSPORTATION

Providing essential and accessible rides for older adults of all abilities



716-858-8526

95 Franklin St - Floor 13 Buffalo NY

www3.erie.gov/aging

senior.info@erie.gov

Facebook- Erie County Department for the Aging