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2017



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RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

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OF SENIOR SERVICES

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Excelsior Orthopaedics™

A woman with grey hair and glasses is sitting on the hood of a car, smiling broadly. She is wearing a brown patterned jacket over a red and black plaid shirt. Her legs are crossed, and she is holding her right foot. The background shows a scenic view of mountains under a cloudy sky. A large, semi-transparent white cross is overlaid on the right side of the image.

LIVE FEARLESSSM

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**BlueCross BlueShield
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Welcome to University Express, Spring 2017 Edition



Dear Friends,

Researchers often say that lifelong learning is an important part of healthy aging, and provides many cognitive and social benefits. We feel University Express, based on our annual increase in class attendance, is proof that this is true. We encourage you to join us for a class and listen to the lively discussions, insights, and questions as both the instructor and the audience members delve into a topic!

We are delighted that over 2,000 older adults have discovered our classes, and share their excitement about University Express with their friends and family.

As always, we truly appreciate the generosity of our sponsors – BlueCross BlueShield of Western New York, Excelsior Orthopaedics, Wegmans, our host sites, and especially our talented instructors and eager lifelong learners. It is your combined passion and enthusiasm that makes University Express such a vibrant and unique lifelong learning program.

We welcome your feedback and encourage you to keep sending along suggestions for future topics.

Pat Dowling

— Patricia Dowling

RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

858-7548



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Wegmans
pharmacy

Helping you live
a healthier, better life

Age-Friendly Communities – Efforts in Erie County

Learn about the concept of “age-friendly” communities: well-designed, livable places that promote health, economic well-being, and better quality of life for residents of all ages. Hear updates about Age-Friendly Erie County, a collaborative initiative of local organizations committed to creating a vibrant, inclusive community for residents to grow up and grow old in.

Instructor: Molly Ranahan, Ph.D. candidate in Urban and Regional Planning, SUNY Buffalo; research analyst, Erie County Department of Senior Services

Monday, May 22 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 13 10 a.m.

Springville Concord Elder Network, 770-7277 to register

Aging in the LGBT Community

Research has documented the role of planning and program development in establishing innovative community outreach initiatives to improve the health, social inclusion, and community support of local LGBT seniors. Join us to review research on the aging experiences of the local LGBT community in Western New York.

Instructor: Molly Ranahan, Ph.D. candidate in Urban and Regional Planning, SUNY Buffalo; research analyst, Erie County Department of Senior Services

Friday, April 28 2 p.m.

Baptist Manor, 819-1820 to register

Friday, June 9 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

American Immigration

From our colonial beginnings to present time, immigration has provoked strong and often contradictory reactions. This class looks at the complex issues presented by immigration with historical context. Why did the native-born welcome or oppose immigration at particular times? Were hopes or fears justified? Do attitudes toward newcomers tell us just as much about the native-born as immigrants themselves? What has changed and what has stayed the same?

Instructor: Maxine Seller, professor emeritus, SUNY Buffalo
Wednesday, June 21 4 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Thursday, June 22 7:30 p.m.

Canterbury Woods, 929-5823 to register

Booms, Bubbles, and Busts in the U.S. Stock Market

We'll look at recent booms, bubbles, and crashes in the American stock market, including the tech bubble and the housing bust. What is the responsibility of the government or central banks to prevent such market swings? How can the average citizen navigate the ups and downs by playing an active and informed role in their financial affairs?

Instructors: Jeffrey and Adam Goldfarb, certified financial planners, Jeffrey M. Goldfarb and Associates

Tuesday, May 16 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

Tuesday, June 27 7:30 p.m.

Canterbury Woods, 929-5823 to register

Cuba: A Land in Transition

With initiatives under both the Bush and Obama administrations, more Americans have taken the opportunity to travel to Cuba. Recently, Roswell Park began working collaboratively with scientists from the Centro de Inmunologia Molecular in Havana, Cuba. Learn about what's happening on this island nation located just 90 miles south of Key West.

Instructor: Harry Meyer, Explore Buffalo docent

Friday, June 30 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, July 7 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, July 19 7:30 p.m.

Canterbury Woods, 929-5823 to register

Diversity in Israel

We'll look at the diverse ethnic and religious groups of Israel – when and where they came from, what roles they play, their strengths, and conflicts among them. The discussion will include Jewish, Christian, and Muslim Israelis; “indigenous” communities; and the growing immigrant population. How has Israel's response to diversity compared to that of the U.S., and why?

Instructor: Maxine Seller, professor emeritus, SUNY Buffalo
Wednesday, July 12 4 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Federal Reserve, Interest Rates, and the U.S. Economy

Congress created the Federal Reserve System in 1913 to serve as the central bank of the U.S. and provide our nation with a safer, more flexible, and more stable financial system. With the ability to raise or lower interest rates to slow or stimulate the economy, nothing affects America's finances more than the actions of the Federal Reserve.



Instructors: Goldfarb Financial Team: Jeffrey Goldfarb, certified financial planner; Chintan Shukla, investment executive; and Adam Goldfarb, financial advisor and philanthropic consultant

Friday, May 12 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Tuesday, June 27 1 p.m.

City of Tonawanda Library, 693-5043 to register

Roundabouts 101

Roundabouts are changing traffic patterns in many Western New York communities. We'll compare the origin of the modern roundabout with its predecessor, the traffic circle. What is the difference between the two, and which is safer? We'll talk about the basics of roundabout design and terminology, and review recently built roundabouts in Western New York.



Instructor: Ken Kuminski, licensed professional engineer, NYS Dept. of Transportation

Monday, May 15 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Turkey's Entanglement in the Syrian Turmoil

Turkey has been a key NATO ally, bordering Middle Eastern countries and war-torn territories. Although Turkey had a long-standing tradition of avoiding neighboring chaos, it has grown deeply involved in the various fighting parties of Syria and Iraq. Its relations with local groups, as well as regional and global powers, have changed radically and rapidly. This presentation will address the web of shifting alliances in Syrian and Iraqi conflicts and Turkey's role.

Instructor: Dr. Mustafa Gokcek, associate professor of History at Niagara University

Tuesday, May 2 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, May 3 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, May 4 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

U.S. and the Muslim World

Creating partnerships for peace with Muslim countries and communities is one of the greatest challenges – and opportunities – facing the U.S. today. Conflict, misunderstanding, and distrust currently plague U.S. relations with Muslims in many countries, jeopardizing security for all. What strategies on both sides offer the greatest potential for improvements in U.S. security and U.S.-Muslim relations?

Instructor: Faizan Haq, lecturer in Asian Studies, SUNY Buffalo

Tuesday, April 11 1 p.m.

City of Tonawanda Library, 693-5043 to register

Thursday, June 22 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Vote with Confidence

Is my vote safe? Can voting machines be hacked? Do I need ID? We'll answer these and other questions regarding the mechanics of democracy in Erie County. The Erie County Board of Elections tracks almost 600,000 registered voters and oversees elections for mayors, school boards, governors, and presidents. A voting machine will be present and a mock election will be held.

Instructors: Leonard Lenihan, former commissioner, Erie County Board of Elections; Jessica Smith-Overholt, outreach coordinator, Erie County Board of Elections

Thursday, June 15 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wegmans healthy tip

Do high-fiber foods lower cholesterol?

Certain types of dietary fiber have been shown to help lower blood cholesterol levels. Foods rich in soluble fiber—oats, oat bran, dried beans and peas, barley, apples, citrus fruits, and carrots are good choices.

What You Need to Know About the New York Constitution

The New York State government appears to be dysfunctional: pay to play corruption has reached the highest levels of government. Is a constitutional convention the answer? You will have the chance to answer that question at the November 2017 general election. This talk will help you make an informed choice.

Instructor: Peter J. Galie, professor emeritus of Political Science at Canisius College

Monday May 8 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, May 24 7:30 p.m.

Canterbury Woods, 929-5823 to register

Thursday, June 1 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, July 27 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register



HISTORY

The Attica Prison Uprising

The Attica prison uprising was the deadliest revolt in U.S. penal history. What happened, and why? Has it taught us anything about incarceration in the 45 years since it happened? These are some of the questions that will be answered by a reporter who was there the day the prison was retaken and 38 men lost their lives.

Instructor: Lee Coppola, retired dean of Journalism, St. Bonaventure; mediator; arbitrator

Thursday, April 27 12:45 p.m.

Springville Concord Elder Network, 770-7277 to register

Friday, May 5 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, May 9 1 p.m.

City of Tonawanda Library, 693-5043 to register

Monday, May 15 7:30 p.m.

Canterbury Woods, 929-5823 to register

Thursday, June 15 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, June 28 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Before They Were Poor: Real Life Stories of the Inmates of the Erie County Poorhouse

Records were used to piece together the histories of specific inmates from the Erie County Poorhouse (1829-1926) before and after their time spent in the institution. This research allowed for a better understanding of the circumstances that led to incarceration, or what became of them after their release from the poorhouse. Many of these people inspired the characters depicted in the *Orphans and Inmates* series.



Instructor: Roseanne Higgins, author, adjunct professor of Anthropology, SUNY Buffalo

Wednesday, May 17 7:30 p.m.

Canterbury Woods, 929-5823 to register

Tuesday, June 20 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, July 26 6 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Boots, Bootleggers, and Patriots

Local author Tim Shannon covers events featured in his third historical novel set in Buffalo at the beginning of the 20th century. Featured topics include the Grain Scoopers Strike of 1899, the Pan American Exposition, the Banana Wars, World War I, the Anti-Saloon League, rum running, gang wars, the Great Depression, and the fascist plot to overthrow President Franklin Delano Roosevelt and the New Deal.



Instructor: Tim Shannon, local author and educator

Thursday, April 27 1 p.m.

City of Tonawanda Library, 693-5043 to register

Tuesday, May 2 2 p.m.

Baptist Manor, 819-1820 to register

Monday, June 26 7:30 p.m.

Canterbury Woods, 929-5823 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, and shows images of a diverse industrial base when the East Side was the ethnic, cultural, and manufacturing center for Western New York. The author will discuss some of these businesses and the growth of industry in Buffalo, as well as his writing process.

Instructor: Shane E. Stephenson, Buffalo and Erie County Workforce Development Consortium; library and archives technician at Buffalo History Museum; owner of Archives in the Buff

Thursday, May 25 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, June 28 6 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Discovering Buffalo, One Street at a Time: Part 3

Ever wonder about the people whose names lead our paths through Buffalo? We'll continue to explore the background of the names on Buffalo's street signs and how they fit into the history of our city and region. Learn about the men and women whose names are forever embedded into our city's fabric.



Instructor: Angela Keppel, urban planner and Buffalo history enthusiast

Wednesday, April 26 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, May 23 7:30 p.m.

Canterbury Woods, 929-5823 to register

Friday, June 9 1:30 p.m.

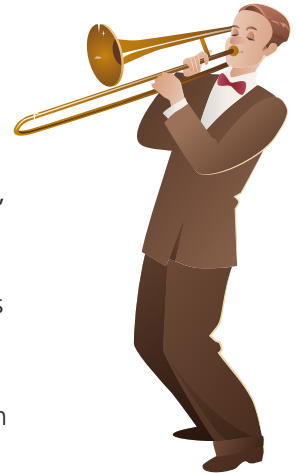
Orchard Park Senior Center, 662-6452 to register

Wednesday, August 2 6 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Early Buffalo Music and Entertainment

Take a look back to the beginning of Buffalo's rich entertainment heritage, starting with Canal Street, early theaters, vaudeville, burlesque, big band, and music prior to rock and roll. Contributions by theater owner Michael Shea and other nightclub owners will be highlighted, along with information on area radio stations, songwriters, musicians, and entertainers.



Instructor: Rick Falkowski, founder of the Buffalo Music Hall of Fame and Buffalo Music Awards

Thursday, June 22 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Monday, June 26 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

FDR and Polio: The Gift of Adversity

Franklin Roosevelt contracted the dreaded disease poliomyelitis in 1921 – when he was 39 years old, a husband, father of five, and rising political superstar. The story of his recovery and painful acceptance of his disability – when he discovered a depth of compassion he never knew he had – is inspirational. He was elected President of the United States four times and became the only head of government in history to be unable to walk.

Instructor: Judith Greer, retired educator and librarian, Erie Community College

Tuesday, April 18 10 a.m.

Springville Concord Elder Network, 770-7277 to register

Thursday, April 20 1:30 p.m.

Orchard Park Senior Center, 662-6452, to register

Tuesday, May 2 1 p.m.

City of Tonawanda Library, 693-5043 to register

Tuesday, May 9 2 p.m.

Baptist Manor, 819-1820 to register

Monday, June 12 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Monday, June 19 7:30 p.m.

Canterbury Woods, 929-5823 to register

Human Rights and Human Wrongs

National and international awareness of human rights has risen markedly. The unparalleled abuses during World War II led to a series of UN-sponsored human rights treaties, dealing with topics such as genocide, economic and social rights, racial discrimination, and more. Despite these agreements, major abuses continue. What can individuals, governments, non-governmental organizations, and international groups do to diminish human wrongs?

Instructor: Claude Welch, SUNY distinguished service and professor of Political Science, SUNY Buffalo

Tuesday, June 6 10 a.m.

Springville Concord Elder Network, 770-7277 to register

Thursday, June 8 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

The Many Faces of Marie Antoinette

Via commission portraits, famous works of art, political cartoons, and feature-length films, learn how Marie Antoinette is a very misunderstood historical figure. This presentation will discuss how these misconceptions have become ingrained in the public's perception of her.

Instructor: Eileen Angelini, Ph.D., Fulbright Scholar and Chevalier dans l'Ordre des Palmes Academiques

Monday, May 1 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, May 18 12:45 p.m.

Springville Concord Elder Network, 770-7277 to register

Mary Todd Lincoln: The Agony and Ecstasy of the "Hellcat"

Mary, the wife of President Abraham Lincoln, was marked by controversy and tragedy. She outlived three of her four sons, as well as her husband. Her contemporaries called her witty, pleasant, cultured, and insightful, but also high-strung, devious, petulant, and sharp-tongued. While First Lady, she was dubbed the "Hellcat" by White House staffers. Was Mary Todd Lincoln mentally ill, or an eccentric with an ahead-of-her-time independent streak?

Instructor: Norm Mineo, retired banker and history enthusiast

Wednesday, May 10 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Monday, May 15 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, June 8 1 p.m.

City of Tonawanda Library, 693-5043 to register

Monday, June 19 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Nelson Mandela

Nelson Mandela lived one of the most remarkable lives of the 20th century. Born in an era of racial segregation and oppression in South Africa, he made it his life's mission to fight for an equal and democratic society. After 27 years in jail, Mandela helped prevent civil war and became South Africa's first black president. By the time of his death, he'd become a renowned statesman and global icon. Discover how Mandela went from prison cell to presidential office.

Instructor: Claude Welch, SUNY distinguished service professor and professor of Political Science, SUNY Buffalo

Tuesday, June 20 1:30 p.m.

Clarence Senior Center, 633-5138 to register



healthy tip

A healthy weight-loss is one to two pounds per week; this can be achieved with a balanced diet, along with exercise and increased physical activity.

Rock 'n' Roll Buffalo

Enjoy a review of the musicians, bands, DJs, clubs, concert halls, and personalities that brought rock music to the Buffalo area.

Starting with the beginning of rock 'n' roll in the 1950s, the presentation will focus on rock music, but will cover all styles of music performed in Western New York through the mid-1980s.

Instructor: Rick Falkowski, founder of the Buffalo Music Hall of Fame and Buffalo Music Awards

Thursday, June 1 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, June 7 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Story of My Life

Hear the real-life story of a Holocaust survivor, born of Jewish descent in 1925 in Berlin, Germany. From living in an orphanage in a worn-torn country and seeking refuge in France, to joining the United States Army and serving in the first division to arrive at Buchenwald concentration camp – this presentation tells about his experiences and the consequences of hatred.

Instructor: Stephan Lewy, child survivor of the Holocaust and lecturer

Wednesday, June 14 2 p.m.

Baptist Manor, 819-1820 to register

Understanding Franco-American History and Culture

This presentation will explore the French influence in North America from the times of King Louis IV. We'll discuss the king's daughters in New France ("les filles du roi"), the fur trappers and miners that helped to settle the midwest and gave birth to Pawpaw French, the Cajuns of Louisiana, and the Francos in the New England mill towns.

Instructor: Eileen Angelini, Ph.D., Fulbright Scholar and Chevalier dans l'Ordre des Palmes Academiques

Tuesday, May 30 10 a.m.

Grand Island Golden Age Center, 773-9682 to register



The United Nations: What It Can and Can't Do

Since its creation in 1945, the United Nations has inspired both hope and frustration. We will briefly examine its history and structure, with an emphasis on America's role. Attention will also be given to the UN's successes and failures dealing with refugees, war and peace, human rights, terrorism, gender equality, and climate change.

Instructor: Claude Welch, distinguished service professor of political science, SUNY Buffalo

Monday, May 22 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, June 7 7:30 p.m.

Canterbury Woods, 929-5823 to register

Wednesday, June 28 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Vietnam Reflections

Author Michael Keene will discuss his new book, which explores the Vietnam War's impact on the American home front. He will tell the story of eight "boys" who fought and died in Vietnam, uncovering inspiring insights about their lives and the remarkable small town they grew up in, Holley, NY.

Instructor: Michael Keene, author and enthusiast of 19th century Western New York history

Tuesday, May 2 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, May 4 12:45 p.m.

Springville Concord Elder Network, 770-7277 to register

Wednesday, May 17 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Friday, June 2 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Monday, June 5 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register



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healthy tip

Whether you're shoveling snow, moving a mound of dirt or getting the deck chairs out of storage, carrying extra weight improperly is one of the most common ways to injure yourself. To safely lift heavy objects, stand with your feet shoulder-width apart, bend your knees, tighten your core, and lift objects with the power in your thigh muscles rather than your back or shoulders.

HISTORY

War and Memory in Recent French Film

Learn how the impacts from World War II and the Occupation of France still play a major role in the cultural and economic forces at work in contemporary France. Via short film clips, we'll discuss the mentality and demeanor of French people, the permanent and evolving traits of French society, and the grounding of French culture.

Instructor: Eileen Angelini, Ph.D., Fulbright Scholar and Chevalier dans l'Ordre des Palmes Academiques

Thursday, June 15 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Women of New France

This presentation will focus on the role of women in the development of New France, specifically "les filles du roi," Marguerite Bourgeoys, Jeanne Mance, H  l  ne, and indigenous American women. This presentation will also refer to "les filles    la cassette" and women that were part of the Acadian Deportation in 1754 from Nova Scotia, home to one of the oldest French communities in North America.

Instructor: Eileen Angelini, Ph.D., Fulbright Scholar and Chevalier dans l'Ordre des Palmes Academiques

Thursday, May 18 3 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, May 23 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

Women of the Roycroft

Hear about the incredible women who influenced the Roycroft legacy, including Bertha and Alice Hubbard, visitors such as Susan B. Anthony and Harriet Beecher Stowe, and the female workforce of illustrators, illuminators, binders, printers, mail clerks, and inn operators. Learn about the Roycroft women buried in Forest Lawn Cemetery, along with the significance of the sinking of the Lusitania.



Instructor: Linda Ulrich-Hagner, Roycroft docent

Wednesday, April 12 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Thursday, April 27 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, June 7 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Monday, June 12 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

HUMANITIES

Buffalo Diaries from the '30s and '40s

Deborah Peters lived, loved, and shared her intimate knowledge of Buffalo on a daily basis in her leather-bound diaries. This presentation will focus on the importance of journaling and participants will gain insight into one young woman's interpretation of an interesting and turbulent time in our country's history, and that of the world.

Instructor: Mary Mullett-Flynn, Buffalo writer and watercolor artist; Board member of artists in Buffalo

Friday, April 28 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, May 23 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Monday, July 31 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Burchfield Penney Art Center: Celebrating WNY Artists

Learn about the newest museum in our community: the Burchfield Penney Art Center. This presentation will give you some background on the Center's history; Charles E. Burchfield, the artist and donor extraordinaire; Charles Rand Penney; and the myriad of rotating exhibitions featuring work of talented regional artists. Even if you don't like art, you will like the museum.

Instructor: Linda Drajem, docent and retired

Buffalo State College instructor

Thursday, May 11 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 30 7:30 p.m.

Canterbury Woods, 929-5823 to register

Four African-American Artists

The history of American art would not be complete without the cultural contributions of our diverse and creative population. Better-known artists such as Pablo Picasso borrowed from African styles for his Cubism works in Europe a hundred years ago, earning much acclaim. It's time to visit the roots of the culture and its influence in American art, as well as the people behind the images.

Instructor: Jean Serusa, certified New York educator

Wednesday, June 7 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, June 29 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Ghosts of 1812: The Spooky Top Twenty of the Niagara War

Three years of steady fighting soaked both sides of the Niagara in tragedy and left no part of the frontier untouched. The heroes and heroines who raged and died in the Niagara war still number among the region's ghosts. This colorful keynote presentation brings them back in all their glory and serves as a lively introduction to the history of the local war.

Instructor: Mason Winfield, author of 11 books on the supernatural and paranormal in upstate New York

Tuesday, June 27 2 p.m.

Baptist Manor, 819-1820 to register

How Can You Make Your Voice Heard?

You can make a difference and influence decisions (even if you're not an expert) by becoming an advocate or a citizen lobbyist. How well you are prepared will determine your success in advancing your agenda. Those who are decisive in their approach and understand how the procedures work will be most effective.

Instructor: Marian Deutschman, professor emeritus of Communications, Buffalo State College

Tuesday, May 16 10 a.m.

Springville Concord Elder Network, 770-7277 to register

Monday, June 19 2 p.m.

Baptist Manor, 819-1820 to register

The Images of Propaganda in Art and Advertising

When did the practice of propaganda begin and what is the impact of advertising art in present times? From Egyptian and Roman accolades to online social media, we will explore examples of images in history – with a focus on campaign posters – and their expected or unexpected results.

Instructor: Jean Serusa, certified New York art educator

Wednesday, June 28 7:30 p.m.

Canterbury Woods, 929-5823 to register

Memoirs: Reading Others' Lives

Memoirs have become enormously popular in the last few decades. It used to be that only the elderly and accomplished wrote memoirs, but now young people, well-known and unknown alike, record their stories. During this workshop, we will examine brief selections from influential writers and examine the range of memoirs available today.

Instructor: Linda Drajem, writer and retired writing teacher

Tuesday, May 16 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, June 29 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Native American Culture

Enjoy a short overview of major cultural concepts from the Haudenosaunee people (Six Nations), including discussions of the Thanksgiving Address, relationships with the natural world, and teachings of the "Good Mind." We will also discuss misunderstandings and misrepresentations of Native culture, as well as challenges faced by many Native people and organizations that are trying to strengthen and nurture the Native American community.

Instructor: Pete Hill, project director, Native American Community Services of Erie and Niagara Counties, Inc.

Friday, May 19 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, May 25 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, June 15 12:45 p.m.

Springville Concord Elder Network, 770-7277 to register

Of Mice and Men

Of Mice and Men is considered by most critics to be a masterpiece of American literature. We learn the story of two men – their despair, need for companionship, and the intervention of fate in their lives. Just as the title refers to in Robert Burns' poem, "The best laid plans of Mice and Men often go astray." The novel is a tragedy of unfulfilled dreams and the bonds of friendship, which make life bearable.

Instructor: Jim Banko, retired high school English teacher, Buffalo Public Schools

Friday, Jun 16

1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

The Scarlet Letter

The Scarlet Letter, written in 1850 by Nathaniel Hawthorne, tells the story of one sin's effect on four people and highlights themes of romance, bigotry, selfishness, and redemption. While reading, we will discover lessons that can easily be applied to our lives today.

Instructor: Jim Banko, retired high school English teacher, Buffalo Public Schools

Wednesday, May 17

2 p.m.

Baptist Manor, 819-1820 to register

Thursday, May 18

1:30 p.m.

Clarence Senior Center, 633-5138 to register

Shakespeare's Greatest Speeches: Part 2

One of the best ways to appreciate the genius of Shakespeare is through his great speeches. Within them, his understanding of humanity flows and illustrates his insight into human nature. Join us as we discuss *All's Well That Ends Well*, *Richard III*, *Romeo and Juliet*, and *Julius Caesar*. Through these speeches, we can begin to better understand Shakespeare and perhaps, even ourselves.



Instructor: Jim Banko, retired high school English teacher, Buffalo Public Schools

Thursday, April 27

1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, June 1

10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Talking Animals and Medicine People: The Supernaturalism of the Upstate Iroquois

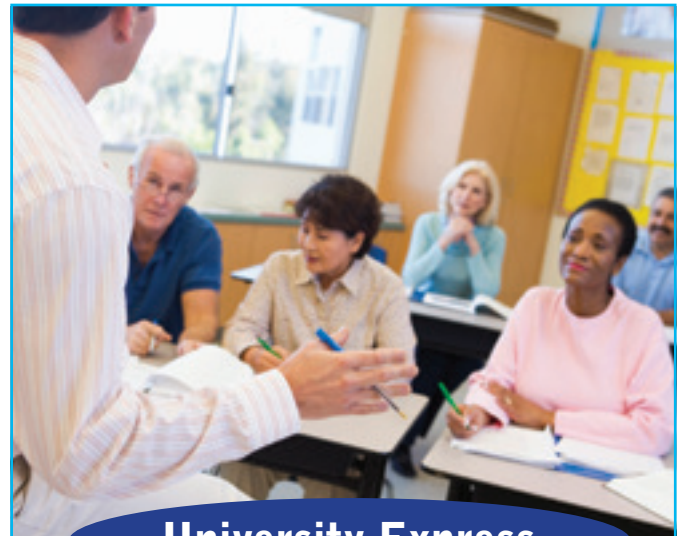
One of the world's most impressive storytelling traditions is that of the six New York Iroquois nations. The Longhouse folk populated the hills, woods, and creeks of upstate New York with a virtual zoo of supernatural beings, along with stories of ghosts and witches. These ancient traditions have parallels in 20th and 21st century paranormal reports on their former territory. Join us for a profile of this overlooked tradition.

Instructor: Mason Winfield, author of 11 books on the supernatural and paranormal in upstate New York

Thursday, April 13

12:45 p.m.

Springville Concord Elder Network, 770-7277



University Express

Classes are fun!

Join other like-minded adults interested in learning new things and having lively discussions – all in a fun environment.

Classes are typically 45-60 minutes, followed by a question and answer session.

To sign up, here's all you do:

1. Find a class (or several) that meet your interests.
2. Call the location where the class is offered to register and reserve your spot. It's that easy!

The Anti-Inflammatory Diet

How does what we eat affect inflammation in our bodies? What diseases are linked to inflammation? How can inflammation be avoided through diet intervention? By highlighting the problems posed by the standard American diet, we will discuss what foods are considered anti-inflammatory and the benefits of an anti-inflammatory diet.

Instructor: Carly D. Szczygiel, health coach, Health Care Services, BlueCross BlueShield of Western New York

Tuesday, April 25 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 9 7:30 p.m.

Canterbury Woods, 929-5823 to register



Common Orthopaedic Conditions

The human body is an amazing instrument; however, sprains, strains, tears, dislocations, arthritis, previous injuries, and other debilitating joint conditions can interfere with just about every aspect of your life. Learn about the most common conditions, how to possibly avoid them, and how to treat them.

All Conditions

Instructor: Dr. Ryan Wilkins, surgeon, Excelsior Orthopaedics

Tuesday, May 30 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, June 8 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, August 9 6 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Hand and Shoulder

Instructor: Dr. Kory Reed, surgeon, Excelsior Orthopaedics

Wednesday, May 31 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Hip and Knee

Instructor: Dr. Matthew Mann, surgeon, Excelsior Orthopaedics

Wednesday, May 24 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Shoulder

Instructor: Dr. David Pula, surgeon, Excelsior Orthopaedics

Wednesday, July 19 6 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Chronic Pain

Are you coping with chronic pain? Gain a better understanding of where pain comes from, how to best describe pain, strategies for managing it, different treatments available, and how to prevent pain.

Instructor: Frank Pietrantoni, Wegmans pharmacist

Tuesday, May 16 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Finding Whole Grains

Studies show that people who eat whole grains have fewer digestive problems, are less likely to gain weight, and have a lower risk of heart disease, stroke, type 2 diabetes, and some cancers. However, few Americans eat the recommended daily serving of whole grains. During this interactive workshop, we'll discuss why whole grains deserve a place on your plate and how to include them every day.

Instructor: Mallary Whipple, MS, RD, LDN, Wegmans nutritionist

Thursday, May 18 1 p.m.

Hamburg Senior Community Center, 646-0665 to register



Wegmans healthy tip

Olive oil is considered by some to be a healthy choice because it's primarily monounsaturated fat.

Good Bugs for Good Health

Learn how good and bad bacteria affect our gut and impact digestive and immune systems. We will define probiotics and prebiotics, discuss where to find them in foods and supplements, and how to choose a good one.

Instructor: Jennifer Johnson, wellness coordinator, BlueCross BlueShield of Western New York

Monday, April 17 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, May 26 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

Friday, June 9 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Monday, June 19 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, June 23 2 p.m.

Baptist Manor, 819-1820 to register

Monday, August 7 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Healthy Eating Basics

Learn and discuss Wegmans' philosophy for healthy eating and the role key nutrient categories play in your health. Receive tools and tips to apply toward your own healthy diet.

Instructor: Mallary Whipple, MS, RD, LDN, Wegmans nutritionist

Wednesday, April 19 10:30 a.m.

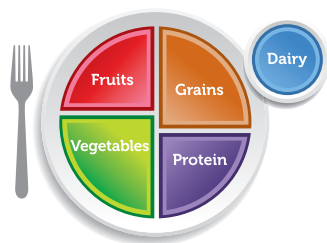
Hamburg Senior Community Center, 646-0665 to register

Tuesday, May 2 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, May 4 1 p.m.

Grand Island Golden Age Center, 773-9682 to register



The Heart and the Blood: Myth, Magic, and Reality

Throughout history, folk stories, myths, and even religions have focused on blood and the heart. We'll sort out the early misinformation and realities, and discuss the malfunctions of these systems that lead to the most common forms of death. This will be a two-part course; Part 1: The Heart and Part 2: The Blood. You do not need to attend both to gain valuable information.

Instructor: Paul Tenser, professor emeritus of Biology, Erie Community College

Part 1: The Heart

Tuesday, June 6 1 p.m.

City of Tonawanda Library, 693-5043 to register

Part 2: The Blood

Tuesday, June 13 1 p.m.

City of Tonawanda Library, 693-5043 to register

Heart Health

In this class, you'll learn about the American Heart Association's "Life's Simple 7," seven small steps to big changes. This simple list has been developed to deliver on the hope we all have – to live a long, productive, healthy life.

Instructor: Colleen Moser, Wegmans pharmacist

Wednesday, April 12 1 p.m.

Canterbury Woods, 929-5823 to register

Medications and Falls

There is a long list of common medications that older adults should not take in order to avoid falls. Bring your own medication list for the pharmacist to review after class and get an assessment of your risk for falls.

Instructor: Colleen Moser, Wegmans pharmacist

Monday, April 24 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register



Have a complete eye exam and a follow-up every two years, or as prescribed by your eye doctor. It is important to maintain a routine schedule of eye exams, even if you have no problems with your vision.

Parkinson's 101

Parkinson's disease strikes Western New York particularly hard. We will discuss what Parkinson's disease is, the signs and symptoms, who it strikes, and the causes and current treatments. We'll also look at the promising research efforts that are underway.

Instructor: Christopher Jamele, executive director,
National Parkinson Foundation of Western New York

Monday, April 3 12:45 p.m.

Springville Concord Elder Network, 770-7277 to register

Prescription Insurance Problems Explained

Have you ever gone to the pharmacy and heard terms like "prior authorization," "donut hole," or "non-formulary?" Or, possibly wondered why you can't fill the prescription your doctor ordered? Prescription drug benefits are complicated and can be frustrating. Learn what these terms mean, and strategies that will allow you to obtain your medications sooner.



Instructor: Frank Pietrantoni, Wegmans pharmacist

Tuesday, May 16 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, June 23 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, August 3 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Putting a Stop to Diabetes

Are you at risk for diabetes? Learn what kinds of testing can be done, the risks of having high blood pressure, what can cause sugars to rise, and different risk factors. You'll also receive prevention tips on nutrition, exercise, and medications.

Instructor: Darcie Hanson, RN, clinical coach, Health Care Services, BlueCross BlueShield of Western New York

Wednesday, April 26 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Restoring the Buffalo River

Buffalo Niagara Riverkeeper serves as the coordinator of the Buffalo River Remedial Action Plan. Come learn about the "Completed Legacy Act" of the Buffalo River and current habitat restoration projects.

Instructor: Wendy L. Paterson, community liaison and kayak instructor, Buffalo Niagara Riverkeeper

Tuesday, July 18 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Active Western New York Weather

This presentation will walk through the four seasons and discuss weather that has a big impact on our lives, including our infamous lake effect snow, severe thunderstorms, and strong windstorms. We'll also cover some basic background information on the National Weather Service.



Instructor: Jon Hitchcock, senior forecaster at the National Weather Service Buffalo

Thursday, June 1 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Tuesday, June 20 7:30 p.m.

Canterbury Woods, 929-5823 to register

Statins

Statins are one of the most widely used drugs for cholesterol. What does research show about the effectiveness, risks, and benefits of statins? How does the effectiveness of statins compare to the effectiveness of preventive lifestyle changes that support heart health, like eating right and exercising?

Instructor: Frank Pietrantoni, Wegmans pharmacist

Thursday, June 1 1 p.m.

City of Tonawanda Library, 693-5043 to register

Monday, June 19 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

SCIENCE AND MEDICINE

Understanding Blood Pressure Goals

Roughly 30% of adults have a form of elevated blood pressure. Many people are faced with the challenge of managing high blood pressure, and despite all the resources available, many still struggle. We'll discuss blood pressure guidelines, common medications used to treat high blood pressure, and strategies to help combat high blood pressure. Make it your goal to take control!



Instructor: Frank Pietrantonio, Wegmans pharmacist

Wednesday, April 26 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, May 11 3 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 6 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

What You Need to Know About Falls and Balance

We'll discuss the key elements of balance, major reasons why falls occur, balance tests, and exercises used in Bertrand Chaffee Hospital's clinic. The presenter will help assess your personal risk for falls, and give advice on ways to improve your general health and safety.

Instructor: Mary Lou Wright, physical therapist

Tuesday, May 2

10 a.m.

Springville Concord Elder Network, 770-7277 to register



PERSONAL ENRICHMENT

The Basics: Memory Loss, Dementia, and Alzheimer's

Learn about the symptoms of Alzheimer's disease and other types of dementia, causes and risk factors, how Alzheimer's affects the brain, how to get a thorough diagnosis, the stages of the disease, and treatments that can help.

Instructor: Julia Szprygada, LMSW, director of Education and Training, Alzheimer's Association

Thursday, May 11 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Cyber Security and Identity Theft

Learn how identity theft works, easy prevention methods, and how to address identity theft if it happens to you.

Instructor: Robby Dunn, community outreach manager and certified credit counselor, Consumer Credit Counseling Services of Buffalo

Monday, May 1 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, May 3 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, June 1 12:45 p.m.

Springville Concord Elder Network, 770-7277 to register

Enrich Your Life with Poetry

Listen to a variety of poems and learn how poetry adds to our understanding of the world – an understanding that would be impossible to convey with ordinary language. We'll also discuss the work of some of the greatest poets. This class is designed to be both instructive and entertaining.

Instructor: Charles Miess, writer and retired engineer

Tuesday, April 4

10 a.m.

Springville Concord Elder Network, 770-7277 to register



Excelsior
Orthopaedics

healthy tip

Falls are a leading cause of injuries among older adults. Most falls occur around the home. Simple safety modifications substantially cut the risk of falling. You can create a safe environment in your home by using rugs with non-slip bottoms or carpeting floors, cleaning clutter, making sure your stairs have handrails, using night lights, and using rubber slip-free mats in the bath tub.

Healthy Living for Your Brain and Body: Tips from the Latest Research

The Healthy Habits for a Healthier You program of the Alzheimer's Association is designed to provide current research and practical information on ways to age well. It's organized to provide information about current research and practical strategies in the following four areas: cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

Instructor: Julia Szprygada, LMSW, director of education and training and Katie Keith, director of care consultations, Alzheimer's Association

Thursday, April 6 12:45 p.m.

Springville Concord Elder Network, 770-7277 to register

Thursday, June 1 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, June 5 7:30 p.m.

Canterbury Woods, 929-5823 to register

Monday, July 10 1 p.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

Introduction to Reiki

Reiki (pronounced "ray-kee") is a healing technique that aids the body in releasing stress by creating deep relaxation. Learn how Reiki heals the mind, body, and spirit to promote balance, and gain meditation and visualization techniques. Wear comfortable clothing, and for those who can lay down, bring a pillow and sleeping bag or blanket to experience this relaxing two-hour course.

Instructor: Angela Steward, local Reiki practitioner

Monday, April 24 1 p.m.

Springville Concord Elder Network, 770-7277 to register

Your Rights as a Nursing Home Resident

A stay in a nursing home, either short-term or long-term, may be a necessary but unsettling experience. Laws provide a Resident's Bill of Rights, but these rights are sometimes lost if you are not aware of them or do not know how to exercise them. Learn about your rights as a resident to get the best possible care and achieve the most appropriate outcome. This course will also explain how to avoid being placed in the lowest-performing nursing homes according to Medicare's Nursing Home Comparison ratings.

Instructor: Anthony Szczygiel, professor, SUNY Buffalo School of Law

Thursday, May 4 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, May 11 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, June 2 10 a.m.

Amherst Senior Center, 636-3055 ext. 3108 to register

CLASS LOCATIONS

Amherst Senior Center • 370 John J. Audubon Parkway

Baptist Manor • 276 Linwood Avenue, Buffalo

Canterbury Woods • 705 Renaissance Drive, Williamsville

Cheektowaga Senior Center • 3349 Broadway

City of Tonawanda Library • 333 Main Street, City of Tonawanda

Clarence Senior Center • 4600 Thompson Road

Grand Island Golden Age Center • 3278 Whitehaven Road

Hamburg Senior Community Center • 4540 Southwestern Boulevard

Orchard Park Senior Center • 70 Linwood Avenue

Springville Center for the Arts • 37 North Buffalo Street

Town of Aurora Senior Center • 101 King Street

RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

858-7548

Volunteer Drivers Needed!

Many people need help getting to an appointment, grocery shopping, or getting their meals delivered. **Call the Retired & Senior Volunteer Program (RSVP)** to find out how to become a volunteer driver at an agency near you. **Want to serve in other ways?** Join RSVP!

Adults age 55+ can participate, including teaching a class with University Express! We'll do our best to match your skills and interests with the right opportunity.

To learn more, please call RSVP at 858-7548.



Class Listings by Facility

AMHERST SENIOR CENTER • 370 JOHN J. AUDUBON PARKWAY REGISTER AT 636-3055, EXT. 3108			
Day	Date	Time	Topic
Friday	June 2	10 a.m.	Your Rights as a Nursing Home Resident
Wednesday	June 7	1 p.m.	Women of the Roycroft
Friday	June 9	1 p.m.	Aging in the LGBT Community
Monday	June 12	1 p.m.	FDR and Polio: The Gift of Adversity
Thursday	June 15	1 p.m.	War and Memory in Recent French Film
Friday	June 16	1 p.m.	Of Mice and Men
Monday	June 19	1 p.m.	Statins
Wednesday	June 21	4 p.m.	American Immigration
Thursday	June 22	1 p.m.	Early Buffalo Music and Entertainment
Wednesday	June 28	6 p.m.	Buffalo's East Side Industry
Thursday	June 29	1 p.m.	Memoirs: Reading Others' Lives
Monday	July 10	1 p.m.	Healthy Living for Your Brain and Body: Tips from the Latest Research
Wednesday	July 12	4 p.m.	Diversity in Israel
Tuesday	July 18	1 p.m.	Restoring the Buffalo River
Wednesday	July 19	6 p.m.	Common Orthopaedic Conditions: Shoulder
Wednesday	July 26	6 p.m.	Before They Were Poor: Real Life Stories of the Inmates of the Erie County Poorhouse
Thursday	July 27	1 p.m.	What You Need to Know About the New York Constitution
Monday	July 31	1 p.m.	Buffalo Diaries from the '30s and '40s
Wednesday	August 2	6 p.m.	Discovering Buffalo, One Street at a Time: Part 3
Thursday	August 3	1 p.m.	Prescription Insurance Problems Explained
Monday	August 7	1 p.m.	Good Bugs for Good Health
Wednesday	August 9	6 p.m.	Common Orthopaedic Conditions: All Conditions
BAPTIST MANOR • 276 LINWOOD AVENUE, BUFFALO REGISTER AT 819-1820			
Day	Date	Time	Topic
Wednesday	April 26	2 p.m.	Discovering Buffalo, One Street at a Time: Part 3
Friday	April 28	2 p.m.	Aging in the LGBT Community
Tuesday	May 2	2 p.m.	Boots, Bootleggers and Patriots
Wednesday	May 3	2 p.m.	Turkey's Entanglement in the Syrian Turmoil
Tuesday	May 9	2 p.m.	FDR and Polio: The Gift of Adversity
Tuesday	May 16	2 p.m.	Memoirs: Reading Others' Lives
Wednesday	May 17	2 p.m.	The Scarlet Letter
Monday	May 22	2 p.m.	The United Nations: What It Can and Can't Do
Wednesday	June 7	2 p.m.	Four African-American Artists
Wednesday	June 14	2 p.m.	Story of My Life
Monday	June 19	2 p.m.	How Can You Make Your Voice Heard?
Tuesday	June 20	2 p.m.	Before They Were Poor: Real Life Stories of the Inmates of the Erie County Poorhouse
Friday	June 23	2 p.m.	Good Bugs for Good Health
Tuesday	June 27	2 p.m.	Ghosts of 1812: The Spooky Top Twenty of the Niagara War
Friday	July 7	2 p.m.	Cuba: A Land in Transition

Class Listings by Facility

CANTERBURY WOODS • 705 RENAISSANCE DRIVE, WILLIAMSVILLE REGISTER AT 929-5823

Day	Date	Time	Topic
Wednesday	April 12	1 p.m.	Heart Health
Tuesday	May 9	7:30 p.m.	The Anti-Inflammatory Diet
Monday	May 15	7:30 p.m.	The Attica Prison Uprising
Wednesday	May 17	7:30 p.m.	Before They Were Poor: Real Life Stories of the Inmates of the Erie County Poorhouse
Tuesday	May 23	7:30 p.m.	Discovering Buffalo, One Street at a Time: Part 3
Wednesday	May 24	7:30 p.m.	What You Need to Know About the New York Constitution
Tuesday	May 30	7:30 p.m.	Burchfield Penney Art Center: Celebrating WNY Artists
Monday	June 5	7:30 p.m.	Healthy Living for Your Brain and Body: Tips from the Latest Research
Wednesday	June 7	7:30 p.m.	The United Nations: What It Can and Can't Do
Monday	June 19	7:30 p.m.	FDR and Polio: The Gift of Adversity
Tuesday	June 20	7:30 p.m.	Active Western New York Weather
Thursday	June 22	7:30 p.m.	American Immigration
Monday	June 26	7:30 p.m.	Boots, Bootleggers and Patriots
Tuesday	June 27	7:30 p.m.	Booms, Bubbles, and Busts in the U.S. Stock Market
Wednesday	June 28	7:30 p.m.	The Images of Propaganda in Art and Advertising
Wednesday	July 19	7:30 p.m.	Cuba: A Land in Transition

CHEEKTOWAGA SENIOR CENTER • 3349 BROADWAY REGISTER AT 686-3930

Day	Date	Time	Topic
Monday	April 17	1 p.m.	Good Bugs for Good Health
Tuesday	April 25	10 a.m.	The Anti-Inflammatory Diet
Wednesday	April 26	10 a.m.	Putting a Stop to Diabetes
Tuesday	May 2	10 a.m.	Vietnam Reflections
Thursday	May 4	10 a.m.	Your Rights as a Nursing Home Resident
Thursday	May 11	10 a.m.	Burchfield Penney Art Center: Celebrating WNY Artists
Tuesday	May 16	10 a.m.	Prescription Insurance Problems Explained
Thursday	June 1	10 a.m.	Shakespeare's Greatest Speeches: Part 2
Tuesday	June 6	1 p.m.	Understanding Blood Pressure Goals
Thursday	June 8	10 a.m.	Common Orthopaedic Conditions: All Conditions

CITY OF TONAWANDA LIBRARY • 333 MAIN STREET, CITY OF TONAWANDA REGISTER AT 693-5043

Day	Date	Time	Topic
Tuesday	April 11	1 p.m.	U.S. and the Muslim World
Thursday	April 27	1 p.m.	Boots, Bootleggers, and Patriots
Tuesday	May 2	1 p.m.	FDR and Polio: The Gift of Adversity
Tuesday	May 9	1 p.m.	The Attica Prison Uprising
Thursday	June 1	1 p.m.	Statins
Tuesday	June 6	1 p.m.	The Heart and the Blood: Myth, Magic, and Reality 1
Thursday	June 8	1 p.m.	Mary Todd Lincoln: The Agony and Ecstasy of the "Hellcat"
Tuesday	June 13	1 p.m.	The Heart and the Blood: Myth, Magic, and Reality 2
Tuesday	June 27	1 p.m.	Federal Reserve, Interest Rates, and the U.S. Economy

Class Listings by Facility

CLARENCE SENIOR CENTER • 4600 THOMPSON ROAD REGISTER AT 633-5138

Day	Date	Time	Topic
Monday	May 1	1:30 p.m.	The Many Faces of Marie Antoinette
Tuesday	May 2	1:30 p.m.	Healthy Eating Basics
Monday	May 15	1:30 p.m.	Roundabouts 101
Tuesday	May 16	1:30 p.m.	Chronic Pain
Thursday	May 18	1:30 p.m.	The Scarlet Letter
Tuesday	May 23	1:30 p.m.	Buffalo Diaries from the '30s and '40s
Thursday	May 25	1:30 p.m.	Native American Culture
Tuesday	May 30	1:30 p.m.	Common Orthopaedic Conditions: All Conditions
Wednesday	May 31	1:30 p.m.	Common Orthopaedic Conditions: Hand and Shoulder
Thursday	June 1	1:30 p.m.	Active Western New York Weather
Friday	June 2	1:30 p.m.	Vietnam Reflections
Friday	June 9	1:30 p.m.	Good Bugs for Good Health
Thursday	June 15	1:30 p.m.	The Attica Prison Uprising
Tuesday	June 20	1:30 p.m.	Nelson Mandela
Wednesday	June 28	1:30 p.m.	The United Nations: What It Can and Can't Do

GRAND ISLAND GOLDEN AGE CENTER • 3278 WHITEHAVEN ROAD REGISTER AT 773-9682

Day	Date	Time	Topic
Thursday	April 27	1 p.m.	Women of the Roycroft
Tuesday	May 2	1 p.m.	Turkey's Entanglement in the Syrian Turmoil
Thursday	May 4	1 p.m.	Healthy Eating Basics
Tuesday	May 16	10 a.m.	Booms, Bubbles, and Busts in the U.S. Stock Market
Tuesday	May 23	10 a.m.	Women of New France
Friday	May 26	10 a.m.	Good Bugs for Good Health
Tuesday	May 30	10 a.m.	Understanding Franco-American History and Culture
Thursday	June 1	1 p.m.	Rock 'n' Roll Buffalo
Monday	June 19	1 p.m.	Mary Todd Lincoln: The Agony and Ecstasy of the "Hellcat"

Class Listings by Facility

HAMBURG SENIOR COMMUNITY CENTER • 4540 SOUTHWESTERN BOULEVARD REGISTER AT 646-0665

Day	Date	Time	Topic
Wednesday	April 19	10:30 a.m.	Healthy Eating Basics
Wednesday	April 26	10:30 a.m.	Understanding Blood Pressure Goals
Thursday	April 27	1 p.m.	Shakespeare's Greatest Speeches: Part 2
Wednesday	May 3	10:30 a.m.	Cyber Security and Identity Theft
Thursday	May 11	10:30 a.m.	The Basics: Memory Loss, Dementia, and Alzheimer's
Friday	May 12	10:30 a.m.	Federal Reserve, Interest Rates, and the U.S. Economy
Wednesday	May 17	10:30 a.m.	Vietnam Reflections
Thursday	May 18	1 p.m.	Finding Whole Grains
Wednesday	May 24	10:30 a.m.	Common Orthopaedic Conditions: Hip and Knee
Thursday	June 1	10:30 a.m.	What You Need to Know About the New York Constitution
Wednesday	June 7	10:30 a.m.	Rock 'n' Roll Buffalo

ORCHARD PARK SENIOR CENTER • 70 LINWOOD AVENUE REGISTER AT 662-6452

Thursday	April 20	1:30 p.m.	FDR and Polio: The Gift of Adversity
Monday	April 24	1:30 p.m.	Medications and Falls
Friday	April 28	1:30 p.m.	Buffalo Diaries from the '30s and '40s
Monday	May 1	1:30 p.m.	Cyber Security and Identity Theft
Thursday	May 4	1:30 p.m.	Turkey's Entanglement in the Syrian Turmoil
Friday	May 5	1:30 p.m.	The Attica Prison Uprising
Monday	May 8	1:30 p.m.	What You Need to Know About the New York Constitution
Thursday	May 11	1:30 p.m.	Your Rights as a Nursing Home Resident
Thursday	May 11	3 p.m.	Understanding Blood Pressure Goals
Monday	May 15	1:30 p.m.	Mary Todd Lincoln: The Agony and Ecstasy of the "Hellcat"
Thursday	May 18	3 p.m.	Women of New France
Friday	May 19	1:30 p.m.	Native American Culture
Monday	May 22	1:30 p.m.	Age Friendly Communities - Efforts in Erie County
Thursday	May 25	1:30 p.m.	Buffalo's East Side Industry
Thursday	June 1	1:30 p.m.	Healthy Living for Your Brain and Body: Tips from the Latest Research
Monday	June 5	1:30 p.m.	Vietnam Reflections
Thursday	June 8	1:30 p.m.	Human Rights and Human Wrongs
Friday	June 9	1:30 p.m.	Discovering Buffalo, One Street at a Time: Part 3
Monday	June 12	1:30 p.m.	Women of the Roycroft
Thursday	June 15	1:30 p.m.	Vote with Confidence
Monday	June 19	1:30 p.m.	Good Bugs for Good Health
Thursday	June 22	1:30 p.m.	U.S. and the Muslim World
Friday	June 23	1:30 p.m.	Prescription Insurance Problems Explained
Monday	June 26	1:30 p.m.	Early Buffalo Music and Entertainment
Thursday	June 29	1:30 p.m.	Four African-American Artists
Friday	June 30	1:30 p.m.	Cuba: A Land in Transition

Class Listings by Facility

SPRINGVILLE CENTER FOR THE ARTS • 37 NORTH BUFFALO STREET SPRINGVILLE CONCORD ELDER NETWORK • REGISTER AT 770-7277

Day	Date	Time	Topic
Monday	April 3	12:45 p.m.	Parkinson's 101
Tuesday	April 4	10 a.m.	Enrich Your Life with Poetry
Thursday	April 6	12:45 p.m.	Healthy Living for Your Brain and Body: Tips from the Latest Research
Thursday	April 13	12:45 p.m.	Talking Animals and Medicine People: The Supernaturalism of the Upstate Iroquois
Tuesday	April 18	10 a.m.	FDR and Polio: The Gift of Adversity
Monday	April 24	1 p.m.	Introduction to Reiki
Thursday	April 27	12:45 p.m.	The Attica Prison Uprising
Tuesday	May 2	10 a.m.	What You Need to Know About Falls and Balance
Thursday	May 4	12:45 p.m.	Vietnam Reflections
Tuesday	May 16	10 a.m.	How Can You Make Your Voice Heard?
Thursday	May 18	12:45 p.m.	The Many Faces of Marie Antoinette
Thursday	June 1	12:45 p.m.	Cyber Security and Identity Theft
Tuesday	June 6	10 a.m.	Human Rights and Human Wrongs
Tuesday	June 13	10 a.m.	Age Friendly Communities – Efforts in Erie County
Thursday	June 15	12:45 p.m.	Native American Culture

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Day	Date	Time	Topic
Wednesday	April 12	1:30 p.m.	Woman of the Roycroft
Wednesday	May 10	1:30 p.m.	Mary Todd Lincoln: The Agony and Ecstasy of the "Hellcat"
Wednesday	June 28	1:30 p.m.	The Attica Prison Uprising

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