

# UNIVERSITY EXPRESS



FALL  
2018

"Lifelong Learning for Adults Age 55+"

ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES  
NY CONNECTS

**858-8526**

ERIE.GOV/SENIORSERVICES

## FREE CLASSES

ON CURRENT AFFAIRS,  
HISTORY, SCIENCE,  
THE ARTS, WELLNESS,  
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UNIVERSITY EXPRESS IS BROUGHT TO YOU THROUGH A COLLABORATION OF:

- Amherst Senior Center
- Baptist Manor
- Brothers of Mercy/Montabaur Heights
- Canterbury Woods
- Cheektowaga Senior Center
- City of Tonawanda Public Library
- Clarence Senior Center
- Elma Public Library
- Grand Island Golden Age Center
- The GreenFields Continuing Care Community
- Hamburg Senior Community Center
- Orchard Park Senior Center
- Springville Concord Elder Network
- Town of Aurora Senior Center
- Town of Tonawanda Senior Citizen Center



ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES



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**CALL HOURS:**

Oct. 1–Mar. 31 8 a.m. to 8 p.m., 7 days a week	Apr. 1–Sept. 30, 8 a.m. to 8 p.m., Monday–Friday
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# JOIN THE MOVEMENT!

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# Welcome to University Express, Fall 2018 Edition

It's that time of year again — back to school! While you might think that phrase only applies to kids, there is a growing trend for older adults to seek educational opportunities in retirement, proving it's never too late to learn something new.

Wellness advocates often remind us that “food is medicine,” but in many ways it's also true that “learning is medicine.” Lifelong learning has been shown to offer older adults a host of emotional and mental benefits beyond what the classroom curriculum provides, including:

- Social connection: Research is mounting about loneliness as a significant risk factor that comes with aging. Learning opportunities are one way older adults can combat loneliness, especially because they are surrounded by like-minded peers in class.

- Cognitive improvement: Keeping your mind healthy is important. According to the Alzheimer's Disease Education and Referral Center, “staying cognitively active throughout life — via social engagement or intellectual stimulation — is associated with a lower risk of Alzheimer's disease.”
- Life and skills enhancement: Our classes give you the opportunity to delve into challenging subjects you may have been interested in but simply didn't have time to study. With University Express there's no homework or tests — just the joy of learning!

Welcome to University Express classes this fall!



**Timothy R. Hogue**

Commissioner  
Erie County Department  
of Senior Services



**ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES**



## 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!

### FALL PREVENTION AWARENESS WEEK September 22–28

Falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma among older adults. Reduce your risk of a fall by taking some simple steps.

- Most falls happen at home. Remove throw rugs, improve lighting in hallways and staircases, and add grab bars to your bathroom.
- Review your medications with your doctor at least once a year.
- Have your vision checked on a regular basis.
- Get more physical activity, especially with activities that improve balance like tai chi.



## Erie County Department of Senior Services

### Annual Public Hearings

**Callout to Caregivers...  
How Can We Support You!?**

**Wed., October 31<sup>st</sup>** 10:00—11:30  
West Side Community Svcs.  
161 Vermont St.  
Buffalo, NY 14213  
716-884-6616

**Mon., October 29<sup>th</sup>** 12:30–2:00  
Town of Amherst Senior Ctr.\*  
370 John James Audubon Pkwy.  
Amherst, NY 14228  
716-636-3050

**Thur., November 8<sup>th</sup>** 12:30—2:00  
Town of Hamburg Senior Ctr.\*  
4540 Southwestern Blvd.  
Hamburg, NY 14075  
716-646-5145

**Tues., October 30<sup>th</sup>** 12:45-2:15  
Schiller Park Senior Ctr.\*  
2057 Genesee St.  
Buffalo, NY 14211  
716-895-2727

If you're unable to attend, written comments are welcome and will be read into the record at the hearings.

Send to: Senior Services  
Public Hearings Rm. 1303,  
95 Franklin St., Buffalo NY  
14202 (include your phone  
number); or online at  
seniorinfo@erie.gov.

As always, we invite requests for accommodation due to disability; however, accommodation cannot be guaranteed without advanced notice.

Everyone is welcome at all the hearing locations; to register for lunch and give testimony call the site you wish to attend. \*Lunch reservations for 60+ are required 48 hr. in advance. The 2019 *draft* program plans and Tree of Services will be available online at [erie.gov/seniorhearings](http://erie.gov/seniorhearings), by Oct 9<sup>th</sup>.



## Cuba: A Land in Transition

With several governmental changes in the past decade, more Americans have taken the opportunity to travel to Cuba. Recently, Roswell Park Comprehensive Cancer Center began working collaboratively with scientists from the Centro de Inmunologia Molecular in Havana, Cuba. Learn about what is happening on this island nation located just 90 miles south of Key West.

**Instructor: Harry Meyer, docent and lecturer, Western New York History and Architecture**

**Monday, October 22 1:30 p.m.**

The GreenFields, 684-8400 to register

## The Death of Fossil Fuels

Although the world remains heavily dependent on oil, coal, and natural gas — which supply around 80% of our primary energy needs — the industry is rapidly crumbling. In just two decades, the total value of the energy being produced by fossil fuel extraction has plummeted by more than half. How will the rapid decline of the giant fossil fuel industry impact the global economy?

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

**Tuesday, October 2 7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Thursday, October 11 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## Islam and Clothing

Islamic teachings about modesty are addressed equally to men and women, but the variety of styles and colors have various names depending on the country. For example, *burqas* belong to particular areas of the world where they are considered normal dress. In other parts of the world the dress is totally different. We'll review common names of Islamic clothing for men and women, and some differences in dress code among Islamic nations.

**Instructor: Faizan Haq, Asian Studies, SUNY Buffalo; founder and publisher of WNYMuslims.org**

**Wednesday, October 3 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register



## Journalism Under Fire: Why It Must Prevail

The president and his political allies contend that journalism is the enemy of the people, and great swaths of the public distrust the news reported to them in newspapers, on television, and on the radio. We'll discuss why that happens, why it's misplaced, and why journalism is one of the pillars of democracy.

**Instructor: Lee Coppola, retired dean of Journalism, St. Bonaventure University**

**Tuesday, November 20 1:30 p.m.**

The GreenFields, 684-8400 to register



## Poland and the Politics of History: Post-Communist Democracy and Its Current Challenges

In 1980, shipyard workers in Poland launched the Solidarity Movement, which helped lead to the collapse of communism in Poland and other parts of Central and Eastern Europe. Today Poles and other Central and East Europeans are debating the meaning of that transformation. We'll focus on the rise of populism in Poland and other Eastern European countries, and the way in which debates over history — especially in the form of monuments and other elements — are an important component of contemporary politics.

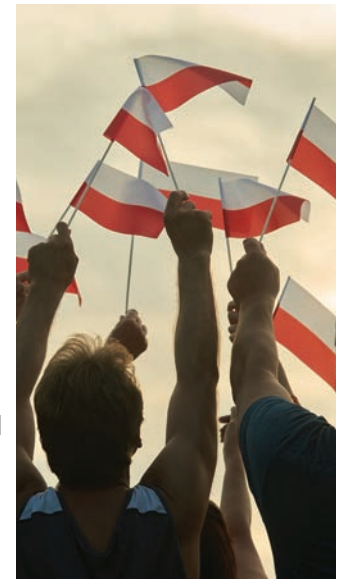
**Instructor: Andrew Wise, professor of History, Chair of the Polish Studies Center, Daemen College**

**Monday, October 15 7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Monday, November 5 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register



## Political Civility

So frayed has political discourse become that there has even been debate on whether civility is good in the first place. Civility has been dismissed as “political correctness” or “niceness” that robs political protest of its force. We’ll examine how civility represents a long tradition of moral virtues — including integrity, honesty, and respect for others — that are essential to democratic engagement.



**Instructor: Marian Deutschman, professor emerita of Communications, Buffalo State College**

**Wednesday, October 3 10:30 a.m.**  
Hamburg Senior Community Center, 646-0665 to register

**Friday, October 5 1 p.m.**  
Grand Island Golden Age Center, 773-9682 to register

**Monday, November 5 7:30 p.m.**  
Canterbury Woods, 929-5823 to register

**Thursday, November 8 1:30 p.m.**  
Orchard Park Senior Center, 662-6452 to register

**Wednesday, November 14 2 p.m.**  
Baptist Manor, 819-1820 to register

**Tuesday, November 27 1 p.m.**  
Amherst Senior Center, 636-3055 x3108 to register

**Wednesday, November 28 1 p.m.**  
Cheektowaga Senior Center, 686-3930 to register

## Singapore: From Rags to Riches

How did Singapore move in 50 years from a poor, newly independent mini-state to the third richest society in the world? Learn how Singapore raced from scattered *kampongs* (villages) to a globally recognized state known as a financial, manufacturing, and shipping center.

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

**Wednesday, November 14 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

## When Prisoners are Patients

A retired prison physician will discuss his experiences treating convicted murderers, rapists, and drug addicts, and the day-to-day challenges of working in a maximum-security correctional institution. We’ll look at the most common medical issues in a prison population including AIDS complications, resistant TB strains, and substance abuse, as well as psychosocial issues.

**Instructor: Dr. Lito Gutierrez, retired medical director, regional medical unit, Wende Correctional Facility, New York State Department of Corrections**

**Tuesday, October 9 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Friday, October 26 1 p.m.**

SCeNe/Concord Senior Center, 770-7277 to register

## Buffalo City Hall

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



**Instructor: Harry Meyer, docent and lecturer, Western New York History and Architecture**

**Monday, October 29 6:30 p.m.**  
Brothers of Mercy/Montabaur Heights, 407-5104 to register

## Buffalo Shipwrecks

As the Queen City of the Great Lakes during the late 1800s and early 1900s, Buffalo’s maritime history lies beneath the surface. Strong storms made the bottom of Lake Erie the resting place for many vessels. Hear stories and see photos of ships like the Tonawanda, Barge 43, and the Richardson.

**Instructor: Jack Messmer, Buffalo Harbor Museum**

**Wednesday, October 24 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

**Wednesday, November 7 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Friday, November 9 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Monday, November 12 2 p.m.**

Baptist Manor, 819-1820 to register



## Case Studies from the Asylum

We'll discuss actual records from Erie County Poorhouse and Hospital ledgers for patients with an insanity diagnosis, the history of the asylum, and how it evolved as New York State laws changed.



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

**Tuesday, November 13 9:30 a.m.**

Clarence Senior Center, 633-5138 to register

## Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker

Come learn about the ships docked at the largest inland naval museum in the country. USS The Sullivans and USS Croaker are World War II ships with unique and storied histories. USS Little Rock, as a flagship of the 2nd and 6th Fleet, oversaw many memorable events.



**Instructor: Shane E. Stephenson, director**

**of Museum Collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff**

**Wednesday, October 3 6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Friday, October 12 1:30 p.m.**

The GreenFields, 684-8400 to register

**Wednesday, October 24 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Tuesday, October 30 7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Thursday, November 1 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, November 7 2 p.m.**

Baptist Manor, 819-1820 to register

**Monday, November 12 6:30 p.m.**

Brothers of Mercy/Montabaur Heights, 407-5104 to register

## Early Buffalo Music and Entertainment

A look back to the beginning of Buffalo's rich entertainment heritage, from Canal Street to early theaters, vaudeville, burlesque, big band, and music prior to the advent of rock 'n' roll.



Hear about the contributions of theater owner Michael Shea and other nightclub owners, along with information on area radio stations, songwriters, musicians, and entertainers.

**Instructor: Rick Falkowski, founder, Buffalo Music Hall of Fame; author**

**Friday, November 30 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register



## The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers

This talk will focus on key female figures in the early history of Lily Dale, their contributions to the early modern spiritualist community, and the characters they inspired in the "Orphans and Inmates" series.

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

**Monday, November 19 1 p.m.**

Cheektowaga Senior Center, 686-3930 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.

Meet people from Buffalo's early days who influenced the history of Western New York, including many who received national acclaim for their achievements. We'll talk about noteworthy politicians, businessmen, inventors, and others from the 1800s and early 1900s. This presentation is based on the presenter's research for his new book "Historic & Influential People from Buffalo, NY."

**Instructor: Rick Falkowski, founder, Buffalo Music Hall of Fame; author**

**Friday, November 2 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Tuesday, November 13 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Wednesday, December 5 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

## The History of Buffalo Roadways

We'll discuss the history of transportation in Buffalo, dating back to the Holland Land Company up until the modern expressway. Specific examples will include the infamous Delaware Avenue "S" curves, and Scajaquada and Kensington Expressways.



**Instructor: Ken Kuminski, licensed professional engineer, New York State Department of Transportation**

**Thursday, November 1 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

**Thursday, December 6 7:30 p.m.**

Canterbury Woods, 929-5823 to register



### healthy tip

*Did you know?* Certain types of dietary fiber have been shown to help lower blood cholesterol levels. Foods like dried beans, apples, citrus fruit, and carrots are good choices.

## The Hubbard Effect: "It's All Elbert's Fault!"

Elbert Hubbard was the key to the Larkin Company's success and Frank Lloyd Wright's story. As chief architect of the early Larkin Company, Hubbard's humanist philosophy was the force guiding both Darwin Martin and William Heath on their quest to find a utopian design for the new Larkin administration building. This scenario also provided Wright, a then struggling young creative architect, the perfect situation to launch his career. We'll examine the complex relationships among Hubbard, Martin, Heath, and Wright.



**Instructor: Charles Facklam, retired teacher; The Buffalo Transportation Pierce-Arrow Museum; Elma Historical Society; East Aurora Chamber of Commerce**

**Thursday, November 1 2 p.m.**

Elma Public Library, 652-2719 to register

**Tuesday, November 13 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Iconic North Buffalo Landmarks in the 1920s

We'll talk about the history and special features of landmarks in North Buffalo including the Buffalo Zoo, the Delaware Park Rose Garden, Marcy Casino, St. Marks Roman Catholic Church, the North Park Theatre, and others. Hear how these places set the scene for a cold-case murder in North Buffalo.



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

**Monday, October 8 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Wednesday, October 10 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

**Thursday, November 29 2 p.m.**

Baptist Manor, 819-1820 to register

## The Larkin Soap Company

The Larkin Soap Company was founded in 1875 in Buffalo as a small soap factory. Its tremendous growth through the first quarter of the 20th century is attributed to the “Larkin Idea.” This marketing idea transformed the company into a mail-order conglomerate that employed 4,000 people and had annual sales of \$28.6 million — equivalent to around \$342 million today. The company’s success allowed them to hire Frank Lloyd Wright to design the iconic Larkin Administration Building, which stood as a symbol of Larkin prosperity until the company’s demise in the 1940s.



**Instructor: Shane E. Stephenson, director of Museum Collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff**

**Friday, November 9 1 p.m.**

SCENE/Concord Senior Center, 770-7277 to register

## Nelson Mandela

The late anti-apartheid revolutionary and former South African president Nelson Mandela would have turned 100 years old on July 18, 2018. 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 in his country. 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 was a renowned statesman and global icon. Discover how Mandela went from prison cell to presidential office.



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

**Wednesday, November 7 1:30 p.m.**

The GreenFields, 684-8400 to register

## The Past, Present, and Future of the Richardson Olmsted Campus

The Richardson Olmsted Campus is currently being renewed after 40 years of neglect and vacancy. Learn more about the site’s history as the Buffalo State Asylum for the Insane, and plans for its current redevelopment

**Instructor: Corey Fabian Borenstein, manager of visitor experiences, Richardson Olmsted Campus**

**Wednesday, October 17 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## RFK’s Road to the 1968 Presidential Campaign

This year marks the 50th anniversary of Robert Kennedy’s assassination. We’ll look back at the “runt” of the Kennedy boys who would become President Kennedy’s



closest political and domestic adviser. Learn what shaped Bobby’s character, his role in his brother’s political life, his relationship with President Johnson, and why he decided to run against Johnson in the 1968 Presidential campaign.

**Instructor: Len Lenihan, former Democratic commissioner, Erie County Board of Elections; and Norman Mineo, retired banker and history enthusiast**

**Friday, October 12 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Tuesday, October 16 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Friday, October 26 2 p.m.**

Baptist Manor, 819-1820 to register

**Monday, November 12 1:30 p.m.**

The GreenFields, 684-8400 to register



## 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, this presentation will focus on rock music but will cover all styles of music performed in Western New York through the mid-'80s.



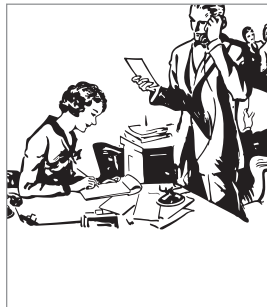
**Instructor: Rick Falkowski, founder, Buffalo Music Hall of Fame; author**

**Monday, November 5** **6:30 p.m.**  
Brothers of Mercy/Montabaur Heights, 407-5104 to register

**Monday, December 3** **7:30 p.m.**  
Canterbury Woods, 929-5823 to register

## Social Welfare and the Larkin Company

The Larkin Company was known for its use of Larkin secretaries and the club model to expand its reach within communities. The company — known for its tenets of purpose, effort, achievement, and blending the gospel of work and life — created many progressive initiatives for its employees.



**Instructor: Shane E. Stephenson, director of Museum Collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff**

**Friday, October 19** **1:30 p.m.**  
Orchard Park Senior Center, 662-6452 to register



### Excelsior Orthopaedics. healthy tip

Body-weight exercises are a great way to start an exercise program. Squats, wall push-ups, and balance exercises are easy to do at home. Visit a physical therapy center if you aren't sure which exercises are best for you.

## Theodore Roosevelt: America's Greenest President

No other president cared as deeply or did as much for our nation's natural heritage preservation as Theodore Roosevelt. His lifelong studies in the natural sciences, along with the belief that nature was a prime component of human happiness, spurred his determination to save millions of acres of our nation's most astounding topography for the benefit of the American people.



**Instructor: Judith Geer, retired educator and librarian, Erie Community College**

**Monday, October 22** **2 p.m.**  
Baptist Manor, 819-1820 to register

**Wednesday, October 24** **1:30 p.m.**  
Town of Aurora Senior Center, 652-7934 to register

**Monday, October 29** **1 p.m.**  
Cheektowaga Senior Center, 686-3930 to register

**Thursday, November 1** **1 p.m.**  
City of Tonawanda Public Library, 693-5043 to register

**Tuesday, November 13** **7:30 p.m.**  
Canterbury Woods, 929-5823 to register

## A Whisper of Bones: The Erie County Poorhouse Project

The Erie County Poorhouse, Hospital, and Insane Asylum were located on the ground of what is now the University at Buffalo's Main Street Campus. In 2012, infrastructure improvements brought about an excavation of skeletal remains on the site of the Poorhouse. Learn what the team of archeologists and anthropologists from UB uncovered, and what skeletal analysis can tell us about the lives of the Poorhouse inhabitants.



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

**Thursday, October 25** **2 p.m.**  
Elma Public Library, 652-2719 to register

## America the Beautiful: Landscapes in Art

Revisit images of pristine 19th-century landscapes through the artists who worked to establish, preserve, and protect State and National Parks for future generations to enjoy. Idyllic settings encouraged people and nature to coexist and find relief from encroaching urbanization. Sacred Native American sites were set aside in respect for indigenous culture. The original 1893 song lyrics by Katharine Lee Bates will be illustrated with artwork from Thomas Cole, Winslow Homer, Ansel Adams, and others.

**Instructor: Jean Serusa, certified New York State Art educator**

**Wednesday, October 10 2 p.m.**

Baptist Manor, 819-1820 to register

**Thursday, October 18 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Friday, October 19 10 a.m.**

Grand Island Golden Age Center, 773-9682 to register

**Friday, November 2 10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

## “The Bike Path Killer” by Maki Becker and Michael Beebe

Altemio Sanchez was a modern-day Jekyll and Hyde. He was a family man who resided in Buffalo with a wife and two sons, worked nights as a machinist, but concealed a terrible secret. Once a year, after his shift, he’d make a side trip to a secluded spot where women would ride bikes and jog. He was known as “the Bike Path Rapist” until he crossed the line from rape to murder. Two award-winning reporters from the Buffalo News follow a depraved killer’s bloody trail of terror to the bitter end.

**Instructor: Linda Drajem, retired teacher; writer; poet**

**Thursday, October 11 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Friday, October 12 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Wednesday, October 17 1:30 p.m.**

The GreenFields, 684-8400 to register

**Wednesday, October 24 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Thursday, October 25 10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Thursday, November 8 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

## “Blind Eye: The Terrifying Story of A Doctor Who Got Away With Murder” by James B. Stewart

This medical thriller focuses on serial killer doctor Michael Swango and the medical community who chose to turn a blind eye on his criminal activities.



Wherever he was hired

— in Ohio, Illinois, New York, or South Dakota — Michael seemed the model physician; then his patients began dying under suspicious circumstances.

**Instructor: Linda Drajem, retired teacher; writer; poet**

**Tuesday, October 23 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Thursday, October 25 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Friday, October 26 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## George Orwell’s “1984”

“1984” was written in 1949 and is a dystopian novel about what could happen when a totalitarian government takes control of a country. We learn a



a new vocabulary: Big Brother, doublethink, thoughtcrime,

ungood, and thoughtpolice. The novel is a terrifying vision of a society we all fear and guard against. “1984” was chosen as one of the 100 best English novels by Time magazine in 2005.

**Instructor: Jim Banko, retired English teacher, Buffalo Public Schools**

**Tuesday, October 16 2 p.m.**

Baptist Manor, 819-1820 to register

## Wegmans healthy tip

Stay hydrated throughout the day with water or beverages without added sugar or calories. Even black coffee and unsweetened tea help you stay hydrated.

## “Killers of the Flower Moon: The Osage Murders and the Birth of the FBI” by David Grann

This is a true account of the early 20th-century murders of dozens of wealthy Osage and law-enforcement officials. The book cites the contributions and missteps of a fledgling FBI that eventually uncovered one of the most chilling conspiracies in American history.



**Instructor:** Linda Drajem, retired teacher; writer; poet

**Wednesday, October 3** 2 p.m.

Baptist Manor, 819-1820 to register

**Thursday, October 4** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

## Marc Chagall

The art of Russian-French artist Marc Chagall is easily recognized, but his life is not as familiar. From humble beginnings in his homeland Vitebsk, he attended school outside the Jewish ghetto to achieve recognition in the arts. His exiles to France and America paralleled the critical situation in Europe pre- and post-WWII. While he dabbled in Cubism, his romanticized floating figures best define his unique storytelling in whimsical color paintings, glass, and prints. His painting of the fiddler on the roof was the inspiration for the musical of the same name.



**Instructor:** Jean Serusa, certified New York State Art educator

**Monday, October 1** 7:30 p.m.

Canterbury Woods, 929-5823 to register



### healthy tip

If you're traveling be sure to pack enough medicine for the duration of your trip, plus a few days' extra in case of travel delays.

## Shakespeare on the Human Experience

Through his rich language, Shakespeare often gives us insight into what it means to be human. Woven into his text are profound statements on the human experience that have endured for over 400 years. We will be exploring how we can apply Shakespeare's perceptiveness to our day-to-day lives, and hopefully come away with a newfound understanding of our own.



**Instructor:** Tracy Snyder, education coordinator, Shakespeare in Delaware Park; Brendan Didio, actor, writer, administrative assistant and community outreach associate, Shakespeare in Delaware Park

**Monday, October 15** 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

## Shakespeare's Sonnets

A Shakespearean sonnet has 14 lines and is written in iambic pentameter. Sonnets are Shakespeare's most popular works, and a few of them, such as Sonnet 18 ("Shall I compare thee to a summer's day"), Sonnet 116 ("Let me not to the marriage of true minds"), and Sonnet 73 ("That time of year thou mayst in me behold"), have become the most widely read poems in all of English literature.



**Instructor:** Jim Banko, retired English teacher, Buffalo Public Schools

**Tuesday, October 9** 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

**Tuesday, October 30** 1:30 p.m.

Hamburg Senior Community Center, 646-0665 to register



**To Be Japanese and Christian:  
The Challenging Novels of  
Endo Shusaku**

Endo Shusaku is one of the most celebrated and well-known Japanese fiction writers of the 20th century. He wrote from the rare perspective of a Japanese Roman Catholic. His great masterpiece, "Silence," examines enduring faith in dangerous times, and reflects his struggles to situate his Christian convictions in the Japanese cultural setting.



**Instructor: Thomas W. Burkman, 20th-century Japanese historian; director emeritus of Asian Studies and research professor emeritus, SUNY Buffalo**

**Monday, November 12 7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Monday, November 19 2 p.m.**

Baptist Manor, 819-1820 to register

**Yearning to Breathe Free:  
The Statue of Liberty**

The Statue of Liberty is a 151-foot-tall copper sculpture created by French artists as a gift to America to celebrate the centennial of the Declaration of Independence. It is the iconic subject of many works of art, as well as a welcoming destination for thousands of immigrants arriving on U.S. shores for over 100 years. The statue still stands as a symbol and tourist must-see work of art.



**Instructor: Jean Serusa, certified New York State Art educator**

**Thursday, October 4 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

**Monday, October 22 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Arthritis: A Real Pain in the Joints**

Arthritis is one of the most common causes of pain in adults, especially in the hips and knees. An estimated 350 million people worldwide live with some form of arthritis. If you are one, don't worry — we've got your back! We'll discuss surgical and nonsurgical treatment options to help you regain function and get you back to doing what you love!

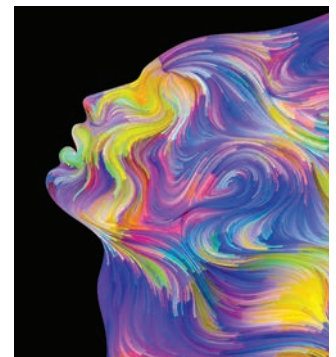
**Instructor: Dr. Matthew Mann, surgeon, Excelsior Orthopaedics**

**Friday, November 16 1:30 p.m.**

The GreenFields, 684-8400 to register

**End-of-Life Dreams and Visions**

End-of-life dreams and visions have been documented through the ages, but little has been understood about their significance. A recent long-term study led by Dr. Christopher Kerr at Hospice Buffalo found a dramatic increase in frequency of dreams and visions, and particularly



in seeing the deceased, as death neared. We'll examine the significance of these events to the dying person, and whether their occurrence can predict nearness to death. We'll also discuss how end-of-life visions and dreams are different from delirium, and how these can help patients to experience and communicate meaning at the end of life.

**Instructors: Dr. Pei Grant and Kate Levy, Hospice Buffalo and Palliative Care Buffalo Research Team**

**Monday, November 5 1:30 p.m.**

The GreenFields, 684-8400 to register



Simply doing sit-ups is not enough to improve core strength. Our core actually starts with the upper leg and hip muscles and continues to the upper back muscles. Having a strong core starts with the ability to stand from a sitting position without using something to pull yourself up.

## Getting the Upper Hand on Your Hand Pain

Let's face it, you use your hands a lot! Dealing with hand pain can really get in the way of doing the things you love — knitting, golfing, cooking, and other aspects of your daily life. We'll discuss possible causes of pain, and surgical and nonsurgical treatment options to help you lessen pain and regain function.



**Instructor: Lindsay Bota, nurse practitioner, Excelsior Orthopaedics**

**Monday, October 15 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Heart Health

Learn about the American Heart Association's "Life's Simple 7." This simple seven-step list was developed to deliver on the hope we all have — to live a long and productive healthy life.

**Instructor: Colleen Moser, pharmacist, Wegmans**

**Wednesday, October 17 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Knowledge is Power: Breast Cancer, Genetics, Screening, and Insurance

Breast cancer screening guidelines have changed and technology has advanced. Learn what every woman over age 50 needs to know about breast cancer screening and why it's important for older women to continue to be screened. Join us for an interactive panel discussion on imaging options, the role of genetics, and what may (or may not) be covered by your insurance. Complimentary hors d'oeuvres served.

**Instructors: Cameron Saber, M.D., J.D., radiologist and breast imaging specialist; Laura Fisher, M.S., associate director, genetic counseling, Windsong Radiology; and Sue Lord, Medicare specialist, Erie County Senior Services**

**Wednesday, October 3 6:15 p.m.**

The GreenFields, 684-8400 to register

## Medical Cannabis: An Alternative Approach to Neurologic Treatment

Depending on who you talk to, medical marijuana is either the be-all and end-all for many medical issues, or it's a dangerous and illegal drug with no place in medicine.



Learn the historical facts on cannabis and how it's being used in today's medical community to treat patients for a variety of disorders, including Parkinson's disease. Bring your questions and get ready for a thought-provoking discussion.

**Instructors: Dr. Laszlo Mechtler, medical director, Cannabis Clinic at Dent Neurologic Institute; Chris Jamele, executive director, The Parkinson's Foundation**

**Thursday, October 25 1 p.m.**

The GreenFields, 684-8400 to register

## Medical Marijuana

There is increased interest in the effectiveness of marijuana alleviating the symptoms of multiple sclerosis, HIV/AIDS, and chemotherapy-induced nausea. We'll



look at what the research shows and recent developments in marijuana legalization, regulation, and distribution.

**Instructor: Sherry Verostko-Slajak, nurse practitioner, Advance Integrative Care**

**Thursday, October 4 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Thursday, October 18 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Friday, October 19 1 p.m.**

SCeNe/Concord Senior Center, 770-7277 to register

**Monday, November 5 2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

## Medications and Falls

There is a long list of common medications that older adults should avoid in order to not become the next fall or fracture statistic! Bring your medication list to review after class and see if any put you at risk for falls.



**Instructor: Colleen Moser, pharmacist, Wegmans**

**Thursday, October 25 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

## Nonsurgical Pain Relief: PRP and BMA Injections

Whether you are ineligible for surgery or are just looking to stay out of the operating room, PRP (platelet-rich plasma) or BMA (bone marrow aspirate) injections may be the pain-relief solution



you've been searching for. Learn how these new treatment options use your body's natural ability to heal itself and provide you with lasting pain relief.

**Instructor: Dr. Jason Matuszak, Excelsior Orthopaedics**

**Monday, October 29 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, December 5 6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Owl Habits and Habitats

Owls are intriguing birds that easily capture the attention and curiosity of birders. Unlike other birds of prey, such as hawks or eagles, most owls are nocturnal. Their nighttime activity, quiet flight, and strange calls have made



them the subject of many myths and folklores. Learn some fun facts and find out what a hoot owls really are!

**Instructor: Tom Kerr, Buffalo Audubon naturalist**

**Wednesday, October 17 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Friday, October 19 1:30 p.m.**

The GreenFields, 684-8400 to register

**Wednesday, November 21 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

**Thursday, November 29 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Past, Present, and Future of the Flu

Most years, the seasonal flu vaccine contains the correct influenza strains and effectively prevents influenza. However, with accelerated levels of commercial and population mobility, new forms of flu virus can spread across the globe with unprecedented speed. There has been increasing momentum from scientists, governments, and even the Gates Foundation to find a vaccine that can provide durable protection for all age groups against multiple influenza strains — including those that might cause a pandemic. We'll discuss the basics of influenza and influenza vaccines. We'll also look at some pandemics over the past century, including the infamous 1918 Spanish Influenza, and effective public health response to an outbreak.

**Instructor: Shauna Zorich, clinical assistant professor of Epidemiology and Environmental Health, School of Public Health and Health Professions, University at Buffalo**

**Tuesday, October 23 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, November 14 4 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Thursday, November 15 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register



**Excelsior**  
Orthopaedics

healthy tip

If you're not active now, adding any amount of exercise can bring health benefits. Slowly increase your physical activity to meet your goals. Park farther away from the store when you are shopping or walk in your neighborhood as the weather gets nicer.



## Protect Your Kidneys

Kidneys are essential to a healthy body. Many kidney diseases don't produce any symptoms until the damage is severe, but that makes it all the more important for you to understand your kidneys, learn how to work with your doctor to spot problems early on, and know how to keep these vital organs healthy. Learn more about the kidneys and how to prevent kidney disease.



**Instructors: John Alduino and Barbara Breckenridge, Kidney Foundation of Western New York**

**Friday, October 19 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Putting Your Best Foot Forward (Literally!)

Whether you like to run, dance, play sports, or take walks around the block, you're counting on your feet to support you during your favorite activities. Foot and ankle pain can often prevent you from doing the things you love. Join one of Excelsior's podiatrists to review everything you need to know about treatment options to get you up and on your feet again.

**Instructor: Dr. Michael Butler or Dr. Sean Keating, podiatrists, Excelsior Orthopaedics**

**Friday, October 12 10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, November 28 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

## Sugar Savvy

Ever wonder how added sugar affects your risk of heart disease and diabetes? Do you know the maximum amount of added sugar that the American Heart



Association says is safe for our health and why? Come learn about sugar and the new Nutrition Facts labeling requirement that helps us keep a closer eye on sugar intake.

**Instructor: Colleen Moser, pharmacist, Wegmans**

**Wednesday, September 26 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## Tied up in Knots: What You Need to Know about Peripheral Vascular Disease

Did you know that vascular disease affects millions and is one of the leading causes of disability and death among older adults? Join a vascular surgeon from UBMD Surgery for a candid conversation on preventing and treating vascular disease. Bring your questions for the doctor.



Make an appointment to receive your free vascular screening at the GreenFields Health & Rehab Center on November 3 and receive a promotional item!

**Facilitator: Dr. Gregory Cherr, vascular surgeon, UBMD Surgery**

**Monday, October 29 1:30 p.m.**

The GreenFields, 684-8400 to register

## An Unbiased Explanation of Medicare Part D from a Pharmacist

This class will take an unbiased approach to discuss the background of Medicare Part D, basic understanding of Part D costs and copays, and strategies for lowering drug costs. **Instructor:**

**Frank Pietrantonio, pharmacist, Wegmans**



**Monday, November 5 2:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Thursday, November 8 2 p.m.**

Elma Public Library, 652-2719 to register

### healthy tip

Be good to yourself — get enough sleep, join a walking group or other social group, and surround yourself with people you enjoy.

## DNA Testing for Genealogy

Are you considering taking a DNA test to learn about your heritage? Join us to learn the basics of genetic genealogy including the types of DNA testing, what testing can tell you, how DNA can be applied to genealogy research, and DNA testing for adoption/unknown parentage.



**Instructor: Rhonda Konig, genealogy librarian, Buffalo & Erie County Public Library**

**Wednesday, October 10 1:30 p.m.**

The GreenFields, 684-8400 to register

## Genealogy 101

Jump-start your genealogy with this introduction to family history research. You'll learn basic genealogy concepts, the types of records used, and an overview of the genealogy resources available through the Buffalo & Erie County Public Library System.

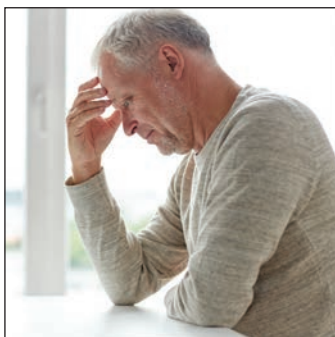
**Instructor: Rhonda Konig, genealogy librarian, Buffalo & Erie County Public Library**

**Friday, November 16 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Grief and Loss

Older adults often have to deal with multiple losses at a time or within a short period of time. These can include loss of a partner, social contacts, financial security, independence, and physical strength. Grief is a difficult experience for many people and can be made worse by health problems and a lack of emotional support systems that used to exist. We'll look at the common stages and symptoms of grief. While there is nothing that can eliminate the pain of grief, there are helpful ways to cope and heal from losses.



**Instructor: Melanie Washington, behavioral health clinical coordinator, BlueCross BlueShield of Western New York**

**Monday, November 26 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Keeping a Personal Health Care Journal

A personal health care journal helps keep track of upcoming medical appointments, current medications, lab results, and more. This tool not only ensures accurate personal health information and Medicare billing, but also detects Medicare medical billing errors, suspected abuse, or fraud.

**Instructor: Bethann Nelson, outreach counselor, Senior Medicare Patrol**

**Friday, October 5 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Learning Styles

Are you an auditory, visual, or kinesthetic/tactile learner?

Is one way to learn better than another? Which learning style tends to be a poor speller? Which style enjoys

riddles? Is one learning style neat and tidy? Take a quiz and

find out your personal learning style to better understand yourself and others.



**Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School**

**Monday, October 15 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Monday, October 29 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Friday, November 2 10 a.m.**

Grand Island Golden Age Center, 773-9682 to register

## Legal and Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This class is for anyone who would like to know more about legal and financial issues to consider and how to put plans in place.

**Instructors: Katie Badeau, director of care consultation, Alzheimer's Association of Western New York; and Mark Ziemba, financial planner**

**Wednesday, October 3 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Long-Term Care Planning: How to Protect Your Assets

A surprising number of Americans use up all of their assets paying for nursing care in their senior years. A variety of planning techniques can be used to avoid this unfortunate outcome. We'll discuss the appropriate use of insurance, gifting, and trusts in long-term care planning.

**Instructor: Valerie L. Stanek, Esq., certified financial planner; attorney at law**

**Thursday, November 8 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register



## Meal Planning for One or Two

Most recipes are designed for family cooking, which can make it challenging for singles or couples trying to maintain a healthy diet. In this seminar, we'll discuss strategies for menu planning and grocery shopping that make cooking for one or two enjoyable and easy!



**Instructor: Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York**

**Wednesday, October 10 10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, October 17 12:45 p.m.**

Town of Aurora Senior Center, 652-7934 to register

**Wednesday, October 24 10 a.m.**

Grand Island Golden Age Center, 773-9682 to register

**Friday, October 26 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Friday, November 16 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Wednesday, November 28 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## The Mediterranean Diet

The media and medical communities tout the Mediterranean diet as the way to go. What is it and how can you incorporate it into your lifestyle?

**Instructor: Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York**

**Thursday, October 11 2 p.m.**

Elma Public Library, 652-2719 to register

**Monday, November 26 10 a.m.**

The GreenFields, 684-8400 to register

## Mindfulness

Discover what mindfulness can do for you. Learn the basics and multiple health benefits it provides. There are many different ways you can start to incorporate mindfulness into your daily life. You'll leave with some practical and simple mindfulness tools to take with you.

**Instructor: Rachel Ceness, M.S., R.D., health coach, BlueCross BlueShield of Western New York**

**Friday, November 16 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Origins of Taoist Tai Chi and Practical Applications

The origins of tai chi extend back centuries, but the story of Taoist tai chi began in 1970. Join



us for a demonstration and hear how this Taoist temple art came to Buffalo. Certified instructors will teach the opening moves of the Taoist tai chi set, the practical skill of sitting and rising from a chair with improved balance and flexibility, and "balanced walking" — a valuable aid in preventing falls.

**Instructor: Jane Rosenfeld, certified instructor, Taoist Tai Chi Society of the USA, Buffalo Center; Brendan Fallon, student of Master Moy-Lin Shin; school librarian, Orchard Park Schools**

**Friday, October 5 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Wednesday, November 14 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Monday, November 19 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register



## Quilt Patterns

Log Cabin, Bear Paw, Jacob's Ladder, Seven Sisters — why are quilt patterns given such unusual names and what do they mean? For decades, people have been making



heirloom quilts for their families and to give as gifts. Learn the history behind the names of historic quilts and take a look at these patterns in quilts the instructor has made and collected.

**Instructor: Theresa Wiater, experienced quilter; retired teacher, Clarence Center Elementary School**

**Monday, October 1 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Friday, October 5 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Tuesday, November 13 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

## Right-Sizing: 4 Steps Toward Simplifying Your Home

Is it time to think about organizing and streamlining your home? A local realtor with 30 years of experience offers a step-by-step process to help you simplify your current living space, assess the accessibility and livability of your home, and review your options to meet future needs.



**Instructor: Michael Olear, MSW; lead broker, the Olear Team at MJ Peterson**

**Friday, October 5 1 p.m.**

SCeNe/Concord Senior Center, 770-7277 to register

**Monday, October 15 2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

**Tuesday, October 30 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Monday, November 5 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney

Older adults are often encouraged to turn control of a house or accounts over to children or other family members, gift to others, and assign powers of attorney as strategies in their estate and financial planning. These techniques can be effective if used in the right place at the right time with the right people, but they could cause serious harm, including loss of important tax advantages. We'll discuss advantages of these tools, as well as potential problems that can arise.

**Instructor: Valerie L. Stanek, Esq., certified financial planner; attorney at law**

**Thursday, October 18 2 p.m.**

Elma Public Library, 652-2719 to register

**Wednesday, October 31 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

## Your Own No-Cost Fitness Program

Discover easy-to-follow activities that will help improve your mobility, balance, strength, and flexibility at little or no cost. See how everyday household items such as plastic bottles, towels, a broom stick, and more can provide you with a functional aging fitness program. You can be your own personal trainer!

**Instructor: Jill Bronsky, owner, Forward Fitness Inc.; author**

**Thursday, November 8 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Thursday, November 15 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Friday, November 16 9:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

**Monday, November 19 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Thursday, December 6 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## *Wegmans* healthy tip

A plant-focused diet may help reduce your risk of chronic diseases and promote overall good health. Focus on fruits and veggies, whole grains, nuts and seeds, and liquid oils.



**Erie County  
Senior Services**



## Free 6-week Living Healthy Workshops

### Chronic Disease Self-Management Program

Learn skills to better manage your health and maintain an active lifestyle. Caregivers welcome.

Dates	Time	Site	Address
Fridays, October 12 – November 16	9:30 a.m.	Amherst Senior Center	370 John James Audubon Pkwy., Amherst
Saturdays, October 20 – November 24	9:30 a.m.	Sheridan Medical Group	1491 Sheridan Dr., Buffalo

### Diabetes Self-Management Program

These skills enable you to confront the challenges of living with diabetes. Includes a free one-on-one consultation with a registered dietitian prior to the first workshop session for eligible Medicare recipients. Caregivers welcome.

Dates	Time	Site	Address
Wednesdays, October 3 – November 7	12:30 p.m.	Lancaster Senior Center	100 Oxford Ave., Lancaster
Fridays, October 5 – November 9	9:30 a.m.	Clarence Senior Center	4600 Thompson Rd., Clarence
Fridays, October 5 – November 9	1 p.m.	Town of Tonawanda Senior Center	291 Ensminger Rd., Tonawanda
Fridays, October 12 – November 9	9:15 a.m.	Town of Aurora Senior Citizen Center	101 King St., Suite A, East Aurora
Wednesdays, October 17 – November 21	1 p.m.	Sheridan Medical Group	1491 Sheridan Dr., Buffalo

See back cover for more information.

## CLASS LOCATIONS

Amherst Senior Center  
370 John James Audubon Pkwy.  
Amherst 14228

Baptist Manor Apartments  
276 Linwood Ave.  
Buffalo 14209

Brothers of Mercy/Montabaur Heights  
4530 Ransom Rd.  
Clarence 14031

Canterbury Woods  
705 Renaissance Dr.  
Williamsville 14221

Cheektowaga Senior Center  
3349 Broadway St.  
Cheektowaga 14227

City of Tonawanda Public Library  
333 Main St.  
City of Tonawanda 14150

Clarence Senior Center  
4600 Thompson Rd.  
Clarence 14031

Elma Public Library  
1860 Bowen Rd.  
Elma 14059

Grand Island Golden Age Center  
3278 Whitehaven Rd.  
Grand Island 14072

The GreenFields Continuing  
Care Community  
5953 Broadway St.  
Lancaster 14086

Hamburg Senior Community Center  
4540 Southwestern Blvd.  
Hamburg, NY 14075

Orchard Park Senior Center  
70 Linwood Ave.  
Orchard Park 14127

Springville/Concord Elder Network  
(SCENe)/Concord Senior Center  
40 Commerce Dr.  
Springville 14141

Town of Aurora Senior Center  
101 King St., Suite A  
East Aurora 14052

Town of Tonawanda  
Senior Citizen Center  
291 Ensminger Rd.  
Tonawanda 14150



## Class Listings by Site

**AMHERST SENIOR CENTER • 370 JOHN J. AUDUBON PKWY.  
REGISTER AT 636-3055, EXT. 3108**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Wednesday	October 3	6 p.m.	Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker
Friday	October 5	1 p.m.	Origins of Taoist Tai Chi and Practical Applications
Monday	October 8	1 p.m.	Iconic North Buffalo Landmarks in the 1920s
Tuesday	October 9	1 p.m.	Shakespeare's Sonnets
Monday	October 15	1 p.m.	Learning Styles
Wednesday	October 17	1 p.m.	Heart Health
Friday	October 19	1 p.m.	Protect Your Kidneys
Tuesday	October 23	1 p.m.	"Blind Eye: The Terrifying Story of A Doctor Who Got Away With Murder" by James B. Stewart
Tuesday	October 30	1 p.m.	Right-Sizing: 4 Steps Toward Simplifying Your Home
Monday	November 5	1 p.m.	Poland and the Politics of History: Post-Communist Democracy and Its Current Challenges
Tuesday	November 13	1 p.m.	Historic and Influential People from Buffalo, NY
Wednesday	November 14	4 p.m.	Past, Present, and Future of the Flu
Friday	November 16	1 p.m.	Meal Planning for One or Two
Monday	November 19	1 p.m.	Your Own No-Cost Fitness Program
Tuesday	November 27	1 p.m.	Political Civility
Wednesday	December 5	6 p.m.	Nonsurgical Pain Relief: PRP and BMA Injections

## Class Listings by Site

### BAPTIST MANOR • 276 LINWOOD AVE., BUFFALO REGISTER AT 819-1820

Day	Date	Time	Topic
Wednesday	October 3	2 p.m.	"Killers of the Flower Moon: The Osage Murders and the Birth of the FBI" by David Grann
Wednesday	October 10	2 p.m.	America the Beautiful: Landscapes in Art
Tuesday	October 16	2 p.m.	George Orwell's "1984"
Monday	October 22	2 p.m.	Theodore Roosevelt: America's Greenest President
Friday	October 26	2 p.m.	RFK's Road to the 1968 Presidential Campaign
Wednesday	November 7	2 p.m.	Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker
Monday	November 12	2 p.m.	Buffalo Shipwrecks
Wednesday	November 14	2 p.m.	Political Civility
Monday	November 19	2 p.m.	To Be Japanese and Christian: The Challenging Novels of Endo Shusaku
Thursday	November 29	2 p.m.	Iconic North Buffalo Landmarks in the 1920s

### BROTHERS OF MERCY/MONTABAUR HEIGHTS • 10570 BERGTOLD RD., CLARENCE REGISTER AT 407-5104

Day	Date	Time	Topic
Monday	October 29	6:30 p.m.	Buffalo City Hall
Monday	November 5	6:30 p.m.	Rock 'n' Roll Buffalo
Monday	November 12	6:30 p.m.	Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker

## Class Listings by Site

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Monday	October 1	7:30 p.m.	Marc Chagall
Tuesday	October 2	7:30 p.m.	The Death of Fossil Fuels
Monday	October 15	7:30 p.m.	Poland and the Politics of History: Post-Communist Democracy and Its Current Challenges
Tuesday	October 30	7:30 p.m.	Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker
Monday	November 5	7:30 p.m.	Political Civility
Monday	November 12	7:30 p.m.	To Be Japanese and Christian: The Challenging Novels of Endo Shusaku
Tuesday	November 13	7:30 p.m.	Theodore Roosevelt: America's Greenest President
Monday	December 3	7:30 p.m.	Rock 'n' Roll Buffalo
Thursday	December 6	7:30 p.m.	The History of Buffalo Roadways



## Class Listings by Site

### CHEEKTOWAGA SENIOR CENTER • 3349 BROADWAY REGISTER AT 686-3930

Day	Date	Time	Topic
Thursday	October 4	10 a.m.	Medical Marijuana
Monday	October 15	1 p.m.	Shakespeare on the Human Experience
Wednesday	October 17	10 a.m.	The Past, Present, and Future of the Richardson Olmsted Campus
Wednesday	October 17	1 p.m.	Owl Habits and Habitats
Wednesday	October 24	10 a.m.	"The Bike Path Killer" by Maki Becker and Michael Beebe
Wednesday	October 24	1 p.m.	Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker
Monday	October 29	10 a.m.	Learning Styles
Monday	October 29	1 p.m.	Theodore Roosevelt: America's Greenest President
Wednesday	November 7	1 p.m.	Buffalo Shipwrecks
Thursday	November 8	10 a.m.	Your Own No-Cost Fitness Program
Thursday	November 15	10 a.m.	Past, Present, and Future of the Flu
Monday	November 19	1 p.m.	The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers
Wednesday	November 28	10 a.m.	Meal Planning for One or Two
Wednesday	November 28	1 p.m.	Political Civility
Wednesday	December 5	1 p.m.	Historic and Influential People from Buffalo, NY

### CITY OF TONAWANDA LIBRARY • 333 MAIN ST. REGISTER AT 693-5043

Day	Date	Time	Topic
Thursday	October 4	1 p.m.	"Killers of the Flower Moon: The Osage Murders and the Birth of the FBI" by David Grann
Tuesday	October 9	1 p.m.	When Prisoners are Patients
Tuesday	October 16	1 p.m.	RFK's Road to the 1968 Presidential Campaign
Thursday	October 18	1 p.m.	Medical Marijuana
Thursday	November 1	1 p.m.	Theodore Roosevelt: America's Greenest President
Thursday	November 8	1 p.m.	Long-Term Care Planning: How to Protect Your Assets
Tuesday	November 13	1 p.m.	Quilt Patterns
Thursday	November 15	1 p.m.	Your Own No-Cost Fitness Program

## Class Listings by Site

**CLARENCE SENIOR CENTER • 4600 THOMPSON RD.  
REGISTER AT 633-5138**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Wednesday	October 3	1:30 p.m.	Legal and Financial Planning
Friday	October 5	1:30 p.m.	Quilt Patterns
Friday	October 12	1:30 p.m.	"The Bike Path Killer" by Maki Becker and Michael Beebe
Friday	October 26	1:30 p.m.	"Blind Eye: The Terrifying Story of a Doctor Who Got Away With Murder" by James B. Stewart
Monday	November 5	2:30 p.m.	An Unbiased Explanation of Medicare Part D from a Pharmacist
Friday	November 9	1:30 p.m.	Buffalo Shipwrecks
Tuesday	November 13	9:30 a.m.	Case Studies from the Asylum
Wednesday	November 14	1:30 p.m.	Origins of Taoist Tai Chi and Practical Applications
Friday	November 16	1:30 p.m.	Mindfulness

**ELMA PUBLIC LIBRARY • 1860 BOWEN RD.  
REGISTER AT 652-2719**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Thursday	October 11	2 p.m.	The Mediterranean Diet
Thursday	October 18	2 p.m.	Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney
Thursday	October 25	2 p.m.	A Whisper of Bones: The Erie County Poorhouse Project
Thursday	November 1	2 p.m.	The Hubbard Effect: "It's All Elbert's Fault!"
Thursday	November 8	2 p.m.	An Unbiased Explanation of Medicare Part D from a Pharmacist

## Class Listings by Site

### GRAND ISLAND GOLDEN AGE CENTER • 3278 WHITEHAVEN RD. REGISTER AT 773-9682

Day	Date	Time	Topic
Wednesday	September 26	1 p.m.	Sugar Savvy
Thursday	October 4	1 p.m.	Yearning to Breathe Free: The Statue of Liberty
Friday	October 5	1 p.m.	Political Civility
Thursday	October 11	1 p.m.	The Death of Fossil Fuels
Friday	October 19	10 a.m.	America the Beautiful: Landscapes in Art
Wednesday	October 24	10 a.m.	Meal Planning for One or Two
Wednesday	October 24	1 p.m.	Buffalo Shipwrecks
Thursday	November 1	1 p.m.	The History of Buffalo Roadways
Friday	November 2	10 a.m.	Learning Styles
Monday	November 5	1 p.m.	Right-Sizing: 4 Steps Towards Simplifying Your Home
Wednesday	November 21	1 p.m.	Owl Habits and Habitats
Thursday	December 6	1 p.m.	Your Own No-Cost Fitness Program

### THE GREENFIELDS CONTINUING CARE COMMUNITY • 5953 BROADWAY, LANCASTER REGISTER AT 684-8400

Day	Date	Time	Topic
Wednesday	October 3	6:15 p.m.	Knowledge is Power: Breast Cancer, Genetics, Screening, and Health Insurance
Wednesday	October 10	1:30 p.m.	DNA Testing for Genealogy
Friday	October 12	1:30 p.m.	Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker
Friday	October 19	1:30 p.m.	Owl Habits and Habitats
Wednesday	October 17	1:30 p.m.	"The Bike Path Killer" by Maki Becker and Michael Beebe
Monday	October 22	1:30 p.m.	Cuba: A Land in Transition
Thursday	October 25	1 p.m.	Medical Cannabis: An Alternative Approach to Neurologic Treatment
Monday	October 29	1:30 p.m.	Tied up in Knots: What You Need to Know about Peripheral Vascular Disease
Monday	November 5	1:30 p.m.	End-of-Life Dreams and Visions
Wednesday	November 7	1:30 p.m.	Nelson Mandela
Monday	November 12	1:30 p.m.	RFK's Road to the 1968 Presidential Campaign
Friday	November 16	1:30 p.m.	Arthritis: A Real Pain in the Joints
Tuesday	November 20	1:30 p.m.	Journalism Under Fire: Why It Must Prevail
Monday	November 26	10 a.m.	The Mediterranean Diet



## Class Listings by Site

### HAMBURG SENIOR COMMUNITY CENTER • 4540 SOUTHWESTERN BLVD. REGISTER AT 646-0665

Day	Date	Time	Topic
Wednesday	October 3	10:30 a.m.	Political Civility
Wednesday	October 10	10:30 a.m.	Meal Planning for One or Two
Friday	October 12	10:30 a.m.	Putting Your Best Foot Forward (Literally!)
Monday	October 15	2 p.m.	Right-Sizing: 4 Steps to Simplifying Your Home
Thursday	October 25	10:30 a.m.	"The Bike Path Killer" by Maki Becker and Michael Beebe
Tuesday	October 30	1:30 p.m.	Shakespeare's Sonnets
Friday	November 2	10:30 a.m.	America the Beautiful: Landscapes in Art
Monday	November 5	2 p.m.	Medical Marijuana

### ORCHARD PARK SENIOR CENTER • 70 LINWOOD AVE. REGISTER AT 662-6452

Day	Date	Time	Topic
Monday	October 1	1:30 p.m.	Quilt Patterns
Wednesday	October 3	1:30 p.m.	Islam and Clothing
Friday	October 5	1:30 p.m.	Keeping a Personal Health Care Journal
Thursday	October 11	1:30 p.m.	"The Bike Path Killer" by Maki Becker and Michael Beebe
Friday	October 12	1:30 p.m.	RFK's Road to the 1968 Presidential Campaign
Monday	October 15	1:30 p.m.	Getting the Upper Hand on Your Hand Pain
Thursday	October 18	1:30 p.m.	America the Beautiful: Landscapes in Art
Friday	October 19	1:30 p.m.	Social Welfare and the Larkin Company
Monday	October 22	1:30 p.m.	Yearning to Breathe Free: The Statue of Liberty
Tuesday	October 23	1:30 p.m.	Past, Present, and Future of the Flu
Thursday	October 25	1:30 p.m.	"Blind Eye: The Terrifying Story of A Doctor Who Got Away With Murder" by James B. Stewart
Friday	October 26	1:30 p.m.	Meal Planning for One or Two
Monday	October 29	1:30 p.m.	Nonsurgical Pain Relief: PRP and BMA Injections
Thursday	November 1	1:30 p.m.	Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS Little Rock, and USS Croaker
Friday	November 2	1:30 p.m.	Historic and Influential People from Buffalo, NY
Thursday	November 8	1:30 p.m.	Political Civility
Tuesday	November 13	1:30 p.m.	The Hubbard Effect: "It's All Elbert's Fault!"
Friday	November 16	9:30 a.m.	Your Own No-Cost Fitness Program
Friday	November 16	1:30 p.m.	Genealogy 101
Monday	November 19	1:30 p.m.	Origins of Taoist Tai Chi and Practical Applications
Monday	November 26	1:30 p.m.	Grief and Loss
Thursday	November 29	1:30 p.m.	Owls Habits and Habitats

## Class Listings by Site

### SCENE/CONCORD SENIOR CENTER • 40 COMMERCE DR. REGISTER AT 770-7277

Day	Date	Time	Topic
Friday	October 5	1 p.m.	Right-Sizing: 4 Steps Toward Simplifying Your Home
Friday	October 19	1 p.m.	Medical Marijuana
Friday	October 26	1 p.m.	When Prisoners are Patients
Friday	November 9	1 p.m.	The Larkin Soap Company

### TOWN OF AURORA SENIOR CENTER • 101 KING ST. REGISTER AT 652-7934

Day	Date	Time	Topic
Wednesday	October 10	1:30 p.m.	Iconic North Buffalo Landmarks in the 1920s
Wednesday	October 17	12:45 p.m.	Meal Planning for One or Two
Wednesday	October 24	1:30 p.m.	Theodore Roosevelt: America's Greenest President
Wednesday	October 31	1:30 p.m.	Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney
Wednesday	November 14	1:30 p.m.	Singapore: From Rags to Riches
Wednesday	November 28	1:30 p.m.	Putting Your Best Foot Forward (Literally!)

### TOWN OF TONAWANDA SENIOR CITIZEN CENTER • 291 ENSMINGER RD. REGISTER AT 874-3266

Day	Date	Time	Topic
Thursday	October 25	1 p.m.	Medications and Falls
Thursday	November 8	1 p.m.	"The Bike Path Killer" by Maki Becker and Michael Beebe
Friday	November 30	1 p.m.	Early Buffalo Music and Entertainment

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