

# UNIVERSITY EXPRESS



FALL  
2019

*"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,  
AND MORE!



UNIVERSITY EXPRESS IS BROUGHT TO YOU THROUGH A COLLABORATION OF:

- Amherst Senior Center
- Canterbury Woods
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- City of Tonawanda Public Library
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- The GreenFields
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ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES



**BlueCross BlueShield  
of Western New York**



**Excelsior  
Orthopaedics™**

*Wegmans*





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## JOIN THE MOVEMENT!

There's a revolution happening in joint replacement and Excelsior Orthopaedics is leading the way. Success rates are high, recovery times are low, and in some instances you can get a new knee, hip, or shoulder without ever setting foot in a hospital. In addition to having nationally recognized surgeons and facilities, Excelsior is pioneering an approach that puts patients in charge. And that's revolutionary. Appointments are available just as soon as you are, so there's no reason to wait.

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\$0 copay with most insurances. While supplies last. See pharmacy for details.

# Welcome to University Express, Fall 2019 Edition

Dear Friends,

I hope you had a pleasant summer and are ready to hit the books again! As your new commissioner of Erie County department of senior services, I'm excited to unveil what we have for you this semester.

We all have opportunities for growth and the ability to build our social networks. With University Express, you can stay active, engaged, and well-informed.

We'll continue to evolve our program to meet your needs. Thank you for your continued feedback and unwavering support for University Express. I hope you enjoy the wonderful line-up we have for you this semester. Happy learning!



David J. Shenk  
Commissioner  
Erie County Department  
of Senior Services



**ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES**



## Stay Fit Dining Program

Check out our new-and-improved lunch menus! Go to your nearest senior center for great deals on delicious meals\* and more perks, like free exercise classes and nutrition counseling.

There are 48 dining sites in Erie County, all serving menus like these.

### Menu

Roast turkey with gravy  
and cranberry sauce  
Mashed potatoes  
Peas and carrots  
Breakaway roll  
Apple pie with whipped  
topping



### Menu

Cranberry chicken salad  
on a bed of lettuce with  
classique dressing  
Club crackers  
Tropical fruit

To find the nearest location, visit [erie.gov/seniorservices](http://erie.gov/seniorservices) or call 858-8526.

\*Suggested confidential contribution is \$3.

## CLASS LOCATIONS

Amherst Senior Center  
370 John James Audubon Pkwy.  
Amherst 14228  
Phone: 636-3055 x3108

Canterbury Woods  
705 Renaissance Dr.  
Williamsville 14221  
Phone: 929-5823

Central Library  
1 Lafayette Square  
Buffalo 14203  
Phone: 858-8900

Cheektowaga Senior Center  
3349 Broadway St.  
Cheektowaga 14227  
Phone: 686-3930

City of Tonawanda Public Library  
333 Main St.  
City of Tonawanda 14150  
Phone: 693-5043

Clarence Senior Center  
4600 Thompson Rd.  
Clarence 14031  
Phone: 633-5138

Concord Senior Center  
40 Commerce Dr.  
Springville 14141  
Phone: 592-2768

Elma Public Library  
1860 Bowen Rd.  
Elma 14059  
Phone: 652-2719

Grand Island Golden Age Center  
3278 Whitehaven Rd.  
Grand Island 14072  
Phone: 773-9682

The GreenFields  
5953 Broadway St.  
Lancaster 14086  
Phone: 684-8400

Hamburg Senior Community Center  
4540 Southwestern Blvd.  
Hamburg, NY 14075  
Phone: 646-0665

Montabaur Heights  
4530 Ransom Rd.  
Clarence 14031  
Phone: 407-5104

Orchard Park Senior Center  
70 Linwood Ave.  
Orchard Park 14127  
Phone: 662-6452

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

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

Town of Tonawanda Senior Center  
291 Ensminger Rd.  
Tonawanda 14150  
Phone: 874-3266

## Which Side of the Skyway Are You On?

Learn about Buffalo's most famous bridge and the more than 100 years of controversy surrounding it.

**Instructor:** Angela Keppel, Buffalo historian, urban planner

**Tuesday, October 22 10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, November 20 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Opioid Epidemic: Where Are We Now?

Learn signs of an opioid overdose, the importance of taking medications as prescribed, and proper pill disposal.

**Instructor:** Cheryl Moore, medical care administrator,  
Erie County Department of Health

**Friday, October 4 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

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

Hamburg Senior Community Center, 646-0665 to register

## What's Ahead for Africa?

We'll examine the opportunities and challenges that face the next generation of African leaders.

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

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

Orchard Park Senior Center, 662-6452 to register

## Health Care Fraud

Find out how the Senior Medicare Patrol can help you prevent, detect, and report Medicare fraud.

**Instructor:** Beth Nelson, outreach counselor, New York  
StateWide Senior Action Council

**Wednesday, October 23 4 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Saturday, November 23 10 a.m.**

Central Library, 858-8900 to register

**Friday, December 13 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

## Why Hospitals Close

Discuss dilemmas and challenges created by technological advances and increasing costs. How can health care facilities produce more health, rather than just deliver more care?

**Instructor:** Dr. Lito Gutierrez, M.D., retired medical director  
of the Regional Medical Unit, Wende Correctional Facility,  
New York State Department of Corrections

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

Amherst Senior Center, 636-3055 x3108 to register

## Does Communication Technology Divide Our Generations?

Does new technology improve communication or set up barriers across generations?

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

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

Elma Public Library, 652-2719 to register

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

Orchard Park Senior Center, 662-6452 to register

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

Amherst Senior Center, 636-3055 x3108 to register



**Excelsior**  
Orthopaedics. healthy tip

Being active and following a regular exercise program are important to maintaining healthy bones. Weight-bearing exercise can help prevent osteoporosis too.



## Spot That Scam!

Learn the tactics scammers use to make you spend or buy. Be prepared for that phone call or letter in the mail.

**Instructors:** Sarah Duval, Esq., supervising attorney; Kathy Kanaley, social work supervisor, E-MDT coordinator, Center for Elder Law & Justice

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

Clarence Senior Center, 633-5138 to register

**Thursday, October 3 1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

**Tuesday, October 15 12:30 p.m.**

Concord Senior Center, 592-2768 to register

**Thursday, October 17 2 p.m.**

Elma Public Library, 652-2719 to register

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

The GreenFields, 684-8400 to register

**Thursday, November 14 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

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

Town of Tonawanda Senior Center, 874-3266 to register

## The Death of Fossil Fuels

The world remains dependent on oil, coal, and natural gas, yet the industry is rapidly crumbling. How will its decline impact the global economy?

**Instructor:** Adam Goldfarb, chartered financial consultant, chief sustainability officer, Goldfarb Financial Team

**Friday, November 15 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Labor Unions: Yesterday, Today, and Tomorrow

Unions formed in the mid-19th century in response to poor working conditions. Membership peaked around 35% in the 1950s yet was just 6.4% last year. Why is unionization declining?

**Instructor:** William Daniels, vice president, Civil Services Employees Association, Erie Unit, Downtown Section

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

Hamburg Senior Community Center, 646-0665 to register

## Roundabouts

Compare the origin of the modern roundabout with its predecessor, the traffic circle.

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

**Tuesday, October 29 7 p.m.**

Canterbury Woods, 929-5823 to register

## The US and the Muslim World

Creating partnerships with Muslim communities is one of the greatest challenges and opportunities facing the US. Review the history of US-Muslim relations to better understand the present situation.

**Instructor:** Faizan Haq, communication department faculty, Buffalo State College; founding president, Western New York Muslims

**Thursday, October 24 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register



healthy tip

Reconnect with your health and wellness goals by getting outside. Fall is a great time for hiking, biking, and adventuring through the great outdoors.

*Wegmans* healthy tip

Fiber intake is important for both gut and heart health. Focus on plant-based foods like fruits, vegetables, dry beans, nuts, seeds, and whole grains.



## The Universal Declaration of Human Rights

This document's passage is due almost entirely to its main architect and advocate, Eleanor Roosevelt. Learn how and why it was adopted in 1948 in the midst of the Cold War.

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

**Thursday, October 3** 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

**Thursday, October 17** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

**Monday, October 21** 3 p.m.

Canterbury Woods, 929-5823 to register

**Monday, October 28** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

**Monday, November 11** 2:30 p.m.

Montabaur Heights, 407-5104 to register

## Early Buffalo Residents

Hear about people who influenced the early history of our region, many of whom received national recognition for their accomplishments.

**Instructor:** Rick Falkowski, author

**Tuesday, November 12** 12:30 p.m.

Concord Senior Center, 592-2768 to register

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

Orchard Park Senior Center, 662-6452 to register

**Tuesday, December 10** 7 p.m.

Canterbury Woods, 929-5823 to register

**Wednesday, December 11** 6 p.m.

Grand Island Golden Age Center, 773-9682 to register

## Millard Fillmore Revisited

As the 13th US President, Fillmore signed the Fugitive Slave Act in 1850, requiring the return of runaway slaves. Hear about recent requests to deny attaching his name to places or things.

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

**Wednesday, October 16** 6 p.m.

Grand Island Golden Age Center, 773-9682 to register

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

Town of Tonawanda Senior Center, 874-3266 to register

## Late-1800s Buffalo

Learn about the mansions of Delaware Avenue and the residents who contributed to the region's identity, commerce, and politics.

**Instructor:** Rick Falkowski, author

**Wednesday, November 27** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

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

City of Tonawanda Public Library, 693-5043 to register

## The Anthropology of Conspiracy Theories

Belief in hidden forces plotting to subvert our way of life is universal and probably has its roots in the evolution of human sociality.

**Instructor:** Phillips Stevens, associate professor of Anthropology emeritus, University at Buffalo

**Thursday, November 21** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register



**Excelsior** Orthopaedics. healthy tip

Avoid falls by installing nightlights in your home. A clear path is especially helpful for nighttime trips to the bathroom.

## H.M.S. Bounty: A Mutiny in Paradise

In 1789, crew members mutinied against their captain during an exploratory voyage to Tahiti. We'll try to separate historical facts from popular legend.

**Instructor: Ron Smith, retired businessperson and history enthusiast**

**Thursday, November 21 2 p.m.**

Elma Public Library, 652-2719 to register

## Cults, Sects, and "Fringe Groups" in American History

Exclusive, focused social groups with aberrant or theological ideologies are common throughout history. Why do people join such organizations?

**Instructor: Phillips Stevens, associate professor of Anthropology emeritus, University at Buffalo**

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

Clarence Senior Center, 633-5138 to register

## Early History of Buffalo Music and Entertainment

Look back at the region's rich entertainment history, including early theaters, vaudeville houses, amusement parks, big band nightclubs, and radio stations.

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

**Monday, October 28 3 p.m.**

Canterbury Woods, 929-5823 to register

## Nelson Mandela

Born in an era of segregation and oppression in South Africa, Mandela's goal was an equal and democratic society. Discover how he went from prison cell to presidential office.

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

**Wednesday, October 2 6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Monday, November 25 3 p.m.**

Canterbury Woods, 929-5823 to register

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

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

**Instructor: Phillips Stevens, associate professor of Anthropology emeritus, University at Buffalo**

**Tuesday, October 22 2 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Monday, October 28 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

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

The GreenFields, 684-8400 to register

**Thursday, October 31 2 p.m.**

Elma Public Library, 652-2719 to register

## Their Great Adventure: WNY Men in World War I

From eager young volunteers to reluctant draftees, WWI veterans experienced the first modern warfare using tanks, airplanes, and long-range artillery.

**Instructor: Susan Eck, educator and student of local history**

**Monday, November 25 1 p.m.**

Town of Evans Senior Center, 947-0974 to register

## Their Great Adventure: WNY Women in World War I

Hear women describe why they volunteered with the Red Cross to assist French and American soldiers.

**Instructor: Susan Eck, educator and student of local history**

**Tuesday, October 22 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

**Monday, November 4 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register

## Their Great Adventure: WNY Aviators in World War I

Hear Laurence Dana Rumsey relate his adventures in learning to fly and the terror of being in the first dogfights.

**Instructor: Susan Eck, educator and student of local history**

**Tuesday, October 1 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Four Deployments

Listen to our speaker's experiences with emergency medical teams in Desert Storm, the Iraqi Freedom 2003 initial invasion, Eastern Afghanistan, and Kuwait.

**Instructor: David Shenk, master sergeant, US Army; commissioner, Erie County Department of Senior Services**

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

Cheektowaga Senior Center, 686-3930 to register

**Wednesday, October 30 2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

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

Orchard Park Senior Center, 662-6452 to register

## History of Buffalo Roadways

Discuss the history of Buffalo transportation, from to the Holland Land Company to the modern expressway.

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

**Tuesday, October 8 7 p.m.**

Canterbury Woods, 929-5823 to register

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

The GreenFields, 684-8400 to register

## Who Was That Man?

First Lady Jackie Kennedy was assigned her own Secret Service agent. Learn about his thoughts on being assigned to the first lady instead of the president.

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

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

Town of Tonawanda Senior Center, 874-3266 to register

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

Orchard Park Senior Center, 662-6452 to register

## Patient Life at the Buffalo State Asylum

Learn about 19th-century patients' daily life and treatment at the Buffalo State Asylum. We'll debunk urban legends associated with insane asylums during that period.

**Instructor: Rosanne Higgins, author; adjunct professor, Anthropology, University at Buffalo**

**Monday, October 7 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Thursday, October 24 2 p.m.**

Elma Public Library, 652-2719 to register

## Superstitions and Magical Thinking

Most superstitions are examples of basic patterns of thinking found in all cultures and periods of history and prehistory.

**Instructor: Phillips Stevens, associate professor of Anthropology emeritus, University at Buffalo**

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

Cheektowaga Senior Center, 686-3930 to register

**Friday, December 13 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Quilts and the Underground Railroad

It is believed that quilts were used as signals to help slaves escape via the Underground Railroad. Learn what the quilt blocks signified and the stories that go with them.

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

**Monday, December 9 3 p.m.**

Canterbury Woods, 929-5823 to register

**Wednesday, December 11 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register



## The Guaranty Building

Completed in 1895, this structure is recognized as a masterpiece of Louis Sullivan, who was called the “father of the skyscraper.”

**Instructor: Harry Meyer, docent and lecturer of Western New York history and architecture**

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

Grand Island Golden Age Center, 773-9682 to register

**Wednesday, October 9** **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## How Did Christmas Begin?

Did Christmas really begin as a pagan feast, as so many claim? We’ll go back to the 4th century to the first evidence of Christmas celebrations.

**Instructor: Dr. Susan K. Roll**

**Friday, November 15** **1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Monday, November 25** **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Tuesday, November 26** **2 p.m.**

Elma Public Library, 652-2719 to register

## Escape from Alcatraz

In 1962, three men broke out of this supposedly “escape-proof” penitentiary, never to be seen or heard from again. Were they successful?

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

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

Concord Senior Center, 592-2768 to register

**Friday, November 15** **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Wegmans healthy tip

Hydration is the basis for good health. Most fruits and veggies are 80% water and can help you hydrate in a healthy way.



## 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!

## HUMANITIES

### Writing about Your Experiences

Writing can be intimidating. Where do you start? Who is going to read it? Hear our speaker's journey to becoming an author and what she learned along the way.

**Instructor:** Lissa Marie Redmond, published author; retired police detective

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

Elma Public Library, 652-2719 to register

**Wednesday, November 13** 4 p.m.

Amherst Senior Center, 636-3055 x3108 to register

**Tuesday, November 26** 7 p.m.

Canterbury Woods, 929-5823 to register

### Three Identical Strangers

Based on the movie of the same name, learn the story of adopted siblings who found each other after being separated for almost 20 years.

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

**Tuesday, November 19** 7 p.m.

Canterbury Woods, 929-5823 to register

**Monday, December 2** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

### Immigrant Memoirs

Examine memoirs by immigrants or the children of immigrants.

**Instructor:** Linda Drajem, retired English teacher and current memoirist

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

Hamburg Senior Community Center, 646-0665 to register

**Tuesday, October 22** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

### International Travel Photography

Discover picturesque locations around the world while you learn how to take better travel photos.

**Instructor:** John Harrigan, Ph.D., professor of Communication and Media Arts, SUNY Erie

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

Orchard Park Senior Center, 662-6452 to register

**Thursday, October 24** 2 p.m.

Hamburg Senior Community Center, 646-0665 to register

### "To Kill a Mockingbird"

Delve into Harper Lee's popular and timeless novel about racial prejudice and growing up in the South.

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

**Thursday, October 10** 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

### Travel to Paris

This photo-filled class will guide you to make the most of your time in Paris.

**Instructor:** Lawrence Cheeley, European traveler

**Thursday, October 17** 7 p.m.

Canterbury Woods, 929-5823 to register

### "A Clean Well-Lighted Place" by Ernest Hemingway

Hemingway's Iceberg Theory of Writing says that most of what is meant in a story is beneath the surface. This classic short story illustrates this philosophy brilliantly.

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

**Monday, November 18** 3 p.m.

Canterbury Woods, 929-5823 to register



### healthy tip

Flu season is here. Be sure to wash your hands often to help prevent the spread of germs. Use soap and clean running water lathering for at least 20 seconds.

## HUMANITIES

### **The Hat as Art!**

Focus attention on the neck up in several artworks and views of unusual headwear design from fashion history. Bring a favorite hat and a story to share.

**Instructor: Jean Serusa, B.S., M.S.; certified art educator**

**Thursday, October 3 6:30 p.m.**

Clarence Senior Center, 633-5138 to register

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### **Travel to Florence**

Thinking about traveling to Florence or just want to feel like you have been there?

**Instructor: Lawrence Cheeley, European traveler**

**Thursday, October 24 7 p.m.**

Canterbury Woods, 929-5823 to register

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### **Travel to Venice**

Let's glide through Venice and learn about the major sights.

**Instructor: Lawrence Cheeley, European traveler**

**Thursday, November 21 7 p.m.**

Canterbury Woods, 929-5823 to register

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### **"Of Mice and Men" by John Steinbeck**

Delve into this literary masterpiece about loneliness, despair, friendship, and the need for place in our lives.

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

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

Orchard Park Senior Center, 662-6452 to register

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### **The Longing for Restored Community in Contemporary American Film and Literature**

Examine the shift in culture from the mid-1960s to the present illustrated through film and literature.

**Instructor: Robert Butler, professor emeritus of English,  
Canisius College**

**Friday, November 8 3 p.m.**

Canterbury Woods, 929-5823 to register

### **"Animal Farm" by George Orwell**

Discuss the novel inspired by the Russian Revolution of 1917 that satirically illustrates what happens when revolution takes place and the wrong leader emerges.

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

**Thursday, October 24 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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### **Art in Paris**

Get whisked away by the beauty of art in Paris. Journey through the D'Orsay Museum, the Picasso Museum, Musée Marmottan Monet, Notre Dame, and more.

**Instructor: Lawrence Cheeley, European traveler**

**Friday, December 6 3 p.m.**

Canterbury Woods, 929-5823 to register

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### **Maryla Lednicka (1893–1947): A Forgotten Polish Artist**

Examine the contemporary responses to the sculptor's creations and discuss how the tragic events of World Wars I and II shaped her destiny.

**Instructor: Andrew Kier Wise, professor of History and  
director of the Center for Polish Studies, Daemen College**

**Monday, October 7 3 p.m.**

Canterbury Woods, 929-5823 to register

**Friday, December 6 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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### **Poetry of Mary Oliver**

This winner of the 1992 Pulitzer Prize in Poetry is the most widely read poet in the US. We will read "Wild Geese" and other poems to see what she sees.

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

**Monday, October 14 3 p.m.**

Canterbury Woods, 929-5823 to register



## HUMANITIES

### Henry Flagler: Opening up Florida

Flagler became a major name in Florida's railway and tourism history. With labor methods both praised and panned, his legacy manifests to millions of Floridians and seasonal "snowbirds."

**Instructor:** Jean Serusa, B.S., M.S.; certified art educator

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

Orchard Park Senior Center, 662-6452 to register

### Burchfield Paints the Town

In 1944, watercolorist Charles Burchfield was asked, "What do you paint?" He replied that he featured scenery near his home here in Western New York. Learn about his romantic depictions of town and nature.

**Instructor:** Nancy Barlow, retired teacher

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

Elma Public Library, 652-2719 to register

**Friday, October 18** 3 p.m.

Canterbury Woods, 929-5823 to register

**Monday, November 4** 2:30 p.m.

Montabaur Heights, 407-5104 to register

### Purpose in the Landscape

From running her own cut-flower farm to guiding private landscape restoration projects, our speaker's experience will help you gain inspiration for your own landscape.

**Instructor:** Nell Gardner, Martin House horticulturist

**Wednesday, October 2** 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

### *Wegmans* healthy tip

Potassium-rich foods can help lower blood pressure. Choose foods like bananas, plain yogurt, baked potatoes with skin, or cooked spinach.

## LAW AND FINANCES

### Debt! The Good, the Bad, and the Ugly

Debt is a scary word, but it doesn't have to be. We'll talk about credit cards, student loans, reverse mortgages, credit scores, and more.

**Instructor:** Adam Goldfarb, chartered financial consultant, chief sustainability officer, Goldfarb Financial Team

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

City of Tonawanda Public Library, 693-5043 to register

### Understanding Veterans Benefits

Learn about the many federal, state, and local benefits for which veterans, current service members, and their families may be eligible.

**Instructors:** Felice Krycia and Daniel Ratka, veterans service officers, Erie County Veterans Service Agency

**Wednesday, October 9** 1:30 p.m.

The GreenFields, 684-8400 to register

**Wednesday, November 6** 6 p.m.

Clarence Senior Center, 633-5138 to register

**Tuesday, November 12** 1 p.m.

Town of Evans Senior Center, 947-0974 to register

**Wednesday, December 4** 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register



### Excelsior Orthopaedics healthy tip

Cross-training is an ideal way to develop a balanced fitness program. Varying your workout routines engages different muscle groups.

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

Hear a variety of techniques to safeguard your assets, such as 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 14** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

## Grandparents' Rights and Issues

Hear what legal channels are available to address custody, visitation, asserting claims, and more.

**Instructor:** Paul Buchanan, Esq., senior family counsel, HoganWillig Attorneys at Law; former judge, Erie County Family Court

**Friday, November 1** 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

## Financial Benefits Check-Up: You Gave, Now Save!

The class will focus on five core financial benefits for which Medicare beneficiaries commonly qualify. Come prepared with an idea of your household income and resource amounts.

**Instructor:** Melissa Dentice, aging and disability resource representative; Rachael Vega, senior case manager, Erie County Department of Senior Services

**Wednesday, October 16** 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

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

City of Tonawanda Public Library, 693-5043 to register

**Thursday, November 14** 2 p.m.

Elma Public Library, 652-2719 to register

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

Grand Island Golden Age Center, 773-9682 to register

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

Clarence Senior Center, 633-5138 to register

## Is Your Financial Plan at Odds with Your Will?

It isn't unusual for a will to say one thing and a financial plan to say another. Examine the potential consequences of important documents that don't match up.

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

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

City of Tonawanda Public Library, 693-5043 to register

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

Town of Aurora Senior Center, 652-7934 to register

**Tuesday, December 10** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## When There Is No Will: Intestate Law and the Probate Process

What happens when a person dies without a last will and testament? Filing for administration and challenging distributees will be among the topics covered.

**Instructors:** Jessica Peraza, Esq., and Brooke Barron, Esq., estates department counsel, HoganWillig Attorneys at Law

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

Amherst Senior Center, 636-3055 x3108 to register

## What Is a Trust and Who Needs One?

It is a misconception that trusts are complicated, expensive, and only for the wealthy. This simple exploration will be free of legalese and will include a Q&A session.

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

**Monday, October 28** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

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

Town of Aurora Senior Center, 652-7934 to register

**Monday, November 18** 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

## End-of-Life Dreams and Visions 2.0

Take a look at the latest research on the dreams of the dying and what they mean.

**Instructors:** Pei C. Grant, Ph.D., research director; Kate Levy, MSW, AdvStat, clinical researcher, Palliative Care Institute

**Wednesday, October 23** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

**Wednesday October 30** 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register

## AFib: A Matter of the Heart

More than 2.7 million Americans live with atrial fibrillation. We will discuss common symptoms, diagnosis, and treatment and management options.

**Instructor:** Great Lakes Cardiovascular

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

The GreenFields, 684-8400 to register

## Let's Talk about Women's Health

Learn about causes, symptoms, diagnosis, and treatment of pelvic disorders.

**Instructor:** Dr. Kirakosyan, General Physician, PC

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

The GreenFields, 684-8400 to register

## Fat Facts

Learn about fats — which are the healthiest and which to limit. We'll share tips for adding healthy fats to your meals without sacrificing taste.

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

**Monday, November 25** 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

**Wednesday, December 4** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## Fitness Training for Brain Health

Discover how the combination of physical and mental exercises can help keep the brain healthy. Participate in fun activities that can improve your fitness and your mental alertness.

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

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

Amherst Senior Center, 636-3055 x3108 to register

**Friday, November 15** 3 p.m.

Canterbury Woods, 929-5823 to register

**Monday, November 18** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

**Wednesday, November 20** 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

## The 10 Warning Signs of Alzheimer's

Learn the warning signs, separate myth from reality, and hear from people impacted by Alzheimer's.

**Instructor:** Alzheimer's Association

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

City of Tonawanda Public Library, 693-5043 to register

## Immunotherapy: What Is It? What Is the Promise? What Is Roswell Park's Role?

Immune responses can effectively control some human cancers, improving the lives of people who have cancer or those who are at risk of developing it.

**Instructor:** Dr. Sharon Evans, professor, Immunology, Roswell Park Comprehensive Cancer Center

**Wednesday, November 6** 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

**Thursday, December 12** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register



## Parkinson's 101

Discuss what Parkinson's disease is and identify signs and symptoms, who it strikes, causes, and current treatments.

**Instructor: Christopher Jamele, executive director, Parkinson's Foundation, Western New York Chapter**

**Monday, October 21 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## What is Prediabetes?

What testing can be done and what are normal blood ranges? Talk about causes and risk factors, and leave with nutritional tips and exercise ideas.

**Instructor: Darcie Hanson, R.N., clinical coach, BlueCross BlueShield of Western New York**

**Thursday, November 21 2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Dr. Roswell Park (1852–1914), Renaissance Man

Learn about this brilliant man's contributions to the city as well as to the global advancement of cancer research and treatment.

**Instructor: Cynthia A. Schwartz, director, Alliance Foundation Ambassador Program, Roswell Park Comprehensive Cancer Center**

**Wednesday, October 9 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

**Monday, October 21 2:30 p.m.**

Montabaur Heights, 407-5104 to register

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

Grand Island Golden Age Center, 773-9682 to register

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

The GreenFields, 684-8400 to register

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

City of Tonawanda Public Library, 693-5043 to register

## Is It Safe to Eat That?

Discuss where listeria, E. coli, and salmonella come from, why they are harmful, and how to protect ourselves from these contaminants.

**Instructor: John Shields, retired food microbiologist**

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

Cheektowaga Senior Center, 686-3930 to register

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

Amherst Senior Center, 636-3055 x3108 to register

**Tuesday, November 12 10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Tuesday, November 19 12:30 p.m.**

Concord Senior Center, 592-2768 to register

## Vitamin D: The Sunshine Vitamin

Learn why Buffalo and other Northern cities are at risk for low vitamin D and ways to increase your levels.

**Instructor: Darcie Hanson, R.N. clinical coach, BlueCross BlueShield of Western New York**

**Tuesday, October 22 12:30 p.m.**

Concord Senior Center, 592-2768 to register

**Thursday, November 7 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## Osteoporosis and Falls

Learn what causes older adults to fall more frequently and how osteoporosis and falls are related.

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

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

Orchard Park Senior Center, 662-6452 to register

## Beyond Prescriptions: Treating Chronic Pain with Behavioral Medicine

Discuss the nature of chronic pain, how it differs from acute pain, and drug-free treatment options.

**Instructor:** Christopher D. Radziwon, Ph.D., internal medicine,  
University at Buffalo Medical department

**Friday, November 15** **1:30 p.m.**

The GreenFields, 684-8400 to register

## DNA Testing for Genealogy

Learn the types of DNA testing, what testing can tell you, and how DNA can be applied to genealogy research.

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

**Monday, October 28** **2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

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

City of Tonawanda Public Library, 693-5043 to register

## Plant Power! The Benefits of a Whole Food, Plant-Based Diet

Compare vegetarian, vegan, and plant-based ways of eating for health, disease reversal, and prevention. You'll also take home meal recipes.

**Instructor:** Jennifer Kuhrt, population health manager,  
BlueCross BlueShield of Western New York

**Saturday, October 26** **10 a.m.**

Central Library, 858-8900 to register

**Monday, October 28** **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

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

City of Tonawanda Public Library, 693-5043 to register

## *Wegmans* healthy tip

Go "half-plate healthy" by filling half your plate with fruits and veggies and the other half with anything else. This easy step helps you keep portions in check!

## Healthy Brain

How does lifestyle impact your mental health? Learn the basics of the brain and how your lifestyle affects how your brain changes.

**Instructor:** Miranda Zagorski, health coach,  
BlueCross BlueShield of Western New York

**Monday, December 9** **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Clinical Trials:

### Tomorrow's Treatments Today

Learn about clinical trials and the innovative treatments available at Roswell Park.

**Instructor:** Dawn DePaolo M.S., BSN, R.N., CCRP, senior clinical  
research administrator, Early Phase Clinical Trials Program,  
Roswell Park Comprehensive Cancer Center

**Monday, October 21** **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Food Is Medicine

From air we breathe to meals we eat, it all affects our energy, health, and bodies. Explore interesting foods for their medicinal effects.

**Instructor:** Riffat Sadiq, M.D., president of Western New York  
Medical, PC

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

Orchard Park Senior Center, 662-6452 to register



## healthy tip

Exercising your mind is just as important as exercising your body. Meditation can enhance emotional health, improve sleep, and even lower blood pressure. Try deep breathing exercises or yoga.

## Everything You Ever Wanted to Know about Senior Sexuality but Were Afraid to Ask

Learn about sexuality in older age, safe dating practices, sex and your health, and safe sex practices.

**Instructor:** Kelly Asher, community coalition coordinator, Erie County Department of Health

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

City of Tonawanda Public Library, 693-5043 to register

**Thursday, October 17** 6:30 p.m.

Clarence Senior Center, 633-5138 to register

**Wednesday, November 6** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

**Friday, November 22** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

## The Conversation Project

Learn more about this national campaign that encourages talking to loved ones about your wishes for future care to ensure your end-of-life wishes are respected.

**Instructors:** Sandra Lauer, R.N., director of continuum of care, Erie County Medical Center; Elder Wiggins, chaplain, Terrace View Long-Term Care; Juli Chikaraishi, project manager, Supportive Care and Palliative Medicine, Erie County Medical Center

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

Orchard Park Senior Center, 662-6452 to register

**Friday, November 22** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## Using Native Plants in Your Garden

Discover the relationship of native plants to insects, birds, animals, and the ecosystem, including a large variety of native plants that grow successfully in our area.

**Instructor:** Lyn Chimera, master gardener, Cornell Cooperative Extension; owner, Lessons from Nature

**Tuesday, October 8** 12:30 p.m.

Concord Senior Center, 592-2768 to register

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

Orchard Park Senior Center, 662-6452 to register

## Retirement: What Should I Do with All This Time?

Learn how a creative problem-solving process can help you brainstorm solutions for your retirement.

**Instructor:** Rob Kubiak, creative problem-solving facilitator

**Friday, November 22** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

**Thursday, December 12** 1 p.m.

Town of Tonawanda Senior Center 874-3266 to register

## Football 101

Learn football basics so that you can enjoy watching the Buffalo Bills as they begin a new season.

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

**Tuesday, October 15** 7 p.m.

Canterbury Woods, 929-5823 to register

## Magical Thinking in Complementary and Alternative Medicine

Consider what anthropologists mean by "magic," then examine alternative healing practices like homeopathy and others based in concepts of energy.

**Instructor:** Phillips Stevens, associate professor of Anthropology emeritus, University at Buffalo

**Monday, October 14** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

## What You Can Do to Prevent Falls

Learn ways to make your home safer and exercises to reduce your risk of falling.

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

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

City of Tonawanda Public Library, 693-5043 to register



## Rehabilitation and Skilled Nursing Facilities: How to Choose

Learn how to select a nursing home, hear about resident rights, and discuss tips on advocating for yourself and others.

**Instructors:** Lindsay Heckler, supervising attorney, Center for Elder Law & Justice; Anthony Szczygiel, Esq., professor emeritus, University at Buffalo Law School

**Wednesday, October 2** 1:30 p.m.

The GreenFields, 684-8400 to register

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

City of Tonawanda Public Library, 693-5043 to register

**Wednesday, October 16** 10 a.m.

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, October 30** 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register

**Saturday, November 16** 10 a.m.

Central Library, 858-8900 to register

## What to Do with All Those Herbs

Make use of your garden's bounty — learn how to prepare tomato sauce with basil, handmade pasta, herbal salad, herbal bread, and lavender shortbread.

**Instructor:** Carol Ann Harlos, master gardener, Cornell Cooperative Extension; garden writer and speaker

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

Hamburg Senior Community Center, 646-0665 to register

## Book Clubs and the Health Benefits of Reading

Reading can ease depression, cut stress, and reduce the chances of developing Alzheimer's. Learn how to start a book club and create a reading plan of your own.

**Instructor:** Rob Kubiak, president, Buffalo Men's Book Club

**Thursday, October 31** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

**Saturday, November 9** 10 a.m.

Central Library, 858-8900 to register

**Friday, December 13** 3 p.m.

Canterbury Woods, 929-5823 to register

## Fantasy Sports

What are they? How do they work? How do you win? Come learn the basic ins and outs of the fantasy sports realm.

**Instructor:** Ryan Gadzo, research analyst, Erie County Department of Senior Services; two-time fantasy sports champion

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

Amherst Senior Center, 636-3055 x3108 to register

**Wednesday, December 4** 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

## Left Brain vs. Right Brain

Explore basic concepts of the brain's hemispheres to understand more about yourself and others, then challenge yourself with fun games and optical illusions.

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

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

Grand Island Golden Age Center, 773-9682 to register

**Thursday, October 10** 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

## Keeping Bees

What does keeping beehives entail? What does the bee keeper do? These questions and others will be answered.

**Instructor:** Carol Ann Harlos, master gardener, Cornell Cooperative Extension; garden writer and speaker

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

Clarence Senior Center, 633-5138 to register

**Monday, October 28** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## Identifying Plant Problems

What are the most common plant diseases and insects? What can you do to control them or avoid them in the first place?

**Instructor:** Lyn Chimera, master gardener, Cornell Cooperative Extension; owner, Lessons from Nature

**Monday, October 14** 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## Effective Communication Strategies

Gain practical information and resources to decode verbal and behavioral messages from people with dementia.

**Instructor:** Alzheimer's Association

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

Amherst Senior Center, 636-3055 x3108 to register

## Genealogy 101

Learn basic concepts, types of records used, and an overview of the genealogy resources available.

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

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

City of Tonawanda Public Library, 693-5043 to register

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

Amherst Senior Center, 636-3055 x3108 to register

**Monday, November 18** **1 p.m.**

Town of Evans Senior Center, 947-0974 to register

## Self-Advocacy and Medications

This interactive class will empower older people and their caregivers with knowledge, skills, and tools to promote self-advocacy and reduce potential medication harm.

**Instructor:** Molly Ranahan, research assistant professor,  
Family Medicine, University at Buffalo

**Wednesday, October 16** **6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

**Tuesday, November 5** **12:30 p.m.**

Concord Senior Center, 592-2768 to register

**Thursday, December 5** **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Saturday, December 7** **10 a.m.**

Central Library, 858-8900 to register

## A Famous Person You've Never Heard Of

Is this a contradiction of terms? No. How and why was a significant legacy expunged from the history of wellness? Join us to find out.

**Instructor:** Richard Derwald, senior fitness coordinator,  
Erie County Department of Senior Services

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

Amherst Senior Center, 636-3055 x3108 to register

## Healthy State of Mind: Creating Overall Well-being

Learn about common mental health myths, warning signs, supports available, and ways to proactively manage your own mental health.

**Instructor:** Jocelyn Bos-Fisher, LMSW

**Wednesday, November 13** **6 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## Where to Start?

Delivering a eulogy can be a daunting task. You'll learn various techniques to convey honor and dignity.

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

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

City of Tonawanda Public Library, 693-5043 to register

## Brain Games

Enjoy fun games that challenge your brain and learn strategies to think in a different way.

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

**Wednesday, November 6** **1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

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

Grand Island Golden Age Center, 773-9682 to register

## WELLNESS AND PERSONAL ENRICHMENT

### Plants for Birds

Explore the relationship between native plants, insects, and birds and learn how planting native plant species can help our songbird populations year-round.

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

**Friday, October 25** **3 p.m.**

Canterbury Woods, 929-5823 to register

### Self-Talk

Learn about positive and negative self-talk, your triggers, and encouraging a positive outlook.

**Instructor: Miranda Zagorski, health coach, BlueCross BlueShield of Western New York**

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

Cheektowaga Senior Center, 686-3930 to register

**Monday, December 2** **3 p.m.**

Canterbury Woods, 929-5823 to register



### healthy tip

Practice food safety during the holidays. Remember to wash hands and surfaces, cook foods to proper temperatures, and refrigerate them promptly.

### Wrapping Up the Gardening Season

Learn how to cut back perennials, protect plants, and more that will help your garden survive winter and emerge in the spring.

**Instructor: Peggy Koppmann, master gardener, Cornell Cooperative Extension**

**Friday, October 4** **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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

Clarence Senior Center, 633-5138 to register

**Tuesday, October 8** **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register



### Excelsior Orthopaedics. healthy tip

Whether you're putting deck chairs in storage or shoveling snow, 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.

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## ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

95 Franklin Street, 13th Floor  
Buffalo, NY 14202



Erie County Department of Senior Services



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