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An exciting partnership to bring
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FALL 2011

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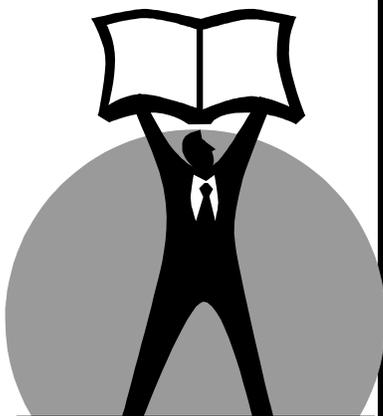
Baptist Manor
276 Linwood Ave., Buffalo 819-1820

Canterbury Woods
705 Renaissance Dr., Williamsville 929-5823

Cheektowaga Sr. Ctr.
3349 Broadway, Cheektowaga 686-3930

Clarence Sr. Ctr.
4600 Thompson Rd., Clarence 633-5138

Orchard Park Sr. Ctr.
70 Linwood Ave., Orchard Park 662-6452



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For
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Age 55+**

University Express—Get on Board!

See again how much fun learning is! Join other adults interested in learning and discussion about current events, history, science and more!

Classes are FREE !

Step 1: Find a class (or several) you find interesting.

Step 2: Call each location - phone numbers on front cover. Registration is required!

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History

The Declaration of Independence. The Declaration of Independence announced that the 13 colonies were free and independent of England. In the short term, it gained sympathy for the cause of independence among the colonists. In the long run, it contained important guiding principles that have been key to our country's government as a democracy.
Instr: Bruce Caley, retired teacher, Buffalo Schools

- Wed. Nov. 9. at 3 PM - Orchard Park Sr. Center

The American Revolution. The American Revolutionary war started in 1775, set off by a British army trying to seize ammunitions in Concord, MA. What factors led to the downfall of British rule in America and the rise of the revolutionaries' own independent nation, the United States of America?
Instr: Bruce Caley, retired teacher, Buffalo Schools

- Wed. Nov 16 at 3 PM - Orchard Park Sr. Center

The US Constitution: The Constitution stands as a model of cooperative political movements, laying out how much power to allow the central government, how many representatives in Congress per state and how these representatives should be elected, and more. We'll explore the power contained within this document that not only grants rights to US citizens but also ordains responsibilities of freedom.
Instructor: Bruce Caley, Buffalo Schools

- Wed. Nov 23 at 3 PM - Orchard Park Sr. Center

History of the US Flag: Walk through the history of Old Glory, and find out why we have five pointed stars, who designed our first flag, and the origins of the Pledge of Allegiance. Learn the etiquette of handling the flag. How do you clean a US flag? When do you fly a flag at half mast? Can the US flag be displayed 24 hours per day? Instructor: Richard Helmbrecht, Scout leader & member of National Flag Foundation.

- Thurs. Nov. 3 at 2 PM - Baptist Manor

War of 1812: Fury, Frenzy and Honor: The War of 1812 was full of contrasts: sense and nonsense, penny-wise and pound foolish, bravery and cowardice. Exploring this war's history offers poignant and provocative surprises. Instructor: Raya Lee, B&EC Library Manager /Lecturer/Storyteller/ Author;

- Tues. Oct. 25 at 3 PM - Orchard Park Sr. Ctr.
- Thurs. Oct. 27 at 1:30 PM - Baptist Manor

The Cold War 1945-1961 With the explosion of the first atomic bomb in New Mexico on July 16, 1945, a new history of the world began where war between great powers could never be the same. The Cold War was not a shooting war but a war of nerves and suspicion between Moscow and Washington. Europe was divided into two armed camps while the two superpowers held the survival of the world in their hands. Instr: Jerry Spinley, retired teacher

- Thurs. Nov 10 at 1 PM, Orchard Park Sr. Center

The Many Faces of Marie Antoinette Much has been written about the Reign of Terror during the French Revolution and many stories have been circulated about Marie Antoinette (such as her famous quote, "Let them eat cake."). We'll discuss myths and fallacies via excerpts from films, Patrice Leconte's *Ridicule* and Sofia Coppola's *Marie Antoinette*, Instructor: Eileen Angelini, Prof. French, Canisius College

- Tues. Nov. 29 at 1 PM at Orchard Park Sr. Center

From Acadian to Cajun: The Great Deportation from Nova Scotia to the Louisiana Bayous. Cajuns are descendants of French-speaking Acadians. *Cajun* is a corruption of the word *Acadian*. Several thousand French-speaking refugees from the region of Acadie (now Nova Scotia, Canada) made their way to Louisiana after being expelled in 1755 by the newly ascendant British, and sent penniless from their home territory. Instr: Eileen Angelini, Prof. French, Canisius College

- Tues. Oct. 4 at 1 PM at Orchard Park Sr. Center

Maurice “Rocket” Richard: The Man and the Legend. Richard was the cornerstone of the Montreal Canadiens' dynasty that won five straight Stanley Cups. Long after his years of playing professional hockey with the Montreal Canadiens, Maurice Richard remains a symbol of unity for French Canadians. This presentation will explore his lasting legacy as well as how he came to be known as the “Rocket”.

Instr: Eileen Angelini, Prof. French, Canisius College

- Thurs. Nov. 10 at 10 AM – Cheektowaga Sr. Ctr.
- Wed. Nov 23 at 1:30 PM, Clarence Sr. Center
- Mon., Dec. 19 at 8 PM, Canterbury Woods.

Current Affairs

Deficit Reduction, Medicare, & Social Security

By November 23, three Democrats and three Republicans from each chamber -- the “Super Committee”-- are charged with finding \$1.5 trillion in additional deficit reduction measures. In theory, everything is on the table, including defense spending; entitlements and revenues. What changes might be considered by the Super Committee, such as eligibility age, payments to providers, premiums, etc. Instr: Bill Armbruster, AARP Assoc. State Dir. For Western & Central NY

- Thurs. Oct. 6 at 3 PM - Orchard Park Sr. Ctr.
- Mon. Nov. 14 at 1 PM - Amherst Sr. Ctr.

Women, Education, and the Future of Afghanistan.

School construction projects, vocational and educational training offer Afghan girls new opportunities. Are they successful for the individuals, their communities and ultimately the Afghan nation as a whole? What’s the likely impact on the future of Afghanistan? Instr: Anthony Agnello, teacher, former Peace Corps Volunteer who served in Afghanistan

- Mon. Oct. 10 at 8 PM - Canterbury Woods
- Fri. Oct. 14 at 10 AM – Baptist Manor
- Mon. Nov. 21 at 1 PM – Orchard Park Sr. Center

US Foreign Policy: Iraq/ Afghanistan/ Libya:

The war in Iraq and its fallout have been at the center of U.S. foreign policy since the overt march to war began in 2002. To what extent has the U.S.-led war on terrorism left in its wake a less stable world than existed on September 11th, 2001? What challenges and choices can contain chaos in this region while reducing the need for US and European forces?

Instr: Phillip Arena, Asst. Prof., Poli. Sci. SUNY Buffalo.

- Mon. Nov. 14 at 8 PM, Canterbury Woods

Does it Advance US National Security Interests to Promote Democracy Abroad?

Most 20th century US presidents have deemed democracy promotion a focus of foreign policy. After WWII, the US played a significant role in widening democracy in Western Europe, often citing security benefits. U.S. enthusiasm for democracy promotion has been shaken due to political and economic setbacks including turmoil in post-invasion Iraq. As protests sweep the Middle East, how should the US handle the potential demise of friendly autocrats in strategically important countries, while offering support to those demanding democracy? Instr: Phillip Arena, Poli. Sci., SUNY Bflo.

- Wed. Oct. 5 at 6:30 PM, Clarence Senior Center
- Tues. Nov. 15 at 3 PM, Orchard Park Sr. Ctr.

The Arab/ Israeli Conflict: It is often said that Jews and Muslims have been fighting over the Holy Land for thousands of years, with the implication being that the prospects for peace are dismal and the primary obstacle to peace is religious fervor. What role might other factors, such as territory and resources, play? Is a negotiated settlement between Israel and the Palestinians truly unthinkable? If so, is religion really the best explanation for that? Instructor: Philip Arena, Asst. Prof., Political Science, SUNY Buffalo.

- Mon. Oct. 3 at 8 PM, Canterbury Woods

The Humanitarian Crisis in the Horn of Africa.

12 million people are suffering from drought, famine and armed conflict in Somalia and the Horn of Africa.... Why is this a recurring problem? To what extent can the situation be addressed by humanitarian aid, policy changes, government intervention, or new infrastructure or agricultural changes? Inst: Claude Welch, Prof. Poli. Sci., Human Rights Center, SUNY Buffalo.

- Friday, Nov. 18 at 1:30 PM, Baptist Manor

The European Debt Crisis.

Since the financial crisis hit in 2008, a wave of debt crises have swept over European Union, threatening various countries with default and endangering the future of the euro. What are the differences and similarities of the crisis in countries such as Greece, Portugal, Ireland, Italy and Spain? What options may help to stabilize European markets? What is the future of the Euro zone? Why has the European debt crisis had such a large impact on US financial institutions and the global economy? Instructor: Laurie Buonanno, Prof./ Chair. Political Science, Buffalo State College

- Tues. Nov. 1 at 3 PM - Orchard Park Sr. Center
- Tues., Nov. 15 at 1:30 PM – Clarence Sr. Center
- Thurs. Nov. 17 at 1 PM - Amherst Senior Center

Fall 2011 University Express Semester Schedule

Amherst Senior Center, Call 636-3059 to Register:

Deficit Reduction, Medicare & Social Security	Mon.	Nov. 14	1:00 PM
European Debt Crisis	Thurs.	Nov. 17	1:00 PM

Baptist Manor, Call 819-1820 to Register:

Birds of Prey in WNY	Thurs.	Oct. 6	1:30 PM
Guaranty Building	Thurs.	Oct. 13	1:30 PM
Women, Education and Future of Afghanistan	Fri.	Oct. 14	10:00 AM
How to be a Good Friend	Thurs.	Oct. 20	1:30 PM
War of 1812	Thurs.	Oct. 27	1:30 PM
History of the US Flag	Thurs.	Nov. 3	2:00 PM
Humanitarian Crisis in the Horn of Africa	Fri.	Nov. 18	1:30 PM

Canterbury Woods, Call 929-5823 to Register:

Arab-Israeli Conflict	Mon.	Oct. 3	8:00 PM
Women, Education and Future of Afghanistan	Mon.	Oct. 10	8:00 PM
Insanity Defense	Mon.	Oct. 17	8:00 PM
Buffalo's Brewing Legacy	Mon.	Oct. 24	8:00 PM
The Evil Witch	Tues.	Oct. 25	8:00 PM
US Foreign Policy: Iraq/ Afghanistan/ Libya	Mon.	Nov. 14	8:00 PM
When You Disagree with your Doctor	Mon.	Nov. 21	8:00 PM
Maurice "Rocket" Richard	Mon.	Dec. 19	8:00 PM

Cheektowaga, Call 686-3930 to Register:

Controlling Your Blood Sugar with Hemoglobin Test	Wed.	Sept. 28	1:00 PM
What's Invading WNY?!	Wed.	Oct. 12	1:00 PM
Investing 101	Tues.	Oct. 18	10:00 AM
Wisdom of Wellness	Wed.	Oct. 19	10:45 AM
Finger Lakes Wine Region	Mon.	Oct. 24	2:00 PM
When You Disagree with your Doctor	Wed.	Oct. 26	1:00 PM
Sharia Law	Wed.	Nov. 2	11:00 AM
Maurice "Rocket" Richard	Thurs.	Nov. 10	10:00 AM
Show Me the Monet	Mon.	Nov. 14	2:00 PM

Fall 2011 University Express Semester Schedule

Clarence Senior Center, Call 633-5138 to Register:			
Controlling Your Blood Sugar with Hemoglobin Test	Mon.	Oct. 3	1:30 PM
Insanity Defense	Tues.	Oct. 4	1:30 PM
US National Security: Promoting Democracy Abroad	Wed.	Oct. 5	6:30 PM
Holland Land Purchase	Tues.	Oct. 11	1:30 PM
Sharia Law	Mon.	Oct. 24	1:30 PM
Wisdom of Wellness	Tues.	Oct. 25	1:30 PM
When You Disagree with Your Doctor	Wed.	Oct. 26	6:30 PM
Finger Lakes Wine Region	Tues.	Nov. 1	1:30 PM
Should NYS Constitution be Changed?	Wed.	Nov. 2	6:30 PM
European Debt Crisis	Tues.	Nov. 15	1:30 PM
Landscaping with Native Plants	Mon.	Nov. 21	1:30 PM
Maurice "Rocket" Richard	Wed.	Nov. 23	1:30 PM

Orchard Park Senior Center, Call 662-6452 to Register:			
When You Disagree with Your Doctor	Fri.	Sept. 23	1:00 PM
From Acadian to Cajun	Tues.	Oct. 4	1:00 PM
Deficit Reduction, Medicare & Social Security	Thurs.	Oct. 6	3:00 PM
The Evil Witch	Tues.	Oct. 25	1:00 PM
War of 1812	Tues.	Oct. 25	3:00 PM
Sharia Law	Wed.	Oct. 26	1:00 PM
European Debt Crisis	Tues.	Nov. 1	3:00 PM
Show Me the Monet	Mon.	Nov. 7	1:00 PM
The Declaration of Independence	Wed.	Nov. 9	3:00 PM
The Cold War	Thurs.	Nov. 10	1:00 PM
Controlling Your Blood Sugar with Hemoglobin Test	Mon.	Nov. 14	1:00 PM
US National Security: Promoting Democracy Abroad	Tues.	Nov. 15	3:00 PM
The American Revolution	Wed.	Nov. 16	3:00 PM
Women, Education and Future of Afghanistan	Mon.	Nov. 21	1:00 PM
Comparative Religions: Judaism	Wed.	Nov. 23	10:30 AM
The US Constitution	Wed.	Nov. 23	3:00 PM
The Many Faces of Marie Antoinette	Tues.	Nov. 29	1:00 PM
Comparative Religions: Christianity	Wed.	Nov. 30	10:30 AM
Comparative Religions: Islam	Wed.	Dec. 7	10:30 AM

Sharia Law: *Shari'a* is an Arabic word meaning “path” or “way.” Today the term is used most commonly to mean “Islamic law,” the detailed system of religious law developed by Muslim scholars in the first three centuries of Islam. What aspects of life are covered under Sharia law? How does Sharia law intersect with secular law in Muslim and non-Muslim countries? Instr: Faizan Haq, SUNY Buffalo; President, Pakistani American Assoc. of WNY.

- Mon. Oct. 24 at 1:30 PM - Clarence Senior Center
- Wed. Oct. 26 at 1 PM - Orchard Park Sr. Center
- Wed. Nov. 2 at 11 AM – Cheektowaga Sr. Ctr.

Insanity Defense: The insanity defense is asserted by an accused in a criminal prosecution to avoid liability for the commission of a crime because, at the time of the crime, the person did not appreciate the nature or quality or wrongfulness of the acts. How is the insanity defense different from incompetency? How is sanity (or insanity) determined? How often is this defense used? How does it affect trial and sentencing? Instructor: Dr. Michael Lynch, Fellow, American Psychiatric Assoc.; Certified in Forensic Psychiatry.

- Tues. Oct. 4 at 1:30 PM - Clarence Senior Center
- Mon. Oct. 17 at 8 PM – Canterbury Woods

Should the NYS Constitution be Changed?

Every 20 years, the NYS Constitution allows residents to vote to convene a constitutional convention so that they may directly modify the way the state is governed. The next opportunity for that vote is coming in 2017. Issues may include gerrymandering, term limits, unfunded mandates, property taxes, and more. How are delegates chosen? What is the process for changing the Constitution? Instr: Peter Galie, Prof. Poli. Sci., Canisius College; expert in NY constitutional law and history.

- Wed. Nov. 2 at 6:30 PM, Clarence Sr. Center

WNY Heritage

Holland Land Purchase. Most of WNY land was surveyed and sold by the Holland Land Company in the early 19th Century. The instructor will illustrate the progress of the survey and development of the WNY area. Instructor: John Percy, historian for Kenmore and the Town of Tonawanda for over 40 years; published 8 books about WNY history.

- Tues. Oct. 11 at 1:30 PM - Clarence Sr. Center

Guaranty Building. The Guaranty Building, completed in 1895, is recognized as one of the masterpieces of Louis Sullivan, probably the most important American architect of the 19th century and acknowledged today as the “Father of the Skyscraper.” In the 1890s the skyscraper was a new and uniquely American building type. Instructor: Harry Meyer, atty., Hodgson Russ, headquartered in the Guaranty Bldg.

- Thurs. Oct. 13 at 1:30 PM – Baptist Manor

Buffalo's Brewing Legacy Step back in time to learn about Buffalo's biggest industries and the owners, who were among Buffalo's most prominent citizens. Find out why Buffalo was an ideal location for the breweries, why there was a bar on every corner, how Prohibition struck a huge blow to the industry, how breweries stayed in business during Prohibition and how the national mega-brewers closed the doors of Buffalo's breweries for good. Did you know that President Grover Cleveland and William McKinley insisted only Buffalo beer brands be served at the White House? Instr: Peter Jablonski,

- Mon. Oct 24 at 8 PM – Canterbury Woods

Finger Lakes Wine Region: Take a virtual tour through the beautiful Finger Lakes Wine Region from its glacial origins to the present day. Get insights about life on a lake and the history of an expanding grape and wine industry which is making New York State famous. Learn to read labels when making new choices from restaurant or store selections!

Instr: Jean Serusa, retired Art Educator ,wine enthusiast worked in two wineries and designed wine labels

- Mon. Oct. 24 at 2 PM – Cheektowaga Sr. Ctr.
- Tues. Nov. 1 at 1:30 PM – Clarence Sr. Ctr.

Science & Nature

What's Invading WNY?! Learn about plants invading WNY including Phragmites, Japanese knotweed, garlic mustard, pink waterlilies, giant hogweed and purple loosestrife. In addition, the emerald ash borer recently was spotted in WNY, with potential to damage thousands of trees. What is the impact of these invaders on our native birds, wildflowers, and wild life? How we can protect and preserve our native habitats? Instructor: Brittany DiLeo, Invasive Species Specialist/AmeriCorps, Reinstein Woods

- Wed. Oct. 12 at 1 PM – Cheektowaga Sr. Ctr.

Landscaping with Native Plants: Native plants are those that evolved naturally for particular areas, and thus provide essential and beneficial habitat for butterflies, insects, hummingbirds and other small birds and animals we know and need. More people are discovering the satisfaction and beauty of the benefits to the environment in landscaping. Native plants are vigorous and hardy and, once established, require no irrigation or fertilization. Instr: Brittany DiLeo, Invasive Species Specialist/AmeriCorps, Reinstein Woods

- Mon. Nov 21 at 1:30 PM – Clarence Sr. Ctr.

Birds of Prey in WNY WNY's birds of prey, or "raptors" include hawks, falcons, owls, eagles, etc. Examine characteristics of these fascinating species, focusing on the specific Bird of Prey accompanying the presenters. Discuss the process of wildlife rehabilitation, including what to do and what NOT to do if you come upon injured wildlife. When is intervention necessary? Instr: Marianne Hites, Messinger Woods wildlife rehabilitator.

- Thurs. Oct. 6 at 1:30 PM – Baptist Manor

Controlling Your Blood Sugar with Type II Diabetes: The Meaning and Value of the Hemoglobin A1c Test. Type II diabetes is a chronic condition affecting fully half of seniors; many serious complications are a direct result of prolonged elevation of blood sugar. Learn how the Hemoglobin A1c test is used to monitor average blood glucose levels and some deficiencies in this method. Patients with diabetes and other conditions can benefit from proactive management of their disease. Instructor: John Weare, Research & Development in the biochemistry industry.

- Wed. Sept. 28 at 1 PM – Cheektowaga Sr. Ctr.
- Mon. Oct. 3 at 1:30 PM – Clarence Sr. Ctr.
- Mon. Nov. 14 at 1 PM – Orchard Park Sr. Ctr.

Life Enrichment & Humanities

Comparative Religions: Series of three lectures looks at major religions of Judaism, Christianity, and Islam. Instructor: Jeannette Ludwig, SUNY Buffalo

- Wed. Nov. 23 at 10:30 AM – Orch. Park Sr. Ctr.
- Wed., Nov. 30 at 10:30 AM – Orch. Park Sr. Ctr.
- Wed. Dec. 7 at 10:30 AM – Orch. Park Sr. Ctr.

How to be a Good Friend Analyze your own ideas of friendship to compare them to the ideas held by such great philosophers as Aristotle, Cicero, Francis Bacon, Immanuel Kant, C.S. Lewis and others. Discuss what creates great friendships and what makes them endure. Instructor, James Grunebaum, Prof. Emeritus, Philosophy, Buffalo State College

- Thurs. Oct. 20 at 1:30 PM – Baptist Manor

The Evil Witch, Embodiment of Universal Human Fears: We have many different images of the witch, from the creatures in Oz and the Hansel and Gretel story, to the costumed trick-or-treaters at Halloween, to characters of the Harry Potter stories, to modern Wiccans, and more. The evil witch of Western folklore who flies on a broomstick represents a creature found in most of the world's cultures. Many horrible attributes of the witch seem to be universal and may be rooted in human evolution. Learn about the anthropology of this fascinating, terrible, universal concept. Instructor: Dr. Phillips Stevens, Jr., Assoc. Prof Anthropology, SUNY Buffalo

- Tues. Oct. 25 at 1 PM – Orchard Park Sr. Ctr.
- Tues. Oct 25 at 8 PM – Canterbury Woods

Show Me the Monet: Claude Monet was one of the most recognized French artists in his time and the most popular in the 20th century, but what do you really know about the man who painted the same subject over and over again? The instructor will share her travels to Giverny as you learn about the man, his life and his art with a "hands on" follow-up dabble in paint in the Impressionist style. Instructor: Jean Serusa, MS, certified art educator

- Mon. Nov. 7 at 1 PM – Orchard Park Sr. Ctr.
- Mon. Nov. 14 at 2 PM – Cheektowaga Sr. Ctr.

The Wisdom of Wellness: A Little-Known Piece of American History. The word "wellness" is part of everyday conversation and product advertising to promote programs sponsored by HMOs. Learn about the fascinating history of the wellness movement. Learn which WNY town has a wellness "castle" which attracted the rich and famous from across the world. Find out about the people behind the wellness movement (hint: it was not the medical community!) and the status of the movement today. Instructor: Richard Derwald, Coordinator, Senior Fitness Program, Erie County Dept. of Senior Services

- Wed. Oct. 19 at 10:45 AM – Cheektowaga Sr. Ctr.
- Tues. Oct. 25 at 1:30 PM – Clarence Sr. Ctr.

What Do You Do When You Disagree with Your Doctor? You trust your doctor (we hope). But there are times when you may not see eye to eye. Think of your doctor as your partner, not your boss. Learn some tips on how to express your questions or concerns in a number of common scenarios.

Instructor: Maria Borawski, RN

- Fri. Sept. 23 at 1 PM – Orchard Park Sr. Ctr.
- Wed. Oct. 26 at 1 PM – Cheektowaga Sr. Ctr.
- Wed. Oct. 26 at 6:30 PM – Clarence Sr. Ctr.
- Mon. Nov. 21 at 8 PM – Canterbury Woods

Investing 101: What's the difference between a stock and a bond? What is a mutual fund, a money market, or a bond fund? What affects the price of a share? What is a dividend? What does "risk" mean when it comes to investments? What is a diversified portfolio? What is a bull market? A bear market? What does the Dow Jones Industrial Average tell us? What about NASDAQ? How do you read a stock table? How can someone learn more so that they can make wise decisions about their own investments?

Instructor: Karen Sorrentino, FINRA Series 6 and 63

- Tues. Oct. 18 at 10 AM – Cheektowaga Sr. Ctr.

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RSVP

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