

# UNIVERSITY EXPRESS

FALL  
2015



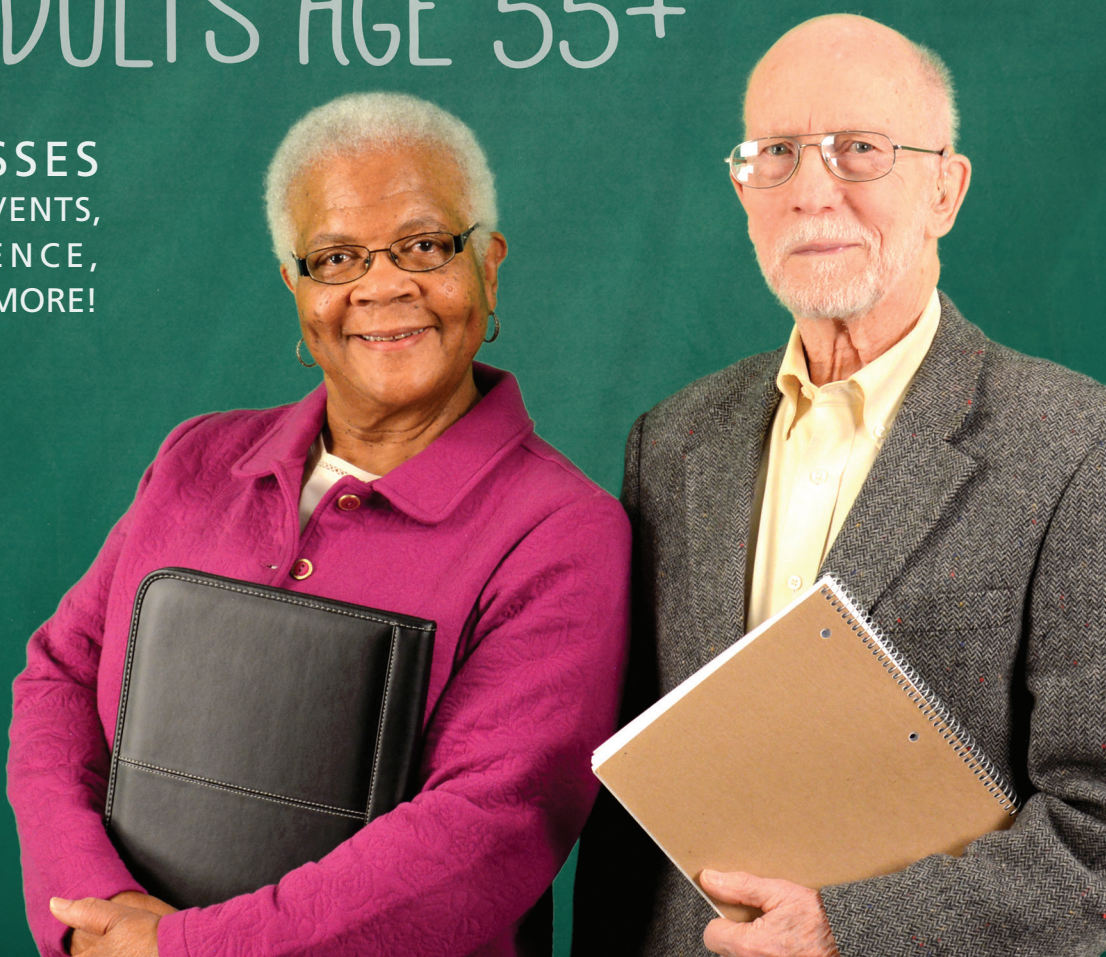
## FREE LIFELONG LEARNING FOR ADULTS AGE 55+

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A PROGRAM OF:

# RSVP

RETIRED & SENIOR  
VOLUNTEER PROGRAM



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- Canterbury Woods
- Cheektowaga Senior Center
- Clarence Senior Center
- Grand Island Golden Age Center
- Hamburg Senior Community Center
- Ken-Ton Presbyterian Village
- Orchard Park Senior Center
- Springville Concord Elder Network
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# Welcome to University Express, Fall 2015 Edition

We're excited to bring you a new season of classes, and grateful for the continued support of our three sponsors, Erie County Department of Senior Services, Excelsior Orthopaedics, and BlueCross BlueShield of Western New York. Look for their classes and healthy tips throughout this publication.

Classes are organized alphabetically by topic and subject, followed by date, time, and location where they are held, along with phone numbers to register.

**Remember, all classes are free, but you must register in order to attend.**

Thank you for considering joining us at a class. I welcome your suggestions for future topics.



*Pat Dowling*

Patricia Dowling, RSVF Director

# RSVP

RETIRED & SENIOR  
VOLUNTEER PROGRAM

## 858-7548

## CURRENT AFFAIRS

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

We'll look at recent booms, bubbles, and crashes in the American stock market, including the tech bubble and housing bust. Experts have pointed to factors such as irrational exuberance, greed, and lack of transparency as the causes of these fluctuations. What is the responsibility of the government or central banks to prevent unsettling and irrational market swings? How can the average citizen navigate the ups and downs by playing an active and informed role in managing their financial affairs?

**Instructor: Jeffrey and Adam Goldfarb,**  
**Certified Financial Planners, Jeffrey M. Goldfarb & Associates**

**Wednesday, September 16** **10 a.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

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### Create Age-Friendly Communities

Well-designed, livable communities promote health, sustain economic growth, and make for happier, healthier residents — of all ages. Be part of AARP's national conversation on how to help cities prepare for a growing population of older adults, and allow people to live easily and comfortably in their homes and communities as they age. Areas of discussion include safe, walkable streets; housing and transportation; caregiving; volunteering; access to services; and combating isolation among older citizens.

**Instructor: Hon. John J. LaFalce, Member of Congress,**  
**1975-2003; Special Counsel to Hogan Willig**

**Wednesday, October 7** **3 p.m.**  
Orchard Park Senior Center, 662-6452 to register

**Thursday, October 8** **10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

### Crisis in Ukraine



Despite being one and a half years since the protests in Kiev began, the tensions in Ukraine have yet to be resolved. The Russian annexation of Crimea, coupled with their build-up of troops and continuing violence, has resulted in the collapse of relations between Russia and the West. What are the roots of this crisis? What are the responses and alliances of the current leadership in Ukraine? What is the role of the U.S., Putin, and NATO in the future of Ukraine? The instructors will share their experiences as observers for several elections in Ukraine.

**Instructor: Yuri Hreshchyshyn, President, Ukrainian-American Civil Center of Buffalo, and Greg Olma, observer for 2014 Ukraine elections; former Erie County legislator and current Erie County Deputy Commissioner of Parks**

**Monday, October 12** **8 p.m.**  
Canterbury Woods, 929-5823 to register

**Wednesday, November 18** **2 p.m.**  
Baptist Manor, 819-1820 to register

**Wednesday, December 2** **6 p.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

## Diversity in Islamic Schools of Thought

While Sunnis, Shiites, and other Muslim sects share most basic religious tenets, their differences have sometimes been the basis for religious intolerance, political infighting, and sectarian violence. We'll examine how different schools of thought in Islam influence the practice of the religion.

**Instructor: Faizan Haq, Professor of Asian Studies,  
The State University at Buffalo (SUNY Buffalo)**

**Wednesday, September 30 8 p.m.**  
Canterbury Woods, 929-5823 to register

## Gender Imbalance in Politics, Government, and Business

Studies show that women make up the majority of low-wage earners. How are the gender imbalances in power destructive to both men and women? Is the political ambition gap between genders getting wider? Are women's rights and interests protected if men rule and women have a reduction in their voice and influence? Why do women gravitate away from science, technology, engineering, and math (STEM) programs, especially engineering? What are the barriers to true equality?



**Instructor: Marian Deutschman, Public Policy Chair,  
American Association of University Women;  
Professor Emerita of Communications, Buffalo State College**

**Wednesday, October 7 8 p.m.**  
Canterbury Woods, 929-5823 to register

**Tuesday, October 27 2 p.m.**  
Baptist Manor, 819-1820 to register

## Political Landscape 2015: An Insider's View of Local, State, and National Trends

The 2014 midterm elections resulted in a major political shift in Washington, D.C., with Republicans gaining a majority in both the Senate and House of Representatives. The 2016 Presidential election is already underway, with the first primary elections to take place in February. Will the results of the midterm elections have an impact on the road to the White House? What factors will dictate the issues and guide the campaigns? What issues will shape elections at the state and county level?

**Instructor: Len Lenihan, Democratic Commissioner,  
Erie County Board of Elections; Former Chairman,  
Erie County Democratic Committee**

**Tuesday, October 20 6 p.m.**  
Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

## The Power of Trains

Are trains more energy efficient than other types of transportation? What is the future of trains as the U.S. considers policies related to climate change and greenhouse emissions? We'll discuss steam, diesel, and electric railroad locomotives, including their history, how they work, use energy, and impact the environment. This session is illustrated with slides of locomotives and trains from all eras.



**Instructor: Walter Simpson, retired UB Energy Officer  
and train enthusiast**

**Wednesday, October 14 1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

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

**Thursday, October 22 1 p.m.**  
SCENE/Concord Town Hall, 592-2768 to register

**Thursday, October 29 12:45 p.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

**Thursday, November 5 10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

**Thursday, November 19 8 p.m.**  
Canterbury Woods, 929-5823 to register



### healthy tip

It's not always easy to do, but getting the right amount of sleep can have many health benefits. Getting enough sleep can help control your weight, as well as lower your risks of upper respiratory infections and heart disease.

## The Supreme Court Ruling and Same Sex Marriage

In June 2015, the Supreme Court declared that same-sex couples have a right to marry anywhere in the U.S. A majority of Americans now endorse same-sex marriage; however, only 50 years ago, every state criminalized homosexual sex – and even the American Civil Liberties Union did not object. We will discuss how the court's ruling will impact a couple's legal protections and benefits, including health care decisions and insurance coverage, estate planning, pensions, and other various benefits.

**Instructor: Mark Peszko, Attorney at Law, Pride in Practice**

**Tuesday, October 6 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Wednesday, October 14 8 p.m.**

Canterbury Woods, 929-5823 to register

**Thursday, October 15 3 p.m.**

Orchard Park Senior Center, 662-6452 to register

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

Cheektowaga Senior Center, 686-3930 to register

**Wednesday, November 18 6 p.m.**

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

## United States and the Muslim World

Creating partnerships for peace with Muslim countries and communities is one of the greatest challenges and opportunities facing the U.S. today. Conflict, misunderstanding, and distrust plague U.S. relations with Muslims in many countries, imperiling security for all. What strategies on both sides offer the greatest potential for improvements in U.S. security and U.S.-Muslim relations? We'll examine this question as well as the history of U.S. relations with the Muslim world to better understand the present situation.

**Instructor: Faizan Haq, Professor of Asian Studies, SUNY Buffalo**

**Wednesday, October 14 2:30 p.m.**

Cheektowaga Senior Center, 686-3930 to register

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

Clarence Senior Center, 633-5138 to register

**Monday, October 26 3 p.m.**

Orchard Park Senior Center, 662-6452 to register

## US-EU Relations

The US-EU relationship is important to both partners for three reasons: economic interdependence, global standards setting, and security. This talk will focus on the relationship between the two sides that was developed by the Transatlantic Trade and Investment Partnership (TTIP). What are the benefits of the TTIP for the U.S. and the EU? How might TTIP affect New York State, specifically Western New York? Questions from the audience on the Eurozone crisis will also be addressed.

**Instructor: Dr. Laurie Buonanno, Professor of Public Administration, Buffalo State College**

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

Clarence Senior Center, 633-5138 to register

**Friday, October 23 12:45 p.m.**

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

**Monday, October 26 8 p.m.**

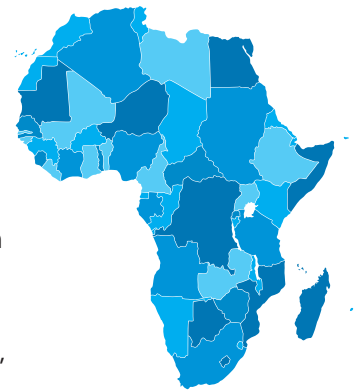
Canterbury Woods, 929-5823 to register

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

Orchard Park Senior Center, 662-6452 to register

## What's Ahead for Africa?

Within the next 35 years, 40% of all children on Earth will likely call Africa home. Last year, in addition to the horrific outbreak of Ebola in West Africa, the continent experienced a turbulent stretch that saw widespread protests, unrest, civil wars, and insurgencies. At the same time, Africa is experiencing encouraging trends like the growing role of women in economic activity and entrepreneurship, increased access to technology, and investment in education. We'll examine the opportunities and challenges that face the next generation of Africa's leaders.



**Instructor: Claude Welch, Distinguished Service Professor and Professor of Political Science, SUNY Buffalo**

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

Clarence Senior Center, 633-5138 to register

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

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



## 1946 Montreal: Home to Two of the World's Greatest Sports Heroes

In 1946, Montreal was home to two of the world's greatest sports heroes: Maurice Richard of the Montreal Canadiens hockey team, and Jackie Robinson of the Montreal Royals minor league baseball team. Learn about Richard, Robinson, and their bond through French-Canadian culture and society, which served as a support system and haven from linguistic, religious, and racial discrimination.

**Instructor: Eileen Angelini, Professor of French and Fulbright Scholar, Canisius College**

**Tuesday, October 27 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Tuesday, December 1 12:45 p.m.**

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

## The Art and Social Vision of Frank Lloyd Wright

Wright created a distinctively American form of architecture, envisioning his work as a means of developing a freer, more democratic modern society. We'll examine Wright's personal life, the Darwin Martin house and the Larkin Building, as well as Broadacre City, his Utopian community that inspired the post-1945 American suburb.

**Instructor: Robert Butler, Professor of English, Canisius College**

**Tuesday, December 29 Time TBD**

Grand Island Golden Age Center, 773-9682 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, constructing City Hall where it is and with the style it has changed Buffalo's appearance. Explore the exterior and interior of this Art Deco masterpiece, including the many symbolic figures and decorations, which in bold relief, portray the industrial prowess of our city.

**Instructor: Harry Meyer, retired attorney, Hodgson Russ LLP**

**Friday, October 9 12:45 p.m.**

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

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

Clarence Senior Center, 633-5138 to register

**Tuesday, October 20 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## Buffalo's Waterfront: Past, Present, and Future



When the Erie Canal opened in 1825, Buffalo's waterfront quickly grew to become one of the most prominent ports in the world. The massive grain elevators that tower over the Buffalo River are an enduring reminder of Buffalo's prominence in the grain trade. Although shifts in trade patterns brought a steep decline to Buffalo's role as a major port, Buffalo's waterfront is now enjoying a renaissance as the community returns to the water for recreation and entertainment.

**Instructor: Brad Hahn, President and docent, Explore Buffalo tours**

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

Grand Island Golden Age Center, 773-9682 to register

## A Civil War Veteran's Struggle with Rebels, Brits, and Devils

Listen to the historical account of two Buffalo natives, raised in Buffalo's First Ward in the mid-1800s and soldiers with Grant's Army of the Potomac in the Civil War. These poorly educated sons of Irish immigrants endured the realities of the industrial revolution, Civil War, Fenian movement, bitter race relations, unionization, and the Roman Catholic Church as led by Bishop John Timon.

**Instructor: Bill Donohue, local author and retired commerce commissioner**

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

Baptist Manor, 819-1820 to register

## In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945

At the start of 1941, as Europe and Asia were engulfed in war, our nation remained officially isolationist and neutral. All of that changed on December 7, 1941 when we too were plunged into the war that changed our way of life forever. At war's end in 1945, a broken world looked to our country for sustenance, and the U.S. became the most powerful nation on Earth. We'll focus on the usually happy Christmas season to show the depth of the changes in our society.

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

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

Baptist Manor, 819-1820 to register

**Wednesday, November 4** **12:45 p.m.**

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

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

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register

## Discovering Buffalo, One Street at a Time: Part 2

We'll continue to explore the background of more names on Buffalo street signs. How do these names fit into the history of our city and region? Learn about the men and women whose names are forever embedded into the city's fabric.

**Instructor:** Angela Keppel, planner at KHEOPS Architecture,  
Engineering and Survey; director, WNY section of American  
Planning Association

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

Clarence Senior Center, 633-5138 to register

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

Baptist Manor, 819-1820 to register

**Monday, November 23** **1 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, December 2** **8 p.m.**

Canterbury Woods, 929-5823 to register

## General "Wild Bill" Donovan

Born and bred in Buffalo's First Ward, General William J. Donovan would become a star athlete and one of the most decorated soldiers in U.S. history. The Medal of Honor was bestowed upon him in World War I. He ascended several offices to become Acting U.S. Attorney General. He founded the Office of Strategic Services, predecessor to the Central Intelligence Agency (CIA), and saved thousands of Chinese nationalist soldiers after the Communist takeover as the Ambassador to Thailand. At the time of his death, President Eisenhower said "We have lost our last hero."

**Instructor:** Hon. Salvatore R. Martoche, attorney with  
Hodgson Russ; retired Supreme Court and Appellate Division Judge

**Tuesday, October 20** **10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

## The Guaranty Building

The Guaranty Building, completed in 1895, is considered one of Louis Sullivan's masterpieces. In the 1890s, the skyscraper was a new and uniquely American building type. Sullivan is one of the most important American architects of the 19th century and is considered the "Father of the Skyscraper."



**Instructor:** Harry Meyer, retired attorney, Hodgson Russ LLP

**Tuesday, October 6** **6 p.m.**

Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

**Tuesday, October 27** **8 p.m.**

Canterbury Woods, 929-5823 to register

## Hard Times in WNY: 1812-1844

The early settlers of WNY faced unimaginable hardships building "The Queen City of the Lakes." Learn about the burning of Buffalo during the War of 1812, the building of "Clinton's Ditch", the deadly 1844 seiche disaster that become known as the Lake Erie tsunami, and more.

**Instructor:** Tim Shannon, local author and educator

**Wednesday, October 21** **10 a.m.**

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

## Libraries, Ledgers, and Graveyards: Buffalo's Forgotten History

Learn about the health issues, including cholera epidemics, associated with the growth of the Queen City throughout the 19th century; the establishment of early hospitals and health care; the founding of the University of Buffalo Medical College; and the earliest schools for the deaf. We'll also briefly visit the beginnings of the Lily Dale Assembly and the history of Spiritualism in New York.

**Instructor: Rosanne Higgins, Adjunct Professor,  
Department of Anthropology, SUNY Buffalo**

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

Clarence Senior Center, 633-5138 to register

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

Baptist Manor, 819-1820 to register

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

Orchard Park Senior Center, 662-6452 to register

**Tuesday, November 24 8 p.m.**

Canterbury Woods, 929-5823 to register

## A Memorial to the Greatest Generation



After years of discussion and over half a century of waiting, the World War II Memorial opened in Washington, DC on April 29, 2004. Through stone architecture and bronze sculptures, the memorial recognizes the ways Americans served, honors those who fell, and recognizes the victory they achieved to restore freedom and end tyranny around the globe. Learn about the history, construction, and symbolism within the memorial.

**Instructor: Norman Mineo, Retired banker and history enthusiast; Former volunteer at the World War II Memorial**

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

Clarence Senior Center, 633-5138 to register

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

Baptist Manor, 819-1820 to register

**Thursday, November 5 12:45 p.m.**

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

## Nelson A. Rockefeller: Almost President, Almost Great

Nelson Aldrich Rockefeller, grandson of the nation's first billionaire, became the 41st vice president of the United States and 49th governor of New York, but never achieved his longtime goal of becoming president. For almost 20 years, he was the leader of the liberal wing of the Republican Party and the only governor in New York State's history to be elected to four four-year terms. We'll discuss his life and legacy.

**Instructor: Hon. Salvatore R. Martoche, attorney with Hodgson Russ; retired Supreme Court and Appellate Division Judge**

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

Orchard Park Senior Center, 662-6452 to register

**Thursday, November 12 8 p.m.**

Canterbury Woods, 929-5823 to register

## Nelson Mandela

Born in an era of racial segregation and oppression in South Africa, Nelson Mandela 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'd become a renowned statesman and global icon. Discover how Mandela went from prison cell to presidential office.

**Instructor: Claude Welch, Distinguished Service Professor and Professor of Political Science, SUNY Buffalo**

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

Canterbury Woods, 929-5823 to register

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

Cheektowaga Senior Center, 686-3930 to register

## Prosperity and Conflict: Buffalo 1844 – 1867

Hear an overview of the fascinating history of Buffalo, including its industrialization, Irish immigration, Canal Street, the arrival of Bishop Timon, the Fugitive Slave Act and Underground Railroad, Civil War involvement, and the Fenian Invasion of Canada.

**Instructor: Tim Shannon, local author and educator**

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

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register



## Personal Perspectives of Six U.S. Presidents

Congressman John J. LaFalce was first elected to the House of Representatives in 1974, and served successive terms for his Western New York district until 2003. Hear the Congressman's first-hand account and personal perspectives on Gerald Ford, Jimmy Carter, Ronald Reagan, George H.W. Bush, Bill Clinton, and George W. Bush.

**Instructor:** Hon. John J. LaFalce, Member of Congress, 1975-2003, Special Counsel to Hogan Willig

**Tuesday, October 13** **1 p.m.**  
Grand Island Golden Age Center, 773-9682 to register

**Tuesday, October 20** **1 p.m.**  
Town of Tonawanda Senior Center, 874-3266 to register

## Scribblin' for a Livin': Mark Twain's Pivotal Period in Buffalo

During Mark Twain's transformative 1869-1871 period in Buffalo, he worked as co-owner and managing editor of The Buffalo Morning Express, and became a new husband and father while living in a splendid mansion on prestigious Delaware Street. See archival images of Twain, his family and friends, and late 19th-century Buffalo. This class is based on the instructor's book of the same name.

**Instructor:** Tom Reigstad, Emeritus Professor of English at Buffalo State College

**Monday, October 5** **1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

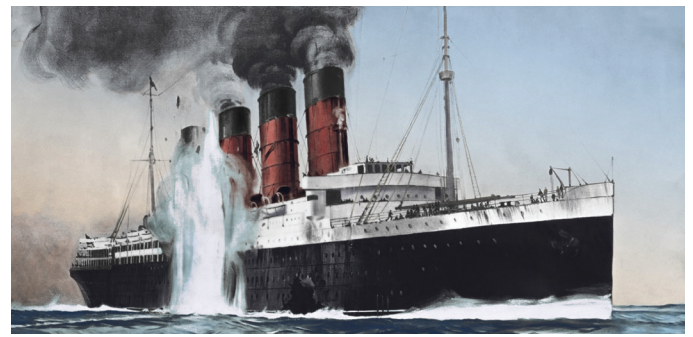
**November 17** **6 p.m.**  
Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register



## Excelsior healthy tip

Vitamin D is necessary for strong bones. Without Vitamin D, our bodies cannot effectively use calcium to build bone. Recent research supports that the body needs at least 1000 IU per day from diet and/or sunlight for good health. But, exercise is even more important than vitamins for having healthy bone. Remember to have strong bones, you should do weight-bearing exercise every day and consider making strength-training exercises part of your routine.

## The Sinking of the Lusitania 100 Years Ago



On May 7, 1915, the Lusitania was struck by a single torpedo and sank in less than 20 minutes off the coast of Ireland. Many Americans died, including Elbert and Alice Hubbard and Albert Vanderbilt. The nature of the explosion that sank the ship, as well as the United States, German, and English politics surrounding her demise, still remain controversial topics to this day.

**Instructor:** Linda Ulrich-Hagner, Trustee of the Aurora Historical Society; Docent at the Roycroft Inn and Campus

**Monday, September 28** **10 a.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

**Wednesday, October 14** **10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

**Tuesday, October 27** **6 p.m.**  
Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

**Monday, November 9** **1 p.m.**  
Orchard Park Senior Center, 662-6452 to register

## Terri Lee Dolls

Before American Girl and Barbie, there was Terri Lee. Popular in the 1940's and 50's, the Terri Lee Company's dolls were individually painted and encouraged little girls to see themselves in roles that defied stereotypes, including an African-American doll designed by a black female journalist. The company was created and operated by women at a time when few women started businesses or were employed outside the home.



**Instructor:** Virginia Grabiner, Associate Professor Emeritus, Sociology, Buffalo State College; Collector of Terri Lee dolls

**Thursday, October 15** **1 p.m.**  
Cheektowaga Senior Center, 686-3930 to register

## African-American Poets and Poetry

The poet, Gwendolyn Brooks, described African American poetry as the aesthetic chronicle of a race struggling to lift "its face all unashamed" in an alien land. We'll explore the development of African American poetry as a literary tradition, and the unique voices, themes, imagery, and inventive styles of major African American poets like Langston Hughes, Paul Laurence Dunbar, Brooks, and Zola Neal Hurston.

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

**Thursday, October 15 2 p.m.**  
Baptist Manor, 819-1820 to register

## Buddhism

Buddhism is generally listed as the world's fourth largest religion after Christianity, Islam, and Hinduism. It dates back roughly 2,500 years ago when Siddhartha Gotama, known as the Buddha, was enlightened at the age of 35. The Buddha taught many things, but the basic concepts in Buddhism can be summed up by the Four Noble Truths and the Noble Eightfold Path.



**Instructor: Jeannette Ludwig, Associate Professor, Department of Romance Languages and Literature, SUNY Buffalo**

**Tuesday, October 13 12:45 p.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

## Charles Burchfield

In 1921, Burchfield moved to Buffalo, NY, to work for M. H. Birge & Sons Co., one of the nation's most prominent wallpaper companies. For more than 40 years, he lived and painted in Gardenville, an area of West Seneca. Best known for his romantic, often fantastic depictions of nature, Burchfield developed a unique style of watercolor painting that reflected Buffalo's streets, harbor, railroad yards, and surrounding countryside.

**Instructor: Jean Serusa, certified New York State Art Educator; Burchfield-Penney Museum Docent**

**Tuesday, October 27 3 p.m.**  
Orchard Park Senior Center, 662-6452 to register

## Haiku of Fall

Come to one session for two workshops melding art, literature, writing, and art-making. Learn about an art form and explore your own creativity! This is part two to the Haiku of Flowers class presented in the spring, but newcomers are welcome.

**Workshop 1:** Haikus are short poems, usually three short lines using simple language that captures the essence of a moment. We'll explore some traditional and contemporary haikus and the images that inspired them. Bring a notebook to try your own.

**Workshop 2:** Using images and the instructor's guidance, you'll create your own watercolor image to frame your haiku. Register beforehand; there is a limit of 10 participants.



**Instructors: Linda Drajem, writer; retired English instructor, Buffalo State College; and Jean Serusa, certified New York State Art Educator; Burchfield-Penney Museum Docent**

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

## Hemingway and the Tip of the Iceberg

Just as the visible tip of an iceberg hides a far greater mass of ice underneath the surface, Hemingway's dialogue is full of unstated tension between his characters. Hemingway firmly believed that perfect stories convey far more through subtext than through the actual words written on the page. He stripped everything but the bare essentials from his stories and novels, leaving readers to sift through the remaining dialogue and bits of narrative on their own.

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

**Monday, October 19 3 p.m.**  
Orchard Park Senior Center, 662-6452 to register

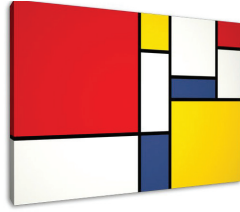


## healthy tip

Vaccinations are important for both children and adults. Over time, immunity can fade. Also, aging makes us more susceptible to serious diseases, such as the flu and pneumonia. Talk to your doctor about immunizations you may need as an adult.

## Is it Art? The Mid-Century Modern and Minimalist Art Movement

What prompted modern artists to decompose form and take a purely conceptual view that anything and everything can be art? View examples of artists' works such as Mondrian, Stella, Arp, Rothko, Motherwell and more. This interactive presentation will present a variety of art concepts and results, some of which you may have walked past on your last museum visit.



**Instructor:** Jean Serusa, certified New York State Art Educator; Burchfield-Penney Museum Docent

**Wednesday, November 4** **8 p.m.**  
Canterbury Woods, 929-5823 to register

## Love and Lust in Shakespeare's Sonnets

Enjoy an interpretive reading of selected passages from Shakespeare's sonnets, and then explore the seldom-understood storyline at the heart of Shakespeare's poems – a love triangle involving a fair young man, a "dark lady", and the poet-narrator, Shakespeare himself.

**Instructor:** Robert M. Gianneti, award-winning poet and retired antiquarian bookseller

**Monday, November 9** **2 p.m.**  
Baptist Manor, 819-1820 to register

**Tuesday, November 17** **1 p.m.**  
Orchard Park Senior Center, 662-6452 to register

## Maya Angelou's Life and Works

Poet, artist, actress, activist, prophet – Maya Angelou's remarkable life touched on many of the major events of the last century. Born in poverty and raised in racially segregated Stamps, Arkansas, she overcame early trauma to go on to succeed in an array of artistic endeavors. She became a dancer, singer, educator, and poet. Her book, *I Know Why the Caged Bird Sings*, became a commercial and critical success. She was active in the civil rights movement and educated young artists and writers throughout her career until she died in May 2014.

**Instructor:** Linda Drajem, writer and retired English professor, Buffalo State College

**Friday, October 30** **10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

## The Meaning Behind the Words: The Poetry of Robert Frost

A four-time Pulitzer Prize winner, Robert Frost is considered by critics to be one of the greatest modern American poets. He is known for his use of colloquial language and vivid images of rural life. We will examine "Stopping by the Woods on a Snowy Evening," "The Road Not Taken," "Apple Picking Time," and "Mending Wall" to illustrate the complexities that lie beneath the simple lines in Frost's poetry.

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

**Thursday, November 12** **1 p.m.**  
Hamburg Senior Community Center, 646-0665 to register

## Meanings of Halloween

Halloween is enjoyed by most and condemned by some, but few are aware of the great range of meanings behind this celebration. This slide-illustrated talk reviews several ways Halloween can be understood from an anthropological perspective.



**Instructor:** Phillip Stevens, Associate Professor, Anthropology, SUNY Buffalo

**Friday, October 30** **3 p.m.**  
Baptist Manor, 819-1820 to register

## Moved to Write

A writing teacher and yoga teacher combine their years of experience to demonstrate some simple body/mind techniques to inspire writing. Using some easy movement, deep breathing, short poems, and suggested assignments, they will lead participants through free-form writing exercises. Come away with a relaxed body and a piece of writing, or bring a piece you have wanted to polish and expand during this workshop.

**Instructor:** Linda Drajem, writer and retired English professor, Buffalo State College; Kathy Shoemaker, yoga teacher

**Thursday, October 8** **2 p.m.**  
Baptist Manor, 819-1820 to register



## Norman Rockwell and Grant Wood

Gain more insight into the times that produced Grant Wood's iconic "American Gothic" and Norman Rockwell's magazine illustrations for "Saturday Evening Post", which depicted everyday life in mid-America with humor and insight.

**Jean Serusa, certified New York State Art Educator;  
Burchfield-Penney Museum Docent**

**Tuesday, October 27** **1 p.m.**  
Orchard Park Senior Center, 662-6452 to register

## Shakespeare's Greatest Speeches

To be or not to be... Tomorrow and tomorrow and tomorrow... The quality of mercy is not strained... Many of Shakespeare's greatest and best-loved speeches contain some of his most original and powerful writing, and are an integral part of our language, our culture, and our everyday lives.

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

**Thursday, October 22** **12:45 p.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

**Friday, November 13** **1 p.m.**  
Cheektowaga Senior Center, 686-3930 to register

## The Wit and Wisdom of e.e. cummings

Not only was e.e. cummings a poet, but he was also an artist and playwright. When cummings started to write, his odd syntax and use of lower case letters made it difficult to get his work published. By the time of his death, this "bad boy" of poetry was the most widely read poet after Robert Frost. He influenced the poetry of the 20th century with his unorthodox use of space and language, drawing in readers with lines like "in Just-spring when the world is mud-luscious." We will look at his life, poems, and paintings.

**Instructor: Linda Drajem, writer and retired English professor,  
Buffalo State College**

**Friday, November 13** **1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

## The World from a Poet's Perspective

What do poets write about, generally speaking? Who and where is their audience? What is the value of a poetry reading? Does poetry really matter, and what is its place in the modern world? Our discussion will include readings from the instructor's works.

**Instructor: Robert M. Gianneti, award-winning poet and  
retired antiquarian bookseller**

**Monday, November 16** **10 a.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register



## Volunteer Drivers Needed!

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

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

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

# RSVP

RETIRED & SENIOR  
VOLUNTEER PROGRAM

## 858-7548

## Arthritis and Degenerative Disorders

Arthritis, previous injuries, and other joint conditions can interfere with just about every aspect of life. Join surgeons from Excelsior Orthopaedics to discuss what causes joint pain, and explore treatment options to help you get relief and regain function. Each session will focus on different joints.

**Arthritis and Degenerative Disorders of the: Hand/Shoulder**

**Instructor: Dr. Kory Reed**

**Tuesday, October 13 10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, October 28 6 p.m.**

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

**Shoulder**

**Instructor: Dr. Paul Paterson**

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

SCENE/Concord Senior Center, 592-2768 to register

**Hip and Knee**

**Instructor: Dr. Peter Shields**

**Tuesday, November 10 6 p.m.**

Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

**Knee**

**Instructor: Dr. Andrew Stoeckl**

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

Hamburg Senior Community Center, 646-0665 to register

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

Throughout history, folk stories, myths, and even religions have focused on blood and the heart. We'll sort out the early misinformation and realities, and discuss the malfunctions of these systems that lead to the most common forms of death.

**Instructor: Paul Tenser, retired Professor of Biology, Erie Community College**

**Thursday, October 29 1 p.m.**

SCENE/Concord Senior Center, 592-2768 to register

**Thursday, December 3 12:45 p.m.**

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

## Fall/Winter Constellations of the Western New York Skies

Learn how to find constellations in the sky during the fall and winter seasons. We will discuss what causes the difference in star brightness and how to use your hand to measure distance between stars.

**Instructor: Terry Farrell, Senior Presenter,**

**Whitworth Ferguson Planetarium**

**Tuesday, November 17 8 p.m.**

Canterbury Woods, 929-5823 to register

## Active for Life: Physical Therapy

Physical therapy can assist you with recovery from an injury as well as help you avoid future injuries, regain function/mobility, and alleviate pain. We'll cover the most common and practical needs for physical therapy and demonstrate easy exercises and stretching tips that can be done at home.

**Instructor: Josette Fisher, Physical Therapist, ATC, CSCS or**

**Maria Achkar, MS, ATC**

**Friday, October 9 10 a.m.**

Orchard Park Senior Center, 662-6452 to register

## Mammals of Western New York

Learn how to identify animals from the tracks they leave behind and other signs such as cuttings, droppings, and smells. We'll also study the skulls and skins of local mammals.

**Instructor: Wayne Robins, naturalist and founder of Nature Ed-ventures**

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

Cheektowaga Senior Center, 686-3930 to register



**Excelsior**  
Orthopaedics.

**healthy tip**

Stay on track at holiday gatherings. Enjoy your time with family and friends:

- Say no to dips, which are easy to overeat
- Limit your alcoholic drinks
- Eat a healthy meal beforehand to curb your hunger
- Keep track of what you are eating
- Use a smaller plate

## Myths and Truths about Concussions

Learn what actually happens when a concussion occurs. We will discuss how your body responds and the best course of action if you believe you or a loved one may have suffered a concussion. We will further explore common myths you might hear about concussions and the truth to these rumors.

**Instructor: Dr. Jason Matuszak, MD**

**Friday, November 13**

**1 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Rachel Carson: For Love of the Earth

In the early 1960s, Rachel Carson became the mother of the modern environmental movement when she published her controversial book, *Silent Spring*. The book was both a call to arms against pesticide use and a thoughtful praise of the natural world. Learn about her courageous and resilient story.

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

**Thursday, October 8**

**8 p.m.**

Canterbury Woods, 929-5823 to register

## Saturated Fats: Friend or Foe?

New research suggests that heart disease and stroke are related to the intake of trans fats and not saturated fats. In light of this new study, health professionals and consumers alike are questioning longstanding nutrition guidelines and recommendations. Is butter back? We'll discuss how this research impacts nutrition recommendations for dietary fat and cholesterol intake, and cover some basic nutrition principles for maintaining a healthy lipid profile and healthy heart.

**Instructor: Katherine Schaeffer, MS, RDN, Health Promotion  
Specialist at BlueCross BlueShield of Western New York**

**Tuesday, September 29**

**6 p.m.**

Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

**Friday, November 6**

**1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Thursday, December 3**

**10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## Winter Plant and Animal Adaptations

The plants and animals of our area are well adapted to survive the long, cold months of winter. Join us to learn the special adaptations of various plants and animals during this time of year.



**Instructor: Wayne Robins, naturalist and founder of  
Nature Ed-ventures**

**Tuesday, October 27**

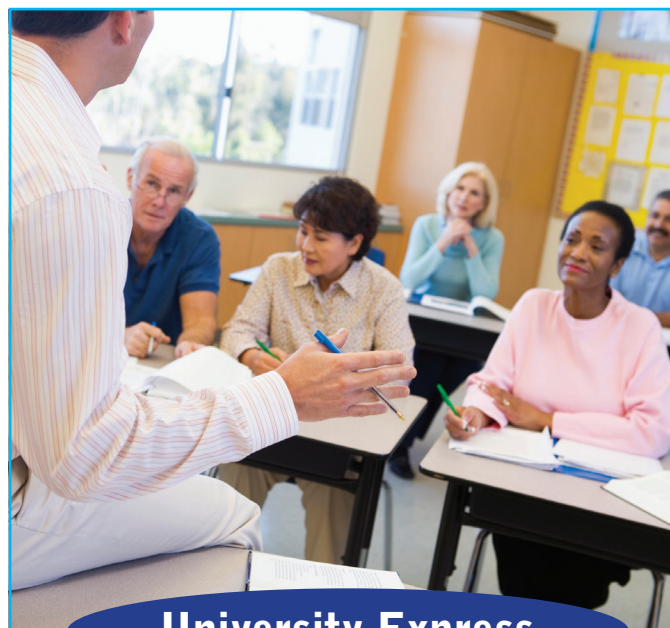
**12:45 p.m.**

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

**Monday, November 23**

**1 p.m.**

Cheektowaga Senior Center, 686-3930 to register



## University Express

### Classes are fun and FREE!

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

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

#### To sign up, here's all you do:

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



## The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters

We'll separate myth from reality and address commonly held fears about Alzheimer's in America. You will learn how to tell the difference between Alzheimer's and typical aging, and why early detection is so crucial. The program includes information on risk factors and what you can do to decrease your risk.

**Instructor:** Meghan Fadel, Director of Education and Training, Alzheimer's Association

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

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register

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

Baptist Manor, 819-1820 to register

## Healthy Living: Chronic Disease Self-Management Program

The FREE Living Healthy Chronic Disease Self-Management Program (CDSMP) is an interactive health education program developed by Stanford University, designed to help individuals increase skills and confidence to better manage their chronic disease and maintain active and fulfilling lives. The six, two-and-a-half hour classes are held weekly and facilitated by trained leaders.

**Instructor:** Sponsored by the Erie County Department of Senior Services

**Tuesdays, October 6, 13, 20, and 27**

**Tuesdays, November 3 and 10** **12:45-3:15 p.m.**

Cheektowaga Senior Center

Call NY Connects at 858-8526 to register

## Life Reimagined

What are you waiting for? Move what matters most to you to the top of your to-do list. Life Reimagined will help you rediscover and prioritize what is most important to you. Learn tools to help you focus on your goal, stay on track, and get support from a select group of trusted friends and mentors.

**Instructor:** Bill Armbruster, Associate Regional Director for AARP New York

**Wednesday, September 23** **6 p.m.**

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

## Recognizing Depression

Studies show that half of all Americans will experience clinical depression in their lifetime. Are you worried about a family member or friend who may be depressed? Do you know someone who is dealing with a loss or grief? We'll review the causes, signs, symptoms, and treatment of depression.

**Instructor:** Gregg Nuessle, licensed therapist, BlueCross BlueShield of Western New York

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

Clarence Senior Center, 633-5138 to register

## What Does an Executor Do?

An executor is charged with protecting a deceased person's property until all debts and taxes have been paid, and seeing that what's left is transferred to the people who are entitled to it. An executor is not required to be a legal or financial expert, but must be honest, impartial, and diligent to carry out a range of duties, depending on the complexity of the estate. Learn what it takes to be an executor.

**Instructor:** Anthony Szczygiel, Professor, SUNY Buffalo School of Law

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

Springville Concord Elder Network (SCENE), 592-2768 to register

**Thursday, November 12** **3 p.m.**

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register

## CLASS LOCATIONS

**Amherst Senior Center** • 370 John J. Audubon Parkway

**Baptist Manor** • 276 Linwood Avenue, Buffalo

**Canterbury Woods** • 705 Renaissance Drive, Williamsville

**Cheektowaga Senior Center** • 3349 Broadway

**Clarence Senior Center** • 4600 Thompson Road

**Grand Island Golden Age Center** • 3278 Whitehaven Road

**Ken-Ton Presbyterian Village** • 3735 Delaware Avenue

**Hamburg Senior Community Center** • 4540 Southwestern Boulevard

**Orchard Park Senior Center** • 70 Linwood Avenue

**Springville Concord Elder Network (SCENE)** • 40 Commerce Drive

**Town of Tonawanda Senior Center** • 291 Ensminger Road

## Class Listings by Facility

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

Day	Date	Time	Topic
Wednesday	September 16	10 a.m.	Booms, Bubbles, and Busts in the U.S. Stock Market
Wednesday	September 23	6 p.m.	Life Reimagined
Monday	September 28	10 a.m.	The Sinking of the Lusitania 100 Years Ago
Friday	October 9	12:45 p.m.	Buffalo City Hall
Wednesday	October 21	10 a.m.	Hard Times in Western New York: 1812-1844
Thursday	October 22	12:45 p.m.	Shakespeare's Greatest Speeches
Friday	October 23	12:45 p.m.	US-EU Relations
Monday	October 26	10 a.m.	What's Ahead for Africa?
Tuesday	October 27	12:45 p.m.	Winter Plant and Animal Adaptations
Wednesday	October 28	6 p.m.	Arthritis and Degenerative Disorders of the Hand and Shoulder
Thursday	October 29	12:45 p.m.	The Power of Trains
Wednesday	November 4	12:45 p.m.	In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945
Thursday	November 5	12:45 p.m.	A Memorial to the Greatest Generation
Monday	November 16	10 a.m.	The World from a Poet's Perspective
Wednesday	November 18	6 p.m.	The Supreme Court Ruling and Same Sex Marriage
Tuesday	December 1	12:45 p.m.	1946 Montreal: Home to Two of the World's Greatest Sports Heroes
Wednesday	December 2	6 p.m.	Crisis in Ukraine
Thursday	December 3	12:45 p.m.	Blood and the Heart: Myth, Magic and Reality

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

Day	Date	Time	Topic
Thursday	October 8	2 p.m.	Moved to Write
Thursday	October 15	2 p.m.	African-American Poets and Poetry
Wednesday	October 14	2 p.m.	Haiku of Fall
Wednesday	October 21	2 p.m.	Libraries, Ledgers, and Graveyards: Buffalo's Forgotten History
Monday	October 26	2 p.m.	In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945
Tuesday	October 27	2 p.m.	Gender Imbalance in Politics, Government and Business
Wednesday	October 28	2 p.m.	Discovering Buffalo, One Street at a Time: Part 2
Friday	October 30	3 p.m.	Meanings of Halloween
Wednesday	November 4	2 p.m.	A Memorial to the Greatest Generation
Monday	November 9	2 p.m.	Love and Lust in Shakespeare's Sonnets
Tuesday	November 10	2 p.m.	A Civil War Veteran's Struggle with Rebels, Brits, and Devils
Friday	November 13	2 p.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Wednesday	November 18	2 p.m.	Crisis in Ukraine

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Wednesday	September 30	8 p.m.	Diversity in Islamic Schools of Thought
Wednesday	October 7	8 p.m.	Gender Imbalance in Politics, Government and Business
Thursday	October 8	8 p.m.	Rachel Carson: For Love of the Earth
Monday	October 12	8 p.m.	Crisis in Ukraine
Wednesday	October 14	8 p.m.	The Supreme Court Ruling and Same Sex Marriage
Monday	October 26	8 p.m.	US-EU Relations
Tuesday	October 27	8 p.m.	The Guaranty Building
Monday	November 2	8 p.m.	Nelson Mandela
Wednesday	November 4	8 p.m.	Is It Art? The Mid-Century Modern and Minimalist Art Movement
Thursday	November 12	8 p.m.	Nelson A. Rockefeller: Almost President, Almost Great
Tuesday	November 17	8 p.m.	Fall/Winter Constellations of the Western New York Skies
Thursday	November 19	8 p.m.	The Power of Trains
Tuesday	November 24	8 p.m.	Libraries, Ledgers and Graveyards: Buffalo's Forgotten History
Wednesday	December 2	8 p.m.	Discovering Buffalo, One Street at a Time: Part 2

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Tuesdays	October 6- November 10	12:45 p.m.	Healthy Living: Chronic Disease Self-Management Programs Call 858-8526 to register
Thursday	October 8	10 a.m.	Create Age-Friendly Communities
Wednesday	October 14	10 a.m.	The Sinking of the Lusitania 100 Years Ago
Wednesday	October 14	2:30 p.m.	United States and the Muslim World
Thursday	October 15	1 p.m.	Terri Lee Dolls
Monday	October 19	10 a.m.	Prosperity and Conflict: Buffalo 1844 -1867
Tuesday	October 20	10 a.m.	Buffalo City Hall
Wednesday	October 21	3 p.m.	The Supreme Court Ruling and Same Sex Marriage
Thursday	October 30	10 a.m.	Maya Angelou's Life and Works
Thursday	November 5	10 a.m.	The Power of Trains
Monday	November 9	1 p.m.	In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945
Friday	November 13	1 p.m.	Shakespeare's Greatest Speeches
Monday	November 16	1 p.m.	Nelson Mandela
Wednesday	November 18	1 p.m.	Mammals of Western New York
Monday	November 23	1 p.m.	Winter Plant and Animal Adaptations
Thursday	December 3	10 a.m.	Saturated Fats: Friend or Foe?



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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Friday	October 2	1:30 p.m.	US-EU Relations
Monday	October 5	1:30 p.m.	Scribblin' for a Livin': Mark Twain's Pivotal Period in Buffalo
Tuesday	October 6	1:30 p.m.	The Supreme Court Ruling and Same Sex Marriage
Friday	October 9	1:30 p.m.	What's Ahead for Africa?
Tuesday	October 13	1:30 p.m.	Buffalo City Hall
Wednesday	October 14	1:30 p.m.	The Power of Trains
Friday	October 16	1:30 p.m.	Discovering Buffalo, One Street at a Time: Part 2
Monday	October 19	1:30 p.m.	United States and the Muslim World
Tuesday	October 20	1:30 p.m.	Libraries, Ledgers, and Graveyards: Buffalo's Forgotten History
Tuesday	October 27	1:30 p.m.	1946 Montreal: Home to Two of the World's Greatest Sports Heroes
Wednesday	October 28	1:30 p.m.	Recognizing Depression
Monday	November 2	1:30 p.m.	A Memorial to the Greatest Generation
Thursday	November 5	1:30 p.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Friday	November 6	1:30 p.m.	Saturated Fats: Friend or Foe?
Friday	November 13	1:30 p.m.	The Wit and Wisdom of e.e. cummings
Friday	November 20	1:30 p.m.	What Does an Executor Do?

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Monday	October 5	1 p.m.	Buffalo's Waterfront: Past, Present, and Future
Tuesday	October 13	1 p.m.	Personal Perspectives of Six U.S. Presidents
Tuesday	December 29	tbd	The Art and Social Vision of Frank Lloyd Wright

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Tuesday	October 13	10:30 a.m.	Arthritis and Degenerative Disorders of the Hand and Shoulder
Tuesday	October 20	10:30 a.m.	General "Wild Bill" Donovan
Thursday	November 12	1 p.m.	The Meaning Behind the Words: The Poetry of Robert Frost
Wednesday	November 18	1 p.m.	Arthritis and Degenerative Disorders of the Knee

**KEN-TON PRESBYTERIAN VILLAGE • 3735 DELAWARE AVENUE  
REGISTER AT 874-6070 EXT. 18**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Tuesday	September 29	6 p.m.	Saturated Fats: Friend or Foe?
Tuesday	October 6	6 p.m.	The Guaranty Building
Tuesday	October 20	6 p.m.	Political Landscape 2015: An Insider's View
Tuesday	October 27	6 p.m.	The Sinking of the Lusitania 100 Years Ago
Tuesday	November 10	6 p.m.	Arthritic and Degenerative Disorders of the Hip and Knee
Tuesday	November 17	6 p.m.	Scribblin' for a Livin': Mark Twain's Pivotal Period in Buffalo

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Friday	October 2	10 a.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Wednesday	October 7	3 p.m.	Create Age-Friendly Communities
Thursday	October 8	1 p.m.	Nelson A. Rockefeller: Almost President, Almost Great
Friday	October 9	10 a.m.	Active for Life: Physical Therapy
Thursday	October 15	3 p.m.	The Supreme Court Ruling and Same Sex Marriage
Monday	October 19	1 p.m.	The Power of Trains
Monday	October 19	3 p.m.	Hemingway and the Tip of the Iceberg
Monday	October 26	3 p.m.	United States and the Muslim World
Tuesday	October 27	1 p.m.	Norman Rockwell and Grant Wood
Tuesday	October 27	3 p.m.	Charles Burchfield
Monday	November 2	1 p.m.	Libraries, Ledgers and Graveyards: Buffalo's Forgotten History
Thursday	November 5	1 p.m.	Prosperity and Conflict: Buffalo 1844 -1867
Friday	November 6	1 p.m.	US-EU Relations
Monday	November 9	1 p.m.	The Sinking of the Lusitania 100 Years Ago
Thursday	November 12	3 p.m.	What Does an Executor Do?
Friday	November 13	1 p.m.	Myths and Truths About Concussions
Tuesday	November 17	1 p.m.	Love and Lust in Shakespeare's Sonnets
Monday	November 23	1 p.m.	Discovering Buffalo, One Street at a Time: Part 2
Monday	November 30	1 p.m.	In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945

**SPRINGVILLE CONCORD ELDER NETWORK • 40 COMMERCE DRIVE  
REGISTER AT 592-2768**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Thursday	October 15	1 p.m.	Arthritic and Degenerative Disorders of the Hand and Shoulder
Thursday	October 22	1 p.m.	The Power of Trains
Thursday	October 29	1 p.m.	Blood and the Heart: Myth, Magic and Reality
Thursday	November 5	1 p.m.	What Does An Executor Do?

**TOWN OF TONAWANDA SENIOR CENTER • 291 ENSMINGER ROAD  
REGISTER AT 874-3266**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Tuesday	October 20	1 p.m.	Personal Perspectives of Six U.S. Presidents

Retired & Senior Volunteer Program  
Erie County Department of Senior Services  
95 Franklin Street, 13th Floor  
Buffalo, NY 14202

**ADDRESS SERVICE REQUESTED**



Erie County Senior Services Annual

# Public Hearing

Tell us what's important to YOU!



Wed., October 28 • 2-3:30 p.m.

**American Red Cross**

786 Delaware Avenue • Buffalo, NY 14209

Let your  
voices be  
heard!

**Come and comment on current programs and services  
for seniors in Erie County and plans for future programs!**

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ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES

**RSVP**  
RETIRED & SENIOR  
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**Excelsior**  
Orthopaedics.



**BlueCross BlueShield**  
of Western New York