

University Express classes offered at the
Golden Age Center
3278 Whitehaven Road, Grand Island

Wednesday, September 26 at 1:00 pm: *Sugar Savvy*

Thursday, October 4 at 1:00 pm: *Yearning to Be Free – Statue of Liberty*

Friday, October 5 at 1:00 pm: Political Civility

Thursday, October 11 at 1:00 pm: *The Death of Fossil Fuels*

Friday, October 19 at 10:00 am: America the Beautiful –
Landscapes in Art

Wednesday, October 24 at 10:00 am: *Meal Planning for One or Two*

Wednesday, October 24 at 1:00 pm: *Buffalo Shipwrecks*

Thursday, November 1 at 1:00 pm: *The History of Buffalo Roadways*

Friday, November 2 at 10:00 am: *Learning Styles*

Monday, November 5 at 1:00 pm: *Right-sizing: 4 Steps Towards Simplifying Your Home*

Wednesday, November 21 at 1:00 pm: Owl Habits & Habitats

Thursday, December 6 at 1:00 pm: Your Own, No-Cost Fitness Program

**Please call us at (716) 773-9682 to register for
any of these wonderful University Express
classes!**