

University Express Fall 2019 Classes – Grand Island Golden Age Center Only

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 3rd at 1 p.m. at the Grand Island Golden Age Center, 773-9682 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."

Monday, October 7th at 1:00 p.m. at the Golden Age Center. Call 773-9682 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 9th at 1:00 p.m.. Call 773-9682 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 10th at 1:00 p.m., Grand Island Golden Age Center. Call 773-9682 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 23rd at 1:00 p.m. Call 773-9682 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 1st at 10:00 a.m. Call 773-9682 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 13th at 1:00 p.m. Call 773-9682 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 13th at 6:00 p.m.

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.

Friday, November 15th at 10:00 a.m. Call 773-9682 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.

Wednesday, November 20th at 1:00 p.m. Call 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 16th at 6 p.m. Grand Island Golden Age Center, 773-9682 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.

Wednesday, December 11th 6:00 p.m. 773-9682 to register