

Spring 2024 University Express Course list for the Grand Island Golden Age Center

MAY

Friday, May 3: 10:30AM

University Express: Books and Censorship: History Repeats Itself

Today we will have Dr. Linda Drajem, retired Buffalo Public Schools, and Buffalo State College professional, who will present on this topic. Books have been censored from time to time throughout history. Different eras have seen increases along with other methods of silencing dissent. She will discuss some of these occurrences along with the current situation, particularly in certain states where librarians and teachers feel under siege. The ALA documented more book bans in 2022 and 2023 than in any other time since they began compiling data 20 years ago.

REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE CENTER AT (716)773-9682.

Thursday, May 9: 10:30AM

University Express: Have an Old Artifact....Learn How to Research It!

Join Jolene Hawkins, Dept Historian for the Town of Concord, Village of Springville Historian, author, researcher at the Lucy Bensley Center and aka Grandma Butter at the Erie County Fair as we enjoy a presentation on how to research old artifacts. Have a small object or found something of interest around the house? Let's look at it and determine if it has value. Feel free to bring in your object or just come to learn what to look for.

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Monday, May 13: 1:00PM – 3:00PM

University Express: Drum 4 Health

Join Carolyn Zimmermann, owner of Drum4health/Bringing Rhythm to Life, Member of HAHA (Healthy Alternatives Through Healing Arts) as she introduces us to the magic, fun, and healing power of recreational music made with handheld drums. No prior experience needed – just bring your enthusiasm, and she will do the rest! There have been several studies done showing that all types of drumming can reduce stress and lower your blood pressure along with boosting your immunity.

LIMITED NUMBER OF PARTICIPANTS SO REGISTER EARLY!

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Tuesday, May 21: 1:00PM

University Express: Erie County Park History

Today's presentation, led by a park ranger from the Erie County Department of Parks, Recreation & Forestry, will include discussion and the history of the 5 main heritage parks of Erie County's Parks System. Those five parks will be Chestnut Ridge, Emery, Ellicott Creek, Como Lake and Akron Falls.

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Wednesday, May 22: 4:30PM Doors Open 5:00PM Potluck, 6:00PM Program

University Express: Every Marker Tells a Story

This evening will be a special evening with a potluck first and then our evening's presentation given by Mary Ann Kedron, founder of Kedron Books and More, member of Black Rock Historical Society, Black Rock Riverside Alliance, Buffalo Niagara River Land Trust & Birds and Niagara Boats Business and the Black Rock Harbor. Ms. Kedron will walk us through the Black Rock Historic Markers and the stories behind them. From waterworks like Jubilee Springs to changing times and changing markers like Unity Island. She will also share a sneak peek at the stories behind some historic homes and buildings. You are welcome to join us for both evenings' activities or just come later for the presentation. We do ask that you bring a dish to pass for the potluck please.

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Thursday, May 30: 10:30AM

University Express: Early History of the Sisters of Mercy and Mercy Hospital in South Buffalo

Sr. Peggy Gorman will trace the roots of the founding of Mercy Hospital and how the Sisters of Mercy arrived in Buffalo.

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JUNE

Thursday, June 6: 10:00AM

University Express: Remembering Buffalo's Yesteryear Restaurants

Marla Bujnicki, certified Master Docent with both Preservation Buffalo Niagara and Forest Lawn Cemetery as well as a Boat Tour Narrator aboard the Miss Buffalo II, will present today's program. Step back in time to when the Park Lane was a converted mansion on Gates Circle, Liberace was gaining popularity courtesy of the DiGuilio family who owned 31 Club, and the Cloister was the place to be seen and you were spun around, albeit lightly, as you enjoyed a beverage at the Chez Ami. Both memories and taste buds will be revived as we recall and share some of our more memorable dining experiences.

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Friday, June 21: 10:00AM

University Express: We Didn't Start the Fire

Today's presentation has the return of a speaker who has provided us with multiple programs! We are excited to welcome back Theresa Wiater, retired teacher from Clarence Center Elementary School. Theresa will be speaking about this song and the fact that there are 119 historical references Billy Joel thought were important enough to put into a song in 1989. Some events are obvious, while some are obscure. Take a step back in time to look at the historic events. At the end of this program, we will look at what was left out of the song. We will also talk about the events from 1989 to present that should be mentioned if another song is written.

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Monday, June 24: 10:00AM

University Express: Eating on a Budget

Today we will be exploring nutrition labels, smart shopping tips, and budget-friendly recipes that empower you to make nutritious choices within your means. Our presenter will be Michelle Werneiwski, Dietitian Consultant, Erie County Department of Senior Services.

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Wednesday, June 26: 4:30PM Doors Open, 5:00PM potluck, 6:00PM Program

University Express: The Sullivan Family of Waterloo, Iowa

This evening will be a special evening with a potluck first and then our evening's presentation given by Shane Stephenson, Director of Museum Collections at the Buffalo Naval Park. Come and learn about the Sullivan Family. While three American families lost five or more children in battle, the Sullivan family is the only one to lose them all on the same day. The name of our Fletcher class destroyer honors the family but come learn about the more human side to the story. You are welcome to join us for both evenings' activities or just come later for the presentation. We do ask that you bring a dish to pass for the potluck please.

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JULY

Wednesday, July 10: 4:30PM Doors Open, 5:00PM Potluck; 6:00PM Program

University Express: Buffalo's Murals

In the last several years, there has been an explosion of murals in Buffalo. They come in all shapes and sizes and are all over the region. Margaret Logan, Explore Buffalo Docent will talk about what they offer, including several tours by bicycle and on foot that explore some of these murals. This talk is designed to give you an overview of the locations, artists, and wide variety of murals around town. You are welcome to join us for both evenings' activities or just come later for the presentation. We do ask that you bring a dish to pass for the potluck please.

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