

Fall 2023 University Express at the G.I. Golden Age Center

You **MUST** phone 716-773-9682 to pre-register with the GAC to attend any program. While there is no charge, you **MUST** pre-register as a courtesy to both the speaker and GAC staff.

Thursday, October 12: 10:30 A.M.

The Sun, The Moon, The Solar Eclipse & You! Join Penn Dixie Fossil Park and Nature Reserve staff as they prepare us for the total solar eclipse coming to WNY on Monday, April 8, 2024. During this once in a lifetime event, Erie County will be shrouded in darkness almost four minutes. Learn about celestial mechanisms that create a solar eclipse, what you can expect to see, and how to view it safely.

Friday, October 13: 10:30 A.M.

Radium Girls: The Walking Dead. Join return speaker Theresa Wiater, retired Clarence School District Teacher of gifted education and 5th graders, as she talks about the use of radium. Discovered in 1898 by Marie Currie and used to fight cancer, radium was also used during WWI, painted on airplane dials so pilots could see gauges glowing in the dark. Women painting the dials were found to be mysteriously dying.

Monday, October 16: 10:30 A.M.

The Niagara River Ice Boom...Does It Make Our Winters Longer or Seem Longer? We welcome back presenter Harry Meyer, docent and lecturer of WNY history and architecture and retired Hodgson Russ LLP Attorney/Partner, as he presents all about the Niagara River Ice Boom -- and its annual installation rite in late Fall about two miles from the Peace Bridge, then its removal each Spring.

Wednesday, October 18: 10:30 A.M.

Identity Theft & Credit. Let's talk about ways to ensure your identity is protected, how to avoid identity theft, and what exactly goes into your credit score. Do you review your credit report on a regular basis? Join Jennifer Andres, Director of Consumer Protection for Erie County, as she speaks on this important topic.

Thursday, October 19: 10:30 A.M.

The Effect of Sensory Changes in Older Adults on Food Intake & Nutritional Status. Sensory perception changes as we age, and it can affect food behaviors and health. This class will look at seniors' unique nutritional needs and suggest a variety of foods to help reduce disease risk such as high blood pressure, diabetes, and heart disease. Guest speaker is Leanne Bajus, MS, RD, CDN of the Erie County Department of Social Services.

Friday, October 20: 10:30 A.M.

The Guaranty Building of Buffalo, NY. Come and learn some historical facts about the world-famous Guaranty Building with presenter Harry Meyer, docent and lecturer of WNY history and architecture and retired Hodgson Russ LLP Attorney/Partner. Built in 1895, the building is recognized as one of Louis Sullivan's architectural masterpieces.

Monday, October 23: 10:30 A.M.

Who Was Who on the Avenue? From Niagara Square to Gates Circle, learn about the man credited with growing the Village of Buffalo into the eighth largest city in the country. Join speaker Marla Bujnicki -- certified Master Docent for Preservation Buffalo Niagara, Forest Lawn Narrator, and Miss Buffalo II Narrator -- as she takes us down Delaware Avenue and introduces us to some of its well known residents.

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Friday, October 27: 10:30 A.M.

Vampires, Werewolves, Witches, and Other Creatures of the Night. Join guest presenter Phillips Stevens, PhD, University at Buffalo Emeritus Professor of Anthropology, as he engages us in cultures throughout history that have believed dangerous beings roam in search of human victims. We will look at examples of such beliefs and explanations for them -- just in time for Halloween! Spooky!

NOVEMBER 2023

Monday, November 6: 10:30 A.M.

Basics of Medicaid and Long-Term Care: Protecting and Preserving Assets. Please join Jean Harris, Pfalzgraf Beinhauer Gear Harris Schuller LLP Attorney/Partner, as she focuses on strategies to preserve and protect assets if there is a need for Medicaid, skilled nursing home care, or care in your home. An experienced Elder Law attorney, Ms. Harris will discuss how to protect your assets and how to ensure you are provided with good care for the rest of your life, even if you are unable to get through the five-year "look back" period.

Thursday, November 29: 10:30 A.M.

The Language of Holiday Flowers. What is the meaning behind holiday flowers? Learn what you really mean when you send someone a poinsettia or decorate with wreaths and evergreens. Pati Aine Guzinski -- Training Coordinator with the Erie County Department of Health's Public Health Emergency Preparedness Division and SMART, and avid gardener -- is our speaker today discussing these topics and more.

DECEMBER 2023

Friday, December 1: 10:30 A.M.

Cooking with the Commish -- Holiday Style. Join Angela Marinucci, Esq., Erie County Department of Senior Services Commissioner, as she shares some of her favorite holiday recipes that will have all your guests asking for seconds. She will even bring samples to share. Feel free also to bring your own favorite holiday recipes to share.

Monday, December 4: 1:00 P.M.

A Young Woman's Remembrances of the Civil War. Judy Buzby, RN BSN, MSN, retired NCCC Professor of Nursing, will take on the voice and costume of her Great-Great-Aunt Harriet to share her remembrances of exciting events during the Civil War. Hattie was 10 when the war started. She reminisces about family life, the soldiers, meeting Lincoln (!), and others of the times -- based on Harriet Chapin Barnard's memoirs, discovered by Judy when researching family genealogy.

THE GRAND ISLAND GOLDEN AGE CENTER
3278 WHITEHAVEN ROAD, GRAND ISLAND NY 14072
PHONE 716-773-9682