

Spring 2018

Door Prizes!

University Express/SCENE Speaker Series

Refreshments!

Fridays at 1 p.m. in the Concord Senior Center, 40 Commerce Drive, Springville, NY

Please call and register to attend one or all of these classes 716-770-7277

April 6—Dear God, What's on the Second Floor?" Memoirs of a retired world traveler "Love Boat" cruise ship steward, UK soldier, oldest registered FIFA soccer rep in the United States. Wally shares his insights and unusual experiences, including meeting famous people and the experience of being thrown in the brig after an altercation with his commanding officer! **Walter Holland, UK-born local author and natural storyteller**

April 13—Early Music and Entertainment A look back to the beginning of Buffalo's rich entertainment heritage, starting at Canal Street to early theaters, vaudeville, burlesque, big band and music prior to the advent of Rock n' Roll. Highlighting contributions by theater owner Michael Shea and other nightclub owners, along with information on area radio stations, songwriters, musicians and entertainers. **Instructor Rick Falkowski, founder of the Buffalo Music Hall of Fame and author of the book "History of Buffalo Music & Entertainment"**

April 20—Preventative Care In Diabetes Persons with diabetes have a higher risk for vision changes, kidney damage, circulation problems, heart disease and stroke. Learn what you can do to monitor and reduce your risks for these complications with the Preventative Care in Diabetes presentation. **Instructor: Kathleen Hebdon, BSN, RN, CDE (Certified Diabetes Educator) Nurse Manager of Health Promotion and Education, Bertrand Chaffee Hospital**

April 27—Ghosts of 1812: The Spooky Top Twenty of the Niagara War. Three years of steady fighting soaked both sides of the Niagara in tragedy and left no part of the frontier untouched. Little wonder that a vivid folk-culture exists today, though it is little known to the public. The heroes and heroines who raged and died in the Niagara war still figure among the region's ghosts. Mason Winfield's colorful keynote presentation brings them back for us in all their glory and serves as a lively introduction to the history of the local war. **Instructor : Mason Winfield, acclaimed author, storyteller and founder of Haunted History Ghost Walks, Inc.**

May 4—Healthy Living for your Brain and Body: Tips from the Latest Research The Healthy Habits for a Healthier You program of the Alzheimer's Association is designed to provide current research and practical information on ways to age well. It is organized to provide information about current research (what we know) and practical strategies (what we can do) in the following four areas: Cognitive activity, Physical health and exercise, Diet and nutrition, and Social engagement. **Instructor: Lauren Ashburn, MSW, Director of Respite Services & Assistant to Advocacy Alzheimer's Association, WNY Chapter**

May 11—Green Living In The Golden Years Your experience has taught you a lot about living. Come and hear ideas for greener, healthier ways to clean and garden. You might be surprised that what was done for the environment and to be thrifty in the 'good old' days' is even more relevant today! Bring along a product you clean with regularly and share why! This presentation will provide suggestions and resources to save money, time, and to improve the quality of life simply by the choices we make in cleaning and gardening. **Instructor: Tracie L. Hall, Director New York Upstate U.S. Green Building Council**

May 18—Teachings of the Medicine Wheel This session will focus on various teachings based on the "Medicine Wheel". A comprehensive framework of understanding our own health and our inter-connections with others. Cultural perspective of the Haudenosaunee and other Native American communities will be shared during this presentation. **Instructor: Pete Hill, "All Our Relations" Project Director, Native American Community Services of Erie & Niagara Counties, Inc.**

June 1—Grandma Butter and Aunty Herb Grandma Butter and Aunty Herb present a demonstration of the lost homesteading and historical art of butter churning and the healthy properties of culinary herbs while sampling, freshly made delicious herb filled homemade butter! **Instructors: Jolene Jackson Hawkins and Jennifer L. S. Weber**

June 8—What in the World is Kefir? Foods With Weird Names That You Should Try. Forget the Chia pet. Chia seeds are made for eating. Find out about some "celebrity superfoods" that often appear on TV and magazines, like kohlrabi, teff, enoki mushrooms, kefir, amaranth, farro and edamame. We'll discuss their origins, uses, preparation and the benefits that might add them to your grocery list! **Instructor: Jennifer Johnson, Health Promotion Coordinator, Blue Cross Blue Shield of Western New York**

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Is brought to you by:



Springville Concord Elder Network

"Helping people age well with dignity and independence in our community"

716-770-7277



HEALTHY COMMUNITY

A L L I A N C E

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RSVP - University Express is a program from Erie County

Senior Services