

## University Express Spring Speaker Series

Presentations start at 1 p.m.

in the Concord Senior Center, 40 Commerce Dr., Springville

Reserve your spot today by calling SCENE at 716-770-7277

**May 3 - Parkinson's 101:** Parkinson's disease strikes Western New York particularly hard. We will discuss what Parkinson's disease is, the signs and symptoms, who it strikes, and the causes and current treatments. We'll also look at the promising research efforts that are underway. We still don't have a cure, but we seem to be getting closer. **Instructor:** Christopher Jamele, Executive Director, National Parkinson Foundation of Western New York

**May 10 - Minimizing the Effects of Aging:** How many times have you heard an older person say "I wish I were younger"? I believe what most are really saying is "I wish I could feel the way I did when I was younger". In recent years the medical field has identified several major conditions that can unnecessarily make you look and feel old. I am 84 years old and have more than 60 years of experience in the fitness and wellness fields. Join me for a science based presentation explaining how we can try to prevent and sometimes even reverse these conditions commonly associated with the process of aging. **Instructor:** Richard Derwald, Senior Fitness Coordinator, Erie County Senior Services

**May 17 - Niagara Falls: A Survivor of the Ice Age:** Niagara Falls and its gorge tell the 12,000-year-old story of retreating glaciers, water levels, and elevation. The area was shaped by the tremendous forces of past glaciers and river systems into five distinct sections. We'll look at the unique characteristics of each section, including whirlpool reversal, and the other left-behind falls along the Niagara Escarpment, rock structures transported from both of the northern and southern hemispheres, coral beds, dry falls, and glacial Lake Tonawanda. **Instructor:** Paul Young, professor emeritus of Science Education, Koessler Distinguished Professor at Canisius College

**May 31 - Quilts and the Underground Railroad:** For years, it has been believed that women and men used quilts as signals to help men, women and children escape slavery using the Underground Railroad. What were those signals? What did they mean? Is there truth to the signals or is it a fallacy that has been repeated for generations? Learn what the quilt blocks were, what they signified and the story that goes along with it. **Instructor:** Theresa Wiater, retired teacher of gifted education and Grade 5 from Clarence Center Elementary School; experienced quilter

**June 7 - Resistance Bands for Strength Training:** As we try to maintain muscular strength, resistance bands are an amazing fitness tool! These bands can be easily modified to fit your exercise needs; they are inexpensive, portable, and versatile. Learn about the benefits of both upper and lower body strength training, the different types of resistance bands, and how resistance programs can improve balance. Ready to give it a try? You will have the opportunity to participate in a chair based resistance band routine. Stay active and independent as muscular strength is essential for performing everyday activities. **Instructor:** Jill Bronsky, Owner, Forward Fitness Inc.; Author

**June 14 - To Kill a Mockingbird:** Harper Lee's novel that depicts racial prejudice and growing up in the South is the most widely and most popular book in the United States. **Instructor:** Jim Banko, retired high school English teacher, Buffalo Public Schools

**June 21 - Breaking the Sugar Habit:** The average American consumes approximately 152 pounds of sugar each year. Excess sugar consumption increases risks for obesity, diabetes, heart disease and many other medical conditions. In this seminar, we'll discuss why sugar hooks us and tips for overcoming sugar dependency. **Instructor:** Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York

