



University Express

Bringing the university to you!

Spring 2009 classes at:

- Canterbury Woods
- Cheektowaga Senior Center
- Orchard Park Senior Center
- Niagara University

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University Express

Get on board!

University Express is an exciting partnership between Niagara University Continuing Education and Erie County RSVP (Retired and Senior Volunteer Program) to bring stimulating academic classes to older adults.

We know that you have always wanted to take that special class that interested you. Or maybe you saw something in the media that you want to learn more about. Well, hop aboard University Express!

These educational programs are held at special locations throughout Western New York and are easy to access. Because we want you to see how much fun learning is again, these classes are free or have a low registration fee.

WHAT DO YOU NEED TO DO?

- Find one class or many classes that you find interesting.
- Sign up. Each location has its own sign up numbers to call for registration.

That's it. Easy, educational and right in your area. Now, there isn't any reason why you can't sign up for the class that will provide enrichment to your life today. Get a group of friends or family members together and register.

University Express Sites for Spring 2009 Courses

- Canterbury Woods, 705 Renaissance Dr., Williamsville, 929-5800
- Cheektowaga Senior Center, 3349 Broadway, Cheektowaga, 686-3930
- Orchard Park Senior Center, 70 Linwood Ave., Orchard Park, 662-6452

HISTORY

Thomas Jefferson: In 1993 alone, 17 new books with Thomas Jefferson's name in the title appeared in bookstores. Did the resurgence in Jefferson-mania leave you with unanswered questions? Come to this review of his life and find out more about his conflicted personality and his startling achievements.

Instructor: Mary Louise Berg, retired teacher

- Friday, June 26 — 1-2 p.m.
Orchard Park Senior Center — 662-6452

The Genius of Benjamin Franklin: Benjamin Franklin's innovations and inventions improved the lives of Americans and Europeans alike, yet he refused to procure a patent for any of them. Come hear his explanation and gain new insights into the makeup of this soldier, philanthropist, and creative genius who loved the whole world but was unable to connect with his family.

Instructor: Mary Louise Berg, retired teacher

- Wednesday, April 29 — 8-9 p.m.
Canterbury Woods — 929-5800

Grover Cleveland — Saint or Sinner? Although we think of Grover Cleveland as our own, he was born and died in a state hundreds of miles from Buffalo. Did you know that a famous city was named after one of his ancestors? Or that he invited the John Phillip Sousa band to play at his White House wedding to Buffalo's Frances Folsom? Come learn some little-known facts about this oft-maligned president.

Instructor: Mary Louise Berg, retired teacher

- Tuesday, May 5 — 10:30-11:30 a.m.
Cheektowaga Senior Center — 686-3930

Lincoln at Gettysburg: A printed invitation notified Abraham Lincoln that on Thursday, Nov. 19, 1863, a ceremony would be held for the dedication of a national soldiers' cemetery at Gettysburg, Pa. Lincoln would spend just 25 hours of his life in Gettysburg. However, during that span of time, he put the finishing touches on and delivered what many consider to be the greatest speech ever written.

Instructor: James W. McGrath

- Wednesday, May 13 — 8-9 p.m.
Canterbury Woods — 929-5800
- Monday, June 15 — 1-2 p.m.
Orchard Park Senior Center — 662-6452

Elizabeth Cady Stanton: Elizabeth Cady Stanton's Declaration of Sentiments, presented at the first women's rights convention held in 1848 in Seneca Falls, N.Y., is often credited with initiating the first organized women's rights and women's suffrage movements in the United States. Learn more about this early women's rights activist.

Instructor: Denise Reichard, adjunct faculty at Niagara County Community College

- Thursday, June 11 — 1-2 p.m.
Orchard Park Senior Center — 662-6452

Crystal Beach: Did you know that Crystal Beach Park first opened on the shores of Lake Erie back in 1888 as a Chautauqua/religious campground? Crystal Beach was a wonderful place to visit, and quite affordable, too. Join us as we share memories of the Midway, with its world-famous roller coasters, Laff in the Dark, carousel, and of course, the Crystal Beach sugar waffles and Halls suckers.

Instructor: Dr. Joseph Bieron, professor emeritus, Canisius College

- Thursday, May 21 — 10:30-11:30 a.m.
Cheektowaga Senior Center — 686-3930
- Friday, June 5 — 1-2 p.m.
Orchard Park Senior Center — 662-6452

Hull House: The Hull House, built circa 1810 by Warren and Polly Hull, is the oldest stone dwelling in Western New York. Located at Genesee Street and Pavement Road in the Town of Lancaster, the house and site are being restored and will be used as an educational center to interpret life in the early 19th century.

Instructor: Suzanne Jacobs, education director of Hull House

- Wednesday, May 6 — 8-9 p.m.
Canterbury Woods — 929-5800

LANGUAGE

History of American English: An account of the English language as it is found in America. Some topics are: differences between British English and American English, the influences of the frontier and westward expansion, the effects of Noah Webster's publications; word borrowings from other languages, and dialectical differences.

Instructor: Dr. Joseph Sandman, professor emeritus, Canisius College

- Friday, April 17 — 1-2 p.m.
Orchard Park Senior Center — 662-6452
- Tuesday, June 2 — 1-2 p.m.
Cheektowaga Senior Center — 686-3930

Sounds of Our City: The People of Buffalo and Their Speech: The speech pattern of the descendants of the three original European immigrant groups, Germans, Poles and Italians, were labeled "ethnolects," a term which since has become a household word (among linguists). Many of their characteristics have become part of the regular speech of all Buffalonians. Dr. Wolck will trace this process to the present and illustrate it with recorded examples.

Instructor: Dr. Wolfgang Wolck, emeritus distinguished service professor, University at Buffalo

- Monday, May 11 — 8-9 p.m.
Canterbury Woods — 929-5800

Technology Talk: Terms like MP3, PDA, GPS, blog, text messaging, surfing the Web, and Podcasting have become part of everyday language. You probably know that a BlackBerry isn't a fruit, Spam doesn't come in a can, and there are no peas in an iPod. MySpace has no walls or doors, and you can't find Facebook on a library shelf. What is the difference between Wi-Fi, Wiki, and Wii? This class will briefly introduce each term and technology, so that you will be "in the know." No computer experience is necessary.

Instructor: I. Khan, Statler Center for Careers in Hospitality Services

- Tuesday, April 28 — 1-2 p.m.
Cheektowaga Senior Center — 686-3930
- Thursday, April 30 — 1-2 p.m.
Orchard Park Senior Center — 662-6452
- Thursday, May 21 — 8-9 p.m.
Canterbury Woods — 929-5800

SCIENCE AND NATURE

Severe Summer Weather: Severe summer weather presents forecasting challenges as well as safety and health concerns. Learn about atmospheric ingredients that produce thunderstorms, heat waves, drought, tornadoes, high humidity, UV/radiation alerts, and air quality alerts. We'll talk about recommended precautions to keep you safe and healthy throughout the summer months.

Instructor: Thomas Niziol, meteorologist in charge, NOAA National Weather Service Forecast Office in Buffalo

- Monday, April 20 — 8-9 p.m.
Canterbury Woods — 929-5800

Wind Potential of the Great Lakes: The wind resource of the Great Lakes is much larger than the hydroelectric potential. In fact, the wind resource across just the shallow portions of the lakes is roughly equal to half of the combined United States and Canadian total electricity demand.

Instructor: Dave Bradley, Wind Action Engineering Committee

- Monday, June 15 — 8-9 p.m.
Canterbury Woods — 929-5800

CURRENT AFFAIRS

Central Asia and the Peace Corps: An overview of the countries in Central Asia, including their strategic significance and the role of the Peace Corps in these countries. Includes a history of the Peace Corps since its inception in 1961.

Instructor: Ed Willett, former Peace Corps country director, Uzbekistan and Turkmenistan

- Thursday, June 4 — 1-2 p.m.
Orchard Park Senior Center — 662-6452
- Monday, June 8 — 8-9 p.m.
Canterbury Woods — 929-5800

Border Patrol and Homeland Security: The Border Patrol is a federal law enforcement agency whose mission is to prevent terrorists and terrorists' weapons from entering the United States, and to detect and apprehend illegal immigrants and individuals involved in illegal drug trade. What is an illegal alien? How does the patrol detect an illegal alien? What happens to individuals arrested by the Border Patrol? What is the Border Patrol's authority? How do

changes in immigration policy affect the Border Patrol?

Instructor: Gary Roussie, border patrol agent, United States Border Patrol

- Friday, May 1 — 10:30-11:30 a.m.
Cheektowaga Senior Center — 686-3930

United States Energy Policy: Worldwide demand for traditional energy sources is growing at an unprecedented rate, yet supplies are limited. What is the current United States energy plan? What key components should be included in a national and state energy policy? Can an energy plan be combined with an environmental and economic plan to ensure our energy needs are matched with sound public policy?

Instructor: Dr. Joseph Bieron, professor emeritus, Canisius College

- Friday, May 22 — 1-2 p.m.
Orchard Park Senior Center — 662-6452

LIFE ENHANCEMENT

Positive Psychology: This two-session course, based on the most popular class at Harvard University, focuses on the psychological aspects of a fulfilling and flourishing life. Topics include happiness, self-esteem, relationships, goal-setting, humor and gratitude.

Instructor: Tim Maggio, psychotherapist and college instructor

- Thursday, May 7 and 14 — 9:30-11:30 a.m.
Orchard Park Senior Center — 662-6452

Dream Interpretation: Dreams have fascinated people since ancient times. Freud stated that "the interpretation of dreams is the royal road to a knowledge of the unconscious activities of the mind." Although early psychologists shared an interest in dreams, they disagreed on the meaning of dreams and how to interpret them. Learn more about the theories and process of dream interpretation. Participants will be invited to share and discuss interpretations of their own dreams.

Instructor: Dr. Trevor Watt, professor of religious studies, Canisius College and certified family therapist

Registration fee of \$15 is payable to Orchard Park Senior Center.

- Tuesdays, June 2, 9, 16 and 23 — 1-2:30 p.m.
Orchard Park Senior Center — 662-6452

Four Seasons of Aging: Most people wish to "age in place" or remain in their respective homes and communities. Research is examining factors compelling older adults to stay in or leave our Western New York communities. What disparities exist between housing people currently own and what they may actually need as they age? How can our community become more "elder-friendly" and why should this be a priority for regional policy makers?

Instructor: Debra Street, Ph.D., associate professor, department of sociology, University at Buffalo

- Monday, April 27 — 1-2 p.m.
Orchard Park Senior Center — 662-6452
- Monday, April 27 — 8-9 p.m.
Canterbury Woods — 929-5800

Genealogy Research: A day-long, hands-on orientation to the genealogy resources available in downtown Buffalo. We'll start at the Buffalo and Erie County Central Library's Grosvenor Room to learn to access the free online genealogy databases and to search the library's collection of church records and extensive genealogy histories. After lunch (bring your own or purchase at Fables Café inside library), we'll walk a few blocks to the Erie County Clerk's Office to learn about searching deeds and immigration/naturalization records. Finally, we'll stop at the Erie County Surrogate's Court to learn about genealogy information available in wills. Limited time will be provided for individual research.

Instructor: John Sly, an active genealogist with over 40 years of experience

Meet at 9:30 a.m. — downtown central library lobby

Free van transportation to the downtown library is available. Please call the RSVP office at 858-7548 to register and to reserve your spot on the van. Pick up starts at 9 a.m.

- Tuesday, May 5 — 9:30 a.m.-3 p.m.
Canterbury Woods/Cheektowaga Senior Center
- Tuesday, June 16 — 9:30 a.m.-3 p.m.
Orchard Park Senior Center/Cheektowaga Senior Center



Uncoil
a Natural Wonder

Saturday, Aug. 1, 2009

Continuing Education and
the Niagara Wine Trail

716-286-8181



CANTERBURY WOODS

To keep your mind sharp, Canterbury University offers an ongoing schedule of courses on a wide variety of topics: philosophy; Renaissance art; "The Iliad" and "The Odyssey"; astronomy; classical music and opera, and much more. Registration is required. Call 716-929-5823 or visit www.canterburywoods.org.