

Cheektowaga University Express Classes

Please call or come into office to sign up for any class

Tuesday, May 5 2026, 10:00 AM

Living with a Positive Attitude: You can be Bitter or Better! I share my own experiences and challenge seniors to live with a positive attitude. Our world needs people who can model living a happy life even through difficult circumstances.

Instructor: Sister Judy Beiswanger, Sister of St. Francis.

Thursday, May 7 2026, 10:00 AM

Facebook Safety and Security: Stay safe while staying social! This class covers the essentials of protecting your privacy, recognizing scams, and using Facebook confidently and securely. Instructor: Brendan Chella, TechKnow Lab Librarian, Buffalo and Erie County Public Library

Wednesday, May 13 2026, 10:00 AM

Estate Planning and Asset Protection: This presentation will focus on the importance of Estate Planning for purposes of avoiding probate and to protect assets from future long-term care costs, such as nursing homes, and to assist with qualifying for Medicaid.

Instructor: Daniel Schuller, Attorney/Partner, PB Elder Law, LLP

Tuesday, May 19 2026, 10:00 AM

Advantages of Tax Strategy in Retirement: Unlock the keys to a more secure and enjoyable retirement with this essential class on tax strategies. Learn how smart tax planning can help you maximize your income, minimize your tax burden, and preserve your wealth for years to come. We'll cover the benefits of tax diversification, tax-efficient withdrawal strategies, and the best ways to leverage tax-advantaged accounts like IRAs and Roth accounts. Discover how to optimize Social Security benefits, manage investment income, and protect your legacy for heirs. Whether you're approaching retirement or already enjoying it, this class will equip you with practical tools to keep more of what you've earned and create lasting financial peace of mind. Instructor: Paul Hutchings, Wealth Manager - Sgroi Lawley

Thursday, May 21, 2026, 10 AM

Active Shooter: Situational Awareness is a concise safety program that teaches participants how to recognize potential threats, stay alert to their surroundings, and make rapid decisions to protect themselves and others during a violent incident. Drawing on best-practice response, the class covers warning signs, emergency planning, and practical steps to take before, during, and after an active shooter event so attendees feel more prepared, confident, and empowered to act in a crisis. Instructor: Luca Amarena

Tuesday, May 26, 2026, 1 PM

Medication Management for Seniors: This class will outline various issues seniors may face regarding common medications and disease states. We will discuss medication adherence, tips for minimizing side effects, best practices for taking medications, and common drug interactions. Instructor: Sarah Hopseker

Thursday, May 28, 2026, 10 AM

The World Came to Buffalo: Remembering the Pan-American Exposition 125 years later: The Pan-American Exposition was intended to showcase Buffalo's prominence in 1901. Planners expected over 20 million visitors to come to the Pan-Am, but instead, the fair is largely remembered for the assassination of President McKinley. Join Erie County Historian Douglas Kohler for a look at Buffalo's world's fair as we commemorate the 125th anniversary of the Pan-American Exposition. Instructor, Douglas Kohler

Tuesday, June 2, 2026, 10 AM

Senior Living Hacks for Green Living: Come explore new tech that can make your life a little bit greener and safer. Instructor, Amy Alduino

Thursday, June 4, 2026, 10 AM

The Hidden Threat: Protect Your Retirement and Estate From a Health-Care Crisis: A 60-Minute Guide to Preventing Medical Costs From Destroying Your Wealth. Protect your retirement from the silent danger that drains more wealth than taxes or market downturns—a health-care crisis. Join our 60-minute class, "The Hidden Threat," and learn how rising care costs, Medicaid rules, and unexpected medical events can erode your estate and disrupt plans for your spouse and heirs. Discover smart strategies to safeguard assets, prevent estate loss, and build a secure financial future. Ideal for retirees and pre-retirees. Instructor, Les Robinson

Tuesday, June 9, 2026, 1 PM

Cancer Education Services: Catching cancer early—before symptoms arise—plays a crucial role in improving outcomes and survival rates. The Erie County Cancer Services Program (CSP) provides breast, cervical and colorectal screenings to eligible individuals that reside in Erie County, NY. Come learn more! Instructor, Lisa Milewski

Wednesday, June 10, 2026, 10 AM

How Organized Crime Got Its Start: Based on family history, this class looks at how organized crime got its start during Prohibition. Meet the gangsters of the day through the teacher's grandfather. He was a fisherman and gangster Dutch Schultz wanted his boats to get the Canadian booze to the US. Goldy is the accidental gangster but in 1920 he starts a relationship with Schultz that lasts for 13 years. This gets him access to the most important figures of the times including law enforcement. Instructor, Harriet Grayson

Tuesday, June 16, 2026, 1 PM

Identity Theft & Credit: Let's talk about ways to ensure your identity is protected, how to avoid identity theft and why it is important to review your credit report on a regular basis. Have you reviewed your credit report recently? Should you freeze your credit? Instructor, Jennifer Andres

Thursday, June 18, 2026, 10 AM

Tomb of the Unknown Soldier – Arlington: Tomb of the Unknown Soldier – Arlington: Since November 11, 1921, the Tomb of the Unknown Soldier has been the heart of Arlington National Cemetery. Learn what inspired the United States to honor an American unknown soldier and how the honor of earning the Tomb Guard Identification Badge is awarded. Instructor, Theresa Wiater

Wednesday, June 24, 2026, 10 AM

The Great Community Care Showdown! A fast paced, interactive game where contestants compete to identify, match, and explain community support services. Fun and prizes are practically guaranteed! Instructor, Moira Mycio

Tuesday, June 30, 2026, 10 AM

The Art of Architecture: Geometry of Faith: Format: Lecture + Simple Drawing Activity
Description: Participants embark on a visual journey through the architectural wonders of the Islamic world-from Moroccan mosques to Persian madrasas. The session highlights how geometric design expresses spirituality and balance. Key Activities: Visual slideshow of architectural gems. Pattern drawing on large, easy-to-see worksheet. Instructor, Nada Odeh.

Wednesday, July 1, 2026, 10 AM

Veterans and spouses, do you know what your benefits are? The class explains what federal and state benefits are available to veterans and their families. The federal government constantly changes the playing field, and one needs to keep up with the rules. Instructor, Felice Krycia

Wednesday, July 8, 2026, 10 AM

Home Improvement Contracts in New York State: Protecting yourself from scams: This class will provide practical information on hiring home improvement contractors and understanding required contract provision under New York Law. The class will also provide information regarding civil vs. criminal contractor legal issues that may arise and the applicability of New York State Penal Law offenses. Instructor, Jennifer Hemming

Thursday, July 9, 2026, 10 AM

Lies, Damn Lies, and Statistics: Hardly a day goes by that we are not bombarded by statistics. Clever advertisers and policy advocates use them to sell us something or get us to back a policy they are pushing. This course presents a number of examples and suggests ways to detect the inappropriate use of statistics. Instructor, Kevin Hardwick

Tuesday, July 14, 2026, 10 AM

Understanding Alzheimer's and Dementia: This course covers basic info on Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments. Instructor, Chelsea Torgalski

Thursday, July 16, 2026, 10 AM

Aging Gracefully 1 - Mind & Body: Little things that I do day in day out to keep me healthy and full of energy. Instructor, Pilar Sánchez

Wednesday, July 22, 2026, 10 AM

Plants to never grow in your garden: Just because a plant is for sale doesn't mean it should be planted in your garden. Let's take a look at some plants that you will regret ever planting! Instructor, Carol Ann Harlos

Thursday, July 23, 2026, 10 AM

Queerness in Nature: Nature holds many surprises. One surprise might not be so surprising to some. Did you know that nature is queer?! Gay penguins, fungus with thousands of sexes, and so many more make up a small part of the queer community in the natural world! In this program, we will explore 25 different queer plants, animals, and even fungi. And that is just a fraction of what there is to learn! But you got to start somewhere, right? Instructor, Ashtin Ashbrook

Thursday, July 30, 2026, 10 AM

My City Smells Like Cheerios - The History of Cereal: On a warm, breezy summer day, that sweet aroma wafting over the city will tell you they're making Cheerios. But why here in Buffalo? And how did breakfast become a thing, what is the connection to health sanitariums? Hear the story of how Cheerios came to be made in Buffalo and how dry, ready to eat cereal right out of the box began in central New York, and even cereal's connection to Mar-a-Lago! Instructor, Cheryl McDonald