

***Learning helps keep brains healthy, happy and sharp!
SCENE/University Express offers high quality learning
in a friendly, fun atmosphere.***

FREE! Join us Fall Fridays at 1:30pm at the Concord Senior Center
40 Commerce Dr. Springville NY

RSVP to SCENE at 770-7277 or sceldernetwork@gmail.com



FRIDAY OCTOBER 6: "Never Just Sit!"

Eleanor Roosevelt, American Crafts and the WP

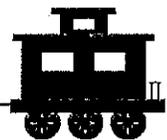
We'll explore how craft influenced Eleanor Roosevelt's life personally and professionally. Roosevelt was a political activist, humanitarian, entrepreneur, and First Lady of the United States. In this illustrated talk, view items related to her interest in handicrafts and her personal interest in knitting drawn from the Franklin Roosevelt Presidential Library in Hyde Park NY. Instructor: Mary Ann Colopy, former National Park Service Ranger at Roosevelt/Vanderbilt National Historic Sites.

Tummy Buddy



FRIDAY OCTOBER 13: Good Bugs for Better Health Special 90 minute session!

Learn how good and bad bacteria affect our gut and impact digestive and immune systems. We will define probiotics and prebiotics, discuss where to find them in foods and supplements, and how to choose a good one. Instructor Jennifer Johnson, Wellness Coordinator, Blue Cross Blue Shield of WNY.



FRIDAY OCTOBER 20: The Last "Little Red Caboose" Ride

Follow the development of the Railroad Caboose, better known as the "Conductor's Car" from its humble beginning in the 1840's to its demise in the 1990's. This unique Railroad Car carried the Conductor, Brakeman & Flagman across the thousands of miles of track in the United States. Instructor Mike "Max" and Sherry Szemplenski, local railroad historians



FRIDAY OCTOBER 27: Re-Imagining Transportation From car-sharing programs, to autonomous vehicles, the next 30 years are going to bring a transformational change in public transportation Uber and Lyft are the newest addition to the menu of transportation options in WNY, along with bike-share, car-share, carpooling, bus, rail, private

shuttles, and improved facilities for walking and biking. We'll discuss the basics of how Uber/Lyft works, and how these services compare to traditional taxi service in terms of safety and costs. Will all these new transportation prove mobility/access for older and disabled adults?. Instructor Katie O'Sullivan, Greater Buffalo-Niagara Regional Transportation Council.



Bonus! FRIDAY NOVEMBER 3 "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, "possibly the world!" 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 story-teller.