

**University Express classes offered at the**  
*Golden Age Center*  
**3278 Whitehaven Road, Grand Island**

Wednesday, September 26 at 1:00 pm: *Sugar Savvy*

Thursday, October 4 at 1:00 pm: *Yearning to Be Free – Statue of Liberty*

Friday, October 5 at 1:00 pm: *Political Civility*

Thursday, October 11 at 1:00 pm: *The Death of Fossil Fuels*

Friday, October 19 at 10:00 am: *America the Beautiful – Landscapes in Art*

Wednesday, October 24 at 10:00 am: *Meal Planning for One or Two*

Wednesday, October 24 at 1:00 pm: *Buffalo Shipwrecks*

Thursday, November 1 at 1:00 pm: *The History of Buffalo Roadways*

Friday, November 2 at 10:00 am: *Learning Styles*

Monday, November 5 at 1:00 pm: *Right-sizing: 4 Steps Towards Simplifying Your Home*

Wednesday, November 21 at 1:00 pm: *Owl Habits & Habitats*

Thursday, December 6 at 1:00 pm: *Your Own, No-Cost Fitness Program*

**Please call us at (716) 773-9682 to register for  
any of these wonderful University Express  
classes!**