



The Town of Tonawanda Senior Center

will be holding University Express/RSVP Classes in conjunction with Erie County. These classes are one session seminars, open to all senior citizens in Erie County and are FREE! Besides the classes offered at our senior center, Erie County offers many other classes at various facilities.

The catalogue with other class listings will be available in our office.

The classes listed below will be held at the Town of Tonawanda Senior Center.

Please call 874-3266 to register.

Medications and Falls

There is a long list of common medications that older adults should avoid in order to not become the next fall or fracture statistic! Bring your medication list to review after class and see if any put you at risk for falls.

Instructor: Colleen Moser, pharmacist, Wegmans

Thursday, October 25th, 1:00pm

"The Bike Path Killer" by Maki Becker and Michael Beebe

Altemio Sanchez was a modern-day Jekyll and Hyde. He was a family man who resided in Buffalo with a wife and two sons, worked nights as a machinist, but concealed a terrible secret. Once a year, after his shift, he'd make a side trip to a secluded spot where women would ride bikes and jog. He was known as "the Bike Path Rapist" until he crossed the line from rape to murder. Two award-winning reporters from the Buffalo News follow a depraved killer's bloody trail of terror to the bitter end.

Instructor: Linda Drajem, retired teacher; writer; poet

Thursday, November 8th, 1:00pm

Early Buffalo Music and Entertainment

A look back to the beginning of Buffalo's rich entertainment heritage, from Canal Street to early theaters, vaudeville, burlesque, big band, and music prior to the advent of rock 'n' roll. Hear about the contributions of theater owner Michael Shea and other nightclub owners, along with information on area radio stations, songwriters, musicians, and entertainers.

Instructor: Rick Falkowski, founder, Buffalo Music Hall of Fame; author

Friday, November 30th, 1:00pm