



## **PRESS RELEASE**

September 19, 2016  
FOR IMMEDIATE RELEASE

Contact: Mave Milligan, Public Relations  
(716) 636-3055, ext. 3122  
[mmilligan@amherst.ny.us](mailto:mmilligan@amherst.ny.us)

### **FALL 2016 UNIVERSITY EXPRESS CLASSES SET AT AMHERST CENTER FOR SENIOR SERVICES**

#### *Lifelong Learning for Adults over the Age of 55*

Amherst, New York – The Amherst Center for Senior Services is one of twelve University Express locations which are free one hour courses in a variety of topics such as current events, history, and science offered through Erie County’s Retired & Senior Volunteer program (RSVP). Classes are designed to provide older adults with opportunities for intellectual stimulation, learning, and discussion in accessible settings. No homework or no tests, just exciting discussions on academic topics alongside peers with similar interests.

The Amherst Center for Senior Services is offering 21 free University Express classes for Fall 2016. Fall 2016 classes being held at the Amherst Senior Center include: The Opiate Epidemic in Erie County; The Mediterranean Diet; Buffalo Niagara: Past, Present & Future; and Black Gospel Music: Yesterday and Today. A complete list of University Express by site can be found at:

[http://www2.erie.gov/seniorservices/sites/www2.erie.gov.seniorservices/files/uploads/10155%20Web\\_UnivExpress%20Fall%202016.pdf](http://www2.erie.gov/seniorservices/sites/www2.erie.gov.seniorservices/files/uploads/10155%20Web_UnivExpress%20Fall%202016.pdf)

To register for a class being held at the Amherst Senior Center, please call 716-636-3055 extension

3108. The Amherst Center for Senior Services is located at 370 John James Audubon Parkway in Amherst.