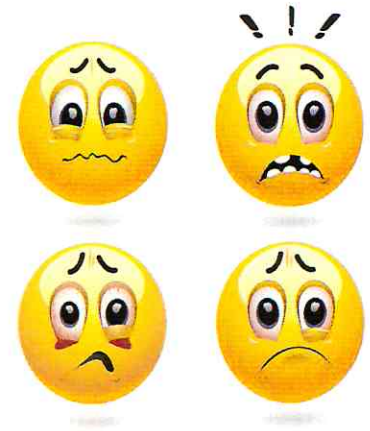


LIVING WITH ANXIETY



By Mark O'Brien, LCSW-R
Erie County Commissioner of Mental Health

Please join us on October 3, 2022, at 1 PM at the Town of Evans Senior Center for a program on learning how to live with anxiety.

Mark O'Brien, Erie County Commissioner of Mental Health, will discuss:

Types of anxiety;

How anxiety can impact us; and

Ways to cope.



Town of Evans Senior Center (716) 947-0974

Genealogy 101 Workshop

With Rhonda Hoffman, Genealogy Specialist
Buffalo and Erie County Public Library

Monday, October 17th, 2022

from 1:00 PM – 3:00 PM

Town of Evans Senior Center at 999 Sturgeon Point Road in Derby



Please join us to jump-start your genealogy search with this introduction to family history research. You will learn basic genealogy concepts, the types of records used, and an overview of the genealogy resources available through the Buffalo & Erie County Public Library System.

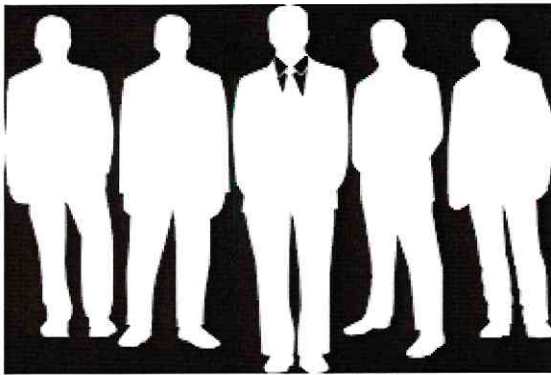
History of the Buffalo Mafia

Instructor: Lee Coppola

Retired Dean of Journalism; Mediator; Arbitrator

Monday, October 24, 2022 at 1:00 PM

**Town of Evans Senior Center
999 Sturgeon Point Road in Derby**



Come join us for an examination of the Buffalo Mafia from its formation in Sicily, its emergence in the United States and Western New York, and its demise as the 20th Century came to a close.

This program portrays the earliest Buffalo mobsters at the turn of the century to the demise of the Buffalo mob as the century came to a close. The former leader, Stefano Magaddino, was a Sicilian immigrant who moved from New York City to Niagara Falls and ran a crime network that stretched across upstate New York into Canada, Ohio, and Pennsylvania.



Call Town of Evans Senior Center at (716) 947-0974 to register.

Acupuncture and Wellness

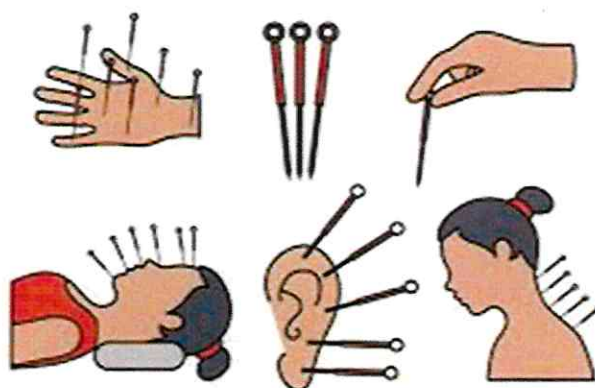
Monday, October 31, 2022

1:00 PM – 3:00 PM

Presented by Vicki Skinner, Licensed Acupuncturist



Town of Evans Senior Center
999 Sturgeon Point Road, Derby



Acupuncture can treat pain issues and sports injuries as well as internal issues from digestive, respiratory and hormonal to insomnia, anxiety, and sinus.

Acupuncture can treat many issues. Join us for this program explaining all the benefits of acupuncture.

Qi Acupuncture And Wellness

4535 Southwestern Boulevard

Suite 205a

Hamburg, NY 14075

Web: www.qiwellnesscenter.com