

Lake Shore Community Education Fall Catalog 2016



Office Hours:

Monday – Friday 8:00 AM to 4:00 PM

Phone: 926-2270

Fax: 549-4391

Visit us at the William T. Hoag Educational Center or

www.lakeshorecsd.org



General Information



LAKE SHORE COMMUNITY EDUCATION

ADMINISTRATOR - Christine Starks
SECRETARY – Emily Ludwig
W.T. Hoag Educational Center
42 Sunset Blvd. Angola, NY 14006
Phone: 926-2270 Fax: 549-4391



How to Register:

BY MAIL: Enclose a check, made out to Lake Shore Central Schools, money order, or credit/debit card payment for the correct amount, along with the registration form. Lab fees are not to be included with registration.

MAIL TO: Community Education
W.T. Hoag Educational Center
42 Sunset Blvd
Angola, NY 14006

IN PERSON: Registrations will be received at the Community Education Office located in the Main Office of the W.T. Hoag Educational Center. (42 Sunset Blvd. Angola, NY 14006)

MONDAY – FRIDAY 8:00 AM to 4:00 PM

BY FAX: 24 hours a day, 7 days a week at 549-4391. *Credit/Debit Card payments only accepted via fax registrations*

General Information (continued)

Credit/Debit card payment: We accept MasterCard, Visa, American Express and Discover cards as payment. You must list your credit/debit card number, expiration date and sign your registration form. This can be done by mail, fax or in person.

Checks/Money Orders: We accept personal check payments, as well as money orders. This may be done by mail or in person. *The cancelled check is your receipt. A \$20.00 fee will be charged for any returned checks.*

Make checks payable to: Lake Shore Central Schools

Lab Fees: Lab fees are paid directly to the course instructor at the first meeting of class.

Refunds/Cancellations: The full fee will be refunded by check or credit if your class is cancelled, or if you withdraw a week before the class begins.

School Closings: When the schools are closed due to weather or any emergency, Community Education classes are also cancelled. Please refer to the local radio, television or website for details.

Please note that walk-in registration at the class time and registration by phone will not be accepted.

Questions?? Please call Emily Ludwig at the Community Education Office at 926-2270.

Once you signed up for a class, you will NOT hear from us unless the class is cancelled or if there is a change in time and/or date.

Don't worry – no news is good news ☺





Know How Tours

5175 Southwestern Blvd. Hamburg, NY 14075

Departures from Tops Plaza: 355 Orchard Park Rd. Orchard Park, NY 14224

Formerly the Seneca Mall. Accessible from Slade Rd or Orchard Park Rd near Thruway Exit

55 E. Park at the far end of Tops near the poles with letter "I" or "F"

September Song Fall Lunch Cruise

Wednesday, September 21st

Head to *Watkins Glen* & board Captain Bill's for a two hour cruise with "all new" and themed entertainment. It's an afternoon of "September Song"! New for 2016 – September songs dominate this Fall Lunch Cruise with Scott Adams & friends performing autumn inspired songs as you sail on Seneca Lake. Songs include: See You in September, September Morn, September, Wake Me Up When September Ends, September Grass, Autumn Leaves and many more. It's a relaxing fall day on the lake. This afternoon, we will visit Reisinger's Apple Country. It's harvest time in Apple Country. We will enjoy this lovely fall stop along with a bag of fresh picked apple for everyone! A fast restroom stop will be made on the way back.

Choose one entrée: -Stuffed Chicken Breast – Baked Polenta
 -Scallop & Crab Sole – Hot Roast Beef with gravy

Departure: 8:30 AM **Returns:** 7:00 PM **Cost:** \$115 per person

"Singing, Ringing, Caroling"

Sunday, December 4th

featuring the Buffalo Choral Arts Society at St. Joseph Cathedral Buffalo

Join Know How Tours and the joyous sounds of the Buffalo Choral Arts Society for the afternoon performance at St. Joseph Cathedral in Buffalo. This concert features traditional and non-traditional Christmas carols and Christmas performances featuring "singing, ringing, & caroling." These fantastic songs of the season will entertain you. Special group seating is included for this holiday program. We top off our holiday tour with a sit down dinner at Salvatore's Italian Gardens following the 3:00 pm performance. Enjoy dinner, and holiday displays at this wonderful Western New York restaurant and entertainment facility.

Choose one entrée: -Prime Rib of Beef roasted to perfection English cut
 -Chicken Francaise; roasted chicken dredged in seasoned egg batter served with a lemon caper sauce
 -Fresh Salmon; poached and served with lobster dill sauce

Departure: 1:30 PM **Returns:** 8:00 PM **Cost:** \$105.00

"Finding Neverland" The Musical at Shea's Sunday, October 9th

We're off to the Shea's Performing Arts Center for the afternoon matinee performance of "Finding Neverland": biggest new hit and the winner of Broadway.com's Audience Choice Award for Best Musical! The breathtaking smash "captures" the kid at heart" (Time Magazine). Vogue cheers; "it's a must-see you'll remember for years to come!" Directed by visionary Tony winner Diane Paulus, *Finding Neverland* tells the incredible story behind one of the world's most beloved characters: Peter Pan. Playwright J.M. Barrie struggles to find inspiration until he meets four young brothers and their beautiful widowed mother. Spellbound by the boys' enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers. With a little bit of pixie dust and a lot of faith, Barrie takes this monumental leap, leaving his old world behind for Neverland where nothing is impossible and the wonder of childhood lasts forever. The magic of Barrie's classic tale springs spectacularly to life in this heartwarming theatrical event. *Finding Neverland* is "far and away the best musical of the year!" Before the show, we will enjoy a delicious lunch at the Lafayette Hotel.

Choose one entrée: -Pot Roast (Pearl Street Grill) –
Beer Battered Fish Fry – Char Grilled Chicken Breast salad

Departure: 10:30 AM **Returns:** 5:30 PM
Cost: Orchestra Seating \$139.00
 Side Seating \$129.00

Health & Fitness



Water Aerobics for Seniors

Instructor: Eileen Petersen

This program offers a gentle water aerobic program which follows audio taped instructions. Works all muscle groups in a gentle easy manner. Limited to 25 participants. No class Oct. 10.

WHO: Adults 55+

WHEN: Mondays & Wednesday

TIME: 6:15 PM -7:15 PM

WHERE: Middle School Pool

DATE: September 19th – December 7th

COST: \$35 (24 classes)

Zumba

Instructor: Carol Clark

Looking for a fun workout class? Dance your way into fitness with Zumba, a Latin inspired fitness class which combines high energy moves and easy to follow dance combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone the body and maximize fat burning. You don't have to know how to dance to Zumba. Zumba creates a party like atmosphere. It's a one of a kind combination of dance and exercise designed to put FUN back into fitness! All fitness levels are welcome. Come join the party! Please register early.

WHO: 18 and older

WHERE: Highland Gym

WHEN: Wednesdays

DATES: October 5th – December 14th

TIME: 7:00 PM – 8:00 PM **COST:** \$40 (11 classes)

9-10 Youth Baseball

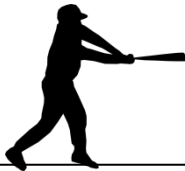
Instructor: Peter Smith & TBA

Participants will strengthen their baseball skills in the off season. Stations will include hitting, fielding and pitching. Participants should have prior youth baseball experience. Please bring a mitt, bat and helmet.

WHO: 8 and 9 year olds

WHEN: Wednesday

TIME: 6:00 PM – 7:30 PM



WHERE: Middle School Gym

DATE: September 21st – December 14th

COST: \$43 (13 classes)

Join our Fitness Center!

Full Membership (includes weight room and track): \$80.00/year

Track Only Membership: \$20.00/year

must be a Town of Evans and Lake Shore Central School District resident



Health & Fitness

Yoga - Dao In Lung Shen Yoga Instructor: Susan Brown

Enjoy a relaxing hour of a gentle style of yoga. We focus on relaxing, stretching, detoxifying and balance. Each posture is meant for healing the body. All levels of experience are welcome. No experience is necessary. No class on Oct. 10.

WHO: All ages **WHERE:** AJ Schmidt gym
WHEN: Wednesdays
DATES: September 21st – November 23rd
TIME: 6:15 PM – 7:15 PM **COST:** \$35 (10 classes)

Fitness for Seniors

Instructor: Barbara Hammond

Program consists of using Cardio equipment (treadmills, bikes, elliptical and stair stepper), strength equipment (free weights and weight machines), with stretching exercises during the last 5 minutes. Seniors can work out at their own pace with their peers. Wear sneakers and sweat clothes. No class November 10th. Minimum 10 people

WHO: 55 and over **WHERE:** Senior High Fitness Center
WHEN: Tuesdays and Thursdays
DATES: September 20th – November 22nd
TIME: 5:00 PM – 6:00 PM **COST:** \$40 (18 classes)

HOLIDAY VALLEY

Select a Night

The Ultimate Select is a season pass for one night a week. Select one night of the week that suits your schedule and ski on that night for the entire season. The program includes eight 50 minute group lessons for skiers/snowboarders and one bonus day of skiing anytime in March or April. A \$10.00 late fee will be applied after November 1st, 2016.

*Transportation is provided for Lake Shore students in grades 7 to 12 for an additional cost of **\$60.00** per student.*

Sunday.....	\$160
Monday or Tuesday.....	\$135
Wednesday or Thursday.....	\$140
Friday or Saturday.....	\$185
Flexi-Night.....	\$180
Student Season Pass.....	\$415
Student Night Season Pass....	\$295



Strength & Toning

Instructor: Barbara Hammond

Program consists of incorporating weights and equipment into your routine. We will work together to make the program work towards your individual goals and work out at your own pace. Wear sneakers and sweat clothes. No class October 10th.

WHO: 21 and older **WHERE:** Senior High Fitness Center
WHEN: Mondays and Wednesdays **DATES:** October 3rd – November 30th
TIME: 5:00 PM – 6:00 PM **COST:** \$40 (17 classes)

SWIMMING

Open Swim/Lap Swim

Lifeguards

Use the pool to get a workout or to just enjoy time in the water. Must be pre-registered.

WHERE: Lake Shore High School Pool

WHEN: Wednesday and Friday

DATES: September 21st – October 28th

TIME: 7:30 PM – 8:30 PM

COST: \$50 (12- 1 hour sessions)



CAUTION FOR SWIMMERS

Please be advised that pool temperatures are kept between 78 and 82 degrees. Because of the different swim activities, this temperature may be warm for lap swimmers. It is not suitable for those with arthritis. This temperature is the standard for Lake Shore Central School District pools. Some students may find that wearing a cotton-lined nylon windbreaker in the pool may make the water more comfortable.

Family Swim

Lifeguards

This program provides an open swim for adults and supervised children. Each adult is responsible for supervising no more than 2 children. Please note, children will **not** be able to participate without proper supervision. Must be pre-registered.

WHERE: Lake Shore High School Pool

WHEN: Tuesday and Thursday

DATES: September 20th – October 27th

TIME: 6:30 PM – 8:30 PM

COST: \$50 per family (12- 2 hours sessions)

Bodyshaping By Sandy

Register by calling: 716-568-0246 or www.bodyshapingbysandy.com

Class Pricing – 10 week Semester – Registrations due by 9/10/2016

1 Class per week (10 classes total):\$70 (no discounts apply)

2 classes per week (20 classes total):\$105.00

3 classes per week (30 classes total):\$145.00

Aerobic Pass (unlimited classes): \$180.00

Classes **CANNOT** be pro-rated, missed classes may be made up. Classes may be taken one day or both days. Each day is a separate class. Example – a student may take Monday OR Wednesday for \$70 (10 classes), to take Monday AND Wednesday, it is \$105.00 (20 classes).

Classes may be free or discounted to members of some insurance plans – students need to come with their insurance info in order for us to check.

Signed waiver forms must be returned to Lake Shore Community Education Office at 42 Sunset Blvd. Angola, NY 14006 or faxed to 549-4391.

Sandy's CardioDANCE

Moves are designed for burning max calories to get you in shape while having fun! Get energized and take your dance workouts to the next level with this easy to follow class. The program includes a warm up followed by fat burning dance routines, and ending with a cool down.

WHO: 18 and over **WHERE:** Highland Gym **WHEN:** Tuesdays

DATES: September 14th – November 16th

TIME: 6:00 PM – 7:00 PM (10 classes)

CardioKICK

A combination of cardio/martial arts that will undoubtedly improve your endurance and cardiovascular fitness . Your workout will include kicking and punching routines along with toning and recovery periods to ZAP calories and define your muscles. Get in shape with this non-contact cardio/martial arts training to burn serious calories, look and feel great!

Bring a floor mat.

WHO: 18 and over

WHERE: Highland Gym

WHEN: Thursdays

DATES: September 15th – November 17th

TIME: 6:00 PM – 7:00 PM (10 classes)

Total Body Boot Camp

Combines the widest variety of training techniques into one class. An ever evolving combination of cardio, bodyweight, and strength training keeps your muscles challenged for the best results. This effective workout is perfect for the busy person. ***Bring a set of hand weights and a floor mat.***

WHO: 18 and over

WHERE: Highland Gym

WHEN: Tuesdays & Thursdays

DATES: September 13th – November 17th

TIME: 7:15 PM – 8:15 PM (20 classes)

Kids Choice Sports

*Each class below is \$65.00



Flag Football (Ages 7 to 12)

**5:15 PM – 6:15 PM
AJ Schmidt Field**

(6 sessions; September 20th, 27th, October 4th, 11th, 18th, and 25th)
This co-ed program was designed to introduce the young athlete to the sport of flag football through skill development and small group games. In this fast paced, non-contact program, kids will learn the fundamentals involved in the game of flag football. Skills such as passing, receiving, kicking and running patterns will be taught, followed by a fun scrimmage. Due to all class being held outdoor, players should dress appropriately. **A mouth guard is required.** Please remember to bring a water bottle.

Parent/Child Soccer (Ages 3 to 5)

**6:00 PM – 6:45 PM
JT Waugh Gym**

(6 sessions; September 21st, 28th, October 5th, 12th, 19th, and 26th)
In this **parent participation** program, you and your child will work together on drills such as dribbling, passing, trapping and shooting, followed by a fun scrimmage. Emphasis will be placed on fun and recreation in this non-competitive co-ed program. **Please bring shin guards and a size 3 soccer ball.** A t-shirt is included in the program fee.

Hot Shots- Intro to Basketball (Ages 5 to 7)

**6:30 PM – 7:15 PM
AJ Schmidt Gym**

(6 sessions; September 20th, 27th, October 4th, 11th, 18th, and 25th)
Boys and Girls will learn the basics of basketball in this fun class. Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this non-competitive, coed program. This class will include some parent participation. A t-shirt is included in the program fee.

Soccer (Ages 5 to 7)

**6:50 PM – 7:35 PM
JT Waugh Gym**

(6 sessions; September 21st, 28th, October 5th, 12th, 19th and 26th)
This program contains constant activity and allows players to run and have fun while learning the skills involved in the game of soccer. Skills such as dribbling, passing, trapping and shooting will be taught followed by a fun scrimmage. The idea is to have fun and make friends while learning the sport of soccer. **Please bring shin guards and a size 3 soccer ball.**

Co-ed Basketball (Grades 3 to 6)

**7:30 PM – 8:30 PM
AJ Schmidt Gym**

(6 sessions; September 20th, 27th, October 4th, 11th, 18th, and 25th)
This co-ed program encourages boys and girls to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing and shooting will be taught followed by a fun scrimmage. This class will enable players to become proficient at the game of basketball, build confidence, develop a positive self image, and most of all, have fun!

Youth Floor Hockey (Ages 7 to 12)

**7:45 PM – 8:45 PM
JT Waugh Gym**

(6 sessions; September 21st, 28th, October 5th, 12th, 19th and 26th)
This program provides a safe and fun environment for for boys and girls to get together, make friends and learn he basic skills and principles involved in the game of hockey. Skills such as stick handling, puck handling, and shooting will be taught followed by a scrimmage. **All players are required to have a mouth guard, shin guards and a hockey stick.**

Kids Choice Sports

All classes are \$65.00

Pee Wee Floor Hockey (Ages 4 to 6)

6:00 PM – 6:45 PM

J.T. Waugh Gym

(6 sessions; November 16th, 23rd, 30th, December 7th, 12th, and 21st)

In this non-competitive co-ed program, kids will be taught basic skills of hockey. These skills include stick handling, passing and shooting. Players use a soft ended floor hockey stick and a foam ball. The idea is to have fun and make friends while learning the sport of floor hockey. No prior experience is necessary. **All players are required to have a mouth guard, shin guards and a hockey stick for drills.**



Youth Floor Hockey (Ages 7 to 12)

7:00 PM – 8:00 PM

J.T. Waugh Gym

(6 sessions; November 16th, 23rd, 30th, December 7th, 14th, and 21st)

This program provides a safe and fun environment for boys and girls to get together, make friends and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, passing and shooting will be taught followed by a scrimmage. **All players are required to have a mouth guard, shin guards and a hockey stick.**

Driving



5-Hour Pre-Licensing Course

Instructor: Sheldon Forman

Required prior to a road test. Learn safe driving, crash avoidance, dealing with road rage. Licensed by NYS. Must have a learner's permit and be pre-registered. *There is a \$10.00 processing fee for lost certificate.*

DATE(s): Thursday, September 22nd
Wednesday, October 19th
Monday, November 21st

TIME: 4:00 PM – 9:00 PM

WHERE: Senior High Room 106

COST: \$38.00 per person

Online Defensive Driving Course

How many times have you thought about taking a Defensive Driving course but couldn't find the time to spend 6 hours in the classroom? Now you have no excuse. The New York State Department of Motor Vehicles has recently passed legislation that allows New York's motorist to complete the 6 hour Insurance reduction course online rather than in a classroom. Those that choose this option receive all the same benefits (10% insurance reduction for three years and up to 4 points removed from their driving record), as those who take the course in a classroom. **Just go to www.empiresafetycouncil.com, enter code CLJ\$ to receive a \$5.00 discount.** The really great part is you have up to 30 days to complete the course from the day you started. If you stop at any point when you log back on you are at the exact same point. Nothing is lost. Don't wait, sign up today!

Defensive Driving Course Instructor: Donna Jeffers

Drivers who complete the Empire Safety Council's 6 hour Defensive Driving Course save 10% on their liability, personal injury protection and collision insurance for three years and reduce four points on their driving record. Course completion is transmitted to the Department of Motor Vehicles and recorded on each student's driving record. Adventure into traffic safety awareness! Student participation, with an informative workbook and safety education films. No formal testing.

WHO: Adults 17 and over with a valid drivers license

WHERE: Senior High Room 106

WHEN: Monday and Tuesday

DATES: September 26th and 27th

TIME: 6:00 PM – 9:00 PM

COST: \$40.00 (2 classes)

Tutoring & Test Prep



4-Hour SAT Boot Camp

All-Pro Tutoring

Get a jump start on your SAT test preparation! This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, and practice questions in each subject. Course includes study materials and a simulated SAT test. Students are welcome to bring a snack or lunch to class.
2016-2017 test dates include: October 1st, November 5th, December 3rd, January 31st, March 11th, May 6th, and June 3rd

WHO: High School Students

WHERE: Senior High 107

WHEN: various days

DATES: September 20th, 22nd and 24th(test)

TIME: 6:00 PM – 8:00 PM/10:00 AM -2:00 PM (24th)

COST: \$99 (2 classes, 1 simulated test)

4-Hour ACT Boot Camp

All-Pro Tutoring

Get a jump start on your ACT test preparation! The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes: test-taking strategies, testing information, study materials and a simulated ACT test. Students are welcomed to bring a snack or lunch to class.
2016/2017 test dates include: September 10th, October 22nd, December 10th, April 8th, June 10th

WHO: High School Students

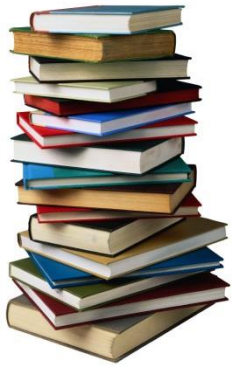
WHERE: Senior High 107

WHEN: various days

DATES: October 5th, 12th and 15th(test)

TIME: 6:00 PM – 8:00 PM/10:00 AM – 2:00PM (15th)

COST: \$99 (2 classes, 1 simulated test)



Tutoring & Test Prep

Writing the College Application

All-Pro Tutoring

Do you want to submit a college application essay that will really hit home with the Admission Office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during the class and leave with the confidence and knowledge to complete the process on your own. It's never too early to get started on your college app essay!

WHO: High School Students

WHERE: Senior High 107

WHEN: Thursday

DATE: November 3rd

TIME: 6:00 PM – 8:30 PM

COST: \$55 (1 class)

Send Your Kids to College Seminar

All-Pro Tutoring

Did you know that less than 33% of 4-year college students graduate in four years? **Mistakes in college planning could cost you thousands of dollars!** Please join our team of experts for a 90-minute discussion on your best approach to the college scene. Send Your Kids to College is a non-profit organization designed to assist you with every step of the college way. 1) Natalie Beilein will discuss the Indigo Assessment for finding and applying to the college that best suits your needs and interest. 2) All-Pro Tutoring and Test Prep will help you establish a timeline for academic preparation for college admission tests, and discuss why it is important to prepare for the SAT and ACT tests. 3) Jeff Boron is a Certified College Planning Specialist and will discuss strategies to reduce the cost of college including information about the SAGE Scholars tuition rewards program. All proceeds from this seminar are donated to the ***Send Your Kid to College Scholarship Fund.***

WHO: High School Students and Parents

WHERE: Senior High 107

WHEN: Tuesday

DATE: September 27th

TIME: 6:00 PM – 7:30 PM

COST: \$79 (1 class)

HOBBIES & CERTIFICATES



Notary Public Training **Instructor: Karen O'Connor**

Do you need to become a Notary Public for work or is it something you want to add to your resume? Learn what you need to prepare for the New York State test and what your duties are as a Notary. This course covers the NYS Notary laws and legal terminology. The handbook distributed in class and is included in the class fee, includes everything you need to be successful.

WHO: 18 and older **WHERE:** Senior High Media Center
WHEN: Tuesday **DATE:** October 4th
TIME: 6:30 PM – 9:00 PM **COST:** \$60.00 (1 class)

Backyard Wildlife **Instructor: Conrad Jason**

This course consists of 3 sessions that will provide information on how to promote wildlife in your backyard, bird identification, native plants that will foster wildlife, and how to add a pond to your yard. Photo shoot wildlife, pesticide use and other topics. Brochures will be handed out in class.

WHO: 14 and older **WHERE:** Senior High Rm 106
WHEN: Tuesday **DATE:** October 4th, 11th, and 18th
TIME: 6:30 PM – 8:00 PM **COST:** \$15 (3 classes)

Using Windows 10

Instructor: Janet Black

In this class you will become familiar with Microsoft 10. We will go over how to maneuver this new program. Bring your portable computer with you.

WHO: 18 and over **WHERE:** Senior High Room 120
WHEN: Wednesday and Thursday
DATE: October 26th and 27th **TIME:** 6:00 PM – 9:00 PM
COST: \$30.00 (2 classes)

Red Cross Babysitter's Training

Instructor: Patty Start, RN

This very popular course gives 11-16 year-olds the knowledge, skills and confidence to care for infants and school-age children. Combines video, activities, hands-on skills training and discussions for the most complete learning experience. This course teaches participants to: respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care, make decisions under pressure, communicate with parents to learn household rules, understand stages of child development, and recognize safety and hygiene issues, feed, diapers and care for infants. Limited to 10 participants. Must be pre-registered.

WHO: 11-16 year olds **WHERE:** Middle School Library
DATES: Tuesday October 18th and Wednesday October 19th
TIME: 3:30 PM – 6:30 PM **COST:** \$45.00



HOBBIES

BEFORE



AFTER



ANCIENT STONE CARVING

INSTRUCTOR: Isaiah Rashad, II

Students will learn knowledge of stone art, it's origins and literature about different stones and their characteristics. Students will go through the process of carving the stone to a finished project. Please designate which session you would like to sign up for.

WHO: 18 and older **WHERE:** Senior High Room 132

DATES: Session 1: September 20th, 22nd, 27th, and 29th
October 4th, 6th, 11th, and 13th
Session 2: October 18th, 20th, 25th, 27th
November 1st, 3rd, 8th, 10th

WHEN: Tuesdays and Thursdays

TIME: 5:00 PM – 8:00 PM

COST: \$90 (8 classes per session)

LAB FEE: \$100 (chisels & stone)

Essential Oils 101

Instructor: Katrina Yarber

Come learn the benefits of Essential Oils. Discover how, when, where, and why to use them. We'll have short presentations on many topics including children, adults and even pets! Come sample foods to taste and diffuser blends to smell. Everyone will have an opportunity to take samples home.

WHO: Everyone is Welcome!

WHEN: Monday

TIME: 6:00 PM – 8:00 PM

WHERE: Middle School Cafeteria

DATE: October 17th

COST: \$5.00 (1 class)





Arts and Crafts

All classes will be held at **Expressive Glass**, 3333 Lake Shore Rd. (Rte. 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider. The studio is easily accessible from the Thruway and Milestrip Road.

Fun With Fusing

Make beautiful jewelry or decorative items from colorful pieces of glass you cut, arrange, and heat together in a kiln. Create your own design or follow one of our project samples. Choose to make two pendants, a pair of earrings, two pins, two refrigerator magnets, one sun catcher, one glass tile, or one night-light. Additional fee for extra projects, multiple firing (if required), and dichroic glass.

By successfully completing this class, you are eligible to rent studio time and complete new projects on your own.

You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or have them mailed to you for an additional \$7 fee payable to the instructor. If your project requires a bail, earring backs, magnet or night-light assembly, the instructor will provide you with the needed materials in the mail or by appointment.

WHO: Ages 15 and older (under 18 must be accompanied by a responsible adult)

COST: \$60 (2 ½ hours of class time)

WHEN: Saturday

DATE: October 15th

TIME: 1:30 PM – 4:00PM

Autumn Leaf Plate

Celebrate fall by creating a beautiful 5"X5" transparent glass plate embedded with a dimensional leaf design. Learn to cut flat glass and decorate it with a design you cut out of 1/8" fiber paper. We will heat your design in a kiln until the glass melts down around your leaf design and then heat it again to slump it into a 5"X5" plate. No experience is necessary – only a willingness to try.

Pick up your project(s) after they have been fused, slumped and annealed (heated and cooled gradually to remove thermal stress). If you prefer, they can be mailed to you for a fee of \$7 payable to the instructor.

WHO: Ages and 15 older (under 18 must be accompanied by a responsible adult)

COST: \$60 (2 ½ hours of class time)

WHEN: Saturday

DATE: September 24th

TIME: 1:30 PM – 4:00 PM

Arts and Crafts



All classes will be held at **Expressive Glass**, 3333 Lake Shore Rd. (Rte. 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider. The studio is easily accessible from the Thruway and Milestrip Road.

Nature Prints On Glass

Paint the backs of leaves and flowers with specially formulated vitreous enamel and use them to print the center section of a beautiful plate, sun catcher, tile or night-light. Add colorful pieces of glass to create a border around your print. During the class you will learn basic cutting techniques and how to mix and use the vitreous enamel.

Please bring a selection of leaves (4" or smaller) with pronounced vein and N100 dust mask. You may also bring small flowers.

We will heat your design in a kiln until the glass melts and then heat it a second time, as need, to slump it into a small plate. If you are not making a plate, a second firing is unnecessary.

You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or have them mailed to you for \$7 payable to the instructor.

WHO: 15 years and older (under 18 must be accompanied by a responsible adult)

COST: \$60 (2 1/2 hours of class time)

WHEN: Thursday

DATE: September 29th

TIME: 6:00 PM – 8:30 PM

Oh, Tannenbaum

Create a festive glass Christmas tree you can use as a sun catcher or ornament. You will start by cutting pieces of glass to make your tree design. Basic cutting techniques will be taught. Then make your tree distinctive by decorating it with colorful glass strings, small nipped circles and crushed glass. Your tree will be placed in a kiln to fuse the pieces together.

You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or have them mailed to you for an additional fee of \$7 payable to the instructor.

WHO: 15 years and older (under 18 must be accompanied by a responsible adult)

COST: \$60 (2 1/2 hours of class time)

WHEN: Saturday

DATE: November 5th

TIME: 10:00 AM – 12:30 PM

Fritty the Snowman

Create an adorable snowman plate by applying layers of crushed glass (frit) and other glass components to flat glass. We will heat your design in a kiln until the glass melts and then heat it a second time to slump it into a 5"X5" plate. No experience necessary – only a willingness to try.

Pick up your project(s) after they have been fused, slumped, and annealed or have them mailed to you for \$7 payable to the instructor.

WHO: 15 years and older (under 18 must be accompanied by a responsible adult)

COST: \$60 (2 1/2 hours of class time)

WHEN: Saturday

DATE: December 10th

TIME: 1:00 PM – 3:30 PM

Arts and Crafts



All classes will be held at **Expressive Glass**, 3333 Lake Shore Rd. (Rte. 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider. The studio is easily accessible from the Thruway and Milestrip Road.

How to Make Glass Beads

Turn hot glass into cool stuff! Join glass artisan Vicki Schneider at her beautiful studio for an introductory class in glass bead making. In just 3 hours you will make your own one-of-a-kind glass beads and enter the mystical world of "lampworking." This workshop will introduce you to the art of safely melting and manipulating soft glass. During the class most students will create from 3-6 colorful beads they can later turn into jewelry.

WHO: 15 years and older (under 18 must be accompanied by a responsible adult)

COST: \$65 (includes 3 hours of instruction, all glass, tools, and materials & 1 hour of complimentary studio time to be used within 30 days)

DATES & TIMES:

Saturday, September 10th:

10:00 AM – 1:00 PM

Friday, December 9th:

6:00 PM – 9:00 PM

Glass Leaf Pendants

Make one or more beautiful glass leaf pendants you will be proud to wear or give as a gift. Learn to melt and manipulate glass at a stationary torch under close supervision. No experience is necessary – only a willingness to try. You will be amazed at how glass glows and stretches when it's hot.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or have them mailed to you for \$7 payable to the instructor.

WHO: 15 years and older (under 18 must be accompanied by a responsible adult)

COST: \$60 (2 ½ of class time)

WHEN: Thursday

DATE: October 27th

TIME: 6:00 PM – 8:30 PM

Icicles Galore

Create lovely glass icicles to adorn your Christmas tree or hang in your window all year long. You will learn how to melt, stretch, and twist clear and colored glass at a stationary torch under close supervision. You may also be able to make a smaller version of the icicle to wear as a pendant. No experience is necessary – only a willingness to try.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) . If you prefer, they can be mailed to you for \$7 payable to the instructor.

WHO: 15 years and older (under 18 must be accompanied by a responsible adult)

COST: \$60 (2 ½ hours of class time)

DATES & TIMES:

Saturday, November 26th:

1:00 – 3:30 PM

Monday, December 12th:

6:00 PM – 8:30 PM



Let's Make Artwork!

Instructor: Susan Palys

This course will be an open studio for people looking to improve their drawing and painting skills, finish a project or just "GIVE ART A CHANCE!" Drawing techniques will be presented including: Contour drawing; Blind Contour Drawing; Using Negative Space, Light and Shade and Adding Texture. If you choose to work in paint, techniques that will be explored may include: Washes; Scumming; Dry Brush; Wet in Wet and Glazes. Additional instruction may be added depending on class interest and abilities.

The instruction will be geared to your experience level (dabblers to experienced artists are welcome!). The goal is to learn while enjoying the camaraderie of new art explorers and more advanced art "do-ers."

A generic supply list is listed here, but after registration, each student will be e-mailed a basic supply list.

WHO: Adults, Young at Heart **WHERE:** Senior High Room 131

WHEN: Tuesdays **TIME:** 7:00 PM – 9:00 PM

DATES: September 28th, October 4th, October 11th,
October 18th, October 25th, November 1st

COST: \$50.00 (6 classes)

GENERAL SUPPLY LIST

- Drawing Pad (1 small and 1 large size)
- Variety of drawing pencils
- Ultra Fine line black sharpies
- Knead-able art eraser
- Soft Pastels (not oiled based)
- Crayons (plain old Crayola)
- White Out liquid (optional)
- Basic Set of Watercolors (if you own these from prior artistic efforts, please bring what you have)
- Watercolor Palette (a small round one is good for starters)

- Acrylic Paints (not the crafty "folk art" bottles please) – if you have never used them before-at the minimum get a starter set of student grade acrylics. You may expand your colors as you expand your skills! *Suggestion: Buy a larger tube of zinc or titanium white – this will be used often*
- Acrylic Palette (i.e.- rectangular/glad flat container (approx. 8X12X2) with a microfiber cloth cut to fit into the bottom. Layering waxed paper of the dampened microfiber cloth help keeps the acrylics workable longer when the container is sealed tightly)

- Watercolor brushes (nothing fancy!)
 - 1 large "wash" brush
 - 1 large and 1 small round brush
 - 1 liner brush
 - 1 flat edge brush
- Acrylic brushes (beginners stick with these!)
- A water container
- Masking tape (preferably the blue kind)
- 1 acetate sheet (a loose-leaf "sheet protector" can work for this)
- A Smock

Business & Finance

Is a Roth IRA Right for You?

**Instructor: Benjamin Hussong, JD
Kevin Caffery Jr.**

Most people have heard of a Roth IRA but may not fully understand the benefits of the limitations. We will explain the rules for Roth IRA's and who might benefit from this type of plan. We also review how they differ from Traditional IRA's and discuss Roth IRA conversions.

WHO: 18 and over **WHERE:** W.T. Hoag Rm 127 **WHEN:** Tuesday
DATE: November 15th **TIME:** 6:45 PM– 8:15 PM **COST:** \$5 (1 class)

Planning for College

**Instructor: Benjamin Hussong, JD
Kevin Caffery Jr.**

This seminar provides a brief overview of the need to plan ahead for a college education and addresses the types of planning vehicles available, including UGMA/UTMA, Coverdell savings accounts and 529 plans.

WHO: 18 and over **WHERE:** W.T. Hoag Rm 127 **WHEN:** Wednesday
DATE: September 28th **TIME:** 6:45 PM – 8:15 PM **COST:** \$5 (1 class)

Planning for Retirement

**Instructor: Benjamin Hussong, JD
Kevin Caffery Jr.**

This seminar provides a brief overview of the need to plan ahead for retirement and addresses the types of planning vehicles available.

WHO: 18 and over **WHERE:** W.T. Hoag Rm 127 **WHEN:** Wednesday
DATE: October 5th **TIME:** 6:45 PM – 8:15 PM **COST:** \$5 (1 class)

Protecting your Benefits with Pension Maximization

**Instructor: Benjamin Hussong, JD
Kevin Caffery Jr.**

This class is designed for anyone who will receive a pension during their retirement. Prior to retiring, you will make choices about survivorship benefits, pop-ups, lump sums, and more. We will explain these options in simple terms and give you the information necessary to ensure you receive the maximum benefit from your pension.

WHO: 18 and over
WHERE: W.T. Hoag Rm 127
WHEN: Wednesday
DATE: November 30th
TIME: 6: 45 PM – 8:15 PM
COST: \$5 (1 class)