

LAKE SHORE COMMUNITY EDUCATION SUMMER CATALOG 2017



Office Hours:

Monday - Friday 7:30am -3:30pm

Phone: 926-2270

Fax: 549-4391

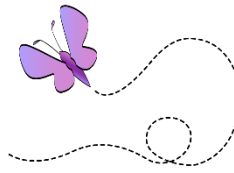
Visit us at the William T. Hoag Educational Center

42 Sunset Blvd. Angola, NY 14006

or www.lakeshorecsd.org



General Information



BUILDING/PROGRAM ADMINISTRATOR: Christine Starks

SECRETARY: Emily Ludwig
William T. Hoag Educational Center
42 Sunset Blvd.
Angola, NY 14006

LAKE SHORE COMMUNITY EDUCATION

How to Register:

BY MAIL: Enclose cash, 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
William 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 William T. Hoag Educational Center (42 Sunset Blvd. Angola, NY 14006).

SUMMER HOURS
MONDAY – FRIDAY
7:30AM to 3:30PM

BY FAX: 24 hours a day, 7 days a week at 549-4391.

Credit/ Debit Card is the only form of payment accepted by fax registrations



General Information



Credit/Debit Card Payment: We accept all major credit cards including: MasterCard, Visa, American Express and Discover, as payments. 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 and money orders. This may be done by mail or in person. *A \$20 fee will be charged for any returned checks.*

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 a check or credit if your class is cancelled, or if you withdraw a week before class begins.

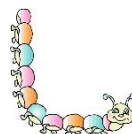
School Closings: When the schools are closed due to weather or any emergency, Community Education classes are also cancelled. Please refer to the local radio, television, or school website for details.

Please note that walk-in registrations at the class time and registrations by phone are not accepted.

Questions?? Please call Emily Ludwig at Community Education 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 ☺



All-Pro Tutoring and Test Prep



4-Hour SAT Boot Camp

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: workbook/study materials and a free simulated SAT test. For the simulated test schedule and registration visit www.allprotutoring.com. **Remaining SAT test dates:** August 26th, October 7th, November 4th and December 2nd. *Students are welcome to bring a snack or meal to class.*

WHO: Students taking the SAT test **WHEN:** Tuesday/Thursday
WHERE: W.T Hoag Room 119 **DATES:** August 22nd & 24th
TIME: 10:00AM – 12:00PM **COST:** \$65 (2 classes)

4-Hour ACT Boot Camp

Get a jump start on your ACT preparation! This 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. **Course includes:** test-taking strategies, testing information, study materials and a free simulated ACT test. For the simulated test schedule and registration information visit: www.allprotutoring.com. **Remaining 2017 ACT test dates:** September 9th, October 28th and December 9th. *Students are welcome to bring a snack or meal to class.*

WHO: Students taking the ACT test **WHEN:** Tuesday/Thursday
WHERE: W.T. Hoag Room 119 **DATES:** July 11th & 13th
TIME: 10:00AM – 12:00PM **COST:** \$65 (2 classes)

Writing the College Application Essay

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. *Students are welcome to bring a snack or meal to class.*

WHO: Ages 15 to 18 **WHEN:** Wednesday **WHERE:** W.T. Hoag Room 119
DATE: August 23rd **TIME:** 10:00AM – 12:30PM **COST:** \$55 (1 class)

Edibles and Medicinals in the Home Garden

All classes will be instructed by **Sarah Sorci** and held in the **Senior High Home Economics Room 213.**

Whether you have spacious backyard or a stoop for a few containers, you can enjoy beautiful, easy-to-grow plants at home that are edible or medicinal. Sarah will introduce you to a range of common edible and medicinal plants, including tips for cultivation and use after harvest. You may be surprised by which garden plants you can cook up for dinner or make in to tea!

Each class includes recipes and instructions for harvesting and using these plants. Participants will prepare and take home an herb-fused vinegar, oil and supplies to prepare your own tincture. No experience necessary. *Please bring \$10 for the instructor the first day of class. Minimum of 5 participants*

WHEN: Tuesday

DATES: August 1st, August 8th, August 15th and August 22nd

TIME: 7:00pm – 9:00pm

COST: \$36 (4 classes)

Week 1: Houseplants and Garlic

Aloe, rosemary, catnip, thyme.
Honorable mentions. Intro to plant-based medicine.

Activity: Making Infused Vinegar

Week 3: Full/Part Sun Outdoors Part 2

Discuss medicinals (Bee Balm, Echinacea, Holy Basil, Ashwagandha, Marshmallow root, Motherwort, Feverfew) plus honorable mentions.

Tea Activity: Infusion vs Decoction

Week 2: Full/Part Sun Outdoors

Discuss edibles (Daylilies, Jerusalem artichoke, groundnut, rose, nasturtium) and medicinals (Calendula, Cayenne, St. John's Wort, Comfrey, and rose).

Activity: Making Infused Oil

Week 4: Shade Outdoors

Discuss edibles (Ramps, Hostas) and native woodland medicinals (Bloodroot, Goldenseal, Black Cohosh, Solomon's Seal, Wild Geranium).

Activity: Making Herbal Tinctures



Health and Fitness



LAKE SHORE HEALTH AND FITNESS TRAINING

INSTRUCTOR: Joe Catalano

Providing Students and/or Athletes of Lake Shore with a basic knowledge of nutrition and an understanding of anatomy, through a consistent weightlifting and dietary regiment. All participants will receive a t-shirt with the above logo, an individualized workout plan and nutrition plan. *Minimum of 5 participants.*

WHO: 8th grade and up

WHERE: Senior High Weight Room

TIME: 7:00AM – 9:00AM and
3:00PM – 5:00PM

WHEN: Monday – Friday

DATES: July 10th – August 25th

COST: \$70 (70 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 of class. Please wear sneakers and workout clothing. *Minimum of 7 participants.*

WHO: 55 and older

WHERE: Senior High Fitness Center

WHEN: Mondays and Wednesdays

DATES: July 10 – August 23

TIME: 5:00 PM – 6:00 PM

PRICE: \$45 (14 classes)

Know How Tours



All trips depart from *Tops Market – 355 Orchard Park Rd. next to K-Mart in WS (formerly Seneca Mall – near Exit 55E.)*

**= non refundable*

Locks, Tiffany & Tea

Wednesday, July 26th

\$109.00

Travel to historic LOCKPORT & experience ‘locking through’ & being raised the 49 ft. elevation of the Niagara Escarpment (the same one that creates Niagara Falls) in the only double set of locks on the Erie Canal. Pass under bridges that raise straight up, see water cascade over Lockport’s famous “Flight of Five” 1840’s locks, & travel through the solid walls of the ‘rock cut’ as the Captain describes the architecture, sights, and folklore along the way aboard the LOCKPORT LOCKS & CANAL CRUISES. BUFFET LUNCH is planned canal-side. Enjoy a self-guided tour to the FIRST PRESBYTERIAN CHURCH. They are fortunate to have six windows that are original Tiffany windows made by Tiffany Company, plus six made of Tiffany Glass. Following our church visit, it’s off for TEA AND DESSERT (coffee too) at MURPHY’S ORCHARD, a 65-acre, family owned and operated fruit farm. Visit the barn where you can see the entrance to a secret room where people escaping from slavery between 1850 & 1861 were sheltered by the McClew family before going on to the safety of their next stop. Don’t miss the Country Barn Store where you can purchase homemade products to bring home with you!

Depart: 8:30 AM

Return: 5:30 PM

Village of Skaneateles Cruise, Shop, Explore

Tuesday, July 11th

\$99.00

Travel the scenic route to the VILLAGE OF SKANEATELES this beautiful summer day. A fabulous SIT DOWN LUNCHEON is planned at the HISTORIC SHERWOOD INN. Enjoy the park setting overlooking Skaneateles Lake before the 2:00 pm SIGHTSEEING CRUISE aboard MIDLAKES NAVIGATION. The remainder of the afternoon is yours to spend in the VILLAGE OF SKANEATELES. In the historic downtown district, shops and galleries are housed in restored buildings dating back to 1796. Browse for unique foods, distinctive fashions, original art, home accessories, or that special antique. Our last stop of the day is THE CHOCOLATE PIZZA CO. This popular Central New York store is the sweetest stop! Featured on Food Network and NBC’s Today Show, Chocolate Pizza makes the perfect treat for yourself or as a gift. We’ve included a SPECIAL TREAT for you to enjoy! We will make a pay on own brief meal stop en route home. Join us for this is a relaxing, enjoyable pleasant summer outing. Bring your friends.

CHOOSE ONE ENTRÉE: Chicken Francaise – dipped in a light egg batter with a lemon butter sauce combining garlic & sweet vermouth;

Rosemary Rubbed Sliced Sirloin

Yankee Pot Roast.

Depart 8:00 AM

Return: 8:00 PM

Know How Tours

All trips depart from Tops Market – 355 Orchard Park Rd. next to K-Mart in WS (formerly Seneca Mall – near Exit 55E.)



TWIST & SHOUT ON SENECA LAKE NARRATED CRUISE WITH ENTERTAINMENT VISIT TAUGHANNOCK FALLS

Thursday, August 15th

\$115.00

Head to WATKINS GLEN & board CAPTAIN BILL'S for a TWO-HOUR CRUISE with LUNCH & THEMED ENTERTAINMENT. It's an afternoon of "TWIST & SHOUT!" If you love to listen to the music of Buddy Holly, Little Richard, Elvis, Bobby Darin, The Beach Boys and the Beatles, you're going to love this cruise! Whether you like to twist or just sit back and enjoy, you'll be glad you decided to take this lunch cruise down memory 'lake' (oops, we mean lane). This afternoon, we will visit TAUGHANNOCK FALLS STATE PARK'S namesake waterfall. This waterfall is one of the outstanding natural attractions of the Northeast. Taughannock Falls plunges 215 feet past rocky cliffs that tower nearly 400 feet above the gorge. Gorge and rim trails offer spectacular views from above the falls and from below at the end of the gorge trail.

NOTE: FLAT SURFACE WALKING REQUIRED. PLEASE WEAR WALKING SHOES AND DRESS FOR THE WEATHER IF PARTICIPATING IN GORGE WALK TO THE FALLS.

CHOOSE ONE ENTRÉE: Stuffed Chicken Breast

Baked Polenta

Scallop & Crab Stuffed Sole

Hot Roast Beef with gravy

Depart: 8:30am

Return: 7:00pm

PORT DOVER – SUMMER FESTIVAL ART IN THE PARK & PORT DOVER BEACH ARTS, CRAFTS, ANTIQUES, PRE-LOVED BOOKS

Sunday, August 20th

\$59.00

Welcome to Ontario's South Coast nestled on the North Shore of Lake Erie. The third weekend in August is always a special time in Port Dover. The Port Dover Summer Festival, or Art in the Park as it is commonly referred to, has been attracting thousands of visitors on this particular weekend for over 40 years. Spend the afternoon in PORT DOVER, ONT. featuring their ANNUAL SUMMER FESTIVAL. Over 200 crafters and artists will be in historic Powell Park. More Crafts, Antique & Collectibles on shaded Market Street. There will be merchant sidewalk sales, on Main Street, Walker Street and all around town. Entertainment and fun activities for all. Lunch is on own at the festival. Enjoy all that this picturesque lakeside town has to offer including their sandy beach area. Choose what you do today to make your day memorable. **PROOF OF CITIZENSHIP IS REQUIRED**

Depart: 8:00am

Return: 7:00pm

KNOW HOW TOURS



All trips depart from *Tops Market – 355 Orchard Park Rd. next to K-Mart in WS (formerly Seneca Mall – near Exit 55E.)*

BEACH BOYS CHAUTAUQUA INSTITUTION INCLUDING DINNER AT THE ATHENAEUM HOTEL

Saturday, August 26th

***\$149.00**

Surf's up! Grab your boards and get ready for some good vibrations! THE BEACH BOYS have become an American icon to a worldwide audience. Their classic songs epitomize the spirit of the California lifestyle of the 1960s. Their first hit "Surfin' USA" (1961) launched a string of chart-topping songs that span over forty years and include eternal anthems of American youth: "Surfer Girl," "Fun, Fun, Fun," "I Get Around," "California Girls," "Help Me Rhonda," "Barbara Ann," "Good Vibrations," "Wouldn't It Be Nice," "Rock and Roll Music," "Kokomo" and more. This is an evening for all generations to join together as we sing out the summer during the final night of Amphitheater entertainment. Do not miss the opportunity to experience this amazing American Icon group. Upon arrival, stroll the Institution at your leisure and enjoy the grounds, bookstore & Bestor Plaza shops. DINNER is planned (5:30 pm) at the ATHENAEUM HOTEL. Following dinner, stroll to the open-air Amphitheater early for your general admission – 8:15 pm performance. (approx. 90 minute performance).

CHOOSE ONE ENTRÉE:

Citrus Baked Pacific Cod
Herb Roasted Chicken Breast
Grilled Sirloin Steak

Penne Pasta with Crimini Mushrooms, Roasted Tomatoes, Peas in Parmesan Cream Sauce

SEATING FOR THE SHOW IS GENERAL ADMISSION. THERE WILL BE TIME TO PICK OUT GOOD SEATS WHEN YOU ARRIVE. YOU MAY WANT TO BRING A SEAT CUSHION, BLANKET, JACKET AS YOU WILL WANT TO GET TO THE AMPHITHEATER EARLY.

Depart: 2:30 PM

Return: 11:30 PM

SHAKER WOODS FESTIVAL INCLUDING DINNER AT DAS DUTCH HAUS RESTAURANT

Saturday, August 26th

\$95.00

JUICE AND MUFFIN are served en route to COLUMBIANA, OHIO known as the BIGGEST LITTLE TOWN IN OHIO. It's the 35th year of SHAKER WOODS tradition and it's bigger and better than ever! This festival is hosting more than 200 of the best juried craftspeople in the country. Each craftsperson will be dressed in Shaker period clothing while demonstrating and selling their remarkable handmade wares. While on the grounds, bring your walking shoes for a journey down the rustic paths throughout the beautifully manicured woods, while enjoying the aroma of great country cooking over open fires and the sound of free entertainment located at two different stages throughout the woods. If rest and relaxation are your desire during the day, enjoy one of our extraordinary man-made gardens that only Shaker Woods can deliver. It's simply relaxing. Enjoy approx. 4 hours at the festival. DINNER IS INCLUDED following our visit to the festival at DAS DUTCH HAUS RESTAURANT, BAKERY & GIFT SHOP. DINNER IS SERVED FAMILY STYLE! A brief rest stop both ways for your traveling comfort.

Depart: 7:00 AM

Return: 10:00 PM

YANKEES IN CLEVELAND INCLUDING "ALL YOU CAN EAT SEATING!"

Sunday, August 8th

***\$135.00**

Spend a summer afternoon enjoying a YANKEES GAME IN CLEVELAND (1:10 PM game). Trip includes Round Trip Motor Coach Transportation, Tour Escort, all you can eat seats & ticket to the game. (ALL YOU CAN EAT SEATING – includes all you can eat nachos, popcorn, peanuts, hot dogs, & Pepsi products). A rest/food stop will be made on the way down & back . Section 330 & 332. Game time subject to change by Major League Baseball.

Depart: 8:30 AM

Return: 8:00 PM 9

Kids Choice Sports



All Kids Choice Sports classes will be held at Frontier Middle School – Field for the Summer Session
(2751 Amsdell Rd, Hamburg, NY 14075)

Little Sluggers – Intro to Tee Ball (Ages 3-6) \$65.00

This class is perfect for boys and girls who would like to learn the basics of tee ball. In this **parent participation program**, you and your child will work together on drills to learn catching, fielding, throwing, batting and running bases. Emphasis will be placed on fun and recreation in this non-competitive, co-ed program. **Ages 3-4 and 5-6 will be grouped separately.** A t-shirt is included in the program fee. Due to all classes being held outdoors, players should dress appropriately. Please remember to bring a water bottle.

6 week session – dates include:

Tuesday, July 11th, July 18th, July 25th, August 1st, August 8th and August 15th
TIME: 5:30pm – 6:15pm

Flag Football (Ages 5-7) \$65.00

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 scrimmage. **A mouth guard is required.** Due to all classes being held outside, please dress appropriately. Please remember to bring a water bottle.

6 week session – dates include:

Tuesday, July 11th, July 18th, July 25th, August 1st, August 8th, and August 15th
TIME: 6:30pm – 7:15pm

Soccer (Ages 5-7) \$65.00

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.** Due to all of the classes being held outdoors, players should dress appropriately. Please remember to bring a water bottle.

6 week session – dates include:

Thursday, July 13th, July 20th, July 27th, August 3rd, August 10th, and August 17th
TIME: 7:20pm – 8:05pm

Flag Football (Ages 8-12) \$65.00

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 scrimmage. **A mouth guard is required.** Due to all classes being held outside, please dress appropriately. Please remember to bring a water bottle.

6 week session – dates include:

Tuesday, July 11th, July 18th, July 25th, August 1st, August 8th and August 15th
TIME: 7:20pm – 8:20pm



Kids Choice Sports

All Kids Choice Sports classes will be held at Frontier Middle School – Field for the Summer Session
(2751 Amsdell Rd, Hamburg, NY 14075)



Toddler Time (Ages 2-3)

\$65.00

Toddler Time is an exciting soccer based playgroup in which a variety of age appropriate props are used. In this unique program, **you and your child will participate** in a variety of soccer related games and activities. Kids “**learn through play**” in a social environment while developing motor skills and coordinating, building confidence and much more. Most of all, it’s FUN! A t-shirt is included in the program fee. Due to all classes being held outside, please dress appropriately. Please remember to bring a water bottle.

6 week session – dates include:

Thursday, July 6th, July 13th, July 20th, July 27th, August 3rd and August 10th

TIME: 5:30pm – 6:10pm

Parent/Child Soccer (Ages 3-5)

\$65.00

This class is perfect for boys and girls who would like to learn the basics of soccer. 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. Due to all classes being held outdoors, players should dress appropriately. Please remember to bring a water bottle.

6 week sessions – dates include:

Thursday, July 6th, July 13th, July 20th, July 27th, August 3rd, and August 10th

TIME: 6:30pm – 7:15pm

Learn to Cook



All classes will be instructed by Lawrence Cheeley and be held in the Senior High Home Economics Room 213

Pasta By Hand (Pasta A Mano)

In this course we will go over and make all different types of pasta. Types include, Fettuccini, Pappardelle, Tagliatelle, Ravioli, Tortellini, Pansotti, Malfatti, plus sauces. Everyone eats! Please bring containers to transport your creations and the following items:

- 1 28oz can of crushed tomatoes
- garlic bulb
- baby carrots
- 1 small onion
- 1 celery stalk
- 1 small can or 1 tube of tomato paste
- 1 bag of fresh spinach
- 1 small container of ricotta
- 1 bag of unbleached flour
- 1 bottle of extra virgin olive oil
- 1 stick of butter
- dry sage

Minimum of 5 participants.

WHO: 14 and up
WHEN: Saturday, July 22nd
TIME: 9:00am – 12:00pm
COST: \$35 (1 class)

How to Make Gnocchi

There are two types of gnocchi; potato and ricotta. You will learn to make both kinds in class. Please bring the following ingredients to class with you:

- 2 baking potatoes
- 1 small container of ricotta
- 1 bag of unbleached flour
- 1 28 oz can of crushed tomatoes
- 1 bottle of extra virgin olive oil
- 1 stick of butter
- dry sage
- fontina or mozzarella cheese

Minimum of 5 participants.

WHO: 14 and up
WHEN: Saturday, July 29th
TIME: 9:00am – 12:00pm
COST: \$35 (1 class)

Homemade Pasta Sauce

There are so many possible ways to make sauce for pasta. We will prepare from the following list: Garlic and Oil, Tomato and Basil, Carbonara, Sage, Alfredo, Arrabbiata, Puttanesca, red sauce, pesto sauce, meat sauce, Venetian butter and onion, and Sunday sauce. We will also prepare Battuto and learn how to pair pasta with the appropriate sauce. Participants will be notified with a list of ingredients before class begins.
Minimum of 5 participants.

WHO: 14 and up
WHEN: Saturday, July 15th
TIME: 9:00am – 12:00pm
COST: \$35 (1 class)

Learn to Cook

All classes will be instructed by Lawrence Cheeley and be held in the Senior High Home Economics room 213



Italian Breads I

In this class you will choose from the following options: Tuscan Raisin, Rosemary Rolls, Easter Breads, Grissini (bread sticks), pizza margherita, pizza neapolitana, pizza rustica, calzone, Serpentone, and much more! Participants will be notified of ingredients to bring with them before the start of class. *Minimum of 5 participants.*

WHO: Ages 14 and up
WHEN: Saturday, August 5th
TIME: 9:00am – 12:00pm
COST: \$35 (1 class)

Italian Breads II

We will expand our bread making skills and types of bread we make. You will choose from the following options: Focaccia, Schiacciata, Ciabatta, Pane Napolitano, Pane Siciliano, Pane Con Olive and much more! Participants will be notified with an ingredient list to bring with them before the start of class. *Minimum of 5 participants.*

WHO: Ages 14 and up
WHEN: Saturday, August 12th
TIME: 9:00am – 12:00pm
COST: \$35 (1 class)

HOBBIES

Italian Language for Beginners I Instructor: Lawrence Cheeley

You will learn the basics of Italian language; grammar, conjugation, pronunciation, reading, writing, speaking, formal vs informal, time, numbers, and etiquette. In 6 weeks participants will learn to conjugate all three conjugations present indicative. Participants will be able to form simple phrases by the end of the course. *Minimum of 5 participants.*

WHO: Ages 14 and up
WHERE: Senior High Room 107
WHEN: Monday
DATES: July 10th – August 14th
TIME: 7:00pm – 8:00pm
COST: \$80 (6 classes)

ciao!



Italian Language for Beginners II Instructor: Lawrence Cheeley

This is a continuation class from level 1, or for participants who are familiar with the language. We will review Level I (conjugation, grammar, pronunciation, etc.) and continue on the Passato Prossimo. *Minimum of 5 participants.*

WHO: Ages 14 and up
WHERE: Senior High Room 107
WHEN: Monday
DATES: July 10th – August 14th
TIME: 8:00pm – 9:00pm
COST: \$80 (6 classes)

HOBBIES



Travel to Europe - Nuts and Bolts

Instructor: Lawrence Cheeley

Participants will learn how to prepare for and execute your European trip. Participants will go over and be informed on the following: preparation, guided or self guided, seasons, sights, avoiding aggravation, ways of travel, solo vs group travel, money, security, health, cultural sensitivity, language, itinerary, insurance, lodging, crime, visas, passports, getting lost and getting found, eating, European history, manners, travel philosophy and questions or concerns. We will learn how to save money, headaches and spend valuable time in Europe. *Minimum of 5 participants.*

WHO: 14 and up
DATE: July 11th

WHERE: Senior High Room 107
TIME: 7:30pm – 9:00pm

WHEN: Tuesday
COST: \$25 (1 class)

Gentle Yoga Joins Heartfelt Meditation

Instructor: Sondra Holland

Rise beyond – Glide through. Have you always wanted to rise above your dreams? Or wished to glide through life with joy and courage? Sondra, a meditation devotee has spent many years studying with her teachers in the orient. Her dream is to unify eastern techniques with western adaptations. All are welcome. *Minimum of 5 participants.*

WHO: Ages 16 and up
DATES: July 10th – August 14th

WHERE: W.T. Hoag Cafeteria
TIME: 4:00pm – 5:30pm

WHEN: Wednesday
COST: \$45 (8 classes)

