

COMMUNITY EDUCATION 2023 SPRING CATALOG



William T. Hoag Educational Center

42 Sunset Boulevard Angola, NY 14006

Telephone: 716-926-2270 (or) 716-926-2480

Building/Program Administrator: Christine Starks

Building Secretary: Teresa Maiorana

COMING
SOON

Registration & General Information

How to Register:

- By Mail - Enclose a check/money order/debit/credit card (Master Card, Visa, American Express, Discover) payment made out to Lake Shore Central Schools along with the registration form.
- Mail to W.T. Hoag Educational Center/42 Sunset Blvd/Angola, NY 14006.
- By Fax - 716-549-4391 – 24 hours/day – 7 days/week. Only Credit/Debit card payments accepted by Fax.
- In Person - Registration will be accepted Monday thru Friday (8am – 4 pm) at the W.T. Hoag Educational Center
- **Please note all in-person visitors **MUST** have a valid ID.
- **A link for the virtual classes will be provided after registration and before the course start date.





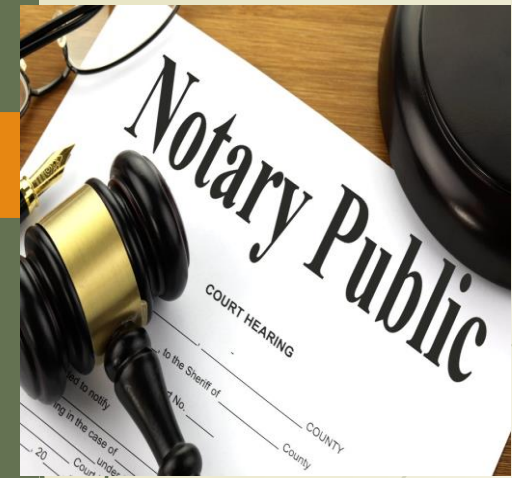
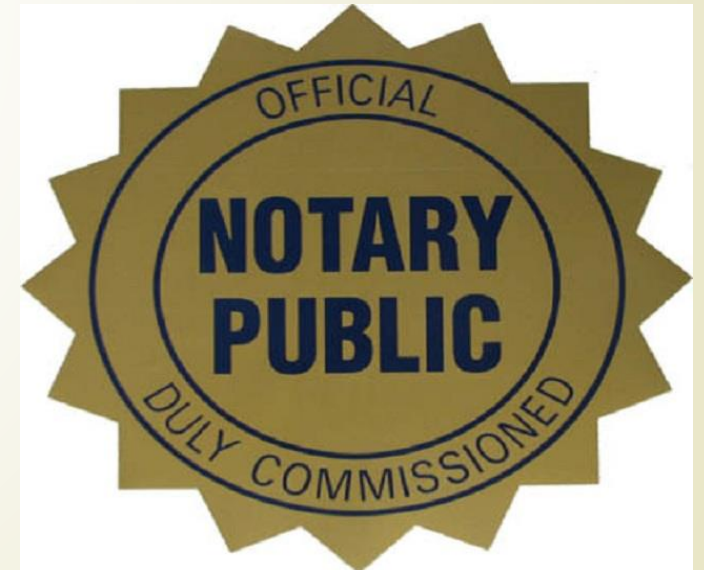
Registration & General Information

- ▶ Credit/Debit Card Payments: We accept all major credit cards (Master Card, Visa, American Express, Discover). If mailing or faxing your payment, please include your card number and expiration date.
- ▶ We accept all personal checks and money orders by mail or in person. A \$20 fee will be charged for any returned checks. **Make checks payable to: Lake Shore Central Schools.**
- ▶ Lab Fees: If there are any lab fees related to your course, they will be paid to the instructor the first day of class. DO NOT include the lab fee with the registration fee.
- ▶ Refunds/Cancellations: The full fee will be refunded to you by check or credit if your course is cancelled or if you withdraw from the course a week prior to the start date.
- ▶ School Closings: When school is closed due to inclement weather or if after school activities are cancelled, Community Education classes are also cancelled. Please refer to your local radio/television stations or our school website for details.
- ▶ ***At no time will a telephone registration/payment be accepted.
- ▶ ***Once you are signed up for a course, you will not hear from us unless there are changes to your course. Remember "No News is Good News!!!"

WELCOME

Notary Public Training with Karen O'Connor

- ▶ Do you need to become a notary for work or is it something you would like to add to your resume? The (New York State) Notary Public Training course is an introductory class where participants will learn the laws and vocabulary necessary to pass the state test and perform duties once commissioned. This is a one evening course for beginners 18 years and older.
- ▶ **Who:** 18 and Over
- ▶ **When:** Wednesday (1 Session)
- ▶ **Where:** William T. Hoag Educational Center
- ▶ **Date:** April 26, 2023
- ▶ **Time:** 6:00 pm - 8:30 pm
- ▶ **Cost:** \$60



Defensive Driving with Donna Jeffers

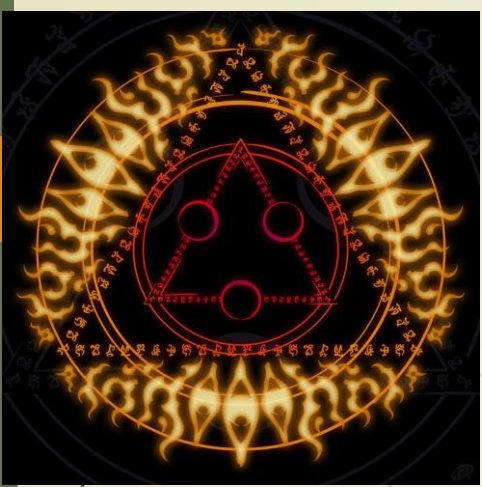
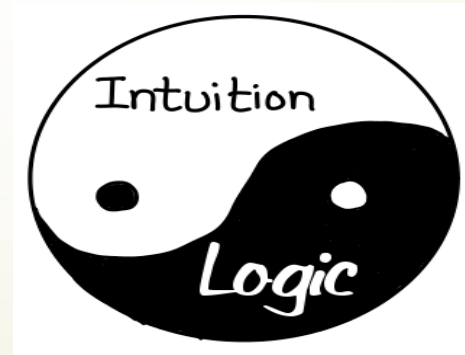
- ▶ A six hour course pertaining to safe driving that can reduce points on your license and save 10% off car insurance for 3 years.
- ▶ You must have a valid driver's license.
- ▶ The Course will be completed in 2-three hour sessions from 5:30 pm – 8:30 pm.
- ▶ **Who:** Anyone with a Valid Driver's License
- ▶ **When:** Tuesday & Thursday (2 Sessions)
- ▶ **Where/How:** Virtual - Via Zoom – the link will be sent prior to the course start date
- ▶ **Dates:** April 4 & 6, 2023
- ▶ **Time:** 5:30 pm – 8:30 pm
- ▶ **Cost:** \$35



Holistic Arts with Jesse Wicher

➤ CLASS: PRACTICAL COMPASSION

- In this 5 week course, you will learn to apply the universal principles of compassion to bring more acceptance, forgiveness, and wisdom to your relationships with yourself, others, and the world. This class will give you the practical tools you need to create sustainable personal boundaries to help you live and love more open-heartedly in your life.
- **Who:** 18 and Over
- **When:** Wednesday's (5 Sessions)
- **Where/How:** Virtual Via Zoom – the link will be sent prior to the course start date
- **Date:** Wednesday, March 9 – April 6, 2023
- **Time:** 7 pm – 9 pm
- **Cost:** \$130



Holistic Arts with Jesse Wicher

CLASS: SELF-GROWTH & THE ART OF SINGING

- ▶ Professional singer, voice teacher, and holistic health practitioner, Jesse Wicher, will share with you life lessons through the study of singing.
- ▶ You will explore the profound relationship between the breath, body, voice, and personal growth. With this 1 night course you can learn what good singing can teach about good living...NO SINGING REQUIRED!!

Who: 18 and Over

When: Monday (1 Session)

Where/How: Virtual Via Zoom – the link will be sent prior to the course start date

Date: March 20, 2023

Time: 6:30 pm – 9 pm

Cost: \$40





Medicare 101 with Jason Myers

- Medicare is confusing! What are Parts A, B, C, D? When do I have to enroll? What will I pay? What is a Medicare advantage Plan? What is a Medicare Supplement plan? What about late enrollment penalties, extra help, epic or Medicare savings programs? What kinds of plans might work best for me?
- This class will help people understand how the federal Medicare program works and provide a general overview of the variety of Medicare insurance options available to beneficiaries.
- **Who:** Adults
- **When:** Tuesday (or) Thursday (1 Session)
- **Where:** William T. Hoag Educational Center
- **Date(s):** Thursday, March 2, 2023 (or) Tuesday, May 2, 2023
- **Time:** 6 pm - 7:30 pm
- **Cost:** \$5

****Registration is Date Specific****



Pound/Yoga with Christine Berfield

- ▶ A 40 minute total body workout that consists of drumming (sticks provided), cardio, strength training, and Pilates. You will work major muscle groups such as quads, glutes, and abs. Followed by 20 minutes of yoga stretching. Please bring a mat and water. Let's have fun while getting fit!!!!
- ▶ **Who:** All Ages
- ▶ **When:** Thursday's (12 Sessions)
- ▶ **Where:** William T. Hoag Educational Center
- ▶ **Dates:** March 2, 9, 16, 23, 30, April 6, 13, 20, 27, May 4, 11, 18, 2023
- ▶ **Time:** 7:00 pm – 8:00 pm
- ▶ **Cost:** \$30



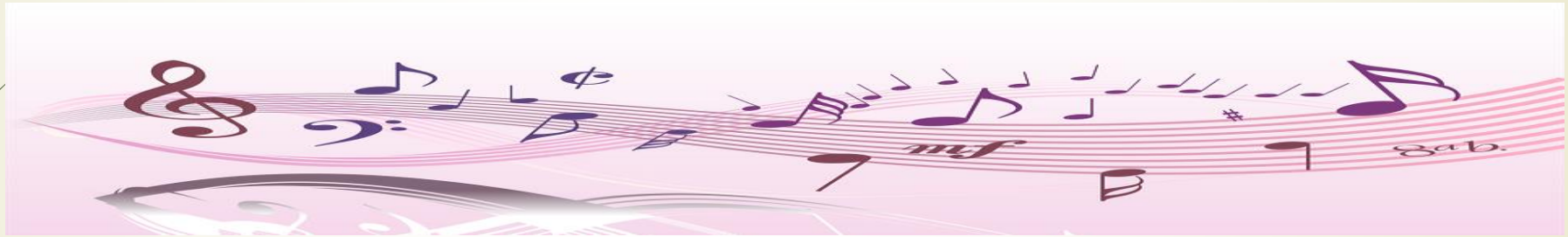
Mommy & Me Yoga with Sondra Holland

- Mommy and me yoga is a unique program developed for all ages. It consists of elementary yoga practices, story telling, drama, creative movement, and fine arts. Bring your whole family for this hour of fun, Infants to seniors will get MUCH Joy out of this class.
- Please bring paper and pen/pencil for note taking.
- **Who:** Anyone
- **When:** Tuesday's (8 sessions)
- **Where:** William T. Hoag Educational Center
- **Dates:** March 7, 14, 21, 28, and April 4, 11, 18, 25, 2023
- **Time:** 6:15 pm – 7:15 pm
- **Cost:** \$35



Gentle Meditation/Compassion with Sondra Holland

- ▶ Have you always wanted to slow down and find time for inner peace? This course is ideal for pain management, inner peace, and joy. Ages 13+ and all abilities are welcome.
- ▶ Class consists of 8 sixty minute sessions involving: Introduction, Breathing (Lokah & Prana), Visualization, Visual Arts, Chanting, and Gentle Yoga.
- ▶ Please bring paper and pen/pencil for note taking.



- ▶ **Who:** Anyone 13 years or Older
- ▶ **When:** Tuesday's (8 Sessions)
- ▶ **Where:** William T. Hoag Educational Center
- ▶ **Dates:** March 7, 14, 21, 28, and April 4, 11, 18, 25, 2023
- ▶ **Time:** 7:15 pm – 8:15 pm
- ▶ **Cost:** \$35

Yoga with Sue Brown

- ▶ A gentle style yoga focusing on relaxation, flexibility, strength, and balance. This style of yoga is healing and affects all body systems including the hormonal system and a focus on strength. This yoga class is good for all ages and abilities. The class meets once a week on Monday's for 6 weeks.
- ▶ **Who:** All Ages
- ▶ **When:** Monday's (6 sessions)
- ▶ **Where:** William T. Hoag Educational Center
- ▶ **Dates:** February 27, March 6, 13, 20, 27, and April 3, 2023
- ▶ **Time:** 6:15 pm – 7:15 pm
- ▶ **Cost:** \$30



CPR with Bonnie Battaglia

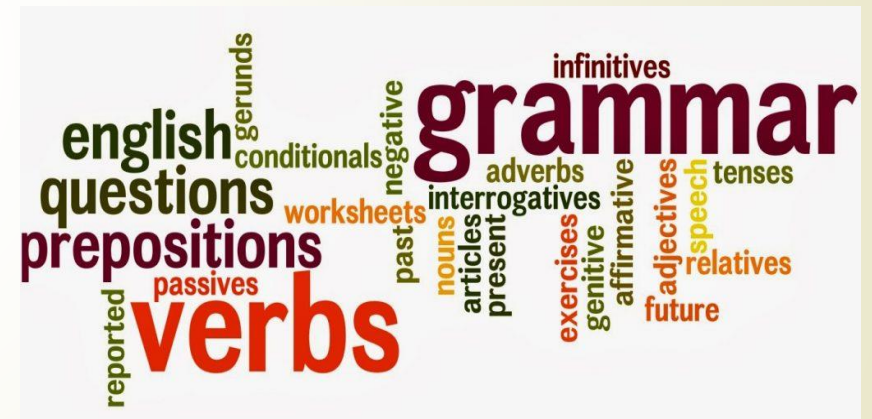
- ▶ A class for Adult/Child CPR will be provided by CPR/EMT trained instructors.
- ▶ On completion of the class requirements, attendees will be certified in CPR/AED.
- ▶ Attendees will receive cards from the American Heart Association.
- ▶ Be aware CPR is a physically active skill.

- ▶ **Who:** 16+
- ▶ **When:** Tuesday (1 session)
- ▶ **Where:** William T. Hoag Educational Center
- ▶ **Dates:** March 14, 2023
- ▶ **Time:** 6:00 pm – 10:00 pm
- ▶ **Cost:** \$35



SAT & ACT Test Preparation with All Pro Tutoring

- ▶ **Writing the College Application Essay:** 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. A snack or lunch is allowed.
- ▶ **When:** Thursday (1 Session)
- ▶ **Where:** William T. Hoag Educational Center
- ▶ **Date:** May 18, 2023
- ▶ **Time:** 6:00 pm to 8:30 pm
- ▶ **Cost:** \$65



SAT & ACT Test Preparation with All Pro Tutoring

- **4 HOUR SAT TEST BOOT CAMP**: ****IMPORTANT**** 96.3% of U.S. colleges still require or will consider SAT/ACT test scores when submitted. It is important that students continue to take the SAT/ACT tests. While many colleges have gone test optional, the early data has shown that students who submit SAT/ACT test scores have an admissions advantage. A snack or lunch is allowed.
- **2023 SAT Spring Dates:** March 11, May 6, and June 3, 2023
- This 4 hour review course offers an in-depth study of the SAT test. Course includes: classroom instruction, test taking strategies, testing information, workbook/study materials, and a free simulated SAT test.
- **When:** Tuesday & Thursday (2 Sessions)
- **Where:** William T. Hoag Educational Center
- **Dates:** May 2 & 4, 2023
- **Time:** 6:00 pm - 8:00 pm
- **Cost:** \$65



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SAT®

SAT & ACT Test Preparation with All Pro Tutoring

- ▶ **4 HOUR ACT TEST BOOT CAMP**: ****IMPORTANT**** 96.3% of U.S. colleges still require or will consider SAT/ACT test scores when submitted. It is important that students continue to take the SAT/ACT tests. While many colleges have gone test optional, the early data has shown that students who submit SAT/ACT test scores have an admissions advantage. A snack or lunch is allowed.
- ▶ **2023 ACT Test Dates**: February 11, April 1, and June 10, 2023
- ▶ This 4 hour review course offers an in-depth study of the ACT test. Course includes: classroom instruction, test taking strategies, testing information, workbook/study materials, and a free simulated SAT test.
- ▶ **When**: Tuesday & Thursday (2 Sessions)
- ▶ **Where**: William T. Hoag Educational Center
- ▶ **Dates**: March 27 & 29, 2023
- ▶ **Time**: 6:00 pm - 8:00 pm
- ▶ **Cost**: \$65



ACT[®]

SAT & ACT Test Preparation with All Pro Tutoring

- ▶ **ONLINE – FREE!! Send Your Kids to College Seminar:** Please join our team of experts for a free one hour discussion on the best approach to college planning. Send your kids to college is a non-profit organization. There is no cost or obligation to purchase anything.
- ▶ **Topics Discussed:** Chose the right college major and the best approach in applying to colleges. Timeline for SAT and ACT test preparation and why it is important to prepare for these admission tests. Strategies to reduce the cost of college, available scholarships, and the **SAGE** Scholarship tuition rewards program and annual scholarship. Attendees will earn 500 SAGE points just for attending the seminar, that is equal to \$500 in tuition rewards.
- ▶ **When:** Wednesday (1 Session)
- ▶ **Where/How:** Virtual – via Zoom – the link will be sent prior to the course start date
- ▶ **Date:** May 10, 2023
- ▶ **Time:** 6:00 pm – 7:00 pm
- ▶ **Cost:** FREE



Defensive Driving Course with All Pro Tutoring

- ▶ This point and insurance reduction program reviews safe driving and accident prevention techniques. Upon completion of the class, drivers are eligible for a 10% reduction in their auto insurance and/or up to 4 points removed from their DMV driving record. Drivers may take the course every 3 years for insurance reduction and every 18 months for point reduction. All drivers listed on a policy are eligible to complete the course. This is a great way to reduce the cost of your auto insurance!
- ▶ **Who:** Anyone with a Valid Driver's License
- ▶ **When:** Monday and Wednesday (2 Sessions)
- ▶ **Where:** William T. Hoag Educational Center
- ▶ **Date(s):** May 22 & 24, 2023
- ▶ **Time:** 6:00 pm – 9:00 pm
- ▶ **Cost:** \$40



5 Hour Pre-Licensing Course with Michael Frew

- There is still time to complete your 5 Hour Pre-Licensing Course!!!!
- Lake Shore is offering the 5 hour pre-licensing course remotely and in-person. Registrations will be for the upcoming dates. If for any reason you are not able to attend the class, your registration will be refunded or rolled over into the next class.
- **Remote Date:** Feb 28, 2023
- **Time:** 3:15 pm – 8:15 pm
- **Location:** Remote class will receive a google link prior to the start of the course
- **In-Person Date(s):** March 21, 2023 (or) April 18, 2023 (or) May 23, 2023 (or) July 11, 2023
- **Time:** 3:30 pm – 8:30 pm
- **Location:** In-Person classes will be at the Senior High School (LGI)
- **Cost:** \$35

****Registration Is Date Specific****

