

Lake Shore CSD

Community Education

2021 Fall Catalog

October 18, 2021 – December 17, 2021

William T. Hoag Educational Center

42 Sunset Boulevard

Angola, NY 14006

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

Christine Starks – Building/Program Administrator

Teresa Maiorana – Building Secretary



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** sign-in and have valid ID.
- ▶ **To help with our social distancing precautions, mailed or faxed registrations would be preferred.
- ▶ On our website (<https://www.lakeshorecsd.org>) under Community Education and electronic registration.

Registration & General Information (Continued)

- ▶ 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 personal checks and money orders payable to Lake Shore Central Schools by mail or in person. A \$20 fee will be charged for any returned checks.
- ▶ 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 course 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!!”



5 Hour Pre-Licensing Course with Michael Frew

Lake Shore is offering the 5 hour pre-licensing course remotely **and** in-person. The in-person classes are for current Lake Shore High School students only. The remote classes will be open to Lake Shore students and the general public. Registrations will be for the upcoming dates. If for any reason you are not able to attend the class, your registration will be rolled over into the next upcoming class.

Remote Dates:

September 22, 2021
November 16, 2021
January 18, 2022
April 27, 2022

Times: 3:15pm – 8:15 pm

Location:

Remote classes will receive a link prior to the start of the course.
In-Person classes will be at the Senior High School (LGI)

Cost: \$35

In-Person Dates:

October 20, 2021
March 22, 2022
May 25, 2022

Times: 3:30pm – 8:30pm



****Registration Forms are Date Specific****

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.

Date/Time: Wednesday, November 10, 2021 - 6:00pm - 8:30pm

Cost: \$65

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

4 HOUR ACT TEST PREPARATION COURSE: This 4 hour review course offers an in-depth study of the test and includes: classroom instruction, test taking strategies, testing information, study materials (including the new writing format), and a free simulated ACT test. Please specify which date you would like to register for.

Dates/Time: Monday & Tuesday, October 18 & 20, 2021 - 6:00pm - 8:00pm

Cost: \$65

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

4 HOUR SAT TEST PREPARATION COURSE: 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. Please specify which date you would like to register for.

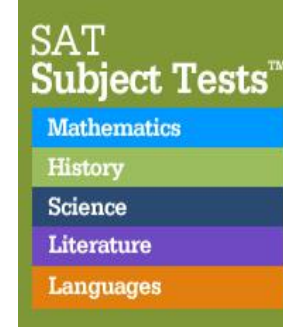
Dates/Time: Monday & Wednesday, November 29 and December 1, 2021 - 6:00pm - 8:00pm

Cost: \$65

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

****Registration Forms are Date Specific****

SAT & ACT Test Preparation with All Pro Tutoring



9 HOUR SAT TEST PREPERATION: This 9 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. Please specify which date you would like to register for.

Dates/Times: Tuesday & Thursday, October 26 & 28, November 2 & 4, 2021 ~ 6:00pm ~ 8:15pm

Cost: \$125

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

9 HOUR ACT TEST PREPERATION: This 9 hour review course offers an in-depth study of the ACT test. Includes: classroom instruction, test taking strategies, testing information, study materials including a new writing format, and a free simulated ACT test. Please specify which date you would like to register for.

Dates/Times: Tuesday & Thursday, November 30, December 2, 7, & 9, 2021 ~ 6:00pm ~ 8:15pm

Cost: \$125

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

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 ACT and SAT 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 Scholars 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.

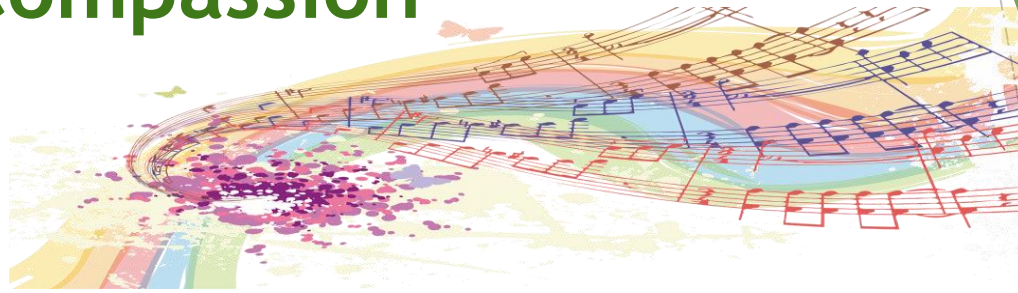
Dates/Times: Friday, November 17, 2021 ~ 6:00 ~ 8:00pm

Cost: Free

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



Musical 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. There will be individual sharing by telephone.

Class consists of nine 60 minute sessions involving: Introduction, Breathing (Lokah & Prana), Visualization, Chanting, Gentle Yoga, and Music.

Time: 6:00pm - 7:00pm or 7:00pm - 8:00pm (please select a specific time). Class times are limited to a maximum of 4 people.

Dates: Tuesdays, October 19, 2021 - December 14, 2021

How/Where: Virtual-Via Telephone - the telephone number will be sent prior to the course start date

Cost: \$22

****Registration Forms are Date Specific****

Notary Public Training with Karen O'Connor

Notary Public: Do you need to become a notary for work or is it something you would like to add to your resume?

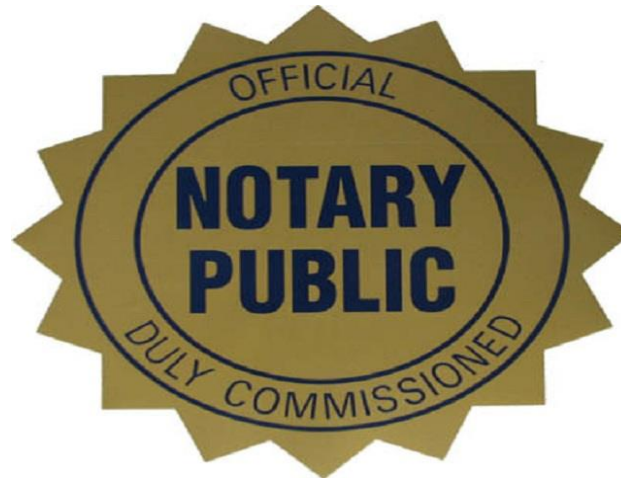
The (New York State) Notary Public Training course is an introductory class where participants will learn the laws and vocabulary necessary to pass the state test and perform duties once commissioned.

This is a one evening, online course for beginners 18 years and older.

Date/Time: Thursday, October 28, 2021 ~ 6:00pm~9:00pm

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

Cost: \$60



YOGA DAO in LUNG SHEN

with Susan 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.

This class meets once a week on Monday's for 9 weeks.

Who: All Ages **Time:** 6:15pm ~ 7:15 pm

Dates: Mondays. October 18, 2021 ~ December 13, 2021

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

Cost: \$35



Citizens Preparedness Corps Training with American Red Cross



This **FREE** - **ONLINE** presentation provides residents with the knowledge and tools to prepare for emergencies, respond accordingly, and recover to pre-disaster conditions as quickly as possible. The program runs approximately 90 minutes.

Topics Include:

- ▶ How to create a family evacuation plan
- ▶ Necessary items for emergency supply kits
- ▶ Home fire safety
- ▶ Steps to take care of your family, community, and more.



Time: 6:00pm – 7:30pm

Dates: Wednesday, October 27, 2021 or November 17, 2021 (Please choose a specific date)

How/Where: Virtual-Via Zoom ~ the link will be sent prior to the con

Cost: Free

****Registration Forms are Date Specific****



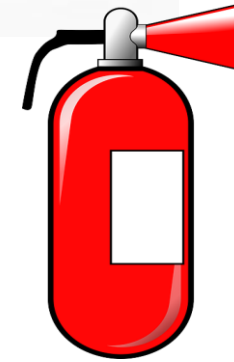
The Pillowcase Project with American Red Cross



The Pillowcase Project presentation is for students in grades 3-5 (ages 8-11).

This presentation lasts 45-60 minutes and includes:

- ▶ Identify the best way to stay safe during emergencies
- ▶ Identify the best ways to prevent and stay safe during a home fire
- ▶ Use coping skills to help manage stress during emergencies and in everyday situations
- ▶ Gain confidence in their abilities to be prepared for emergencies through interactive activities
- ▶ Use their knowledge to act as advocates for emergency preparedness in their homes and communities
- ▶ Discuss the role science plays in emergency preparedness



Time: 6:00pm – 7:00pm

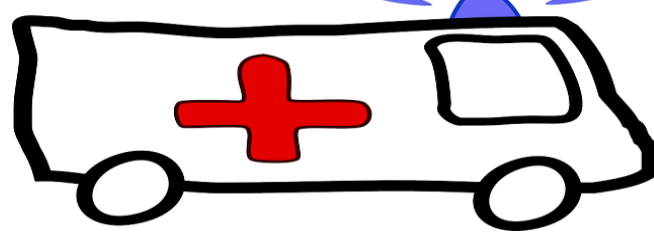
Dates: Tuesday, October 26, 2021 or November 16, 2021 (Please choose a specific date)

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

Cost: Free

****Registration Forms are Date Specific****

Prepare with Pedro with American Red Cross



The Prepare with Pedro presentation is for students in grades K-2 (ages 4-7). Students will receive an age-appropriate presentation and fun digital resources to help teach them how to stay safe during a disaster.

It is a 30-45 minute presentation that teaches students to:

- ▶ Identify the best way to stay safe during emergencies
- ▶ Identify the best ways to prevent and stay safe during a home fire
- ▶ Use coping skills to help manage stress during emergencies and in everyday situations
- ▶ Gain confidence in their abilities to be prepared for emergencies through interactive virtual activities
- ▶ Use their knowledge to act as advocates for emergency preparedness in their homes and communities
- ▶ Discuss the role science plays in emergency preparedness



Time: 6:00pm – 6:45pm

Dates: Thursday, October 28, 2021 or November 18, 2021 (Please choose a specific date)

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

Cost: Free



****Registration Forms are Date Specific****

Introduction to Meditation

with Catie Dillemath

Learn the basics about meditation – why it is important and how it can change your day and life. You will go through a guided meditation during class that you can begin to use immediately.

This is a 1 day discussion/lecture type class at an introductory level, good for all ages. There will be no class the week of November 22, 2021.

Who: All Ages

When: Wednesdays

Time: 7:00-8:00 pm

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

Cost: \$8

Dates:

October 20, 2021

October 27, 2021

November 3, 2021

November 10, 2021

November 17, 2021

December 1, 2021

December 8, 2021

December 15, 2021



****Registration Forms are Date Specific****

Green Diet with Catie Dillemuth



Have you ever been curious about a vegetarian or vegan diet? Learn how by changing one thing in your life, what you eat, you can truly change yourself and the world around you.

Not only will you change your health; you will also impact the environment in a positive way and stop funding cruelty in the food industry where people and animals are concerned.

If you are ready to lose weight, become healthier, and learn the truth about what you are eating, then this class will be your first step to a healthier and greener life.

Who: 13 and Over

When: Thursdays

Time: 7:00-8:00 pm

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

Cost: \$10

Dates:

October 21, 2021

November 18, 2021

October 28, 2021

December 2, 2021

November 4, 2021

December 9, 2021

November 11, 2021

December 16, 2021



****Registration Forms are Date Specific****

The Call of Paradise with Jesse Wicher



Have you ever dreamed of traveling to Hawaii? Sun-kissed beaches. Fiery volcanoes. Luau feasts. Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawaii one of the most beautiful, healing, and life-giving places on Earth.

Date/Time: Monday, October 18, 2021 ~ 6:30pm~9:00pm

Where: Virtual

How: Via Zoom ~ the link will be sent prior to the course start date

Cost: \$20



Self-Growth and the Art of Singing with Jesse Wicher

Professional singer, voice teacher, and holistic health practitioner will share with you the wonderful life lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body, voice, and personal growth.

Highlights include:

- ▶ Singing with your own voice, getting out of the way, and letting go of judgments.
- ▶ This one evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life - NO SINGING REQUIRED! Come learn what good singing can teach you about good living.

Date/Time: Monday, November 15, 2021 ~ 6:30pm ~ 9:00pm

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

Cost: \$35



Defensive Driving with Donna Jeffers



A 6 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 and be over 16 years of age.

Dates/Time: Monday & Tuesday, November 8 & 9, 2021 ~ 5:30pm ~ 8:30pm

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

Cost: \$35



Learn Italian with Lawrence Cheeley



Novice and those with some experience will enjoy this 9 week course. You will learn grammar, conjunction, pronunciation, reading, writing, formal vs informal, numbers, and etiquette. Participants will learn to conjugate and be able to form simple phrases by the end of the first class.

When: Wednesday's

Time: 7:00 ~ 8:15pm

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

Dates: October 20, 27, November 3, 10, 17, 24, December 1, 8, and 15, 2021

Cost: \$135



Informational Classes for Traveling to Europe with Lawrence Cheeley



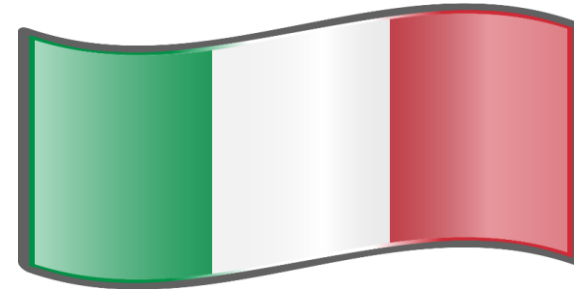
Travel to Europe ~ Nuts and Bolts

Learn how to execute a European vacation, about solo travel vs. group travel, cultural sensitivity, how to handle money, travel on planes and trains, how to handle money, how to keep yourself safe, and answers to your questions.

Date/Time: Friday, October 29, 2021 ~ 7:00~8:15pm

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

Cost: \$25



Travel To Europe ~ The Money Class

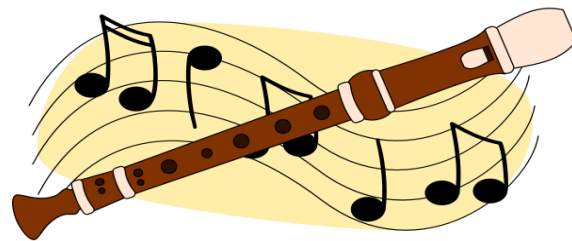
How to prepare to travel to Europe and save \$2000 traveling as your own guide.

Date/Time: Friday, November 5, 2021 ~ 7:00~8:15pm

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

Cost: \$25

Woodwind Instruction with Lawrence Cheeley



All levels welcomed! Learn classical and/or jazz, how to read music, scales, tone, harmony, and how to play by ear. Students provide own instrument which can be rented at any music store. Also, preparation for ALL COUNTY and ALL STATE competitions. This is a 7 week course.

When: Thursdays

Time: 7:00-8:00pm

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

Dates: October 21, 28, November 4, 11, 18, December 2, and 9, 2021

Cost: \$140

