

OFFICE HOURS

September – October: 8:00am – 4:00pm November – March: 7:30am – 3:30pm







General Information

Community Education William T. Hoag Educational Center 42 Sunset Blvd. Angola, NY 14006

Christine Starks......Building/Program Administrator Emily Ludwig.....Secretary

How To Register:

- **BY MAIL:** Enclose a check, made out to Lake Shore Central Schools, money order or credit/debit card payment (MasterCard, Visa, American Express, Discover), 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
- BY FAX:24 hours a day, 7 days a week at (716) 549-4391*Credit/Debit Card payment only form of payment accepted by fax*





Credit/Debit Card Payments:	We accept all major credit cards including: MasterCard, Visa, American Express, and Discover. If mailing or faxing your registration form, please list your credit/debit card number and expiration date.	
Check/Money Orders:	We accept all 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 a check or credit if your class is cancelled, or if you withdraw a week before the class begins.	
School Closings:	When schools are closed due to weather, after school activities are cancelled or any emergency, Community Education classes are also cancelled. Please refer to the local radio, television or school website for details.	
Please note that v	walk-in registrations at the class time and registrations or payments by phone are not accepted.	
	Questions?? Please call Emily Ludwig at the Community Education Office at (716) 926-2270.	
Once you sign up for a class, you will NOT hear from us unless the class is cancelled or if there is a change in location, date and/or time		

Don't worry—no news is good news!



Health and Fitness

Yoga

Instructor: Susan Brown

This is a gentle style of yoga to heal illness, process stress and slow the aging process. All body systems and organs are beneficial including muscular and skeletal systems, immune function, oxygen distribution and lymphatic flow. Rewards are many – increased flexibility, strength and grace. <u>No class October 14th or November 11th</u>. *Minimum of 7 participants*.

WHO:	Ages 18 and older	WHERE:	A.J. Schmidt Gymnasium
WHEN:	Monday	DATES:	September 30 th – December 16 th
TIME:	6:15pm – 7:15pm	COST:	\$30 (10 classes)

Yoga Basics and Meditation

Instructor: Erin Wodzinski

Come join me for yoga basics and meditation. We will work on breath, movement and body alignment. This class is great for beginners or anyone wanting to settle the mind and body as well as work on flexibility and strength. Modifications are offered. This class will focus on mindful meditation, stretching, basic yoga moves and sequences. Please arrive 10 minutes before the start of class to get settled in. Please bring a mat to class. <u>No class November 28th</u>. *Minimum of 7 participants*.

WHO:	Ages 18 and older	WHERE:	Highland Gymnasium
WHEN:	Thursday	DATES:	October 10 th – December 12 th
TIME:	7:00pm – 8:00pm	COST:	\$30 (9 classes)

Vinyasa Yoga

Instructor: Keri Fisher

This class is open to all levels of yoga. Whether you are a beginner or have more of an advanced practice. We will match our breath to movement as we move through different creative Vinyasa style sequences. All are welcome. <u>No class November 27th</u>. *Minimum of 5 participants.*

WHO:	Ages 16 and older
WHERE:	Highland Gymnasium
WHEN:	Wednesday
DATES:	November 6 th – December 18 th
TIME:	6:15pm – 7:15pm
COST:	\$20 (6 classes)



Health and Fitness

Waterfall Wellness (Nutrition Challenges) Instructor: Trisha Fitzpatrick & Jessica Burke

Adults will participate in a healthy eating challenge. We will discuss nutrition, personal training and do hands on activities.

Children will participate in light personal training, do hands on activities and discuss nutrition. *Minimum of 7 participants per class.*

All students will need to bring a small blanket and \$5 to give directly to the instructor.

ADULT SESSIONS.

WHO:	Ages 18 and older WHERE:	W.T. Hoag Annex
WHEN:	Monday and Wednesday	
TIME:	6:00pm – 7:30pm COST:	\$40 (8 classes)
SESSION 1:	September 23 rd – October 16 th	
SESSION 2:	October 21 st – November 13 th	
SESSION 3:	November 18 th – December 11 th	

CHILD SESSION:

WHO:	Ages 9 to 12	WHERE:	High School Cafe
WHEN:	Saturday		
TIME:	9:00am – 11:00am	COST:	\$30 (4 classes)
SESSION 1:	September 28th – O	ctober 19 th	
SESSION 2:	October 26 th – Nove	mber 23 rd	

Fitness for Seniors

Instructor: Barbara Hammond

This class consists of using cardio equipment (treadmills, bikes, etc.), strength equipment (free weights), with stretching exercises at the end of class. Please wear work out clothes and sneakers to class. <u>No class November 5th</u>. *Minimum of 8 participants*.

Water Aerobics

Instructor: Eileen Petersen

Water Aerobics offers a gentle workout which follows audio-taped instructions. This course works all muscle groups in a gentle, easy manner. <u>No class October 14th, November 11th, and November 27th.</u> *Minimum of 9 participants.*

WHO:	18 and older	WHERE:	Middle School Pool
WHEN:	Monday and Wednesday	DATES:	September 30 th – December 11 th
TIME:	6:15pm – 7:15pm	COST:	\$45 (19 classes)



The Green Diet

Instructor: 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 healthier and greener life.

What will you learn in this course?

- Learn what it means to be a Vegetarian and a Vegan
- Learn the overarching consequences, both positive and negative of what you eat
- Learn how to successfully transition from your current lifestyle to a cruelty free one
- Learn how to lose weight and keep it off once and for all by adopting a Vegetarian lifestyle

WHO:	Ages 13 and older (some content may be disturbing, 18 and under accompanied by adult)		
WHERE:	W.T. Hoag Annex		
WHEN:	Wednesday	DATES:	October 16 th , 23 rd and 30 th
TIME:	7:00pm – 8:00pm	COST:	\$25 (3 classes)





Mindful Meditation/Yoga Instructor: Sondra Holland

Rise beyond – glide through. Have you always wanted to rise above your most inspiring dreams? Have you always wished to glide through life with joy, strength and courage? Sondra, a meditation devotee, has spent time studying in The Orient. Her dream is to unite ancient Eastern teachings with Western peaceful adaptations. We will go over meditation and yoga practices, meditation techniques and gentle yoga movements. **Please bring a yoga mat, towel or small rug to class with you and wear comfortable clothing.** <u>No class October 14th</u>. *Minimum of 5 participants.*

WHO:	16 and older
WHERE:	W.T. Hoag
WHEN:	Monday
DATES:	September 30 th – October 28 th
TIME:	6:30pm – 7:30pm
COST:	\$20 (4 classes)

Hobbies j

Voices of Glory Instructor: Sondra Holland

Do you wish to sing with happiness and beauty? Do you wish to make harmony with your friends and family? Are you a secret shower singer? Sondra, a New York State certified vocal music teacher, wishes to help develop you unique voice. Let's sing the good oldies, songs of peace, love and fun. Let's enjoy making music together. <u>No class October 14th</u>. *Minimum of 5 participants*.

WHO:All AgesWHERE:W. T. HoagDATES:September 30th – October 28thWHEN:MondaysTIME:7:30pm – 8:30pmCOST:\$20 (4 classes)

Parent/Guardian and Me Yoga Instructor: Sondra Holland

This class welcomes all wee folks ages 2 months through 12 years old. A parent/guardian must join the little ones. Sondra, a meditation devotee has spent time studying in The Orient. She is also a NY State certified art and music teacher. Yoga will also be entwined with visual arts, music and dance, drama and storytelling. **Please bring a yoga mat, towel, or small rug to class with you and wear comfortable** clothing. *Minimum of 5 parent/guardian and child participants.*

Children accompanied by an adult 18+
W.T. Hoag
Thursday
October 2 nd – October 23 rd
5:00pm – 6:00pm
\$20 (4 classes)



isafety co.

"isafety co. trains people to reach swiftly, smartly and safely during an emergency. We do it in a way that is simple, easy, memorable, effective and fun."



CPR/AED Training

This training course gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Students who complete the program will receive a CPR Training Kit, CPR Face shield and two (2) year certification card.

WHO:	All ages	WHERE:	W.T. Hoag Annex
WHEN:	Wednesday	DATE:	October 30 th
TIME:	6:00pm – 9:00pm	COST:	\$55 (1 class)

Child and Babysitting Safety

The Child and Babysitting Safety (CABS) course from the American Safety & Health Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. As an American Safety & Health Institute trained babysitter, they'll gain confidence and valuable employment skills to impress parents. Students who successfully complete the program will receive a babysitter's text, first aid kit, starter package and certification card.

WHO:	Ages 11-15	WHERE:	Senior High LGI	WHEN:	Saturday
DATE:	November 9 th	TIME:	9:00am – 1:00pm	COST:	\$55 (1 class)





Driving Courses



DMV Pre-Licensing Course Instructor: Mike Frew

The DMV Pre-Licensing Course is required by New York State Department of Motor Vehicles before you are eligible to take your road test.

Students will learn the rules of the road, defensive driving techniques, road rage and crash avoidance.

In order to take the DMV Pre-Licensing Course, you must have a valid New York State Learner's Permit.

Please specify which date you would like to attend

WHO: Anyone with a valid New York State Learner's Permit WHERE: Senior High LGI WHEN: Wednesday DATES: October 16th or November 20th TIME: 3:30pm – 8:30pm COST: \$35 (1 class)

Defensive Driving		Instructor: Donna Jeffers		
	six (6) hour class. After completion, you for 3 years or up to four (4) points off c		-	
WHO: WHEN: TIME:	Anyone with a valid driver's license Wednesday and Thursday 5:30pm – 8:30pm	WHERE: DATES: COST:	W.T. Hoag Annex November 6 th and 7 th \$35 (2 classes)	





ALL-PRO TUTORING AND TEST PREP

All-Pro Tutoring And Test Prep Begin Today For A Better Tomorrow

4-Hour SAT Boot Camp

Get a jump start on your SAT 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 information visit: www.allprotutoring.com. 2019 SAT Test Dates: October 5th, November 2nd, and December 7th. Students are welcome to bring a snack or lunch to class. *Minimum of 3 participants. <u>Please list which session you would like to attend.</u>*

WHO:	15 and older	WHERE:	Senior High LGI
WHEN:	Saturday	DATES:	October 26 th
TIME:	10:00am – 2:00pm	COST:	\$65 (1 class)

4-Hour ACT Boot Camp

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 free simulated ACT Test. For the simulated test schedule and registration information visit: www.allprotutoring.com. **2019 ACT Test dates: December 14th.** Students are welcome to bring a snack or

dinner to class. *Minimum of 3 participants.*

WHO:	15 and older
WHERE:	Senior High LGI
WHEN:	Saturday
DATES:	December 7 th
TIME:	10:00am – 2:00pm
COST:	\$65 (1 class)



Expressive Glass; 3333 Lake Shore Road, All Classes are held at Expressive Glass; 3333 Lake Shore Road, Buffalo, near Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Road. *Please specify which class and date you would like to attend.*

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 supervision. You also have the option to make smaller icicles to wear as a pendant. No experience is necessary – just the willingness to try!

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

DATES and TIMES:

Sunday, November 5th 6:30pm – 9:00pm Saturday, December 14th 10:00am – 12:30pm Tuesday, December 17th 6:30pm – 9:00pm

COST: \$60 (1 class)

Blown Ornaments

Try your hand at blowing your own Christmas Ornaments. After learning how to light a torch, you will be taught the process of gently heating, rotating and blowing an ornament. Because this is a challenging skill, expect varying degrees of success. During the class, you may blow a maximum of three ornaments and will be gifted one ornament blown by the instructor. Time permitting, you may blow additional ornaments at \$10 each.

Pick up your ornaments after they have been annealed or they can be mailed to you for \$7 payable to the instructor.

DATES and TIMES:

Friday, October 25th 6:30pm – 9:00pm Saturday, November 2nd 1:30pm – 4:00pm Saturday, November 23rd 10:30am – 1:00pm

COST: \$60 (1 class)

How to Make Glass Beads

Turn hot glass into cool stuff! Join glass artisan Vicki Schneider at her beautiful studio for an introductory class of glass bead making. In just hours, you will make your own one of a kind glass beads and enter the mystical and ancient 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 to 6 beads they can later turn into jewelry.

Pick up your beads after they have been annealed or have them mailed to you for a fee of \$7 payable to the instructor.

DATES and TIMES:

Sunday, October 27th 1:00pm – 4:00pm Saturday, November 9th 10:00am – 1:00pm

COST: \$70 (1 class)



Expressive Glass; 3333 Lake Shore Road, Buffalo, near Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Road. date you would like to attend.*

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 project, multiple firings (if required) and dichroic glass.

Pick up your project(s) after they have been annealed or they can be mailed to you for a \$7 fee. 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.

> DATE and TIME: Saturday, October 19th 1:00pm – 3:30pm

> > **COST:** \$60 (1 class)

Fritty the Snowman

Create an adorable snowman plate by applying layers of crushed glass 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 5x5 plate.

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

DATE and TIME: Saturday, November 16th 2:00pm – 4:30pm

COST: \$60 (1 class)

O, 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 piece together.

Pick up your project(s) after they have been annealed or they can be mailed to you for a fee of \$7 payable to the instructor.

DATES and TIMES: Tuesday, November 19th 6:30pm – 9:00pm

COST: \$60 (1 class)



Medicare 101 with Sheridan Benefits

Instructor: Luann Blair, Sheridan Benefits

Understanding your Medicare choices. What is Medicare and what are your health care options? What do Medicare Parts A, B, C and D mean? What are the differences between Medicare, Advantage and Medigap Coverages? Attend this workshop to get the answers to these and other important questions.

You must register with Community Education (716-926-2270) to confirm your attendance.

WHO: WHEN: TIME:

Medicare 101

18 and older Monday 6:00pm – 8:00pm WHERE: DATE: COST: W.T. Hoag Annex October 28th FREE!

SHERIDAN BENEFITS

Sheridan Benefits is a full service health and benefits company and represents major insurance carriers. They can help you will any questions or concerns you might have about your healthcare choice. The program listed below is offered as a free service by Sheridan Benefits. If you have any questions about Medicare of the NY State of Health Marketplace, please call Luann Blair at (716) 580-3773 ext. 202.



KNOW HOW HOW TOWN TOURS Element All trips depart from Tops Market – 355 Orchard Park Rd. next to K-Mart in West

Seneca (formerly Seneca Mall – near Ext 55E). Park near Poles "I" or "F."

Corning Museum of Glass Sunday, November 17th \$129

We will travel the scenic route to Corning, NY. We will be greeted upon arrival at the Corning Museum of Glass. We will be separated into two groups and participate in a hands-on workshop, to make a personalized glass holiday ornament. Enjoy a sit down lunch at the Corning Museum of Glass Auditorium. A docent led tour of the museum is included. We will continue to explore the museum on your own – see the Hot Glass Show or any of the other scheduled demonstrations. A rest stop will be made on the way down and quick rest/food stop on the way home.

Choose one entrée:

- Pan seared chicken breast with lemon sauce, fresh vegetables and jasmine rice
 Beef medallions with mushroom wine sauce, jasmine rice and fresh vegetables
 Vegetable lasagna with béchamel sauce
 - LEAVE: 8:00am RETURN: 8:30pm

Amish Christmas Wednesday, November 20th \$115

Start off with juice and a muffin on the way to Middlefield, OH for an Amish Christmas Tour. At arrival, we will meet the step on guide and being touring throughout. Enjoy cookies and coffee in Mrs. Miller's house. Take some

fresh baked cookies home with you. Buckeye Chocolates is our next stop with a sample and shopping at this family owned company. Stop at Sunrise Farm to enjoy samples of hot cider and cookies as you browse their extensive gift shop. Lunch is a traditional Amish Christmas dinner – baked turkey, mashed potatoes w/ gravy, vegetables, 7 layer salad, date nut pudding, homemade bread and pies, served family style. We'll stop at Fig Tree Unique Bulk Food Store to sample your way through this great shop. Visit Mary Yoder's Amish Bakery & Kitchen. A fast food stop (on your own) will be made en route home.

 LEAVE:
 7:30am

 RETURN:
 8:30pm

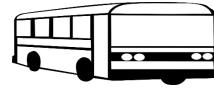
"Rat Pack" Tribute to Dean, Frank & Sammy *Tuesday, November 5th* \$85

Travel to the Seneca Allegany Casino for a Matinee show – "The Rat Pack – A Musical Tribute to Dean, Frank and Sammy." Relive the days of Frank Sinatra, Dean Martin, and Sammy Davis Jr. in the popular entertaining Las Vegas tribute show backed by a Vegas style band. It's vintage Vegas at its best. This show is a musical tribute of the infamous Rat Pack filled with energy and humor. The chemistry between these artists is contagious and their interpretation of these three great entertainers is so life like. They are the real deal with that crazy cuckoo style. The Rat Pack Tribute Show proves Old Vegas is here to stay! Seating in event will be general admission. You will receive your ticket to the 2:00pm show, and a free buffet food voucher.

> LEAVE: 8:30am RETURN: 5:30pm



KNOW HOW TOURS



All trips depart from Tops Market – 355 Orchard Park Rd. next to K-Mart in West Seneca (formerly Seneca Mall – near Ext 55E). Park near Poles "I" or "F."

Genesee Country Museum *Thursday, November 21st* \$79

Travel back in time through the history of Christmas at New York States largest living history museum. Enjoy a live holiday concert while you dine; a 19th century inspired meal. The village and museum will be decorated for the holidays! Performers will share the history of their instrument, along with the museum's collection of the 19th century hammered Dulcimers on display. After the concert and lunch, enjoy Genesee Country Village and Museum' famous warm apple crisp and freshly hand-whipped cream. Period-dressed interpreters will share the story of how Christmas was declared an official holiday in the 1870's, as well as the history of chocolate! Enjoy 50% off Christmas items in the gift shop after the holiday program. We will stop at Oliver's Candies in Batavia en route home.

> LEAVE: 9:30am RETURN: 4:30pm

I'll Be Home For Christmas *Thursday, December 12th* \$99

If you love music, the holiday time, like to laugh, reminisce and generally have a jolly great time, you must join us at Shadow Lake Country Club this holiday season. Join in and sing along with all of your favorites that will brighten up your holiday season! The luncheon show, "I'll be Home For Christmas" includes "White Christmas", "Jingle Bell Rock", "Happy Holidays", and more! A breathtaking duet of world class entertainers not to be missed, Sam & Abby by the name, are both talented performers.

> Choose from one entrée: - Prime Rib of Beef - Broiled Haddock

> > - Chicken French

 LEAVE:
 10:00am

 RETURN:
 6:00pm

It's a Wonderful Life Saturday, December 14th \$65

Take a nostalgic trip to Seneca Falls, widely believed to be the inspiration for the holiday classic, "It's a Wonderful Life." Stars from the movie return each year to meet the festival goers and to sign autographs. Enjoy lunch on your own at one of the many eateries or street vendors and have the remainder of the afternoon to visit the festival activities, take a horse and buggy ride or explore the town. A rest stop on the way down and a food stop on the return. A wonderful way to spend the day!

> LEAVE: 8:00am RETURN: 7:00pm

