



# LAKE SHORE COMMUNITY EDUCATION WINTER/SPRING BROCHURE

2020

PHONE:	(716) 926-2270
FAX:	(716) 549-4391

# 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\**



# General Information

## 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 walk-in registrations at the class time and registrations or payments by phone are not accepted.

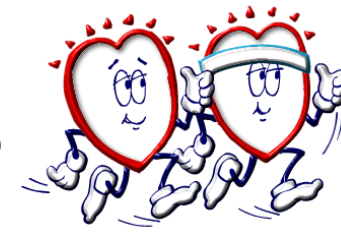
Questions?? Please call Emily Ludwig at the Community Education Office at (716) 926-2270.

*\*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 & Fitness



## 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 Vinyasa style sequences. All are welcome. *Minimum of 10 participants.*

**WHO:** 16 and older

**WHERE:** Highland Gymnasium

**WHEN:** Wednesday

**DATES:** January 8<sup>th</sup> – February 12<sup>th</sup>

**TIME:** 6:15pm – 7:15pm

**COST:** \$30 (6 classes)

## 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 workout clothes and sneakers to class. No class February 18<sup>th</sup> or 20<sup>th</sup>. *Minimum of 7 participants.*

**WHO:** 50 and older

**WHERE:** Lake Shore Fitness Center

**WHEN:** Tuesday and Thursday

**DATES:** January 28<sup>th</sup> – March 19<sup>th</sup>

**TIME:** 5:00pm – 6:00pm

**COST:** \$45 (14 classes)

## Yoga

Instructor: Susan Brown

This is a gentle style of yoga to heal illness, process stress and slow aging process. All body system and organs are benefited including muscular and skeletal systems, immune function, oxygen distribution and lymphatic flow. Rewards are many – increased flexibility, strength and grace. No class February 17<sup>th</sup>. *Minimum of 7 students.*

**WHO:** 18 and older

**WHERE:** A.J. Schmidt Gymnasium

**WHEN:** Monday

**DATES:** January 27<sup>th</sup> – April 6<sup>th</sup>

**TIME:** 6:15pm – 7:15pm

**COST:** \$30 (10 classes)

# Hobbies



## 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.** No class February 19<sup>th</sup>. Minimum of 5 participants.

**WHO:** 16 and older  
**WHERE:** W.T. Hoag  
**WHEN:** Wednesday  
**DATES:** January 29<sup>th</sup> – March 11<sup>th</sup>  
**TIME:** 7:30pm – 8:30pm  
**COST:** \$30 (6 classes)

## 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 your unique voice. Let's sing the good oldies, songs of peace, love and fun. Let's enjoy making music together. No class February 19<sup>th</sup>. Minimum of 5 participants.

**WHO:** All Ages  
**WHERE:** W. T. Hoag  
**DATES:** January 29<sup>th</sup> – March 11<sup>th</sup>  
**WHEN:** Wednesday  
**TIME:** 6:30pm – 7:30pm  
**COST:** \$30 (6 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.** No class February 17<sup>th</sup>. Minimum of 5 parent/guardian and child participants.

**WHO:** Children accompanied by an adult 18+  
**WHERE:** W.T. Hoag  
**WHEN:** Monday  
**DATES:** January 27<sup>th</sup> – March 9<sup>th</sup>  
**TIME:** 6:30pm – 7:30pm  
**COST:** \$30 (6 classes)



# Expressive Glass

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:

Saturday, January 18<sup>th</sup> 1:30pm – 4:00pm

Sunday, March 22<sup>nd</sup> 1:30pm – 4:00pm

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

## Leaf Pendants

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

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

### DATES and TIMES:

Sunday, March 29<sup>th</sup> 1:30pm – 4:00pm

**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, February 16<sup>th</sup> 1:00pm – 4:00pm

Saturday, March 7<sup>th</sup> 1:00pm – 4:00pm

Saturday, May 16<sup>th</sup> 1:00pm – 4:00pm

**COST: \$70 (1 class)**





# Expressive Glass

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## 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.

### DATES and TIMES:

Sunday, March 15<sup>th</sup> 1:30pm - 4:00pm  
Saturday, April 25<sup>th</sup> 1:30pm - 4:00pm  
Sunday, May 24<sup>th</sup> 10:30 - 1:00pm  
Saturday, June 13<sup>th</sup> 1:30pm - 4:00pm

COST: \$60 (1 class)

## Floral Glass Pendants

Make several glass pendants with beautiful floral designs that you will be proud to wear or give as gifts. First, you will cut small pieces of glass and place them on a graphite pad to create your flower. You will then learn how to encase your design in molten glass and form your pendants. You will be amazed and mesmerized as you learn to melt and manipulate glass at a stationary torch under close supervision. No experience necessary - only a willingness to try.

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 a fee of \$7 payable to the instructor.

### DATES and TIMES:

Saturday, April 18<sup>th</sup> 10:00am - 12:30pm  
Sunday, May 10<sup>th</sup> 1:30pm - 4:00pm

COST: \$60 (1 class)

# 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](http://www.allprotutoring.com). **2020 SAT Test Dates: March 14<sup>th</sup>, May 2<sup>nd</sup> and June 6<sup>th</sup>.** Students are welcome to bring a snack or dinner to class. *Minimum of 3 participants.*

**WHO:** 15 and older  
**WHERE:** W.T. Hoag Annex  
**WHEN:** Monday and Wednesday  
**DATES:** March 9<sup>th</sup> and 11<sup>th</sup>  
**TIME:** 6:00pm - 8:00pm  
**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](http://www.allprotutoring.com). **2020 ACT Test dates: April 4<sup>th</sup> and June 13<sup>th</sup>.** Students are welcome to bring a snack or dinner to class. *Minimum of 3 participants.*

**WHO:** 15 and older  
**WHERE:** W.T. Hoag Annex  
**WHEN:** Tuesday and Thursday  
**DATES:** March 31<sup>st</sup> and April 2<sup>nd</sup>  
**TIME:** 6:00pm - 8:00pm  
**COST:** \$65 (2 classes)

## How to Get That Job: An Employment Guide for High School, College and Beyond

How will you respond to the next big opportunity in your life? Whether you're looking for your first job, or a better job, writing clean and polished applications tells employers that you're ready to work! In this six-hour course students will write a professional resume and cover letter, learn to manage social media and networking accounts for maximum professionalism, become familiar with job banks and websites, and explore how to seek, apply and interview for a job. Students are welcome to bring a snack or dinner to class. *Minimum of 3 participants.*

**WHO:** 15 and older  
**WHERE:** W.T. Hoag Annex  
**WHEN:** Tuesday and Thursday  
**DATES:** March 17<sup>th</sup>, 19<sup>th</sup> and 24<sup>th</sup>  
**TIME:** 6:00pm - 8:00pm  
**COST:** \$79 (3 classes)





# DRIVING COURSES

## DMV Pre-Licensing Course

Instructor: Michael 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 on your registration form which date you plan on attending\*

**WHO:** Anyone with a valid NYS Learner's Permit

**WHERE:** Senior High LGI

**DATES:** Wednesday, January 15<sup>th</sup>

Tuesday, February 11<sup>th</sup>

Tuesday, March 10<sup>th</sup>

Tuesday, May 12<sup>th</sup>

Wednesday, July 8<sup>th</sup>

**TIME:** 3:00pm - 8:00pm

**COST:** \$35 (1 class)

Be on the lookout for  
**Summer Driver Education Dates!**  
Any questions please call Community  
Education at (716) 926-2270.

# Lifeguarding

## Lifeguard Training

Instructor: Mary Galac

This will be the new blended learning offering of the Lifeguard program which combines online knowledge acquisition and in-person water, first aid and CPR/AED skills training. Building on the same knowledge and skills as traditional in-person only training, the course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water.

The online format enables participants to complete interactive lessons and activities on their own time. Instructor led sessions reinforce learning and emphasize skill building.

### Entrance Requirements:

- Must be 15 years old or older
- Able to swim 500 yards nonstop
- Retrieve a 10 pound object from the bottom of the pool

Participants must attend all scheduled class dates and times, demonstrate proficient land and water skills, and pass a written exam with a score of at least 80%.

Upon successful completion of the course, participants will receive an American Red Cross email from the following address, [Red Cross email address](#), which contains a link to your electronic certification. Should you need help accessing your electronic certification, please contact 1-800-RedCross.

<b>WHO:</b>	15 and older	<b>WHERE:</b>	Middle School Pool	<b>COST:</b>	\$250 (6 classes)
<b>DATES &amp; TIMES:</b>	Saturday, January 18 <sup>th</sup> 9:00am – 1:00pm				
	Saturday, January 25 <sup>th</sup> 9:00am – 1:00pm				
	Tuesday, January 28 <sup>th</sup> 6:00pm – 9:00pm				
	Saturday, February 1 <sup>st</sup> 9:00am – 1:00pm				
	Tuesday, February 4 <sup>th</sup> 6:00pm – 9:00pm				
	Saturday, February 8 <sup>th</sup> 9:00am – 1:00pm				



# 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.”*

**Ultimate Tribute to Johnny Cash**  
Friday, February 14<sup>th</sup>  
\$109

Travel to the Rivera Theater for the Ultimate Tribute to Johnny Cash. He looks like Johnny, he sounds like Johnny – Nobody does is like Terry Lee Goffee! In the spring of 1955, Johnny Cash walked into the legendary Sun Recording Studios in Memphis. The music world was never the same. First enjoy a sit down dinner at The Grapevine Restaurant before our 8:00pm show. Following dinner, we'll make a sweet stop at Platter's Chocolate Factory for a Valentine's Day treat! We're making one last stop before heading to the show to the Herschell Carrousel Factory & Museum. Located in North Tonawanda, the factory is one of the last existing complexes in the United States which house the production of wooden carousels.

**Choose an entrée:**  
- Broccoli stuffed chicken  
- Baked haddock

**LEAVE:** 2:30pm  
**RETURN:** 11:00pm

**Lucy and Desi Hometown Tour**  
Monday, February 17<sup>th</sup>  
\$119

We will meet our step on guide in Lucy's hometown of Jamestown, NY. This tour will take you to place of significance to Lucille Ball. You will see the house she was born in, the home she grew up in and much more! Enjoy an episode of the show "The Freezer" during lunch. Following lunch, visit the Lucy/Desi Museum. Enjoy the beautiful clothing from Lucy's wardrobe, see paintings and photographs that once hung in her Beverly Hills home. It's truly everything Lucy! We will also visit the "new" National Comedy Center on our tour.

**MENU:**

- Yankee pot roast with  
mashed potatoes & gravy  
(Cheese lasagna available upon request)

**LEAVE:** 8:00am  
**RETURN:** 6:00pm

**Hello Dolly!**  
Sunday, March 15<sup>th</sup>  
Orchestra \$155  
Side \$135

Begin the day at Pearl Street Grill's Webb Banquet Facility for a sit down lunch. Following lunch, we will travel to Shea's Buffalo Theater for the 2:00pm matinee. Based on Thornton Wilder's play *The Matchmaker*, Hello Dolly! was an instant success when it debuted in 1964.

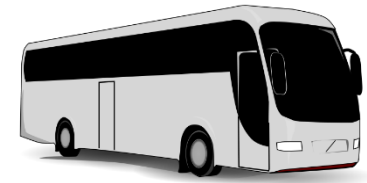
**Choose an entrée:**

- Pot roast with smashed potatoes
- Beer battered fish fry w/ fries
- Grilled chicken salad on mixed greens with bacon, jack cheese, tomato & choice of dressing

**LEAVE:** 10:30am  
**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.”



*“Beatles to Broadway” – Buffalo Choral Arts Society  
Sunday, June 7<sup>th</sup>  
\$99*

Join Know How Tours and the joyous sounds of the Buffalo Choral Arts Society for the afternoon performance at Riviera Theater in North Tonawanda. Typically a sold-out show, this extremely popular concert will include medleys of toe-tapping and hand-clapping performances ranging from the music of The Beatles to Broadway classics. All you need is love and a ticket! We will end our day with a sit down dinner at Pane’s Restaurant following the 3:00pm performance.

**Choose one entrée:**

- Broccoli stuffed chicken
- Broiled haddock
- Homemade lasagna

LEAVE: 1:30pm  
RETURN: 8:00pm

*Cleveland Metroparks Zoo and Rainforest  
Saturday, July 11<sup>th</sup>  
\$79*

We will start our morning with juice and a muffin as we travel to Cleveland. A wildlife journey awaits you! Enjoy 3000 animals amidst 168 wooded acres. The Cleveland Metroparks Zoo has the largest collection of primates in North America. The famous Rainforest is home to 600 animals specific to Africa, Asia and the Americas. Don’t miss African elephant crossing where you can meet elephants, meerkats, African birds and more! Explore, discover and connect with animals from every corner of the planet. Visit the newest exhibit, African Highlands, where you can see four species of snow leopard cubs and more new and exciting exhibits. Lunch is on your own – you may wish to bring snacks or lunch to enjoy or purchase lunch throughout the park. Rest stops will be made en route to and from the zoo.

LEAVE: 8:00am  
RETURN: 8:00pm





# Monica's Music with Mar.



Instructor: Monica Beback

Music with Mar is a class where a caregiver and child(ren) participate in music together using activities that enhance the four main areas of development- cognitive, social, motor and language. No class February 18<sup>th</sup>. Minimum of 8 parent/guardian and child groups.

We will:

- focus on the total development of the child and not on musicality
- know that children learn best through play and activation of many senses
- provide an environment where the parent and child are comfortable
- help children start to understand how to behave in this setting

While class is geared toward children 0-6 years old, older siblings are always welcome!

**WHO:** Ages 0-6 with parent/guardian

**WHEN:** Tuesday

**TIME:** 6:15pm - 7:00pm

**WHERE:** W.T. Hoag Annex

**DATES:** February 4<sup>th</sup> - March 10<sup>th</sup>

**COST:** \$45 (5 classes)

# Medicare 101 with Sheridan Benefits



## Medicare 101

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. *Minimum of 5 participants.*

For persons with special needs accommodations call: (716) 580-3733, TTY Users: 1-800-421-1220 (711).

**\*\*You must register with Community Education (716-926-2270) to confirm your attendance and to specify the date of your choosing.\*\***

**WHO:** 18 and older  
**WHEN:** Monday  
**TIME:** 6:00pm - 8:00pm

**WHERE:** W.T. Hoag Annex  
**DATE:** February 27<sup>th</sup> OR May 5<sup>th</sup> (choose 1)  
**COST:** FREE!

### SHERIDAN BENEFITS

*Sheridan Benefits is a full service health and benefits company and represents major insurance carriers. They can help you with 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.*