

WEST SENECA COMMUNITY EDUCATION
www.wscschools.org/commed

Learning for Life's Seasons

Look inside for:

How to Travel Free & Safely – 2
On-Line Class!

My Life: Health & Wealth 2

Tap It Out! 11

FALL 2020
OCTOBER 5th - NOVEMBER 14th



WELCOME ...

to the Fall 2020 Semester at West Seneca Community Education. Try something new today and you may find an interest that will last a lifetime! Make friends, have fun, learn a skill, try out a career, or make an heirloom to pass down... you'll find what YOU need right here – so register online or call TODAY! Courses fill up fast, so do not miss YOUR chance to sign up.

If you have a hobby, interest, or skill YOU would like to teach, let us know! We would love to have YOU as part of our instructional staff and can help you get started. Contact me to find out more.

Stephanie Wright
swright01@wscschools.org

Community Education Staff

Stephanie Wright..... Before & After School Programming
Continuing/Community Education
Kelly Cline..... Senior Clerk
Rochelle Fennie..... Clerical
Suzanne Merkwa Clerical

Community Education Advisory Committee

Tracy Spagnolo John Morrison
Dr. Carolyn Kadlec Michele Owcarz
Dolores Mendolia Gerald Warren
Brownie Michalczak

Board of Education Liasons

Edmund Bedient
Peter Kwitowski
Jody Peccia

Oops!! We didn't know you were coming!
Sometimes courses are cancelled when
too many people wait until the last minute to register.
We make decisions on what classes will run
based on paid registrations up to one week prior
to the course start. Don't be disappointed, register today!

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NEW & NOTABLE

HOW TO TRAVEL FREE & SAFELY—ON-LINE CLASS!

Gina Henry
(TRP- 001)

We're ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. Tuition includes Gina's 100-page ebook How to Travel Free & Safely (retail value \$39.95).

Biography: Gina Henry has lived this travel life for 30 years, taking 10 free vacations a year by using free airline tickets, hotels, cruises, tours, meals and more. She has traveled to 98 countries and all 50 states. She teaches in 90 cities and is the author of many travel books and audios. She leads several group tours each year and organizes a volunteer Teach English program in Thailand and Peru.

WED • Oct 7

6:00–9:00 PM

Cost: \$49.00 (single); \$75 (couple)

*Note: a link to the on-line class will be e-mailed to you.

MY LIFE: HEALTH & WEALTH (BUS-002)

Darcy Thiel, LMHC, Adult Planning Specialist

How many times have you thought about "getting your affairs in order"? Are you the caregiver for a loved one? My Life: Health & Wealth is an extremely informative three-session class that will help you create a practical binder that holds all of your medical, legal, and other important information in one organized place. This is a big time-saver and minimizes stress. Class time will provide detailed instructions on many areas of life that are crucial for being in a good place as you navigate your life, or are caretaking for someone you love.
~No Gold Card discount.

THURS • November 5–November 19

6:30–8:30 PM • 3 Classes: \$68

(includes informational binder)

*Note: a link to the on-line class will be e-mailed to you. Informational binder will be available for pick-up before November 5.

SHARE THIS BROCHURE WITH YOUR FRIENDS AND FAMILY! PLEASE RECYCLE!

BUILDING LOCATIONS

You are responsible for noting your class location!

Allendale Elementary
1399 Orchard Park Road

Clinton Elementary
4100 Clinton Street

District Offices
675 Potters Road

East High School
4760 Seneca Street

East Middle
1445 Center Road

Ebenezer Building
900 Mill Road

Northwood Elementary
250 Northwood Avenue

West Elementary
1397 Orchard Park Road

West High School
3330 Seneca Street

West Middle
395 Center Road

Winchester Elementary
650 Harlem Road

TEST PREPARATION COURSES

With All-Pro Tutoring & Test Prep. Visit our website www.allprotutoring.com

**WRITING THE COLLEGE APPLICATION ESSAY—ON-LINE!
(ACA-001)**

All-Pro Tutoring & Test Preparation Staff

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.

WED • October 21
6:00–8:30 PM • 1 Classes: \$60

**Approximately 2 days prior to the start date of the class, an email will be sent containing class login information and the course workbook.*



**4-HOUR SAT BOOT CAMP—ON-LINE!
(ACA-002)**

All-Pro Tutoring & Test Preparation Staff

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 information visit: www.allprotutoring.com. Remaining 2020 SAT test dates: September 26, October 3, November 7, and December 5.

MON & WED • November 30 & December 2
6:00–8:00 PM • 2 Classes: \$70

**Approximately 2 days prior to the start date of the class, an email will be sent containing class login information and the course workbook.*

**4-HOUR ACT BOOT CAMP—ON-LINE!
(ACA-004)**

All-Pro Tutoring & Test Preparation Staff

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. Remaining 2020 ACT test dates: September 12, October 24 and December 12.

MON & WED • December 7 & 9
6:00–8:00 PM • 2 Classes: \$70

**Approximately 2 days prior to the start date of the class, an email will be sent containing class login information and the course workbook.*

**9-HOUR SAT TEST PREPARATION COURSE—ON-LINE!
(ACA-003)**

All-Pro Tutoring & Test Preparation Staff

Are you ready for the SAT test? This 9-hour 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.

For the simulated test schedule and registration information visit: www.allprotutoring.com. Remaining 2020 SAT test dates: September 26, October 3, November 7 and December 5.

MON & WED • October 26 & 28 and November 2 & 4
6:00–8:15 PM • 4 Classes: \$130

**Approximately 2 days prior to the start date of the class, an email will be sent containing class login information and the course workbook.*

**9-HOUR ACT TEST PREPARATION COURSE—ON-LINE!
(ACA-005)**

All-Pro Tutoring & Test Preparation Staff

Did you know that the ACT test is held in equal esteem as the SAT test by most colleges and universities? 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 the new writing format and a free simulated ACT test. Students are welcome to bring a snack to class.

For the simulated test schedule and registration information visit: www.allprotutoring.com. Remaining 2020 ACT test dates: September 12, October 24 and December 12.

TUES & THURS • October 13, 15, 20, & 22
6:00–8:15 PM • 4 Classes: \$130

**Approximately 2 days prior to the start date of the class, an email will be sent containing class login information and the course workbook.*

HIGH SCHOOL EQUIVALENCE PREPARATION

The TASC exam is the new path to earn a New York State High School Equivalency Diploma as of January 2014.

Preparation program contact information:

Erie 1 BOCES: 822-3333

Frontier Community Education: 926-1744

Maryvale Community Education: 635-4672

ECC Employment & Training: 825-2525

DEFENSIVE DRIVING COURSE - ON-LINE!

The 6 hour point/insurance reduction course can now be taken online! Receive the same benefits (10% insurance reduction on the base rate for three years, you also may be eligible to reduce up to four points from your driving record) as those that take the course in the classroom. You have up to 30 days from the day you start to finish the course. If you stop at any point when you log back on you are at exactly the same point, you lose nothing! The online course is approximately 6 hours in length to complete.

Register and pay online at: www.empiresafetycouncil.com

Enter code: **WSS** (to get \$5.00 discount)

Fee: \$44.95 (\$39.95 after discount).

REMOVE THE THREAT OF MEDICAID, LONG-TERM CARE, OR A NURSING HOME EVENT ON YOUR MONEY, INCOME, AND FAMILY

Lester J. Robinson, FICF, DTM, CLTC

Long-Term Care and Medicaid are the greatest threats to your retirement security, yet most Americans have never talked to their financial professionals about these concerns. This planning seminar works to bring together retirement and long-term care planning to protect you from losing your money, income, and independence to a long-term care or Medicaid event.

Topics in class:

- Protect your personal choices and financial independence.
- Remove the hidden financial threats to your money by Medicaid and inflation.
- Understand the consequences of not having a plan on your money and income stream.
- How to avoid Medicaid spend-down mistakes.
- How to maintain your eligibility for Medicaid.
- Learn what other long-term care options are available.
- Learn how to reduce emotional and financial burdens of Medicaid on your family.
- Avoid impoverishing your spouse and/or being a burden on your children.
- Be in control; keep your dignity; keep your independence.
- Develop a safe and secure plan to protect your money and income.

~Gold Card Eligible.

(BUS-001a)

MON • September 28
6:00–8:00 PM • 1 Class: \$20

*Note: a link to the on-line class will be e-mailed to you.

(BUS-001b)

WED • November 4
6:00–8:00 PM • 1 Class: \$20

*Note: a link to the on-line class will be e-mailed to you.

(BUS-001c)

MON • November 16
6:00–8:00 PM • 1 Class: \$20

*Note: a link to the on-line class will be e-mailed to you.

MY LIFE: HEALTH & WEALTH (BUS-002)

Darcy Thiel, LMHC, Adult Planning Specialist

How many times have you thought about “getting your affairs in order”? Are you the caregiver for a loved one? My Life: Health & Wealth is an extremely informative three-session class that will help you create a practical binder that holds all of your medical, legal, and other important information in one organized place. This is a big time-saver and minimizes stress. Class time will provide detailed instructions on many areas of life that are crucial for being in a good place as you navigate your life, or are caretaking for someone you love.

~No Gold Card discount.

THURS • November 5–November 19
6:30–8:30 PM

3 Classes: \$68 (includes informational binder)

*Note: a link to the on-line class will be e-mailed to you. Informational binder will be available for pick-up before November 5.

MEDICARE 101: FREE ON-LINE SEMINAR! (BUS-003)

James Farnham

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you!

WED • October 7

6:00–8:00 PM • 1 Classes: FREE

*Note: you will receive a link for the Zoom webinar on your receipt.

SAVVY MEDICARE PLANNING

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors

What you will learn: How Medicare enrollment periods work and how to avoid late enrollment penalties? How much you can expect to pay in healthcare costs after going to Medicare? How Medicare works with private insurance to provide comprehensive coverage? Why most people pay too much for private insurance and how you can avoid excess cost? Why you must plan for higher health care costs in retirement including the possibility of needing long-term care?

~Gold Card Eligible.

(BUS-004a)

TUES • October 6
6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

(BUS-004b)

THURS • October 29
6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

UNDERSTANDING LIFE INSURANCE (BUS-005)

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors

Answer questions such as: How much do I need? What type of insurance should I buy? What are the benefits?

~Gold Card Eligible.

THURS • October 8

6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

SAVVY SOCIAL SECURITY PLANNING

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors

What you need to know to maximize your retirement: When to claim? How much will I receive? Will it be enough to live on in retirement? How do I coordinate with my spouse? How do I minimize taxes? How do I coordinate with my other retirement income sources?

~Gold Card Eligible.

(BUS-006a)

TUES • October 13
6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

(BUS-006b)

THURS • October 22
6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

SOCIAL SECURITY FOR WOMEN

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors

Answer questions such as: How can I maximize my benefits? Are there survivor benefits if my husband or ex-husband dies? If I get divorced, are there divorced spouse benefits? How can I best coordinate retirement benefits with my husband? What Social Security planning should I consider before remarrying?

~Gold Card Eligible.

(BUS-007a)

THURS • October 15

6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

(BUS-007b)

TUES • October 20

6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

SAVVY IRA PLANNING

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors

What you'll learn: 7 strategies for Savvy IRA planning; 6 rollover options for your retirement plan funds; 3 common required minimum distribution mistakes; The difference between direct and indirect rollovers; How to coordinate your overall retirement, estate, tax, education, social security, and financial plans.

~Gold Card Eligible.

(BUS-008a)

TUES • October 27

6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

(BUS-008b)

TUES • November 3

6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

SAVVY COLLEGE PLANNING

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
(BUS-009)

Parents are asking, how am I going to afford sending my child to college? Will my child qualify for financial aid? What are the different kinds of financial aid available? Will I actually have to pay the sticker price? What is the best way to find the schools that offer the most financial aid? What websites and tools exist to help me now? How do I determine if a school is worth the cost?

This class will also cover topics such as, how scholarships and grants are awarded and which ones you should focus on based on your financial profile, evaluating colleges net price calculator, how athletic scholarships are awarded and why they aren't always as desirable as commonly believed, and the difference between government and private loans and which ones to choose.

~Gold Card Eligible.

THURS • November 5

6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you

SAVVY TAX PLANNING

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
(BUS-010)

In retirement your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for living expenses. You want to apply the tax code in an organized and efficient way.

This class will cover topics such as, the types of taxes you will face at various stages, tax impact on social security and Medicare, and when to tap different accounts.

~Gold Card Eligible.

TUES • November 10

6:00–8:00 PM • 1 Class: \$5

*Note: a link to the on-line class will be e-mailed to you.

West Seneca Central School District's

Before & After School Programs

**Allendale Elementary • Clinton Street Elementary • Northwood Elementary • West Elementary
Winchester Elementary • **East/West Middle (at East Middle)**

At the Before & After School Program the staff take the time to get to know each of the students and their goals. In the morning, the children come in and have a variety of activities to do including blocks, board games, puzzles, card games, crafts and coloring. A healthy breakfast is included. In the afternoon, the students have time for homework, activities run by staff and interns from West and East Senior High Schools, and gym time. A healthy snack is included. In addition, throughout the school year we offer special programs, at no additional cost, such as: martial arts, Sportz Degree, Zumba, Microsoft training, yoga, nutrition and much more!

The West Seneca Before & After School Program has been designed to:

- Offer an affordable child care program to families in the West Seneca Central School District
- Model and promote respectful and responsible behavior
- Provide a nurturing environment
- Help children develop skills and talents and display their creativity
- Promote community awareness and partnership
- Further the mission of the West Seneca Central School District
- Develop open and honest communication between the staff, parents, and children
- Have fun in a safe environment
- Build lasting and positive friendships

The Before and After School Program is self-sustained by fees paid by the parents.

No taxpayer dollars are used.

For more information, Contact:

Stephanie Wright

swright01@wscschools.org or call 677-3185

ONLINE - Ed2Go

We offer a wide range of on-line courses, from computer classes to foreign languages to courses to enhance your business.

Courses start at \$89.

Course Start Dates:
October 14 • November 11
December 9 • January 13

No Gold Card Discount



Check out our entire Ed2Go catalog at
www.ed2go/wscammed!

Register for Ed2Go classes at www.ed2go/wscammed

Requirements "A"

Hardware Requirements:

- This course can be taken on either a PC or Mac device.

Software Requirements:

- PC: Windows 10 or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

Prerequisites:

- There are no prerequisites to take this course..

Instructional Material Requirements:

- The instructional materials required for this course are included in enrollment and will be available online.

Requirements "B"

Hardware Requirements:

- This course can be taken on either a PC or Mac.

Software Requirements:

- PC: Windows 8 or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

Prerequisites:

- There are no prerequisites to take this course.

Instructional Material Requirements:

- The instructional materials required for this course are included in enrollment and will be available online.

Requirements "C"

Hardware Requirements:

- This course must be taken on a PC. It is not suitable for Mac users.

Software Requirements:

- Windows 7 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge is also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

Prerequisites:

- There are no prerequisites to take this course.

Instructional Material Requirements:

- The instructional materials required for this course are included in enrollment and will be available online.

WRITING EFFECTIVE GRANT PROPOSALS - \$89

Preparing successful grant proposals to receive funding from corporations or foundations requires careful research, meticulous preparation, and graceful writing. Grant administrators will often say that many grant requesters have a limited understanding of the proposal writing process, and as a result their worthy causes lose out.

If you learn how to avoid the errors that lead to the rejection of your proposal, you will be better prepared to help the causes you most admire. This course will walk you through all of the essential steps-including an important discussion of what you must do when the grant arrives.

In this course, you will learn how to become fully familiar with the institution or project for which you are requesting support. You will get valuable guidance in preparing a background statement and a brief financial statement to support your request. You will also research some charitable foundation and corporate giving sources.

Then, you will learn how to put everything together, so you can assemble, write, and submit complete grant proposals to foundations, corporations, and wealthy individuals for any number of your pet projects.

***Before registering, please see REQUIREMENTS "A" box for the Software and Hardware course requirements.**

BEGINNING CONVERSATIONAL FRENCH - \$89

Proper pronunciation is important to good communication. Beginning Conversational French will help you master the best pronunciations. Simply click on each word to hear it spoken. Every word and sentence is also written out phonetically.

This course has been carefully crafted to ensure you will have no trouble pronouncing French words correctly. The first three lessons introduce the basics needed for most conversations in French, such as "please" and "thank you." You will also learn numbers, days of the week, months of the year, and telling time.

The entire course is structured in this logical, systematic method. After the introduction and basic conversation lessons, you will learn what to say at the airport. From the airport, you need to get to your hotel, so you will learn how to talk about transportation. The following lesson shows you how to talk to hotel employees. After you have settled into your hotel, you will probably be hungry, so the course also covers how to communicate in restaurants.

Each lesson also includes cultural tips. Hand and body gestures mean different things in different cultures. For example, do you know the proper way to point to avoid offending people in France? This course will tell you. You will be pleased with your quick progress, and you will be prepared for your next trip!

***Before registering, please see REQUIREMENTS "A" box for the Software and Hardware course requirements.
You must have working speakers or headphones.

Check out our entire Ed2Go catalog at
www.ed2go/wscammed!

USING SOCIAL MEDIA IN BUSINESS - \$89

One of the biggest challenges for business owners is finding new customers. Over the past decade, some business owners have leveraged social media to do just that. Whether you're a social media novice or a seasoned veteran, this course will give you a solid foundation in social media marketing and using it to grow your business.

In today's globally connected environment, social media is a game changer for businesses. So, whether you're looking for a new way to market your business or simply want to better understand social media, this online social media marketing course will empower you.

***Before registering, please see REQUIREMENTS "B" box for the Software and Hardware course requirements.**

STARTING A NONPROFIT - \$89

Do you dream of starting and running your very own nonprofit? This highly interactive, hands-on course is ideal for anyone who is interested in forming a new nonprofit, converting an informal group to tax-exempt status, or reorganizing an existing organization. It provides practical how-to information about incorporation, organization, and other issues pertinent to anyone involved with a nonprofit start-up.

No matter what level of experience you have, you're sure to find this unique course to be a valuable source of useful strategies and industry-specific advice that you can put to immediate use. The course is also supplemented with useful checklists, worksheets, reading lists, and field trips to a wide variety of online resources. By the time you graduate, you will be well-prepared to meet the challenge of starting and operating a successful nonprofit.

***Before registering, please see REQUIREMENTS "A" box for the Software and Hardware course requirements.**

INTRODUCTION TO MICROSOFT POWERPOINT 2016 - \$129

Take your PowerPoint presentations from ordinary to extraordinary! In these lessons, you'll learn how to use Microsoft PowerPoint 2016 (now available through Office 365) to create professional-quality slide presentations that grab and hold your audience's attention from start to finish.

You'll see how to plan a presentation for your audience, format it with themes and color, and use the slide master and layout master to make global changes. You'll embellish your slides with text and objects, including pictures, shapes, WordArt, and SmartArt, and learn to add multimedia effects to create animated presentations and more. If you want to become a PowerPoint pro, this is the course for you!

***Before registering, please see REQUIREMENTS "C" box for the Software and Hardware course requirements.**

SPEED SPANISH - \$89

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish. This course is designed for anyone who wants to learn Spanish pronto.

You will learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you will be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

***Before registering, please see REQUIREMENTS "A" box for the Software and Hardware course requirements.**

****You must have working speakers or headphones.**

COMPUTER SKILLS FOR THE WORKPLACE - \$89

Most jobs today require a working knowledge of certain computer skills. Employers seek and reward employees with the skills and knowledge to send messages across the country via e-mail; use a spreadsheet to create a graph and paste it into a report; add and edit data in a database; understand the implications of file sizes, memory limitations, and network arrangements; and recognize the function and features of modern computer components. Any job candidate who already possesses these skills will stand above those who do not.

This course is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace. You will learn how to implement the powers of modern office software to work faster and more efficiently. This course will focus on practical application for software most common to the workplace. By the time you finish, you will have learned why employers consider technological literacy so critical to the success of any organization.

***Before registering, please see REQUIREMENTS "A" box for the Software and Hardware course requirements.**

MASTERING PUBLIC SPEAKING - \$89

You can become an effective public speaker! In this course, you will discover how to talk confidently and persuasively to both large audiences and small groups. You will also learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers—fear.

You'll learn the secrets to presenting a speech, how to handle questions and manage conflict in meetings, and even how to shine in a job interview. You will get tips for training your voice and learn how to use both verbal and nonverbal communication effectively. By the time you finish this course, you'll have an entire set of skills you can use on the job, in social settings, and in any other situation where you need to communicate with ease and authority!

***Before registering, please see REQUIREMENTS "B" box for the Software and Hardware course requirements.**

EFFECTIVE SELLING - \$89

The goal of Effective Selling is not to teach you how to make a sale today, but to help you discover how you can easily convert a potential customer into a long term asset. Effective Selling will help you lay the groundwork for repeat business and your future success.

In sales, there are no quick fixes. However, with the knowledge, planning skills, communication techniques, and the understanding of human nature that you will gain from this course, your sales will grow as if by magic.

***Before registering, please see REQUIREMENTS "A" box for the Software and Hardware course requirements.**

DISCOVER SIGN LANGUAGE - \$89

Discover Sign Language will teach you how to sign basic phrases and complete sentences and how to put it all together, allowing you to introduce yourself and start a conversation. Along the way, you will learn signs for colors, numbers, locations, family, and the activities you like to do.

Throughout the course, you will learn by watching videos that demonstrate how to make the signs and how to incorporate facial expressions to communicate in this beautiful language. This course is taught using the best practices of the industry with a minimum of audio support. Throughout it, you will be immersed in silence, which will help you gain an understanding of the perspective of Deaf people and sign language.

You will also gain an introduction to the world of the Deaf culture and explore topics such as lip reading, baby signs, and the career of interpreting. By the end of the course, when you meet a Deaf person, you will be ready to sign!

***Before registering, please see REQUIREMENTS "A" box for the Software and Hardware course requirements.**

****You must have working speakers or headphones.**

Instruction is for educational purposes only and is not meant to provide medical advice.

ENRICH YOUR LIFE WITH KEYS TO WELLNESS



Luisa Bruzga, MSACN
Nutritionist, Certified Consulting Hypnotist,
Health & Transformational Coach, Reiki Practitioner/
Instructor, Licensed Esthetician

*Programs are held in Seneca Springs Building,
 3648 Seneca Street, unless otherwise noted*

No Gold Card Discount

Visit
www.wnyhypnosisandwellness.com
 or contact 677-4679 for more information.

REIKI PRACTITIONER – LEVEL 1 (HEW-001)

Learn and practice the ancient healing art of “laying on of hands” helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, certificate, and attunement. Bring a bag lunch.

SAT
 October 3
 9:00 AM–5:00 PM
 1 Class: \$150
 Location: Seneca Springs Building
 3648 Seneca Street
 West Seneca

REIKI PRACTITIONER – LEVEL 2 (HEW-002)

Learn and practice the ancient healing art of “laying on of hands” helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, certificate, and attunement. Bring a bag lunch. Prerequisite: Reiki Level 1.

SAT
 October 10
 9:00 AM–5:00 PM
 1 Class: \$150
 Location: Seneca Springs Building
 3648 Seneca Street
 West Seneca

ADVANCED REIKI PRACTITIONER (HEW-003)

Learn and practice the ancient healing art of “laying on of hands” helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, certificate, and attunement. Bring a bag lunch. Prerequisite: Reiki Level 2.

SAT
 November 7
 9:00 AM–5:00 PM
 1 Class: \$150
 Location: Seneca Springs Building
 3648 Seneca Street
 West Seneca, NY 14224



INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUE (EFT) (HEW-004)

The Emotional Freedom Technique, or EFT, is the psychological acupressure technique recommended to optimize your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing. No matter how devoted you are to the proper diet and lifestyle, you will not achieve your body’s ideal healing and preventative powers if emotional barriers stand in your way. In this class, you will learn how to use this healing modality for a variety of issues. EFT is very easy to learn, and will help you remove negative emotions, reduce food cravings, reduce or eliminate pain, implement positive goals, and much more. Visit www.EFTuniverse.com for more information.

THURS • October 8 • 7:00–9:00 PM • 1 Sessions: \$25
 Location: Seneca Springs Building
 3648 Seneca Street
 West Seneca, NY 14224

ONLINE COURSES

Learn from the comfort of home!

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CHAIR YOGA
– **ON-LINE ZOOM CLASS**

Jessie Reino
(HEW-005)

Chair yoga is a very accessible style of yoga; we do many of our poses seated in the chair. We may also do some standing work using the chair as a support. This on-line Zoom class incorporates mindful breathing, stretching, strengthening exercises and we always finish class with a guided relaxation.

~No Gold Card discount.

MON
October 5–November 9
9:30–10:30 AM

6 Classes: \$77
Bldg.: ON-LINE CLASS

*NOTE: a link to the on-line class will be e-mailed to you.

GENTLE YOGA FOR STRESS RELIEF
– **ON-LINE ZOOM CLASS**

Jessie Reino

This on-line Zoom class is great for anyone looking to de-stress. We will connect our breath with gentle movements and yoga postures. These movements aid the body in releasing stress and tension. Postures can be modified to suit students with various limitations. All classes include basic breath work, centering, and finish with a guided relaxation. Benefits may include better sleep, better digestion, improved mood, and overall relaxation.

Please have 2-4 bath towels handy for class; also pillows and a blanket for the evening classes.

*Note: Morning Gentle Yoga classes will incorporate more standing poses to help get the blood pumping for your day ahead. Evening Gentle Yoga classes will focus on mostly floor poses to help you relax from the day and prepare for a great night of sleep.

~No Gold Card discount.

(HEW-006a)

MON
October 5–November 9
6:30–7:30 PM

6 Classes: \$77
Bldg.: ON-LINE CLASS

*NOTE: a link to the on-line class will be e-mailed to you.

(HEW-006b)

WED
October 7–November 11
9:30–10:30 AM

6 Classes: \$77
Bldg.: ON-LINE CLASS

*NOTE: a link to the on-line class will be e-mailed to you.

RESTORATIVE YOGA
– **ON-LINE ZOOM CLASS**

Jessie Reino
(HEW-007)

Restorative yoga is great for anyone looking to de-stress or for people recovering from an illness or injury. In this on-line Zoom class, we will connect with our breath and slowly bring our bodies into fully supported, held poses. This practice is about stillness and silence. It's important that the body is supported with our props and that we hold the poses for several minutes or longer so our nervous system has time to settle. Benefits may include better sleep, better digestion, improved mood and overall relaxation. Please have 2-4 bath towels, a couple of pillows and a blanket to cover up with handy for class.

~No Gold Card discount.

THURS
October 8–November 12
9:30–10:30 AM

6 Classes: \$77
Bldg.: ON-LINE CLASS

*NOTE: a link to the on-line class will be e-mailed to you.

MAT/CHAIR COMBO YOGA
– **ON-LINE ZOOM CLASS**

Jessie Reino
(HEW-008)

This on-line Zoom class is not an advanced class but you do need the ability to get up and down off the floor. We will practice poses in a chair as well as standing poses using the chair for support and stability. We may finish with a restorative pose and as always, a guided relaxation. Please have a chair with no arms and 2-4 bath towels handy for class.

~No Gold Card discount.

FRI
October 9–November 13
9:30–10:30 AM

6 Classes: \$77
Bldg.: ON-LINE CLASS

*NOTE: a link to the on-line class will be e-mailed to you.

No Gold Card Discount

YOGA FOR 55+
Kathryn Zawadzki

As we age our bodies begin to change in many ways. This is a course that helps to improve balance, posture, breathing, and self-esteem in ways that can assist you through the aging process. You will learn simple stretches while standing, sitting and also laying on the floor (if you can't lie on the floor a chair will be provided). At the end of each class is a systematic relaxation exercise, to let go completely. Wear comfortable pants and a short or light long sleeve tee shirt. You will need a yoga mat or exercise mat. No mats or any other props can be provided. All other personal items will need to stay in your car during this time of COVID-19.

~No Gold Card discount.

(HEW-009)

THURS
October 1–November 19
1:30 PM–2:30 PM

8 Classes: \$69
Location: Seneca Mill Building
4184 Seneca Street, Suite 204
West Seneca

*NOTE: this class will change to a ZOOM class if gyms do not reopen by October 1.

(HEW-010)

TUES
October 6–November 24
1:30 PM–2:30 PM

8 Classes: \$69
Location: Seneca Mill Building
4184 Seneca Street, Suite 204
West Seneca

*NOTE: this class will change to a ZOOM class if gyms do not reopen by October 6.



zoom

Horizon Martial Arts

Classes are held at: 280 Center Road • Wimbledon Plaza

LITTLE NINJAS (KID-001)

Ages 4-6. Our program is a detailed curriculum that focuses on improving preschool-age children's basic motor and listening skills, which will help them enter society with a more confident and enthusiastic outlook. We believe the time between the ages of 4 and 6 are the most important years of development. Our program will enhance positive development in a fun and motivating way. Includes uniform.

MON & WED
October 19–November 4
5:30–6:00 PM
6 Classes: \$59



KARATE FOR KIDS (KID-002)

Ages 7-12. Every child can benefit from studying martial arts. The study of karate brings more than just physical rewards; students also develop discipline, focus, respect for others and goal-setting skills. The emphasis on personal achievement also builds confidence: success is within the reach of every student. Unlike team sports, there are no "benchwarmers" in karate classes. Instead, children learn techniques at their own pace. Belt and stripe requirements offer a clear path forward at each step of the training process. Includes uniform.

TUES & THURS
October 6–October 29
5:30–6:10 PM
8 Classes: \$59

*NOTE: Virtual class option available.
E-mail admin@horizonma.com for information.

*Classes are taught by
Certified Martial Arts
instructors on the
Horizon staff.*

*Bring a towel and
water bottle.*



SCI-FI BATTLE SABER COURSE (PHY-003)

Ages 13 and up. Have you ever fantasized about being in another galaxy fighting enemies with energy swords? We can't help you with being in another galaxy, but we can definitely teach you how to wield a sword. Our Sci-Fi Battle Saber course will teach you the fundamentals of sword fighting in a safe, non-threatening environment. Why go to a galaxy far, far away when you can train at Horizon Martial Arts right around the corner. You will need loose fitting clothing and indoor sneakers. All other equipment will be supplied.

WED
October 7–October 28
7:05–8:00 PM
4 Classes: \$49
*NOTE: Virtual class option available.
E-mail admin@horizonma.com for information.



SPANISH FOR THE ELEMENTARY YEARS

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-4 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!

For details on dates, location and time for the upcoming session, please go to www.TheEnrichmentCompany.com.

If you have any questions, contact The Enrichment Company at 1-833-436-7424. Join the fun!

SELF-GROWTH AND THE ART OF SINGING

Jesse Wicher

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Explore with him the profound relationship between breath, body and voice, and inner growth. Come learn what good singing can teach you about good living! This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life. Call 821-1404 for additional information, or e-mail HolisticArts@hotmail.com.

~No Gold Card discount.

(MUS-001)

MON • Dec 7

6:30–9:00 PM • 1 Class: \$34

Bldg: Mystic Wolf Healing Arts

2167 Wehrle Dr

Williamsville NY 14221

ON-LINE SINGING LESSONS FOR EVERYONE

Jesse Wicher

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction. **On-line singing lessons can be conducted using a computer or smartphone via Skype, Zoom and most other live chat platforms

~No Gold Card discount.

(MUS-002)

Flexible Scheduling

Call 821-1404 for additional information,
or e-mail HolisticArts@hotmail.com.

5 Lessons: \$90

Bldg: ON-LINE

Dancer's Turn

Melissa Torres

Classes located at: 43 Kelly Drive, Cheektowaga

Call (716) 491-3066 for further information.



No Gold Card Discount

ZUMBA WITH MELISSA

(PHY-004)

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms so you get the most out of the class. Everyone is welcome, even if you've never done it before. Various levels of dance will be demonstrated as you are dancing in the class. These classes are fun, energetic and make you feel great! So grab a friend and join the party!

MON

October 5–November 16; No class 10/12.

7:00–8:00 PM

6 Classes: \$53

ZUMBA TONING

(PHY-005)

The perfect class for those who want to party and Dance, but also want to put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhance your sense of rhythm, coordination and fun while toning target zones including arms, core, and lower body. Try it, and you'll be hooked!

Toning sticks or light weights are needs, as well as sneakers and a water bottle. Please call the studio if you would like to purchase Toning Sticks.

MON

October 5–November 16; No class 10/12.

6:00–6:45 PM

6 Classes: \$45

BARRE CLASS

(PHY-006)

This Barre Class delivers a full body, low impact workout combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. The class uses a Ballet Barre and classic dance moves such as pliés and relevés in addition to static stretches. Barre is great for strengthening your core and toning your glutes and legs by focusing on high reps or small range-of-motion movements. Barre class will occasionally add light hand-held weights to bring the burn during all those reps, as well as mats for targeted core work. Barre class helps to improve posture, muscle definition, weight loss, increased flexibility, and helps to reduce stress.

Please bring your own mat and light weights if you chose. No bare feet.

TUES

October 6–November 10

7:00–7:45 PM

6 Classes: \$45

TAP IT OUT!

(PHY-007)

Have you ever wanted to Tap Dance but didn't think you could? Well, here is your chance! This energetic and fun class uses Tap shoes and steps to get you moving and working out. Feel the beat with your feet as you make the sounds come alive! This class will help improve your cardio conditioning, your leg strength and your balance while having fun dancing. And don't worry, everyone can take this class - even if you have two left feet. Just come for the fun of it!

Tap shoes are preferred by not necessary. Please call the studio if you would like to purchase a pair.

WED

October 7–November 18; No class 11/11.

7:30–8:15 PM

6 Classes: \$55

A medical exam is recommended for anyone taking courses involving physical activity; all programs are taken at the participant's own risk. Waivers are required of all participants unless you have a doctor's release.

Programs are for adults (ages 17+) unless otherwise noted.

Horizon Martial Arts

Classes are held at:

280 Center Road • Wimbledon Plaza

Classes are taught by Certified Martial Arts instructors.
Bring a towel and water bottle.

No Gold Card Discount

Martial Arts for Adults (PHY-001)

It's never too late to learn Martial Arts! If you are an adult interested in learning Martial Arts, you have come to the right place. Whether you are an experienced martial artist that is new to the area or you are an adult with a newly found interest in the martial arts, we have a selection of classes geared for any age and fitness level. Our Adult Martial Arts program will introduce you to the many benefits of training, including: relieving stress, building strength, weight loss, improving your concentration, and of course learning valuable self-defense techniques for practical real world applications. Our program is set for all fitness levels—whether this is a first step towards improved health or working towards an ultimate fitness challenge, the adult program is geared for you. *Uniform is included.

TUES & THURS • October 6–October 29
7:05–8:00 PM • 8 Classes: \$59

*NOTE: Virtual class option available.
E-mail admin@horizonma.com for information.

FITNESS KICKBOXING BOOT CAMP (PHY-002)

An upbeat fitness class with an emphasis on cardiovascular training, this class is a great way to get in your best shape. You will condition, strengthen and tone every part of your body, and burn calories big time while practicing techniques on heavy bags. *Boxing Gloves Required.

TUES & THURS • October 6–November 12
8:05–9:00 PM • 12 Classes: \$79

SCI-FI BATTLE SABER COURSE (PHY-003)

Have you ever fantasized about being in another galaxy fighting enemies with energy swords? We can't help you with being in another galaxy, but we can definitely teach you how to wield a sword. Our Sci-Fi Battle Saber course will teach you the fundamentals of sword fighting in a safe, non-threatening environment. Why go to a galaxy far, far away when you can train at Horizon Martial Arts right around the corner. You will need loose fitting clothing and indoor sneakers. All other equipment will be supplied.

WED • October 7–October 28
7:05–8:00 PM • 4 Classes: \$49

*NOTE: Virtual class option available.
E-mail admin@horizonma.com for information.

Dancer's Turn

Melissa Torres

Classes located at: 43 Kelly Drive, Cheektowaga
Call (716) 491-3066 for further information.

ZUMBA WITH MELISSA (PHY-004)

No Gold Card discount.

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms so you get the most out of the class. Everyone is welcome, even if you've never done it before. Various levels of dance will be demonstrated as you are dancing in the class. These classes are fun, energetic and make you feel great! So grab a friend and join the party!

MON • October 5–November 16; No class 10/12.
7:00–8:00 PM • 6 Classes: \$53

ZUMBA TONING (PHY-005)

The perfect class for those who want to party and Dance, but also want to put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhance your sense of rhythm, coordination and fun while toning target zones including arms, core, and lower body. Try it, and you'll be hooked! Toning sticks or light weights are needed, as well as sneakers and a water bottle. Please call the studio if you would like to purchase Toning Sticks.

MON • October 5–November 16; No class 10/12.
6:00–6:45 PM • 6 Classes: \$45

BARRE CLASS (PHY-006)

This Barre Class delivers a full body, low impact workout combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. The class uses a Ballet Barre and classic dance moves such as pliés and relevés in addition to static stretches. Barre is great for strengthening your core and toning your glutes and legs by focusing on high reps or small range-of-motion movements. Barre class will occasionally add light hand-held weights to bring the burn during all those reps, as well as mats for targeted core work. Barre class helps to improve posture, muscle definition, weight loss, increased flexibility, and helps to reduce stress. Please bring your own mat and light weights if you chose. No bare feet.

TUES • October 6–November 10 • 7:00–7:45 PM • 6 Classes: \$45

TAP IT OUT! (PHY-007)

Have you ever wanted to Tap Dance but didn't think you could? Well, here is your chance! This energetic and fun class uses Tap shoes and steps to get you moving and working out. Feel the beat with your feet as you make the sounds come alive! This class will help improve your cardio conditioning, your leg strength and your balance while having fun dancing. And don't worry, everyone can take this class - even if you have two left feet. Just come for the fun of it! Tap shoes are preferred but not necessary. Please call the studio if you would like to purchase a pair.

WED • October 7–November 18; No class 11/11. • 7:30–8:15 PM • 6 Classes: \$55

INTRODUCTION TO FLY FISHING AND FLY TYING (PHY-101)

Larry Kochalski

The Lake Erie Chapter of Fly Fishers International sponsors this instructional event. The first four weeks will cover basic Fly Fishing Skills: casting, knot tying, reading water, the entomology of fishing, different types of flies, and the equipment needed to get started. The last four weeks will be Fly Tying. Classes will cover why we use different types of materials, different types of hooks, how to fish the flies, and explaining the tools needed. No Gold Card discount.

MON • January 25–March 22 • 6:30–8:30 PM • 8 Classes: \$80
Bldg: East Middle/Small Gym, Small Cafeteria, Pool

CANADIAN TRIPS REQUIRE PROOF OF CITIZENSHIP

All passengers going into Canada must present proof of citizenship before boarding the coach. Anyone who cannot show proper ID to the tour escort, will be denied entry onto the coach. Furthermore, there will be no refund given for the missed tour.

Anyone 16 and older traveling, must present one of the following forms of ID: Passport • Passport Card • Nexus Card or Enhanced NYS Driver's License or any other authorized enhanced license

Children 15 years old & under will be allowed to travel with their birth certificate, as will teens between the age of 16-18 if they are part of an adult supervised group. Children who are not traveling with a parent, must have a notarized permission note signed by the parent. You will receive a confirmation from Know How Tours.

ALL TRIP PRICES ARE SUBJECT TO CHANGES:

Due to continuously rising fuel costs.

Southtowns pickup is TOPS Parking Lot, 355 Orchard Park Rd - FAR END Returns times are approximate • No Refunds/Discounts

Know How Tours will send a confirmation after we submit your registration.

HOW TO TRAVEL FREE & SAFELY--ON-LINE CLASS!

Gina Henry

We're ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. Tuition includes Gina's 100-page ebook How to Travel Free & Safely (retail value \$39.95).

Biography: Gina Henry has lived this travel life for 30 years, taking 10 free vacations a year by using free airline tickets, hotels, cruises, tours, meals and more. She has traveled to 98 countries and all 50 states. She teaches in 90 cities and is the author of many travel books and audios. She leads several group tours each year and organizes a volunteer Teach English program in Thailand and Peru.

(TRP- 001)

WED • October 7

6:00-9:00 PM

Cost: \$49.00 (single); \$75 (couple)

*NOTE: additional class info will appear on your receipt.

GHOST STORIES OF NYS - GENESEE COUNTRY VILLAGE

Know How Tours

Explore eerie folktales of supernatural happenings from across New York State on a walking tour through the shadowy corners of the history museum, the Genesee Country Village. Handed down from generation to generation, stories that persist to the present day--and on historical accounts. This one-hour walk is theatrical, largely historical ... and thorough experience also includes the general admission, a self-guiding experience through the museum, well which includes a trolley running for the day. We will make a stop at Oliver's Candies in ... to purchase some Halloween and f...

Choose One

- Roast P...
• Oper... sandwich
• Itali... croiled Haddock

(TRP

TH

Oct

Cost: \$...

Depart: 9... ; return: 6:30 pm

LETCWORTH ARTS & CRAFTS SHOW--ANNUAL EVENT!

Know How Tours

Begin with Lunch at the Glen Iris Inn, located in Letchworth State Park. Then proceed to the Annual Letchworth Arts & Craft Show, sponsored by the Arr... Letchworth Arts & C... County. The Letchworth Arts & C... the finest of artists, artisans and cra... ver the country. The show takes place... creation Area of Letchworth State Par'... age at the spectacular "Grand Canyon... n the best in pottery, paintings, quilts... afted jewelry, photography, furniture, r... ried floral pieces and more -- just in tir... opping. Over 300 artisans display their... nty of food vendors and many other ac... family. It's just in time for holiday shop... ans display their wares along with ple... and many other activities for the whol... imately 3-1/2 hours to visit the 300+ r... wear comfortable walking shoes--th... ed in this tour.

Choor

- ... en - with a lemon pepper cream sauce
• ... beef served w/mushroom sauce

Cost: ..

Depart: 10:00 am; return: 6:00 pm

"LEAF PEEPING" CRUISE--CHAUTAUQUA BELLE

Know How Tours

Our first stop of the day is the Grape Discovery Center--the official visitor center & museum for the NYS Lake Erie Concord Grape Belt Heritage Area. Our next stop is Webb's Candy and Cottage Shop. In business since 1942, Webb's Candies is famous for making chocolates to perfection. All our candies are made using copper kettles, wooden paddles, and marble slabs. As in the past, all our chocolates are hand-dipped and packed by hand. Time to purchase some delicious chocolates! Lunch is planned at the historic Lenhart Hotel overlooking beautiful Bemus Bay on Chautauqua Lake. Next, relax and enjoy a scenic steamship cruise on Chautauqua Lake. With the summer breeze in your face and the sun on your back, let the Chautauqua Belle take you on an unforgettable cruise aboard the largest and most historical vessels on Chautauqua Lake. Experience today what a steamship adventure is truly about!

(TRP- 004)

WED • October 14

Cost: \$119.00

Depart: 8:30 am; return: 6:30 pm

FALL FOLIAGE GRAPE PIE CRUISE—SENECA LAKE

Know How Tours

Head to Watkins Glen. Enjoy lunch at Seneca Harbor and enjoy a spectacular view of Seneca Lake before the cruise. For a 50-minute narrated cruise with serving of grape pie, coffee & tea. What a "grape" way to enjoy the fall colors along Seneca Lake. The Seneca Legend cruise before we enjoy time at our leisure with a chance to enjoy the scenery, a wine and leisure and expense.

Choose One Ent*

- NY Strip
- Marinara
- Grilled Chicken Applejack (Salad)
- Shrimp Pasta

(T)
TUE
Cost:
Depart: 10:30 am; return: 7:00 pm

YULETIDE MEMORIES - GENESEE COUNTRY VILLAGE

Know How Tours

Travel back in time through the history of Christmas at New York States largest living history museum, the Genesee Country Village and Museum. Enjoy a live holiday concert while you dine; a cozy 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 19th century hammered dulcimers on display. After the concert and lunch, enjoy Genesee Country Village and museum's famous warm apple crisp and freshly hand-whipped cream! Period-dressed interpreters will share the story of how Christmas as declared an official holiday in the 1870's, as well as the history of chocolate! You will see first-hand how chocolate was transformed from a cocoa bean to a delicacy in the 1800's. But, don't take their word for it—try a taste for yourself! Enjoy 50% off Christmas items in the gift shop after the holiday program. This tour was designed especially for those who don't wish to walk throughout the Village ... we bring the Village to YOU! We will make a stop at Oliver's Candies in Batavia en route home to purchase some holiday sweets and gifts.

(TRP-006)

WED • Nov 18
Cost: \$75.00
Depart: 9:30 am; return: 4:30 pm

SENECA ALLEGANY CASINO - FREE SLOT DOLLARS!

Know How Tours

We're on our way to Seneca Allegany Casino in Salamanca, NY. It's a fun-filled day with excitement worth sharing. Enjoy a fun-filled motor coach tour New York State's premier gaming attraction ... Seneca Allegany Casino & Hotel. This casino is set within the beautiful landscape of Salamanca, NY, featuring over 68,000 sq. ft. of gaming action including over 2,000 slot machines and 40 table games. Five hours of gaming includes \$45 in FREE Slot Dollars upon arrival at the Casino. While you are at this great gaming facility, enjoy the great dining at their world-class buffet.

The casino incentive is an offering of the casino and, as such, is subject to change without notice. Remember to bring your Seneca Social Card, or you can apply for one upon arrival - card needed to receive incentive. A valid state or federally issued ID (passport or driver's license) required. Card and ID required to receive incentive - no exceptions.

(TRP-007a)

MON • October 12
Cost: \$35.00 (includes \$45 Free Slot Play)
Depart: 10:30 AM; return: 6:30 PM

(TRP-007b)

MON • Nov 23
Cost: \$35.00 (includes \$45 Free Slot Play)
Depart: 10:30 AM; return: 6:30 PM

(TRP-007c)

MON • Dec 14
Cost: \$35.00 (includes \$45 Free Slot Play)
Depart: 10:30 AM; return: 6:30 PM

DEL LAGO CASINO - FREE SLOT DOLLARS PLUS BUFFET!

Know How Tours

Del Lago means "of the Lakes" in Italian. The Del Lago Casino is located in Waterloo, NY at Exit 41 of the NYS Thruway in the heart of the Finger Lakes. At this casino resort, "Del Lago" means much more - it's a way of life, a ready-for-anything attitude that's a spicy mix of old world charm and hometown hospitality. Come experience over 2,000 of the hottest slot machines, 75 of the most thrilling table games including a 10 table Poker Room. Dine in their locally sourced buffet included in your Madness Gaming package! Come explore the gaming facility everyone is talking about! Bring your friends!

Guests receive \$25.00 free slot play plus buffet. Register for a Del Lago reward card upon arrival; card needed to receive incentive. Valid state or federally issued ID (passport or driver's license) required to receive the Casino incentive. Sorry, no exceptions.

(TRP-008a)

MON • October 12
Cost: \$35.00 (includes \$25 Free Slot Play and Lunch Buffet)
Depart: 8:00 AM; return: 6:30 PM

(TRP-008b)

MON • Nov 9 • Cost: \$35 (\$25 Free Slot Play and Lunch Buffet)
Depart: 8:00 AM; return: 6:30 PM

(TRP-008c)

TUES • Dec 1 • Cost: \$35 (\$25 Free Slot Play and Lunch Buffet)
Depart: 8:00 AM; return: 6:30 PM

TURNING STONE CASINO - CHOOSE YOUR INCENTIVE!

Know How Tours

Try your luck at Turning Stone Casino Resort in Verona, NY. It's just a short, comfortable ride along the NYS Thruway to one of New York's premier casino resorts. Enjoy Gaming or Bingo, and you choose your incentive. Try your luck at over 80 table games and 2,400 Cash Slot Machines. Match wits with friendly competition at the great poker room. If Bingo is your game, Turning Stone is rated one of the top ten Bingo halls in North America with fantastic high stakes bingo in both smoking and non-smoking halls. There are many eateries to choose from, two beautiful spas, great shopping opportunities, and more! There is something for everyone at Turning Stone Casino Resort & Bingo! Must be 21 years of age. Valid Government issued identification required at casino to receive incentive. Casino bonus is that of the casino and is subject to change without notice.

CHOOSE YOUR INCENTIVE WHEN MAKING YOUR RESERVATION:

CASINO: \$25 Free Slot Play and \$5 meal credit
BINGO: \$20 Bingo Bucks and \$5 meal credit

(TRP-009)

SAT • October 24 • Cost: \$59.00 (includes Incentive)
Depart: 7:00 AM; return: 9:00 PM

SENECA NIAGARA CASINO - FREE SLOT DOLLARS PLUS FOOD VOUCHER!

Know How Tours

Spend the afternoon at the Seneca Niagara Casino where you'll find over 4,000 slot machines featuring big progressive Jackpots. Try your luck at the popular Pennies from Heaven Slot area, Turtle Island, the non-smoking casino & the expanded hotel gaming floor. If table games are your preference, choose from over 100 tables including Blackjack, Craps, Roulette and all your favorite new and classic games or play in our world-class Poker Room. Five hours of gaming includes \$25 in FREE Slot Dollars and \$5 Food Voucher. All the best action is at Seneca Niagara Casino!

The casino incentive is an offering of the casino and, as such, is subject to change without notice. Remember to bring your Seneca Social Card, or you can apply for one upon arrival - card needed to receive incentive. A valid state or federally issued ID (passport or driver's license) required. Card and ID required to receive incentive - no exceptions.

(TRP-010a)

TUES • October 27
Cost: \$25.00 (includes \$25 Free Slot Play and \$5 food voucher)
Depart: 11:00 AM; return: 6:00 PM

(TRP-010b)

TUES • December 8
Cost: \$25.00 (includes \$25 Free Slot Play and \$5 food voucher)
Depart: 11:00 AM; return: 6:00 PM

1. Payment must accompany registration.

Make checks payable to West Seneca Central Schools. Registrations for SCHOOL DISTRICT RESIDENTS will be processed in the order they are received. Registrations for NON-RESIDENTS will be processed as received beginning the SECOND week of registration, and will be charged a \$5.00 non-resident fee per semester (not per course).

2. Lab Fees are not discounted and are paid directly to the instructor; do NOT include them with your registration. However, Food Fees ARE paid along with your registration, and also are not discounted.

3. Refunds:

- a. Are given in full if we cancel a class. Allow 4-6 weeks for processing of refund checks.
- b. If you withdraw one week prior to the class start date: refund less \$5 processing fee.
- c. A credit (minus \$5) will be recorded in our computer for withdrawals received less than one week prior to a class.
- d. NO refunds will be given for withdrawals received on or after the first class session of any course.

EXCEPTIONS: refunds or credits for medical reasons may be issued at the discretion of the Director at any time during a course, with a physician's verification before the course ends.

Acceptable Use Policy

Required for those taking computer courses West Seneca Central School District has established an Acceptable Use Policy for use of district computers. The policy states that all Students (day and night school) must be responsible for computer equipment they use. Also included is a statement that prohibits access to computerized information resources with inappropriate content. By signing up for a West Seneca Central Continuing Education course, you are agreeing to the district's Acceptable Use Policy. For additional information, call Continuing Education at 677-3180.

CLASS CANCELLATION

Classes may be cancelled if less than twelve persons enroll. The Board of Education or Director of Community Education reserves the right to withdraw any course offered.

SCHOOL CLOSING

When the school is closed because of weather conditions, all Community Education classes will likewise be closed; announcements that activities are cancelled will be made over local radio and TV stations prior.

GOLD CARD

We are pleased to offer Senior Citizens (over 60) who are RESIDENTS of the West Seneca School district or retired school district employees a 50% discount off MOST class fees. Computer classes, contract exercise programs (i.e. Sandy's, Horizon), and Trips/Tours are generally full price. You may obtain a Gold Card at the Community Education Office during regular office hours; bring your driver's license as proof of age and residency.

MEDICAL EXAMINATION

A medical exam is recommended for anyone taking courses involving physical activity. Community Education is not responsible for personal injuries or personal loss. West Seneca School District does not accept any liability for injury resulting from a medical condition whether known or unknown. Waivers are required of all who participate in physical education or swimming classes unless your doctor issues a health certification.

SMOKING

There is no smoking permitted in schools or anywhere on school grounds BY LAW. Thank you for your cooperation.

INSTRUCTIONAL STAFF

Our instructors are here to share with you a skill, talent or expertise that they possess. The opinions shared by the instructors are not necessarily the opinions of Community Education or the District. They are not required to be a certified teacher, although many have certifications in their own fields of expertise; see our website for instructor biographies.

NON-DISCRIMINATION POLICY

The West Seneca Central School District is committed to equal opportunity in educational programs and employment. It is our policy to provide equal opportunity for all qualified applicants, students and employees; and to prohibit discrimination on the basis of race, color, sex, religion, national origin, age, handicap or marital status.

5 WAYS TO REGISTER!

Walk It In! Upon receipt of the Brochure, East Middle School/Community Education/Door #37 8:30 AM - 6:00 PM Monday-Thursday • 8:30 AM - 3 PM Friday

Mail registration begins Now!

Charge, Checks or Money Order. Payable To West Seneca Central School.

MAIL REGISTRATION FORM WITH PAYMENT TO:
West Seneca Community Education • 1445 Center Road
West Seneca, NY 14224-3292

Telephone Registration

DISCOVER / VISA / MASTERCARD

BE PREPARED TO READ YOUR CREDIT CARD NUMBER AND CLASS CHOICES. **677-3107**

Fax Registration

AVAILABLE 24 HRS. A DAY
7 DAYS A WEEK

677-3244
CREDIT CARDS ONLY!

Register Online Now!

CREDIT CARDS ONLY!
www.wscschools.org/commed
click on Web Store

WEST SENECA CENTRAL SCHOOL DISTRICT CONTINUING/COMMUNITY EDUCATION REGISTRATION FORM

Last Name _____ First _____ Address _____ City or Town _____ Zip Code _____

Daytime Phone # _____ Evening Phone # _____ date of birth _____ email address _____

West Seneca School District Resident Yes No (*Non-Residents add \$5.00/Quarter Fee*) Gold Card No. _____

LIST BELOW THE CLASSES FOR WHICH YOU ARE REGISTERING. PLEASE INCLUDE COURSE CODE NO. NO REFUNDS ONCE CLASSES BEGIN.

COURSE CODE No.	COURSE TITLE	DAY	TIME	CLASS FEE
1. _____	_____	_____	_____	\$ _____
2. _____	_____	_____	_____	\$ _____
3. _____	_____	_____	_____	\$ _____

Method of Payment (check one) Credit Card Check/money order payable to West Seneca Central Schools Cash

Non-Resident Fee (\$5 if applicable) \$ _____

Credit Card Fee (\$1 if applicable) \$ _____

DISCOVER/VISA/MC CREDIT CARD # _____
DEBIT CARDS NOT ACCEPTED

TOTAL ENCLOSED \$ _____

**Do NOT INCLUDE LAB/BOOK FEES
LAB FEES ARE TO BE PAID TO THE INSTRUCTOR**

SIGNATURE _____ EXP. DATE _____ SECURITY CODE _____

INFORMATION: 677-3107