

WEST SENECA COMMUNITY EDUCATION
www.wscschools.org/commed

Learning for Life's Seasons

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West Seneca Central School District
675 Potters Road
West Seneca, NY 14224-2652

*****ECRWSS
POSTAL CUSTOMER

FALL 2017
OCTOBER 16th - DECEMBER 5th



WELCOME ...

to the Fall 2017 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 call TODAY! Courses fill up fast, so don't miss YOUR chance to sign up.

If you have a hobby, interest, or skill YOU would like to teach, let us know! We'd love to have YOU as part of our instructional staff and can help you get started. Call me at 677-3180 to find out more.

Stephanie Wright
swright01@wscschools.org

Community Education Staff

Stephanie Wright.....	Before & After School Programming Continuing/Community Education
Nancy Grzymala.....	Senior Clerk
Suzanne Merkwa.....	Clerical
Tracy Schork.....	Clerical

Community Education Advisory Committee

Vincent Dell'Oso	Brownie Michalczak
Matthew Bystrak	John Morrison
Carol Jarczyk	Michele Owcarz
Dr. Carolyn Kadlec	Wallace Piotrowski
Dolores Mendolia	Gerald Warren

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!

Online Registration
available @wscschools.org/commed
click on Web Store

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ACADEMIC & CAREER

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

BASIC SIGN LANGUAGE 1

Sharon LeRoy
(LAN-001)

Class is designed to introduce finger spelling and basic sign language conversational skills. Upon completion, you will be able to understand and communicate with the deaf. Bring the family, learn and practice together.

Level 1
MON
Oct 16 – Nov 27
6:00 – 8:00 PM
6 Classes: \$50
Bldg.: EM/Rm.13

DEFENSIVE DRIVING WORKSHOP

Learn how to avoid car crashes and collisions, what aggressive driving and road rage are and the latest about DWI and drugs. Attendees can apply to their insurance company for a 10% reduction in liability and collision for 3 years, or a reduction of 4 points from your record within the past 18 – months. Bring your driver's license and a pen. No Gold Card discount.

(SEL-001)

TUES & WED
Oct 24 & 25
6:00 – 9:00 PM
2 Classes: \$37
Bldg.: WE/Board Rm

(SEL-002)

TUES & WED
Nov 14 & 15
6:00 – 9:00 PM
2 Classes: \$37
Bldg.: WE/Board Rm

ABBREVIATIONS

You are responsible for noting your class location!

- | | | |
|--|--|--|
| AE - Allendale Elementary
1399 Orchard Park Road | EBZ - Ebenezer Building
900 Mill Road | WI - Winchester Elementary
650 Harlem Road |
| CE - Clinton Elementary
4100 Clinton Street | NE - Northwood Elementary
250 Northwood Avenue | WM - West Middle
395 Center Road |
| EM - East Middle
1445 Center Road | DO - District Offices
675 Potters Road | WS - West High School
3330 Seneca Street |
| ES - East High School
4760 Seneca Street | WE - West Elementary
1397 Orchard Park Road | |

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

4-HOUR SAT BOOT CAMP + SIMULATED TEST

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 Students are welcome to bring a snack to class.

(ACA-001)

SAT • Oct 28
10:00 AM – 2:00 PM • 1 Class: \$70
Bldg.: EM/Rm. 101

9-HOUR SAT TEST PREPARATION COURSE

Are you ready for the SAT test? This 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. Students are welcome to bring a snack to class.

(ACA-002)

TUES/THURS • Nov 9, 14 & 16
5:30 – 8:30 PM • 3 Classes: \$130
Bldg.: EM/Rm.101

4-HOUR ACT BOOT CAMP + SIMULATED TEST

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 Students are welcome to bring a snack to class.

(ACA-003)

SAT • Oct 21
10:00 AM – 2:00 PM • 1 Classes: \$70
Bldg.: EM/Rm. 101

9-HOUR ACT TEST PREPARATION COURSE

Did you know that the ACT test is held in equal esteem as the SAT test by most colleges and universities? This 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. For the simulated test schedule and registration information visit: www.allprotutoring.com. Students are welcome to bring a snack to class.

(ACA-004)

MON/WED • Nov 8, 13 & 15
5:30 – 8:30 PM • 3 Classes: \$130
Bldg.: EM/Rm.101

WRITING THE COLLEGE APPLICATION ESSAY

(ACA-005)

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. Students are welcome to bring a snack or lunch to class.

WED • Oct 18
6:00 – 8:30 PM • 1 Class: \$60
Bldg.: ES/Rm.104

RETIRE (EARLY) & TRAVEL FREE

VOLUNTEERING, FUN WORK-VACATIONS & PAID TRAVEL OPPORTUNITIES (LAN-002)

Gina Henry

Pursue your travel dreams AND keep your money in the bank! National speaker and travel expert Gina Henry shows you how she has traveled for free to over 93 countries and all 50 states. Join the 75-million baby boomers who are retiring and pursuing their travel dreams. Instructor, Gina Henry teaches in 90 cities and offers over 200 ways to afford travel for those retired, nearing retirement, changing careers, students, or anyone who likes the idea of making additional income to support their travel dream. Earn FREE airline tickets, hotel nights, cruises, tours, car rentals, vacation meals, & more in the USA & worldwide! Get paid for seasonal and fun work-vacation opportunities. Maximize your reward points for free air & hotel nights. Volunteer, affiliate with tour companies, mystery shop on vacation, teach conversational English, get paid to drive, import, start your own business, write articles, shoot photos, blog, money-saving travel web sites, smart phone apps, packing light, solo travel, safety & health tips. Plus learn how to avoid scams, effective negotiation tips, and the top 50 words to know in any language to travel anywhere. Tuition includes Gina's 100-page book which retails for \$39.95 and includes all the resources you need to travel anywhere for free! Go to www.GinaHenry.com for more instructor information.

MON

October 30
6:00 – 9:30 PM
1 Class: \$35
Bldg: EM/Auditorium
NO GOLD CARD DISCOUNT

HAUNTED CASTLES OF IRELAND

(LAN-003)

Eileen Canning-DiPasquale

Ireland's countryside is dotted with derelict, abandoned and working castles. They are everywhere and they have stories to share. Historic battels, relationships gone awry and feuds among land owners have left us with many gripping tales to tell. Several of these ancient structures have ghost sightings as well as other strange happenings within their stone walls. Local author Eileen Canning has put together this power point presentation which includes her collection of personal photographs from visits to several old castles around Erin's Green Isle. See odd images caught by the camera and decipher for yourself what you hear in the tape-recorded "messages". If this is your kind of interest and you are not faint of heart, perhaps you'll be brave enough to come hear about these bizarre and unusual strongholds. There are no princesses living in these castles, just ghosts!!

THURS

October 19
7:00 - 8:30 PM
1 class: \$30
Bldg: EM/Rm 13

NOTARY PUBLIC TRAINING COURSE

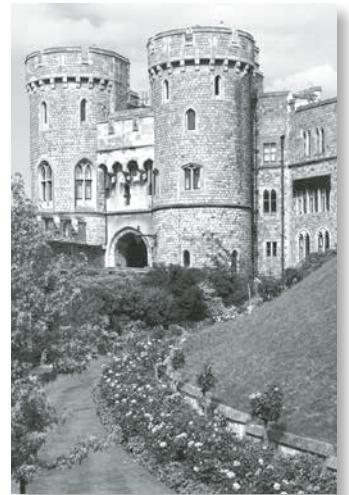
(SEL-003)

Karen O'Connor

Do you want to become a Notary Public for work or to add to your resume? Learn what you need to know to prepare you for the New York State test and after you become a Notary. This course covers the NY Notary laws and legal terminology. Handbook included in class fee includes everything you need to be successful as a NY Notary Public. No Gold Card Discount.

WED

Oct 25
6:30 – 9:30 PM
1 Class: \$60
Bldg.: ES/Rm 104



15 FINANCIAL MYTHS DEMYSTIFIED (BUS-001)

Paul D'Ostroph & Benjamin Hussong, AXA Advisors

This seminar serves to dispel 15 of the most common misconceptions people have about general financial strategies, retirement, investing, insurance, and estate planning. It also discusses strategies that can help people protect, and potentially enhance, their assets.

TUES • NOV 14
6:30 – 8:00 PM
1 Class: \$15
Bldg.: EM/ Rm. 125

AVOID LOSING YOUR ASSETS & INCOME (BUS-002)

Lester J. Robinson, FICF, DTM, CLTC

Because of today's medical science, we're all living longer lives. Long-term care issues are now the biggest threat to a successful retirement. Get objective answers about the pros and cons of a variety of long-term care issues, including how to protect your assets and income from a nursing home vent, how to protect your personal choices and avoid losing your financial independence. Learn how to avoid the look-back period, and how to plan effectively to protect your assets, legacy and family.

TUES • Oct 17
6:00 – 8:00 PM
1 Class: \$15
Bldg.: EM/Rm.107
NO GOLD CARD DISCOUNT

EVERYTHING YOU NEED TO KNOW WHEN BUYING A HOME! (BUS-003)

Maureen Prinzbach

Be mentored on the buying process by professionals. A panel of experts (attorney, mortgage loan officer, home inspector and a real estate broker) give a short overview of the process of buying a home, budgeting for home repairs, taxes/insurance, and have any of your questions answered.

WED • Oct 18
7:00 – 9:00 PM
1 Class: \$15
Bldg.: ES/Rm.107

EVERYTHING YOU NEED TO KNOW WHEN SELLING YOUR HOME! (BUS-004)

Maureen Prinzbach

Get professional advice on how to price, prepare, and show your home. A panel of experts (appraiser, attorney, home inspector, and a real estate broker) will give a short overview of the process of selling, including a question and answer time.

WED • Oct 25
7:00 – 9:00 PM
1 Class: \$15
Bldg.: ES/Rm.107

IS A ROTH IRA RIGHT FOR YOU? (BUS-008)

Paul D'Ostroph & Benjamin Hussong, AXA Advisors

Most people have heard of a Roth IRA but may not fully understand the benefits or the limitations. We will explain the rules for both Roth IRA's and who might benefit from this type of plan. We will also review how they differ from Traditional IRA's and discuss Roth IRA conversions.

WED • Nov 1
6:30 – 8:00 PM
1 Class: \$15
Bldg.: EM/ Rm. 125 (Conference Rm.)

MARKET VOLATILITY & YOUR FINANCES (BUS-005)

Paul D'Ostroph & Benjamin Hussong, AXA Advisors

Addresses the key financial challenges in turbulent markets and provides guidance on how to navigate financial matters during uncertain times. The presentation features four segments: putting market volatility and risk in perspective; identifying practices that could make a difference- in good times or bad; using risk management strategies to help protect investments; and suggestive next steps.

WED • October 25
6:30 – 8:00 PM
1 Class: \$15
Bldg.: EM/ Rm. 125 (Conference Rm.)

PLANNING FOR COLLEGE (BUS-007)

Paul D'Ostroph & Benjamin Hussong, AXA Advisors

This course covers current information on college prices and issues facing prospective students. We will discuss traditional & non-traditional sources of funding for college. We will review some popular education planning vehicles, including the advantage and limitations of each. We will also discuss how to fit college planning into your overall financial strategy.

THURS • November 30
6:30 – 8:00 PM
1 Class: \$15
Bldg.: EM/ Rm. 125 (Conference Room)

PROTECTING YOUR BENEFITS WITH PENSION MAXIMIZATION (BUS-006)

Paul D'Ostroph & Benjamin Hussong, AXA Advisors

This class is designed for anyone who will receive a pension during their retirement. Prior to retiring, you will make choices about survivorship benefits, pop-ups, lump sums, and more. We will discuss these options in simple terms and review the information necessary to ensure you do not lose the maximum benefit from your pension.

THURS • November 9
6:30 – 8:00 PM
1 Class: \$15
Bldg.: EM/ Rm. 125 (Conference Rm.)

SPECIAL NEEDS PLANNING (BUS-010)

Paul D'Ostroph & Benjamin Hussong, AXA Advisors

This class is designed to help you plan for unforeseen circumstances in your future and how to be able to have a financial back-up plan. How to maximize your money when it comes to long term care and protecting your assets.

WED • October 18
6:30 – 8:00 PM
1 Class: \$15
Bldg.: EM/ Rm. 125 (Conference Rm.)

SOCIAL SECURITY PLANNING (BUS-009)

Jeffrey Haxton CFP®

This class will cover what everyone needs to know about Social Security. Often when planning to retire he/she ponders, will my Social Security be taxed? When should I take Social Security? Will my spouse receive benefits? Can I receive benefits from an ex-spouse? Will working affect my Social Security Benefit? Get answers to these questions and more to help make the best Social Security decision for you!

WED • November 29
6:00 – 7:30 PM
1 Class: \$15
Bldg.: ES/Rm. 101

INTRODUCTION TO WILLS, TRUSTS & ESTATES (BUS-012)

Jeffrey Haxton CFP®

This class will discuss and provide practical examples of the aspects of wills, trusts and estate planning and taxation for individuals and family units. The purpose of this class is to acquaint the student with numerous options that may be undertaken to pass on their estate and minimize taxation and such.

WED • October 25

6:00 – 7:30 PM

1 Class: \$15

Bldg.: ES/Rm. 101

UNDERSTANDING ANNUITIES (BUS-011)

Jennifer Jurek, CFP®, CDFATM

There are many different types of annuities today. Many wonder, are they really guaranteed? Do I lose control of my money? Can I really create an income stream for the rest of my life? This class will discuss the different types of annuities and will review the pros and cons. Many people worry that they will not have enough money to retire, or will deplete their retirement assets while living. Come learn how annuities really work and if they are right for your personal situation.

TUES • December 5

6:00 – 8:00 PM

1 Class: \$15

Bldg.: ES/Rm. 104

COMPUTERS

LEVELS OF DIFFICULTY

- * **Beginner; no computer experience**
- ** **Requires some experience, used a computer before**
- *** **Familiar with computer, mouse and software applications**
- **** **Advanced course**

Note: Registration for Computer courses assumes and indicates your agreement to the School District's Acceptable Use Policy, which is available on the District website.

If you're uncertain about a particular course level, please call our office at 677-3180.

No Gold Card discount unless indicated.

COMPUTER EDUCATION 101 (COM-001)

This course will teach the ability to discern various hardware components in a computer and show how they function, how to install and uninstall various pieces and more general information on computers along with a very general history on how computers came to be and what their roles are in our lives. **Instructor will be bringing several pieces of equipment to illustrate points and to provide a better teaching material to learn from.**

WED • October 18 – November 29

6:30 – 8:30 PM

6 Classes: \$60

Bldg.: EM/Rm. 127

No Gold Card Discount

INTRODUCTION TO ANDROID TABLETS, KINDLE FIRE, iPADS * Greg Grzymala

An introductory course in using personal technology, including tablet basics: moving around screens, settings, syncing e-mail, calendar and contacts. Learn how to download/install/use apps and why you need them; how to secure, protect and speed up your tablet, and search the web. You must have your own tablet to enroll – take the class for your specific device.

(COM-008) Android®

MON, Oct 30

(COM-007) Kindle® Fire

THURS, Nov 2

(COM-006) iPad®

THURS Nov 9

6:00 – 9:00 PM

1 Class: \$15

Bldg.: WS/Rm.142

MICROSOFT® OFFICE PROGRAMS

WORD 2013 LEVEL 1 ** (COM-004)

with Greg Grzymala

If you are a new user of Microsoft Word, this course will make you feel like you know what you are doing in a short time. With “hands-on” experience, you will learn the basics of this “user friendly” application, as well as several special features that will help make your home or office projects easier and more productive. Our classes will include many formatting skills, dictionary/thesaurus skills, clip art, construction of tables, and WordArt. Previous Windows 7 experience is necessary. Lab Fee: \$22/manual.

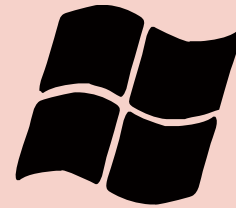
TUES & THURS

Oct 17 & 19

6:00 – 9:00 PM

2 Classes: \$42

Bldg.: WS/Rm.142



WORD 2013 LEVEL 2 *** (COM-005)

Learn about inserting Graphic Objects into documents, learn to create tables, work with page borders, styles, colors as well as headers and footers. Emphasis on creating and using merge documents for mass mailings, envelopes and labels. Prerequisites: Microsoft Word Level 1 or equivalent knowledge required. If you do not have the manual from the WORD Level 1 Class we will have them available for \$22.

TUES & THURS

Oct 24 & 26

6:00 – 9:00 PM

2 Classes: \$42

Bldg.: WS/Rm.142

EXCEL 2013 LEVEL 1 ** (COM-002)

This class covers spreadsheet construction from entering data to manipulating data and formulas. Discover shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Write powerful formulas & functions, sorting and analyzing data. Students must have solid knowledge of Windows 7. Lab Fee: \$22/manual.

TUES & THURS

Nov 14 & 16

6:00 – 9:00 PM

2 Classes: \$42

Bldg.: WS/Rm.142

EXCEL 2013 LEVEL 2 *** (COM-003)

If you are looking for help with functions and features that are more advanced in this spreadsheet program, this course is for you! Includes charts, graphs, and math functions. Prerequisite: Excel Introduction. Lab Fee: \$22/manual.

MON & TUES

Nov 27 & 27

6:00 – 9:00 PM

2 Classes: \$42

Bldg.: WS/Rm.142

ONLINE COURSES

Learn from
the comfort
of home!

- 24-Hour Access
- 6 Week Format
- Affordable
- Instructor-Led



Over 300 Online Courses Available!
ed2go.com/wscommmed

KEYBOARDING

If you want to learn touch-typing or improve your existing typing skills, this is the perfect course for you! In these lessons, you'll use the Keyboarding Pro 5 program, a typing tutorial designed for personal computers, to learn how to touch-type—that is, to type text you read from a printed page or a computer screen without looking at your keyboard.

Using Keyboarding Pro's built-in word processor, you'll learn how to create, edit, and save word processing documents. As you improve your typing speed and accuracy, you'll use the word processor's timed writing feature to continually hone your skills. You'll even learn posture tips to minimize fatigue and help prevent carpal tunnel syndrome.

With the skills you master here, you'll become faster and more confident at the keyboard. By the end of the course, you'll know how to touch-type the alphabetic, numeric, and symbol keys; create, save, and edit word processing documents; and successfully take a timed writing test during a job interview.

COMPUTER SKILLS FOR THE WORKPLACE

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 a great introduction to Windows 10 and Office 2016 and 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. We'll focus on practical application for software most common to the workplace. When you finish this course, you will have learned why employers consider technological literacy so critical to the success of any organization.

ONLINE - Ed2Go

All courses \$89.

2 Fall Sessions available:
October 18 and November 8.

Each course runs for
6-weeks or 24 class hours.

Check out the website at www.ed2go.com/wscommmed to find out more about the over 300 classes offered; prerequisites, software needs, specific lessons, and an instructor biography. Register online at www.ed2go.com/wscommmed

No Gold Card discount on any online programs

CREATING WEB PAGES

Create and post your very own Web site on the Internet using HTML in this extensive, hands-on, six week workshop. First, you'll learn about the capabilities of the World Wide Web and the fundamentals of web design. Then, with your instructor's patient guidance, you'll plan the content, structure and layout of your Web site, create pages full of neatly formatted text, build links between the pages and to the outside world, and add color, backgrounds, graphics, and tables. You'll also learn critical and timely information on securing the best possible location in search engine listings, and powerful no-cost or low-cost web marketing strategies.

DESIGNING EFFECTIVE WEBSITES

These days, creating a website is so easy almost anyone can do it. But with all the competition on the Web, creating a site that's effective is more challenging than ever. To do that, you need to employ good design principles. Regardless of your current skills or level of knowledge, in this course you'll master the basics of Web design and learn how to build sites that are better and more effective. Get ready to take your Web design skills to the next level!

We'll examine the tension between form and function, explore the six major states of the website development process, and learn the basics of user-centered design. We'll also cover the five basic steps to organizing information, find out how site design themes can be used for information delivery, and review Web page design considerations. Along the way, we'll talk about effective type and graphics and explore the idea of Web 2.0.

This course is a must for Web designers, giving the tips and tools that will help them establish a solid career.

INTRODUCTION TO ILLUSTRATOR CS6

If you want to get a job as a graphic artist, you need to learn Adobe Illustrator. In this course, you'll see how Adobe Illustrator CS6 can give you the power to design, draw, and color images quickly and easily.

From drawing objects with the shape tools to mastering the all-important Pen tool to working with shape gradients, you'll gain the techniques you need to produce stunning vector graphics. You'll learn to apply and work with color, create shading effects and painterly brushstrokes, and add special effects such as 3D to your drawings that will set your work apart. You can also easily move designs back and forth between Photoshop and Illustrator to take advantage of the strengths of both programs.

Each lesson contains an assignment that challenges both your creativity and your growing skill with the program. The course is designed to let you work at your own level, whether you're just getting started with Illustrator or looking to refresh your Illustrator skills. Come experience the fun of Adobe Illustrator!

MAC, IPHONE, AND IPAD PROGRAMMING

The fastest-growing software market today involves mobile applications (or apps). In this course, you'll learn to use the free Xcode compiler and the Objective-C/Swift programming language to program your own apps that you can sell through Apple's App Store, reaching millions of potential customers around the world.

You'll start with the basic steps to writing any program, then progress to using Xcode—the same compiler that Apple, Microsoft, Adobe, and many other companies use to write programs and applications. Along the way, you'll explore examples and perform simple coding exercises to build your confidence using Xcode and Objective-C/Swift.

Even if you're new to programming or have experience programming a different type of computer, this course will offer the guidance you need to

build your own apps. By the end of this course, you'll know how to find your way around Xcode and write Objective-C/Swift commands, so you'll be ready to start creating your very own Mac, iPhone, or iPad programs!

RESUME WRITING WORKSHOP

Create an effective resume or improve the one you already have. Transform your resume into a powerful tool that will get you interviews. This workshop will lead you through a self-assessment series so you will have extensive knowledge about the product you are marketing YOU! Learn different resume formats and the advantages and disadvantages of each. Write an employment objective that shows potential employers that you have direction. Make the most of your work experience. Know what to reveal in a resume, and what to keep to yourself. Learn to overcome gaps in work history and age discrimination. Discover how to use references to your advantage. This course includes the use of online resumes and Internet Resume Secrets. This course is invaluable for anyone who wants to create their own resume, or learn how to write resumes and cover letters for profit.

GRAMMAR REFRESHER

The key to effective writing and speaking is English grammar. Whether you are just now learning the basics of grammar or if you need a refresher, this course will help you develop the foundational skills you need. In this course, you'll explore the eight parts of speech, punctuation and mechanics, foundational sentence construction, and we'll even get into the details of phrases, clauses, problem words, common grammar mistakes, and much more! An instructor will guide you every step of the way as you learn grammar through hands-on, practical exercises. You'll also learn through short videos, examples, and even fun games. Take your writing and speaking to the next level of excellence!

12 STEPS TO A SUCCESSFUL JOB SEARCH

Get the job you want quickly and easily and in any economy. In this course, a world-renowned author and career advisor will help you identify the job that is best for your needs. You'll then be given complete step-by-step instructions on how to get that job, regardless of your level of expertise or state of the economy. You will learn how to build rapport with any interviewer, both verbally and non-verbally, while mastering the six phases of a successful job interview. This motivational course will increase your confidence, help you feel great about yourself, and provide you with the foundation you need to get the job you want.

DONALD JONES & SPORTZ DEGREE
PARTNERED WITH
WEST SENECA SCHOOL DISTRICT
TO CREATE A
Fun, active, & well-rounded
PROGRAM FOR KIDS IN GRADES 4-6
MONDAY - FRIDAY / 4pm - 6pm
PRICE \$250 A MONTH OR \$10 PER DAY
OFFERING SPORTS TRAINING BY FORMER BUFFALO BILL
DONALD JONES IN ADDITION TO ACADEMIC SERVICES
CONSISTING OF:
TUTORING
BUDGETING
PERSONAL FINANCE LESSONS &
COMPUTER PROGRAMMING CLASSES
WITH MICROSOFT SPECIALIST
COMING THIS FALL
A PERCENTAGE OF THE PROFITS GOES TOWARDS SCHOLARSHIPS
FOR STUDENTS IN THE WEST SENECA SCHOOL DISTRICT
EAST MIDDLE SCHOOL / 1445 CENTER ROAD / WEST SENECA, NY

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)

At the Before and 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, jewelry making, 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
Coordinator

swright01@wscschools.org or call, 677-3185

CARICATURE DRAWING (CRF-001)

Donald Jackson

Caricature is the art of humorous portraiture. It has been used in political cartoons for decades and is a fun way to capture a memory at a fair, theme park or special event. Learning to draw caricatures is much easier than learning traditional portraiture. The instructor is a professional caricature/portrait artist with over 20 years of experience. Course materials include pencils, erasers, chartpack markers (black), color sticks, and minimum 11" x 17" paper, drawing clip boards are recommended. No Gold Card Discount.

MON • Oct 23 – Nov 13
4:00 – 6:00 PM • 4 Classes: \$40
Bldg.: EM/Rm. 1180



CARTOONING FOR KIDS (CRF-002)

Donald Jackson

This course teaches the fundamentals of 2D drawing and color theory. Students will be able to draw popular cartoon characters, animals, lettering and objects. Students are encouraged to create their own original cartoon characters with the skills learned in class. Supplies needed: a drawing pad no smaller than 8.5" x 11", pencils with erasers, colored pencils and colored markers.

MON • 6:00 – 8:00 PM
Oct 23 – Nov 13 • 4 Classes: \$40
Bldg.: EM/Rm.118

CHINESE LANDSCAPE PAINTING (CRF-003)

Donald Jackson

Chinese landscape painting teaches students how to use traditional materials and methods to experience this 5,000 year old art form. The instructor spent 5 years in Asia and has over 10 years teaching experience. Anecdotes from Eastern Philosophy will help bring depth to the student's experience and appreciation of Chinese art and culture. Students will need bamboo brushes, ink and rice paper are used to create landscape paintings in this ancient tradition. Other learning resources will be provided. No Gold Card Discount.

SAT • Oct 21 – Nov 18
12:05 – 2:05 PM
4 Classes: \$40
Bldg.: EM/Rm. 118

CREATING COMICS (CRF-004)

Donald Jackson

In this course you will learn the basic methods of writing and drawing your own comics, comic strips or graphic novels including narrative structure, character design, and 3D illustration techniques for drawing architecture, characters and objects. The instructor has been teaching comics since 2003. All levels are accepted, one-on-one instruction helps you bring your story to life. Materials for this class include pencils, erasers, fine markers, 8-1/2' x 11" and 11" x 17" paper.

WED • Oct 25 – Dec 6
4:00 – 6:00 PM • 6 classes: \$60
Bldg: EM/Rm. 118

CROCHETING (CRF-005)

Patricia Kiera

Learn to interpret pattern instructions, basic and advance crochet stitches and receive individual help with project(s). Bring to class; 1 skein of yarn and aluminum crochet hooks G & H.

MON • Oct 16 – Nov 27
6:30 – 9:00 PM • 6 Classes: \$48
Bldg.: WE/Rm.10

HOLIDAY NEEDLEWORK "STITCH AND CHAT" (CRF-006)

Barbara Klein

Join us again for our fun needlework stitch and chat. New projects including 2017 smocked ornament, hardanger ornaments, and more needlework treasures, or bring your unfinished projects. Lots of fun, laughs, and new needlework friendships guaranteed. Cost of kit will vary. Call 662-8418 for details. Lab Fee: Varies with kit cost.

TUES • Oct 24 – Nov 28
7:00 – 9:00 PM • 5 Classes: \$36
Bldg.: WE/Rm.10

JEWELRY MAKING BASICS (CRF-007)

Diane Waterman

Do you admire beads in craft stores? Or do you look at fashion jewelry but hesitate to pay high prices for it? Create your own for a fraction of the price!! Make fashionable jewelry for yourself or your family- a necklace, basic earrings or a bracelet- from a variety of beads and stones. Instructor will have all the tools and materials needed. Lab fee: \$8/materials & booklet.

THURS • Oct 26
7:00 – 9:00 PM • 1 Class: \$15
Bldg.: EM/Rm 118

PORTRAIT DRAWING (CRF-008)

Donald Jackson

Portrait Drawing is a college level drawing class that will teach a variety of methods for learning



or improving portraiture. The instructor has taught art since 2003 and has developed a combination of both Fine Art and illustrative techniques for students. Critique is an essential part of this course as it teaches students critical thinking skills they can apply to their personal development. Students will need newsprint pads, #2B, 4B pencils, conte crayon and erasers for this course. No class 11/25.

SAT • Oct 21 – Dec 4
10:00 AM – 12:00 Noon • 6 Classes: \$60
Bldg.: EM/Rm.107

**Paint your own pottery studio
138 Grey Street, East Aurora**

COPPER ENAMELING

Come and learn the beauty of copper enameling. Enameling seems very close to magic, but the basic technique is simple: Powdered glass is sifted onto a piece of copper, melted for a few moments in a small kiln and cooled, it then glows with permanent color. The colors produced can be vivid or subtle, plain or shaded, light or dark just as you choose. You can make enameled jewelry and other items. All tools will be provided. Lab Fee: \$10 – \$30 depending on project chosen.

(CRF-010)
TUES • Oct 17
6:00 – 8:00 PM • 1 Class: \$10

(CRF-011)
TUES • Nov 14
6:00 – 8:00 PM • 1 Class: \$10

DESIGNING DISH

GLASS FUSING/SILVER CLAY

Glass Fusing is a wonderful way to release the artist in you – start with a blank piece of glass, layer with an assortment of different kinds and colors to make a beautiful design. By firing once you can create coasters, night lights, sun catchers, picture frames or jewelry; fire a second time in a mold of your choice and turn your creation into a bowl or plate. Glass pieces will be available four days after class for pick up. Lab fee covers glass and varies depending on amount used; accessories and jewelry findings are extra. Lab fee: \$16-45/glass

(CRF-012)
TUES • Oct 10
6:00 – 8:00 PM • 1 Class: \$10

(CRF-013)
TUES • Nov 7
6:00 – 8:00 PM • 1 Class: \$10

*No Gold Card Discount
Lab fees payable at the studio for materials*

WIRE-WRAPPED BEACH/SEA GLASS JEWELRY (CRF-009)

Diane Waterman

Wear a piece of summer at the lake all year long! Learn to create jewelry from beach/sea glass. Course includes wire for wrapping, instructions and neck cord. Instructor provides tools and beach/sea glass. Lab fee: \$8/materials & booklet.

THURS • Oct 19
7:00 – 9:00 PM • 1 Class: \$15
Bldg.: EM/Rm 118

SILK SCREEN TECHNIQUE

Choose a piece of pottery and learn our new silk screen technique. Several designs to choose from, and with this special medium you will get professional results that no one would believe it was hand-painted!

Lab Fee: \$15-65 depending on pottery chosen.

(CRF-014)
TUES • Oct 24
6:00 – 8:00 PM • 1 Class: \$10

(CRF-015)
TUES • Nov 28
6:00 – 8:00 PM • 1 Class: \$10

Expressive Glass

with **Vicki Schneider, Glass Artist**

Classes held at **Expressive Glass** • 3333 Lake Shore Road, Woodlawn, 14219

NEW! Flameworking Class

BLOWN ORNAMENTS

Try your hand at blowing your own Christmas ornaments. After learning how to light a torch, you will be taught the process of gently heating, rotating and blowing an ornament. Because this is a challenging skill, expect varying degrees of success. During the class, you may blow a maximum of three ornaments and will be gifted one ornament blown by the instructor. Time permitting, you may blow additional ornaments at \$10 per ornament. Pick up your ornaments after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for \$7 payable to the instructor.

Classes are held at Expressive Glass, 3333 Lake Shore Rd (Rte 5), Buffalo, near the Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Rd.

(CRF-016)
SUN • Nov 5
1:00 – 3:30 PM • 1 Class: \$60

(CRF-017)
WED • Nov 29
6:00 – 8:30 PM • 1 Class: \$60

HOW TO MAKE GLASS BEADS Vicki Schneider / Expressive Glass

Turn hot glass into cool stuff! Join glass artisan Vicki S at her studeo for an introductory class in glass beadmaking. In just 3 hours, you will make your own beautiful 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. Most students will create from 3-6 colorful beads they can turn into jewelry. \$70 Fee includes all glass, tools, instruction, and materials, plus 1 hour complimentary studio time within 30 days of your class. Classes held at Expressive Glass, 3333 Lake Shore Rd., Woodlawn, 14219.

(CRF-018)
THURS • Oct 26
6:00 – 9:00 PM • 1 Class: \$70

(CRF-019)
SUN • Nov 19
1:00 – 4:00 PM • 1 Class: \$70

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 close supervision. You may also be able to make a smaller version of the icicle to wear as a pendant. No experience necessary- only a willingness to try. . Pick up your project on a pre-arranged date or have it mailed to a cost of \$7 to the instructor after the project has been annealed. \$60 Fee includes all glass, tools, instruction, and materials. Classes held at Expressive Glass, 3333 Lake Shore Rd., Woodlawn, 14219.

(CRF-020)
WED • Nov 8
6:00 – 8:30 PM • 1 Class: \$60

(CRF-021)
SAT • Dec 9
1:00 – 3:30 PM • 1 Class: \$60

NEW! Fusing Class

BLOWIN' IN THE WIND

Cut and layer pieces of glass to make your own beautiful wind chime to hang inside your home or office. During the first session, you will explore various surface decorations and create 3-5 hanging components. Basic cutting techniques will be taught/reviewed. Between sessions we will fuse each component by heating your glass in a kiln and melting the layers together. In the second session, which may not require the full 2.5 hours, you will string the components and complete your wind chime. Because your finished wind chime will be made of glass, we do not recommend hanging it outdoors. Classes are held at Expressive Glass, 3333 Lake Shore Rd (Rte 5), Buffalo, near the Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Rd.

(CRF-022)
SUN • Oct 15 & 22
1:00 – 3:30 PM • 2 Classes: \$70 + \$10 Lab Fee

Other Classes held at Expressive Glass – 3333 Lake Shore Rd., Woodlawn 14219 Vicki Schneider, Glass Artist

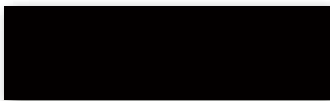
FRITTY THE SNOWMAN - GLASS FUSING

(CRF-023)
SAT • NOV 11
10:00 AM – 12:30 PM
1 Class: \$60

(CRF-024)
SUN • NOV 26
1:00 – 3:30 PM
1 Class: \$60

FUN WITH FUSING

(CRF-025)
SUN • Oct 29
1:00 – 3:30 PM
Class: \$60



Inform Tops of any food allergies at registration time. We will try our best to accommodate food allergies with substitutions.

*Please tell us if you have any coupons or gift certificates at time of registration, No Gold card discounts; coupons/free gift certificates can not be used for camps, exclusions apply.

Please wear closed toe shoes like sneakers. No sandals/clogs or wet boots are allowed in the school for the safety of everyone. Hair must be pulled back if long.

Classes held at Tops Markets 355 Orchard Park Rd. West Seneca
Call Tops to @ (716) 517-3006 to reserve all classes.
Please have you credit card ready.

Credit card only; mention West Seneca Community Education when registering. For complete listings visit www.topsmarkets.com click on "depts./cooking school/calendar"

KIDS KITCHEN

These classes will be held in both schools on the dates listed. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate food allergies with substitutions. Children with long hair, please tie it back before class. **Please have child bring sneakers for safety reasons; NO WET boots/shoes will be allowed in the cooking school.***Please tell us if you have any coupons or gift certificates at time of registration, as coupons/ free gift certificates are not taken with some classes, including all camps.

Little Chefs

Ages 3-6 with parent/guardian

GHOST BUSTERS/ HALLOWEEN BOOK READING

Halloween is here! All you ghost busters get ready. There are 3 ghosts to make and eat before Slimer comes! *Candy Corn Veggies and Dip, Ghost Pups, Banana Pretzel Spiders*

SAT • October 28
 11AM-12:30 PM
 \$13 per Little Chef

DINING WITH THE GOOD DINOSAUR/BOOK READING

Bring your small dinosaur and let him/her dine and listen to a story with you. Remember to tell them to mind their manners and roar very quietly or other children might not hear instructions. Happy Dining!! *Arlo Apatosaurus Sandwiches, Dinosaur Bones and Spot's Favorite Dip, Libby's Dino Pudding*

SAT • November 18
 11AM-12:30 PM
 \$13 per Little Chef

GIFTS FROM THE KITCHEN

Children love to create gifts. Grandparents, parents, teachers and anyone else that appreciate children's handmade gifts will enjoy receiving them. Children will receive gift bags or boxes, so they are ready for gift giving! *Melted Snowman Bark, Christmas Tree Brownies, Peppermint Crunch Puppy Chow*

SAT • December 9
 11AM-12:30 PM West Seneca
 \$15 per Little Chef

BREAKFAST WITH SANTA!

Santa has scheduled a visit to The Cooking School this year! Please join us for breakfast and decorate a Christmas cookie with Santa! *Prancer's Pancakes with Assorted Homemade Toppings, Santa's Favorite Breakfast Sausage, Cupid's Yogurt Fruit Parfait, Coffee, Tea, & Juice for the children, PLUS a Cookie to Decorate with Santa*

SAT • December 9 10-11:30 AM Amherst	SAT • December 16 10-11:30 AM West Seneca
\$9 per adult	
\$8 for child 7-10 yrs.	
\$5 for child 3-6 yrs.	

Future Chefs

Ages 7 and up

MAD SCIENTISTS AT WORK

In the lab, the scientists have gone mad using the periodic table making unusual combinations. WATCH OUT! The brains may come alive! Make the molecules in your own DNA. Are you ready to drink the potion in the test tube? What will happen? *Mad Scientist Wraps, Fruit Molecules, Candy Coated Brains, Bubbly Test Tube Drinks*

THURS • October 19
 6-8 PM • \$16 per Future Chef

OCTOBERFEST CAMP

Oktoberfest is the largest folk festival of its kind with a horse race, parade, and many festivities for the families. As we make these German recipes, we will be celebrating as well. *Apple Chicken Sausage Baked with Roasted Carrot Strips, Homemade Spätzle, Corn Bread, Peach Cobbler*

MON • October 9
 10 AM-1 PM • \$30 per Future Chef

LET'S GIVE THANKS!

The farmers have brought in the vegetables and the fishermen have brought the fresh fish. Let's give thanks for the food we eat. *Crunchy Panko Baked Fish, Sweet Potato Fries, Broccoli with Cheese Sauce, Pumpkin Chocolate Chip Muffins*

TUES • November 14
 6-8 PM • \$16 per Future Chef

GIFTS FROM THE KITCHEN

Parents, Teachers and Grandparents always enjoy homemade gifts from young children. Your children can create the gifts, package them and they are ready to give! *Taco Seasoning, Herbed Rice, Jell-O Popcorn, Reindeer Treats. Please bring a box to take gifts home in.*

THURS • December 7
 6-8 PM • \$30 per Future Chef

COOKIE BAKE

Come joins us for our annual cookie bake! No bake, you bake and we all decorate. Leave the mess for our staff, you take the goodies home. *Peppermint Fudge Brownie Bites, Nice Krispy Bars, Berry Shortbread Dreams, No Bake Oatmeal Chocolate Cookies. Please bring a container to take some cookies home in!*

Please Choose One Date!
 SUN • December 10 • 1-1:30 PM OR
 SUN • December 17 • 12-2:30 PM
 \$30 per Future Chef

Aspiring Chefs

Ages 12 & up

LET'S MAKE TEMPURA!

Tempura is an exciting technique to learn and the secret is lighter than air batter. Better yet, you can use tempura batter on seafood, veggies, even fruit! *Shrimp, Veggie and Fruit Tempura, Chocolate Mint Cookies*

FRI • November 10 • 6-8:30 PM Amherst
 FRI • November 3 • 6-8:30 PM West Seneca
 \$18 per Aspiring Chef

Future Chefs Winter Camps

Ages 7 and up

COMFORT FOOD FOR THE HEART AND SOUL CAMP

Comfort food always soothes and warms the heart. What is more comforting than a bowl of meatballs over mashed potatoes? These recipes will tickle your taste buds and soothe your soul. *Deviled Eggs, Tangy BBQ Meatballs on top of Real Homemade Mashed Potatoes, Baked Parmesan Green Beans, Cheesecake-adillas*

WED • December 27

10 AM-1 PM • \$30 per Future Chef

HAPPY 2017 CAMP

Baby New Year will bring in 2018 with a bang of new baby bites one morsel at a time. We will include hats and noise makers. *Taco Cups, Mini Mild Pepper Poppers, Pepperoni Pizza Bites, Churro Bites, Fudge Truffles, Happy New Year Punch*

THURS • December 28

10 AM-1 PM • \$30 per Future Chef

Kids Night Out! 6-9 PM

Ages 7-14 • Offered at Amherst & West Seneca Cooking Schools

\$25 for one child, \$45 for two children and \$65 for three children (please register all children in your group at the same time to get the discount) No coupons allowed for more than 1 child, as it is already discounted.

HALLOWEEN HAUNTINGS/GAMES

Tis' the night of the howling werewolves. BEWARE! They have squished the frogs that were in the pumpkin patch. It is time to eat them in a sandwich and drink their blood in a milk shake! *Werewolf Sliders (Sloppy Joes), Pumpkin Heads (Carrot Coins), Squashed Frogs (Rice Krispies Treats), Vampire Milkshake, Cheetos Popcorn*

SAT • October 14 • 6-9pm

TURKEY DAY/GAMES

Thanksgiving is a reminder of our attitude of thankfulness towards others. It always brings great things in your life and the lives of others. Enjoy this yummy food that you prepared! *Turkey Upside down Burgers, Cauliflower Ranch Mashed Potatoes, Oven Baked Frozen Corn on the Cob, Pumpkin Pudding Mousse*

SAT • November 4 • 6-9pm

Gingerbread House Celebration - Hands on

Ages 6 and up with adult

Snacks will be provided at both classes.

HAUNTED HOUSE FOR FUTURE CHEF / ADULT TEAMS

FRI • October 20 • 6:30-8:00 PM AMHERST

FRI • October 13 • 6:30-8:00 PM WEST SENECA

\$30 PER TEAM (one adult / one Future Chef) \$5 extra person on team

Decorate a spooky gingerbread house with ghosts and goblins galore! Create your own Halloween scene with candy corn fences, licorice trees and all kinds of sweet and scary fun. Each team will receive one haunted house and a frightening amount of candy decorations!

GINGERBREAD CHRISTMAS COTTAGE FUTURE CHEF / ADULT TEAMS

FRI • December 15 • 6:30-8:00 PM AMHERST

FRI • December 8 • 6:30 – 8:00 PM WEST SENECA

\$30 PER TEAM (one adult / one Future Chef) \$5 extra person on team

Decorate a charming gingerbread house with royal icing "snow" and sweet treats. Abbi will help you create your own holiday scene with pretzel windows, cobble-candy pathways and gumdrop trees. Each team will receive one gingerbread house and enough candy to cause a celebration!

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)**

At the Before and 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, jewelry making, 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

Coordinator

swright01@wscschools.org or call, 677-3185

Life Enrichment Seminars

with Richard D'Angelo

CHANGE YOUR MIND, CHANGE YOUR LIFE (HEW-017)

Our minds are a powerful source of creative energy. In this class you will be taught how this energy works...how it is created, sent, and received. You will be shown how to see auras and how to actually feel and measure a person's energy. By understanding the nature of reality and the creative process, you will be able to disrupt those creations that are not in your best interest and focus on those that are. If you've ever wondered how you can change your life for the better, this is the class you have been waiting for.

MON • Nov 13
6:30 – 9:30 PM • 1 Class: \$30
Bldg.: EM/Rm. 107

INTRODUCTION TO MEDITATION (HEW-018)

We all want to be happy and lead fulfilled lives, but too often depend on our minds to find this happiness and are disappointed. The reason is that we are using the wrong tool for the job. To find true happiness we need to look within, for our hearts hold the answers to finding true joy and contentment, not our minds. This is where meditation helps – by learning how to quiet the mind, we can remove ourselves from the fear the mind creates and open us up to a whole new world of self-discover and purpose. If you feel frustrated and discouraged in life, this is the class you've been waiting for!

THURS • Oct 26
7:00 – 9:30 PM • 1 Class: \$30
Bldg.: EM/Rm 107

YOGA FOR 55+ Kathryn Zawadzki

You've heard about yoga and its benefits, but dismiss it for yourself because you think you are not flexible enough. That is the exact reason you should consider doing it. This particular course can help to improve your balance, posture, breathing, how you feel about yourself and the aging process. You will learn simple stretches while standing and sitting that help the glands and those achy joints. All you need are comfortable pants and a comfortable tee or a light long sleeve shirt; a yoga mat is helpful. No Gold Card Discount.

(HEW-005)
TUES • Oct 17 – Dec 5
1:30 – 2:30 PM • 8 Classes: \$69
Bldg.: Studio-4184 Seneca St/Ste 204

(HEW-006)
THURS • Oct 9 – Dec 7
1:30 – 2:30 PM • 8 Classes: \$69
Bldg.: Studio-4184 Seneca St/Ste 204

WEIGHT LOSS WITH HYPNOSIS (HEW-001)

Are you serious about reducing your weight, improving your health and wellness? Do you have a desire to achieve your ideal weight without deprivation? This comprehensive workshop allows you to discover the food and lifestyle choices that will improve your health and wellness. Topics include: deconstructing sugar cravings, good fats/bad fats, releasing unhealthy foods from the diet, hormonal imbalances, visualizations and hypnosis and relaxation techniques designed to melt stress and unwanted pounds. Materials included; reinforcement CD's available. Bring a sleeping bag and two pillows for the hypnosis process.

WED • Nov 1
6:30 – 9:00 PM • 1 Class: \$35
Bldg.: WE/Board Rm

ENRICH YOUR LIFE WITH KEYS TO WELLNESS

Luisa Bruzga, CNHP, CRMT, CI, CCH; Integrative Hypnosis & Wellness of WNY

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

No Gold Card Discount

REIKI PRACTITIONER LEVEL 1 (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.

SAT • Oct 21
9:00 AM - 5:00 PM
1 Sessions: \$150

REIKI PRACTITIONER LEVEL 2 (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.

SAT • Nov 4
9:00 AM - 5:00 PM
1 Sessions: \$150

ADVANCED REIKI TRAINING (Pre-Requisite: Reiki Level 1 & 11) (HEW-003)

This class includes lecture, discussion, hands-on experience giving and receiving a Reiki treatment, meditation, and the Advanced Reiki Training Attunement. The lecture will include learning about the Usui Master symbol which increases the effectiveness of the Reiki II symbols. In addition, demonstrated and practiced are advanced healing and breathing techniques, removing imbalanced energies from yourself as well as others. Participants receive a manual and certificate as an Advanced Reiki Practitioner.

SAT • Nov 11
9:00 AM - 5:00 PM
1 Sessions: \$150

NEW!

STRESS-LESS HYPNOSIS - THE ANSWER FOR STRESS REDUCTION (New) (HEW-004)

Everyone has experienced stress at some point in their life. It affects men and women, rich and poor, young and old. Responding negatively to stress is a habit that has been learned over the years. As we all know, a habit is difficult to break on your own. Through the use of hypnosis, suggestions are given that will cancel out the negative habit. Once the negative habit has been removed, suggestions are then given that will start a new positive way to respond when faced with stressful situations. In this class you will learn positive coping strategies along with experiencing a hypnotic session to release unwanted stress. Please bring a sleeping bag and two pillows for the hypnosis process.

MON • Oct 30
6:30 – 8:30 PM • 1 Class: \$30
Bldg.: WE/Board Rm

LIFE'S GIFTS UNFOLDED

Center for Complementary Therapies

www.lifegiftsunfolded.com

Pat DePrima and Elaine Stolarski, OTR

Classes are held at 856 Ridge Rd., Lackawanna • (716) 783-9002

Parking at Corner of Ridge Rd and Reed St.



No Gold Card Discount

2 SPA EVENINGS FOR RELAXATION & FRIENDSHIP

Attend one of our spa evenings to help prepare you for the holidays with ease and relaxation. The treatments offered will help you to detoxify your body, boost your immune system and promote mental, physical and emotional balance. Choose two treatments: reflexology, reiki, ionic foot detox, craniosacral therapy, hand or foot paraffin, infrared sauna. Each person will receive a personal aromatherapy product. Light dinner, appetizers and beverages included. Call early, spots are limited.

(HEW-007)

FRI • Oct 27
5:00 – 9:00 PM
1 Class: \$60

(HEW-008)

FRI • Nov 17
5:00 – 9:00 PM
1 Class: \$60

AROMATHERAPY & ESSENTIAL OILS

(HEW-015)

Have you ever wondered how aromatherapy oils are used? They are found in lotions and cleaning supplies and have been used for health and wellness for centuries. Learn how essential oils can be used in your home and their benefits. Make your own personal aromatherapy product. A light lunch will be served and you will receive a certificate of completion.

SAT • Nov 4
10:00 am – 2:00 pm
1 Class: \$50

AN EVENING OF REFLECTION

An evening designed especially for you. If you find your life chaotic and your mind filled with uncertainty, this evening will help you focus and receive clarity. Each person will receive and individual healing and group meditation.

(HEW-011)

TUES • Oct 17
7:00 – 9:00 PM
1 Class: \$35

(HEW-012)

TUES • Nov 28
7:00 – 9:00 PM
1 Class: \$35

FITBALL

(HEW-009)

Learn how to strengthen your core, increase your endurance and stretch your muscles with using the theraball – “Fitball” provided.

MON • Oct 16 – Nov 20
6:00 – 7:00 PM
6 Classes: \$65



GENTLE STRETCH YOGA

(HEW-010)

Start your week feeling strong, motivated and mentally clear. Learn how to strengthen your core and build stamina.

MON • Oct 16 – Nov 20
7:30 – 8:30 PM
6 Classes: \$65

WHAT IS MY INTUITION TELLING ME?

(HEW-013)

Have you ever had that gut feeling or a-ha moment and wondered what it was? Do you see synchronicity in your life and also have vivid dreams but wonder what this was all about? We are all born with a sixth sense called out intuition but may not know how to use it. These classes will take you on a journey to self-discovery.

THURS • Nov 2 – 30
7:00 – 9:00 PM
4 Classes: \$65

WHAT TO EXPECT WHEN WE AGE

(HEW-014)

Discover new ways and opportunities to stay healthy and live independently in your own home through home modifications. We will talk about the importance in nutritional food on a budget while sharing simple recipes. Maintaining a strong body and mental stamina will be addressed while giving you simple exercises for the body and the brain.

TUES
Nov 14 & 21
6:30 – 8:30 PM
2 Sessions: \$35

DRUM, DANCE & FEEL THE BEAT

(HEW-016)

Feel the Beat and learn to unwind after a busy week. Drum circles are a wonderful way to connect with one another. When we drum and move to the rhythm of the beat, our hearts open up bringing joy and laughter to our bodies.

FRI
Nov 3
7:00 – 9:00 PM
1 Class: \$15

BABYSITTING PROGRAM/ASHI The Safety Company Staff

The Child & Babysitting Safety course from the American Safety & Health Institute will teach students **ages 11-15** everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so their children can gain confidence and valuable employment skills to impress parents. Students will receive babysitter's text, first aid kit, starter package and certification card.

(KID-034)

SAT • Nov 4
9:00 AM - 2:00 PM • 1 Class: \$55
Bldg.: EM/Rm 5

(KID-134)

SAT • Dec 2
9:00 AM - 2:00 PM • 1 Class: \$55
Bldg.: EM/Rm 5

MOVIN' AND GROOVIN' FITNESS AND FUN (KID-009)

Tracy Gibas

Looking to increase your child's listening skills and a place to interact and socialize with other children? Try this high-energy, interactive music class that will keep your child dancing, jumping and singing to engaging songs while using a variety of props and instruments. Class is designed so children from 20 months to 5 years may participate individually or with an adult, with no prerequisites and no wrong way to participate, creating a positive atmosphere to develop fine and gross motor skills, social and listening skills, and gain independence. For more information, go to www.movinandgroovinparties.com No Class 11/20.

MON • Oct 16 - Dec 4
5:00 - 5:45 PM • 8 Classes: \$50
Bldg.: NE/Gym

KidsPlay, LLC

Tim & Tricia Hirschbeck, Directors

KidsPlay is a group of experienced teachers that work with public and private schools to offer quality instructional sports programs to children ages 4 and up. See specific program for age groups. All players must be of age by the first scheduled class.

NFL FLAG FOOTBALL

NFL Flag is an excellent alternative to full-contact, full equipment, youth football leagues. The game is non-contact football with primary emphasis on the development of passing, receiving, running and coverage skills. Games are played 5 on 5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly competitive program. Players meet for 90 minutes each week with a 40 minute practice followed by a 50 minute game against another KidsPlay Team. A Nike reversible football jersey is included in the fee.

Ages 6 - 9

(KID-019)
SAT • September 16 - November 4
11:00 AM - 12:30 PM • 8 Classes: \$90
Bldg.: EM/Field

Ages 10 - 12

(KID-119)
SAT • September 16 - November 4
12:30 - 2:00 PM • 8 Classes: \$90
Bldg.: EM/Field

PARENT/CHILD SOCCER

(KID-015)

Ages 3 - 4 & Parent. Whether you are a 3 year old who has an early interest in soccer or a 34 year old looking for a fun way to introduce your child to organized sports, PC Soccer is a perfect fit for you. KidsPlay coaches work in partnership with parents to give young players 1:1 instruction during their initial exposure to the game. Each class begins with 10-15 minutes of individual instruction followed by fun instructional games that parents and children can play together. PC Soccer is a parent-child activity; an active parent or guardian 18 years or older must accompany a child in each session.

TUES • Sep 26 - Nov 28; No class 10/31
5:45 - 6:30 PM • 7 Classes: \$60
Bldg.: EM/Small Gym

SOCCER LEVEL I

Ages 4 - 6. Soccer is easy to learn, contains constant activity, and provides plenty of opportunity for young players to run and learn skills. The program includes small-sided games and scrimmages allowing for plenty of touches on the ball. Level 1 Soccer stresses skill development and learning in a fun and friendly atmosphere, with emphasis on teamwork. Half of each class is devoted to fun instructional training with the remaining half devoted to scrimmage. A team shirt is included in the program fee.

(KID-016)

TUES • Sept 26 - Nov 28; No class 10/31
6:30 - 7:30 PM
7 Classes: \$60
Bldg.: EM/Small Gym

(KID-017)

THURS • Sept 28 - Nov 9
5:30 - 6:30 PM • 7 Classes: \$60
Bldg.: EM/Small Gym

U8 DEVELOPMENTAL SOCCER LEAGUE

(KID-018)

Ages 8 & under. KidsPlay Instructional Soccer League is designed to help veteran and inexperienced players develop skills in a positive and supportive environment. Special emphasis is placed on the development of dribbling, receiving and passing/support skills. The program is designed to be fun and challenging for any player with a strong interest in improving skills and understanding how team soccer works. All game and training sessions are coordinated by 2-3 KidsPlay coaches, not volunteers. Players meet once a week for a 30-40 minute training session followed by a game lasting 35-45 minutes, played 5 x 5 allowing for maximum touches on the ball and plenty of playing time. KidsPlay shirt included.

THURS • Sept 28 - Nov 9
6:30 - 7:45 PM • 7 Classes: \$70
Bldg.: EM/Small Gym



SABRETOOTH INSTRUCTIONAL FLOOR HOCKEY

Ages 4 - 6. A safe and fun alternative to traditional ice hockey, this program stresses the development of basic stick handling, passing and shooting skills as well as understanding how hockey works. Game rules are modified to heighten skill development and ensure equal playing time for all players. Two KidsPlay coaches teach a maximum of 20 players in each session. Players use the same equipment as used in school gym class, a mouth guard is the only required equipment. A KidsPlay shirt is included in the program fee.

(KID-020)

THURS • Nov 30 - Jan 18; No class 12/28
5:30 - 6:30 PM • 7 Classes: \$60
Bldg.: EM/Small Gym

(KID-021)

THURS • Nov 30 - Jan 18; No class 12/28
6:30 - 7:30 PM • 7 Classes: \$60
Bldg.: EM/Small Gym

Kids Choice Sports

with Brian Kieser

Kids Choice Sports offers instructional youth sports programs to kids ages 3-12. By offering a variety of programs, we give Kids the Choice of many different Sports to try out, in order to find the best fit for them. The skills and rules of each sport that we teach are broken down into simple concepts that are fun to learn and easy to understand. For more information visit www.kidschoicesports.com

CO-ED BASKETBALL (KID-024)

Grades 3 - 6. This coed program encourages boys and girls to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing and shooting will be taught followed by a fun scrimmage. This class will enable players to become proficient at the game of basketball, build confidence, develop a positive self-image, and most of all have fun!

TUES • Oct 10 - Nov 28, No class 10/31 & 11/7
7:30 - 8:30 PM • 6 Classes: \$74
Bldg.: NE/Gym

HOT SHOTS - INTRO TO BASKETBALL 1 (KID-022)

Ages 3-5. In this parent participation program, boys and girls will learn the basics of basketball, fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be on fun and recreation in this non-competitive, coed program. T-shirt included in program fee.

TUES • Oct 10 - Nov 28, No class 10/31 & 11/7
5:45 - 6:30 PM • 6 Classes: \$74
Bldg.: NE/Gym

HOT SHOTS - INTRO TO BASKETBALL 2

Ages 5-7. Boys and girls will learn the basics of basketball in this fun class! Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this noncompetitive, coed program. This class may include some parent participation. T-shirt included in program fee.

(KID-023)
TUES • Oct 10 - Nov 28, No class 10/31 & 11/7
6:35 - 7:20 PM • 6 Classes: \$74
Bldg.: NE/Gym

LACROSSE SKILLS - INDOOR

In this non-competitive coed program, kids will be taught the basic skills of lacrosse, including scooping, cradling, passing, catching and shooting. The idea is to make friends and have fun while learning this popular sport. No-contact lacrosse is played, using a lightweight stick and a soft ball (also know as "Soft" lacrosse). A mouthguard is required, all other equipment is provided.

Ages 5 - 7.
(KID-025)
WED • Oct 11 - Nov 5
5:45 - 6:30 PM • 6 Classes: \$74
Bldg.: WE/Gym

Ages 8 - 12.
(KID-026)
WED • Oct 11 - Nov 5
6:35 - 7:35 PM • 6 Classes: \$74
Bldg.: WE/Gym

SPORT EXPLORERS (KID-027)

In this parent participation program, parents and players **ages 3-5** work together on skills used in multiple sports (T-Ball & Soccer). The first three sessions are centered around T-ball; parents and players work together on drills to learn catching, fielding, throwing, batting, and running bases. The equipment is age appropriate and ideal for kids to be introduced to the game of T-ball in a safe and fun way. The next three weeks are centered around soccer and consist of games and activities that involve running, kicking, balancing, and more. This program is a great way for kids to get exercise, learn new skills, improve motor skills and hand-eye coordination, get adjusted to a team setting, and more. But most of all, it's FUN! Players are required to have a size 3 soccer ball and shinguards, Kids Choice Sports will provide all other equipment. A T-shirt is included in the program fee. Bring a water bottle.

SAT • Oct 14 - Dec 2; No class 11/11 & 11/25
11:15 - 12:00 PM • 6 Classes: \$74
Bldg.: WE/Gym

TODDLER TIME SOCCER (KID-028)

Ages 2-3. Toddler Time is an exciting soccer-based playgroup in which a variety of age-appropriate props are used. You and your child will participate in a variety of soccer-related games and activities. Kids learn through play in a social environment, while developing motor skills and coordination, building confidence, and much more. But most of all, it's FUN! T-shirt included in fee.

SAT • Oct 14 - Dec 2; No class 11/11 & 11/25
10:00 - 10:40 AM • 6 Classes: \$74
Bldg.: EM/Small Gym

YOUTH FLOOR HOCKEY

This program provides a safe and fun environment for boys and girls **ages 7 - 12** to make friends and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, puck handling, and shooting will be taught followed by a scrimmage. All players are required to have a mouth guard and should have shin guards.

(KID-029)
WED • Oct 11 - Nov 15
7:45 - 8:45 PM
Bldg.: WE/Gym

(KID-030)
SAT • Oct 14 - Dec 2; No class 11/11 & 11/25
11:50 AM - 12:50 PM
Bldg.: EM/Small Gym

Horizon Martial Arts



**Courses located at:
280 Center Road
Wimbledon Plaza**

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

*Bring a towel
and water bottle*

MOMMY/DADDY & ME KARATE (KID-006)

Martial Arts is proven to be very beneficial for kids, so why not start them young? Our Mommy (or Daddy) & Me Martial Arts Class is designed just for 2-3 year olds (or for 4 year olds who are not yet ready for our Little Ninja Karate program). Parents participate with their kids during each and every class in a fun and safe environment. We disguise learning with fun game-like drills where kids will learn basic Karate techniques alongside their parents. Includes Uniforms.

TUES • Oct 17 - Nov 7
10:00 - 10:30 AM • 4 Classes: \$89

KARATE FOR KIDS (KID-008)

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. Unlike team sports, there are no "benchwarmers" - instead, children learn techniques at their own pace. Belt and strip requirements offer a clear path forward at each step of the training process. Includes uniform. No class October 31st.

TUES & THURS • Oct 17 - Nov 14
5:30 - 6:15 PM • 8 Classes: \$59

LITTLE NINJAS (KID-007)

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. No class October 31st.

TUES • Oct 17 - Nov 14
5:30 - 6:00 PM • 4 Classes: \$49

SPANISH FOR THE ELEMENTARY YEARS CultureKids Teaching Team

Get a head start by joining us for an educationally-oriented curriculum specifically designed for the K-4 student to learn the Spanish language. Early introduction increases the student's ability to absorb rather than translate the language. This unique program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. New vocabulary is introduced with each session - never a repeat. For more information, visit www.CultureKidsClub.com Programs are 6 weeks, 40 minutes per session. Cost is \$65 per child.

(KID-010)

MON • Oct 16 - Nov 20
3:00 - 3:40 PM
Winchester Elementary Library

(KID-011)

TUES • Oct 17 - Dec 5; No class 10/31, 11/7
3:00 - 3:40 PM
Northwood Elementary Library

(KID-012)

WED • Oct 18 - Nov 29; No class 11/22
3:00 - 3:40 PM
Allendale Elementary Library

(KID-013)

THURS • Oct 19 - Nov 30; No class 11/23
3:30 - 4:10 PM
Clinton Elementary Library

(KID-014)

FRI • Oct 20 - Dec 15; No class 11/10, 11/24, 12/1
3:30 - 4:10 PM
West Elementary Library

SENSATIONAL FUN, INC.

*Classes held at Sensation Fun Complex,
2881 Southwestern Boulevard, Unit 1, Orchard Park*

ADAPTIVE MARTIAL ARTS

This class is perfect for children needing help with focus, concentration, balance, tone, awareness, self-regulation, core strength, reduced anxiety, social skills, and spatial awareness. Your child will be in great hands with Sensei Moira who is not only a 4th degree Isshynryu Black Belt, but also a certified Special Education Teacher! Fee includes open play before or after class & includes a group shirt!

(KID-031)

FRI • Oct 27 - Dec 8
4:30 - 5:00 PM
6 Sessions: \$50

(KID-131)

FRI • Oct 27 - Dec 8
5:15 - 5:45 PM
6 Sessions: \$50

BASKETBALL WITH BUDS

(KID-032)

Basketball with Buds is a noncompetitive program for children with special needs. Our program will provide a team experience where children can have fun, learn basic basketball skills, and interact with others, while being themselves in a patient and understanding environment. We aim to pair volunteers of similar age to create friendships among all and help with skill development! Parent or guardian presence is required and assistance may be necessary! Shirt & trophy are provided! **Ages 8-12** (this is flexible relating to size and developmental age)

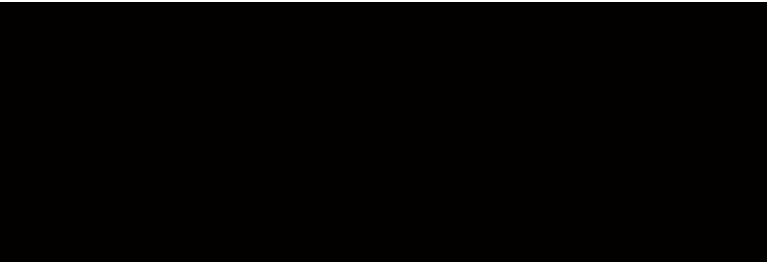
WED • Oct 18 - Nov 15
6:30 - 7:15 PM
5 Sessions: \$60

SENSATIONAL SOCCER

Sensational Soccer is a noncompetitive program for children with special needs. Our program will provide a team experience where children can have fun, learn basic soccer skills, and interact with others, while being themselves in a patient and understanding environment. Parent or guardian presence is required and participation as necessary for a great experience! Shirt & trophy are provided! **Ages 4-9** (this is flexible relating to size and developmental age)

(KID-033)

WED • Oct 18 - Nov 15
5:30 - 6:15 PM
5 Classes: \$55
Lab fee: \$55
Bldg.: EM/Small Gym/Side Field



The overall course objective is to impart theoretical and applied knowledge in the fields of Science, Technology, Mechanical Engineering, and Math (STEM) by using LEGO® technic and other exciting tools. The main goal of the course is to illustrate content through stories and demonstrations. Our students will learn math and physical principles through intuitive study, develop their independent learning and improve their building skills. The course will provide mathematical integration between physical laws and the simple calculations to support them. The laws and mathematics are both illustrated through the construction of exciting LEGO® models. Once the concepts have been demonstrated students enjoy hands on building the LEGO® models which provides experiential learning and reinforces the lessons topic. To carry out the building process, students receive a tailor made kit developed by Young Engineers to work with during the class.

Each session is 4 weeks: \$69

(KID-001)

MON • Oct 16 - Nov 6
3:05 - 4:35 PM
Allendale Elementary Library

(KID-002)

TUES
Nov 14 - Dec 5
3:35 - 5:05 PM
Clinton Elementary Library

(KID-004)

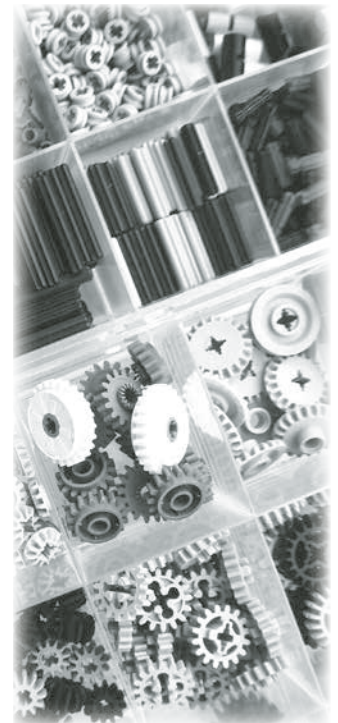
THURS
Oct 19 - Nov 9
3:05 - 4:35 PM
Northwood Elementary Library

(KID-003)

WED
Nov 8 - Dec 6
3:35 - 5:05 PM
West Elementary Library

(KID-005)

FRI
Oct 13 - Nov 3
3:05 - 4:35 PM
Winchester Elementary Library



CRASH GUITAR FOR BEGINNERS (MUS-001)

Ginny Doak-Swann

This class is geared for those who would like to learn the basics of guitar, six chords and eleven songs in just four lessons. Indicate if an instrument is needed at time of registration. Instructional video is available for additional cost. Rental guitars are also available for \$10 – indicate if needed when registering. Lab Fee: \$10/book.

WED • October 18 – Nov 8
6:30 – 8:30 PM • 4 Classes: \$40
Bldg.: EM/Cafeteria

CRASH GUITAR INTERMEDIATE LEVEL I (MUS-002)

Ginny Doak-Swann

Designed especially for the graduates of Crash Guitar for Beginners, class allows you to expand your musical knowledge. Introducing 12 new songs, 9 new chords and 2 additional strums. Indicate if an instrument is needed at time of registration. Instructional video in video and cassette is available for additional cost. Rental guitars are also available for \$10 – indicate if needed when registering. Lab Fee: \$10/book. No class 11/16 & 11/23

WED • Nov 15 – Dec 13
6:30 – 8:30 PM • 4 Classes: \$40
Bldg.: EM/Cafeteria

PIANO LESSONS (MUS-003)

Michelle Rotterman

Private piano instruction for both beginning and continuing students ages 5+, for students new to our studio. Call 675-0461 to schedule day and time for half-hour private lessons subject to teacher's openings. Student must have access to a piano or keyboard for practice between lessons. Music fee: \$8-15.

5 Classes: \$55
Bldg.: 120 Dauer Dr.
West Seneca (off Reserve)

Walh Performing Arts Studios

“A DANCE & MUSICAL THEATRE TRAINING SCHOOL”

David and Katie Walh

www.walhstudios.com

All Classes held at:
2937 Southwestern Blvd.
Orchard Park NY 14127
675-7607

No Gold Card discount

JAZZ FOR TEENS

Come and learn the exciting, vibrant, and dynamic quality of Jazz dance. Jazz focuses on stretch and strength, while dancing to popular music. Class meets one hour weekly. Great exercise, and great fun! For students **ages 13-18.**

(MUS-010)
TUES • Sept 26 - Nov 7
8:00 - 9:00 PM
Cost: \$80

MUSICAL THEATRE FOR KIDS

Musical Theatre class will introduce the techniques of dancing, acting, and singing. Students will learn dance moves, acting and theatre through games, and music from the Broadway genre. For students **ages 6-8.**

(MUS-011)
SAT • Sept 30 - Nov 4
12:00 - 1:00 PM
Cost: \$80

MUSICAL THEATRE FOR TEENS

Do you love Broadway shows and movie musicals? Musical Theatre class will delve into the techniques of dancing, acting, and singing. Students will learn choreography, scene work, and music from the Broadway genre. For students **ages 13-18.**

(MUS-012)
TUES • Sept 26 - Nov 7
7:00 - :00 PM
Cost: \$80

BEGINNER BALLET FOR TEENS

Are you a teenager looking to get the benefits of ballet? Students will experience the grace, athleticism, poise, stretching and conditioning that ballet has to offer. Ballet benefits school athletes and artists alike. For students **ages 13-18.**

(MUS-006)
TUES • Sept 26 - Nov 7
7:00 - 8:00 PM
Cost: \$80

CHARACTER EXPLORATION

This class will focus on developing and 'bringing to life' believable characters on stage. Students will analyze characters in-depth to help them further their skill level in acting. For students **ages 13 - 18.**

(MUS-007)
FRI • Sept 23 - Nov 3
5:00 - 6:00 PM
Cost: \$80

HIP HOP FOR KIDS

Come and learn the latest dance moves, in one of our most exciting classes! Class meets one hour weekly. Great exercise and great fun! Recommended attire is leotard and dance pants for girls and athletic clothing for boys. Hip Hop shoes or sneakers only.

(MUS-008)
Ages 6 - 8
SAT • Sept 30 - Nov
11:00 AM - 12:00 PM
Cost: \$80

INTRO TO ACTING

Come explore the fundamental skills and tools of acting. Students will learn through acting games and exercises, as well as improvisation, monologues and scenes. Open to students **ages 9 - 12.**

(MUS-009)
FRI • Sept 26 - Nov 7
4:00 - 5:00 PM
Cost: \$80

The Guitar Factory
1062 Union Rd. (Southgate Plaza)
West Seneca, NY 14224
Email: lessons@theguitarfactory.com

Register at 716-677-0908
www.theguitarfactory.com

No Gold Card Discount



NEW THIS YEAR! Along with lessons in Guitar(Electric or Acoustic), Bass, Piano, Drums, Mandolin, Ukulele, we are now offering lessons in ALL Brass, Woodwinds, Hand Percussions & Vocals!

For registration or further information regarding the programs, please call 716-677-0908

PRIVATE LESSONS!

One on One Instruction for Any Age: Private, weekly lessons with our talented instructors give you a premium experience at any age. Whether you are 5 years old or 80 years young, music is always something you can learn! Our flexible schedule 7-days a week gives you convenient options.

Currently offering lessons in:

Brass, Woodwinds, Guitar (electric & acoustic), Bass, Piano, Drums, Mandolin, Ukulele, & Vocals!

Age: 5+ years

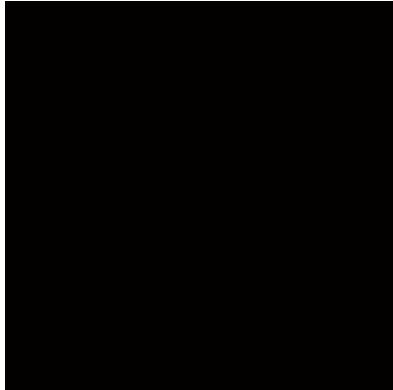
Experience: No experience necessary

Cost: \$19 per lesson (private lessons are paid for in advance in 1 month increments)

Current Promotions For New Students:

PURCHASE a 12 LESSON PACK, and receive a NEW Acoustic Guitar! (*valid while supplies last*)

PURCHASE a 6 LESSON PACK, and receive 2 additional Lessons!



Holistic Art Studio

with *Jesse Wicher,*
professional singer and voice teacher

Classes held at: 68 Reed Ave. Lackawanna
(off Ridge Rd., near OLV) • Call 821-1404 to register
No Gold Card Discount

SELF-GROWTH AND THE ART OF SINGING

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. *****Location: Maryvale High School Campus,** Call 821-1404 for more information.

(MUS-013)

MON • December 4
6:30 - 9:00 PM
1 Class: \$29

SINGING LESSONS FOR EVERYONE

(MUS-014)

Do what you love to do - BETTER! Learn to 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. Classes are open to all ages! Lessons are 30 minutes of private instruction.

5 Lessons: \$85 - flexible scheduling



Southgate Plaza • 954 A Union Road, Suite 3
West Seneca NY 14224 • (716) 608-1010
www.zpac.biz

Register directly with the Center at the website
or call 608-1010. Mention West Seneca
Community Education when registering!!

Dance, Theatre, Voice and Acting, Fitness courses for all levels are offered to students **ages 2½ and up**. The Center also offers private lessons, duets and small group lessons by appointment. University students and veterans receive a 10% discount. Fees may be paid monthly.

(MUS-105)

Mommy and Me: (Creative Movement): Ages 1 year- 1 1/2 years: This course is an introductory course to develop a child's creative spirit with creative movement and props. Filled with song and Dance. The course will include beginning instruction of ballet, jazz, acro and tap. Dress Code: Girls: Pink Leotard with attached skirt and pink ballet shoes are required. Mondays 9:00 - 10:00 a.m.: 7 week session 10/16-11/27. \$25.00 for four classes.

(MUS-004)

Tiny Tot Combo Class: (Creative Movement): Ages Two -Three: This course is an introductory course to develop a child's creative spirit with creative movement and props. Filled with Song and Dance. The course will include beginning instruction of ballet, jazz, acro and tap. Dress Code: Girls: Pink Leotard with attached skirt and pink canvas ballet shoes are required. Boys: Black pants or shorts and black t-shirt and black ballet shoes. Black tap shoes required for both. If you don't have tap shoes, you can borrow some from the center. In Performance, costume required. Mondays 10a.m.-10:30a.m.: 4 week session 10/16-11/27. \$25.00 for 7 classes.

Combo Course I

(All styles in one class: Ballet/Jazz/Hip Hop/Acro/Tap/Musical Theatre): Ages Four-Five: This course is an beginning level course to develop a child's creative spirit. Filled with Song and Dance. The course will include beginning instruction of ballet, hip hop, acro and jazz. Dress Code: Girls: Pink Leotard with attached skirt and pink canvas ballet shoes are required. Boys: Black pants or shorts and black T-shirt and black ballet shoes. Black tap shoes required for both. If you don't have tap shoes, you can borrow some from the center. Mondays 10:30-11:15a.m.: 7 week session 10/16-11/27. \$35.00 for four classes.

SPORTS & FITNESS

PICKLEBALL (PHY-003) **NEW!**

Pickleball is a quick-paced racquet sport for all ages. Played on a court that is the size of a badminton court with a net that is flush to the ground like a tennis net, pickleball is played with paddles and a whiffle ball. This class will introduce participants to the rules of play, best techniques for form, strategic play, and pattern drills. **Must bring your own paddles.

SAT • Oct 14 – Dec 9
12:30 – 2:30 PM • 6 Classes: \$42
Bldg.: EM/Large Gym

AQUA ZUMBA® (SWM-101) Crystal Kluth

Ditch the workout, join the party! Aqua Zumba® is a fun “pool party” workout infused with Latin music. This course has all of the fitness benefits of a Zumba® class with the help of water resistance. Join in on the fun and make the pool your dance floor!

MON • Oct 16 – Nov 27
7:35 – 8:35 PM • 6 Classes: \$42
Bldg.: WM/Pool
No class 11/20

JAZZERCISE™ **Barbara Klein**

Jazzercise™ is a pulse-pounding, beat-pumping, body-blasting fitness program that gets you results. It's a high-intensity

Pilates, hip-hop, yoga and kickboxing. Burn 500 calories on our 1-hour class and meet lots of great people. No Gold Card Discount. All classes held at Southgate Plaza Location. All sessions are \$105; running October 16 through December 1.

(PHY-002)
MON/TUES/THURS/FRI
Starts Oct 16
5:45 – 6:45 AM

(PHY-102)
MON/TUES/WED/THURS/FRI
Starts Oct 16
9:30 – 10:30 AM

(PHY-202)
MON/WED/THURS
Starts Oct 16
4:45 – 5:45 PM

(PHY-302)
MON/WED/THURS
Starts Oct 16
6:00 – 7:00 PM

(PHY-402)
TUES/THURS/FRI
Starts Oct 16
8:30 – 9:30 AM

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.

LEARN TO SKI/SNOWBOARD (PHY-001)

Buffalo Ski Club

Ages 7 to adult. Don't let winter get you down - get involved with a popular winter activity. This is a lift/lesson program with experienced instructors designed to introduce you to downhill skiing/boarding or to advance the ability you already have. We now have over 300 ski-able acres with 42 trails. Lessons are at 7 PM Wednesdays from 1/3/18 - 2/14/18; 7 weeks for \$209. Included in the program is Unlimited Ski Thursdays and Fridays 11 am-9 pm (show your registration card to ski FREE). No Gold Card Discount. This program is Non-transferable, picture ID will be supplied on Day 1. Cost is \$300 after Dec. 15th.

WED
Jan 3 - Feb 14
7:00 PM Group Lessons
7 Lessons, lift tickets: \$209
Bldg.: 7414 State Rd, (Route 240) Colden

Horizon Martial Arts

courses located at: 280 Center Road • Wimbledon Plaza

FITNESS KICKBOXING BOOT CAMP

An upbeat fitness/self defense class with an emphasis on cardiovascular training, this class is a great way to get in your best shape. You'll condition, strengthen and tone every part of your body, and burn calories big time while practicing techniques on heavy bags with boxing gloves. No Class 10/31.

(PHY-004)
MON & WED
Oct 16 - Nov 15
8:00 - 9:00 PM
10 Classes: \$59

(PHY-005)
TUES & THURS
Oct 17 - Nov 21
4:00 - 5:00 PM
10 Classes: \$59

MARTIAL ARTS FOR ADULTS

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 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...

- Relieve stress
- Build Strength
- Help you lose weight
- Improve your concentration

and of course learning valuable self-defense techniques for practical real world applications. Furthermore 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. No Classes October 31st.

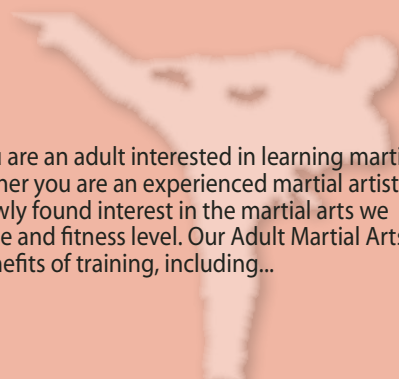
(PHY-005)
TUES & THURS
Oct 14 - Nov 14
11:30 AM - 12:30 PM
8 Classes: \$59

(PHY-105)
TUES & THURS
Oct 14 - Nov 14
7:00 - 8:00 PM
8 Classes: \$59



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

No Gold Card Discount



ZUMBA® WITH MELISSA
(PHY-006)
Melissa Torres

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!

THURS • Oct 19 - Nov 30
 7:30 - 8:30 PM • 6 Classes: \$55
 Bldg.: Dancers' Turn, 43 Kelly Drive, Cheektowaga (Space is Limited)
 No class 11/23



BODYSHAPING
 BY SANDY



**Get in Shape, Feel Stronger
 and Look Great!!!**

Specializing in Group Fitness Aerobic Classes

**All Students MUST REGISTER through the Bodyshaping office @ 568-0246
 or visit www.bodyshapingbysandy.com**

Classes take place at the Southgate Plaza Studio, Union Road @ Seneca Street behind Bath and Body Shop (drive to rear of plaza, look for Bodyshaping sign), unless otherwise noted.

*Call to see if you are eligible for FREE or discounted classes through your health insurance!
 Classes CANNOT be pro-rated, missed classes may be made up. Classes may be taken one day or both days,
 each day is a separate class (ex: take Mon OR Wed for \$75; Mon AND Wed is \$120)*

No Gold Card discount

Classes begin the week of Sept 11th Registrations

"All Bodyshaping by Sandy Classes are "mixed level" modifications will be offered to suit every level from beginner to advanced".

ZUMBA & TONE

30 minutes Zumba followed by 30 minutes of toning. Bring a set of handweights & a floor mat.

TUES
 6:30PM - 7:20PM

TOTAL BODY BOOT CAMP

An ever evolving combination of cardio, bodyweight, and strength training keeps your muscles challenged for the best results. Bring a set of handweights & a floor mat.

MON
 5:00 PM - 5:50 PM

MON & WED
 7:00 PM - 7:50 PM

TUE & THU
 4:30PM - 5:20 PM

SAT
 10:00 - 10:50 AM

PILATES FUSION

Low impact, mat based exercises that build strength, tone and stretch. Pilates Fusion may be traditional mat or include the use of bands, weights, rollers or discs. Bring a floor mat.

MON & WED
 6:00PM - 6:50PM

SAT
 11:00 - 11:50AM



POUND

Jam your way to fitness with this drumming inspired class. Using lightly weighted drumsticks POUND tones your muscles while you rock out. Bring a floor mat.

WED
 4:30 - 5:20PM

THURS
 6:30 PM - 7:20PM

RELAX WITH YOGA

Improve your flexibility, decrease stress, and maintain your health. Class will include a series of series of postures to stretch the body. Relax the mind with mediation and breathing exercises. Bring a floor mat.

TUES & THURS
 7:30 PM - 8:20PM

WED
 5:00 - 5:50 PM

ZUMBA

It's an exhilarating, effective, easy to follow Latin dance inspired class that's moving millions of people toward joy and health. Ditch the workout - join the party!

TUES & THURS
 5:30 PM - 6:20PM

SAT
 9:00 - 9:50AM

SWIMMING

Age restrictions apply to children's swim levels as listed below. Children **MUST BE** the minimum age listed by the start of the first class. **Child's Birth Date Must Be Included On The Registration Form.**

We use the American Red Cross Levels 1-6 and the Infant and Pre-school program.

Instructors are Red Cross Certified to teach at all levels.

Lifeguard is on deck at all classes.

- All children who are not toilet-trained must wear snug-fitting pants while using the pool - No regular diapers. Please dispose of soiled diapers in receptacle appropriately.
- Please change your children's clothes in the locker room, NOT on the pool deck.
- *Only one parent who is accompanying a child into the pool as part of the swim class (Aqua Babes, Preschool) may be in the pool area during lessons.
- There is no observation area available, and for the safety of all concerned, parents of children in other levels are asked to remain outside the pool until the last five minutes of class. NO SIBLINGS in the pool area, PLEASE!
- Children age 5 and above must use the appropriate locker room, not that of the opposite sex. If you need assistance for your child in the locker room, let us know at registration time so we can make alternate arrangements.

AQUA BABES

Introduction to the pool for babies 6 months-3 years old, with parent/family member in the water, begin learning motor skills, and teaches parents safety techniques. No regular diapers in the pool; children may wear Swim diapers or a bathing suit.

TODDLER/PRE-SCHOOL SWIM

For 3-5 years old, working with a parent in the water. Songs and games, motor skills, safety and rules. Comfort in the pool is stressed.

LEVEL 1 - INTRODUCTION TO WATER SKILLS

For ages 5-7; basic personal water safety information and skills as well as learning to feel comfortable in the water. Begin developing good swimming habits and safe practices in and around the water.

For each following level, student should hold the previous level card, or be able to demonstrate skills from the previous level. Red Cross Cards will be issued after successful completion of Levels 1-6; progress reports will be issued to students who do not receive a card. (No cards issued for Aqua Babes or Pre-School Swim)

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

Ages 5+ expands on fundamental aquatic locomotion and safety skills. Learn to float without support and continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

LEVEL 3 - STROKE DEVELOPMENT

Learn the survival float, elementary backstroke, and how to coordinate the front crawl. Introduction to scissors kick, dolphin kick, treading water, and headfirst entry into the pool.

LEVEL 4 - STROKE IMPROVEMENT

Develops confidence in strokes and safety skills. Introduces the breaststroke, sidestroke, butterfly, and back crawl, as well as basics of turning at the wall.

LEVEL 5 - STROKE REFINEMENT

Coordination and refinement of previous strokes. Participants will increase their distances with each stroke and learn flip turns on their front and back.

LEVEL 6 - SWIMMING AND SKILL PROFICIENCY

Refine strokes so students swim them with more ease, efficiency, power, and smoothness over great distances. Class also covers personal water safety and preparation for more advanced courses. (to age 16)

District Swimming Pools are electronically maintained at 78-82° F

* Children's classes are held at **West Elementary Monday through Thursday.** SATURDAY swim classes held at **East Middle Pool.** Adult classes are at both **West Elementary and West Middle.** Check course description for location.

No classes on 10/31, 11/7, 11/11, 11/20 - 11/25

PLEASE - NO EATING at least 30 minutes prior to class!

AQUA BABES

(SWM-001)
MON • Oct 16 - Nov 27
5:30 - 6:00 PM
6 Classes: \$30

(SWM-002)
TUES • Oct 17 - Dec 5
6:05 - 6:35 PM
5 Classes: \$25

(SWM-003)
WED • Oct 18 - Nov 29
5:30 - 6:00 PM
6 Classes: \$30

PRE-SCHOOLERS - BEGINNING SWIM

(SWM-006)
MON • Oct 16 - Nov 27
6:05 - 6:35 PM
6 Classes: \$30

(SWM-007)
TUES • Oct 17 - Dec 5
5:30 - 6:00 PM
5 Classes: \$25

LEVEL 1

(SWM-010)
MON • Oct 16 - Nov 27
6:40 - 7:10 PM
6 Classes: \$30

(SWM-011)
WED • Oct 18 - Nov 29
6:40 - 7:10 PM
6 Classes: \$30

(SWM-012)
THURS • Oct 19 - Nov 30
5:30 - 6:00 PM
6 Classes: \$30

(SWM-013)
SAT • Oct 14 - Dec 2
1:05 - 1:35 PM
6 Classes: \$30

(SWM-014)
SAT • Oct 14 - Dec 2
1:40 - 2:10 PM
6 Classes: \$30

LEVEL 2

(SWM-015)
TUES • Oct 17 - Dec 5
6:35 - 7:35 PM
5 Classes: \$35

(SWM-016)
THURS • Oct 19 - Nov 30
6:35 - 7:35 PM
6 Classes: \$42

(SWM-017)
SAT • Oct 14 - Dec 2
11:10 - 12:10 PM
6 Classes: \$42

(SWM-004)
THURS • Oct 19 - Nov 30
6:05 - 6:35 PM
6 Classes: \$30

(SWM-005) held with Pre-School
SAT • Oct 14 - Dec 2
12:30 - 1:00 PM
6 Classes: \$30

(SWM-008)
WED • Oct 18 - Nov 29
6:05 - 6:35 PM
6 Classes: \$30

(SWM-009) held with AquaBabes
SAT • Oct 14 - Dec 2
12:30 - 1:00 PM
6 Classes: \$30

LEVEL 3

(SWM-018)
TUES • Oct 17 - Dec 5
7:40 - 8:40 PM
5 Classes: \$35

(SWM-019)
SAT • Oct 14 - Dec 2
9:00 - 10:00 AM
6 Classes: \$42

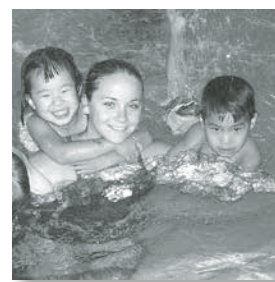
LEVEL 4

(SWM-020)
SAT • Oct 14 - Dec 2
10:05 - 11:05 AM
6 Classes: \$42

LEVEL 5 & 6

(SWM-021)
MON • Oct 16 - Nov 27
7:15 - 8:15 PM
6 Classes: \$42

(SWM-022)
THURS • Oct 19 - Nov 30
7:40 - 8:40 PM
6 Classes: \$42



Adult Swim Programs

Classes held at: West Elementary or West Middle

AQUA ZUMBA®

(SWM-101)

Crystal Kluth

Ditch the workout, join the party! Aqua Zumba® is a fun "pool party" workout infused with Latin music. This course has all of the fitness benefits of a Zumba® class with the help of water resistance. Join in on the fun and make the pool your dance floor!

MON • Oct 16 – Nov 27

7:35 – 8:35 PM

6 Classes: \$42

Bldg.: WM/Pool

No class 11/20

DEEP WATER EXERCISE

Come and try out this water fitness program that utilizes the resistance of deep water for an invigorating workout! The majority of the class will be held in the deep end of the pool, using flotation belts that assist with buoyancy. You should be comfortable to move around with these belts in deep water. No class 10/31, 11/7, 11/11, 11/21, 11/23, 11/25.

(SWM-023)

Kelley Mooar

TUES • Oct 17 – Dec 5

7:35 – 8:35 PM

5 Classes: \$35

Bldg.: WM/Pool

(SWM-024)

Kelley Mooar

THURS • Oct 19 – Nov 30

6:30 – 7:30 PM

6 Classes: \$42

Bldg.: WM/Pool

AQUA PASS

NEW!

Do you REALLY enjoy the fun & health benefits of Water Aerobics? You need our new \$139.00 AQUAPASS! You will be able to take as many classes as you like on Tuesday & Thursday evenings at West Middle, Saturday mornings at East Middle or Wednesday evenings at West Elementary. Take advantage of this introductory offer! You will be issued a laminated AQUAPASS that gives you access to any or all of these 34 classes. This is a savings of \$89 if you attend each available class! There is NO semester rollover as new cards will be issued each semester. It's a great way to get all the relaxation and exercise you need at your convenience! NO GOLD CARD discount.

(SWM-139)

Kelley Mooar/Kristin McGuinness

TUES, WED, THURS, SAT

Oct 16 – Dec 2

\$139.00

WM/EM/WE/POOLS

WATER AEROBICS

Pool aerobics are designed as a complete exercise program performed in the water for swimmers and non-swimmers alike. This class includes warm-up, exercise period and cool-down. The resistance of the water forces you to activate your muscles to the maximum degree. (An open lane may be maintained for lap swimming – contact instructor to verify availability.) No class 10/31, 11/11, 11/20 – 11/25.

(SWM-025)

Penny Paschka

MON • Oct 16 – Nov 27

6:30 – 7:30 PM

6 Classes: \$42

Bldg.: WM/Pool

(SWM-026)

Kelley Mooar • TUES

Oct 17 – Dec 5

6:30 – 7:30 PM

5 Classes: \$35

Bldg.: WM/Pool

(SWM-027)

Paula Bowen/Kris McGuinness (1½ hour class)

WED • Oct 18 – Nov 29

7:15 – 8:45 PM

6 Classes: \$54

Bldg.: WE/Pool

(SWM-028)

Penny Paschka

WED • Oct 18 – Nov 29

6:30 – 7:30 PM

6 Classes: \$42

Bldg.: WM/Pool

(SWM-029)

Kelley Mooar

THURS

Oct 19 – Nov 30

7:35 – 8:35 PM

6 Classes: \$42

Bldg.: WM/Pool

(SWM-030)

Kelley Mooar

SAT • Oct 14 – Dec 2

8:00 – 8:55 AM

6 Classes: \$42

Bldg.: EM/Pool

TRIPS & TOURS

OKTOBERFEST CABARET LUNCH CRUISE

Head to WATKINS GLEN & board CAPTAIN BILL'S for a TWO-HOUR CRUISE with LUNCH & THEMED ENTERTAINMENT. It's an afternoon of OKTOBERFEST CABARET STYLE. The fall cast will entertain you with these Bavarian favorites ... Beer Barrel Polka, Edelweiss, Cabaret, Happy Wanderer, Lippen Schweigen, Danke Schoen, Lili Marlene, and many more! This afternoon, we will visit LIVELY RUN DAIRY FARM & CREAMERY. In the heart of the Finger Lakes Region on NYC - sits LIVELY RUN DAIRY FARM & CREAMERY in Interlaken, NY. Their standard group tour includes a 10 minute video explaining the history of Lively Run Dairy, the cheese-making process, and more. Additionally, guests get to visit the barn, see the goats.

Choose One Entrée:

- Bratwurst & Knockwurst in Brown Beer Sauce
- Sage Stuffed Chicken
- Crab Stuffed Sole
- Roast Beef

(TRP-001)

TUE • October 10

Cost: \$115

Depart: 8:30 AM; Return 7:30 PM

"THE EVER-POPULAR" AMISH TEA PARTY

We're heading to Middlefield, OH for an AMISH TEA PARTY TOUR. We will make a coffee/rest stop en route. Meet the STEP ON GUIDE & begin touring with an AMISH TEA PARTY at Miller's Home. Your hostess will serve you a ham sandwich, potato chips & cookies made for you by Mrs. Miller. Enjoy a cup of tea and VISIT WITH MRS. MILLER and EXPERIENCE A BIT OF AMISH CULTURE. Next stop is THE NAUVOO COUNTRY MARKET & BAKERY. Next, we'll visit BUCKEYE CHOCOLATE SHOP to satisfy your sweet tooth with a yummy sample! Before our Amish Meal, visit COUNTRY ART'S & JEWELRY - a store like you have never seen before! Hungry yet? A real AMISH WEDDING DINNER is planned. You will have the pleasure of eating in Emma's home. Menu includes chicken, real mashed potatoes, gravy, seasonal vegetables, seven layer salad and delicious homemade pies! A rest stop (on your own) will be made en route home.

(TRP-002)

WED • October 11

Cost: \$109

Depart: 7:30 AM; Return 8:30 PM

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.

FALL "LEAF PEEPING" TOUR ALONG THE ERIE CANAL

Travel to the MEDINA, NY. Our first stop of the day is the MEDINA RAILROAD MUSEUM. The museum is housed in one of the largest standing wooden freight depots, built in 1905. Next, it's "ALL ABOARD" THE MEDINA RAILROAD. Enjoy a TWO HOUR FALL LEAF PEEPING RAIL RIDE ALONG THE ERIE CANAL. We will travel FIRST CLASS which includes LUNCH SERVED IN A REUSABLE CONTAINER inside a insulated lunch bag that is yours to keep. Choice sandwich w/lettuce, tomato & onion served on a Kaiser roll, macaroni salad, potato chips & drink. Our last stop of the day is BECKER FARMS. Fall time is the BEST time to visit Becker Farms! This visit is for you to do what you would like to! You can choose to purchase a snack/dessert from their bakery, participate in a winery tasting, or pick a pumpkin to add to your Halloween decorating! (those purchases on your own). There is lots to do at Becker Farms - and what a fun way to end our day!

Choose One Sandwich: Turkey or Ham

(TRP-003)

SUN • October 22

Cost: \$99

Depart: 8:30 AM; Return 4:30 PM



GROVE CITY, PA

Enjoy a MUFFIN & Juice on your way to GROVE CITY, rated as one of the top 20 Outlet Centers in the US. With over 140 Brand Named Outlets, customers save from 25% - 75% off everyday retail prices making it a "Bargain Shoppers Paradise"! Plus there is NO TAX on clothing in PA! Shop include: Adidas, Aerie by American Eagle, Aeropostale, Banana Republic, Brooks Bros., Calvin Klein, Charlotte Russe, The Children's Place, Coach, Gap Outlet, Guess, Gymboree, J Crew, Jones New York, Le Gourmet Chef, New York & Co., Old Navy, Payless, Polo by Ralph Lauren, Sketchers, Nike, Tommy Hilfiger, and MORE! Upon arrival at the Mall, receive a SHOPPING BAG, a DIRECTORY and DISCOUNT CARD & COUPON BOOK for various stores. Enjoy lunch on your own at the food court. A quick restroom stop will be made on the way down and back.

(TRP-004)

SAT • November 11

Cost: \$59

Depart: 8:00 AM; Return 9:00 PM



SHOP TILL YOU DROP!

Enjoy a MUFFIN & JUICE on your way to SYRACUSE. Our first stop is the WATERLOO PREMIUM FACTORY OUTLETS. Waterloo Premium Outlets® offers 100 stores featuring designer and brand name outlets, accessories and jewelry, gift and specialty items including Calvin Klein, Loft Outlet, Nike, Polo Ralph Lauren, Under Armour and more offering every day savings of 25% to 65%. You will receive a coupon book to take advantage of great savings & offers. Next, we're off to NEW YORK STATE'S LARGEST SHOPPING DESTINATION - DESTINY USA. Enjoy a unique holiday shopping and entertainment experience like no other. Destiny USA features an entirely new experience fusing retail, dining and entertainment all under one roof...and that's not all - they have outlet shopping as well! Upon arrival at the Mall, receive a DIRECTORY and DISCOUNT PASSPORT OF SAVINGS BOOK for various stores.

(TRP-005)

SAT • November 18

Cost: \$59

Depart: 8:00 AM; Return 9:00 PM

Proof of Citizenship requires: Passport or Birth Certificate with Seal, or enhanced driver's license

HOLIDAY BITES & CASINO LIGHTS

Off to the Southern tier to bring in the holiday season as you travel to SPRAGUE'S MAPLE FARMS. Sprague's is getting ready for the holiday season. Enjoy Breakfast & time to browse for that special holiday gift at their gift shop. Continue on, to enjoy the casino lights, at the SENECA ALLEGANY CASINO. With 68,000 sq. feet of world-class gaming, more than 2,200 reel-spinning & video Slot Machines & 40 favorite table games. The casino also features Turtle Island, the non-smoking casino, a high limit slot and table games areas, the Poker Room and The Casino Bar. RECEIVE \$20 SENECA SLOT DOLLARS & \$5 FOOD VOUCHER during your 5 hour stay. BRING ALONG OR REGISTER FOR A PLAYERS CARD TO RECEIVE THE INCENTIVE.

BRING A VALID STATE OR FEDERALLY ISSUED ID (PASSPORT OR DRIVER'S LICENSE) ALONG WITH YOUR SENECA PLAYERS CARD IF YOU HAVE ONE.

Choose One:

- Pancakes with Eggs & Meat
- French Toast with Meat
- Sausage Gravy & Biscuits served with Home Fries.

(TRP-006)

TUES • November 28

Cost: \$59

Depart: 9:30 AM; Return 7:30 PM

NYC - 12 HOURS IN THE CITY

Complete with a tour escort and deluxe motor coach, travel to the Big Apple with rest/food stops. Arrive in Manhattan at 8:00 AM on Saturday. Have free time until 8:00 pm to go shopping, see a Broadway show, visit a museum or art gallery, cruise to the Statue of Liberty or Ellis Island, sightsee on a double-decker bus or boat, visit the Empire State Building, or simply eat your way through New York. Each person will receive a pamphlet, map, and other helpful information 1 month prior to departure. (Wait to purchase theatre tickets 1 month prior to departure.)

(TRP-007)

FRI - SUN • December 1

Cost: \$99

Depart: 11:30 PM FRI; Return at approximately 3:30 AM SUN

HOLIDAY POPS CONCERT

Begin the day at KLEINHANS MUSIC HALL for COFFEE AND PASTRY. Then enjoy the 10:30 am HOLIDAY POPS CONCERT. Join the BUFFALO PHILHARMONIC ORCHESTRA where memories are made. Celebrate the holiday season with a special season of music and fun. Bring your friends and family to enjoy your favorite holiday music and get in the spirit of the season. A delicious LUNCH is included following the show at HAMLIN HOUSE RESTAURANT.

Choose One Entrée:

- Pork Chops W Dressing
- Roast Turkey W Dressing

(TRP-009)

FRI • December 15

Cost: \$119

Depart: 8:30 AM; Return 3:30 PM

DEL LAGO CASINO- NEW!

Del LAGO, in Italy, means "of the Lakes." Located in Waterloo, NY at Exit 41 of the NYS Thruway, is in the heart of the Finger Lakes. At this casino resort, it means much more! It's a way of life, a ready-for-anything attitude that's a spicy mix of old world charm and homegrown 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 a wide variety of dining options including a locally sourced buffet, premium steakhouse and more. Come explore this NEW gaming facility everyone is talking about! Guests receive: \$25.00 FREE SLOT PLAY PLUS \$5.00 FOOD with players card. Register for a del LAGO REWARD CARD upon arrival.

(TRP-010)

SUN • December 17

Cost: \$30

Depart: 8:00 AM; Return: 5:30 PM

LION KING

We're off to SHEA'S PERFORMING ARTS CENTER for the afternoon MATINEE performance of LION KING, THE MUSICAL - More than 90 million people around the world have experienced the phenomenon of Disney's THE LION KING, and now you can, too, when Western New York's best-loved musical returns to Shea's Buffalo Theatre. Winner of six Tony Awards®, including Best Musical, this landmark musical event brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. THE LION KING also features some of Broadway's most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice. There is simply nothing else like THE LION KING. Prior to the show, we will enjoy a delicious LUNCH at the PEARL STREET GRILL.

Choose One Entrée:

- Pot Roast
- Beer Battered Fish Fry
- Char Grilled Chicken Breast Salad

(TRP-011)

SUN • December 17

Cost: \$165 Center; \$145 Side

Depart: 10:00 AM; Return: 5:30 PM



A CHRISTMAS CAROL IN NIAGARA-ON-THE-LAKE

Arrive in NIAGARA-ON-THE-LAKE for a lovely SIT DOWN LUNCH at QUEEN'S LANDING. After dining, we will enjoy the 2:00 pm matinee show, A CHRISTMAS CAROL. Playing at the ROYAL GEORGE THEATER. Ebenezer Scrooge is a miserable old miser. But when three Ghosts decide to swoop in overnight, he gets the wake-up call of a lifetime. This charming Christmas classic by Charles Dickens has one of life's most inspiring questions at its heart: what — and who — will really matter in the end? See it brought to life in the historic Royal George Theatre by the Shaw Festival's world-class Ensemble. After the show you'll have time to enjoy a Victorian winter wonderland in Niagara-on-the-Lake. Fun for everyone (even Scrooge). PROOF OF CITIZENSHIP REQUIRED

Choose One Entrée:

- Grilled Chicken Breast
- Roast Salmon
- Prime Rib

NOTE: COACH DROP-OFF'S ARE RESTRICTED TO SPECIFIC LOCATIONS IN TOWN SO WALKING IS NECESSARY. IF THIS IS A PROBLEM, PLEASE CHECK WITH US TO ASSURE THIS TRIP WILL WORK FOR YOU.

(TRP-008)

SUN • December 3

Cost: \$139

Depart: 9:30 AM; Return 7:30 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.

5 WAYS TO REGISTER!

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

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.

WEST SENECA CENTRAL SCHOOL DISTRICT CONTINUING/COMMUNITY EDUCATION REGISTRATION FORM

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

Daytime Phone # _____ Evening Phone # _____ E-mail address _____ Date of Birth _____ Indicate any special needs. _____

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 Cash *Non-Resident Fee (\$5 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