Orchard Park
Community
Education

Winter

Spring

2022

Phone: 716-209-6295
GENERAL INFORMATION

REGISTRATION
1.) *No telephone registrations will be accepted.*

Late registration, after the start of the class, may be accepted if space is available. Payment must accompany registration to assure a spot in the class. Registration forms are located on page 26.

2.) You may mail your registration form or come to the Community Education office located in the Orchard Park High School at 4040 Baker Road. Baker Road entrance only. For further information, call 716-209-6295 or check our web site, www.opschools.org, for updates on the Community Education program.

3.) Evening registrations will be held on January 25 & 27 from 6:00-8:00PM in the Community Education Office, located adjacent to the cafeteria, at the Orchard Park High School.

FEES
1.) If registering by mail, please enclose a check or money order with your completed registration form. Make checks payable to Orchard Park Central School District, unless otherwise specified.

2.) If registering in person, fees must be paid at that time. **Cash or check only, no credit cards accepted.**

3.) A senior citizen discount of $3.00 per course will be available to all registrants age 55 and older unless otherwise specified. Please deduct $3 from your payment.

COURSE CANCELLATIONS
1.) If your course is cancelled due to insufficient enrollment, you will receive a full refund by mail. Students will be notified by mail, email or phone if a course is cancelled.

2.) Please listen to local radio and television stations for weather related or emergency closings. If Orchard Park Schools are closed, then there are no Community Education Classes.

EMERGENCY CLOSINGS: In the event classes have to be cancelled due to unforeseen emergencies or inclement weather, an announcement will be made on the local stations at the earliest possible time. Every effort will be made to reschedule class time that is cancelled.

If Orchard Park Schools are closed, then there are no Community Education classes.

CONFIRMATIONS
1.) We do not send confirmations.  The only time you will hear from us is if the class is cancelled or if there is a change in date, time or location.  If you do not hear from us please plan on attending at the scheduled time and location listed in this catalog.

WITHDRAWALS/TRANSFERS
1.) If you wish to withdraw from a Community Education course, please notify our office at 209-6295 at least one week prior to the start of the class.

2.) If a student wishes to transfer to another course, he/she must notify the Community Education Office at 716-209-6295.  No transfer requests will be honored on or after the first day of class.

ENROLLMENT
12-15 students may be required as a class minimum, so please register early.

Your registration may determine if a class runs.

MATERIALS
Registrants are responsible for the cost of materials and supplies where they are required.

ENTRY TO BUILDING
Please enter through the Freeman Road gym doors or the Baker Road entrance for all classes at the High School.

SCHOOLS ARE CLOSED ON THE FOLLOWING DATES:
(Classes at other locations may still meet-check with your instructor)

February 21-25 Winter Break
April 11 - 15 Spring Break
May 30 Memorial Day

*By registering for Community Education classes you agree to follow all current Covid guidelines issued by the Orchard Park Central School District.*
Prevent the “winter blues” with a relaxing new hobby and enjoy your indoor season. Learn new techniques or improve the skills you already have. Open to all, this class will walk beginner students through a step-by-step process to learn the basics, hands-on! All new students will paint a landscape project. Lessons will include laying a wash and shading and texturing techniques. Once students gain confidence with their newfound artistic abilities, they will progress to painting from their own photographs or from teacher supplied pictures. Samples of instructor’s watercolors can be seen at www.lynnjay.com. Call instructor at 716-649-1127 for supply list before you purchase supplies or if you already have watercolor supplies.

Recommendations are available to purchase good quality supplies at reasonable prices.

Winter Session: Tuesdays, February 1 - March 29 (no class 2/22)
Spring Session: Tuesdays, April 19 - June 7
6:30-8:30pm 8 weeks
HS Room 153 $80.00 per session Age 21+

ACRYLIC PAINTING FOR KIDS
Mrs. Quinn
Kids ages 5 & Up will enjoy this 2-hour class on acrylic painting. Each class will feature a new painting and completed paintings will be ready to take home at the end of the class. Aprons are provided but dress accordingly as paint can stain clothing.
Register early~Class size is limited to 15.
Drop off begins at 5:30 pm
Painting begins at 6:00 pm
Class ends/pick up at 8:00 pm
Completed paintings can be viewed at: https://milton-web.wnyric.org/canit/urlproxy.php?_cuZmFjZWJvb2suY29tL2dyb3Vwcy81MjgyMTk1MTc2ODAwMjgvP3JlZj1zaGFyZSZuYnNw&_=b3JjaHBhcms%3D&_c=7f67027d

PANDA VALENTINE
Friday, February 11
6:00-8:00pm
HS Room 153
$20.00

PIKACHU
Friday, March 11
6:00-8:00pm
HS Room 153
$20.00

EASTER BUNNY
Friday, March 25
6:00-8:00pm
HS Room 153
$20.00

CLARK THE SHARK
Friday, May 6
6:00-8:00pm
HS Room 153
$20.00

COLORFUL ZEBRA
Friday, May 27
6:00-8:00pm
HS Room 153
$20.00

Other kids' classes can be found on: Page 14 - Soccer, page 13-Spanish and Lacrosse, Page 6-Babysitter’s Training, page 14-Horseback Riding Camp & Page 15 - Horseback Riding Lessons
Driver Education is offered by the Orchard Park Central School District as a service to the community.
The WINTER/SPRING program will run from January 31 through April or early May.
Please check the district website (www.opschools.org) for availability.
The SUMMER program will begin June 27. Details will be available on the district web site (www.opschools.org) in March.
The cost is $460.00 (no refunds).
For more information, call 716-209-6295.

5-Hour Pre-Licensing Courses will be held on the following dates from 6:30 – 9:00 PM at the Orchard Park High School:
Monday & Wednesday, February 7 & 9
Monday & Wednesday, April 25 & 27
You must attend both sessions, be 16 or older and have a valid NYS Learner’s Permit. There is a $35.00 fee, submitted to the instructor (make checks payable to Orchard Park Central School District). Sign up at the Community Education Office or call 716-209-6295.

There is a $5 per form replacement fee for any lost completion certificates or pre-licensing certificates.

AARP Smart Driver Course ~ NEW!
This two-session course covers important driving skills, accident prevention and rules of the road. Those who complete the course may qualify for a 10% discount on their automobile liability and collision insurance premiums for three years and have up to 4 violation points subtracted from their license. A $5 non-refundable, non-transferable, pre-registration fee paid in cash or check (payable to Orchard Park Central School District) and mailed in with your registration form is required. Students must pay the instructor $25 if you are an AARP member or $30 for non members with a check or money order payable to AARP Smart Driver Course at the first class. You must show your AARP card to the instructor to pay the reduced $25 rate.
Wednesday, March 30 & Thursday, March 31 2 sessions 6:00-9:00pm
HS Room 121
Fee: $5.00 due to Orchard Park Community Education with Registration
$25.00 AARP member to instructor (payable to AARP Smart Driver Course)
$30.00 Non-member to instructor (payable to AARP Smart Driver Course)

See the back cover for a list of upcoming summer classes and sports camps!
**The Fundamentals of Stock Investing**

Robert Stoklosa

Do you have a desire to invest but fear the stock market jargon and complexity? Gain a basic understanding of how to participate in the stock market. Learn how to read quotes, S & P and Value Line Reports and also how to research a company. Build confidence in understanding and using the information you hear on TV and from other “expert” sources. Other sources for accurate and current stock information, including the internet as well as ordering and trading stocks, will be explained. The last class, held in the computer lab, will be an introduction to the internet to learn how to get stock quotes, news and research.

Tuesdays, March 22, 29 & April 5 OR Thursdays, May 19, 26 & June 2
7:00-9:00pm $20.00 (no discounts)
3 sessions (ages 21+)
HS 129, HS Media 2 Classroom (2nd floor, last class only)

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**Protecting Your Money from Medicaid**

Les Robinson

Remove the Threat of Medicaid, Long-Term Care and Nursing home events on your Money, Income & Family

Long-Term Care & Medicaid are the single greatest threat to your retirement security and yet most Americans have never talked to their Financial Professionals about these concerns. This planning system works to bring together Retirement and Long Term Care Planning to protect you from losing your money, income and independence to Long-Term Care and Medicaid Event

The LesLTC Process℠ helps to reduce the greatest threat to your retirement plan

Topics in Class:
- Protect your Personal Choices and financial independence
- Remove the hidden financial threats to your money by Medicaid and inflation
- Understand the consequences of having of not having a plan on your money and income stream
- How to avoid Medicaid Spend down mistakes and maintaining eligibility for Medicaid
- What other Long -Term Care Options Available
- Maintaining eligibility for Medicaid
- Learn how to reduce emotional and financial burdens of Medicaid on your family
- Protect your money and income from a Long Term Care & Medicaid Event
- Develop a safe and secure plan
- How not to be a burden on your children
- Be in Control
- Keep your dignity
- Keep your Independence
- Avoid impoverishing your spouse from a Medicaid and a Nursing Home Event

Wednesday, April 27 HS Room 121 6:30-8:30pm
OR Choose one online class: 1/26, 2/16, 3/22, 4/26, 5/11 6:00-8:00pm
$10.00(no discounts) (ages 21+)

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There are no senior discounts for financial courses. These courses are offered for students ages 21 and up.

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Do you have a skill or a talent you would like to share?

Become a Community Education Instructor!

Contact us at 76-209-6295 for more information!
Buying a Home in 2022  
Thomas Liolos
Welcome to the crazy world of buying a home! This market has been crazy for two years - will it continue? We will cover buying a home and obtaining a mortgage in the year 2022. Do you qualify for a mortgage? What paperwork will you need? We will cover how to prepare for the largest investment in your life!
Thursday, February 3 OR Thursday, May 5
6:00-8:00pm  1 session  $10.00 (no discounts)
(ages 21+)  HS 121

Investing for Minors
Paul Hutchings, Financial Planner
Have you ever said, “I wish I would’ve started investing sooner?” Planning for the future is one of the best ways to invest; unfortunately most don’t get started until later in life. Take a step to change that by investing for the next generation. If you’re a parent, grandparent, aunt or uncle this class will provide you with the tools needed to invest for education, short-term goals and even retirement for the children in your life. In addition, you’ll learn about the potential benefits for both the child & you!
Wednesday, May 11
6:30-7:30pm
HS 121  1 session
$10.00  (no discounts)  (ages 21+)

Social Security Planning 101
Paul Hutchings, Financial Planner
This class will cover what everyone needs to know about Social Security. Often when one is 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!
Wednesday, February 16
6:30-7:30pm
HS 121  1 session
$10.00  (no discounts)
(ages 21+)

Do you have a skill or a talent you would like to share? 
Become a Community Education Instructor! 
Contact us at 716-209-6295 for more information!

- Senior citizens (ages 55+) receive a $3.00 discount per course (unless otherwise specified in the course description). 
- All lab fees are to be paid directly to the instructor.

Why sign up early?????????
The success of every class depends on you! If we don’t have enough participants signed up far enough in advance of when the course begins, we may have to cancel. By registering early, you are contributing to the success of the class!
FIRST AID COURSES

Child & Babysitting Training
The Child & Babysitting Safety (CABS) course from the American Safety & Health Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. Topics include starting a business, leadership, CPR, choking and first aid. As an American Safety & Health Institute trained babysitter, they’ll gain confidence and valuable employment skills to impress parents. Targeted for students 11-15 years old, the course is held over one 5 hour session. Students who successfully complete the program will receive a babysitter’s text, first aid kit, and certification card.

Saturday, February 12 OR Saturday, April 2
9:00am-1:00pm 1 session
HS Commons ***Please bring a bag lunch!***
$60.00 ***Please be sure to include date of birth on registration form***

Adult, Child & Infant CPR / AED
Adult, Child and Infant CPR / AED training course gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. The course is held over one 3 hour training session. Students who complete the program will receive a text and 2 year certification card.

Wednesday, February 9 OR Thursday, April 28 6:00-9:00pm 1 session
HS Room 121 $55.00

Pet First Aid
Learn how to respond to health emergencies and provide basic first aid for the four-legged members of your family. Practice and preparation will help you be calm and effective in an emergency, protecting you and your animal from further injury or suffering. Topics include:
• Understanding basic pet owner responsibilities
• Administering medicine
• Managing breathing and cardiac emergencies
• Managing urgent care situations
• Treating wounds
• Treating electrical shock
• Caring for eye, foot and ear injuries
• Preparing for disasters

Tuesday, March 8 6:00-9:00pm 1 session
HS Room 121 $50.00

Continue
Lifelong Learning
With Community Education Classes!
Sheila’s Fitness Jam on ZOOM

**MUSCLE FLEX** - Strength Training  
MON - WED - FRI MORNINGS 8:30-9:00AM  
$60 for 6 weeks.  
This is the BEST 30 minute workout. Challenge every muscle group in JUST 30 MINUTES. Strength training is an essential part of any balanced workout. This “choreographed” class targets every muscle while taking the drudge out of weight training. Muscle Flex will beautifully tone your muscles, increase strength, improve bone density AND increase your metabolism. This program is the answer to adding strength training to your exercise regime. The best part is, it’s a blast, AND IT WORKS. You will need an 8-14# body bar, or two 4-7# dumbbells.

**SHEILA’S AEROBIC JAZZ**  
MON - WED - FRI MORNINGS 9:00-10:00AM  
$60 for 6 weeks.  
A little Jazz, a little funk, and a whole lot of Fun!. Dance your way to fitness in the privacy of your home. This is a totally balanced fitness program with easy to follow routines, starting with a thermal warm-up, active stretch and low impact aerobic dance routines. Add light weights, abdominal work and cool down/stretch, gets you the results you want!

REGISTER FOR SHEILA’S AEROBIC JAZZ AND MUSCLE FLEX - $95  
Classes Start January 31, 2022

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**By registering for Community Education classes you agree to follow all current Covid guidelines issued by the Orchard Park Central School District.**

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BODYSHAPING FITNESS

Dates: Winter session will begin the week of January 24th and runs for 8 weeks
Spring session will begin the week of April 18th and runs for 10 weeks

Pricing: Winter pricing (8 weeks): One class per/wk: $80 Two classes per week: $145
Three classes per week: $155 Aerobic Pass: $180
Spring pricing (10 weeks): One class per/wk: $100 Two classes per/wk: $180
Three classes per week: $200 Aerobic Pass: $225

Register through Orchard Park Community Education Instructors: Sandy Mannella & Staff
(NO SENIOR DISCOUNT) Call 568-0246 for information on how you can get free classes through your health insurance.

Location: Orchard Park Presbyterian Church, 4369 South Buffalo St., Orchard Park, NY 14127

Pilates Fusion – Low Impact, mat based exercises that build strength, tone and stretch. Pilates Fusion may be traditional mat or may include the use of bands, weights, rollers or discs.
Bring a floor mat.
Tuesdays 6:30pm Winter Start Date: 1/25 Spring Start Date: 4/19

Location: Ebenezer Church of Christ, 630 Main St., West Seneca, NY 14224

BOOT CAMP -A combination of cardio, bodyweight and strength training …keeps your muscles challenged for the best results. Bring a set of hand weights and a floor mat.
Mondays 5:30pm Winter Start Date: 1/24 Spring Start Date: 4/18

Pilates Fusion – Low Impact, mat based exercises that build strength, tone and stretch. Pilates Fusion may be traditional mat or may include the use of bands, weights, rollers or discs.
Bring a floor mat.
Mondays 6:30pm Winter Start Date: 1/24 Spring Start Date: 4/18

Barre -This workout is a unique approach to BARRE Workouts, fusing the best of Pilates, Yoga, Cardio and Strength training exercises. Bring a floor mat and small weights.
Wednesdays 6:00pm Winter Start Date: 1/26 Spring Start Date: 4/20

Yoga- Improve your flexibility, decrease stress and maintain your health. Class will include a series of postures to stretch the body. Relax the mind with meditation and breathing exercises. Bring a floor mat.
Wednesdays 7:00pm Winter Start Date: 1/26 Spring Start Date: 4/20

Location: St. John’s Lutheran Church, 3512 Clinton St., West Seneca, NY 14224

Zumba – It’s an effective, easy to follow Latin dance inspired class that’s moving millions of people toward joy and health. Ditch the Workout…Join the Party!
Thursdays 5:30pm Winter Start Date 1/27 Spring Start Date: 4/21
Health/Wellness/Self Improvement

The following classes are presented by: Luisa Bruzga, MSACN, Nutritionist, Certified Consulting Hypnotist, Health Coach, Reiki Practitioner/Instructor. Licensed Esthetician. For more information, visit www.wnyhypnosisandwellness.com or call 716-677-4679

Weight Loss with Hypnosis
Are you serious about reducing your weight, improving your health and wellness? Do you have a desire to achieve your ideal weight without deprivation? Then we invite you to attend a comprehensive workshop that 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 that contribute to weight gain; affirmations, visualizations and hypnosis, and relaxation techniques designed to melt stress and unwanted pounds. Materials included. **Bring sleeping bag and two pillows for the hypnosis process.**

- **Date:** Wednesday, May 4
- **Time:** 7:00 – 9:00 pm
- **Cost:** $40.00
- **Lab Fee:** Reinforcement CD’s are available for $10.00 (payable to instructor)

Reiki Practitioner
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, and attunement.

**Location for Reiki Classes:** Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224

- **Reiki Practitioner Level 1**
  - **Date:** Saturday, March 5 OR Saturday, May 14
  - **Time:** 9:00 AM – 5:00 PM
  - **Cost:** $175

- **Reiki Practitioner Level 11**
  - **Date:** Saturday, March 12 OR Saturday, May 21
  - **Time:** 9:00 AM – 5:00 PM
  - **Cost:** $150

- **Advanced Reiki Practitioner Level**
  - **Date:** Saturday, March 19 OR Saturday, June 4
  - **Time:** 9:00 AM – 5:00 PM
  - **Cost:** $150

Introduction to the Emotional Freedom Technique (EFT)
The Emotional Freedom Technique, or EFT, is the psychological acupressure technique recommended to optimize your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body’s ideal healing and preventative powers if emotional barriers stand in your way.

In this class you will learn how to use this healing modality for a variety of issues. **EFT is very easy to learn, and will help you:** Remove negative emotions, reduce food cravings, reduce or eliminate pain, implement positive goals, and much more. **Visit www.EFTuniverse.com for more information.**

**Class size is limited so please register early.**

- **Date:** Monday, May 2
- **Time:** 7:00 pm – 9:00 pm
- **Location:** Seneca Springs Building, 3648 Seneca Street, West Seneca, NY 14224
- **Cost:** $35
Chakra Balancing Energy Medicine
The chakras are seven main energy centers in your body that affect your physical, emotional, mental and spiritual well-being. Many people’s chakras are not balanced. They are often blocked, overactive or inactive, resulting in imbalances and low energy. In this class you will learn the properties of the chakras and how to balance them. By awakening the chakras through special techniques, the energy begins to move in the right direction bringing you positivity, peace, clarity, high energy, balance and success. This class is an interactive and relaxing experience giving you self-help tools. Class size is limited so please register early.
Date: Monday, May 9 7:00 pm – 9:00 pm
Location: Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224 Cost: $35

The Art of REFLEXOLOGY for Self-Help
Reflexology is a natural healing art based on the principle that there are reflexes in the feet, hands, face and ears that correspond to every part of the body. Through the application of pressure on these particular areas, reflexology serves to relax tension, improve circulation and promote natural function of the related areas in the body. This class will focus on the history, reflexology maps for the feet, hands, face and ears with practical self-help demonstrations and practice. This is a fun and interactive workshop providing you with techniques you can begin to use immediately. Instructor is an ARCB certified reflexologist. Class size is limited so please register early.
Date: Wednesday, May 11 7:00 – 9:00 pm
Location: Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224 Cost: $35

VISION BOARD – A Powerful Tool to Manifest Your Dreams
Vision boards are a visualization of where you want your life to go (both personal and professional) in the next 12-18 months. Often, they are a collage of pictures and words that speak to your aspirations. We will also be discussing the law of attraction and how to apply the principles for results along with a visualization process to future pace your dreams and desires. Vision boards are effective for a variety of reasons:
They create a space and time for you to tap into the dreams you have for your future.
They help in getting these general aspirations into a concrete image.
They tap into the unconscious and creative parts of your brain.
Vision boards can keep you focused on the big picture throughout the year.
They can help you in prioritizing important projects that will help you meet your goals.
They can help you stay energized and motivated, especially when you feel overwhelmed.
Supplies will be provided. However, if you have some old magazines and scissors, please bring them. This is a fun and interactive class. Class size is limited so please register early.
Date: Wednesday, May 18 Cost: $35
Time: 7:00 – 9:00 pm
Location: HS Media Center Classroom (2nd floor)

You may register by mail or in person as soon as you receive your brochure. Office hours are 7:00am-3:30pm Monday through Friday. Evening registration will be held on January 25 & 27, 2022 from 6:00-8:00pm in the Community Education office at the High School. We are located adjacent to the cafeteria near the Baker Road Foyer. Registration forms are located on page 26.
Secrets of Happiness
Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of time-honored techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!
5 sessions: Wednesdays, February 2 - March 2, 7 – 9 pm …. $125
Zoom link will be emailed.

Meditation for Relaxation and Personal Healing
Do you suffer from stress, anxiety or sleeplessness-- or even high blood-pressure or hypertension? Does your mind never stop going? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.
5 sessions: Thursdays, February 3 - March 3, 7 – 9 pm …. $125
Zoom link will be emailed

Psychic Development and Mediumship
Think you’re not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection!
5 sessions: Tuesdays, February 1 – March 1, 7 – 9 pm …. $125
Zoom link will be emailed

Emotional Release for Inner Peace
Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.
1 session: Monday, January 31, 6:30 – 9 pm …. $35
Zoom link will be emailed

Practical Compassion
Each of us is seeking the goodness we need for our lives in the best way we know how. The fact that none of us does this perfectly, and that nobody truly wants to suffer, can help us to have greater understanding and compassion through the sometimes painful lessons of life. In this five-week course, you will learn to apply the universal principals of compassion to bring more acceptance, forgiveness and wisdom to your relationships with yourself, others and the world. This class will give you the practical tools you need to create sustainable personal boundaries to help you live and love more openheartedly in your life. So come learn to expand beyond the barriers that separate us and become the healing change you wish to see in your world!
5 sessions: Wednesdays, March 9 – April 6, 7 – 9 pm …. $125
Zoom link will be emailed
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. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: “Singing with your own voice,” “Getting out of the way,” and “Letting go of judgments.” This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life—NO SINGING REQUIRED! Come learn what good singing can teach you about good living!
1 session: Monday, March 21, 6:30 – 9 pm …. $35
Zoom link will be emailed

Reiki Certification Classes
Become a certified Reiki healer. During these in-depth sessions, you will delve deeply into the ancient Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. Each course level provides training, course manual, attunement and in-class experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki!

Reiki Level I Certification
1 session: Saturday, February 5, 10 am – 5 pm …. $175
Zoom link will be emailed

Reiki Level II Certification
1 session: Saturday, February 26, 10 am – 5 pm …. $199
Zoom link will be emailed

Advanced Reiki Training
1 session: Saturday, March 19, 10 am – 5 pm …. $159
Zoom link will be emailed

Multi-Dimensional Reiki
1 session: Saturday, April 2, 10 am – 5 pm …. $159
Zoom link will be emailed

Reiki Level III Master & Teacher Certification
1 session: Saturday, April 9, 10 am – 6 pm …. $249
Zoom link will be emailed

**ALL HOLISTIC ARTS CLASSES WILL BE HELD ONLINE VIA ZOOM: Upon registration for your class you will be emailed a unique Zoom web link invitation that you can click to automatically join the class at the scheduled class time via computer—no other action is required! If you wish to join the class on your smartphone or tablet, you will first need to download the free Zoom app and set up your free Zoom account in order to join using the web link invitation.

Register through Orchard Park Community Education.

For more information call 716-821-1404 or email HolisticArts@hotmail.com
**KIDS CORNER**

**Spanish for the Elementary Years**
Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students! Join the fun!

Program is offered at dismissal at Eggert, Ellicott, South Davis & Windom.

**Time:** 3:15-3:55  
**Parents must pick up their child after class.**

**Day:** Tuesdays at Eggert, Ellicott & Windom. Thursdays at South Davis.

**Winter Session:** Begins the week of February 14th (no class week of 2/21)  
**Spring Session:** Begins the week of April 25th

6 classes per session  
$88.00 per session

**REGISTER ON LINE AT:** www.TheEnrichmentCompany.com  
If you have any questions, contact The Enrichment Company at 1-833-436-7424

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**Quaker Lax**

**Spring Clinic**  
(Spring Lacrosse is offered as a service to the Community)

**Boys & Girls**

**April 25 through June 1**  
**(No practice on Memorial Day)**

Boys: Monday & Wednesday  
Grades: 4-6 (6:00 – 7:00 PM)

Girls: Monday & Wednesday  
Grades: 4-6 (6:00 – 7:00 PM)

Times and locations are subject to change based on field availability.

All players must be students of the Orchard Park CSD. (South Davis, Ellicott, Eggert, Windom, or OPMS)  
Grades are based on current school year at the start of the program.

*Registration fee: $120 Go to orchardparklacrosse.com to register*

Jerseys will not be provided for this program. OP reversible jerseys will be ordered through our Summer program registration.

**Where:** OP Middle School

Check the orchardparklacrosse.com website for field and schedule updates.

Practices will focus on lacrosse skill development, athletic coordination and agility, offensive and defensive team concepts, and small area games. Players looking to continue their development should also participate in our summer program running from June 6 – July 25.

*Players must be FULLY equipped (*All players should bring their own water bottle and have appropriate footwear)  
**Boys:** Lacrosse stick, gloves, arm pads, shoulder pads, helmet, mouth guard, and protective cup.  
**Girls:** must have a regulation lacrosse stick, mouth guard, and lacrosse goggles.
ACRYLIC PAINTING FOR KIDS
Mrs. Quinn

****Please see classes and dates on page 2 in the ARTS & CRAFTS SECTION****

Kids ages 5 & Up will enjoy this 2-hour class on acrylic painting. Each class will feature a new painting and completed paintings will be ready to take home at the end of the class. Aprons are provided but dress accordingly as paint can stain clothing. Register early~Class size is limited to 15.

Drop off begins at 5:30 pm
Painting begins at 6:00 pm
Class ends/pick up at 8:00 pm
Completed paintings can be viewed at: https://milton-web.wnyric.org/canit/urlproxy.php?_cuZmFjZWJvb2suY29tL2dyb3Vwcy81MjgyMTk1MTc2ODAwMjgvP3JlZj1zaGFyZSZuYnNw&s=b3JjaHBhcms%3D&c=7f67027d

Hoofbeats Horseback Riding Camp
Karen Kindel

Camps available during holiday breaks! Each day includes one hour of supervised riding as well as full horse care instruction including grooming, identification of tools and brushes, hoof care, feeding, nutrition, and first aid. Safety is the rule at the stable, so hard hats are required. If you don’t have one, we have extras. A flat sole shoe with a small heel is recommended. Bring lunch or snack and a drink. Ages 6 & up.

$55.00 per day. Send registration fee to Orchard Park Community Education.
Select day(s) on school holidays:
Tuesday, April 12   Wednesday, April 13   9:00am-12:00pm
Weather dependent.
Location: Please call Karen Kindel, Camp Director, for location information. (716) 861-7843

Soccer ~ Youth Soccer Program offered through Soccer Shots

Classes offer character development and soccer fundamentals in a non-competitive and age appropriate environment!

MINI
2 to 3 year olds   Time: 5:00-5:30pm or 5:35-6:05pm
Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

CLASSIC
3 to 5 year olds (Pre-K) Time: 6:10-6:55
Soccer Shots Classic uses creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

Mondays Dates: Winter Session: February 7- April 4 (no class 2/21) $102.00
                  Spring Session: April 18 - June 13 (no class 5/30) $102.00
Location: Ellicott Gym

Other kids' classes can be found on:
Page 6-Babysitter’s Training, Page 15 Horseback Riding Lessons
Leisure & Recreation

Line Dance Class with Barb Addeo

5-6-7-8 Let’s Dance!
Looking for a fun, healthy and rewarding activity? Don’t have a partner or a partner that doesn’t like to dance? Here’s your opportunity to have some wholesome fun with family and friends and create a social connection within the class. It’s not just country anymore!
Step sheets are provided for all dances taught.
Mondays May 2, 9, 16, 23 6:30-8:00pm HS Cafeteria
$23.00 (NO SENIOR DISCOUNTS and no refunds after class begins)

Dancing ~ with Allan & Joanne Smith
Energize with Ballroom and Latin Swing dancing! ~ A great way to meet new people, exercise, develop confidence, and have more fun at parties, dances and weddings!

Beginner Ballroom & Latin Swing Dance
Beginner dance instruction in Foxtrot, Waltz, Rumba, Cha Cha and Swing.
Tuesdays 6:30-7:30pm March 1 - April 26 (no class 4/12)
8 classes $100 per couple HS Commons

HORSEBACK RIDING LESSONS  For Kids and Adults!  Karen Kindel
These lessons will cover riding and horsemanship. Learn to handle horses safely and assertively on their backs and off with individual attention from the instructor. Students will learn English Hunt Seat Riding. We use close-contact, forward seat saddles, and have safe, quiet horses. We provide protective headgear or hard hats. A flat sole, low heel shoe or boot is desirable to aid in safety. All riders will participate in grooming and care of animals, so plan on staying longer than your assigned riding time. All days and times are available; any age or ability.
Call 861-7843 for appointment. No discounts. Register through Orchard Park Community Education.
• Four 20 minute lead line lessons $110.00 (ages 6 and under)
• Four 30 minute group lessons $170.00 (ages 7 & up)
• Four 30 minute private lessons $210.00 (ages 7 & up)
Location TBA. Contact Karen Kindel at 861-7843 for more information and to schedule your lesson time.
Discover Scuba ~ NEW!
Have you ever wondered what it feels like to breathe underwater but you were not sure if scuba was for you? Experience the thrill and ease of scuba diving in our introductory Discover Scuba session. This single session program will allow you the opportunity to try scuba diving without the commitment of enrolling in a full certification program. All equipment is provided by the instructor. Participants only need bring a bathing suit and towel. Minimum 12 years of age.

**Registration Fee:** $5.00 (Mail to OP Community Education with completed registration form)
**Tuition:** $30.00 (paid to Discover Diving).

* To complete your registration and for additional details, please contact Discover Diving at 716-685-4557.

**Dates:**
Friday, April 1 OR May 6

**Time:** 6:00-8:30pm

**Location:** Middle School Pool

Scuba Diver ~ NEW!
Learning to Scuba Dive is easy! In this program students will complete 5 pool sessions and 4 classroom sessions. (Classroom sessions are scheduled with the instructor). Upon completion of the classroom and pool requirements, students will then conduct 6 open water dives with their instructor over a period of two days to earn their scuba diver certification. Minimum 12 years of age.

Tuition includes all classroom fees and the use of required scuba equipment necessary for pool training and open water dives. (The cost of training dives is not included in the tuition paid. This cost is determined by the students selection of training location and options. For more information, please contact Discover Diving).

Students must provide their own mask, snorkel, fins and booties. (Student discounts are available for students needing to purchase these items). Students are also required to purchase the SSI Open Water Diver Student Kit. This kit is available through Discover Diving.

**Registration Fee:** $30.00 (Mail to OP Community Education with completed registration form)
**Tuition:** $270.00 (paid to Discover Diving).

* To complete your registration and for additional details, please contact Discover Diving at 716-685-4557.

**Dates:**
Fridays, April 1, 8, 22, 29 & May 6

**Time:** 6:00-8:30pm

**Location:** Middle School Pool

Discover Scuba ~ NEW!

Discover Diving

Discover Diver ~ NEW!

Discover Diving

NYS Safe Boating and Personal Watercraft Safety Class

This course is taught by a New York State Certified Educator and meets the NYS requirements for a Personal Watercraft (PWC) Boating Safety course. It is intended to provide a basic knowledge of safe and legal boating practices. This is an 8-hour instructor led workshop, which includes a textbook and a 50 question multiple choice exam, which you MUST pass. Satisfactory completion will earn you an official completion certificate, is approved by the AASBLA and meets education requirements for states with boater education laws. Course completion is good for life and is recognized by the US Coast Guard. Participants must be over 10 years of age at the beginning of course. This certificate may also entitle you to a 15% discount annually on your watercraft insurance. The fee includes all books, materials and final exam. The state charges $10.00 for the certificate which will be paid separately – details given during class. The registration fee DOES NOT include the state certificate and is paid directly to NY upon completion of the course.

Tuesday & Thursday, March 22 & 24 OR Monday & Wednesday, May 23 & 25

2 classes - you must attend both nights to receive the certificate

4:30-8:30pm  HS 120  $40.00
INTRODUCTION TO FLY FISHING PRESENTED BY TROUT R US—JOEL AND HELEN DAVIS

Catch the obsession of fly fishing – the enjoyment of a lifetime!
Discover the essence of fly fishing and enjoy a lifetime of excitement. This course is designed for those with little or no fishing experience. Our knowledgeable instructors with many years of experience will offer the basics of rods, lines, leaders, hooks and flies, along with fly casting techniques, tackle and rod assembly, basic knot tying, how to properly release your catch, and the life cycles of aquatic insects. On Saturday we will be on stream fly fishing. Our goal is for you to learn the basics to enjoy fly fishing on your own. Cost of the course includes use of equipment, but we encourage you to bring your own.

YOU MUST HAVE A VALID NEW YORK STATE FISHING LICENSE.

Instructors: Joel Davis & Helen Davis: Joel is avid fly fisherman for trout and steelhead. He has taught fly tying and fly fishing for the last 40 years. Having held offices of Treasurer and Director of the Red House Brook Chapter of Trout Unlimited, he is a dedicated conservationist. Joel organized the Holiday Valley Fly Fishing Program and is founder and Managing Partner of Trout “R” Us Fly Fishing School.
Joel introduced Helen to fly-fishing before they were married. She has been his fishing partner ever since. Both he and Helen have conducted fly-fishing seminars at Holiday Valley in Ellicottville, New York and the Fly Fishing Assembly at the Chautauqua Institution.

Tuesdays, March 15, 22 & 29 6:00-9:00 PM ½ day on-stream - TBD
Cost: $110.00
Lab Fee: $10 for Fly box and one dozen trout flies (valued at $34)
HS Room 154

Fly-Tying, Fly-Fishing Equipment, and Techniques
Instructor: J. Thomas Bergstue, Master Fly Tyer
The class includes fly-tying highly effective patterns for game fish, with an emphasis on salmon and trout. Patterns are demonstrated step-by-step as the students tie in every class. The class welcomes the beginner tyer but will also challenge the advanced fly-fisherman. Equipment used in the sport, along with tips and techniques for success will be taught in each session.
Experienced fly-tyers are welcome to bring their own equipment, however, Fly-tying equipment (Vise, Bobbin, Scissor) will be provided for each student for use in class. All Fly-tying materials and hooks, for each pattern taught, will be provided for in-class use.

Wednesdays, February 2 - March 16 (no class 2/23)
6 classes 7:00-9:00pm HS Room 120
$130.00

Watch for our SUMMER brochure in the Orchard Park Central School District Community Report in May. You may register for these sports camps, classes and more at that time.

- Lacrosse
- Volleyball
- Baseball
- Football Conditioning
- Field Hockey
- Basketball
- Horseback Riding
- Driver Education (check the District Web Site in March for information)
- 5-Hour Pre-Licensing Course
- Singing Lessons
- Orchard Park Community Summer Band
- Babysitter’s Training
- Performing Arts
- Trips & Tours
Learn to Decorate Cookies! NEW!!!  
Kristi Bean, Owner 716 Cookie Dips & Kits

Have you ever wanted to learn the art of cookie decorating to make your cookies look as beautiful as in a magazine? If you don’t know where to start, or royal icing frightens you, this class is for you! I will teach you about frosting consistency, how to use tools that will make your cookie decorating easier and different frosting techniques. There will be a holiday theme to each class where you will get to decorate and take home 10 cookies and receive a cookie scribe that will help in your decorating.

Can’t wait to see you in class!!

$45.00 per class  
Thursday, February 3  6:00-8:00pm  
Thursday, March 31  6:00-8:00pm  
Thursday, May 5  6:00-8:00pm

Garden Design for the DIY’er NEW!

Nora Saintz, Owner Gardenette

Take the guesswork out of gardening! Nora Saintz is excited to provide her years of professional experience to help local homeowners create successful gardens. This course provides practical, easy-to-follow advice that makes gardening accessible to all.

Course topics include:
• Landscape design fundamentals
• Plant combination ideas for container gardens
• Solutions for wet, shady, and other difficult-to-plant areas
• Low-maintenance, deer-resistant plant options

Participants are encouraged to bring in photos of their yards for specific design advice. A Q&A session will be held at the end to cover any garden-related topics not covered during class.

Wednesday, March 16  6:30-8:30pm  HS 121  $25.00

Beginner’s Self Defense

Gary Addeo

In this 1.5hr seminar you will learn the basics about defending yourself against an attack by using techniques that will be shown and implemented on a kick bag and striking mitt. Your greatest weapon is your mind. Take the knowledge with you wherever you go.

Tuesday, March 1  7:00-8:30pm  Windom Small Gym  $25.00

Hey, I Bet I Can Fix That, Or At Least Give It A Try!!!!

Jay Elliott

Have nagging SMALL household repairs that drive you crazy? Not sure if you are up to the job? Let me guide you through what you thought you could never do. This class may help you experience the personal satisfaction of tackling and completing those repairs! Feel free to come with a repair question!

Topics such as: Plugged sink, dripping faucet, toilet running, lamp repair, furnace thermostat, etc.…

Thursday, April 28  1 session  
HS 120  7:00-9:00pm  $10.00

ONLINE Singing Lessons for Everyone

Jesse Wicher

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages!
Lessons are 30 minutes of private instruction.
Register through Orchard Park Community Education.
Introductory price for Community Education Students: $110 for 5 lessons
5 week session - flexible scheduling!
Call 716-821-1404 or email HolisticArts@hotmail.com for additional information and to schedule your lesson time.
**Online singing lessons can be conducted using a computer, tablet or smartphone via Skype, Zoom and most other live chat platforms.
SAT Prep Course
Orchard Park Community Education will be taking registrations for the SAT Prep Course. There will be no refunds after classes begin. The course will meet on Mondays and Wednesdays OR Tuesdays and Thursdays from 7:00 – 9:00 PM. One evening will cover math, the other verbal. Classes will begin the week of March 28th and end May 5th. There will be no class during spring recess, 4/11-4/15. The exam will be May 7th at the High School. Registration for this course is through Community Education. Students register for the exam on-line at www.collegeboard.com.
Select One: Mon. & Wed. OR Tue. & Thurs. $150.00
7:00 – 9:00 pm 5 weeks HS Room TBA
Please register by Friday, March 11th.
(Room assignments will be posted the first day of class on the door of the Community Education Office.)

Notary Public Training Course
Online Notary Course – Self Paced Pre-Recorded Zoom. The course can be accessed anytime (Day or Evening) and is available 24/7 for 90 Days. Additionally, Customer Support is just a click away!
$65.00 Course Length: 2.5hrs
On-Line Training Course Includes:
• Instant Access
• Definition Review
• Notary Law Subsection Review
• Notary Prep Test
• Notary Concepts
• Sample Forms
• Notary Facts
• 1 Full year Customer Support

Online Business Courses by Dina DiRoma, Successful Entrepreneur for over 25 Years
$375.00 each, all three classes for $1100.00
Online Courses - Self Paced-Available 24/7 for 90 days-Downloadable Book Included
1.) Business Startup- Entrepreneur in the Making ~ Course Length: 60-90 Days to Complete
Have you ever dreamed of owning your own company but don’t know where or how to begin? Do you want to be in charge of your future and set the rules? Well there are no shortcuts and easy money, but having a clear cut way to get there makes all the difference. This course was designed with that in mind. We give you the knowledge and tools it takes to start your own business and turn your dreams into reality. This course is results driven, packed with actionable plans and you set the pace. After completing this course and following all the requirements, your business will be up and running. Topics Covered: Start Ups – Entrepreneurs in the Making: Industry, Strategy, Costs, Infrastructure, Website, Social Media Thumbprint, Merchandising, Gift Certificates, Google, Marketing & Advertising, Social Media Marketing Essentials, Launch.
2.) Established Business – Further Your Growth ~ Course Length: 60-90 Days to Complete
Where is your business headed? Are you looking to tap into new markets and grow your company? This course will give you the essential tools you need to expand your markets. No fluff, all step by step with actionable results. Topics Covered: New Markets & Territories, Affiliations, Government Contracting & Certifications, Capability Statement, Supplier Diversity, Going Commercial, Teaming up and Joint Ventures, Is your Business App worthy?
3.) Creating an Amazon, Kindle & Audible Empire ~ Course Length: 60-90 Days to Complete
(Passive – Evergreen – Side Hustle Income)
Have you ever thought about writing your very own book but thought it was too much work or costs too much money? What if you could write a book, get it in front of millions of readers and it wouldn’t cost you a dime or next to nothing? Even better, what if you received a commission for every book that was sold from your site? Oh yeah, and once it’s done, it will earn you perpetual income forever. Yup, you read it right! Thanks to Kindle, Amazon and Audible making it all possible and I am going to show you how. All you need to do is be your creative self, read and take action. Topics Covered: Kindle, Amazon, Audible explained, Requirements & Essentials, Page & Cover Requirements, Using Kindle, Topic Selection, Choosing a Title, Selecting a Category, Cover Creation, Publish, Market your Book, Claiming your Book on Amazon, Author Page, Become an Amazon Associate earn Affiliate Earnings, Marketing your Book, Using Audible, Selecting a Narrator, Book Auditions, Per Finished Hour vs. Royalty Share, Bounty Referral Program.

Notary Public Central
$65.00
“The Call of Paradise”- A Spiritual Journey to Hawai‘i

Jesse Wicher

Have you ever dreamed of traveling to Hawai‘i? Sun-kissed beaches. Fiery volcanoes. Lu‘au feasts. The gracious beauty of a hula dancer. Hawai‘i is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more deeply into the history, culture and spirituality of this remarkable part of America.

Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawai‘i one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the lush islands of Maui and Kaua‘i. Here we will drive the famous Road to Hana and visit otherworldly Haleakala Volcano National Park. We’ll tour the “Grand Canyon of the Pacific” and experience Kaua‘i’s mystical Na Pali Coast, all the while surrounded by the song of wintering humpback whales. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world’s beliefs that call Hawai‘i home.

For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai‘i in May of 2022. So come join us for an evening of inspiration and let the magic of Hawai‘i “call you home” to Paradise! ***For more information visit http://treeoflifetourshawaii2020.wordpress.com

Date: Monday, February 21 6:30-9:00pm Cost: $15 Zoom link will be emailed.
***For more information, call 821-1404 or email HolisticArts@hotmail.com***

NEW! Instant Piano and Instant Guitar for Hopelessly Busy People

Craig Coffman

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Be sure to include your email address on the registration form!

Topics include:
• How chords work in a song
• How to get more out of sheet music by reading less of it
• How to form the three main types of chords
• How to handle different keys and time signatures
• How to avoid “counting”
• How to simplify over 12,000 complex chords

Monday, February 21 6:30-9:30PM $59.00

Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

Be sure to include your email address on the registration form!

Topics include:
• How chords work in a song
• How to form the three main types of chords
• How to tune your guitar
• Basic strumming patterns
• How to buy a good guitar (things to avoid)
• How to play along with simple tunes

Tuesday, February 22 6:30-9:30PM $59.00
Life Enrichment Seminars with Richard D’Angelo

Introduction to Meditation
Almost everyone is familiar with the word ‘meditation’, but few know what it really is. What is known is that it can help you in many ways but again, few people are familiar with its benefits other than relaxation.
In this class we will explore in depth not only what the meditative process is and how it can help you in profound ways, but also what your internal obstacles to the process are. You will better understand your natural resistance to it and why that resistance is there. At the end of class we will engage in a meditation so that you can experience it for yourself.
If you feel frustrated and discouraged in life, this is the class you have been waiting for!
Tuesday, February 8 OR Monday, May 2 7:00 – 9:30 PM  HS Room 214  1 session
$30

Angels, Spirit Guides and You!
Many things have been written and said about angels…are they real? Do they really care about your everyday problems? Are they with us now? How can I establish contact?
These are just some of the questions people have about these amazing beings. Whether you are a skeptic or a believer doesn’t matter. This is a non-religious class, which will answer all of your questions and give you a step-by-step process so that you can connect with them that very night! In addition contact information will be given for Spirit Guides and Archangels as well. All of your questions will be answered!
Come and join us for a fascinating evening of learning and discovery!
Thursday, March 3 OR Wednesday, May 11 7:00 – 10:00 PM HS Room 214  1 session
$30

Change Your Mind, Change Your Life
In this class we will be taking an in-depth analysis of how and why our world is the way it is and the correlation between that and your mind.
During the presentation and various demonstrations, you will:
• Learn how to see auras
• Know how to protect yourself against the negative energy of others
• Discover your inner blocks to your own happiness
• Have your energy measured
• Learn how to send energy to another and what it’s like to receive it
• And most importantly, you will understand how you influence the world around you in a very substantial way
This class is not only very informative, but it’s fun. Come and join us!
Wednesday, March 16 OR Tuesday, May 17 7:00 – 10:00 PM HS Room 214  1 session
$30

Why sign up early????????
The success of every class depends on you! If we don’t have enough participants signed up far enough in advance of when the course begins, we may have to cancel.
By registering early, you are contributing to the success of the class!

Don’t wait by your mailbox! The only time you will hear from us is:
• If there is a change in the date or location
• If the class is full
So, if it’s almost time for your class to start and you haven’t heard from us, you’re in!

21-CE
**Spanish – Online**  
Learn Spanish in the comfort of your own home!
Spanish with Tiffany offers courses that are taught completely via e-mail and CD-Rom. Students will be able to correspond with the instructor directly via e-mail freely throughout the duration of the course.

**Beginner Spanish Online**  
Start Date: February 7 OR April 25  
This 6-week virtual course will teach you the basics of the Spanish language, from the alphabet and numbers to forming sentences with verbs and adjectives. You will learn written and spoken Spanish with emphasis on the Latin American pronunciation and accent. This course is perfect for people in the working world who interact with a Spanish-speaking public and would like to gain basic intro-level Spanish communication skills. Also great for anyone looking to learn basic Spanish for personal use at a relaxed pace from home. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred.) A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: Internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address, mailing address and whether you want the audio files sent to you on CD-Rom or via email. $75.00

**Spanish for the Healthcare Professions Online**  
Start Date: February 7 OR April 25  
This 6-week virtual course will teach you the basics in health care terminology and communication with Spanish-speaking clients in the health care setting. Taught with the Latin American pronunciation and accent, this course is perfect for doctors, nurses, physician assistants, physical therapists, and anyone who interacts with a Spanish-speaking public in the healthcare setting. Emphasis will include vocabulary of organs and body systems, hospital terminology, diseases and conditions, pertinent questions about medical history, and how to give simple commands such as when performing a physical exam. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred.) A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: Intro-level Spanish knowledge, internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail & mailing address and whether you want the audio files sent to you on CD-Rom or via email. $80.00

**Intermediate Spanish Online**  
Start Date: February 7 OR April 25  
This 6-week virtual course is a continuation of material following Beginner Spanish Online. It includes past tenses of verbs, subjunctive tense, future tense, extended vocabulary, commands, adverbs and other intricacies of the Spanish language. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred.) A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: Beginner Spanish proficiency, Internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address, mailing address and whether you want the audio files sent to you on CD-Rom or via email. $75.00

**Spanish for Travel Online**  
Start Date: February 7 OR April 25  
This 6-week virtual course is perfect for anyone traveling to a Spanish-speaking area. It focuses on terminology, conversational material, and questions and phrases pertinent to travel and activities. Topics such as the airport, the hotel, the bank, medical emergencies and tourist activities are covered. No familiarity of Spanish necessary. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail that can be done instead. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred.) A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: Internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address, mailing address and whether you want the audio files sent to you on CD-Rom or via email. $75.00
TRIPS & TOURS

ALL TOURS: Make checks payable to Scenic Excursions and send to:
Orchard Park Community Education, 4040 Baker Road, Orchard Park, NY 14127.
Please include a list of the names, addresses, and phone numbers of all people taking the trip. It is standard procedure for SCENIC EXCURSIONS to send out a confirmation. If you do not receive one, please call Scenic Excursions at 716-649-9694 to assure that you are registered.

PROOF OF CITIZENSHIP: CROSSING INTO CANADA VIA MOTORCOACH -ALL PASSENGERS GOING INTO CANADA WILL NOW BE REQUIRED TO PRESENT PROOF OF CITIZENSHIP BEFORE BOARDING THE COACH. IT IS OUR RESPONSIBILITY TO CHECK THAT EACH PERSON HAS THIS PROOF WITH THEM. IN ORDER TO PROTECT THE OTHER PASSENGERS FROM A DELAY, ANYONE WHO CANNOT SHOW PROPER ID TO THE TOUR HOST/ESS, WILL BE DENIED ENTRY ONTO THE COACH. FURTHERMORE, THERE WILL BE NO REFUND GIVEN FOR THE MISSED TOUR.

All U.S. & Canadian citizens who are 16 and older traveling between the U.S. and Canada, will be required to present one of the following forms of ID: • PASSPORT • PASSPORT CARD
- ENHANCED NYS DRIVER’S LICENSE - OR ANY OTHER AUTHORIZED ENHANCED LICENSE

UNDER 16: For youth under 16, an original birth certificate along with a notarized note from the parent/legal guardian (if not traveling with parent) is required.

NO DISCOUNTS – NO REFUNDS - NO CANCELLATIONS

EVERYTHING LUCY TUESDAY, FEBRUARY 22
JAMESTOWN NATIONAL COMEDY CENTER INCLUDING LUCY HOMETOWN TOUR & MUSEUM
Visit the LUCY/DESI MUSEUM. Enjoy the beautiful gowns and costumes from Lucy’s wardrobe, see paintings and photographs that once hung in their home in Beverly Hills. View movie posters from their extensive big screen careers and so much more! This museum has something for everyone! The DESILU STUDIOS is devoted to the I Love Lucy TV series. Inside you will find exact re-creations of Lucy and Desi Ricardo’s New York City apartment and Hollywood suite. You’ll find interactive sets, screening area, original scripts, vintage costumes and memorabilia. It’s truly everything Lucy! Following our tour, we will have LUNCH IN THE TROPICANA ROOM AT LUCY DESI CENTER IN THE COCKTAIL LOUNGE STYLE ATMOSPHERE. Enjoy an episode of a show during lunch. Following lunch, we will meet our STEP ON GUIDE in LUCY’S HOMETOWN of JAMESTOWN, NY. See Jamestown, NY through the eyes of Lucy on this LUCY TOWN TOUR. You will see the house she was born in, the house where she grew up, the cemetery where she and her family rest, and much more. Visit the award winning NATIONAL COMEDY CENTER- named the nation’s best new museum by USA Today – celebrating comedy in all of its forms. This is a first state-of-the-art museum dedicated to telling the vital story of comedy in America. More than 50 immersive exhibits take visitors on an interactive journey through comedy history.

CHOOSE ONE ENTREE WHEN MAKING RESERVATION:
• Stuffed chicken with parsley buttered potatoes • Vegetable lasagna

DEPART Tops (Orchard Park Road) 8:00 am RETURN: 6:30 pm $129

WASHINGTON DC - 12 HOURS - NO HOTEL -CHERRY BLOSSOM TIME SATURDAY, MARCH 26
Travel to WASHINGTON with rest and food stops. Arrive & depart from UNION STATION and “do your own thing” until 8:00 pm. To make the best of your time, each person will receive a map & some info with ideas on what to do in Washington with your confirmation. YOU CHOOSE HOW YOU ENJOY WASHINGTON!

THINGS TO DO:
• Visit the National Mall
• Visit Museums or Memorials
• Visit the Smithsonian
• Go on a Harbor Cruise
• Hop On Hop Off Double Decker Bus Tour
• Touring at Own Cost

DEPART Tops (Orchard Park Road) FRI 11:00pm SAT 8am-8pm in DC
RETURN: TBA $109

TRIP INCLUDES:
• Tour Host/Hostess
• Deluxe Motor Coach - Escort & Driver Tips are Additional
• Info to Help Plan Your Day

Checks for tours must be made payable to SCENIC EXCURSIONS. Thank you!
“OH WHAT A NIGHT”-SENeca Allegany Casino  
**Tuesday, April 26**
Travel to SENECA ALLEGANY CASINO RESORT for a MATINEE SHOW EVENT – “OH WHAT A NIGHT” A MUSICAL TRIBUTE TO FRANKIE VALLI & THE FOUR SEASONS. “OH WHAT A NIGHT” is an exciting musical revue show which features songs such as “Sherry,” “Big Girls Don’t Cry,” “Walk Like a Man,” “Can’t Take My Eyes Off You,” “My Eyes Adored You,” “Let’s Hang On” and “Who Loves You” along with many more hits from the dynamic songbook of those boys from Jersey, Frankie Valli and The Four Seasons. “OH WHAT A NIGHT” stays true to the original recordings of their interpretation of these classic hits. This exhilarating show has been thrilling audiences with great choreography, boundless energy, and humor. Spend six hours at the casino offering exhilarating gaming with the hottest slots and action packed table games. Seating in Event Center is general seating. First come, first serve. You will receive a TICKET TO THE 2PM SHOW, $25 SENECA SLOT DOLLARS & $10 FOOD CREDIT.
MASKS ARE TO BE WORN IN EVENT CENTER FOR SHOW.
DEPART Tops (Orchard Park Road) 8:30 am  RETURN: 5:30 pm  **$89**

CORNING MUSEUM- MAKE YOUR OWN SUNCATCHER  
**Tuesday, May 17**
We will travel the scenic route to CORNING, NY and will be greeted upon arrival at the Corning Museum of Glass. We will be separated into two groups and participate in the “Hands-On” workshop, MAKING A PERSONALIZED GLASS SUNCATCHER. We will have LUNCH at the CORNING MUSEUM OF GLASS WITH VOUCHER, tour the museum and see the Hot Glass Show & other scheduled demonstrations. Guests will create & design suncatchers using shards of glass, pebbles of glass, rods of glass, etc., and then the projects are fired and cooled overnight. What a beautiful addition this will be to the Spring and Summer sun!
Please note that your hand made project will have to be shipped to Scenic Excursions following our visit as it has to be fired and cooled overnight. When it arrives, we will call you or send a post card-you can choose to pick it up.
DEPART Tops (Orchard Park Road) 7:30 am  RETURN: 8:00 pm  **$135**

BABUSKAS & HARD HATS TOUR - PITTSBURGH  
**Wednesday, May 25**
Travel to PITTSBURGH, PA & meet a LOCAL GUIDE for the “BABUSKAS AND HARD HATS TOUR.” This tour captures a journey that connects travelers with the people, places and events that made Pittsburgh the steel-making capital of the world. Includes an immigrant-inspired meal and riverboat tour. The tour starts at the CARRIE BLAST FURNACES to enjoy an INDUSTRIAL TOUR OF THE SITE to learn about the workers and their culture, and what contributed to the collapse of the steel industry in the region. Visit the PUMP HOUSE, where an immigrant-inspired lunch buffet is served with pierogies, stuffed cabbage, halushki, and the Pittsburgh Cookie Table tradition. While on our tour, we will stop to see the MAXO VANKA MURALS at ST. NICHOLAS CROATIAN CATHOLIC CHURCH, which depict religious themes and visceral illustrations of the plight immigrants faced in their homeland and as new arrivals in industrial America. We will complete our Pittsburgh tour with an afternoon riverboat cruise aboard the EXPLORER RIVERBOAT. An Intro to Innovation. An excursion on Explorer offers unparalleled opportunities to become immersed in Pittsburgh’s rich history while being surrounded by its natural beauty. Come & explore with us!
NOTE: Tour takes place outdoors. Please dress accordingly. Wear comfortable walking shoes.
DEPART Tops (Orchard Park Road) 7:00 am  RETURN: 8:30 pm  **$189**

DIVA’S 3 - SENECA NIAGARA CASINO  
**Tuesday, May 24**
Travel to SENECA NIAGARA CASINO for a MATINEE STAR- STUDDED SHOW EVENT – “DIVA’S 3.” An enticing mix of pure class, personality, and “goose-bump inducing vocals,” three beautiful female singers with powerhouse voices sing the biggest hits of the greatest divas in music history. This vibrant show spans four decades covering the 1960s through the 1990s with hits by Aretha Franklin, Carole King, Celine Dion, Whitney Houston, Cher, Dolly Parton, Donna Summer, ABBA, and many more! Seating in event center is general seating. First come, first serve. You will receive a TICKET TO THE 2PM SHOW, $25 SENECA SLOT DOLLARS & $10 FOOD. Valid photo I.D. required to receive casino incentive (Passport or Driver’s License). Bring your Seneca Player’s Card if you have one.
MASKS REQUIRED IN EVENT CENTER.
DEPART Tops (Orchard Park Road) 8:30 am  RETURN: 5:30 pm  **$95**

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Checks for tours must be made payable to SCENIC EXCURSIONS. Thank you!
MAGIC OF BETTE & BARRY TRIBUTE SHOW- SENECA NIAGARA CASINO
TUESDAY, JUNE 28
Join us for a fun filled day at SENECA NIAGARA CASINO RESORT for a great show and gaming experience. After the long awaited scheduled announcement - come experience the hottest slot machines, the most thrilling table games including a Poker Room. $10 meal voucher is also included with your gaming & show package. This tour package includes an afternoon show in the event center, “THE MAGIC OF BETTE & BARRY MUSICAL TRIBUTE SHOW.” This Bette & Barry duo join forces with their amazingly talented vocals to deliver the music and magic of Barry Manilow and Bette Midler. Barry is best known for his catalog of hits that include the chart topping “Mandy,” “Ready to Take A Chance Again,” “Could It be Magic,” “Copacabana,” I Write The Songs,” “Can’t Smile Without You” and many more. This Bette Midler tribute artist has travelled the globe in major productions, “Legends In Concert” and Berlin’s “Stars In Concert” where she is known as the “Best” Bette in the business. Between her beautiful voice, sense of humor and wit, she will take you on a musical journey as she performs “Wind Beneath My Wings”, “The Rose”, “From A Distance”, and “Boogie Woogie Bugle Boy” to name a few. Come and experience THE MAGIC OF MANILOW & MIDLER. Each passenger also receives $25 IN FREE PLAY in addition to $10 FOOD CREDIT and MATINEE SHOW. You can apply for a Seneca Social Card upon arrival if you are not registered. *Card needed to receive incentive. *A valid state or federally issued I.D (passport or driver’s license) required. You will not receive incentive without valid I.D. Sorry, no exceptions. Passengers late to the motorcoach for the return home will be responsible for their own transportation back. MASKS ARE REQUIRED IN VENUE FOR SHOW.
DEPART Tops (Orchard Park Road) 8:30am RETURN: 5:30pm $89

FRANKIE AVALON-THE RIVIERA THEATER
SUNDAY, MAY 1
A delicious SIT DOWN LUNCH is included at THE GRAPEVINE RESTAURANT in Amherst. Choose your entrée when making your reservation. Next, we’re off to the RIVIERA THEATER for the 3 pm performance of FRANKIE AVALON. If you can’t remember a time when Frankie Avalon wasn’t a part of your life, you aren’t alone. This talented performer can look back on a career that spans three generations of music, television and motion pictures which he feels is due primarily to the loyalty and trust of his audience. Never one to settle for one career, Frankie’s 30 motion picture credits are quite amazing. Frankie’s starring roles in the highly successful “Beach Party” film series, are perhaps, quickest to recall. Book early – don’t be disappointed – these tickets will go fast!
CHOOSE ONE ENTRÉE WHEN MAKING YOUR RESERVATION:
•Broccoli stuffed chicken •Roast beef with gravy
DEPART Tops (Orchard Park Road) 11:30am RETURN: 7:00pm $155

AMISH TEA PARTY- MIDDLEFIELD, OH
SATURDAY, MARCH 12
SPEND THE DAY WITH THE AMISH IN MIDDLEFIELD, OH TWO MEALS • GREAT SHOPS • FUN STOPS
We’re heading to Middlefield, OH for an AMISH TEA PARTY TOUR. We will make a comfort/rest stop en route. Meet the STEP ON GUIDE and begin touring with an Amish Tea Party at Mary Miller’s home. Your hostess will serve you a ham or chicken 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, visit COUNTRY ARTS & JEWELRY – a store like you have never seen before! We will stop at the popular MIDDLEFIELD SWISS CHEESE SHOP and THE NAUVOO COUNTRY MARKET & BAKERY. We will stop by SUNRISE FARM in the late afternoon. Hungry yet? A real AMISH WEDDING DINNER is planned. You will have the pleasure of eating in an Amish home. Menu includes chicken, real mashed potatoes, gravy, seasonal vegetables, seven layer salad and delicious home made pies. A rest stop (on your own) will be made en route home.
DEPART Tops (Orchard Park Road) 7:30am RETURN: 8:30pm $149

Checks for tours must be made payable to SCENIC EXCURSIONS.
Thank you!
| Name_________________________________ | Name_________________________________ |
| Street_________________________________ | Street_________________________________ |
| City______________________Zip__________ | City______________________Zip__________ |
| Daytime Phone _________________________ | Daytime Phone _________________________ |
| Evening Phone _________________________ | Evening Phone _________________________ |
| Cell Phone ___________________________ | Cell Phone ___________________________ |
| E-Mail Address _________________________ | E-Mail Address _________________________ |
| ______Senior Discount (deduct $3 from fee) | ______Senior Discount (deduct $3 from fee) |

For Children Only:
| Age______Grade_______DOB________ | Age______Grade_______DOB________ |

Parent’s Name____________________

Course Name__________________________

Beginning Date_________________________

Day:_____________Time:________________

Mail to: Community Education Office
Orchard Park High School
4040 Baker Road
Orchard Park, NY  14127

Make checks payable to:
Orchard Park Central School District
(unless otherwise stated in course description)

| Make checks payable to: Orchard Park Central School District (unless otherwise stated in course description) |

Please use these forms to register for all courses. Send one registration card for each course. Please make checks payable to Orchard Park Central School District (unless otherwise stated in course description)

Please do not include lab fees with payment.
Watch for our SUMMER brochure in the Orchard Park Central School District Community Report in May. You may register for these sports camps, classes and more at that time.

- Lacrosse
- Baseball
- Volleyball
- Football Conditioning
- Field Hockey
- Basketball
- Strength and Conditioning
- Horseback Riding & Lessons
- Driver Education (check the District Web Site in March for information)
- 5-Hour Pre-Licensing Course
- Singing Lessons
- Orchard Park Community Summer Band
- Babysitter’s Training
- Performing Arts
- Trips & Tours

REGISTER EARLY!
Your registration may determine if a class runs!

Important Notice!
The 2022 Summer Brochure will be mailed in the May 2022 edition of the Orchard Park Central School District Community Report.

Summer Community Education classes begin June 27, 2022.

Do you have a skill or a talent you would like to share?

Become a Community Education Instructor!
Contact us at 716-209-6295 for more information!