

Hamburg Central School District

Continuing Education



Fall 2023

New Offerings:

- Sponge candy and cookie decorating
- Intermediate French
- CPR certification
- Sit, Fit & Fun exercise class

HAMBURG CENTRAL SCHOOL DISTRICT



CONTINUING EDUCATION FALL 2023

IMPORTANT NOTES:

Registration and payment with the Continuing Education Office are required BEFORE you will be permitted in class. Instructors will not accept course payment or registrations. They will accept lab fees ONLY, where noted. Please adhere to registration deadlines.

- You **will NOT be notified** if you have successfully registered.
- You **will be notified** if you have been closed out or if a course is canceled. In these instances, you will receive a refund.
- We accept mail-in and drop-off payment by check **ONLY**. We **will no longer accept cash**. A credit card can be used with online registration ONLY. **No phone registrations will be accepted.**
- Students of Continuing Education must be at least 21 years old; unless otherwise noted.
- Registration is required for all classes, even those that are free.
- If you are **60 years of age or older**, you are entitled to a senior discount, **where noted**.
- Classes will not run if Hamburg Central School District's day or evening activities are canceled due to inclement weather. In the event of such closing, you should attend the next scheduled class. In the case of single classes, you will be notified of a rescheduled date.
- **Once class begins, there are no refunds except for verified medical conditions.**

REGISTRATION

We encourage you to register by mail or online for our classes. ****There are also 24-hour secure drop slots in the front doors of the Administration Building**** in which registrations can be placed at any time.

MAIL REGISTRATION FORMS & CHECKS TO:

Hamburg Central Schools Administration Bldg.
Continuing Ed. Office
5305 Abbott Rd.
Hamburg, NY 14075

Please make checks payable to: Hamburg Continuing Ed.

REGISTER ONLINE:

Go to hamburgschools.org -> Community -> Continuing Education and follow the instructions. You can use your credit card with online registration. Please note: If you register online, there is a processing fee. This fee is non-refundable, even if the class is canceled or you withdraw.

Please register early, as some classes fill quickly or may be canceled if there is insufficient registration.

ENTERING OUR SCHOOLS

As part of the district's security protocol, only certain exterior school doors will be unlocked for Continuing Ed. participants to gain entry to evening/weekend classes. At the four elementary schools, entry is through the main doors. At the Middle School, entry is on the parking lot side of the building, through door #14 near the cafeteria. At the High School, entry is through door #30 (gym door) off the Legion Drive parking lot. Thank you for your cooperation.

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ARTS & CRAFTS

PAINTING & DRAWING WORKSHOP (A1)

Vicki Warhol

Unleash your artistic potential! This workshop is for artists with basic understanding of watercolor, acrylics, oils, colored pencil or sketching. Enjoy painting subjects of your choice in the company of other painters. Learn new techniques and ideas. Please bring the supplies you want to work with in class: paintbrushes, pencils, pens, paints, sketchbook, etc.

Hamburg High School, Room 132

Dates: Wednesdays, October 18 - December 13

NO CLASS NOVEMBER 22

Time: 6:30 - 9 pm

Cost: \$50 Seniors: \$30

Registration deadline: October 4

ROVING GLASS CLASS

Gail Schneider

Create a beautiful handmade stained glass picture using stained glass, glue, nippers and a picture frame for your finished piece. You will have the opportunity to make 10 different glass creations through the Spring. Materials are included for each class for which you register.

CHICKADEE (A2)

Hamburg Middle School, Room 125

Date: Thursday, October 12

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: September 28

FROG (A3)

Hamburg Middle School, Room 125

Date: Thursday, October 19

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: October 5

DOLPHIN (A4)

Hamburg Middle School, Room 125

Date: Thursday, October 26

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: October 12

MUSHROOMS (A5)

Hamburg Middle School, Room 125

Date: Thursday, November 2

Time: 6-8 pm

Cost: \$35 Seniors: \$25

Registration deadline: October 19

SUNFLOWER (A6)

Hamburg Middle School Room 125

Date: Thursday, November 9

Time: 6-8 pm

Cost: \$35 Seniors: \$25

Registration deadline: October 26

HUMMINGBIRDS (A7)

Hamburg Middle School, Room 125

Date: Thursday, November 30

Time: 6 -8 pm

Cost: \$35 Seniors \$25

Registration deadline: November 16

BUSINESS, FINANCE & LAW

SAVVY TAX PLANNING (B1)

Elizabeth Evanisko

It's not just about what you earn but rather what you get to keep! During this workshop, you will learn the critical tax planning tips and tricks when it comes to your retirement income. We will be exploring the surprises that make retirement more expensive, what the Social Security "tax trap" is and how you can avoid it, how tapping assets in the wrong order can trigger higher Medicare premiums, why you need to manage taxes even before you retire and costly mistakes to avoid when it comes to your investment portfolio, health care and estate.

Hamburg High School, Room 142

Date: Tuesday, November 14

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: November 1

SAVVY SOCIAL SECURITY PLANNING FOR WOMEN (B2)

Elizabeth Evanisko

Social Security for many is a key part of a retirement income plan and it's important to know the facts to make the right decision. We will be exploring the basics of Social Security so you can understand how much you will receive and how taking it early or delayed will affect the amount you receive throughout your lifetime. We will be doing a deep dive into the factors you should consider if you are single, married, divorced or widowed and how to coordinate your own benefit with a spouse or widow benefit if applicable.

Hamburg High School, Room 142

Date: Tuesday, October 24

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: October 10

BUSINESS, FINANCE & LAW

SAVVY IRA PLANNING (B3)

Elizabeth Evanisko

In this workshop, you will learn strategies for IRA distribution planning in retirement. These include reviewing the six rollover options for your retirement plan funds, how the SECURE Act changed IRA planning, three common required minimum distribution mistakes, the difference between indirect and direct rollovers, and how to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security and financial plans.

Hamburg High School, Room 142

Date: Tuesday, November 7

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: October 24

MEDICARE 101 WITH CLARITY (B4) ****NEW****

Laura Archambault

Confused about Medicare? Turning 65 soon? Join us for a free 1 hr informational workshop that will help you understand the basics of medicare enrollment & how to choose the plan that is right for YOU!

Hamburg High School, Room 121

Date: Tuesday, October 3

Time: 6:30 - 7:30pm

Cost: Free

Registration deadline: September 19

SOCIAL SECURITY & MEDICARE PLANNING 101 (B5-a)

Matthew McAnulty

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 benefits? Get answers to these questions and more, to help make the best Social Security decision.

Hamburg Middle School, Room 127

Date: Thursday, October 26

Time: 6:30 - 7:30 pm

Cost: Free

Registration Deadline: October 12

****OR****

SOCIAL SECURITY & MEDICARE PLANNING 101 (B5-b)

Hamburg Middle School, Room 127

Date: Monday, November 13

Time: 6:30 - 7:30 pm

Cost: Free

Registration Deadline: October 30

WILLS, TRUSTS AND ESTATES (B7-a)

Matthew McAnulty

This class will cover what everyone needs to know about Estate planning. Often when one is planning their legacy, they will wonder how their assets will be transferred when they're gone. They will often ask; Do I need a will? How do beneficiary designations work? Do I need a Trust, and if so, what kind do I need? How do taxes factor into estate planning? What should I do for long term care? What does Medicaid cover? Should I have a Power of Attorney? Get answers to these questions and more, to help make estate planning easier.

Hamburg Middle School, Room 127

Date: Monday, October 2

Time: 6:30 -7:30 pm

Cost: Free

Registration deadline: September 19

****OR****

WILLS, TRUSTS, AND ESTATES (B7-b)

Hamburg Middle School, Room 127

Date: Thursday, November 2

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline: October 19

TAX PLANNING IN RETIREMENT (B9-a)

Matthew McAnulty

This Class will cover what everyone needs to know about taxes in retirement. When someone plans on retiring, or is already retired, they will often ask; Is my social security taxable? How is my pension taxed? How do taxes affect my retirement account distributions? What are Required Minimum Distributions? If I have an Annuity, will that be taxed? What type of accounts are taxable, maybe taxable and never taxable? How are inheritances taxed to my heirs? Get answers to these questions and more, to help make retiring easier.

Hamburg Middle School, Room 127

Date: Thursday, October 12

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline: September 28

****OR****

BUSINESS, FINANCE & LAW

TAX PLANNING IN RETIREMENT (B9-b)

Hamburg Middle School, Room 127

Date: Monday, November 6

Time: 6:30 - 7:30 pm

Cost Free

Registration deadline: October 23



HOW TO PROTECT YOUR MONEY FROM MEDICAID AND A NURSING HOME (B8)

Les Robinson, CLTC

Long-Term Care and Medicaid are the biggest threat to your retirement security. 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 Events. Topics discussed will include: protecting your personal choices and financial independence, removing the hidden financial threats to your money, understanding the consequences of having or not having a plan for your money and income stream, avoiding spend down mistakes, maintaining Medicaid eligibility, long-term care options and developing a safe and secure plan.

Hamburg High School, Cafeteria

Date: Wednesday, October 4

Time: 6 - 8 pm

Cost: Free

Registration deadline: September 20

MUSIC

INTRODUCTION TO ACOUSTIC GUITAR (M1)

Dennis Peglau

Have you always wanted to play the guitar or other stringed instruments? These classes are intended to provide individuals the opportunity to learn to play guitar. With regular attendance and practice, you should soon be able to play many of the folk songs that are part of our musical heritage. Completing the course prepares you to participate in Acoustic Music Jam. If you wish, you may enroll in either or both music classes to either sing along or try your newly-learned skills. Students are expected to provide their own instruments. If you do not have an instrument, contact the instructor (716-818-6875) for assistance.

Hamburg Middle School, Room 134

Dates: Wednesdays, October 4 - December 13

NO CLASS NOVEMBER 22

Time: 6:30 - 7:30 pm

Cost: \$55 Seniors: \$40

Registration deadline: September 20



ACOUSTIC MUSIC JAM (M2)

Dave Brigham

Do you play acoustic guitar, banjo, mandolin or any other acoustic folk instrument? If you enjoy playing or singing folk music, you are invited to join us for an acoustic music jam. Music choices include traditional and modern folk, old-time country and bluegrass music. The music is paced so that beginners, as well as more experienced musicians, can participate. The atmosphere is informal, relaxed and great fun! If you can't play an instrument, come and sing. Students are expected to provide their own instruments. If you do not have your own instrument, contact the instructor (716-343-3501) for assistance.

Playlists and music sheets will be provided via email, so please be clear when writing your email on your registration form. A limited number of song sheets will be available for those who do not have internet access.

Hamburg Middle School, Room 134

Dates: Wednesdays, October 4 - December 13

NO CLASS NOVEMBER 22

Time: 7:30 - 9 pm

Cost: \$55 Seniors: \$40

Registration deadline: September 20

WELLNESS & FITNESS

YOUTH MENTAL HEALTH FIRST AID TRAINING (FN11)

Hamburg Central certified instructors

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. It teaches about recovery and resiliency - the belief that individuals experiencing these challenges can and do get better.

The course consists of 2 hours of online pre-work (to be completed on your own before the in-person meeting) and 3 hours of in-person instruction. Cost includes a manual.

Hamburg High School, Room 142

Date: Wednesday, October 4

Time: 5:30 - 8:30 pm

Cost: \$50

Registration Deadline: September 20

ZUMBA® (FN1)

Carol Clark-Osuch

Looking for a fun workout class? Dance your way into fitness with Zumba®, a Latin inspired fitness class that combines high energy moves and easy to follow dance combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone the body and maximize fat burning. You don't have to know how to dance to do Zumba®. Zumba® creates a party-like atmosphere. It's a one-of-a-kind combination of dance and exercise designed to put the fun back into fitness. All fitness levels are welcome. Come join the party!

Charlotte Avenue School, gym

Dates: Tuesdays, October 3 - December 5

NO CLASS OCTOBER 31

Time: 6 - 7 pm

Cost: \$55

Registration deadline: September 19

SLOW FLOW YOGA (FN2)

Joelle Salerno

A community yoga class for wellness as we practice mindfulness techniques and traditional yoga poses to help decrease stress and tension and increase calm and relaxation. Beginners are welcome! **Bring water bottle & yoga mat**

Hamburg High School, Library

Dates: Wednesdays, October 4 - December 6

NO CLASS NOVEMBER 22

Time: 7 - 8 pm

Cost: \$90

Registration deadline: September 20

SIT, FIT & FUN (FN3) **CANCELLED**

Sandy Mannella

Sit, Fit and Fun is a great overall workout in your chair. We dance, we sing, we do our cardio, we add toning with small weights and we do a wonderful cool down. Get in shape and feel great with Sit, Fit And Fun! **Bring small weights**

Hamburg High School, Cafeteria

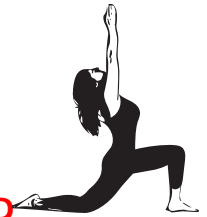
Dates: Mondays, October 2 - November 27

NO CLASS OCTOBER 9

Time: 6 - 7 pm

Cost: \$99 Seniors: \$89

Registration Deadline: September 18



SPORTS



MEN'S VOLLEYBALL (SP1)

Tom Lardo

Enjoy volleyball for fun and exercise. Some instructions will be given.

Hamburg Middle School, Gym

Dates: Thursdays, November 9 - May 9

****Please Note: This is a full year class****

NO CLASS NOVEMBER 16, 23, DECEMBER 14, 28, January 25, FEBRUARY 22, APRIL 4

Time: 7:30 - 9:30 pm

Cost: \$45 Seniors: \$25

Registration Deadline: October 26

Volleyball dates/times will be adjusted in the event of home sports games

CO-ED VOLLEYBALL (SP2)

Tom Lardo

Enjoy volleyball for fun and exercise. Some instructions will be given.

SWIMMING

SUNRISE SWIM (SW1)

No instructor

Take an early morning leisure swim. Registrants swim lengths of the pool at their own pace. For your safety, we adhere to a swimmer: lifeguard ratio. The registration fee includes both days. Class limit: 25.

Hamburg High School, pool

Dates: Tuesdays & Thursdays, October 3 - December 21

NO CLASS NOVEMBER 23

Time: 6:15 - 7:15 am

Cost: \$40 Seniors: \$30

Registration deadline: September 19

SWIM FOR HEALTH (SW2)

No instructor

This program of leisure swim is for adults who like to enjoy the recreational benefits of a pool. For your safety, we adhere to a swimmer: lifeguard ratio. The registration fee includes both days. Class limit: 25.

Hamburg Middle School, pool

Dates: Tuesdays & Thursdays, October 3 - December 21

Hamburg Middle School, Gym

Dates: Tuesdays, November 7 - May 7

****Please Note: This is a full year class****

NO CLASS DECEMBER 5, 26, FEBRUARY 20, APRIL 2

Time: 7:30 - 9:30pm

Cost: \$50 Seniors: \$30

Registration Deadline: October 24

MEN'S BASKETBALL (SP3)

Tom Ryan

Basketball for exercise and recreation.

Union Pleasant School, Gym

Dates: Thursdays, October 5 - May 9

****Please note: This is a full year class****

NO CLASS NOVEMBER 23, DECEMBER 28, FEBRUARY 22, APRIL 4

Time: 6:30 - 8:30 pm

Cost: \$65 Seniors: \$55

Registration Deadline: September 21

NO CLASS NOVEMBER 16, 23, DECEMBER 5, 14

Time: 5:30 - 6:30 pm

Costs: \$40 Seniors: \$30

Registration deadline: September 19

DEEP WATER WORKOUT (SW3)

Mary Jo Lardo

This fitness program provides a no-impact but challenging cardiovascular workout. The class will use flotation devices to assist in a total body workout. Kick, tread and scull your way to a fit body. You will find this class especially challenging to the abs and thighs. Participants must be comfortable in deep water with no support. Students should purchase an aquatic belt or Styrofoam water weights.

Class limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School Pool

Dates: Mondays & Wednesdays, October 2- December 13

NO CLASS OCTOBER 9, NOVEMBER 22

Time: 5 - 6 pm

Cost: \$55 Seniors: \$45

Registration deadline: September 25

SWIMMING

AQUA AEROBICS (SW4)

Stephanie Lardo

This is an easy-going, low-impact water aerobics class. It includes stretching, quick cardio and some light arm workouts. Participants should be comfortable in the water. Class limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School Pool

Dates: Mondays & Wednesdays, October 2 - December 13

NO CLASS OCTOBER 9, NOVEMBER 22

Time: 6 - 7 pm

Cost: \$55 Seniors: \$45

Registration deadline: September 25

MASTER SWIMMING

Wendy Ryan

This class is for competitive swimmers - past, present & future - who would like to improve their efficiency and conditioning using the four basic competitive strokes. If you are unable to consistently swim break-free laps, this course is not for you.

SATURDAYS MASTER SWIM (SW5)

Hamburg Middle School Pool

Dates: Saturdays October 7 - May 18

****Please Note: This is a full year class****

NO CLASS: NOVEMBER 25, DECEMBER 23, 30, FEBRUARY 24, MARCH 30, APRIL 6

Time: 9 - 10:30 am

Cost: \$90 Seniors: \$80

Registration Deadline: September 23

TUESDAYS MASTER SWIM (SW6)

Hamburg Middle School Pool

Dates: Tuesdays, October 3 - May 14

****Please Note: This is a full year class****

NO CLASS DECEMBER 5, 26, FEBRUARY 20, APRIL 2

Time: 6:30 - 8pm

Cost: \$90 Seniors: \$80

Registration Deadline: September 19

THURSDAYS MASTER SWIM (SW7)

Hamburg Middle School Pool

Dates: Thursdays, October 5 - May 9

****Please Note: This is a full year class****

NO CLASS NOVEMBER 16, 23, DECEMBER 14, 28, JANUARY 25, FEBRUARY 22, APRIL 4

Time: 6:30 - 8pm

Cost: \$90 Seniors: \$80

Registration Deadline: September 24

SPECIAL INTEREST

COOKING WITH KRISTA

FEEL THE POWER - KNIFE SKILLS (SI1) - Learn valuable knife techniques, including safe & skillful slicing, dicing and more! Put your knife skills to the test while preparing your own homemade chicken stock and chicken stir fry Montego Bay with fried rice.

Hamburg Middle School, Room 122

Date: Thursday, October 12

Time: 6 - 8 pm

Cost: \$45

Registration deadline: September 28

WARM UP WITH SOUP (SI3) - This is the time of year we want to warm up with a delicious soup! Learn how to make a classic French Onion Soup topped with gruyere and jarlsberg cheeses as well as Krista's award winning Black Bean Soup.

Hamburg Middle School, Room 122

Date: Thursday, November 2

Time: 6 -8 pm

Cost: \$45

Registration deadline: October 19

PASTA! (SI4) - If you love pasta you have come to the right place! Learn how to make ricotta stuffed ravioli as well as Krista's specialty Silk & Satin Pasta which is angel hair pasta made with shallots & mushrooms in a white wine cream sauce finished with prosciutto, peas and pecorino romano cheese

Hamburg Middle School, Room 122

Date: Thursday, November 9

Time: 6 - 8 pm

Cost: \$45

Registration deadline: October 26

SPECIAL INTEREST

A NIGHT IN THE CARIBBEAN (SI5) - Learn the delights of the islands from Krista's experience living in the Caribbean. Selections include chicken ochie which is a peanut crusted chicken breast served with a banana mango chutney, Jamaican rice and beans, as well as frenched jerk chicken wings!

Hamburg Middle School, Room 122

Date: Thursday, November 30

Time: 6 - 8 pm

Cost: \$45

Registration Deadline: November 16

JOY OF WORKING WITH YEAST (SI2) - You dough-nut want to miss this class! Learn how to make fried doughnuts; churros made with a pate chux batter and served with a dark chocolate sauce as well as Krista's focaccia bread

Hamburg Middle School, Room 122

Date: Thursday, December 7

Time: 6 - 8 pm

Cost: \$45

Registration deadline: November 23

LEARN HOW TO MAKE SPONGE CANDY

(SI8-a) **NEW**

Ron Solly

Ron is Culinary Institute of America (CIA) trained in making chocolates and other confections. Join him and learn the art of making sponge candy as well as learning how to temper chocolate.

Hamburg Middle School, Room 122

Date: Thursday, October 5

Time: 6 - 7:30pm

Cost: \$35

Registration Deadline: September 21

****OR****

LEARN HOW TO MAKE SPONGE CANDY

(SI8-b)

Hamburg Middle School, Room 122

Date: Tuesday, November 14

Time: 6 - 7:30 pm

Cost: \$35

Registration Deadline: October 30

LEARN TO DECORATE COOKIES **NEW**

Kelly Gorczyca, Owner Carmela's Cookie Shop

If you want to learn the art of cookie decorating, then this course is for you. I will teach you about working with royal icing, frosting consistency techniques, and how to use tools that will make your cookie decorating easier. There will be a Holiday theme to each class. You will get to decorate and take home 8 cookies and a cookie scribe.

HALLOWEEN (SI9)

Hamburg Middle School, Room 122

Monday, October 16

Time: 5:30 - 8 pm

Cost: \$45

Registration Deadline: October 3

THANKSGIVING (SI10)

Hamburg Middle School, Room 122

Monday, November 13

Time: 5:30 - 8 pm

Cost: \$45

Registration deadline: October 31

CHRISTMAS (SI11)

Hamburg Middle School, Room 122

Monday, December 4

Time: 5:30 - 8 pm

Cost: \$45

Registration Deadline: November 20

WILDERNESS SURVIVAL (SI6)

Michael Olek

This wilderness survival class will provide instruction in wilderness survival, woodcraft aka bush-craft, primitive technologies and paleo skills, as well as edible and medicinal wild plants. Over the course of 8 classes the following topics will be covered: planning strategies, making survival kits, the 5 to 10 C's of survivability, methods of thermoregulation and heat transfer, essential elements of survival, shelter, water, fire, food, rescue signaling, navigation tips and techniques, using a compass, map, natural navigation signs, using items from nature to assist in survival.

Hamburg Middle School, Room 127

Date: Wednesdays, October 4 - November 29

NO CLASS: November 22

Time: 6:30 - 9pm

Cost: \$40 Seniors: \$35

Registration Deadline: September 20

DIY GARDEN DESIGN (SI7)

Nora Saintz

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 difficult-to-plant areas, low-maintenance, deer-resistant plant options. Participants are encouraged to bring photos of their yards for specific design advice. A Q&A session will be held at the end to cover any gardening-related topics not covered during class.

Hamburg High School, Room 121

Date: Wednesday, October 4

Time: 6:30 - 8:30 pm

Cost: \$30

Registration deadline: September 20

SPECIAL INTEREST

INTRO TO MEDITATION (SI12) **NEW**

Richard D'Angelo, Life Enrichment Seminars

Almost everyone is familiar with the word 'mediation', 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 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!

Hamburg High School, Room 142

Date: Thursday, October 5

Time: 7 - 9:30 pm

Cost: \$35

Registration Deadline: September 25

ANGELS, SPIRIT GUIDES AND YOU (SI13)

****NEW****

Richard D'Angelo, Life Enrichment Seminars

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?

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!

Hamburg High School, Room 142

Date: Thursday, October 12

Time: 6:30 - 9:30pm

Cost: \$35

Registration Deadline: September 28

CHANGE YOUR MIND, IMPROVE YOUR LIFE (SI14) **NEW**

Richard D'Angelo, Life Enrichment Seminars

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 to see auras
- Know how to protect yourself against the negative energy of others
- Discover your inner blocks to your own happiness
- Learn how to send energy to another and what it's like to receive it
- And most importantly, you will understand how you are the creator of your life experiences

This class is not only very informative, but it's fun. Come and join us.

Hamburg High School, Room 142

Date: Wednesday, November 8

Time: 6:30 - 9:30pm

Cost: \$35

Registration Deadline: October 25

NYS NOTARY PUBLIC TRAINING (SI15)

****NEW****

Karen O'Connor

Do you need to become a notary for work or is it something you'd like to add to your resume? This class will prepare you for the exam and what to expect being a notary. State law, vocabulary and expectations are covered in the class.

Cost includes handbook and practice tests.

Hamburg Middle School, Room 125

Date: Tuesday, October 24

Time: 6 - 8:30pm

Cost: \$60

Registration Deadline: October 10

DEFENSIVE DRIVING COURSE (SI16-a)

****NEW****

All-Pro Tutoring & Test Prep

This point and insurance reduction program reviews safe driving and accident-avoidance techniques. Upon completion of the class, drivers are eligible for a 10% reduction in their auto insurance and/or up to 4 points removed from their DMV driving record. Drivers may take the course every 3 years for insurance reduction and every 18 months for point reduction. All drivers listed on an insurance policy are eligible to complete the course. This is a great way to reduce the cost of your auto insurance!

Hamburg High School, Room 142

Date: Tuesday & Thursday, October 17 & 19

Time: 6 - 8:45pm

Cost: \$50

Registration Deadline: October 3

SPECIAL INTEREST

****OR****

DEFENSIVE DRIVING COURSE (SI16-b)

Hamburg High School, Room 142

Date: Monday & Wednesday, December 4 & 6

Time: 6 - 8:45pm

Cost: \$50

Registration Deadline: November 20

INTERMEDIATE FRENCH (SI17) **NEW******

Dr. Martha Horohoe

Although France is the number one tourist destination, almost every continent has several French-speaking countries. It truly is a world language. Have you ever wanted to learn French to enhance travel experiences or business relationships and enhance your understanding of a foreign culture? Dr Horohoe will teach an eight-week course presenting: the functions and uses of the French Language, pronunciation, grammar, the concepts which underlie the language; the culture and geography of French-speaking countries and regions like France, Quebec, Morocco and Martinique; and practical use of French in real world situations.

Intermediate French expands on previous groundwork. This course will focus on more practical use of French in real world situations as well the grammar and concepts that will enable you to start conversing in the language.

Hamburg High School, Room 142

Date: Mondays, October 2 - November 27

NO CLASS OCTOBER 9

Time: 7 - 8 pm

Cost: \$62

Registration Deadline: September 18

AMERICAN RED CROSS CPR/AED TRAINING (SI18) **NEW******

Domenic Danesi, Ready to Respond

The purpose of the American Red Cross(ARC) Adult CPR/AED Course is to help participants recognize and respond appropriately to cardiac and breathing emergencies and to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. The ARC Adult/AED Course offers instruction in CPR and AED courses for adults to meet the various training needs.

STUDENTS WILL RECEIVE AN AMERICAN RED CROSS CPR/AED CERTIFICATE UPON COMPLETION OF THE COURSE.

Hamburg High School, Room 142

Date: Thursday, October 26

Time: 6 -9 pm

Cost: \$85

Registration Deadline: October 12

AMERICAN RED CROSS BABYSITTER'S TRAINING (SI19) **NEW******

Domenic Danesi, Ready to Respond

****AGES 11-15**** This course is designed to provide young adults who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Each student will receive an American Red Cross Babysitter's Kit and a certificate stating they successfully completed the program. Students are required to provide an email address that certificates can be sent to.

Hamburg Middle School, Room 125

Date: Saturday, October 21

Time: 9 am - 2:30 pm

Cost: \$80

Registration Deadline: October 7

SPANISH FOR THE ELEMENTARY YEARS

Grade K-5 - to learn the spanish language, foundation vocabulary, introduced through games, singing & fun activities. Early introduction increases the ability to absorb rather than translate the language.

Program is held in school at dismissal

REGISTER ONLINE AT: www.TheEnrichmentCompany.com

Charlotte Ave Elementary

Date: Thursdays, 3 - 3:40 pm

Cost: \$90 Per session

FALL SESSION: 10/19, 10//26, 11/2, 11/9, 11/16, 11/30

WINTER SESSION: 2/15, 2/29, 3/7, 3/14, 3/21, 3/28

SPRING SESSION: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

Union Pleasant Elementary School

Date: Tuesdays, 3 - 3:40 pm

Cost: \$90 Per session

FALL SESSION: 10/17, 10/24, 10/31, 11/7, 11/14, 11/21

WINTER SESSION: 2/13, 2/27, 3/5, 3/12, 3/19, 3/26

SPRING SESSION: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

Armor Elementary School

Date: Wednesdays, 2:50 - 3:30 pm

Cost: \$90 per session

FALL SESSION: 10/18, 10/25, 11/1, 11/8, 11/15, 11/29

WINTER SESSION: 2/14, 2/28, 3/6, 3/13, 3/20, 3/27

SPRING SESSION: 4/24, 5/1, 5/8, 5/15, 5/22, 5/29



REGISTRATION

Please complete a separate registration form and payment for each person and each class. Copies or 3x5 cards are acceptable. Be sure to include the correct course number.

Registration and payment can be dropped in the Lock Boxes located at either of the front doors on the Hamburg Central School Administration Building, 5305 Abbott Rd, or checks can also be mailed to the below address. ****We will no longer be accepting cash as a form of payment****

REGISTER BY MAIL:

Hamburg Central Schools
Continuing Ed. Office
5305 Abbott Rd.
Hamburg, NY 14075

CHECKS PAYABLE TO:

Hamburg Central Cont. Ed.

Credit cards are accepted only with online registration.

REGISTER ONLINE:

hamburgschools.org -> Community
-> Continuing Education

CONTACT US:

Reach us by email at:
conted@hcsdk12.org or call 646-3200, ext. 7108, from 8:30 a.m.-12:30 p.m., Mon.-Fri. or 716-646-3200 Ext 7215 from 12:30 - 4 pm Mon. - Fri.

NO CLASSES WHEN SCHOOL IS CLOSED:

WEATHER CLOSINGS:

When school is closed due to inclement weather, all night classes are canceled as well. Monitor local TV stations throughout the day for closing information or visit the school district website at: hamburgschools.org

Hamburg Continuing Education - FALL 2023

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # _____ Course name _____

I am 21 years of age or older Yes No

Senior citizen discount? Yes No

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Yes No

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Phone number(s) _____

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