

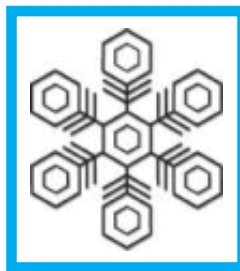


In pursuit of lifelong learning...

SWEET HOME

Winter
2 • 0 • 1 • 2

COMMUNITY EDUCATION



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**Register by
phone:
250-1424**





Pay for Sweet Home Community Education Courses ONLINE!

Sweet Home Community Education Is Now Accepting Electronic Checks and Credit Cards!!

Sweet Home Community Education is pleased to announce our new online payment processing system, PaySchools. This program lets residents pay for fees including Sweet Home Community Education programs online.



What is PaySchools?

PaySchools is a browser-based windows application containing an Internet component that gives residents flexibility and control over paying their community education related fees by electronic check or credit card.

How does it work?

Residents can pay for programs online at their convenience by accessing the PaySchools system through the school's web site, **www.sweethomeschools.com**. Residents have the option to directly debit the funds from their bank account (electronic check) by entering their bank's ABA routing number and their personal bank account number, or you can make purchases with their VISA, MasterCard or Discover credit card. After making a purchase, an e-mail receipt will immediately be sent to the resident confirming their purchase(s). **PaySchools does not save or store bank or credit card information to ensure privacy and security for users.**

The first time you access PaySchools, you will be asked to create a username and password. After you login, simply select the item(s) you wish to purchase then choose to pay by e-check or credit card. To pay by e-check (directly debiting your bank account), you will enter your bank's ABA routing number and personal bank account number. To make your purchase by credit card, enter the account number and expiration date for your VISA, MasterCard or Discover credit card. After you complete your purchase, an e-mail confirmation and receipt will immediately be sent to you. PaySchools uses Secure Sockets Layer (SSL) software, requires passwords throughout the program, and **does not store personal bank or credit card information to ensure privacy and security for users.**

Benefits for residents:

- Convenience – make purchases 24 hours a day/7 days a week
- Control – eliminate lost checks or cash
- Timely — credits payments to student's account instantly
- User friendly — processes both e-checks and credit cards
- Secure — ensures private and secure transmission
- Accessible — view purchases and payments online

Contact Sweet Home Community Education at 250-1424 for more information.

www.sweethomeschools.com



Get Fit at Sweet Home!!

Sweet Home High School Fitness Center

1901 Sweet Home Road • Next to High School Pool
Enter through Main Entrance

Hours of Operation:

Tuesday & Thursday

5:30-8pm

Ages 16 and older (10 and older w/adult)

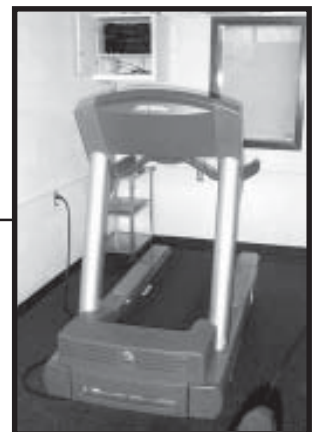
Cost:

\$35 per 12 week semester

(minimum of 35 registrants required for program to run)

Community Education Winter semester

January 17 - April 5



Get in shape with state-of-the-art exercise equipment including:
stairmasters • treadmills • exercise bikes • nautilus & free weights

Call Sweet Home Community Education TODAY at 250-1424
to gain membership to the Sweet Home High School Fitness Center

BEGINNER SPANISH ONLINE

This 6-week online 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. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering.

Dates:

Course begins week of 1/23

Course fee: \$60

Instructor: Tiffany Scott

INTERMEDIATE SPANISH ONLINE

This 6-week online 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. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Additional requirements for this course are Beginner Spanish proficiency, preferably having first taken the Beginner Spanish Online course. Please include your e-mail address when registering.

Dates:

Course begins week of 1/23

Course fee: \$60

Instructor: Tiffany Scott

SPANISH FOR TRAVEL ONLINE

This 6-week online 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. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files.

Dates:

Course begins week of 1/23

Course fee: \$60

Instructor: Tiffany Scott

On-Line

Spanish

Sweet Home Community Education



**Register by phone:
250-1424**



SPANISH FOR THE HEALTHCARE PROFESSIONALS ONLINE

This 6-week online 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. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Students will be able to correspond with the instructor via e-mail freely throughout the duration of the course. Requirements for the course: Intro-level Spanish knowledge, CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering.

Dates: Course begins week of 1/23 • **Course fee:** \$60 • **Instructor:** Tiffany Scott

On-Line Learning

Sweet Home Community Education



Visit
www.ed2go.com/sweethome
 &
 start learning
 today!!!

Hundreds of
 on-line courses at
www.ed2go.com/sweethome

Unique Instructor Facilitated Courses On-Line	
<p>Do you want to learn new skills but don't have the time? Now you can pick up valuable skills right at home!</p> <p>Courses Available</p> <ul style="list-style-type: none"> Internet Computer Certification Prep Design and New Media Certificate Programs Writing Personal Enrichment Test Prep Legal Entrepreneur/Business Business Administration Management Health Care 	<p>All you need to get started is...</p> <ul style="list-style-type: none"> Internet access Email address Web browser <p>Each course runs for 6 weeks and consists of 12 lessons. Classes start each month.</p> <p>Interactive quizzes, assignments, tutorials and online discussion areas supplement the lessons.</p> <p>Read your lessons and ask questions of your instructor at the times most convenient to you.</p>
<p>Visit www.ed2go.com/sweethome and start learning today!</p>	

Six-week class sessions begin on the following dates for the fall quarter:
 January 18 • February 15 • March 23

Assisting Aging Parents

Learning how to help parents or other loved ones through their transition can prepare us for our own. You'll understand the impact of retirement, learn how to choose a nursing home, and be prepared to deal with death. You'll learn about financial and legal considerations, health issues, and family interpersonal relationships. You'll be introduced to special communication skills, observation methods, and coping mechanisms to ease the burden for everyone involved. You'll learn to handle most of the challenges you will face while coming to appreciate and cherish the privilege of the journey.
12 lessons: \$69

Learn to Buy and Sell on eBay

If you've ever dreamed of working from home or just earning extra income by buying and selling goods online, our experienced instructors will guide you every step of the way. You'll also learn how to safely con-

duct financial transactions, how to accept credit card payments, and how to pack and ship any item hassle-free. If you're a buyer, you'll learn how to value almost any item up for auction, how to get the best possible price, how to protect yourself against fraud, and how to compete effectively against other bidders.
12 lessons: \$69

Creating Web Pages

Learn how to design, create, and post your very own site on the Internet's World Wide Web. Discover low-cost marketing techniques and search engine strategies.
12 lessons: \$59

Computer Skills for the Workplace

Learn the fundamental computer skills you need to succeed in today's workplace. You'll discover practical applications for email, word processors, spreadsheets, and databases, gaining a working foundation for the critical computer

skills you need to survive in the modern job market.

12 lessons: \$59

Keys to Effective Communication

If you often find yourself at a loss for words or lack confidence in your communication abilities, you'll appreciate this course. With the help of a patient instructor and a supportive community of your fellow students, you'll work step by step through the process of becoming a great conversationalist. You'll learn to use communication to build rapport and create environments of trust, warmth, and respect. Become more confident, create a great first impression, get along well with others, and create more and better personal and professional relationships.
12 lessons: \$69

Introduction to PC Troubleshooting

Are you ready to dive under the hood of your PC? Introduction to PC Troubleshooting takes you step by step through the typical hardware and operating system problems encountered by technicians, and teaches you troubleshooting techniques to decipher any problem and gives you the skills you need to solve them. Once you've mastered the basics, the course launches into some of the more advanced and nasty problems that sometimes crop up in the PC, teaching you how to diagnose and fix those problems. Finally, this course will show you how to maintain and optimize a Windows PC. So what are you waiting for? Let's troubleshoot - and fix - some PCs!
12 lessons: \$59

Secrets of Better Photography

Designed for both film and digital photographers, this course is filled with tips and tricks to help you take better photographs. You'll learn the basic technology that all cameras use, and you'll receive helpful information on exposure and lighting. You'll also explore strategies for taking excellent photos in all types of situations, including portraiture, landscape, macro and still life.

12 lessons: \$69

Fundamentals of Technical Writing

Learn the skills you need to succeed in the well-paying field of technical writing. You'll discover the secrets of successful technical writers, including technical writing conventions, interviewing skills, documentation management, publishing and formatting techniques, and how to get your first job as a technical writer.

12 lessons: \$69

Digital Photography DISCOVER!

Join us and explore the world of digital photography! This course provides an introduction to the fascinating technology that is catapulting the photographic world into the 21st century. We'll discuss the basics of digital photography, equipment, software, the digital darkroom, printing, Internet and e-mail use, along with commercial and personal applications. You'll learn what you need, what you can do, and what you can expect to invest. Whether you're new to photography or a long-time professional looking for a complement to traditional photography, this class will provide an introduction to new opportunities for putting digital photography to use.

12 lessons: \$69

Effective Business Writing

Do you have a nagging suspicion that a small improvement in your writing skills might also improve your career prospects? Don't let small gaps in your business writing skills prevent you from reaching your full potential! It doesn't matter whether you're a clerical worker, an engineer, or an executive. If you communicate with others in writing, this course can help you identify and eliminate problem areas. By the end of this course, you'll know the secret to developing powerful written documents that immediately draw readers in and keep them motivated to continue until your very last, well-chosen word.

12 lessons: \$69

Becoming a Grant Writing Consultant

Good grant writing consultants are always in demand. Learn how you can use a basic knowledge of grant or proposal writing to become an expert in the red-hot grant consulting field. This is one field where your creative writing skills can touch thousands of people and literally make a difference in their quality of life.

12 lessons: \$69

Start and Operate your own Home-Based Business

Home-based businesses are the hottest business trend of the decade! Learn how to be your own boss and eliminate the stress of having a job. The benefits of working from home are endless! Earn what you deserve, be independent, have tax deductions, do away with traffic, office politics and more! Learn how to develop the entrepreneurial qualities - motivation, discipline, creativity - that you will need to succeed! This class is a great way to start your own business or enhance the one you already have.

12 lessons: \$69

Administrative Assistant Fundamentals

Rapid growth in the health, legal services, data processing, management, public relations, and other industries have created many new job opportunities for administrative assistants. This course will help you discover and master the essentials of managerial and staff support, information and records management, communications technology, travel and meeting coordination, space planning, and office ergonomics. You'll become an indispensable member of your team by identifying opportunities and implementing solutions to turn your office into a high productivity machine. This course will also help you prepare for the internationally recognized Certified Professional Secretary (CPS) and Certified Administrative Professional (CAP) exams offered by the International Association of Administrative Professionals.

12 lessons: \$69

4 EASY WAYS TO REGISTER!!

1) MAIL IT IN! NOW!

Charge, checks or money order:
Sweet Home
Community Education
1901 Sweet Home Road
Amherst, NY 14228
Checks payable to:
Sweet Home Community
Education

2) WALK IT IN!

Community Education
Sweet Home District Office
Monday - Friday
9:00am - 2:00pm

3) FAX IT IN! • 250-1361

24 hours a day/7 days a week
Credit Cards Only
Discover/Visa/MasterCard

4) PHONE IT IN! • 250-1424

8:30am - 2:30pm
Credit Cards Only
Discover/Visa/MasterCard
*Be prepared to read your
card number and class
choices.*

On-Line Learning

Sweet Home Community Education



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today!!!

Hundreds of
on-line courses at
www.ed2go.com/sweethome

Creative Craft

Center

Sweet Home Community Education



Register by
phone:
250-1424



Stained Glass Workshops Instructor: Dave Sack

Beginning Stained Glass HS Art Room 406

Students are introduced to the "copper foil/Tiffany style". They learn all the basic construction techniques in this method of stained glass. This is a hands-on course. Students can complete up to four sun catchers within six weeks. Dave Sack has taught at the State University at Buffalo for ten years, and owned Papillion Glassworks for twenty-one years.

Start Dates:
Feb. 7, March 27 (6weeks)
7-10pm • \$70

Advanced Stained Glass HS Art Room 406

In this workshop, students apply what they learned in the beginner's course to more complex projects, such as lamps, larger panels, windows, three dimensional objects (jewelry boxes, card holders, candleholders etc.). Just about anything in stained glass can be accomplished (no fusing). Students will also be taught different methods of construction, and the use of more advanced tools.

Start Dates:
Feb. 9, March 29 (6weeks)
7-10pm • \$70

Fabrics Instructor: Carmen Velasco

Embroidery Around the World HS Art Room 406

Experience making a wide variety of embroidery styles including brazilian embroidery, silk ribbon embroidery, shadow embroidery to name a few. Quilters can apply these beautiful stitches to create a unique square - low cabin, crazy quilt, double wedding ring and many more. Beginners will have to purchase a kit, available in class, for \$15.

Start Dates:
Feb. 8, March 28 (6weeks)
7-10pm • \$70

Knitting and Crocheting HS Art Room 406

This class takes you from the basics to the very advanced techniques. You will learn how to read a pattern, create your own designs, do professional finishing and much more. Bring 4-ply yarn, #8 knitting needle and #5 crochet hook. This class welcomes students from beginners to the very advanced.

Start Dates:
Feb 6, March 26 (6weeks)
7-10pm • \$70

Computer Workshops Instructor: Paul Bauer

Photoshop I Photographic Techniques HS Room 310

This workshop covers the basic operation of Adobe Photoshop needed to edit photographic images for size, resolution, color correction, sharpness etc. We then add enhancements such as toning, hand-coloring and simple borders. The class starts with a review of computer operation including file loading, saving, CD burning etc. The workshop is structured with weekly step-by-step instruction, projects and homework. Work with my images or your own. A small package of blank CD-R's or a USB Flash Drive is required.

Start Dates:
Feb. 9, March 29 (6weeks)
7-10pm • \$80

Photoshop II Advanced Techniques (HS Room 310)

This workshop continues our mastery of Adobe Photoshop. It picks up where Photoshop I leaves off, and gets us involved with basic filters, layers, masks, and advanced tools and techniques. Everyone is encouraged to burn the lessons and homework to a CD, and take them home and practice them on their own computer. Students need a small package of blank CD-R's or a USB Flash Drive, along

with Photoshop I experience.

Start Dates:
Feb. 8, March 27 (6weeks)
7-10pm • \$80

Photoshop III - Third Level HS Room 310

This workshop picks up where Photoshop I & II leave off. We cover more advanced techniques such as Layer Blend Modes, Custom Brushes, Extraction, History Brush, Vector Graphics, Advanced Sharpening Techniques, Liquify, and many more. Once again, all of the exercises that we work with in this workshop are practical tasks that photographers need to accomplish on a regular basis. Students need a small package of blank CD-R's or a USB Flash Drive, along with Photoshop I and II experience.

Start Dates:
March 26 (6weeks)
7-10pm • \$80

Basic Photography Digital & Traditional HS Room 310

This time-tested workshop has introduced thousands of students to the world of photography for more than twenty five years. It provides all the fundamentals you need to know in both the traditional and digital worlds. Lectures cover traditional subjects such as films, apertures, shutters, depth-of-field, f/16 rule, etc, as well as digital topics such as resolution, file formats, memory cards, etc. This hands-on workshop includes lecture, one-on-one in-class shooting, several field trips and an informal seminar. Aesthetics and composition are covered in the Field Trip Workshops. No prior photographic knowledge is assumed.

Start Dates:
Feb. 6, March 28 (6weeks)
7-10pm • \$70



Photography Workshops

Instructor:
Paul Bauer

Basic Photography Digital & Traditional HS Room 310

This time-tested workshop has introduced thousands of students to the world of photography for more than twenty years. It provides all the fundamentals you need to know in both the traditional and digital worlds. Lectures cover traditional subjects such as films, apertures, shutters, depth-of-field, f/16 rule, etc, as well as digital topics such as resolution, file formats, memory cards, preparing images for printing etc. Aesthetics and composition are covered in the Field Trip Workshops. No prior photographic knowledge is assumed.

Start Dates:

Feb. 6, March 28 (6weeks)
7-10pm • \$70

Field Trip Workshops

All Field Trip Workshops consist of one lecture period followed by five field trip sessions to various locations. The Aerial Photography workshop is the exception, with one lecture period, a separate one-hour plane flight, and a follow-up classroom session. Most Field Trip Workshops are only taught one time during each year. Workshops include weekly print critiques, a social get-together, in-class photo challenges, final class print judging, and website print displays. Students provide their own transportation for all workshops. Digital and traditional photographers welcome. I've lifted the requirements for some of the workshops, so that beginning photographers (snapshooters) who prefer getting started with hands-on workshops can participate. All classes taught by Paul Bauer.

Open Field Trips

The following Field Trip Workshops do not require Basic Photography, or any prior photographic experience, and can be taken by beginning snapshooters as well as advanced workers.

Winter Photography HS Room 310

This landscape and nature-oriented workshop captures some of the most scenic winterscapes in W.N.Y., along with several winter activities. This is a weather-dependent workshop that can meet on Saturday or Sunday afternoons, or both!

Start Times:

February 11 • 6 sessions
1-4pm • \$70

Maple Syrup Photography HS Room 310

Experience the lure and fascination of the centuries-old tradition of W.N.Y. maple syrup production. Can be physically strenuous at times, and requires double prints and waterproof knee-high boots. Can meet on Sat. or Sun. afternoons, or both!

Start Times:

February 12** • 6 sessions
1-4pm • \$70

** Actual field trip class will meet on Saturday and/or Sunday afternoons, but first class will meet from 9am - 12pm on February 11, remaining class schedule will be set during that time.

Springtime Photography HS Room 310

An intriguing combination of special springtime and private events with an emphasis on draft horses and oxen. Includes several plowfests, log skidding, and horses pulling grain drills, harrows and other early agricultural implements. Requires double prints. May include several Saturday sessions.

Start Times:

April 8** • 6 sessions
1-4pm • \$70

** Actual field trip class will meet on Saturday and/or Sunday afternoons, but first class will meet from 9am - 12pm on April 7, remaining class schedule will be set during that time.

Restricted Field Trips

The following Field Trip Workshops require manual control of the camera, or other special techniques, and therefore require Basic Photography, or equivalent prior photographic experience.

Nature Photography HS Room 310

Photograph the early spring wildflowers of our local woodlands, fields and swamps. Also included are early mushrooms, woodland scenes and conservatory flowers. A set of close-up lenses and a tripod are helpful.

Start Dates:

April 7 • (6weeks)
1-4pm • \$70

Creative Craft Center

Sweet Home Community Education



**Register by
phone:
250-1424**



Blue and Gold Specials

Sweet Home Community Education

Register by
phone:
250-1424

LONG-TERM CARE INSURANCE

Confused about long-term care insurance? Is it right for you? This workshop will help you understand what options are available to protect your assets and to remain independent. You will learn about Medicare, Medicaid, and the details of long-term care insurance. You will know how to evaluate an insurance company, what questions to ask your agent, and what pitfalls to watch out for. The New York State Partnership will be covered in detail as well as the many tax advantages available to you. As part of the class, you will receive a free Shopper's Guide to Long-Term Care Insurance.

Fee No Charge
Thursday, March 8th
6:30 to 8:00pm
High School - Room 102
Instructor:
Danielle Robertson
Benefit Concepts

We are offering our Blue and Gold Specials to Sweet Home residents as they are meeting with such a positive response. We do have to limit the number of participants due to room size or a request by the instructor. There will sometimes be a course that you will be required to pay a fee to the instructor for the cost of supplies. Pre-registration is required on all Blue and Gold Specials.

NEW RULES FOR COLLEGE MONEY

Each family will receive a pocket folder full of information to take home and a 50-60 minute, 34 page Powerpoint educational presentation in this workshop. (Not a sales pitch) Gain a better understanding of the financial aid process and how you can find those needed funds.

Fee No Charge
Tuesday, March 13th
7 to 9pm
High School - Room 601
Instructors:
James Trueman, CFP

SOCIAL SECURITY MAKING THE RIGHT CHOICE

When should I take my social security benefits? Will my benefits be taxed? What happens if I work while taking benefits? Can my spouse benefit from my social security? Get answers to these questions and more during this class. The class will cover the basics of Social Security as well as cover key strategies to maximize benefits and avoid common pitfalls. Please bring your latest Social Security Statement to refer to during the class.

Fee No Charge
Tuesday, January 31st
6:30 to 8 pm
High School-Room 102
Instructor:
Bryan Castro, CFP

LIMIT RISK IN YOUR PORTFOLIO

In only a few classes, you will be able to understand the basics of investing (starting from the most elementary level). Think of this as "Investing 101" where we will begin with different types of accounts available to you. We then move on to defining the positives and negatives of investing in CDs, Mutual funds, Stocks, Bonds, etc. Once you have a firm understanding of the tools we have at our disposal to invest, we then cover when and how to invest your money so that you can limit the risk in your portfolio. In the final class, you will learn what options are and how they can be used to protect your portfolio.

Fee No Charge
Wednesdays, February 1, 8, 15th
7 to 8pm
High School - Room 102
Instructor:
Bryan Roland, Morgan Stanley

INVESTMENT FATIGUE GOT YOU DOWN?

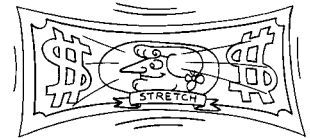
The world of investing can be confusing. In this class you will learn the fundamentals of stock ownership and how to build a diversified portfolio. If you are interested on discovering ways to accumulate wealth for retirement, increase current retirement income, or investing just for fun this class is for you!

Materials and handouts will be

provided to gauge your knowledge and discover what areas you can improve.

Come ready to learn and make sense of this animal called Wall Street.

Fee No Charge
Wednesdays, Jan. 25th & Feb. 1st
6:30 to 8pm
High School - Room 103
Instructor:
Ronald Reinstein, MBA
Investment Representative



PREPARE FOR THE FINANCIAL REALITIES OF DIVORCE

Discover the Top 10 things you can do to help prepare yourself for divorce and your family's financial future. Empower yourself to make the best possible financial decisions. Taught by a Certified Divorce Financial Analyst, this course may increase your chances of reaching a settlement that fully addresses your long-term financial needs, securing your financial future and helping you to rebuild.

Fee No Charge
Wednesday, February 15
6:30 to 8:30pm
High School - Room 103
Instructor:
Adrienne Rothstein Grace



SAFE AT SCHOOL WORKSHOP FOR PARENTS OF CHILDREN WITH DIABETES

This workshop will educate parents and other advocates about laws that protect students with diabetes, and offer strategies and tools to secure needed diabetes care that will ensure that students with diabetes are treated fairly at school.

Fee No charge

Day/time:

Thursday, January 26

7:00 to 8:30 pm

High School Library

Instructor:

Debbi Coniglio

WIRE WRAPPED NATURAL STONE

Have you ever wanted to learn the art of wire-wrapping? In 2 hours you will take a pendant from a natural stone and create it into a work of art that will compliment your finest and most casual outfit. All needed supplies will be provided.

Fee \$33 (1 Night)

Tuesday, February 7th

6:30 to 8:30 pm

High School Art Studio II

Instructor:

Michele Krienbuhl

4 EASY WAYS TO REGISTER!!

1) MAIL IT IN! NOW!

Charge, checks or money order:

Sweet Home
Community Education
1901 Sweet Home Road
Amherst, NY 14228
Checks payable to:
Sweet Home Community
Education

2) WALK IT IN!

Community Education
Sweet Home District Office
Monday - Friday
9:00am - 3:00pm

3) FAX IT IN! • 250-1361

24 hours a day/7 days a week
Credit Cards Only
Discover/Visa/MasterCard

4) PHONE IT IN! • 250-1424

9:00am - 3:00pm
Credit Cards Only
Discover/Visa/MasterCard
*Be prepared to read your card
number and class choices.*

JEWELRY MAKING

Come and learn to create a unique necklace and a pair of earrings in one night. Natural stones, crystals and beads will add a fashion piece to your wardrobe. All tools are available for use. Just bring your neckline.

Fee \$33 (1 Night)

Day/time:

Tuesday, February 14th

6:30 to 8:30 pm

High School Art Studio II

Instructor:

Michele Krienbuhl

BUILDING AN ART PORTFOLIO

This course is an instructed studio class that will focus on two dimensional art. The goal of the class is to strengthen not only technical skills with multiple mediums, but also to engage the students with conceptual development in the art making process. The first classes will be focused more on the development of technical skills. Later in the course, students will concentrate on a thesis and develop a three-piece series off of their ideas. This course is designed for high school students looking to strengthen their art portfolios. Students will need to provide their own materials for application: charcoal, paint, pencil, etc.

Fee \$60 (8 weeks)

Day/time:

Saturday, January 28

8:00 to 11:00am

High School Art Studio II

No class Feb 18th and 25th

Instructor: Taylor Heald

ACRYLIC/OIL PAINTING & PASTELS

If you would like to try your skills in painting with acrylic, oil or pastels or if you are already in this media and want to improve your techniques, join us for an evening of fun and creativity. Individual help will be offered to each student, especially beginners. During this course, the instructor will demonstrate new and old techniques, which will include the new medium using water with oil painting instead of turpentine. We will be reviewing perspective in drawing and also profiles in portraits. The first night I will let the beginners know what they will need and the others should bring any supplies they wish to use.

Fee \$60 (9 weeks)

Tuesday, March 6th to May

8th

6:30-9:30 pm

High School Art Studio II

Instructor:

Winnie Gilham

TURNING HOT GLASS INTO COOL STUFF

Come to Vicki Schneider's Expressive Glass Studio on Route 5 in Woodlawn which is like a "little bit of Corning in Buffalo's backyard" and learn:

- Safety considerations
- How to light and adjust a surface mix propane/oxygen torch
- How to safely introduce rods of soda-lime glass into the flame and use tweezers to trim them
- How to pull glass stringers and twisted cane (which students will use to decorate their beads later in class)
- How to wrap steel mandrels with molten glass to create beads
- How to decorate beads with dots of molten lass
- How to overcome common beginners' challenges

The \$65 fee includes all materials, instruction and annealing of beads. In addition, students receive one hour of complimentary studio time to use within 30 days of their class to practice their skills.

Fee \$65 (1 Night)

Tuesday, April 17th

6 to 9pm

Saturday, April 21st

2 to 5pm

Sunday, April 29th

2 to 5pm

Please specify which date when registering.

Expressive Glass Studio
3333 Lake Shore Road
Buffalo, NY 14219

Instructor:

Vicki Schneider

For further information, please visit www.expressiveglass.com



Basic Skills

Business & Finance

Sweet Home Community Education



Register by phone:
250-1424



ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

IMPROVE YOUR ENGLISH!

Free Classes in Conversation For Beginner & Intermediate Students

Day/time: Classes begin January 3rd to June 15th
6:30 pm to 9 pm

Classes are held Monday and Wednesday for beginners; Tuesdays & Thursday for intermediates.

Sweet Home High School
Room 109

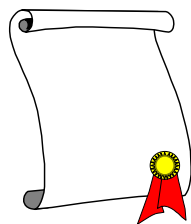
Call to register with the BOCES office at 821-7196

A test will be given to determine the level of study.

HIGH SCHOOL DIPLOMA/GED

Earn a high school equivalency diploma in a self-paced program you may enter and complete at any time. A pre-test determines your strength and weaknesses in five subject areas, allowing you to focus your efforts. For any questions or to register for this call, please call the BOCES office at 821-7196. Pre-registration is required.

Fee No Charge
Monday & Wednesday
6:30-9:30 pm
January 3rd to June 15th
High School Room 606
Instructor:
BOCES



ANNUITIES AND YOUR RETIREMENT

You could live to be 90. Can you say the same for your retirement savings? Retirement can be an incredible time of your life, but it can also last 20 or more years. So it's important to consider if your retirement income will last as long as your retirement. When it comes to generating retirement income, one option to explore is an annuity. Join us to learn about:

- * Different types of annuities and their features
- * Retirement uncertainties that could impact your long-term strategy
- * How an annuity can supplement your retirement income

Fee \$12 (1 Night)
Tuesday, March 20th
6:30 - 8:30pm
High School Room 107
Instructor:
Jim Carey

ROLL IT, TAKE IT, LEAVE IT, MOVE IT: KNOW YOUR EMPLOYER RETIREMENT PLAN OPTIONS

If you're not at your old job, should you retire your savings there?

Join us to learn more about:

- * The five most common distribution options
- * How to avoid having the IRS withhold 20% of your retirement distribution
- * Special considerations if you own employer stock
- * Factoring taxes, penalties and investment options into your decision

Knowing your options when you leave your job can help you make the right choice for your retirement savings.

Fee \$12 (1 Night)
Tuesday, February 28th
6:30 - 8:30pm
High School Room 107
Instructor: Jim Carey

ALL REAL ESTATE IS LOCAL! A COURSE FOR BOTH BUYERS AND SELLERS

Hear the good news about the Buffalo real Estate Market! The sale and purchase of a home calls for many informed decisions. This session will guide you through the process from pre-contract to closing:

- * Pre-Approvals, financing, credit scores and mortgage options
- * Home Search criteria, home preparation checklist
- * Inspections, Appraisals, Negotiations

This course is designed to give you all the information you will need to take advantage of the current market trends and historically low interest rates. A mortgage loan officer will be available.

Fee \$12 (1 Night)
Tuesday, February 7th
6:30 - 8 pm
High School Room 103
Instructor:
Joyce Grinewich & Cher Kempf (Realty USA)

ROTH IRAs: RETIREMENT CAN BE LESS TAXING

Find out how you can take advantage of tax-free income in retirement. We'll discuss:

- * Differences between traditional and Roth IRAs
- * How a Roth IRA can give you greater flexibility to meet your retirement income needs
- * Whether converting to a Roth IRA makes sense for your retirement goals

Fee \$12 (1 Night)
Tuesday, March 13th
6:30 - 8:30pm
High School Room 107
Instructor:
Jim Carey

SEVEN SECRETS TO LOOKING & FEELING YOUNGER

Discover natural and healthy ways to look and feel better, renew your vitality, have a better outlook on life and live longer. You will be amazed at how these 7 simple secrets can change your life and your appearance for the better.

Come prepared to make a commitment to a new you!

Fee No charge
Tuesday, February 28th
7-8:30pm
High School Room 103
Instructor:
Dr. Herbert Lau

UNDERSTANDING FIBROMYALGIA: A HOLISTIC APPROACH TO CHRONIC PAIN & FATIGUE

The purpose of this seminar is to educate you on exactly what fibromyalgia is. You will learn that fibromyalgia and chronic fatigue syndrome (CFS) are real medical conditions. You will develop an understanding of how fibromyalgia affects your body, mind and daily life. There is no cure, but our goal is to help you learn how to manage symptoms without the use of toxic medications. We will discuss how nutrition, exercise and holistic treatment methods can help relieve your pain and fatigue and can help you feel well again.

Fee No charge
Tuesday, March 20th
7:00 to 8:30pm
High School Room 102
Instructor:
Dr. Herbert Lau

EMOTIONAL RELEASE FOR INNER PEACE

Inner peace is impossible to maintain while we still hold on to the very feeling 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 to learn to rest in the peaceful state of loving acceptance that is our true nature.

Fee \$29 (1 Night)
Monday, March 5th
7:00 to 9:00pm
Maryvale High School
Room 176
1050 Maryvale Drive
Cheektowaga
Instructor:
Jesse Wicher

PRACTICAL COMPASSION

In this five week course, you will learn to see the challenges of your life with greater clarity and compassion and discover practical ways to better fulfill your best intentions for living. This empowers us to move beyond the judgments and defenses that separate us, and to open our hearts again to ourselves, our relationships, our society and our world. Come learn to see beyond the illusions that separate us and to recognize the common instinct for goodness at work in every relationship and situation in our lives.

Fee \$99 (5 Nights)
Tuesdays, March 6th - April 3rd
7:00 to 9:00pm
Maryvale High School
Room 176
1050 Maryvale Drive
Cheektowaga
Instructor:
Jesse Wicher

Health

Sweet Home Community Education



**Register by phone:
250-1424**



OSTEOPOROSIS EXERCISE CLASS

A good fitness class is difficult to find these days. Buffalo Rehab Group offers you the opportunity to participate in an exercise class that is specifically designed for women with, or at risk for, osteoporosis. The class is taught by licensed physical therapists that possess the knowledge about osteoporosis and the specific exercises to safely target your strength and flexibility needs. Our fitness program is designed for women, by women, and is suited to fit your personal needs. Although this is a group fitness class, you will receive professional coaching to ensure accuracy with each exercise in order to receive the most benefit from each exercise session. Whether you are looking to get fit or stay in shape, no matter what age, Buffalo Rehab Group's Fitness for Women program is the perfect exercise class for you. The class will run 6 weeks in total. Each class will be 1 hour consisting of a 15-minute educational session about topics related to osteoporosis, 10-minute warm-up, 30-minute exercise session, and a 10-minute cool down. Also included is a personalized osteoporosis workbook for your own record keeping, a course video with the exercises performed in the class, and resistance tubing.

Fee \$70 (6 weeks)
Wednesdays
February 1st to March 7th
12:30 pm to 1:30 pm
Buffalo Rehab Group
350 Greenhaven Terrace, Tonawanda

**Sweet Home
Community
Education**



**Register by
phone:
250-1424**



**SWEET HOME
YOUTH SOCCER
ACADEMY**

Ages 4-9

The philosophy of the Sweet Home Soccer Academy is to bring quality athletic training to the Sweet Home District and Western New York community. Through a personable staff and experienced coaching, we hope to create an exciting atmosphere and a solid foundation while providing a fun learning environment.

All sessions are co-ed and broken up into age appropriate classes. Session A classes will take place Inside the Sweet Home Soccer Turf Facility at Sweet Home High School, located at 1901 Sweet Home Road.

All of the Sweet Home Youth Soccer Academy Classes last one hour. For the first half of class, basic skills are taught with various drills and activities. For the second half, there is a small sided game in which the days skill will be emphasized. The Session A Sweet Home Soccer Academy this fall is an 8 week program.

**Fee \$85
(Includes Nike Ball, Shirt & Award)**

**Fee \$75
(Includes Shirt & Award)**

Saturdays
January 21st through March 10th
9 -9:55 am for 4-5 year olds
10-10:55am for 6-7year olds
11-11:55 am for 8-10 year olds
High School Turf Room

Instructor:
Scott Martin and Staff

For more information visit
<http://web.me.com/marty19>

CHILD AND BABYSITTING SAFETY COURSE

The child and babysitting safety course from the American Safety and Health Institute will teach all 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. As an American Safety and Health Institute trained babysitter, they will gain confidence and valuable employment skills to impress parents. Targeted for students 11-15 years old, the course is held over two 2.5 hour training sessions. Students who successfully complete the program will receive a babysitter's text, starter package and certification card.

Fee \$50 (2 classes)

Tuesday
March 6th and 13th
3:45 - 6:15 pm
Middle School Room 134

Instructor:
Tim Miller - American Safety & Health



**ZUMBATOMIC FOR
KIDS**

**FOR STUDENTS IN
GRADES K-6**

Kids love to dance, wiggle, and sing along to great songs. It's a fact - kids are not as fit as they should be. We will teach them how to have a blast exercising and teach things about being healthy and fit that will last a lifetime. This is a brand new program offered by Zumba and staffed by Sheila's Fitness Jam.

Fee \$49 (6 weeks)

Wednesdays
Jan. 25th to March 7th
No class Feb. 22nd
6-7 pm
Maplemere Elementary School

Instructor:
Sheila's Fitness Jam

**FIVE HOUR
PRELICENSING
COURSE**

The five-hour pre-licensing is mandated by the State of New York in order to sign up for the road test. It stresses defensive driving and the skills and attitude necessary to be an accident free-driver. If you should misplace your certificate you will be charged \$10 for a replacement.

Fee \$35 (1 night)

Monday
March 12th
3:30 - 8:30pm
High School Room 103

Instructor:
Steven's Driving School



DRIVER EDUCATION

Sweet Home Community Education offers this course, geared to high school students as a service to the community. Participants must be 16 years old by February 4, 2012 and possess a valid New York State Learner's Permit or License.

Satisfactory completion necessitates mandatory attendance of 24 hours of vehicle and 24 hours of classroom instruction, as well as successfully passing the classroom and in-car segment of the course. Upon completion, the students will achieve a Student Certificate of Completion. Attendance is required for all classroom and driving sessions. Students WILL NOT be permitted to miss more than 3 classroom and car sessions combined. Missed sessions must be made up through arrangements made with the instructor.

Registration will take place at:
Norman Vergils Community Center
(Located in Sweet Home High School -
Enter Building through Door #6)
1901 Sweet Home Road, Amherst

PLEASE COME TO DISTRICT OFFICE TO PICK-UP
REGISTRATION PACKET PRIOR TO REGISTRATION. BRING
PERMIT/LICENSE TO BE PHOTOCOPIED
WHEN YOU REGISTER!

Sweet Home Students
Thurs., Jan. 19th at 2:30pm
Out of District Students
Thurs., Jan. 19th at 3:00pm

Driving and classroom schedules will be distributed at this time.

Checks are to be made payable to Sweet Home Community Education and are due the day of registration.

Fee \$355 Sweet Home Students
Fee \$395 Out of District Students
Saturday, February 4th through June 23rd (Times Vary)
(No class 2/18, 2/25, 4/7, 4/14 & 5/26)
High School
Instructor:
Stevens Driving School



LEARN TO SWIM Ages 5 and up

Sweet Home Aquatics is offering a 8 week "Learn to Swim" program for children ages 5 and up. There will be a high instructor to swimmer ratio with very qualified experienced, certified instructors.

Please state which session you would like your child to attend.

Please contact Karen Mergler at 626-0354 if you have any questions.

Fee \$65 (8 weeks)

Session I
Sat. Noon to 12:45 pm
Starts January 14th

Session II
Sat. 1 pm to 1:45 pm
Starts January 14th
High School Pool



DO YOU LIKE TO SWIM??

Join SHAQ
(Sweet Home Aquatics)

You will receive individual attention with experienced coaches. It is great exercise for boys and girls. The program is a year round swim club with multi-level competition. All ages and abilities are welcome to attend with reasonable club fees and no residency requirement. Our current swimmers are from all over WNY!!

Check out our website:
www.sweethomeaquatics.com

You will find a sample of our practice schedule!

TWO WEEK TRIAL
OFFER! Contact Karen
Mergler at 626-0354.

Kids

Stuff

Sweet Home Community Education



**Register by
phone:
250-1424**



Kids

Stuff

Sweet Home Community Education



Register by
phone:
250-1424



FENCING FOR KIDS Ages 7-9

This class is an introduction to the Art of Classical Foil Fencing, designed for KIDS ages 7-9. Young fencers will learn how to move, defend, and attack using a practice safety sword-in the Classical French style.

Kids in this class will be learning correct fencing form, developing appropriate fencing skills and cultivating courtesy and respect for others, as well as learning about the historical origins of this exciting sport. Great for developing physical agility and mental focus, fencing is also FUN! Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem.

Fee \$60 (6 weeks)

Session I
Wednesdays 4 to 5 pm
Starts Feb. 15th

Session II
Wednesdays 5 to 6pm
Starts Feb 15th

All equipment and instruction provided.

Please wear sneakers and comfortable clothing for this class.

FENCING FOR BEGINNERS Ages 10 and Up

This class is an introduction to the Art of Classical Foil Fencing. Students will learn how to move, defend, and attack using the basic fencing weapon-the foil- in the Classical French styles.

It is a relaxed workout coupled with exposure to the historical origins of this exciting martial art. Great for developing physical agility and mental focus, fencing is also FUN!

Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem.

Fee \$60 (6 weeks)

Saturdays, 12:30 to 2 pm
Starts Jan. 28th

All equipment and instruction provided.

Please wear sneakers and comfortable clothing for this class.

BEGINNER HIGH SCHOOL FENCING Ages 14 and Up

This class is an introduction to Classical Foil Fencing designed exclusively for HIGH SCHOOL student's ages 14 to 17.

This after school program trains students how to move, defend, and attack using the basic fencing weapon - the foil- in both the Classical and Sport styles.

In addition to exposure to the historical origins of this exciting martial art, this program introduces High School Fencers to Electric SPORT Fencing, Bouting and Competitive Team Fencing. Great for developing physical agility and mental focus, fencing is also FUN!

Fencing develops better eye-hand coordination, physical agility, grace and balance while promoting cardiovascular fitness and increased confidence and self-esteem. The program is the first in a series of training courses leading to High School team fencing competitions offered through the Fencing Center of Buffalo.

Fee \$60 (6 weeks)

Wednesdays 6:30 to 8 pm
Starts Feb. 8th

All equipment and instruction provided.

Please wear sneakers and comfortable clothing for this class.

FENCING INSTRUCTOR KEVIN MCMAHON

Instructor Kevin McMahon is the Director of the Fencing Center of Buffalo, a USFA-certified fencing coach, and a member of the USFA and USFCA. He has fenced and taught foil, epee and sabre for over 27 years.

Location:
Fencing Center of Buffalo
777 Maryvale Drive, Cheektowaga

NOTE: THE FENCING CENTER HAS A STRICT NO REFUND POLICY.

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. Join the Fun! If you have taken a CultureKids class previously, new vocabulary is introduced with each session - never a repeat. Join the fun! For more information, visit the CultureKids website at www.CultureKidsClub.com.

There is a 3:30 pm late bus available. Please state which school on your registration form and if you would like the late bus!

Fee \$65 per student (6 weeks)

Heritage Heights Elementary Mondays 2:50-3:50 pm Feb. 6th to March 19th No class Feb. 20th	Glendale Elementary Wed. 2:50-3:50 pm Feb. 8th to March 21st No class Feb. 22nd
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Willow Ridge Elementary Day/time: Mondays 2:50-3:50 pm Feb. 6th to March 19th No class Feb. 20th	Maplemere Elementary Wed. 2:50-3:50 pm Feb. 8th to March 21st No class Feb. 22nd
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Instructors:
Culture Kids Teaching Team

TAE KWON DO Ages 6 years and up

Tae Kwon Do is a modern synthesis of several ancient Korean Martial Arts. Today it is the most widely practiced martial art in the world. It strives to improve the individual through self-confidence, patience, humility, respect and perseverance. Tae Kwon Do is for EVERYONE; not just a few gifted individuals. Women, men, children, seniors and even the disabled can benefit and enjoy this fun, healthy and rewarding activity. For further information contact the instructors the first night for information on Combat Hapkido.

Fee \$45 (10 classes)
Mon. & Wed 6-7 pm
Jan. 18th to Feb. 27th or
Feb. 29th to April 4th
No classes Feb. 20th or 22nd
Heritage Heights
Instructor:
Master Scott Nicholson

Kids

Stuff

**Sweet Home
Community
Education**

**Register by
phone:
250-1424**

BASIC BALLROOM DANCE CLASSES FOR COUPLES

TRADITIONAL BALLROOM
STYLE FOR COUPLES
(Foxtrot, Waltz, Tango, Rumba and Swing)

Learn four basic steps used in all traditional dances. Then practice to some favorite tunes. Bring your enthusiasm, sense of humor and some comfortable soft-soled shoes (no sneakers, flip flops or clogs)

Fee \$60 per couple (4 weeks)
Thursday 6:45 to 7:45 pm
March 1st, 8th, 15th and 22nd
High School Community Center
Instructor:
Linda Conte

POPULAR LATIN DANCES FOR COUPLES

Meringue, Rumba, Salsa, Cha Cha, and Tango

From the easy meringue, smooth rumba and tango through the spirited Salsa and Cha Cha, Latin dances are a pleasure to learn, good exercise, and add great enjoyment to the whole social dancing experience.

Fee \$60 per couple (6weeks)
Thursday 8:00 to 9:00 pm
March 1st, 8th, 15th and 22nd
High School Community Center
Instructor:
Linda Conte

Of Special

Interest

**Sweet Home
Community
Education**

**Register by
phone:
250-1424**



Of Special Interest

Sweet Home Community Education



Register by phone:
250-1424



DEFENSIVE DRIVING / POINT & INSURANCE REDUCTION COURSE

Drivers who complete the 6-hour Point & Insurance Reduction Program can reduce up to four points on their driving record and save 10% on base vehicle liability, PIP and collision insurance premiums for 3 years. All licensed drivers are eligible. Refresh your driving knowledge with a review of time-tested safe driving tips and an overview of today's vehicle and traffic laws. Course topics covered include: The Traffic Crash Problem, Driver Attitude & Behavior, NY State Vehicle & Traffic Laws, Defensive Driving Techniques and Alcohol & Drug Impaired Driving. There is no formal testing, relaxed classroom participation and informative videos.

Fee **\$35**

Monday & Tuesday 6 to 9pm

March 12th and 13th

Both dates must be attended. Must bring drivers license and pen.

High School Room 601

Instructor:

James J. Coppola, Traffic Safety Consultants

AARP DRIVER SAFETY PROGRAM

This driver improvement program is open to person's 50 years of age and older. It is designed to help older person's continue to be independent and mobile by increasing their awareness of age-related physical changes and improving their driving skills to compensate for these changes. Those who complete the course could qualify for a discount of up to 10% for 3 years on their automobile liability and collision insurance. If you have incurred violation points on your driving record during the past 18 months, the State of New York will subtract 4 points from your driving record. Registrants must bring their driver's license and attend both sessions. No exceptions.

This class has a limited enrollment and is for Sweet Home School district residents only. Pre-registration is necessary. Pay course fee of \$17 for AARP Members and \$19 for Non-Members by check (no cash) to AARP at first session. Both dates must be attended. For information about other dates/locations call 1-888-227-7669.

Fee **\$17 AARP Members**

Fee **\$19 Non Members**

Saturday 8:30 am to 12:30 pm

March 3rd and March 10th

Both dates must be attended

High School Room 601

Instructor:

AARP Staff

PET FIRST AID

Will you know what to do when your pet needs help?

Your pet depends on you for his or her well-being. In addition to providing daily care, love and affection, your best friend depends on you in an emergency. Whether your pet becomes ill or injured, or needs help in a disaster, the American Red Cross can help. Learn information on how to recognize and care for emergencies, illness and injuries in cats and dogs. Participants learn rescue breathing, CPR and care for choking pets, and first aid for bleeding, fractures, poisonings and illness. Each participant will receive their choice of cat or dog first aid manual for future reference. **Please do not bring your pet to the class.**

Fee **\$35**

Tuesday 6 to 9pm

February 28th

High School Room 102

Instructor:

American Red Cross

ATTENTION PARENTS
Common Sense Parenting Workshop

Wednesday evenings, January 11, 18, 25, February 1, 8, 15, 2012

6:30pm-8:30pm
Sweet Home High School Room 215
Cost: Free - \$10 book deposit required

Call 250-1229 to register. Child care is available.

Do you find yourself repeating directions to your kids?

Are daily routines such as bedtime, completing chores, or getting ready for school a struggle?
Tired of your children fighting with one another?

Have consequences lost their effectiveness? Would you like less yelling and more laughter in your home? You are not alone!!!!

All parents find themselves at a loss of what to do or how to handle certain situations with their children. Sometimes we just need to take a break and re-evaluate how we are communicating. Sometimes we need to restock our parenting tool box with new ideas. Come join other parents in a discussion about our number #1 priority, our children. Learn different approaches to handling common behavior issues such as accepting no, following directions and getting along with others, in a relaxed atmosphere.

Parenting
Programs

Sweet Home
Community
Education

Register by
phone:
250-1424

CALLANETICS AND
MORE

Non-aerobic exercises. A combination of callanetics with other exercises to tone and firm specific areas, such as stomach, arms, hips and thigh. This is accomplished with the use of slow and controlled movements. Hand weights are used to tone the upper body, especially the arms.

Please bring a towel or mat and hand weights to class

Fee \$55 (16 classes)
Monday and Thursday
7-8:30 pm
Jan. 23rd to March 29th
No class Feb. 20th and 23rd
Heritage Heights Auditorium
Instructor:
Janet Poreda

FENCING FOR
BEGINNERS
ADULTS (Ages 14 & up)

This class is an introduction to the Art of Classical Foil Fencing. Students will learn how to move, defend, and attack using the basic fencing weapon-the foil- in the Classical French styles.

It is a relaxed workout coupled with exposure to the historical origins of this exciting martial art. Great for developing physical agility and mental focus, fencing is also FUN!

Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem.

Fee \$60 (6 weeks)
Wednesdays 6:30 to 8 pm
Starts February 8th
Fencing Center of Buffalo
777 Maryvale Drive, Cheektowaga
Instructor:
Kevin McMahan

Recreation

Sweet Home
Community
Education

Register by
phone:
250-1424



Recreation

GENTLE RELAXING YOGA

A gentle yoga practice to improve breathing and overall health, reduce stress and connect the mind, body and spirit together. Will include postures from a chair, mat and standing positions. Great for beginners, seniors or people recovering from an injury. The postures purify the body so meditation is easier.

Fee \$40 (5 classes)

Fee \$70 (10 classes)

Attend 1 or 2 days per week.

Mon. and/or Thurs.

5:30 to 6:30pm

Feb. 27th to Apr. 2nd

(No class March 26th)

High School Room 722

Instructor:

Nicole Petroff

YOGA FLOW

A series of postures flowed together to improve breathing, flexibility, balance, overall health and awareness of love for yourself and the connection between mind, body and spirit. For all levels of practice, beginners and experienced. These postures purify the body and mind so meditation practice is easier. Stay for the meditation class at 7:30 for free!

Fee \$40 (5 classes)

Fee \$70 (10 classes)

Attend 1 or 2 days per week.

Mon. and/or Thurs.

6:30 to 7:30pm

Feb. 27th to Apr. 2nd

(No class March 26th)

High School Room 722

Instructor:

Nicole Petroff

ZUMBA

The HOTTEST new workout! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Get hooked on working out. Zumba routines tone and sculpt your body while burning fat. In the past years Zumba has become nothing short of a revolution. Coining the concept of fitness party, Zumba has spread like wildfire and is the best party around!

Fee \$59 (8 weeks)

Mon. 6-7 pm

Jan. 23rd to March 19th

(No class Feb. 20th)

Maplemere Elementary

School

Instructors:

Sheila's Fitness Jam Staff

BEGINNER TAI CHI

Tai Chi is ancient Chinese exercise. Adults at all levels of Physical prowess can practice the gentle movements without straining joints and muscles. Tai Chi develops a coordination of mind and body, releases stress, strengthens and stretches the entire body, thus improving flexibility, balance, and mobility.

This course is for both men and women. Explore the principles of Modern Yang Tai Chi and follow the beautiful smooth movements of 12 Form. Tai Chi is believed to: Boost the Immune System - Slow the Aging Process - Lower Blood Pressure - Reduce the Incidence of Anxiety, Depression, and Overall Mood Disturbance - and Tai Chi is proven to be the most effective balance and coordination conditioner in the world.

Fee \$70 (8 weeks)

Tuesday and Thursday

9:30 to 10:30 am

Jan. 24th to March 8th

No class Feb. 21st and 23rd

Community Center at Temple

Beth Am

4660 Sheridan Drive,

Williamsville, NY 14221

Instructor:

JudyAnne Bonafede

THE WET WORKOUT

An aquatic program that promotes cardiovascular fitness, muscular strength and endurance, flexibility, coordination, assists in recovery of injury, stress reduction and FUN!! Join us for a Great Workout ... routines are Fun & Easy.

Fee \$50 (8 weeks)

Monday

7-8 pm

Jan. 9th to March 12th

(No class Jan. 16th, Feb 20th)

Middle School Pool

Instructor:

Sandy Manella and staff

PILATES

A unique system of stretching, strengthening, breathing and balance based on the teachings of Joseph H. Pilates. Pilates will challenge your mind and body connection, help you achieve deep strength, flexibility and endurance, flatten abdominals and restore natural alignment, tone and elongate without building bulk and improve balance and posture. People of all ages and fitness levels can do these exercises. Bring a floor mat.

Fee \$140 (Both days)

Fee \$70 (One day)

Session I

Tuesday & Thursday

6-7 pm

Jan. 10th (10 weeks)

Session II

Tuesday & Thursday

7-8 pm

Jan. 10th (10 weeks)

Amherst Lutheran Church

5125 Main Street,

Williamsville

Instructor:

Sandy Manella and staff

**IRISH FEST AT
TURNING STONE
CASINO
FRIDAY, MARCH 16th
\$105**

It's a fun filled day of gaming, entertainment, food and fun at TURNING STONE CASINO IN VERONA, NY. Enjoy an IRISH BUFFET with the traditional ST. PATTY'S DAY FOOD followed by matinee entertainment featuring IRISH ROVERS. There is non-stop gaming action from end to end at Turning Stone Casino Resort. Each person will receive a \$15.00 FREE PLAY VOUCHER FOR THE CASINO. Don't miss this sure-to-be a sell out event!

Depart:

HD 7:00 am
TP 7:30 am

Return:

TP 9:00 pm
HD 9:30 pm

**FINNEGAN'S
FAREWELL
SUNDAY, MARCH 18th
\$99**

It's time to say goodbye to Patrick James Finnegan, a mailman who won 2.5 million dollars playing the slots in Atlantic City and then promptly dropped dead. Eat, drink and be merry with Paddy's family at this authentic Irish-American wake, complete with traditional Irish drinking songs and some lively step dancing. Produced by LANCASTER REGIONAL PLAYERS and held at RIPA'S RESTAURANT in Lancaster...you're sure to have an Irish good time at this interactive comedy show including lunch. A cash bar is available. Don't miss Western New York's number one entertainment destination! A Mid-Size non-restroom coach will be used.

Depart:

TP 1:00 pm
HD 1:30 pm

Return:

HD 6:00 pm
TP 6:30 pm

**"NUNSENSE A-MEN!"
SUNDAY, JAN. 22nd
\$87**

It's that time of year when you want to get rid of the cabin fever and enjoy some great food & fantastic entertainment. We're staying close to home! We're off to the Gleasner Hall Theater at ECC North Campus in Williamsville, NY for O'CONNELL & COMPANY'S matinee performance of NUNSENSE A-MEN!!! A SIT DOWN DINNER following the show is at CITTA DI MILITELLO RESTAURANT. (Meal choice at restaurant seating) It's a great day out of the mid winter blues!

Depart:

TP 1:00pm
HD 1:30pm

Return:

HD 6:30 pm
TP 7:00 pm

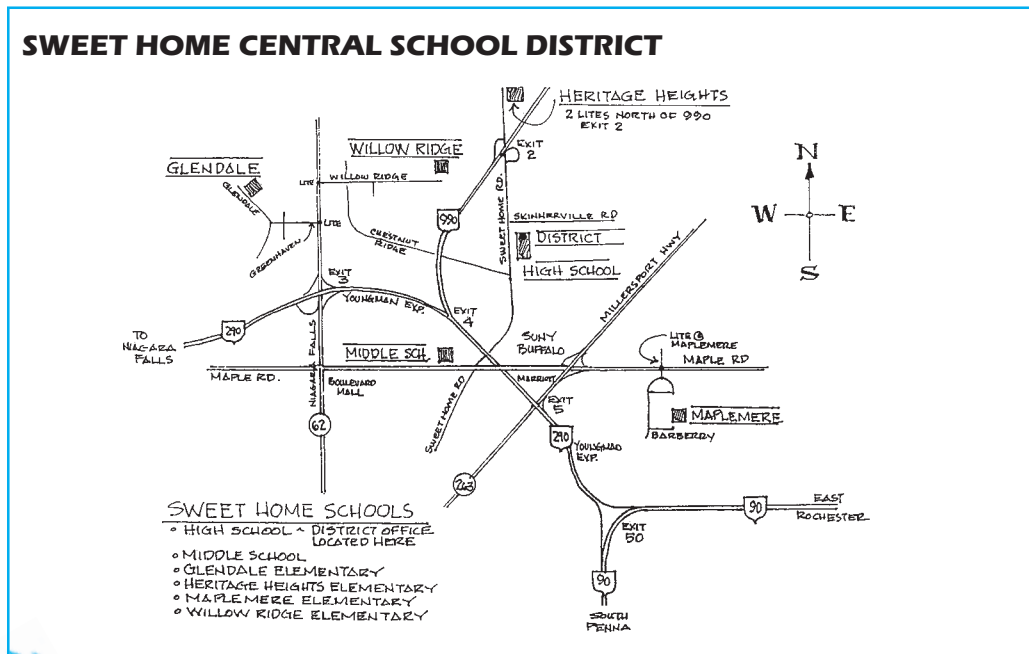
**Trips &
Tours**



**Register by
phone:
250-1424**



**District
Map**



Trips &

Tours

Please call the Sweet Home Community Education Department at 250-1424 or Know How Tours at 626-9694 for further information on Trip and Tours.

Departures are at the Old Seneca Mall - Tops Parking Lot (TP), 355 Orchard Park Road or the Home Depot (HD), 2065 Niagara Falls Blvd. in Amherst. Please state which location you would like to be picked up at.

CITIZENSHIP REQUIREMENT

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

US and Canadian citizens who are 16 years of age 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
- Nexus Card

U.S. and Canadian citizens who are 15 years old and under will still be allowed to travel with their birth certificate, as will teens between the ages of 16-18 if they are part of an adult supervised group. Children who are not traveling with a parent, must have a notarized permission note signed by the parent. A driver's license alone is not valid proof of citizenship. All trips are based on availability!

YOUR CHOICE TORONTO SAT., MARCH 24th

CANADA BLOOMS \$69 DO YOUR OWN THING \$55

CANADA BLOOMS
Admission to THE CANADA BLOOMS, TORONTO FLOWER & GARDEN SHOW at Exhibition Place - among the top five in the world, and the largest in Canada. This year's theme is "CITY CULTURE". Have approx. 5½ hrs to explore the six acres of gardens, that feature Amateur & Professional Competitions, informative lectures & demonstrations. 200 garden retailers will be in the adjacent Marketplace. Food is available on-site, or bring your own, or go outside to one of the nearby restaurants. Plants with proper documentation may be purchased & brought into the states.

DO YOUR OWN THING
Take in a Show, Visit a Museum, Shop or visit with Friends in this fantastic city. You will be dropped at the Eaton Centre and have from 11 - 4 to explore!
PROOF OF CITIZENSHIP REQUIRED.
Proof of Citizenship Required
— Will be checked before boarding

Depart:
TP 8:00 am
HD 8:30 am

Return:
HD 6:30 pm
TP 7:00 pm

SYRUP & SLOTS MONDAY, MARCH 12th \$59

Off to the Southern tier to bring in the holiday season as you travel to SPRAGUE'S MAPLE FARMS. Sprague's is nicely decorated for the holiday time. Enjoy Breakfast & time to browse for that special holiday gift at their gift shop. Continue on, to enjoy the casino lights, at the SENECA ALLEGANY CASINO. With 68,000 sq. feet of world-class gaming, more than 2,200 reel-spinning & video Slot Machines & 40 favorite table games. The casino also features Turtle Island, the non-smoking casino, a high limit slot and table games areas, the Poker Room and The Casino Bar. RECEIVE \$30 SENECA SLOT DOLLARS & \$5 FOOD VOUCHER during your 5 hour stay. BRING ALONG OR REGISTER FOR A PLAYERS CARD TO RECEIVE THE INCENTIVE. Use the Food Voucher to grab a bite to eat before the trip back home.

BRING A VALID STATE OR FEDERALLY ISSUED ID (PASSPORT OR DRIVER'S LICENSE)

CHOOSE ONE
- Pancakes
- French Toast (meat order taken at restaurant)
- Sausage Gravy & Biscuits served with Home Fries.

Depart:
HD 8:00 am
TP 8:30 am

Return:
TP 7:00 pm
HD 7:30 pm

LES MISERABLES SUNDAY, MARCH 4th \$139 CENTER \$125 SIDE

We're off to historic Shea's Buffalo Theater for the Award winning performance of LES MISÉRABLES. Cameron Mackintosh presents a brand new 25th Anniversary production of Boublil & Schönberg's legendary musical, LES MISÉRABLES, with glorious new staging and dazzlingly reimagined scenery inspired by the paintings of Victor Hugo. This new production has been acclaimed by critics, fans and new audiences and is breaking box office records wherever it goes. Based on Victor Hugo's classic novel, LES MISÉRABLES is an epic and uplifting story about the survival of the human spirit. The magnificent score includes the classic songs "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?," "One Day More," "Empty Chairs at Empty Tables," "Master Of The House" and more. Dinner is included following the show at the PEARL STREET GRILLE.

CHOOSE ONE ENTREE
- Tender Beer Braised Pot Roast with smashed potatoes
- Fettuccine & Chicken Primavera
- Broiled Whitefish

Depart:
TP 11:30 am
HD 12:00 am

Return:
HD 6:00 pm
TP 6:30 pm



Registration

Forms

HOW TO REGISTER

BY MAIL



You can mail registrations, along with a check, as soon as you receive your brochure. For credit card payment, include card number, expiration date, security code on back of card and signature. Please make check payable and mail registration form to:

**Sweet Home
Community Education
1901 Sweet Home Road
Amherst, NY 14228**

IN PERSON



Registration may be completed in the Community Education Office, in the district offices in north wing of the high school, daily from 9a.m. - 2p.m.

BY PHONE



Use your Discover Card, MasterCard or Visa beginning by calling 250-1424.

BY FAX



Fax a registration to us by dialing 250-1361. Be sure to include your credit card number, expiration date and signature.

**CASH, CHECK AND
MAJOR CREDIT CARDS
ARE ACCEPTED.**

ON-LINE



You can now pay for Community Education courses on-line. Visit www.sweethomeschools.com to learn how.

PLEASE PRINT ALL INFORMATION

NAME: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

HOME PHONE: _____ BUSINESS PHONE: _____

DATE: _____

PLEASE LIST THE COURSE, DAY AND TIME BELOW

1 _____ FEE: _____

2 _____ FEE: _____

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Discover, MasterCard or Visa credit card number

Signature _____ Exp. Date: _____

Total Charge: _____ 3 digit security code on card back: _____



NAME: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

HOME PHONE: _____ BUSINESS PHONE: _____

DATE: _____

PLEASE LIST THE COURSE, DAY AND TIME BELOW

1 _____ FEE: _____

2 _____ FEE: _____

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Discover, MasterCard or Visa credit card number

Signature _____ Exp. Date: _____

Total Charge: _____ 3 digit security code on card back: _____



SWEET HOME CENTRAL SCHOOLS OF AMHERST & TONAWANDA

1901 Sweet Home Road • Amherst, NY 14228

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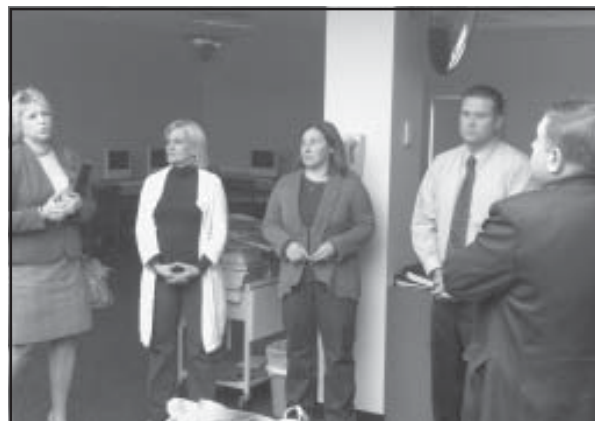
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A \$5 processing charge will be applied for any refund. absolutely no funds will be refunded after the first class session. Sweet Home Community Education does not call or mail class confirmation. A full refund will be issued in the event that course is cancelled. Please allow 2-4 weeks for processing.

Sweet Home Welcomes Teachers from Ukraine

Sweet Home Middle School welcomed a number of teachers from the Ukraine in early October. The Teachers got to observe classes and talk with other teachers, tour the building, learn about technology and ask questions of building administration.

Here, building principal Marty Pizur speaks with the group.



Tips for Healthy Relationships



- Communicate face-to-face with others
- Keep promises
- Perform small acts of kindness
- Be loyal
- Listen
- Say you are sorry
- Set clear expectations



When was the last time you ...

- Did something nice for someone "just because"?
- Communicated respect for a friend or family member through your words or behaviors?
- Encouraged youth to think through all the possible consequences of their actions before making a choice?
- Modeled gentle and supportive language in your conversations with others?

Sponsored by
Amherst Task Force for Healthy Community-Healthy Youth
Northtown Center at Amherst
3815 Amherst Manor Drive • Amherst, NY 14221
Phone: 716.821.7182