

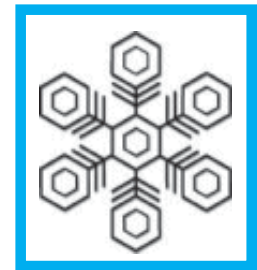
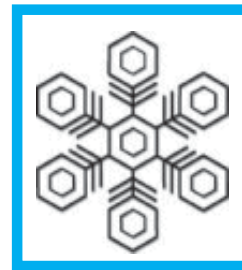
*In pursuit of lifelong learning...*



# **C** **SWEET HOME** **COMMUNITY** **E** **EDUCATION**

**W I N T E R**

**2 • 0 • 0 • 7**



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## Sweet Home Community Education

*Partners in Lifelong Learning*

Phone: 250-1424 • Fax: 250-1361

www.sweethomeschools.com



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#### Superintendent of Schools

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#### Administrative Assistants

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 Dolores Serrio  
 Joanne Valkwitch  
 Linda Wiegand

#### Brochure Design

Don Feldmann

#### ADDITIONAL COURSE FEES

The registration fee is noted with each course. Some courses require an additional fee for books and materials. We work very hard to keep fees as modest as possible. These supplies are necessary to successfully complete the course. They are indicated with a + after the fee.

#### REFUNDS AND FEES

**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.

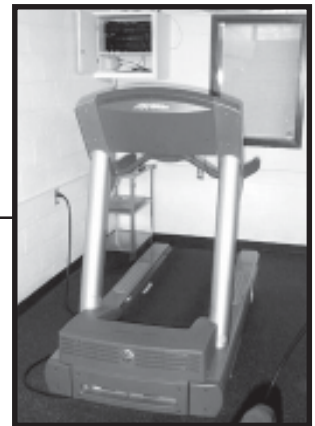
# Grand Opening!!

## Sweet Home High School Fitness Center

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

Hours of Operation:  
Tuesday & Thursday  
6-9pm

Cost:  
\$35 per semester  
(minimum of 35 registrants required for program to run)  
Community Education Fall semester  
January 9 - 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

# On-line Learning

## Unique Instructor Facilitated Courses On-Line

Do you want to learn new skills but don't have the time? Now you can pick up valuable skills right at home!

### Courses Available

Internet  
Computer  
Certification Prep  
Design and New Media  
Certificate Programs  
Writing  
Personal Enrichment  
Test Prep  
Legal  
Entrepreneur/Business  
Business Administration  
Management  
Health Care

All you need to get started is...

Internet access  
Email address  
Web browser

Each course runs for 6 weeks and consists of 12 lessons. Classes start each month.

Interactive quizzes, assignments, tutorials and online discussion areas supplement the lessons.

Read your lessons and ask questions of your instructor at the times most convenient to you.

Visit [www.ed2go.com/sweethome](http://www.ed2go.com/sweethome) and start learning today!

Six-week class sessions begin on the following dates for the winter quarter:

January 17 • February 21 • March 21 • April 25

### Introduction to the Internet

Master the ins and outs of the Internet with this informative, behind-the-scenes look at the World Wide Web, search engines, e-mail, chat, telnet, blogging, and more. You'll learn powerful research techniques to help you find whatever you want whenever you want. You'll also learn how to protect your privacy, download files safely, and keep your computer secure. *12 lessons: \$59*

### Learn to Buy and Sell on eBay

Online auctions match buyers with sellers in a global marketplace for almost any item. 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 learn how to create titles that get noticed, how to craft advertising copy that sells items quickly and for top dollar, and how to create and upload photos of the items you are selling. You'll also learn how to safely conduct 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*

### Introduction to Microsoft Word

Learn how to create and modify documents in Word, the strongest and most popular word-processing program available. *12 lessons: \$59*

### 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*

### Digital Photography OUTPUT!

Do you love your digital camera, but can't seem to get the photos to display or print correctly? This course will help you master the art of digital image file management. You'll learn how to edit and crop out unwanted portions of your photos, resize them, adjust their colors, add special effects, print at the highest possible quality, email digital photos to friends and family, and use them to create cards or electronic photo albums. *12 lessons: \$59*



*Hundreds of on-line courses at [www.ed2go.com/sweethome](http://www.ed2go.com/sweethome)*

## **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*

## **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*

## **Food and Fitness to Fight Cancer**

Improve your health and decrease your risk of cancer by adding sound nutrition and wellness principles to your daily life. In this course, you'll work with an expert instructor and a supportive community of students to assess your diet, make needed behavior changes, critically evaluate health information, and keep up with the latest cancer research. *12 lessons: \$69*

## **Solving Discipline Problems at Home**

Why is it that some children behave at school but are absolutely uncontrollable at home? The answer is that teachers know the secrets to solving discipline problems. This course, taught by an experienced teacher, will reveal those secrets and teach you how to create and use a home discipline plan. You will learn not only what you need to do when your children misbehave, but you will also learn how to teach your children the rewards of behaving responsibly. *12 lessons: \$69*

## **SPANISH FOR THE HEALTHCARE PROFESSIONS 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 1/16

**Course fee:** \$50

**Instructor:** Tiffany Scott

*Hundreds of on-line courses at [www.ed2go.com/sweethome](http://www.ed2go.com/sweethome)*

## On-line Learning

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### 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 1/16

**Course fee:** \$50

**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 1/16

**Course fee:** \$50

**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 1/16

**Course fee:** \$50

**Instructor:** Tiffany Scott



ONCE AGAIN 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 .



## 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 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 Shopper's Guide to Long-Term Care Insurance.

**Day/time:**

Wed. 6:30-8 pm  
January 31

**Location:**

High School Room 105

**Instructor:**

Eric Mihelbergel

**Fee:**

No Charge (1 night)



Community Education  
on the Web!

[www.sweethomeschools.com](http://www.sweethomeschools.com)

## ENSURING YOUR RETIREMENT

Planning a successful retirement raises multiple questions and concerns. We will discuss each topic below and give you specific recommendations you can act on and benefit from:

- Creating the vision, preparing the budget
- Ensuring a realistic and achievable plan
- Making the right decision on your company retirement plan assets
- Fulfilling your income needs with a sustainable withdrawal strategy
- Reducing your taxes, keeping more of what is yours
- Investing for income and growth while preserving your assets
- Managing your health care costs, avoiding catastrophic expenses
- Preserving, managing and distributing assets when you are unable and when you are gone

Understanding these issues, assessing your needs, and taking action now will help you achieve your financial goals and piece of mind for the future.

**Day/time:**

Tues. 7-9 pm  
February 27

**Location:**

High School Room 102

**Instructor:**

Richard Graham

**Fee:**

No Charge (1 night)

# Blue and Gold Specials/Arts & Crafts

## TAX FREE INVESTING

Would you settle for 75 cents on the dollar? Of course not. But you do every time you invest in a taxable investment. Assuming a 25 percent tax bracket, Uncle Sam gets 25 cents of every dollar that your money earns when it's a taxable investment. If that doesn't seem fair to you, you are not alone. That is why tax-free investments are available that allow you to put your whole dollar to work year after year. Imagine how much you could save for the future with tax free investments. Come to the Tax-Free Investing Seminar to learn more.

**Day/time:**

Thurs. 6:30-9 pm  
February 8

**Location:**

High School Room 103

**Instructor:**

Jim Carey

**Fee:**

No Charge (1 night)

## 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!**

*After January 2:*  
Community Education  
Sweet Home District Office  
Monday - Friday  
8:00am - 4:00pm

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**

8:00am - 4:00pm  
**Credit Cards Only**  
Discover/Visa/MasterCard  
*Be prepared to read your card number and class choices.*

## KIDS, BEADS & FUN (Ages 5 and up)

Kids can create their own jewelry from beads, shells and charms. We use soft materials like jelly cord, suede, and leather which are "kid friendly." Beads and clasps are supplied. Moms are welcome to assist, watch and inspire. **Material fee of \$5 to be paid to the instructor the night of class.**

**Day/time:**

Tues. 6:30-8 pm  
January 30

**Location:**

High School Room 104

**Instructor:**

Diane M. Waterman

**Fee:**

\$8+ (1 night)

## CALENDAR

Most community education classes begin the week of January 15. The exceptions are noted in the course descriptions. If a class is canceled for any other reason, it will be added to the course length at the end. If a school day is canceled there will be no community education classes in the evening.

## CLASS LOCATIONS

1. Sweet Home High School, 1901 Sweet Home Road, Amherst
2. Sweet Home Middle School, 4150 Maple Road, Amherst
3. Dexter Terrace BOCES Center, 333 Dexter Terrace, Tonawanda
4. Glendale Elementary, 101 Glendale Drive, Tonawanda
5. Heritage Heights Elementary, 2545 Sweet Home Road, Amherst
6. Willow Ridge Elementary, 480 Willow Ridge Drive, Amherst
7. Maplemere Elementary, 236 East Maplemere Road, Amherst

**SWEET HOME  
COMMUNITY EDUCATION**



**250-1424**

## 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 perspectives in drawing and also profiles in portraits. The first night Winnie will let the beginners know what they will need and the others should bring any supplies they wish to use. **No class April 10.**

**Day/time:**

Tues. 7-9:30 pm  
March 6 to May 15

**Location:**

High School Art Studio II

**Instructor:**

Winnie Gilham

**Fee:**

\$69 (10 weeks)

**Senior Fee:**

\$65



## BEADED VALENTINE GIFTS (Ages 5 and up)

Children can create their own jewelry for Valentine's Day from beads, shells and charms. Using soft materials like jelly cord, suede and leather which are "kid friendly" are the supplies used. Moms are welcome to assist, watch and inspire. Make a Valentine gift for mom, friends, teachers or Grandmas. **Material fee of \$5 to be paid to the instructor the night of class.**

**Day/time:**

Tues. 6:30-8 pm  
February 6

**Location:**

High School Room 104

**Instructor:**

Diane M. Waterman

**Fee:**

\$8+ (1 night)

## UB CREATIVE CRAFT CENTER

The Sweet Home Community Education Program is pleased to offer this cooperative venture with the UB Creative Craft Center. Classes will be held in the studios of the Creative Craft Center, South Campus. The Creative Craft Center is now located on the ground floor of Harriman Hall at U.B.'s South Campus at Main and Bailey. Park in the Diefendorf parking lot. Fee does not include supplies unless indicated. A map with directions is available in the Community Education Office upon request. For ages 16 years to adult (unless otherwise noted.)

### KNITTING/CROCHETING

Learn the basics! Students will practice simple stitches and follow easy patterns for either form. Crochet supplies will be discussed. Bring worsted weight yarn and #8 needles for knitting. Beginners and experienced students are welcome. (Ages 16 to adult)

**Schedule:** Mondays 7-10 pm

January 29 to March 5

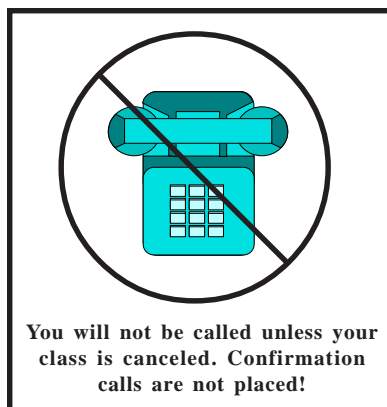
6 Sessions

Harriman Room 29

**Instructor:** Carmen Velasco

**Fee:** \$70

*UB Creative Crafts  
Continued on Page 10*



# Arts & Crafts

*UB Creative Crafts*  
*Continued from Page 9*

## **ART OF COLLAGE & ASSEMBLAGE**

Learn to create personal works of art using the unique and individual constructions of collage and assemblage. This stimulating course will introduce you to an art technique with the unusual combination of simplicity and individuality. While learning the stages of assemblage, you will be immersed into individual exploration of black and white photomontage, shell and plaster gauze, wood assemblage and textured papers. Easy and inexpensive, this course will definitely please your inner need to express yourself artistically.

**Schedule:** Mondays 7-10 pm  
January 29 to March 5  
6 Sessions  
Harriman Room 255  
**Instructor:** Nancy Koch  
**Fee:** \$70

## **BEGINNING STAINED GLASS**

Basic techniques of stained glass construction will be taught using glasscutters, cooper foiling and lead solder. Projects range from simple sun catchers and simple boxes to small windows. (Ages 16 to adult)

**Schedule:** Thursdays 7-10 pm  
February 1 to March 8  
6 sessions  
Harriman Room 255  
**Instructor:** Dave Sack  
**Fee:** \$70

## **ADVANCED STAINED GLASS**

For those students who know the basic techniques of stained glass construction, this is the next step. Lamp construction, glass panels, three dimensional designs as well as color theory and design will be taught. (Ages 16 to adult)

**Schedule:** Wednesdays 7-10 pm  
January 31 to March 7  
6 Sessions  
Harriman Room 255  
**Instructor:** Dave Sack  
**Fee:** \$70

## **EMBROIDERY AROUND THE WORLD**

In this class students will have the opportunity to experience making a wide variety of embroidery styles such as Brazilian, silk ribbon, shadow and many more. Beginners will have to purchase a kit available in class for \$15.

**Schedule:** Wednesdays 7-10 pm  
January 31 to March 7  
6 sessions  
Harriman Room 29  
**Instructor:** Carmen Velasco  
**Fee:** \$70+



## **JEWELRY DESIGN WITH WIRE**

Learn the beginnings of wire wrapping to create bracelet or necklace links, to incorporate stones, other components and parts for chandelier earrings! Class includes supplies to make earrings, necklace and bracelet sets. Supplies provided, although bringing jewelers handtools (flat nose, round nose pliers and wire nippers) would be helpful. All material fees are \$25 and include all supplies to make jewelry, pouch to take jewelry home in and an instructional booklet.

**Day/time:**  
Mon. 7-9 pm  
March 19 and March 26  
**Location:**  
High School Art Studio  
**Instructor:**  
Joyce Klima  
**Fee:**  
\$10+ (2 nights)  
**Senior Fee:**  
\$10+



## JEWELRY MAKING MADE SIMPLE

A great chance for students to have fun in a hands-on class making colorful earrings, bracelets and necklaces. Students will design and assemble jewelry under the guidance of an experienced jeweler and designer. You will have the opportunity to learn how to finish off the jewelry or have it done for you. **NO EXPERIENCE NECESSARY!** Students will be able to create beautiful jewelry. Bring broken costume jewelry for repair or to make complimentary jewelry. You may complete 3 to 5 pieces to take home. Instruction booklet included. Material fee of \$25 to be paid to the instructor the night of class which includes all supplies to make jewelry, pouch to take jewelry home in, and an instructional booklet.

**Day/time:**

Thurs. 7-9 pm  
March 22

**Location:**

High School Art Studio

**Instructor:**

Joyce Klima

**Fee:**

\$5+ (1 night)

**Senior Fee:**

\$5+

## BEADED WATCH BRACELETS

Have the opportunity to create a bracelet watch under the direction and guidance of a professional jeweler and designer with 20 years experience. **NO EXPERIENCE NECESSARY.** Included in the material fee is one watch face and clasp, and beads to make a beautiful and fashionable watch and an instructional booklet. There are many beads to choose from to create a look that is uniquely you. Additional watch faces are \$7. Material fee of \$25 to be paid to the instructor the night of class which includes all supplies to make jewelry, pouch to take jewelry home in, and an instructional booklet.

**Day/time:**

Wed. 7-9pm  
April 4

**Location:**

High School Art Studio

**Instructor:**

Joyce Klima

**Fee:**

\$5+ (1 night)

**Senior Fee:**

\$5+

## ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (WINTER CLASSES!)

### IMPROVE YOUR ENGLISH!

Free Classes In  
Conversation  
For Beginners &  
Intermediate  
Students

**Day/time:**

Classes begin  
January 3, 2007  
6:30 p.m.-9 p.m.

*(Classes are held Monday &  
Wednesday for beginners;  
Tuesday & Thursday for  
intermediates. No classes on  
January 15, February 19-22 and  
April 9-12.)*

**Location:**

Sweet Home High  
School Room 115

Call to register with the  
BOCES office at  
821-7079.

The New York  
State Placement  
Test determines the  
level of study.

# Basic Skills

## HIGH SCHOOL DIPLOMA/GED

Earn a high school equivalency diploma in a self-paced program that 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. Any questions, please call the BOCES office at 821-7079. **No classes Jan. 15, Feb. 19, Feb. 21 and March 7.**

***Day/time:***

Mon. & Wed. 6:30-9:30 pm  
January 3 to April 4

***Location:***

Middle School Room 134

***Instructor:***

BOCES

***Fee:***

No Charge

## INTRODUCTION TO KEYBOARDING

For those with little or no experience, learn the layout of the Keyboard and the operation of the mouse. (Hands on experience.) **No class February 21.**

***Day/time:***

Wed. 7-8:30 pm  
January 24 to Feb. 28

***Location:***

High School Room 201

***Instructor:***

Sean Connors

***Fee:***

\$54 (5 weeks)

***Senior Fee:***

\$52

## MICROSOFT EXCEL XP

This workshop is designed for those who need to create spreadsheets using the fundamental commands for Excel XP. Each participant will create and edit spreadsheets, understand the menu and power button features, change font, print, sizes and colors, create formulas and use functions, cut, copy and paste with multiple worksheets and create charts. Applications for classroom utilization will also be discussed.

***Day/time:***

Mon. 6-9 pm  
January 22 & January 29

***Instructor:***

Barb Ciepiela

***Location:***

High School Room 201

***Fee:***

\$52 (2 nights)

***Senior Fee:***

\$50

## INTRODUCTION TO MICROSOFT POWERPOINT

A basic course in using Microsoft PowerPoint to create professional multimedia presentations. Topics covered include but are not limited to: inserting clipart and photos; using the PowerPoint drawing tools; using animations and transitions, and printing handouts.

***Day/time:***

Wed. 6:30-8 pm  
January 31, February 7, February 14, February 28

**No class February 21**

***Location:***

Middle School Room 412

***Instructor:***

Michelle Iwankow

***Fee:***

\$52 (4 weeks)

***Senior Fee:***

\$52



### INTERMEDIATE EXCEL

This workshop is for those who want more variety with Excel. Learn more complicated formulas and charting.

***Day/time:***

Wed. 6-9 pm  
February 7 & 14

***Instructor:***

Barb Ciepiela

***Location:***

High School Room 201

***Fee:***

\$35 (2 nights)

***Senior Fee:***

\$35

### INTRODUCTION TO COMPUTERS

This class is designed for those who have NO computer experience. This 4 week course will start with learning about the parts of the computer and becoming familiar with the keyboard using the word processing program, Microsoft Word. Other topics covered will include opening, closing and saving Word documents, going on the Internet and creating an e-mail account. Specific student questions and topics will also be covered as time allows. If you have previous experience with computers, please consider signing up for Intermediate Computers.

***Day/time:***

Tues. 6:30-8:30 pm  
January 23 to February 13

***Location:***

High School Room 201

***Instructor:***

Sean Connors

***Fee:***

\$52 (4 weeks)

***Senior Fee:***

\$50

### INTERMEDIATE COMPUTERS

Intermediate Computers is the continuation of Intro. to Computers. We will build off the topics covered to expand your computer knowledge. New topics will include an introduction to Microsoft Excel and PowerPoint, as well as more depth in using the Internet as a research tool. If you have some previous exposure to the computer and would like to sharpen your skills, this is the class for you.

***Day/time:***

Tues. 6:30-8:30 pm  
February 27 to March 20

***Location:***

High School Room 201

***Instructor:***

Sean Connors

***Fee:***

\$52 (4 weeks)

***Senior Fee:***

\$50



# Business & Finance

## BUYING THE AMERICAN DREAM

The purchase process calls for many informed decisions. This session will guide you through the process from precontracts to closing. Course material includes information on:

- The benefits of home ownership
- Today's real estate market
- Representation and disclosures
- What you want in a home-your home search criteria and why
- The benefits for being pre-approved for the **RIGHT** mortgage
- Preparing an offer and negotiating in your best interest.

**Day/time:**

Thurs. 7-9 pm

January 25

**Location:**

High School Room 105

**Instructor:**

Gail Gebhardt

**Fee:**

\$5 (1 night)



## HOW TO RAISE A MONEY-SMART CHILD

Giving your children or grandchildren a primer on money management skills can have a positive effect their entire lives. Invest your time today to benefit your family's future. During How to Raise a Money-Smart Child, you'll learn how to start teaching your child or grandchild about financial goal-setting and self-discipline and the basics of making wise money choices.

**Day/time:**

Thurs. 6:30-8:30 pm

January 11

**Location:**

High School Room 105

**Instructor:**

Jim Carey

**Fee:**

\$5 (1 night)

## COLLEGE PLANNING STRATEGIES

All children have dreams for their future. Help give them the tools to achieve those dreams. Join us for our College Planning Strategies seminar to learn how to establish savings goals, understand and compare savings options, examine investment choices and explore financial aid. Sign up today.

**Day/time:**

Mon. 6:30-8:30 pm

February 26

**Location:**

High School Room 105

**Instructor:**

Jim Carey

**Fee:**

\$5 (1 night)

## FIXED INCOME

### Building an all weather portfolio with bonds

Much like the weather, the economy goes through cycles. Bonds are an important part of the portfolio that helps weather various economic cycles. Join us for a special seminar as you learn how bonds can help you: Preserve your nest egg while earning regular income, generate income during retirement, and diversify your portfolio to help reduce risk.

**Day/time:**

Thurs. 6:30-8:30 pm

February 1

**Location:**

High School Room 601

**Instructor:**

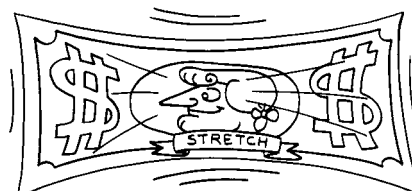
Jim Carey

**Fee:**

\$5 (1 night)

**Senior Fee:**

\$5



## HOME SELLER SEMINAR

Are you wrestling with the idea of:

- Selling on your own?
- Staying and updating?
- Selling and Making a change?

Then this class is for you. This class is designed to give you all the information you will need to take advantage of current market trends as well as inform you on new disclosure laws and town requirement and the complete home selling process.

***Day/time:***

Tues. 7-9 pm  
January 23

***Location:***

High School Room 105

***Instructor:***

Gail Gephardt

***Fee:***

\$5 (1 night)

## UNDERSTANDING 401K'S AND IRA'S

401K's and IRA's are great sources to grow your money tax deferred. This course will explain the difference between 401K's, Roth IRA's, Education IRA's and Traditional IRA's. We will discuss how to use your risk tolerance to determine which investment option is most suitable for you. We also cover the process of transferring 401K's and other qualified plans via a Rollover IRA. Time will be allotted at the end for questions and answers.

***Day/time:***

Thurs. 7-9 pm  
February 15

***Location:***

High School Room 104

***Instructor:***

Jim Primiano

***Fee:***

\$5 (1 night)

## DIZZINESS MANAGEMENT

In this course discussion will be on various common causes for the symptoms of dizziness. Review possible treatment methods used by health care professionals from an evidence-based point of view. There will be demonstration techniques that are helpful in the assessment and sometimes the resolutions of dizziness complaints. Lunch will be provided. Registration through the Sweet Home Community Education Department please.

***Day/time:***

Mon. 12:30 –1:30 pm  
February 5

***Location:***

Buffalo Rehab Group  
Physical Therapy, PC  
350 Greenhaven Terrace  
(former Greenhaven Library)

***Fee:***

\$5 (1 class)

***Senior Fee:***

\$5

## UNDERSTANDING & IMPROVING BALANCE IN THE AGING ADULT

Discussion regarding normal and abnormal age-related changes in balance performance will be the topic in this lecture. Details regarding use of assistive devices, home safety modifications and the role of exercise in slowing or reversing the negative impact of balance and loss of function will also be discussed. Lunch provided. Registration through the Sweet Home Community Education Department please.

***Location:***

Buffalo Rehab Group  
350 Greenhaven Terrace

***Cost:***

\$10 (2 classes)

***Day/time:***

Monday, January 22  
Monday, February 19  
12:30-1:30 pm



# Health / Kids Stuff

## OSTEOPOROSIS EXERCISE CLASS

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 a group fitness class, you will receive professional coaching to ensure accuracy 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 for 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. Registration through the Sweet Home Community Education Department please.

**Location:** Buffalo Rehab Group  
350 Greenhaven Terrace

**Fee:** \$70 (6 weeks)

**Session I: Wednesdays:** January 17 to February 21, 12:30-1:30 pm

**Session II: Thursdays:** March 1 to April 5, 12:30-1:30 pm

## BABYSITTER'S TRAINING

The Babysitters Training course from the American Red Cross will teach you everything you need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so you can prevent and respond to emergencies. And, as a Red Cross trained babysitter, you will gain confidence and valuable employment skills to impress parents. Targeted for student's 11-15 years old, the course is held over two 3.5 hour training sessions. Students who successfully complete the program will receive a text, first aid kit and certificate.

**Day/time:**

Tues. 5:30-9 pm

February 6 and February 13

**Location:**

Middle School Room 140

**Instructor:**

Red Cross Staff

**Fee:**

\$74 (2 nights)

**There is a \$10 discount for Independent Health Members**

## BOYS & GIRLS BASKETBALL CLINIC

*For children in grades 1 & 2*

This fun and educational basketball clinic is designed for girls and boys in Grades 1 and 2. Children will learn and improve on the fundamental skills involved in the game of basketball including dribbling, passing, shooting and offensive and defensive game play. Teamwork and keeping a positive attitude will be emphasized.

**Day/time:**

Tues. 6:15-7 pm

January 16, 23, 30

February 6 and February 13

**Location:**

Maplemere Gym

**Instructor:**

Mike Torrillo

**Fee:**

\$45 (5 weeks)



## BOYS BASKETBALL

*For boys in grades 4 & 5*

This basketball program will teach boys in the 4<sup>th</sup> and 5<sup>th</sup> grade the basic skills involved in the game of basketball. The boys will receive 15 minutes of skill work each session and will also play three 20-minute full court games. The boys will be coached by a University at Buffalo basketball player during the games. All participants will receive a team jersey that will be worn at all sessions. They will also receive membership into the Junior Buffalo Bulls Club. This membership will allow them admission into **EVERY** home men and women's UB basketball game. **Class size is limited, so please sign up early.**

***Day/time:***

Sundays Noon to 1 pm  
January 14, 21, 28  
February 4, 11, 18, 25

**The group will be going to one home game on a date to be announced.**

***Location:***

High School Gym

***Instructors:***

Mike Torrillo and the University at Buffalo Men's Basketball players

***Fee:***

\$75 (8 weeks)

## BOYS BASKETBALL

*For boys in grades 6 & 7*

This basketball program will teach boys in the 6<sup>th</sup> and 7<sup>th</sup> grade the basic skills involved in the game of basketball. The boys will receive 15 minutes of skill work each session and will also play three 20 minute full court games. The boys will be coached by a University of Buffalo basketball player during the games. All participants will receive a team jersey that will be worn at all sessions. They will also receive membership into the Junior Buffalo Bulls Club. This membership will allow them admission into **EVERY** home men and women's UB basketball game. **Class size is limited, so please sign up early.**

***Day/time:***

Sundays 1:15-2:30 pm  
January 14, 21, 28  
February 4, 11, 18, 25

**The group will be going to one home game on a date to be announced.**

***Location:***

High School Gym

***Instructors:***

Mike Torrillo and the University at Buffalo Men's Basketball players

***Fee:***

\$75 (8 weeks)

## FRIDAY NIGHT FOOTBALL

Friday Night Football is a program that trains a young athlete the basic skills of football while at the same time emphasizing life skills that will help a youth become successful.

Weekly Activities include:

- Skill training in both Offensive and Defensive positions
- Weekly games of Ultimate Football
- Character Talks called Champion

**C** Caring  
**H** Honor  
**A** Alert  
**M** Motivated  
**P** Poise  
**I** Integrity  
**O** Optimistic  
**N** No Quit

***Dates:*** January 19, 26; February 2, 9, 16; March 2, 9, 16

**No class February 23**

***Who:*** 4<sup>th</sup> and 5<sup>th</sup> Grade Boys  
6:00-7:30 pm  
6<sup>th</sup> Grade Boys  
7:30-9:00 pm

Limit 24 boys per session. Each youth will receive a t-shirt and a Champion playbook. Trophies will be awarded to the top seven UFL champions in each session.

***Cost:*** \$74.00 (8 weeks)

***Place:*** Dexter Terrace Elementary School

***Instructor:*** Coach Mike Masters

# Kids Stuff

## 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 17, 2007 and possess a valid New York State Learner's Permit or license. Classes will begin Saturday, February 4 and will continue for 12 weeks. 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. Registration for Sweet Home residents will take place at 3:00 p.m. on **Wednesday, February 14** in the Norman Vergils Community Center of the Sweet Home High School, 1901 Sweet Home Road, Amherst. Out of District students may sign up in the same area at 3:30 p.m. Driving and classroom schedules will be distributed at this time. The fee is \$345 for Sweet Home District students and \$385 for out of district students. Checks are to be made payable to Sweet Home Community Education and are due the day of registration. For further information, please call Community Education at 250-1424. **Students WILL NOT be permitted to miss more than 3 classroom and car sessions combined. Missed sessions must be made up through arrangements made by instructor. No Class on February 24 and April 7 and April 14.**

## BEADED VALENTINE GIFTS

*Ages 5 and up*

Children can create their own Valentine jewelry from beads, shells and charms. Using soft materials like jelly cord, suede and leather which are "kid friendly" are the supplies used. Moms are welcome to assist, watch and inspire. Make a Valentine gift for mom, friends, teachers or Grandmas. Material fee of \$5 to be paid to the instructor the night of class.

**Day/time:**

Tues. 6:30-8 pm

February 6

**Location:**

High School Room 104

**Instructor:**

Diane M. Waterman

**Fee:**

\$8+ (1 night)

## FIVE HOUR PRE LICENSING COURSE

The five-hour pre-licensing is mandated by the State of New York in order to sign up for a 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.

**Day/time:**

Mon. 3:30-8:30 pm

February 5

**Location:**

High School Room 103

**Instructor:**

Buffalo Driving School

**Fee:**

\$40 (1 night)

## KIDS, BEADS & FUN

*Ages 5 and up*

Kids can create their own jewelry from beads, shells and charms. We use soft materials like jelly cord, suede, and leather which are "kid friendly." Beads and clasps are supplied. Moms are welcome to assist, watch and inspire. Material fee of \$5 to be paid to the instructor the night of class.

**Day/time:**

Tues. 6:30-8 pm

January 30

**Location:**

High School Room 104

**Instructor:**

Diane M. Waterman

**Fee:**

\$8 (1 night)

## LEARN TO SWIM

*Ages 5 and up*

Sweet Home Aquatics is offering an 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 during the day at 626-0354 to register or if you have any questions.

### Session I

#### **Day/time:**

Sat. Noon to 12:45 pm  
January 20 to March 10

#### **Location:**

High School Pool

#### **Fee:**

\$65 (8 weeks)

### Session II

#### **Day/time:**

Sat. 1 pm to 1:45 pm  
January 20 to March 10

#### **Location:**

High School Pool

#### **Fee:**

\$65 (8 weeks)



## MUSIC TOGETHER

***Don't miss this class – children and parents bond together through music!***

Music Together is a research-based music program for children birth through age 4 and their parents/ caregivers. During class we sing, dance, clap, enjoy fingerplays and rhythmic chants and even have an instrument play-along jam session! Classes feature original and traditional songs with a wide variety of tonalities, meters and cultural styles. Each family receives 2 CD's, a songbook with activity ideas for music making at home and Music and your Child-A-Guide for Parents and Caregivers booklet. **No class February 19.**

#### **Day/time:**

Mon. 6:30-7:15 pm  
January 22 to March 19

#### **Location:**

Glendale Music Room

#### **Instructor:**

Betty Corona

#### **Fee:**

\$100 per child (8 weeks)  
\$75 for siblings



## 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 classes before – classes are never a repeat. There are new materials with each session.

**No class February 21.**

#### **Day/time:**

Wed. 6 -6:40 pm  
January 24 to March 7

#### **Location:**

High School Room 722

#### **Instructors:**

Culture Kids Teaching Team

#### **Fee:**

\$60 per student (6 weeks)



# Kids Stuff / Of Special Interest

## 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 of class for information on Combat Hapkido. **Please state which session you wish to attend.**

### Session I

**Day/time:**

Mon.&Wed. 6-8 pm

January 22 to February 28

**No class February 19 and 21**

**Location:** Heritage Heights

**Instructors:**

Barry Donahue & Scott Nicholson

**Fee:** \$45 (10 classes)

### Session II

**Day/time:**

Mon.&Wed. 6-8 pm

March 5 to April 4

**Location:** Heritage Heights

**Instructors:**

Barry Donahue & Scott Nicholson

**Fee:** \$45 (10 classes)

### Session III

**Day/time:**

Mon.&Wed. 6-8 pm

April 16 to May 16

**Location:** Heritage Heights

**Instructors:**

Barry Donahue & Scott Nicholson

**Fee:** \$45 (10 classes)

## 55 ALIVE MATURE DRIVING

This driver improvement program is open to person's 50 years of age and older. It is designed to help older persons 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. Students 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 \$10 by check (no cash) to AARP at first session. For information about other dates/locations call 1-888-227-7669.**

**Day/time:**

Saturdays 8:30 am to 12:30 pm

February 10 and 17

**Location:**

High School Room 601

**Instructor:**

AARP Staff

**Fee:**

\$10 (payable at the first class)

## BALLROOM DANCING

*Beginner*

Learn a wide range of dances including ballroom, Latin, swing, the waltz, foxtrot and chacha. Don't miss this course if you ever thought about ballroom dancing. (Couples only) Class size is limited so sign up early. **No class Feb. 22.**

**Day/time:**

Thurs. 7-8 pm

January 25 to March 22

**Location:**

HS Norman Vergils Comm. Center

**Instructors:**

Mary Joanne Dance Center

**Fee:**

\$55 per couple (8 weeks)

**Senior Fee:**

\$55 per couple

## BALLROOM DANCING

*Intermediate*

This continuation course concentrates on improving beginner routines with emphasis on the ballroom, Latin, swing, the waltz, foxtrot and chacha in a more advanced fashion. (Couples only) Class size is limited so sign up early. **No class Feb. 22.**

**Day/time:**

Thurs. 8-9 pm

January 25 to March 22

**Location:**

HS Norman Vergils Comm. Center

**Instructors:**

Mary Joanne Dance Center

**Fee:**

\$55 per couple (8 weeks)

**Senior Fee:**

\$55 per couple

## ITALIAN FOR BEGINNERS

In this course we will cover basic rules for pronunciation, some regular and irregular verb conjugation, adjective use and question formation for example. These tools may be used as building blocks for further studies in the Italian language. Basic conversation skills on standard Italian will be a central focus for this course. **No class February 19.**

**Day/time:**

Mon. 7-9 pm  
February 5 to March 19

**Location:**

High School Room 104

**Instructor:**

Marilyn Ferrentino-Walby

**Fee:**

\$30 (6 weeks)

**Senior Fee:**

\$30



## NYS POINT REDUCTION COURSE

DDC is a six-hour classroom course in accident avoidance techniques. Principle drivers who complete this course are eligible for a 10 percent reduction for three years in their liability and collision insurance premiums and/or reduce driver record violation points by four. You must attend both evenings in order to receive your certificate.

**Day/time:**

Mon./Tues. 6:30-9:30 pm  
February 12 and February 13

**Location:**

High School Room 601

**Instructor:**

Buffalo Niagara Frontier  
Safety Council

**Fee:**

\$35 (2 classes)

**Senior Fee:**

\$35



## SIGN LANGUAGE BEGINNER

American Sign Language (ASL) basic beginners and advanced students with or without prior knowledge of signing. The third spoken language in the USA. **No class Feb. 20.**

**Day/time:**

Tues. 6:30-9 pm  
January 23 to March 20

**Location:**

High School Room 103

**Instructor:**

Mauro Candino

**Fee:**

\$55 (8 weeks)

**Senior Fee:**

\$52

## SIGN LANGUAGE INTERMEDIATE

By request, we are offering an intermediate American Sign Language for students who have completed the beginning course or for those of you that have previous signing skills. **No class Feb. 21.**

**Day/time:**

Wed. 6:30-9 pm  
January 24 to March 21

**Location:**

High School Room 103

**Instructor:**

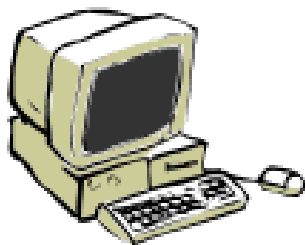
Mauro Candino

**Fee:**

\$55 (8 weeks)

**Senior Fee:**

\$52



[www.sweethomeschools.com](http://www.sweethomeschools.com)

Sweet Home  
Community Education  
on the Web!

- View courses
- Take courses on-line
- Download registration forms

*Check us out today!*

# Of Special Interest / Parenting Programs

## PHOTOSHOP I: PHOTOGRAPHIC TECHNIQUES

This workshop will cover the basic operation of Adobe Photoshop, necessary to edit photographic images for size, resolution, color correction, sharpness etc., and then enhance them with simple borders, type, toning etc. The class will start with a review of computer operation including file loading, saving, CD burning etc. Photoshop can be a difficult program to master, so this workshop will be structured with weekly step-by-step instruction, projects and assignments. Students can start with traditional film negatives, prints or digital camera images, manipulate them in Photoshop and save them to a CD, and have them printed at a photo lab. Students will need a small package of blank CD-R's.

### Session I

#### *Day/time:*

Wed. 7-10 pm

January 31 to March 14

**No class February 21**

#### *Location:*

High School Room 310

**Instructor:** Paul Bauer

**Fee:** \$80 (6 weeks)

**Senior Fee:** \$80

### Session II

#### *Day/time:*

Wed. 7-10 pm

March 28 to May 9

**No class April 11**

**Location:** High School Room 310

**Instructor:** Paul Bauer

**Fee:** \$80 (6 weeks)

**Senior Fee:** \$80

## PHOTOSHOP II ARTISTIC RENDERING & GRAPHIC DESIGN

This workshop continues where Photoshop I leaves off. We use Adobe Photoshop, and the elements of graphic design, to produce photograph-based business cards, posters, promotional pieces, etc. We then start with original photographic images and break them down into their basic component parts, modify them, and then re-assemble them into artistic rendering of the originals. Students will need a small package of blank CD-R's and Photoshop I experience. **No class Feb 20.**

#### *Day/time:*

Tues. 7-10 pm

January 30 to March 13

**Location:** High School Room 310

**Instructor:** Paul Bauer

**Fee:** \$80 (6 weeks)

**Senior Fee:** \$80

## PHOTOSHOP III ARTISTIC RENDERING & GRAPHIC DESIGN

This workshop draws on all of the experience we acquired in Photoshop I and II. We use Adobe Photoshop, and the elements of graphic design, to produce photographically based business cards, posters, promotional pieces, etc. Next we start with original photographic images and break them down into their basic component parts, modify them, and then re-assemble them into artistic renderings of the originals. Students need a small package of blank CD-R's along with Photoshop I and II experience. **No class April 12.**

#### *Day/time:*

Thurs. 7-10 pm

March 29 to May 10

**Location:** High School Room 310

**Instructor:** Paul Bauer

**Fee:** \$80 (6 weeks)

**Senior Fee:** \$80

Did you know that youth are more likely to grow up healthy when they and their parents communicate positively and they are willing to seek parental advice and counsel. This is a fast fact from Ideas for Parents that can be found at [www.mvparents.com](http://www.mvparents.com). Please take the time to read the many interesting articles on parenting as well as sign up for the remaining two Common Sense Parenting Programs. **Please note the date change for the January program!**

### Sweet Home High School

Room 215 / January 9, 16, 23, 30; February 6 and 13

Tuesday evening 6:30 to 8:30pm.

### Sweet Home High School

Room 215 / April 19, 26; May 3, 10, 17 and 24

Thursday evenings 6:30 to 8:30pm

Presented by the Amherst Youth Board, Family Assistance Center of Tonawanda and the Sweet Home Family Support Center. Programs are free and child care is available. **Call 250-1228 to register.**

## BELLYDANCE

This is a Middle Eastern style of dance mixed with modern belly dance moves to create a graceful, sensual workout to awaken the sleeping goddess within. The class consists of isolating body parts, which creates better awareness to your body. The workout is a lot of fun and burns the same amount of calories as RIDING A BIKE! Belly dancing is an aerobic exercise that is just plain fun.

**Day/time:**

Tuesdays 6:30-7:30 pm  
January 23 to February 27

**Instructor:**

Deb Kristich

**Location:**

Slim and Tone WNY  
55 CrossPointe Pkwy.  
Getzville, NY 14068

**Fee:**

\$65 (6 weeks)

## 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 thighs. 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 towel or mat and handweights to class.

**Day/time:**

Mon. and Thurs.  
7-8:30 pm

January 22 to March 22

**No class Feb. 19 and Feb. 23**

**Location:**

Heritage Heights Auditorium

**Instructor:**

Janet Poreda

**Fee:**

\$50 (16 classes)

**Senior Fee:**

\$50

## CURLING FOR BEGINNERS

Curling is a unique winter sport that provides adults with physical activity in a social setting. Curling became an official Olympic sport in 1998, is often described as shuffleboard on ice, and involves four people on a team. This course is intended for adults and will be taught by knowledgeable instructors. Come out and learn the activity that will make your winter fly past, beginning with the rules of the game, basic delivery and sweeping instruction, what makes a rock curl, why people sweep, and make some new friends while you're at it. Wear warm loose fitting clothing and bring clean running shoes.

**Day/time:**

Sat. 9:30 am-1:30 pm  
January 6

**Instructors:**

OCA Qualified Instructors/  
Experienced Curling Teachers

**Location:**

Niagara Falls Curling Club  
5801 Morrison St.  
Niagara Falls, Ontario

**Fee:**

\$45 (1 class)

## EARLY BIRD SWIM

Lap swimming for adults that want to get their workout in before the work day starts. **Adults only please.**

**Day/time:**

6 am to 8 am  
Tues. and Thurs.  
January 23 to February 15

**Location:**

High School Pool

**Fee:**

\$25 (8 classes)



# Recreation

## FENCING FOR BEGINNERS

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 style. 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. Please wear sneakers and comfortable clothing for this class. All equipment is provided. **Please state which session on your registration form.** For further information please call 553-3448.

### **Session I (Ages 10 and Up)**

Saturdays, February 10  
12:30-2 pm

### **Session II (Ages 14 and Up)**

Wednesdays, March 7  
7:30-9 pm

#### ***Instructor:***

Kevin McMahon

Director of the Fencing  
Center of Buffalo

#### ***Location:***

Robert Binner Community  
Education Center  
777 Maryvale Drive, Cheektowaga

#### ***Fee:***

\$80 (8 weeks)

## BEGINNING YOGA FOR COEDS

Would you like to become more flexible? Would you like to learn how to relax? Then take a coed yoga class and learn a system of basic postures and breathing techniques that will help reduce everyday stress and tension. Please bring a rug or mat. There is a limit of 20 people for this class and Sweet Home residents will get preference.

#### ***Day/time:***

Thurs 7:15 pm – 8:45 pm  
March 1 to March 29

#### ***Location:***

High School Room 722

#### ***Instructor:***

Josie Lapetina

#### ***Fee:***

\$30 (5 weeks)

#### ***Senior Fee:***

\$30

## INTERMEDIATE YOGA FOR COEDS

This is a coed course for those who are familiar with the basic yoga postures and would like to learn the variations. More flexibility and greater endurance will be the focus. Prerequisite for the course is Hatha Yoga I or permission from the instructor. Please bring a rug or mat. There is a limit of 20 people for this class and Sweet Home residents will get preference.

#### ***Day/time:***

Thurs. 5:30-7 pm

March 1 to March 29

#### ***Location:***

High School Room 722

#### ***Instructor:***

Josie Lapetina

#### ***Fee:***

\$30 (5 classes)

#### ***Senior Fee:***

\$30

## TOTAL BODY WORKOUT

The ultimate result workout for those who desire a great workout without aerobics. This bodysculpting class consists of high repetition muscle-toning exercises, which focus on all major muscle groups. The routines are fun and easy to follow and will help you achieve your goals. Please bring 1,2,3 pound weights and a floor mat.

#### ***Day/time:***

Tues. & Thurs.

7-8 pm

***Start dates:*** Tues. January 16 and Thurs. January 18

#### ***Instructor:***

Sandy Manella and staff

***Fee:*** \$80 (both days – 16 classes)

\$45 (one day – 8 classes) **Please state which day**

#### ***Location:***

Amherst Lutheran Church – 5125 Main Street

## 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.

**Day/time:** Tues. & Thurs.  
6 pm – 7 pm

**Start dates:** Tuesday, January 16 and  
Thursday, January 18

**Instructor:** Sandy Manella and staff

**Fee:** \$80 (both days-16 classes)

**Fee:** \$45 (one day – 8 classes)

**Please state which day**

**Location:**

Amherst Lutheran Church  
5125 Main Street

**Day/time:** Saturday  
9-10 am

**Start date Jan. 20**

**Fee:** \$45 for 8 classes

**Location:**

All Saints Episcopal Church  
781 Maple Rd.



Please join Sweet Home Community Education and Know How Tours for the following exciting trips and tours!



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

### 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.

Proof of citizenship is a **valid passport or a birth certificate with a seal along with a government issued picture ID (driver's license)**. Children must have a birth certificate with a seal & if not traveling with the parent, a notarized permission slip signed by the parent.

**A driver's license alone is not valid proof of citizenship.**

## AQUA FIT

This intensive Aqua Fit is designed for participants who prefer a deep-water workout. By using the noodles, these exercises become non-impact, which means less stress on joints while still achieving a great workout!

**Day/time:**

Mon. 6:30-7:30 pm  
January 22 to March 19

**No class Feb. 19**

**Location:** Middle School Pool

**Instructor:** Jane McQuiston

**Fee:** \$38 (8 weeks)

**Senior Fee:** \$38

# Trips & Tours

Please join Sweet Home Community Education and Know How Tours for the following exciting trips and tours!

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

**Pick ups and returns are at the following:**

**TP -Tops Market – 355 Orchard Park Rd.**

**HD - Home Depot, 2065 Niagara Falls Blvd.**

## LOVE IS IN THE AIR

Friday, February 9, 2007

*Ride, Ticket and Dinner \$93  
BPO Subscribers \$60*

DINNER at the elegant Salvatore's Italian Gardens then travel to Kleinhans Music Hall. Arrive early and receive a Valentine Chocolate and have the chance to meet MARVIN HAMLISCH – based on his availability. Then move into the Concert Hall and sit back and relax as Marvin lovingly leads the Buffalo Philharmonic Orchestra in this traditional evening of some the most popular Romantic Songs. A midsize non-restroom coach will be used.

Choose one entrée:

- Poached Salmon w/Lobster Dill Sauce
- Filet Mignon
- Chicken Francaise-w/Lemon Caper Sauce

**Depart:**

TP 4:00 pm  
HD 4:30 pm

**Return:**

Approximately 10:30 pm

## CANADIAN INTERNATIONAL AUTO SHOW

Saturday, February 24, 2007

*Adults \$59  
Children 12 & under \$53*

Visit the Canadian International Auto Show, one of the biggest shows on the Worldwide Show Circuit held annually at Toronto's Roger's Centre and Metro Toronto Convention Centre. This year's theme is "FULLY LOADED". The show includes the latest in New Cars, Prototypes, Concepts, Classics, Sports, Compacts, Trucks and 4x4's. Wear good walking shoes as the show covers over 850,000 sq. ft. of space. Approximately 5 1/2 hours to explore the show. Meals on your own. Proof of citizenship required.

**Depart:**

TP 8:30 am  
HD 9:00 am

**Return:**

Approximately 7:00 pm

## CANADA BLOOMS Saturday, March 10, 2007

**\$75**

Travel to Toronto to the CANADA BLOOMS FLOWER AND GARDEN SHOW in the Convention Center-among the top five in the world & the largest in Canada. This year's theme is "ELEMENTS". Six acres of gardens, features Amateur and Professional Competitions, informative lectures and demonstrations. 200 retailers will be in the adjacent Marketplace. Food is available on-site, bring your own or go outside to one of the nearby restaurants. Plants with proper documentation may be purchased and brought into the states. A stop will be made at the Currency Exchange on the way into Canada and at the Duty Free Shop on the return to apply for the GST Rebate or to shop. Proof of Citizenship is required.

**Depart:**

TP 8 am  
HD 8:30 am

**Return:**

Approximately 7 pm

**MENOPAUSE  
A HILARIOUS MUSICAL**  
Saturday, March 10, 2007

**\$129**

Free time before the show at Eaton Centre to grab lunch on your own, browse in the shops or just enjoy a bit of Toronto. Then travel to the CAPITOL EVENT THEATRE, which has been restored to its original 1918 grandeur, to see the 2:00 pm matinee of MENOPAUSE OUT LOUD! Four women meet at a black lace bra and memory loss, hot flashes, night sweats and more. This joyful 90 minute musical parody is set to 25 relyricized classic baby-boomer songs from Puff, My God I'm Draggin to the disco favorite "Stayin' Awake, Stayin' Awake. A load of laughs for woman of all ages – and for the men that have to live with them! Dinner follows the show at one of our favorite lakeside restaurants. 2020 Lakeside Restorante located in Burlington, Ont. Proof of citizenship is required.

Choose one entrée:

- Roast Chicken Breast
- Pan Seared Salmon
- 6 oz. Sirlion Steak
- Cheese Stuffed Cannelloni

**Depart:**  
TP 9:00 am  
HD 9:30 pm

**Return:**  
Approximately 8:00 pm

**MURDER MYSTERY AT  
THE OLD MILL**  
Wednesday, April 25

**\$89**

A Buffet Lunch at the Old Mill Restaurant in Toronto followed by the show. The billionaire is dead...you're mentioned in the will. Join other friends and family members for the viewing of the Last Will and Testament of the late William Randolph. Proof of citizenship is required.

**Depart:**  
TP 8:30 am  
HD 9:00 am

**Return:** Approximately 5 pm

## 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!**  
*After January 2:*  
Community Education  
Sweet Home District Office  
Monday - Friday  
8:00am - 4:00pm

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**  
8:00am -4:00pm  
**Credit Cards Only**  
Discover/Visa/MasterCard  
*Be prepared to read your card number and class choices.*

**NEW YORK CITY**  
Saturday, April 14, 2007

**\$99**

- Go shopping
- See a Broadway show
- Visit a museum or art gallery
- Sightsee via Double Decker Bus or Boat
- Cruise to The Statue of Liberty/Ellis Island
- Eat your way through New York
- Visit Empire State Building or Top of the rock

Trip includes:

- Tour Escort
- Deluxe Motor Coach
- Discount Coupons, Maps & Information to help you plan.

Travel to the BIG APPLE with rest/food stops. Arrive in Mid-town Manhattan (Rockefeller Center) at 8 am Saturday and have free time until 8:00 pm. To make the best of your time in the city, each person will receive Pamphlets, a Map and other info a few weeks before departure. We advise waiting to purchase any theatre tickets until 1 month prior to departure.

**Depart:**  
Friday April 13, 2007  
TP 11:30 pm  
HD 11:59 pm  
Time in NYC Saturday, April 14, 2007 (Approximately 8:00 am to 8:00 pm)

**Return:**  
Sunday approximately 4:00 am

# 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, and signature. 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 8a.m. - 4p.m. beginning January 2, 2007.

### BY PHONE



Use your Discover Card, MasterCard or Visa beginning January 2, 2007 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.**



## PLEASE PRINT ALL INFORMATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_



E-MAIL ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_

DATE: \_\_\_\_\_ GOLD CARD #: \_\_\_\_\_

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: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_



E-MAIL ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_

DATE: \_\_\_\_\_ GOLD CARD #: \_\_\_\_\_

PLEASE LIST THE COURSE, DAY AND TIME BELOW

1 \_\_\_\_\_ FEE: \_\_\_\_\_

2 \_\_\_\_\_ FEE: \_\_\_\_\_

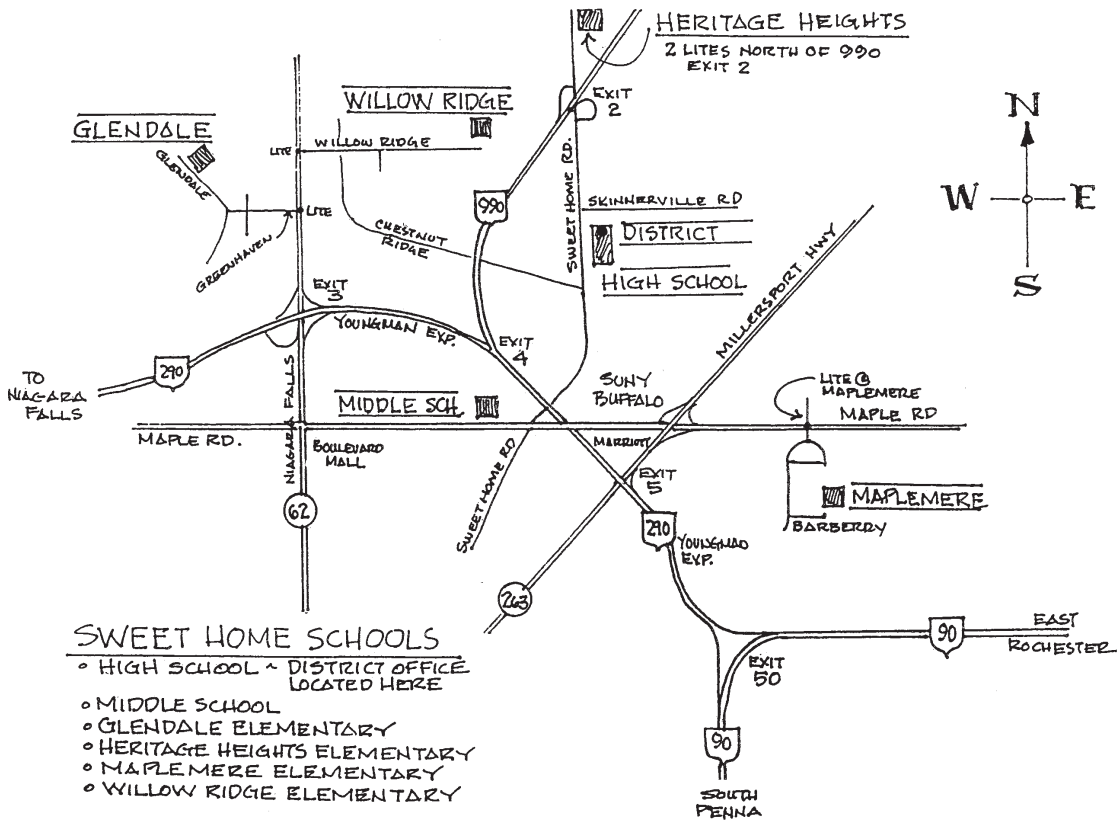
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Discover, MasterCard or Visa credit card number

Signature \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Total Charge: \_\_\_\_\_

## Sweet Home Central School District



# Dollars for Scholars Car Washes

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## SUPPORT DOLLARS FOR SCHOLARS WITH DELTA SONIC CAR WASHES

The Sweet Home Dollars for Scholars Chapter is pleased to announce that it has teamed with Delta Sonic Car Wash Systems, Inc. to offer the Sweet Home community great discounts on car washes and oil changes at area Delta Sonic locations. Car washes and oil changes make great stocking stuffers and by purchasing them through Dollars for Scholars you are supporting present and future Sweet Home students as a percentage of all sales will go to the Dollars for Scholars scholarship fund.

Keep your car clean during the winter months and support Dollars for Scholars at the same time. Order forms will also be available in each of the district schools' main offices. **Mail your order form with payment to:**

**Sweet Home Dollars for Scholars Delta Sonic Fundraiser**  
**1901 Sweet Home Road**  
**Amherst, NY 14228**

**Please make checks payable to Sweet Home Dollars for Scholars.** Orders will be processed promptly and your car wash and oil change coupons will be mailed to you directly. Forms can also be dropped off to the District Offices.

Deluxe Car Wash (with clearcoat protectant & hand dressed tires) \$9 (Retail \$11.00 + Tax)  
Super Kiss Car Wash (with hand dressed tires) \$11 (Retail \$12.99 + tax)  
Super Kiss Supreme (Inside & Out / hand dressed tires) \$16 (\$18.00 + tax)  
Oil Change \$18 (Retail \$19.99 + tax)

Deluxe Car Wash \_\_\_\_\_ @ \$10/per= \_\_\_\_\_ (A savings of \$1.96 per wash)

Super Kiss Car Wash \_\_\_\_\_ @\$11/per= \_\_\_\_\_ (A savings of \$3.13 per wash)

Super Kiss Supreme \_\_\_\_\_ @\$16/per= \_\_\_\_\_ (A savings of \$3.58 per wash)

Oil Change \_\_\_\_\_ @\$18/per= \_\_\_\_\_ (A savings of \$2.75 per change)

TOTAL DUE: \$ \_\_\_\_\_

**MAKE ALL CHECKS PAYABLE TO: SWEET HOME DOLLARS FOR SCHOLARS**

**MAIL TO:**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_





# Sweet Home Community Education

*Partners in Lifelong Learning*



- Mail registration begins immediately.
- Telephone or Fax information (with credit card only) begins January 2.
- Walk-in registration begins January 2.

*QUESTIONS? CALL 250-1424*

***Community Education courses on-line!***  
***www.ed2go.com/sweethome • See page 4***

COMMUNITY EDUCATION OFFICE  
SWEET HOME SCHOOLS  
1901 SWEET HOME ROAD  
AMHERST, NY 14228

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