



# Orchard Park Community Education

Winter 2026  
716-209-6295

# General Community Education Program Information

## Registration

- Online: Follow the registration links and pay securely online through RevTrak using a credit card.
- QR Code: To scan a QR code, you'll open the camera on your smartphone. Next, hold the phone over the code. A small yellow link should pop up. Click that, and you are able to register online.
- Mail-in: Print a registration form, enclose a check or money order made payable to Orchard Park Central School District and mail to Orchard Park Community Education, Orchard Park High School, NY 14127
- Walk-in: The Community Education office is located in the Orchard Park High School. 4040 Baker Rd. Orchard Park, NY 14127. Cash or check only. Baker Road entrance only please. Please enter here for classes as well.
- We will have a Walk-in evening registration on Tuesday, January 20, 2026 from 6:00-8:00pm.
- No telephone registrations will be accepted.

You will be registered unless notified of a cancelation or to advise you of a change. Online registrations will receive confirmation of payment via email. Registrations by mail-in or walk-in DO NOT receive confirmation. Courses without sufficient enrollment will be canceled. Please register early to avoid disappointment!

## Emergency School Closings

When school is closed due to weather conditions, all school activities are also canceled. This includes Community Education classes, which will be canceled without further notice. Please listen to local radio and television stations for weather-related or emergency closings. Every effort will be made to reschedule canceled classes. You may also check the District Website, [www.opschools.org](http://www.opschools.org).

## Additional Fees/Discounts

Senior citizens of our school district, age 55 and over, are entitled to a \$3.00 discount for some classes. Some instructors may collect material/Supply fees. These fees are not included in the registration fee and will be noted in the course description.

## Refund Policy

If you need to withdraw from a class, please notify us one week prior to the class. If the Community Education Office cancels a course, students will be entitled to a full refund.

Scan the QR code with the camera  
on your phone to register



# ARTS & CRAFTS

## Watercolor Painting

Students in this class will learn the fun and relaxing hobby of watercolor painting, learning new techniques or improving the skills they already have. Open to all, this class will walk beginner students through a step-by-step process to learn the basics hands-on! All new students will paint a landscape project. Lessons will include laying a wash and shading and texturing techniques. Once students gain confidence with their newfound artistic abilities, they will progress to painting objects of their choosing from their own photographs or from teacher supplied pictures. Call the instructor at 649-1127 for a supply list before you purchase supplies or if you already have watercolor supplies. Recommendations are available to purchase good quality supplies at reasonable prices. Ages 21+

When: Thursdays

January 29 - March 26 (8 classes)

No class 2/19

6:30-8:30pm

Cost: \$85

Location: High School, Room 153

Instructor: Lynn Jay



## Paint Your Own Pottery at Designing Dish!

These classes meet at

Designing Dish, 138 Grey St. East Aurora

Cost: \$10 registration fee payable to OP Community Ed. Material fee paid at the studio.

Instructor: Genevieve Turner, Owner, Designing Dish

### Snow Gem Gnome

Thursday, January 29 6:00-8:00pm

Pick out a gnome and enjoy using this special snowfall glaze to decorate your garden this spring!

Material fee: \$42.00 per painter.



### Bright Lantern Mushrooms

Thursday, February 12 6:00-8:00pm

This is a fun, bright ombre look with glazes and colors of your choice.

Material fee: \$50.00 per painter for large lantern, \$40 for small.



### Alcohol Drop Elements Bowl

Thursday, March 12 6:00-8:00pm

This is an amazing technique done with glaze and rubbing alcohol. The result is so beautiful, people won't believe you made it! Material fee: \$34.00 per bowl.



# COLLEGE & CAREERS

## SAT Prep Course

Orchard Park Community Education will be accepting registrations for the SAT Prep Course. There will be no refunds after classes begin. The course will meet on Mondays and Wednesdays OR Tuesdays and Thursdays from 7:00 - 9:00 PM.

One evening will cover math, the other verbal. Classes will begin the week of March 23rd and end April 30th. There will be no class during spring recess, 4/6-4/10. The exam will be May 2nd at the High School. Registration for this course is through Community Education. Students register for the exam on-line at [www.collegeboard.com](http://www.collegeboard.com).

Cost: \$165

Instructors: OP Teachers

When: Select One: Mon/Wed or Tues/Thurs (5 Weeks) 7:00-9:00pm

(Room assignments will be posted the first day of class on the door of the Community Education Office located off the HS cafeteria, formerly the location of the Vault Student Bank.) Fee includes SAT Review book.



# DRIVING

## 5-Hour Pre-Licensing Course

New drivers must complete this course (or a New York State approved Driver Education Course) before they can schedule their driving test for their driver's license. You must attend both evenings, be 16 or older and bring your valid NYS Learner's Permit to class.

Cost: \$40

When:

Tuesday, February 10 and Thursday, February 12

High School Room 113

Time: 6:30 p.m. - 9:00 p.m.

Instructor: Evan DeWald



## Driver Education

Please check the district website for the most current Driver Education information.

Scan the QR Code to Register



# FINANCE/INVESTMENT/BUSINESS

## Buying a Home? Be Prepared!

If you are buying a home and do not have the means to pay cash – then you will be needing a mortgage. Are you not moving but have quite a few bills and needing to possibly looking to consolidate your debts at a much lower rate? Not knowing what to do, what questions to ask or what the costs are? These are all items we will touch on since so much has changed in the mortgage industry.

There will be a lot of time for Q&A

When: Thursday, March 12 6:00-7:30pm

Cost: \$12

Location: High School, Room 121

Instructor: Thomas Liolos



## Wills, Trusts & Estates

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

When: Monday, March 16 6:30-7:30pm

Cost: \$12

Location: High School, Room 121

Instructor: Matthew McAnulty, CFP, EA



## Tax Planning in Retirement

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

When: Thursday, March 26 6:30-7:30pm

Cost: \$12

Location: High School, Room 130

Instructor: Matthew McAnulty, CFP, EA



**Please sign up early!**

**When participants register early, it helps ensure the class has enough enrollment to run as planned. Signing up ahead of time is a key way you contribute to making the class a success!**



## Protecting Your House, Retirement & Money from Medicaid & Nursing Home Events

Don't let the cost of long-term care or healthcare threaten everything you've worked for. Join this powerful and eye-opening class to discover how to protect your home, retirement savings, and lifestyle from Medicaid recovery, nursing home expenses, and other financial risks associated with aging.

In this class, you'll learn how to:

- Shield your house from Medicaid and nursing home seizure
- Learn simple ways to protect yourself and money from Medicaid
- Properly structure your home for long-term care planning
- How to develop a Roadmap to avoid common pitfalls and stay on track
- Prevent financial hardship for your spouse
- Protect your legacy for your children and grandchildren
- Mitigate longevity risks that could derail your retirement
- Gain powerful longevity insights for a secure and enjoyable retirement
- Plan wisely for both the expected and unexpected events in life

Empower yourself with proven strategies to take control of your financial future—before a crisis hits. This is a must-attend event for anyone approaching retirement, already retired, or caring for aging loved ones.

When: Wednesday, April 1 6:00-7:30pm

Cost: \$12

Location: High School, Room 121

Instructor: Les Robinson CLTC, CPRC Author: Protecting your Money from Medicaid and Nursing Homes



## Medicare 101-Understanding Your Options

Medicare is Confusing!

What are Parts A, B, C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me?

This class will help people understand how the federal Medicare program works and provide a general overview of the variety Medicare insurance options available to beneficiaries.

When: Thursday, January 29 6:00-7:30pm

Cost: \$12

Location: High School, Room 130

Instructor: Jason Myers, Owner of JBM Health & Wealth Consulting



## Understanding Annuities

What are annuities? Why do people invest in them? What kinds of guarantees can they provide? What different kinds of annuities are available? What are the pro's and con's of owning them? What role can they play for retirees or those approaching retirement? Chartered Financial Consultant ® Jason Myers will explore these questions and more in this this education – only presentation.

When: Thursday, March 19 6:00-7:30pm

Cost: \$12

Location: High School, Room 130

Instructor: Jason Myers, Owner of JBM Health & Wealth Consulting



Scan the QR Code to Register



## Medicare Made Simple-Medicare 101

When you turn 65, you become eligible for Medicare – which means the time is now to make a plan! This is an educational seminar where you will learn all about enrollment periods, Original Medicare, Supplemental Plans, Prescription Plans and Medicare Advantage. You will receive a free educational guide and review tools and resources to help you understand the coverage that may be right for you. This is particularly beneficial for those just getting started with Medicare, leaving an employer, simply looking to learn more, change an individual plan and/or needing to enroll in Part B through Social Security. It may be helpful to bring your list of prescriptions and physicians. This event is only for educational purposes and no plan specific benefits or details will be shared. Individual arrangements can be made for online instruction.

Yvette M. Angel is a Licensed AHIP Certified Broker with Simplicity Advisory Group, A Medicare Planning Center. In addition, Yvette is also a licensed Life Insurance Agent, specializing in Final Expense Insurance. She received her MA degree from Michigan State University and a BA degree from The Ohio State University. Ages 21+

When: Tuesday, March 3

6:00-7:30pm

Cost: \$12

Location: High School, Room 121

Instructor: Yvette Angel



## Retirement Planning

Planning for retirement can be a complex and daunting task, but this course is designed to help you navigate through the process. Whether you're unsure if you've saved enough or need guidance on how to define your retirement picture, this course is here to assist you. It focuses on addressing two main questions: how much money you will need for retirement and where that money will come from. The course offers a wealth of information and is best suited for individuals who are interested in learning how to achieve a financially secure retirement. By the end of the course, you will have a clearer understanding of your retirement goals and the steps you need to take to reach them. So, if you're looking for guidance and peace of mind when it comes to your retirement planning, this course is the perfect opportunity for you.

When: Wednesday, February 11

6:00-7:00pm

Cost: \$12

Location: High School, Room 121

Instructor: Cody Williams



## Retirement Planning – 10 Things To Consider Before Retirement

This hour-long seminar is geared towards those within ten years of retirement or just curious about retirement planning. We will discuss ten important topics that everyone should discuss with their families prior to retirement. The goal of our session is to make sure everyone leaves with one actionable step that gets them closer to their ideal retirement.

When: Thursday, March 5

6:00-7:00pm

Cost: \$12

Location: High School, Room 130

Instructor: Tony Watson



## Insurance 101

In this informative class on insurance, we will dive into the complex subject of life insurance. Insurance is an essential tool that helps individuals and families prepare for unforeseen circumstances and protect the well-being of their loved ones. Throughout the session, we will cover various aspects of life insurance, including its coverage and cost. You will gain a comprehensive understanding of how life insurance works, the different types of life insurance policies available, and the factors that determine the cost of coverage. We will explore the importance of life insurance in providing financial security and peace of mind, especially in times of unexpected events such as accidents, illnesses, or untimely death. You will learn how life insurance can help replace lost income, cover outstanding debts, fund education for children, or provide for the future needs of your family. By the end of this class, you will be equipped with the knowledge and tools to make informed decisions about life insurance. You will have a clear understanding of the coverage options available to you, how to assess your insurance needs, and how to effectively anticipate and plan for the future. Join me in this enlightening session to demystify the world of insurance and empower yourself with the knowledge to protect your loved ones and secure their financial well-being.

When: Wednesday, February 25

6:00-7:00pm

Cost: \$12

Location: High School, Room 121

Instructor: Cody Williams



## Social Security

Understanding the social security program is essential for effective retirement planning, and this course aims to demystify it for you. We will provide you with a comprehensive overview of the current state of the social security system, ensuring that you are well-informed. One crucial aspect we will focus on is how to maximize your social security payouts at the most opportune time. Many people are unsure about when to take their social security benefits and how it may impact their taxes. In this course, we will address these questions and provide you with the knowledge and tools to make informed decisions about your social security benefits. By the end of the course, you will have a clear understanding of the social security program, its current status, and how to optimize your benefits. So, if you have any questions or uncertainties about when to take your social security benefits and how it may affect your taxes, this course is perfect for you. Join us to gain valuable insights and make well-informed decisions for your retirement.

When: Wednesday, January 28

6:00-7:00pm

Cost: \$12

Location: High School, Room 121

Instructor: Cody Williams



Scan the QR Code to Register



## Budgeting & Planning

Managing your finances effectively is crucial for achieving financial stability and securing your future. In this workshop, we will cover a range of topics that will empower you with the skills to take control of your finances. We will start by discussing the importance of setting financial goals. You will learn how to identify your short-term and long-term goals and create a roadmap to achieve them. We will explore different saving and investing strategies that can help you grow your wealth and work towards your financial aspirations. Budgeting is a key aspect of financial management, and we will dive deep into this topic. You will discover various budgeting techniques and learn how to track your income and expenses effectively. We will also address strategies for saving money on a regular basis and creating an emergency fund to handle unexpected expenses. Understanding financial risk is essential, and we will explore different types of risks and how to mitigate them. We will also discuss the concept of borrowing and credit, including how to use credit responsibly and manage debt effectively. By the end of this workshop, you will have the knowledge and tools to become an expert at managing your money. You will be equipped with practical skills to track your money, set financial goals, save for big purchases, and handle unexpected expenses. With these skills, you will be well-prepared to navigate the financial challenges of life and secure your financial future. Join us in this valuable opportunity to improve your financial skills and gain the confidence to take charge of your financial well-being.

When: Wednesday, March 11 6:00-7:00pm

Cost: \$12

Location: High School, Room 121

Instructor: Cody Williams



## Long Term Care Riders, a New Solution

In this class, we will explore various approaches to long-term care planning, with a specific emphasis on a new concept called long-term care riders. Traditionally, long-term care insurance has operated on a “use it or lose it” basis, where if you don’t end up needing long-term care, your insurance premiums are essentially lost. However, the idea of long-term care riders introduces a fresh perspective. It involves incorporating long-term care coverage as an additional benefit to your life insurance policy. This means that even if you don’t require long-term care, the coverage can still be utilized as a part of your life insurance policy, ensuring that your premiums are not wasted. By delving into the concept of long-term care riders, we will explore how this approach can provide a more comprehensive and flexible solution for your long-term care needs. You will gain a deeper understanding of how this innovative concept can offer greater financial security and peace of mind, eliminating the “use it or lose it” aspect commonly associated with traditional long-term care insurance. Join this class to discover the potential benefits of long-term care riders and how they can enhance your overall long-term care planning strategy. Say goodbye to the fear of losing your insurance premiums and embrace a more flexible and comprehensive approach to long-term care coverage.

When: Wednesday, March 25 6:00-7:00pm

Cost: \$12

Location: High School, Room 121

Instructor: Cody Williams



# FIRST AID & BABYSITTER TRAINING

## Babysitter Training

Babysitter Lessons and Safety Training will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. Topics include starting a business, leadership, CPR, choking and first aid. Students will gain confidence and valuable employment skills to impress parents. Targeted for students 11-15 years old, the course is held over one 3 hour session. Students who successfully complete the program will receive a babysitter’s text, course training materials, first aid kit, and completion card

When: Saturday, February 28

9:00 am-12:00 pm

Cost: \$65

Location: High School, Commons

Instructor: The Safety Company



## CPR / AED - Adult, Child & Infant

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

When: Tuesday, February 24

6:00-9:00pm

Cost: \$65

Location: High School, Room 121

Instructor: The Safety Company



Scan the QR Code to Register



# FITNESS

## Essentrics - Stretch & Tone

This is a full-body, low impact class that combines stretching and strengthening to build strength and mobility.

- Rebalance the body
- Unlock tight joints
- Improve Posture
- Tone your body
- Increase flexibility & strength

Please bring a mat and a small towel.

When: Tuesdays, February 3 - March 31 (no class 2/17)

6:00-7:00pm

Cost: \$82

Location: High School, Commons

Instructor: Kathleen Markousis



## The following Bodyshaping Fitness classes are held at:

**Ebenezer Church of Christ, 620 Main St., West Seneca, NY 14224**

**Pilates** -Low-impact program that is mat based exercises that build strength, flexibility, and body awareness using body weight and controlled movements. Pilates emphasizes the principles of breathing, concentration and precision while targeting the core muscles and improving posture, balance and can be done by EVERYONE! Pilates Fusion is traditional Mat Pilates and may add weight to this program. Bring a floor mat and 2,3 lb. weights.

Day & Time: Tuesday 6:00-7:00pm – Start Date: 1/27/2026

Dates: 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31

Sessions: 10

Price: \$105



**Human Reformer Pilates NEW!!** - A low impact, variation of Mat Pilates that utilizes resistance bands called FlexKords. (FlexKords will be supplied by the instructor, they mimic the resistance of the spring and straps used on a Reformer Machine). To replicate the resistance and core engagement of traditional REFORMER PILATES. It focuses on posture, core strength and alignment to REFORMER class. Our instructor is certified by FitPro, certification is: Human Reformer Pilates Certification. Bring a Floor Mat.

Day & Time: Monday 6:00-7:00pm – Start Date: 1/26/2026

Dates: 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23, 3/30

Sessions: 10

Price: \$105

**Yoga**-A gentle mat-based workout, focused on a series of postures designed to improve flexibility, posture, breathing, reduce stiffness, control stress reduction, improve sleep, increase energy and enhance overall well-being. Bring a floor mat.

Day & Times: Monday 7:00-8:00pm – Start Date: 1/26/2026

Dates: 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23, 3/30

Sessions: 10

Price: \$105

**Please sign up early!**

**When participants register early, it helps ensure the class has enough enrollment to run as planned.**

**Signing up ahead of time is a key way you contribute to making the class a success!**



Scan the QR Code to Register



# HEALTH & WELLNESS

## Restorative Yoga & Ayurveda: A Seasonal Self-Care Practice ~ NEW!

Take time for yourself after a long day to nourish your body and mind through the wisdom of Restorative Yoga and Ayurveda. This practice is designed to support your wellbeing as we are in the winter season—a time when grounding, warmth, and inner resilience are especially needed.

Come onto your mat to:

- Relax and create spaciousness in body and mind
- Restore your energy and invite a deep sense of calm
- Learn seasonal Ayurvedic strategies to enhance your health and balance
- Develop tools to become less reactive and more joyful in daily life

Through gentle Hatha yoga postures, breathwork, stillness, and mindful awareness, we'll explore how to build flexibility, strength, balance, and vitality. This is more than a class—it's a way to carry your practice off the mat and into your everyday life with purpose and presence.

Please bring: A yoga mat, block, belt, and a pillow or cushion to sit on.

When: Wednesdays, March 4-25 5:00-6:00pm

Cost: \$80 \*Register early~ class limit is 15\*

Location: South Davis Elementary Library

Instructor: Jennifer Chavanne



## Weight Loss with Hypnosis

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

When: Wednesday, April 1 7:00-9:30pm

Cost: \$45

Location: High School, Media Center Classroom, 2nd floor

Instructor: Luisa Bruzga, MSACN, Nutritionist, Certified Consulting Hypnotist, Health Coach, Reiki Practitioner/Instructor, Licensed Esthetician

Lab Fee: Reinforcement CD's are available for \$10 (payable to the instructor)



## Reiki Practitioner

Learn and practice the ancient healing art of "laying on of hands" helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, and attunement.

Level 1: Saturday, March 28

Level 2: Saturday, April 4

9:30-5:00pm

Cost: \$195 per level

Location: Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY

Instructor: Luisa Bruzga, MSACN, Nutritionist, Certified Consulting Hypnotist, Health Coach, Reiki Practitioner/Instructor, Licensed Esthetician



## Meditation for Relaxation and Personal Healing

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

When: Tuesdays, March 3 - March 31 7:00 p.m.-9:00 p.m. 5 sessions

\$149

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration



Scan the QR Code to Register



## Psychic Development and Mediumship

Think you're not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to our inner gifts as you grow in your spiritual connection!

When: Wednesdays, March 4 - April 1 7:00 p.m.-9:00 p.m. 5 sessions

\$149

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration



## Reiki Certification Classes

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

Reiki Level I Certification \$175

When: Saturday, March 7

10:00 a.m.-5:00 p.m. 1 session

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration

Multi-Dimensional Reiki \$175

When: Saturday, May 2

10:00 a.m.-5:00 p.m. 1 session

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration

Reiki Level II Certification \$199

When: Saturday, March 28

10:00 a.m.-5:00 p.m. 1 session

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration

Reiki Level III & Master Teacher Certification \$249

When: Saturday, May 9

10:00 a.m.-6:00 p.m. 1 session

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration

Advanced Reiki Training \$175

When: Saturday, April 18

10:00 a.m.-5:00 p.m. 1 session

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration



## Emotional Release for Inner Peace

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

When: Monday, March 2 6:30 p.m.-9:00 p.m. 1 session

\$39

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration

## Practical Compassion

Each of us is seeking the goodness we need for our lives in the best way we know how. The fact that none of us does this perfectly, and that nobody truly wants to suffer, can help us to have greater understanding and compassion through the sometimes painful lessons of life. In this five-week course, you will learn to apply the universal principals of compassion to bring more acceptance, forgiveness and wisdom to your relationships with yourself, others and the world. This class will give you the practical tools you need to create sustainable personal boundaries to help you live and love more open-heartedly in your life. So come learn to expand beyond the barriers that separate us and become the healing change you wish to see in your world!

When: Thursdays, April 9 - May 7 7:00 p.m.-9:00 p.m. 5 sessions

\$149

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration

Scan the QR Code to Register



## Self-Growth and the Art of Singing

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: “Singing with your own voice,” “Getting out of the way,” and “Letting go of judgments.” This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life— NO SINGING REQUIRED! Come learn what good singing can teach you about good living!

When: Monday, April 27 7:00-9:00 p.m. 1 session

\$35

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration



## Hawai'i –“The Call of Paradise”- A Spiritual Journey

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

Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawai'i one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the beautiful islands of Oah'u and the Big Island of Hawai'i. In the midst of tropical landscapes, we'll visit the solemn memorials of Pearl Harbor and tour Iolani Palace—the only royal palace in America. We'll also journey to majestic Hawai'i Volcanoes National Park to witness the creation of new land and life. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the birthplace of Reiki Healing in America.

For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai'i in Spring 2026. So come join us for an evening of inspiration and let the magic of Hawai'i “call you home” to Paradise!

\*\*\*For more information visit <https://yourtreeoflife.wordpress.com/>

When: Monday, March 16 7:00.-9:00 p.m. 1 session

\$15

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration



## Secrets of Happiness

Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of time-honored techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!

When: Thursdays, March 5 - April 2 7:00 p.m.-9:00 p.m. 5 sessions

\$149

Instructor: Jesse Wicher

Location: Zoom, Link will be provided upon registration



## Mindfulness Workshops NEW!

### Mindfulness Workshop (Part 1): Cultivating Presence and Well-Being

Dawn Barie, LCSW

In the rush of everyday life, it's easy to miss the moments that truly matter. This 75-minute workshop invites you to pause and reconnect—with yourself, your values, and the present moment. You'll be introduced to practical mindfulness techniques that can be applied immediately in your daily life—at home, at work, or anywhere in between. Through guided practices and reflections, you'll explore how mindfulness can help you: Manage stress with greater ease. Reconnect with your values and priorities. Respond intentionally rather than react automatically. Take committed actions that support your well-being. Mindfulness is more than a technique—it's a way of approaching life with awareness, openness, and presence. You'll learn how to cultivate supportive mental habits while letting go of unhelpful patterns, enhancing emotional balance and deepening your connection with others. Whether you're new to mindfulness or looking to deepen your practice, this is a valuable opportunity to pause, reflect, and build tools for greater balance and resilience in your life.

When: Monday, March 2 6:30-7:45 p.m.

High School Room 121

\$20



### Mindfulness Workshop (Part 2)

Dawn Barie, LCSW

#### Live Life More Fully—with Presence, Purpose, and Peace

Whether you joined the first workshop or this is your first time, you're welcome here. In this second mindfulness workshop, we'll explore new practices and techniques designed to help you live with greater clarity, calm, and connection. This 75-minute session is not a repeat—you'll learn fresh skills to deepen your mindfulness practice or start a new one.

In this session, you'll discover how to:

- Anchor yourself in the present moment
- Respond skillfully to difficult thoughts and emotions
- Cultivate inner resources like patience, compassion, and curiosity
- Improve your emotional flexibility in everyday life
- Relate more intentionally to yourself and others

Mindfulness isn't just about slowing down—it's about showing up fully, even when life feels busy or challenging. Through guided exercises, reflection, and discussion, you'll gain tools to stay grounded and centered no matter what comes your way.

Whether you're new to mindfulness or looking to expand your toolkit, this workshop offers a fresh opportunity to reconnect with yourself and what matters most.

When: Monday, March 30 6:30-7:45 p.m.

High School Room 121

\$20

Scan the QR Code to Register



# KIDS CORNER

## Spanish for Preschoolers

SPANISH FOR PRESCHOOLERS is a fun and interactive program designed specifically for 3-5 year olds. Lesson plans incorporate a Spanish vocabulary through diverse methods including nursery rhymes, puppet shows, felt boards and lots of singing and dancing! Children complete the course with knowledge of counting in Spanish, days of the week, basic greetings and phrases, identifying animals, body parts, clothing and colors all in Spanish. Three levels of the program run throughout the school year. Enroll your child in this amazing educational experience! Program is offered at dismissal at each of the schools below. Class is open to Orchard Park UPK students attending in the building.

Cost: 8 Classes, \$118

**Register Online:** [www.TheEnrichmentCompany.com](http://www.TheEnrichmentCompany.com)

If you have any questions, contact The Enrichment Company at 1-833-436-7424

Eggert Rd UPK Wednesday 3:15 - 3:45 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/4 No class 2/18

Ellicott UPK Monday 3:15 - 3:45 1/5, 1/12, 1/26, 2/2, 2/9, 2/23, 3/2, 3/9 No class 1/19, 2/16

South Davis UPK Tuesday 3:15 - 3:45 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/24, 3/3 No class 2/17

Windom UPK Monday 3:15 - 3:45 1/5, 1/12, 1/26, 2/2, 2/9, 2/23, 3/2, 3/9 No class 1/19, 2/16

## Spanish for the Elementary Years

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

Cost: 6 Classes, \$99

**Register Online:** [www.TheEnrichmentCompany.com](http://www.TheEnrichmentCompany.com)

If you have any questions, contact The Enrichment Company at 1-833-436-7424

Eggert Monday 3:15 - 3:55 2/2, 2/9, 2/23, 3/2, 3/9, 3/16 No class 2/16

Ellicott Tuesday 3:15 - 3:55 2/3, 2/10, 2/24, 3/3, 3/10, 3/17 No class 2/17

South Davis Thursday 3:15 - 3:55 2/5, 2/12, 2/26, 3/5, 3/12, 3/19 No class 2/19

Windom Tuesday 3:15 - 3:55 2/3, 2/10, 2/24, 3/3, 3/10, 3/17 No class 2/17



## Soccer ~ Intro to Soccer Program for Ages 2-5

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

MINI ~ 2 to 3.5 year olds Time: 5:00 -5:30pm OR 5:35-6:05pm

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

CLASSIC ~ 3.5 to 5 year olds (Pre-K) Time: 6:10-6:55pm

Soccer Shots Classic uses creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

When: Mondays: January 26 - March 30 (no soccer 2/16)

Location: Ellicott Gym

\$136, or 2 payments of \$68 (plus \$30 annual enrollment fee)

Register online at: [www.soccershots.com/Bufalo](http://www.soccershots.com/Bufalo)



## Read Around the World~ NEW!

Immerse your child in an exciting voyage around the world! Each week we will read a new story, make a craft, & learn a song. Your child will also have their very own passport to be stamped after each session. Perfect for ages 5-9.

When: Thursdays, January 29 - March 19 (5 classes)

(No class 2/19, 3/12)

6:00-6:50p.m.

Location: Orchard Park High School, Room 121

Cost: \$135 includes all materials

Instructor: Colleen Rea



Scan the QR Code to Register



## Lacrosse – Quaker Lax Spring Clinic for Boys & Girls Grades 1-6

- When: Mondays & Wednesdays – April 27 – June 3 (no practice on Memorial Day) 6:00-7:00pm
- \*Registration fee: \$150 **Go to [orchardparklacrosse.com](http://orchardparklacrosse.com) to register.**
- Where: OP Middle School. Times and locations are subject to change based on field availability.
- Check the [orchardparklacrosse.com](http://orchardparklacrosse.com) website for field and schedule updates.
- Practices will focus on lacrosse skill development, athletic coordination and agility, offensive and defensive team concepts, and small area games. Players looking to continue their development should also participate in our summer program running from June 16 – July 30.

\*Players must be FULLY equipped

(\*All players should bring their own water bottle and have appropriate footwear)

Boys: Lacrosse stick, gloves, arm pads, shoulder pads, helmet, mouth guard, and protective cup.

Girls: Must have a regulation lacrosse stick, mouth guard, and lacrosse goggles.



## Cookie Decorating Class for Kids

Come for a fun time of learning how to decorate 5 Valentine themed cookies!

All supplies will be provided and you will leave with delicious works of art.

Ages 6+

\$30.00 per class

Wednesday, February 4

6:00-7:00pm

Location: Orchard Park High School, Room 120

Instructor: Kristi Bean



## LEISURE & RECREATION

### NYS Safe Boating and Personal Watercraft Safety Class

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

When: Tuesday, March 24 & Thursday, March 26 Time: 5:15.-9:15 p.m.

You must attend both nights to receive the certificate.

\$45

Instructor: Tricia Andrzejewski

High School Room 160



### Curling for Adult Beginners - NEW!

Curling is a fun, sociable, and friendly sport that has its origins in 16<sup>th</sup> century Scotland that has evolved into a sport played around the world and in the Olympics. Participants will be instructed by experienced USCA certified instructors as they learn the basic rules and strategy of the game and into playing games on teams of 4. The club provides grippers for your clean sneakers, stones, brooms and a warm room for socializing. Participants are urged to wear loose fitting warm clothing, (no jeans) bring clean sneakers, grippy gloves and a hat as the air temperature in the ice house is around 42 degrees. Also, bring your enthusiasm as you learn the amazing sport of curling.

When: Mondays, 10 AM – 12 Noon 1/19, 1/26, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16 (8 sessions)

**\*\*NO CURLING 2/16\*\***

Where: Buffalo Curling Club, 50 Buffalo China Road, Buffalo NY-We are located between Clinton and Seneca Streets off Bailey Avenue.

Cost: \$135

Instructor: Darrell Skelton & Staff

**\*\*In order to participate, each applicant must fill out an on-line waiver by going to: [buffalocurlingclub.org](http://buffalocurlingclub.org), or hard copies will be available at the club.**

Register early! Only 8 spots available!



Scan the QR Code to Register



## Introduction to Fly Fishing

PRESENTED BY TROUT R US~JOEL AND HELEN DAVIS

Catch the obsession of fly fishing – the enjoyment of a lifetime!

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

Instructors: Joel Davis & Helen Davis: Joel is avid fly fisherman for trout and steelhead. He has taught fly tying and fly fishing for the last 40 years. Having held offices of Treasurer and Director of the Red House Brook Chapter of Trout Unlimited, he is a dedicated conservationist. Joel organized the Holiday Valley Fly Fishing Program and is founder and Managing Partner of Trout “R” Us Fly Fishing School.

Joel introduced Helen to fly-fishing before they were married. She has been his fishing partner ever since. Both he and Helen have conducted fly-fishing seminars at Holiday Valley in Ellicottville, New York and the Fly Fishing Assembly at the Chautauqua Institution.

When: Tuesdays, March 17, 24 & 31 plus ½ day on-stream - TBA

7:00-9:30p.m.

\$120

Optional Lab Fee: \$25 for fly box and one dozen trout flies (\$50 value)

Location: Orchard Park High School Room 154



## NEW! Local Nature Classes with Syd Mecca of Wildwood WNY

### Beginner Birding: Forest & Field Edition

Birding is a great way for people of all ages and abilities to connect with nature –join us for this introductory class to kickstart your new hobby! Participants will learn how to visually and audially identify over two dozen different bird species commonly found in the forests and fields of WNY throughout the year.

Thursday, February 5 6 pm - 8 pm

\$20

Orchard Park High School room 129

### Mammal Mania!

Get to know your fur-bearing neighbors as we explore the lives of mammals who call Western New York home! Investigate unique adaptations, learn to identify common tracks and scat, and get the chance to feel a variety of different pelts from local species!

Thursday, February 12 6 pm - 8 pm

\$20

Orchard Park High School room 129

### Bark, Seeds, and Leaves: Common Tree I.D.

Become a dendrologist detective and learn how to use clues such as bark, leaves, buds, and seeds to identify over two dozen common tree species! Class participants will also investigate the interconnectedness that trees have with other flora, fauna, and fungi.

Thursday, February 26 6 pm - 8 pm

\$20

Orchard Park High School room 129

### Marvelous Mushrooms & Funky Fungi

From tiny toadstools to giant puffballs, New York is home to a huge variety of one of Earth's most fascinating lifeforms – fungi! This class focuses on exploring the diversity, in both form and function, of fungi in our region. We will also cover beginner tips and tricks on how to locate and identify mushrooms!

Thursday, March 5 6 pm - 8 pm

\$20

Orchard Park High School room 129

### Flowers & Fronds: Native Flower & Fern Identification

Spring is coming! Prepare for the return of plant life by learning about the diverse native flowers and ferns that grow in our area. This class discusses the seasonality, habitat, ecological significance, and identification features of over two dozen common, and a few not-so-common, plant species.

Thursday, March 12 6 pm - 8 pm

\$20

Orchard Park High School room 129



Scan the QR Code to Register



## Discover Scuba

Have you ever wondered what it feels like to breathe underwater but you were not sure if scuba was for you? Experience the thrill and ease of scuba diving in our introductory Discover Scuba session. This single session program will allow you the opportunity to try scuba diving without the commitment of enrolling in a full certification program. All equipment is provided by the instructor. Participants only need to bring a bathing suit and towel. Minimum 12 years of age.

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

When: Fridays, Choose one date:

February 6, February 27 or March 20 6:30-9:00p.m.

Registration Cost: \$12

Tuition: \$35 (Paid to Discover Diving)

Instructor: Discover Diving

Location: Orchard Park Middle School Pool



## Scuba Diver

Learning to Scuba Dive is easy! In this program students will complete 5 pool sessions and 4 classroom sessions. (Classroom sessions are scheduled with the instructor). Upon completion of the classroom and pool requirements, students will then conduct 6 open water dives with their instructor over a period of two days to earn their scuba diver certification. Minimum 12 years of age. Tuition includes all classroom fees and the use of required scuba equipment necessary for pool training and open water dives. (The cost of training dives is not included in the tuition paid. This cost is determined by the students' selection of training location and options. For more information, please contact Discover Diving). Students must provide their own mask, snorkel, fins and booties. (Student discounts are available for students needing to purchase these items). Students are also required to purchase the SSI Open Water Diver Student Kit. This kit is available through Discover Diving.

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

When: Fridays, February 6 - March 13 (no scuba 2/20) 6:30-9:00p.m.

Registration Cost: \$55

Tuition: \$275

Instructor: Discover Diving

Location: Orchard Park Middle School Pool

# SPECIAL INTEREST

## Introduction to Astrology - Understanding Your Natal Chart

Astrology is a wonderful tool that has been used for thousands of years to help with self-understanding. In this beginner-level class, you will learn the basics of interpreting your natal chart. The exact placement of the planets at your time of birth can give you information that can be used to help you navigate through life. We all know our Sun Sign, but there is so much more to learn. Classes will include the basics of the zodiac signs, houses, planetary placements, modalities, elements and aspects. Join us on this path to self-discovery. Please email the following information prior to our first class: Birth date, Birth time (as exact as possible), City & State of Birth.

When: Thursdays, January 29 & Thursday, February 5 (2 sessions) 6:00-7:30p.m.

Location: Orchard Park High School, Room 163

Registration Cost: \$50

Instructor: Caroline Goff

ctgwfalls@gmail.com



## Singing Lessons for Everyone-ONLINE

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction.

Introductory price for Community Education Students: \$125 for 5 lessons

5 week session - flexible scheduling! Register here and call 716-821-1404 or email [HolisticArts@hotmail.com](mailto:HolisticArts@hotmail.com) for additional information and to schedule lesson time!

\*\*Online singing lessons can be conducted using a computer, tablet or smartphone via

Skype, Zoom and most other live chat platforms



Scan the QR Code to Register



## Learn to Decorate Cookies!

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

Monday, February 9~VALENTINE'S DAY

Monday, March 30 - EASTER & SPRING

6:00-8:00p.m.

Registration Cost: \$55/class

Instructor: Kristi Bean, Owner 716 Cookie Dips and Kits

Location: Orchard Park High School, Room 120



## Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

When: Monday, February 16 6:30 - 9:30p.m.

Registration Cost: \$69

Instructor: Craig Coffman

Location: Online (link will be sent after registration)



## Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration.

For ages 13+

When: Tuesday, February 17 6:30 - 9:00p.m.

Registration Cost: \$69

Instructor: Craig Coffman

Location: Online (link will be sent after registration)

## Italian for Travel

Come out once a week and prepare yourself to travel abroad and feel comfortable speaking the native tongue.

Each week will focus on a different theme to help participants make the most of their trip abroad.

Participants will learn enough language to make their way around any Italian speaking country.

When: Thursdays, January 29 - April 2 (8 classes)

(No class 2/19, 3/12. 2/5 class will be held on Monday, 2/2)

7:00-8:00p.m.

Location: Orchard Park High School, Room 121

Cost: \$135

Instructor: Colleen Rea



## Learn How to Make Sponge Candy

In this class, you will learn to temper pure chocolate and use it to coat the sponge candy you will make. You'll have plenty to take home!

Ron has been making confections for 25 years and was trained at the Culinary Institute of America.

When: Tuesday, February 10 6:00 - 8:00p.m.

Registration Cost: \$60

Instructor: Ron Solly, CIA Trained Chef

Location: Orchard Park Middle School, Room 250



Scan the QR Code to Register



## Pierogi Class

You will be making your own dough from two different types of flour. We will be stuffing the pierogis with a sauerkraut, mushroom and cheese mix. You will have plenty to take home!

When: Thursday, February 26 6:00 – 8:00p.m.

Registration Cost: \$60

Instructor: Ron Solly, CIA Trained Chef

Location: Orchard Park Middle School, Room 250



## Date Night Cooking - Lobster & Crab Ravioli

In this class for couples, you'll be making your own ravioli dough and stuffing it with crab and lobster. You'll make a cream sauce to finish these delicate ravioli.

When: Tuesday, March 10 6:00 – 8:00p.m.

Registration Cost: \$60 per couple

Instructor: Ron Solly, CIA Trained Chef

Location: Orchard Park Middle School, Room 250



❄️ Please sign up early! These classes fill up quickly ~ don't miss out! ❄️

## Introduction to Meditation

Everyone has some familiarity with the concept of meditation. But surprisingly few people understand what it really is. It is in fact, a very natural occurrence that people often engage in without realizing that it is happening. The power of meditation is meaningful when it is used with purpose. It has the power to enhance your life and to also give meaning to your existence. Come and learn how this energy can be helpful to you and discover its many uses. Discover how to take control of your life and transform it into a happy, fulfilling experience. You will also learn why a part of you is resistant to the concept of meditation and how to work around that obstacle. We will share the meditative experience in class and all of your questions will be answered.

When: Wednesday, March 11 7:00 – 9:30p.m.

Registration Cost: \$38 per class

Instructor: Richard D'Angelo

Location: Orchard Park High School, Room 219



## How to Communicate with Your Angels

Much has been written about Angels. There have been movies, TV shows, books, etc., all focused on these amazing beings. But few people have explained what they really are and why they want to help you with your life. Fewer still discuss how you can connect with them on a personal level. In this class all these questions will be answered and more... Archangels and Spirit Guides are also included. You will learn how to connect with them so that you can begin to work with them that very night! In addition, all of your questions will be addressed concerning these beings and the meaning of life itself. There is a reason why this class has been around for over 35 years. Come and join us for a class full of information and joy!

When: Wednesday, March 4 7:00 – 10:00p.m.

Registration Cost: \$38 per class

Instructor: Richard D'Angelo

Location: Orchard Park High School, Room 219



## The Power of Your Aura

The aura is a powerful energy field surrounding each person. In this class you will learn how to measure, feel, receive, send, and even see this energy with your own eyes! You will also learn how to use this energy to ward off the negative energy of others. Come and join us for a fun, information-packed evening you won't soon forget.

Please bring a notebook – this information is too valuable to lose!

When: Thursday, February 26 7:00 – 10:00p.m.

Registration Cost: \$38 per class

Instructor: Richard D'Angelo

Location: Orchard Park High School, Room 219



## Exploring Past Lives

In this class you will have the opportunity to experience another life which can advise you on how to live your current life in a better way. The instructor will assist you in making sense of your experience. Meditative ability is not required.

When: Tuesday, March 17 7:00 – 9:00p.m.

Registration Cost: \$38 per class

Instructor: Richard D'Angelo

Location: Orchard Park High School, Room 219



Scan the QR Code to Register



## Beginner Spanish Online

**Instructor: Tiffany Scott**

This 6-week virtual course will teach you the basics of the Spanish language, from the alphabet and numbers to forming sentences with verbs and adjectives. You will learn written and spoken Spanish with emphasis on the Latin American pronunciation and accent. This course is perfect for people in the working world who interact with a Spanish-speaking public and would like to gain basic intro-level Spanish communication skills. Also great for anyone looking to learn basic Spanish for personal use at a relaxed pace from home. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred and if student provides mailing address.) A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: Internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address and phone number. The cost is \$80. Begins Monday, January 26 but late registrations are welcome.

## Spanish for the Healthcare Professions Online

**Instructor: Tiffany Scott**

This 6-week virtual course will teach you the basics in health care terminology and communication with Spanish-speaking clients in the health care setting. Taught with the Latin American pronunciation and accent, this course is perfect for doctors, nurses, physician assistants, physical therapists, and anyone who interacts with a Spanish-speaking public in the healthcare setting. Emphasis will include vocabulary of organs and body systems, hospital terminology, diseases and conditions, pertinent questions about medical history, and how to give simple commands such as when performing a physical exam. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred and if student provides mailing address.) 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, internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address & phone number. The cost is \$85. Begins Monday, January 26 but late registrations are welcome.

## Intermediate Spanish Online

**Instructor: Tiffany Scott**

This 6-week virtual course is a continuation of material following Beginner Spanish Online. It includes past tenses of verbs, subjunctive tense, future tense, extended vocabulary, commands, adverbs and other intricacies of the Spanish language. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred and if student provides mailing address.) A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: Beginner Spanish proficiency, Internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address and phone number. The cost is \$80. Begins Monday, January 26 but late registrations are welcome.

## Spanish for Travel Online

**Instructor: Tiffany Scott**

This 6-week virtual course is perfect for anyone traveling to a Spanish-speaking area. It focuses on terminology, conversational material, and questions and phrases pertinent to travel and activities. Topics such as the airport, the hotel, the bank, medical emergencies and tourist activities are covered. No familiarity of Spanish necessary. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. Each lesson and the audio files will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. (A CD-Rom containing the audio files for all lessons can be mailed to each student following registration for the course if preferred and if student provides mailing address.) A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: Internet access, e-mail, ability to receive MS Word documents and mp3 audio files via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address and phone number. The cost is \$80. Begins Monday, January 26 but late registrations are welcome.



Scan the QR Code to Register



## Online Notary Course

Notary Course (prelicensing). Self paced pre-recorded video can be accessed anytime (Day or Evening) and is available 24/7 for 90 Days. Additionally, Customer Support is just a click away. Course length is approximately 2.5 hours.

Course Includes: •Instant Access •Notary Concepts •Definition Review •Sample Forms •Notary Law Review •Notary Facts •Notary Prep Test •Notary Law Updates •Course Book •1 Full year Customer Support

\$90 Instructor: Notary Public Central Online



## Online Notary Signing Agent Course

SPONSORED By: Notary Public Central – Awarded “Special Honoree” by the National Notary Association  
Self Paced–Available 24/7 for 90 days. 2 Downloadable Books Included (Course Notes) and (Sample Forms)  
Course length is approximately 2.5 hours.

\*Prerequisite: You must have completed or attended a Notary Public Training Course prior to taking this course. You must be a notary public in order to practice as a signing agent. However, you may take this course prior to obtaining your license so that you are ready to practice once you're in receipt of your license.

Discover a rewarding career as a Notary Signing Agent in the Lending Industry & Beyond! Be your own boss either Part-Time, Full-Time or Side Hustle!

This course is designed to equip you with the essential skills you will need to properly perform Loan Document Signings. Topics covered include: Lending Process, Various Loan Types, Identifying Documents in a Loan Packet, Signing Agent Process, Proper Document Execution; What is Expected of the Signing Agent (your responsibilities and limitations); Lender Lingo; Identifying Individuals; Current Industry Trends; and Where/How to find work (Signing Companies will be provided as possible leads).

\$90 Instructor: Notary Public Central Online

## Notary Public Refresher Course

Online Notary Public Refresher – Self Paced. The course can be accessed anytime from any device (Day or Evening) and is available 24/7 for 90 days from the date of registration. Additionally, Customer Support is just a click away! Downloadable Book & Prep Test Included. Course length is approximately 1.5 hours. I just became a Notary Public, now what? Do you question yourself when notarizing documents? This course is designed for newly appointed Notaries, in addition to seasoned Notaries to eliminate the guesswork when handling documents.

The objective of the Notary Public Refresher Course is to help you understand proper document execution & what to do when faced with documents you don't understand. This course will reinforce everything you need to know to conduct your job effectively and without error. We will discuss legal forms and their implications if not handled properly. This course provides an in depth review of proper notarization procedures.

\$60 Instructor: Notary Public Central Online

## Remote Electronic Notary Mini Course [REN]

An understanding of the new laws that went into effect in 2023 for All New York State Licensed Notary Publics. With a focus on Electronic Notarization in this self paced Video Course. The course can be accessed anytime (Day or Evening) and is available 24/7 for 60 Days. Additionally, Customer Support is just a click away!

Course Length: Approximately 45 Minutes

Course Includes: Instant Access, Course Book, Training Videos

Topics Include:

Traditional Notarization-Provisions for Identifying Individuals, Right of Refusal, Journal Requirements, Disclosure of Information, Record Storage

Remote Electronic Notarization [REN]-What is Remote Electronic Notarization, Electronic Notarial Acts, The Gist of Electronic Notarization, Papering Out, Provisions for Identifying Individuals Electronically, Credential Analysis, Identity Proofing, Procedure of Electronically Notarizing, Electronic Signature, Certificate of Authority, Journalizing Electronic Notarial Acts, Disclosure of Information, Recording the Electronic Notarization, Record Storage

Electronic Journal Demo

Remote Notary Platform Demo

\$100 Instructor: Notary Public Central Online

Scan the QR Code to Register



**TOURS ~ All tours: Make checks payable to Scenic Excursions and send to:**

**Orchard Park Community Education**

**Orchard Park High School**

**4040 Baker Road**

**Orchard Park, NY 14127**

**Please include a list of the names, addresses, and phone numbers of all people taking the trip. It is standard procedure for SCENIC EXCURSIONS to send out a confirmation. If you do not receive one, please call Scenic Excursions at 649-9694 to assure that you are registered.**



### **SPRAGUE'S BRUNCH & SENECA ALLEGANY CASINO**

**Thursday, March 19**

**\$109**

Savor a maple-kissed morning at Sprague's Maple Farm Restaurant, where bottomless coffee, homemade sausage, and towering stacks of fluffy pancake stacks are served with syrup tapped right on-site. BRUNCH IS INCLUDED. (See other meal choices below to customize your excursion). Stroll the country-store for maple fudge or jams before we roll south to the Seneca Allegany Casino Resort. Your visit comes loaded with \$35 in Free Slot Play and \$10 in Seneca Dining Dollars, so you can chase jackpots and winning slots, and enjoy a snack at the casino. Whether you're playing the latest machines or relaxing in the lounge, this one-day escape blends down-home sweetness with Vegas-style thrills. Bring along or register for a Seneca Players Card to receive the incentive.

Bring a valid state or federally issued id (passport or driver's license) along with your Seneca Social card if you have one. incentive is not given without valid identification. The casino incentive is the offering of the casino, and as such, is subject to change without notice.

**CHOOSE ONE ENTRÉE WHEN MAKING RESERVATION:**

- (Mainline) Pancakes with eggs & meat
- Texas size french toast with meat
- Sausage gravy & biscuits served with Home Fries

Tops in West Seneca; 355 Orchard Park Road West Seneca NY DEPART: 8:30 am RETURN: 6:00 pm



### **A DAY IN DOWNTOWN TORONTO: FROM ICE TO SITES**

**Tuesday, April 7**

**\$205**

Experience the best of Toronto in one unforgettable day! This exciting day trip takes you to two of the city's most iconic attractions — the world-famous CN Tower and the legendary Hockey Hall of Fame. Start your adventure by soaring to the top of the CN Tower, one of the tallest free-standing structures in the world. Enjoy breathtaking 360-degree views of Toronto's skyline, Lake Ontario, and beyond. Brave the Glass Floor, test your nerves on the SkyTerrace, and capture stunning photos from high above the city. After you work up a hungry, stop at the famous Canadian rotisserie chicken hub in Canada at Swiss Chalet. Next, dive into Canada's national passion at the Hockey Hall of Fame. Explore a world of hockey history, legendary players, and interactive exhibits. Get up close with the Stanley Cup, try your skills in the NHL Zone, and relive the greatest moments in the sport's history. Whether you're a hockey fan, a sightseeing enthusiast, or just looking for a fun day in Toronto, this tour offers something for everyone.

**PROOF OF CITIZENSHIP REQUIRED - ENHANCED DRIVERS LICENSE OR PASSPORT!!**

Tops in West Seneca; 355 Orchard Park Road West Seneca NY DEPART: 7:00 am RETURN: 8:00 pm



### **CRAZY DAISIES~SPRING CRAFT & DELICIOUS FOOD**

**Wednesday, April 15**

**\$225**

Join us for a delightful one-day getaway to Syracuse, NY, where spring comes alive with color, flavor, and charm! Our spring adventure begins at Crazy Daisies Flowers & Garden Café, a family-run greenhouse, flower farm, and cozy garden café nestled on the edge of rolling countryside. Upon arrival, you'll be welcomed into their bright and cheerful greenhouse studio, surrounded by blooming plants, rustic décor, and the scent of fresh florals. Here, you'll take part in a custom spring craft workshop exclusively arranged for our group. With guidance from Crazy Daisies' creative team, you'll design and assemble your very own spring flowerpot! All materials are included, and your finished creation is yours to bring home as a beautiful reminder of the day. Following our creative morning, we'll head to the charming and historic Phoebe's Restaurant, located near Syracuse University and beloved for its inviting, artsy atmosphere. Enjoy a luncheon buffet featuring a delicious selection of salad, quiche, pasta dish and a chicken entrée with are all crafted with fresh, local flavors. Phoebe's warm lighting, vintage touches, and welcoming staff make it a perfect place to unwind and enjoy great company. After lunch, we'll continue our spring celebration with a stop at Biscotti Café & Gelateria, a local family-owned favorite known for its decadent pastries, artisan cookies, and authentic Italian gelato made fresh in-house. Treat yourself to the flavor of your choice—from fruity sorbettos to rich chocolates and classic Italian favorites. Whether you opt for a scoop of gelato, a delicate pastry, or a treat to take home, it's the sweetest way to cap off our day in Syracuse.

Tops in West Seneca; 355 Orchard Park Road West Seneca NY DEPART: 7:00 am RETURN: 7:30 pm



**Orchard Park Central School District Community Education Registration Form**

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_  
Evening Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Emergency Phone: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
For Children Only:  
Age: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_  
Parent's Name: \_\_\_\_\_  
Course Name: \_\_\_\_\_  
Beginning Date: \_\_\_\_\_  
Day: \_\_\_\_\_ Time: \_\_\_\_\_

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

*Make checks payable to: Orchard Park Central School District*

**Orchard Park Central School District Community Education Registration Form**

Name: \_\_\_\_\_  
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Evening Phone: \_\_\_\_\_  
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Email Address: \_\_\_\_\_  
For Children Only:  
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Day: \_\_\_\_\_ Time: \_\_\_\_\_

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