

HAMBURG CENTRAL SCHOOL DISTRICT
CONTINUING EDUCATION



SPRING 2023

New Offerings:

- Cooking classes with Krista Van Wagner
- Spanish for the elementary years
- Shanti yoga
- Youth Mental Health First Aid training

Dear Community Residents,

We take great pride in Hamburg Central School District's Continuing Education Program, which offers educational, recreational and health and wellness opportunities to residents of the District! We are pleased to present the course offerings for the Spring of 2023; we have included some exciting new topics as well as our most popular courses.

The Hamburg Central School District strives to meet the needs of all members of our community, including residents who may not have children attending our schools. We find great importance in providing this program for our community who continues to support the District's educational opportunities for our children.

Our Continuing Education program is comprehensive, accessible, inclusive and growing! We hope you find classes that appeal to you and meet your interests and needs as lifelong learners.

IMPORTANT NOTES:

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

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

ENTERING OUR SCHOOLS

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

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REGISTRATION

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

MAIL REGISTRATION FORMS & CHECKS TO:

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

Please make checks payable to: Hamburg Continuing Ed.

REGISTER ONLINE:

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

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

ARTS & CRAFTS

PAINTING & DRAWING WORKSHOP (A1)

Vicki Warhol

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

Hamburg High School, Room 132
Dates: Wednesdays, March 22 - May 17
NO CLASS APRIL 5
Time: 6:30 - 9 pm
Cost: \$50 Seniors: \$30
Registration deadline: March 8



Continued on next page

ROVING GLASS CLASS

Gail Schneider

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

FLYING BIRD (A2)

Hamburg Middle School, Room 125

Date: Thursday, March 9

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: Feb. 23

GNOME (A3)

Hamburg Middle School, Room 125

Date: Thursday, March 23

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: March 9

SAILBOAT (A4)

Hamburg Middle School, Room 125

Date: Thursday, March 30

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: March 13

SEAHORSE (A5)

Hamburg Middle School, Room 125

Date: Thursday, April 13

Time: 6-8 pm

Cost: \$35 Seniors: \$25

Registration deadline: April 1

OWL (A6)

Hamburg Middle School

Date: Thursday, April 20

Time: 6-8 pm

Cost: \$35 Seniors: \$25

Registration deadline: April 6

PARROT ON BRANCH (A7)

Hamburg Middle School, Room 125

Date: Thursday, April 27

Time: 6 - 8 pm

Cost: \$35 Seniors \$25

Registration deadline: April 13

RABBIT (A8)

Hamburg Middle School, Room 125

Date: Thursday, May 4

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: April 20

SEA TURTLE (A9)

Hamburg Middle School, Room 125

Date: Thursday, May 11

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: April 27

EAGLE HEAD (A10)

Hamburg Middle School, Room 125

Date: Thursday, May 18

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: May 4

TREE OF LIFE (A11)

Hamburg Middle School, Room 125

Date: Thursday, May 25

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: May 11

BUSINESS, FINANCE & LAW

SAVVY TAX PLANNING (B1)

Elizabeth Evanisko

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

Hamburg High School, Room 142

Date: Wednesday, Feb. 15

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: Feb. 2

SAVVY SOCIAL SECURITY PLANNING FOR WOMEN (B2)

Elizabeth Evanisko

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

Hamburg High School, Room 142

Date: Wednesday, March 1

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: Feb 23

Continued on next page

BUSINESS, FINANCE & LAW

SAVVY IRA PLANNING (B3)

Elizabeth Evanisko

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

Hamburg High School, Room 142

Date: Wednesday, March 22

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: March 8

SOCIAL SECURITY PLANNING 101 (B5)

Paul Hutchings

This class will cover what everyone needs to know about Social Security. Often, when one is planning to retire, he/she ponders: Will my Social Security be taxed? When should I take Social Security? Will my spouse receive benefits? Can I receive benefits from an ex-spouse? Will working affect my Social Security benefits? Get answers to these questions and more, to help make the best Social Security decision.

Hamburg High School, Room 121

Date: Wednesday, March 29

Time: 6-7 pm

Cost: Free

Registration deadline: March 15

WILLS, TRUSTS AND ESTATES (B7)

Matthew McAnulty

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

Hamburg Middle School,
Room 127

Date: Thurs. March 9

Time: 6:30 -7:30 pm

Cost: Free

Registration deadline:
Feb. 23

OR Hamburg Middle School,
Room 125

Date: Monday, April 10

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline:
March 27

TAX PLANNING IN RETIREMENT (B9)

Matthew McAnulty

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



Hamburg Middle School
Room 127

Date: Thursday, March 30

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline:
March 15

OR Hamburg Middle School
Room 125

Date: Monday, April 24

Time: 6:30 - 7:30 pm

Cost Free

Registration deadline:
April 10

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

Les Robinson, CLTC

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

Hamburg High School, Room 121

Date: Wednesday, April 26

Time: 6 - 8 pm

Cost: Free

Registration deadline: April 12

MUSIC

INTRODUCTION TO ACOUSTIC GUITAR, BANJO, MANDOLIN OR UKULELE (M1)

Peter Miranda

Have you always wanted to play the guitar or other stringed instruments? These classes are intended to provide individuals the opportunity to learn to play guitar, banjo, mandolin or ukulele. With regular attendance and practice, you should soon be able to play many of the folk songs that are part of our musical heritage. Completing the course prepares you to participate in Acoustic Music Jam. If you wish, you may enroll in either or both music classes to either sing along or try your newly-learned skills. Students are expected to provide their own instruments. If you do not have an instrument, contact the instructor (549-0864) for assistance.

Hamburg Middle School, Room 134

Dates: Wednesdays, February 15 - May 10

NO CLASS March 22 & April 5

Time: 6:30 - 7:30 pm

Cost: \$55 Seniors: \$40

Registration deadline: February 2



ACOUSTIC MUSIC JAM (M2)

Peter Miranda

Do you play acoustic guitar, banjo, mandolin or any other acoustic folk instrument? If you enjoy playing or singing folk music, you are invited to join us for an acoustic music jam. Music choices include traditional and modern folk, old-time country and bluegrass music. The music is paced so that beginners, as well as more experienced musicians, can participate. The atmosphere is informal, relaxed and great fun! If you can't play an instrument, come and sing. Students are expected to provide their own instruments. If you do not have your own instrument, contact the instructor (549-0864) for assistance.

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

Hamburg Middle School, Room 134

Dates: Wednesdays, February 15 - May 10

NO CLASS March 22 & April 5

Time: 7:30 - 9 pm

Cost: \$55 Seniors: \$40

Registration deadline: February 2

Continuing Education is **GROWING!**

Hamburg's Continuing Education program is interested in expanding its offerings to meet the diverse interests of lifelong learners in our community! We are always looking for people willing to share their interests, talents and/or hobbies with the community. Individuals qualified to teach new courses or those simply interested in sharing a talent or hobby are encouraged to reach out to the Continuing Education Office (conted@hcsdk12.org) with future course ideas. We look forward to hearing from you!

WELLNESS & FITNESS

YOUTH MENTAL HEALTH FIRST AID TRAINING (FN11)

Hamburg Central certified instructors

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

belief that individuals experiencing these challenges can and do get better.

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

Hamburg High School, Room 142

Date: Monday, March 13

Time: 5:30 - 8:30 pm

Cost: \$50

Registration Deadline: March 1



WELLNESS & FITNESS

SHANTI YOGA (FN2)

Danielle Cambio

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

Hamburg Middle School, Room 123

Dates: Wednesdays, February 15 - April 26

NO CLASS Feb. 22, MARCH 22 & APRIL 5

Time: 7 - 8 pm

Cost: \$100

Registration deadline: February 1



ZUMBA® (FN1)

Carol Clark-Osuch

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

Charlotte Avenue School, gym

Dates: Tuesdays, February 14 - May 2

NO CLASS FEB 21 & APRIL 4

Time: 6 - 7 pm

Cost: \$60

Registration deadline: Feb. 1

SWIMMING

SUNRISE SWIM (SW1)

No instructor

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

Hamburg High School, pool

Dates: Tuesdays & Thursdays, Feb. 7 - May 11

NO CLASS FEB. 21 & 23, APRIL 4 & 6

Time: 6:15 - 7:15 am

Cost: \$40 Seniors: \$30

Registration deadline: January 24

SWIM FOR HEALTH (SW2)

No instructor

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

Hamburg Middle School, pool

Dates: Tuesdays & Thursdays, Feb. 7 - May 11

NO CLASS FEBRUARY 16, 21 & 23; MARCH 16; APRIL 4 & 6

Time: 5:30 - 6:30 pm

Costs: \$40 Seniors: \$30

Registration deadline: January 24

DEEP WATER WORKOUT (SW3)

Mary Jo Lardo

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

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

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, February 6 - May 3

NO CLASS FEBRUARY 15, 20 & 22; MARCH 22; APRIL 3 & 5

Time: 5 - 6 pm

Cost: \$55 Seniors: \$45

Registration deadline: January 24

AQUA AEROBICS (SW4)

Stephanie Lardo

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

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, February 6 - MAY 3

NO CLASS FEBRUARY 15, 20 & 22; MARCH 22; APRIL 3 & 5

Time: 6 - 7 pm

Cost: \$55 Seniors: \$45

Registration deadline: January 23

SPECIAL INTEREST

COOKING WITH KRISTA

FEEL THE POWER - KNIFE SKILLS (SI1)

Learn valuable knife skills - Enjoy apple crisp at end of the class

Hamburg Middle School, Room 122

Date: Thursday, March 9

Time: 6 - 8 pm

Cost: \$45

Registration deadline: Feb 23

JOY OF WORKING WITH YEAST (SI2)

(prepare cinnamon rolls, biscuits & focaccia bread)

Hamburg Middle School, Room 122

Date: Thursday, March 23

Time: 6 - 8 pm

Cost: \$45

Registration deadline: March 9

FOOD IS LOVE - BONE BROTH , SOUP (SI3)

We will make chicken soup with spaetzle and butternut squash soup to enjoy

Hamburg Middle School, Room 122

Date: Thursday, March 30

Time: 6 - 8 pm

Cost: \$45

Registration deadline: March 16

FRENCH SWEET & ITALIAN SAVORY CREPES (SI4)

(Manicottis w/ ricotta & dessert crepes w/ ice cream & fruit to enjoy)

Hamburg Middle School, Room 122

Date: Thursday, April 13

Time: 6 - 8 pm

Cost: \$45

Registration deadline: March 30

A NIGHT IN THE CARIBBEAN (SI5)

(Jerk chicken wings, escoviche, coconut rice & beans, key lime pie)

Hamburg Middle School, Room 122

Date: Thursday, April 20

Time: 6 - 8 pm

Cost: \$45

Registration deadline: April 6

WILDERNESS SURVIVAL (SI6)

Michael Olek

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

Hamburg Middle School, Room 127

Date: Wednesdays, March 1 - May 3 (NO CLASS MARCH 22 & APRIL 5)

Time: 6:30 - 8:30 pm

Cost: \$30

Registration deadline: February 15

DIY GARDEN DESIGN (SI7)

Nora Saintz

Take the guesswork out of gardening! Nora Saintz is excited to provide her years of professional experience to help local homeowners create successful gardens. This course provides practical, easy-to-follow advice that makes gardening accessible to all. Course topics include: landscape design fundamentals, plant combination ideas for container gardens, solutions for wet, shady, and difficult-to-plant areas, low-maintenance, deer-resistant plant options. Participants are encouraged to bring photos of their yards for specific design advice. A Q&A session will be held at the end to cover any gardening-related topics not covered during class.

Hamburg High School, Room 121

Date: May 10

Time: 6:30 - 8:30 pm

Cost: \$30

Registration deadline: April 26

SPANISH FOR THE ELEMENTARY YEARS

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

Program is held in school at dismissal

REGISTER ONLINE AT: www.TheEnrichmentCompany.com

Charlotte Ave Elementary (SI8A)

Date: Thursday, Feb 16 - March 30 (NO CLASS FEBRUARY 23)

Time: 3 - 3:40 pm

Cost: \$90

Registration deadline: February 2

Union Pleasant Elementary School, Room 201(SI8B)

Date: Tuesday, February 14 - March 28 (NO CLASS FEBRUARY 21)

Time: 3 - 3:40 pm

Cost: \$90

Registration deadline: February 1

OR SPRING SESSION

Union Pleasant Elementary School, Room 201(SI8C)

Date: Tuesday, April 25 - May 30

Time: 3 - 3:40 pm

Cost: \$90

Registration deadline: April 11



Administration Building
5305 Abbott Rd.
Hamburg, N.Y. 14075

Published by the Board of Education
Thomas F. Flynn III, Board President
Michael Cornell, Superintendent

Armor Elementary646-3350
Boston Valley Elementary.....646-3240
Charlotte Avenue Elementary646-3370
Union Pleasant Elementary.....646-3280
Hamburg Middle School.....646-3250
Hamburg High School646-3300
General Information.....646-3200

hamburgschools.org

Nonprofit Organization
U.S. Postage Paid
Buffalo, NY
Permit No. 1002

REGISTRATION

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

Checks or cash are accepted in-person. Checks can also be mailed to the below address. Credit cards are accepted only with online registration.

REGISTER BY MAIL:

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

CHECKS PAYABLE TO:

Hamburg Central Cont. Ed.

REGISTER ONLINE:

hamburgschools.org -> Community
-> Continuing Education

CONTACT US:

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

**NO CLASSES WHEN SCHOOL IS
CLOSED: FEB 20 - 24; APRIL 3 - 7**

WEATHER CLOSINGS:

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

Hamburg Continuing Education - SPRING 2023

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # Course name

I am 21 years of age or older Yes No

Senior citizen discount? Yes No

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Yes No

Hamburg Continuing Education - SPRING 2023

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # Course name

I am 21 years of age or older Yes No

Senior citizen discount? Yes No

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Yes No