

COMMUNITY EDUCATION PROGRAM

STARPOINT CENTRAL SCHOOL DISTRICT

**Fall/
Winter
2021**



New:

Baking Classes
Finance Classes
Book Club

Online Fitness
ACT Prep
Day Trips

Starpoint Community Education Program
210-2308

Registration form & brochure available
on line at:

www.starpointcsd.org

Dates:

9/20/21 to 12/18/21

Registration

You can register for a course three ways:

- *Online (starpointcsd.org → parents & community→ community ed)
- *In person at the High School (located at Driveway D). You will have to ring the bell and have your driver's license ready.
- *You cannot, under any circumstances, register for a course via telephone.
- *Please do NOT call to register!
- *Register early. Some classes fill up quickly, and they are first-come-first-served.
- *Please make checks payable to Starpoint Community Education.
- *Refunds are given only if a class is cancelled or a student withdraws 3 days prior to the first class.
- *If the course does not run due to low enrollment, we will contact you and give you a full refund.
- *If we don't contact you, that means the course is running.

Fees

- *Registration fees cannot be refunded after the first class has begun.
- *A \$35 fee will be charged for any checks returned by the bank.
- *Any lab or supply fee must be paid in full to the instructor only.
Do not send lab or supply fees in with your registration money.

Senior Citizens

Sign up to be a Garnet Club member and you will receive a 50% or \$10 maximum discount on selected classes. Cards are available in the High School Office. You must be 62+ and a district resident to qualify.

School Closing

There will be no classes held on October 11 & November 11, as well as November 25 & 26. Also, if the school is closed due to inclement weather, Community Ed will also be closed. Community Ed closings will be announced along with Starpoint school closings on WIVB or WKBW.

School Rules

You must abide by school rules while on campus, and that includes a strict no smoking or e-cig/vaping policy. You will be asked to leave the campus, and we may drop you from enrollment for that semester.

If you have an expertise, interest, or skill in teaching a class, we would love to hear from you! Call Michael Moran at 210-2333, or email mmoran@starpointcsd.org. For further course information, please call Marcia Brogan at 210-2308 or email at mbrogan@starpointcsd.org

SWIMMING

Due to the shortage of lifeguards that are available to us, we are unable to run our swimming program this semester. We are sorry for the inconvenience; I know this is a very popular program. We will work hard to run a program next semester, although it may look a little different than it has in the past.

DANCING

BEGINNER LINE DANCING

Get your friends together for eight weeks of Beginner Line Dancing with internationally known dance instructors, Bill and Mary Morgan. No experience necessary-2 left feet welcome! Teens through 100+ welcome! You will learn between 6-12 dances; no partner needed. This is a fun class-no pressure! Worn out sneakers or leather shoes recommended-something with a sole that will slide. Written dance sheets will be provided.

Day & Time: Thurs. – 6:45 p.m.- 7:45 p.m.
Dates: 9/23 – 11/18 (no class 11/11)
No. of Weeks: 8
Fee: \$50 per person
Room: High School Cafeteria
Instructors: Mary and Bill Morgan

FOOD AND DRINK

ODE TO THE APPLE: APPLE PIE/APPLE GARLAND MAKING

Come join us for a night celebrating that favorite fruit of ours; the apple, in the way of making a pie, sipping a steaming mug filled to the brim with it's juice (mixed with caramel, of course!) and while that pie's baking away, we'll construct an apple/cinnamon garland-just right to bring all that apple goodness home (along with that pie, of course!) All supplies included.

Day & Time: Sat. – 12:00 p.m. - 2:00 p.m.
Dates: 10/23
No. of Weeks: 1
Fee: \$40
Room: Middle School F-5
Instructor: Melanie Schulz

PUTTING UP THE HARVEST:WATER BATH CANNING PASTA SAUCE

The Farm has enjoyed another abundant year and it's time to make sure all that goodness keeps for the Winter in the way of Preservation. For the Farmer's Wife, that means lots and lots of Sauce--you know-- the kind that tops any and all pasta that makes it's way through her kitchen. And at this class she'll show you how it's to be done. Of course, you couldn't possibly know her sauce is the BEST sauce without a sample or three, so while we're waiting on those jars of glorious sauce (one of which you'll be taking home) we'll be enjoying it a few different ways. All ingredients are included in the class cost.

Day & Time: Sat. – 12:00 p.m. - 2:00 p.m.
Dates: 11/20
No. of Weeks: 1
Fee: \$35
Room: Middle School F-5
Instructor: Melanie Schulz

GINGERBREAD HOUSE MAKING

Come one, come all to a night of hot chocolate sipping, Christmas music listening, and, of course, gingerbread house constructing. This activity has been a tradition on the Farm for years--and is sure to be a fa-vor-ite with your family, too!

Day & Time: Sat. – 12:00 p.m. - 2:00 p.m.
Dates: 12/11
No. of Weeks: 1
Fee: \$40
Room: Middle School F-5
Instructor: Melanie Schulz

ARTS & CRAFTS

QUILTING

Chimneys and Cornerstones AND Around the Twist. Let's begin this semester of quilt making in a big way – with a choice of two different quilts to create. “Chimneys and Cornerstones” is a variation of a Log Cabin design. There are small squares at the ends of each “log” which create visual chains throughout the quilt. This simplified process will not require sewing small, individual squares and rectangles. You may choose from two different patterns and sizes. “Around the Twist” is often made with a floral fabric and two solid or almost solid coordinating fabrics that create a lattice effect around the flowers. Other fabrics will also make a beautiful design. The method for this lovely pattern uses rectangles, squares and “sew and flip” corner triangles. Patterns for a wall quilt and a larger quilt will be available. Each week we will create a part of one of these quilts (or both if you wish), hopefully with your top finished by the end of the semester. Cutting, using a rotary cutter, may be done in class with sewing on your own machine at home. We will discuss materials needed in the first class. For examples and to view students' other work from previous classes, access Linda's website: www.hunters-stars.com

Day & Time: Wed. - 6:30 p.m. - 8:30 p.m.
Dates: 9/22 - 11/10
No. of classes: 8
Fee: \$ 35
Room: Middle School F-5
Instructor: Linda Hunter

DRIVING

DRIVING INSURANCE AND POINT REDUCTION

This six-hour point and insurance reduction program offers education for safe driving. In addition, you may receive a subtraction of up to four points from your driving record and a minimum 10% reduction in the base rate of your auto liability, no-fault, and collision insurance premiums each year for three years. You may take the course every three years for insurance reduction, and every 18 months for point reduction benefits.

Date & Time: Choose **ONE** session
Session 1: 10/5 & 10/7 - Tues & Thurs
6:00 p.m. - 8:45 p.m.
Session 2: 12/6 & 12/8 - Mon & Wed
6:00 p.m. - 8:45 p.m.
Fee: \$38
Room: High School Lecture Hall
Instructor: Jackie Sheehan

HEALTH & FITNESS

VINYASA YOGA

Vinyasa Yoga is physical, mental and spiritual practice that helps keep your life in balance. It also helps to build strength and flexibility while decreasing stress. This is a great way to gain energy and relieve pain in areas of your body. Yoga helps maintain a healthy body. We do easy stretches and breathing techniques to help you feel more relaxed and boost your moods. You learn ways to help relieve your stress that can be done during your day at any time. All you need is a Yoga mat and an open mind!

Day & Time: Wed. 6:00 p.m.- 6:55 p.m.
Dates: 9/22 - 11/17
No of weeks: 8
Fee: \$50
Room: HS Media Center, 2nd Floor
Instructor: Michele Donner, Certified Yoga Instructor

PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving posture and flexibility. We try to target the core muscles while working through all areas of the body to feel and look more physically fit. This exercise will help you lose weight and make you stronger and toned. This is a great way to look good and it builds strength and confidence. All you need is a mat and a small ball. You can add weights to your work out if you desire.

Day & Time: Wed. 7:00 p.m. - 7:55 p.m.
Dates: 9/22- 11/17
No. of classes: 8
Fee: \$50
Room: HS Media Center, 2nd Floor
Instructor: Michele Donner, Cert. Pilates Instructor

FITNESS & WELLNESS WORKOUT

This course will introduce the students to our Fitness and Wellness Room. Basic instruction in the use of all equipment and beginning workouts will be taught. Perfect for beginners to advanced levels!

Day & Time: Mon. & Thurs. – 6:00 p.m. – 7:30 p.m.
Dates: 9/20 – 11/22 (no class 10/11 & 11/11)
No. of classes: 17
OR
Dates: 11/29 - 2/10 (no class 12/23, 12/30, 1/17)
Fee: \$45 **OR**
NEW! Pay the Instructor - Cash only. \$5/class
Room: High School Wellness Room
Instructor: Tim Hitzges

KIDS YOGA: GRADES PreK-5

This kids yoga class is based on the Kidding Around Yoga (KAY) system that incorporates cardiovascular conditioning, fun and original music, plus all of the traditional benefits of Yoga: meditation, breathing techniques, peace, and deep relaxation. KAY provides an amazing curriculum designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they experience in their day-to-day activities. KAY is stress management for kids!

Day & Time: Fri. 3:20 p.m. - 4:00 p.m.
Dates: 10/15, 10/22, 11/5, 11/12, 12/10, 12/17
No of Weeks: 6
Fee: \$55
Room: Fricano Yellow Gym
Instructor: Rebecca Howell:
Certified in Kidding Around Yoga

ZUMBA

Everybody and every body! Each Zumba class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity moves for an interval-style, calorie-burning dance fitness party. Once the rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective and fun! A total workout, combining all elements of fitness, cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Bring a water bottle and wear comfortable sneakers. *Minimum of 10 people required to run the class.*

Day & Time: Mon. – 6:30 p.m. – 7:30 p.m.
Dates: 9/20 - 11/1 (no class on 10/11)
OR
11/8 - 12/13
No. of classes: 6
Fee: \$50
Room: RIS Yellow Gym
Instructor: Grace Firzak- Certified Zumba Instructor

SHEILA'S MUSCLE FLEX-ONLINE

This is the BEST 30 minute workout. Challenge every muscle group in JUST 30 MINUTES. Strength training is an essential part of any balanced workout. This "choreographed" class targets every muscle while taking the drudge out of weight training. Muscle Flex will beautifully tone your muscles, increase strength, improve bone density AND increase your metabolism. This program is the answer to adding strength training to your exercise regime. The best part is, it's a blast, AND IT WORKS. You will need an 8-14# body bar, or two 4-7# dumbbells

Date & Time: Mon. - Wed. - Fri. - 8:30 a.m - 9:00 a.m.
Dates: 9/13 - 11/15
No of classes: 10 weeks
Fee: \$75
Room: **ZOOM**
Instructor: Sheila's FitnessJAM staff

SHEILA'S AEROBIC JAZZ-ONLINE

A little Jazz, a little funk, and a whole lot of Fun!. Dance your way to fitness in the privacy of your home. This is a totally balanced fitness program with easy to follow routines, starting with a thermal warm-up, active stretch and low impact aerobic dance routines. Add light weights, abdominal work and cool down / stretch, gets you the results you want!

Date & Time: Mon. - Wed. - Fri. - 9:00 a.m - 10:00 a.m.
Dates: 9/13 - 11/15
No of classes: 10 weeks
Fee: \$75
Room: **ZOOM**
Instructor: Sheila's FitnessJAM staff

REGISTER FOR BOTH SHIELA'S AEROBIC JAZZ AND MUSCLE FLEX-ONLINE - \$99

DATE & TIME: Mon. - Wed. - Fri. 8:30 a.m. - 10:00 a.m
Dates: 9/13 - 11/15
No of classes: 10 weeks
Fee: \$99
Room: **ZOOM**
Instructor: Sheila's FitnessJAM staff

FREE TRIAL CLASSES- see if this is for you
AUGUST 30 - SEPTEMBER 3. Contact mbrogan@starpointcsd.org to obtain the link to register in advance for this free trial class.

SPECIAL INTEREST

4-HOUR ACT BOOT CAMP

Get a jump start on your ACT test preparation! While many colleges have gone test optional, the early data has shown that students who submit SAT or ACT test scores have an admissions advantage. The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes: test-taking strategies, testing information, study materials and a free simulated ACT test. For the simulated test schedule and registration information visit: www.allprotutoring.com Remaining 2021 ACT test dates: September 11, October 23 and December 5. Students are welcome to bring a snack to class.

Day & Time: Tues. & Thurs. 6:00 p.m. - 8:00 p.m.
Date: 12/7 & 12/9
No. of Classes: 2
Fee: \$70
Room: Middle School F-2
Instructor: All Pro Tutoring

9-HOUR ACT TEST PREPARATION COURSE

Did you know that the ACT test is held in equal esteem as the SAT test by most colleges and universities? While many colleges have gone test optional, the early data as shown that students who submit SAT or ACT test scores have an admissions advantage. This 9-hour review course offers an in-depth study of the ACT test. Includes: classroom instruction, test-taking strategies, testing information, study materials and a free simulated ACT test. For the simulated test schedule and registration information visit: www.allprotutoring.com Remaining 2021 ACT test dates: September 11, October 23 and December 5. Students are welcome to bring a snack to class.

Day & Time: Wed., Mon., Tues. - 6:00 p.m. - 9:00 p.m.
Dates: 10/13, 10/18, 10/19
No. of Classes: 3
Fee: \$125
Room: Middle School F-2
Instructor: All Pro Tutoring

Free! Simulated ACT/SAT Test

One of the best ways to prepare for the SAT or ACT test is to practice! A free simulated ACT/SAT test is offered to all high school students which includes a score report. Pre-registration is required. Walk-ins will not be seated. Sites for the simulated tests are Niagara Wheatfield High School and Send Your Kids to College. For dates, times, or to register visit: www.allprotutoring.com.

FREE! SEND YOUR KIDS TO COLLEGE SEMINAR

Do you know that less than 33% of 4-year college students graduate in four years? Mistakes in college planning could cost you thousands of dollars! Please join our team of experts for a free one-hour discussion on the best approach to college planning. Send Your Kids to College is a non-profit organization. There is no cost or obligation to purchase anything. Topics discussed:

- Choosing the right college major and the best approach in applying to colleges.
- Timeline for ACT and SAT test preparation and why it is important to prepare for these admission tests.
- Strategies to reduce the cost of college, available scholarships, and The SAGE Scholars tuition rewards program.

Attendees will earn 500 SAGE Scholars points just for attending the seminar; that is equal to \$500 in tuition rewards!

Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
Dates: 11/17
No. of classes: 1
Fee: FREE
Room: **ONLINE**
Instructors: All Pro Tutoring

WRITING THE COLLEGE APPLICATION ESSAY

Do you want to submit a college application essay that will really hit home with the Admission's Office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies in this live online class. You will begin to write the college application essay during the class and leave with the confidence and knowledge to complete the process on your own. Approximately 2 days prior to the start of class an email containing class login information and class materials will be sent to the email address listed on the registration from.

Day & Time: Wed. 6:00 p.m. - 8:30 p.m.
Dates: 10/6
No. of Classes: 1
Fee: \$65
Room: **ONLINE**
Instructor: All Pro Tutoring

BOOK CLUB

Former Starpoint High School English & AP Literature teacher Mr. Edward Tracy will be spearheading this club. We will begin by reading a familiar classic, **THE GREAT GATSBY**. At our first meeting we will vote on the remainder of the books. Please try to read the first 5 chapters of **GATSBY** prior to our first session.

Day & Time: Wed. 6:30 p.m. - 8:30 p.m.
Dates: 9/22 - 11/10
No. of Classes: 8
Fee: \$25
Room: High School Library
Instructor: Ed Tracy

IDEA BUILDERS LEGO CLUB

Dedicated to nurturing your child's creative and critical thinking as we work with Legos. Our weekly themes contain age-appropriate exposure to STEAM (Science, Technology, Engineering, Art & Design, and Mathematics) concepts. Each week students are introduced to a different STEAM connection through a mini-lesson. Our program stresses learning through creative play, hands-on learning and social interaction. **Be sure to sign up for the correct building! LIMIT 20 STUDENTS**

Day & Time: Mon. - 3:20 p.m. - 4:20 p.m.
Dates: **FRICANO** - 10/4 -11/15 (no class 10/11)
OR
Mon. - 3:20 p.m. - 4:20 p.m.
FRICANO - 1/10- 2/28 (no class 1/17 & 2/21)
Room: Fricano H-3 - Fricano students only

Day & Time: Wed. - 3:30 p.m. - 4:30 p.m.
Dates: **RIS** - 10/6-11/10
OR
Wed. - 3:30 p.m. - 4:30 p.m.
RIS- 1/12- 2/16
Room: RIS LIBRARY - Regan students only
No. of weeks: 6
Fee: \$70
Instructor: Jennifer Zakrzewski & Katie Struckmann

ADULT, CHILD & INFANT CPR/AED TRAINING

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. Students who complete the program will receive a text and 2 year certification card.

Day & Time: Wed. - 6:00 p.m. - 9:00 p.m.
Dates: 11/17
No. of classes: 1
Fee: \$50
Room: Middle School F-5
Instructors: Tim Miller, Certified Instructor, The Safety Company

BABYSITTER'S TRAINING

This 5 hour course teaches **interviewing skills**; basic care to include holding infants, bottle-feeding, spoon-feeding and diapering; **safety lessons**; including activities that teach how to make decisions keeping safety the number one consideration; **safe play** which gives tips on what toys are appropriate for different age groups keeping safety and the child's abilities and interest in mind; **first aid**, which offers hands-on training in care for conscious choking, how to check an unconscious child, calling 911 and bleeding control; and **temptation and responsibility** showing

that decisions have to be based on the safety of the children and the babysitter at all times, even if tempted to do otherwise. This class is for students 11-15 years of age. Students should bring a bag lunch to class.

Day & Time: Sat. - 9:00 a.m. - 1:00 p.m.
Date: 11/6
No. of Classes: 1
Fee: \$60
Room: Middle School - F-2
Instructor: Tim Miller, Certified Instructor, The Safety Company

PISTOL PERMIT CLASS

This four hour course is designed to provide the necessary information to apply for a NY State Pistol Permit. Topics will include the application process, rules for safe gun-handling, identification and operation of handguns, and basic shooting techniques. **NO LIVE AMMUNITION OR HANDGUNS ARE ALLOWED ON SCHOOL PROPERTY.** Upon completion, each participant will receive a certificate indicating that they have met the training requirements to apply for a NY State Pistol Permit. This course is presented by an NRA-Certified Instructor in cooperation with Niagara Gun Range.

Day & Time: Wed.- 6:00 p.m. - 10:00 p.m.
Date: 10/20
No. of Classes: 1
Fee: \$55
Room: Middle School F-4
Instructor: Jeff Brodsky

SPANISH FOR THE ELEMENTARY YEARS (K-5)

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 held in school at dismissal. **REGISTER ON LINE AT: www.TheEnrichment-Company.com** (Form can also be downloaded and mailed directly to The Enrichment Company -*Do not send registration to schools or Starpoint Community Ed). If you have any questions, contact The Enrichment Company at 1-833-436-7424. **LIMIT OF 20 STUDENTS.**

Day & Time: Tues. - 3:20 p.m. - 4:00 p.m.
Dates: 10/19, 10/26, 11/2, 11/9, 11/16, 11/23
No. of weeks: 6
Fee: \$80
Room: Fricano H-3
Instructor: Lisa Almeter, The Enrichment Company

Winter Session: Tues. - 3:20 p.m. - 4:00 p.m.
Dates: 2/15, 2/22, 3/1, 3/8, 3/15, 3/22

FINANCIAL PLANNING

THE NEW RETIREMENT RULES: THE SECURE ACT AND WHAT YOU NEED TO KNOW

- Biggest retirement-related legislation in over a decade
- Changes impact five generations in the work and retirement world
- If you don't prepare, you will miss out on saving opportunities and pay more in taxes than necessary.

- Government pushing businesses to do more promoting retirement savings

Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
 Date: 10/21
 No. of Classes: 1
 Fee: \$10
 Room: **Online Course**
 Instructor: Genna Chmiel, Financial Services Rep

SAVVY SOCIAL SECURITY FOR BABY BOOMERS

What Baby Boomers Need to Know About Their Retirement Income

At this workshop you will learn...

- 5 factors to consider when deciding to apply for benefits
- When it makes sense to delay benefits—and when it does not
- Why you should always check your earnings record for accuracy
- How to estimate your benefits
- Innovative strategies for coordinating benefits with your spouse
- How to minimize taxes on Social Security benefits
- How to coordinate Social Security with your other forms of retirement income

Day & Time: Tues.– 6:00 p.m. - 7:00 p.m.
 Dates: 11/9
 No. of classes: 1
 Fee: \$10
 Room: **Online Course**
 Instructor: Genna Chmiel, Financial Services Rep

SAVVY SOCIAL SECURITY FOR WOMEN

At this workshop you will learn:

- How much Social Security you stand to receive over your lifetime
- How the decisions you make in your 60s can determine the amount of income you'll have in your 80s
- How to take advantage of spousal benefits, survivor benefits, divorced spouse benefits, and even divorced-spouse survivor benefits
- How to coordinate your own retirement benefit with benefits you might receive as a spouse or divorced spouse
- Why you should consider your husband's life expectancy when deciding when to claim your own retirement benefit
- What to do if your husband or ex-husband dies
- What to do if your marital status changes
- How to plan for the extra-long life

Day & Time: Thurs. - 6:00 p.m. - 7:00 p.m.
 Date: 12/9
 No. of Classes: 1
 Fee: \$10
 Room: **Online Course**
 Instructor: Genna Chmiel, Financial Services Rep

HOW TO PROTECT & PRESERVE YOUR MONEY FROM MEDICAID & A NURSING HOME

Learn how to reduce the emotional and financial issues of a Medicaid and a Nursing Home Event. •Learn how to keep more of your Money from Medicaid. •Understanding and avoiding the Medicaid Estate Recovery and Medicaid's 5 year look back period. •How to avoid Medicaid spend down mistakes. •What other Long-Term Care Options available. •Maintaining eligibility for Medicaid. •Using the LesLTC process to protect and preserves your money from Medicaid. •Protect your personal choices and financial independence. •Remove the hidden financial threats to your money by Medicaid and inflation.

Day & Time: Wed.. - 6:00 p.m. - 8:00 p.m.
 Dates: 9/29 OR 10/27 OR 11/3
 No. of classes: 1
 Fee: \$10
 Room: **Online Course**
 Instructors: Lester Robinson, CLTC

BEGINNING MEDICARE - YOUR 64 1/2 BIRTHDAY

When you turn 65, you become eligible for Medicare - which means the time is now to compare your plan choices. This is an educational seminar where you will learn all about your Medicare choices. 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, or simply looking to learn more. 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.

Day & Time: Wed. - 6:30 p.m. - 8:00 p.m.
 Date: 9/22 - In person **OR**
 Thurs. 9/23 - ONLINE
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-2
 Instructor: Kathleen Flynn, MBA, CLTC, Fin. Adv.

TAX DIVERSIFYING YOUR INCOME IN RETIREMENT

Retirement isn't what it used to be—especially with people living longer and spending more of their lives as retirees. With fewer companies offering pensions, and Social Security facing an uncertain future, the way we fund our retirement is changing, too. And tax rates? While they may be at historic lows now, there's no telling where they'll be in the future and how they'll impact your retirement income. So, how can you keep more of the savings you've worked a lifetime to enjoy? This seminar will cover: • Why you should tax diversify your retirement portfolio • Where your retirement income may come from • What impact taxes can have on your retirement lifestyle • How nontraditional options can supplement your retirement income.

Day & Time: Wed. - 6:30 p.m. - 8:00 p.m.
 Date: 9/29 - In person **OR**
 Thurs 9/30 - ONLINE
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-2
 Instructor: Kathleen Flynn, MBA, CLTC, Fin. Adv.

THE ART OF PLANNING FOR LONG TERM CARE

The right long-term care plan can help safeguard your family, your savings, your retirement—and your peace of mind. During this session we will explain in plain, easy-to-understand language the latest information about long-term care, including: • What's covered and not covered by government programs • How much long-term care services cost in our area in 2020 • Where long-term care is being delivered (it's probably not where you think), and much more! By the end of this session you'll have a personalized long-term care plan, and you'll have gained valuable knowledge that can help you prepare for the future.

Day & Time: Wed. - 6:30 p.m. - 8:00 p.m.
 Date: 10/13 - In Person **OR**
 Thurs. 10/14 ONLINE
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-4
 Instructor: Kathleen Flynn, MBA, CLTC, Fin. Adv.

ESTATE PLANNING 101

During this workshop, we'll discuss basic fundamentals of estate planning. Topics covered include: Common estate planning terms and definitions, essential estate planning documents, tips to avoiding probate, estate and gift taxation and much more.

Day & Time: Wed. – 6:00 – 7:30 p.m.
Date: 10/20 **OR**
Thurs. 10/21 - ONLINE

No. of Classes: 1
Fee: \$10
Room: Middle School F-2
Instructor: Kathleen M Flynn, MBA, Agent

SPORTS

NFL FLAG FOOTBALL LEAGUES

(Ages 7-10 and 10-13). NFL Flag Football in non-contact football with primary emphasis placed on the development of passing, receiving, running and coverage skills. There is no blocking or tackling in NFL Flag; the game is strictly “no contact” with primary emphasis placed on skill development, learning and having fun playing football. Games are played 6 vs. 6 with modified rules to heighten skill development and maximize activity. Players meet for 90 minutes each week - a 40 minute training session followed by a 50 minute game against another KidsPlay team. KidsPlay coaches coordinate all practices and games with parent coaches providing assistance during training sessions. An NFL team-oriented reversible football jersey and flag belt is included in the fee.

Ages 7-10
Day & Time: Sat. – 12:00 p.m. – 1:30 p.m.
Dates: 9/18 - 10/30

Ages 10-13
Day & Time: Sat. – 1:30 p.m. – 3:00 p.m.
Dates: 9/18 - 10/30
No. of Weeks: 7
Fee: TBD BY WILLIAMSVILLE *
Room: Dodge Elementary Field
Instructor: Tim & Tricia Hirschbeck
Kids Play Instructional Youth Sports

DEVELOPMENTAL NFL FLAG FOOTBALL

(Ages 5-7) -NFL Flag Developmental is an ideal introduction to the game of football for young players in their formative years. The first 45-60 minutes of each session focuses on the development of running, receiving, passing and defensive skills with the remaining 30-45 minutes devoted to small-sided instructional scrimmages. A number of game formats are used to heighten skill development and maximize activity. An NFL team-oriented reversible football jersey and flag belt are included in the fee.

Day & Time: Fri - 5:15 p.m. - 6:45 p.m.
Dates: 9/17 - 10/22
No. of Classes: 6
Fee: TBD BY WILLIAMSVILLE *
Location: Dodge Elementary Field
1900 Dodge Road, East Amherst
Instructor: KidsPlay Instructional Youth Sports

*** THE FALL FLAG FOOTBALL PROGRAM IS PENDING APPROVAL BY WILLIAMSVILLE. PLEASE CHECK THE COMMUNITY EDUCATION REGISTRATION WEBSITE FOR UPDATES.**

PARENT/CHILD SOCCER (Ages 3-4)

Whether you are a 3 year old who has an early interest in soccer or a 34 year old looking for a fun way to introduce your child to organized sports, PC Soccer is a perfect fit for you. KidsPlay coaches work in partnership with parents to give young players 1:1 instruction during their initial exposure to the game. Each class begins with 10-15 minutes of individual instruction followed by fun instructional games that parents and children can play together. Class concludes each week with a parent v. child or child v. child scrimmage. Two KidsPlay coaches teach a maximum of 18 children in each class. A KidsPlay T-shirt is included in the program fee. Please note that PC Soccer is a parent-child activity. An active parent or guardian 18 years or older must accompany a child in each session.

Day & Time: Wed. – 5:45 p.m. - 6:30 p.m.
Dates: 10/6 – 11/17
No. of Classes: 7
Fee: \$68
Room: RIS Yellow Gym
Instructor: KidsPlay Instructional Youth Sports

KIDSPLAY SOCCER LEVEL I

(Ages 4-6) Soccer is an ideal sport for young players. The game is easy to learn, contains constant activity and provides plenty of opportunity for players to run and learn skills. Soccer Level I hosts small-sided games and scrimmages allowing for plenty of touches on the ball. Even at introductory levels, our coaches are adamant about teaching basic support and teamwork. No Blob Soccer is allowed! The philosophy of Level I Soccer stresses skill development and learning in a fun and friendly atmosphere. Half of each class is devoted to fun instructional training and games with the remaining half devoted to scrimmage. A KidsPlay T-shirt is included in the program fee.

Day & Time: Thurs. - 5:30 p.m. - 6:30 p.m.
Dates: 10/7 - 11/18 (no class on 11/11)
Room: RIS Yellow Gym
-OR-

Day & Time: Thurs. – 6:30 p.m. - 7:30 p.m.
Dates: 10/7 – 11/18 (no class 11/11)
Room: RIS Yellow Gym
No. of Classes: 6
Fee: \$68
Instructor: KidsPlay Instructional Youth Sports

KIDSPLAY BLUE DIVISION SOCCER LEAGUE

(Ages 7-10) Designed for both veteran and inexperienced players, KidsPlay Blue League hosts weekly training/game sessions led by veteran KidsPlay coaches. All training and games are designed to be fun and challenging for any young player with a strong interest in improving their skills and understanding of how team soccer works. Players meet once each week for a 30-45 minute training session followed immediately by a 5 v. 5 game that lasts 35-45 minutes. Primary instructional focus is on the development of dribbling, passing and receiving skills. A KidsPlay team shirt is included in the program fee.

Day & Time: Wed.-6:30 p.m. – 7:45 p.m.
Dates: 10/6 - 11/17
No. of Classes: 7
Fee: \$78
Room: RIS Yellow Gym
Instructor: KidsPlay Instructional Youth Sports

SABRETOOTH INSTRUCTIONAL FLOOR HOCKEY

(Ages 4-6) If you have a future Jack Eichel currently hitting a hockey ball around out in the driveway, KidsPlay Floor Hockey is a fun and interesting introduction to hockey during a player's for-

mative years. A safe and fun alternative to traditional ice hockey, KidsPlay Hockey stresses the development of basic stick handling, passing and shooting skills as well as understanding how hockey works. Game rules are modified to heighten skill development and ensure equal playing time for all players. Two KidsPlay coaches teach a maximum of 20 players in each session. Players use the same equipment as used in school gym class. A mouth guard is the only required equipment needed. A KidsPlay shirt is included in the fee.

Day & Time: Sat – 1:00 p.m. – 2:00 p.m.
Dates: 11/20 - 1/22 (no class 11/27, 12/25 & 1/1)
No. of Weeks: 7
Fee: \$68
Room: RIS Yellow Gym
Instructor: Kids Play Instructional Youth Sports

BLUE & GOLD INSTRUCTIONAL FLOOR HOCKEY LEAGUE

(Ages 7-9) One of our most popular indoor programs, KidsPlay Hockey League is a perfect fit for players and parents who love hockey, but resist devoting the time and financial resources needed to play traditional ice hockey. Primary focus is placed on the development of stick handling, passing and shooting skills as well as defensive and offensive tactics. An even amount of experienced and inexperienced players are distributed on to each team. Players are placed on a team and meet 90 minutes each week - 40 minutes of skill instruction followed by a 50-minute game against another KidsPlay team. Players use the same equipment as used in school gym class. A mouth guard is required. A team shirt is included in the fee.

Day & Time: Sat. 2:00 p.m. – 3:15 p.m.
Games are on a rotating schedule.
Dates: 11/20 - 1/22/ (no class 11/27, 12/25 & 1/1)
No. of Weeks: 7
Fee: \$78
Room: RIS Yellow Gym
Instructor: Kids Play Instructional Youth Sports

HOT SHOTS INTRO TO BASKETBALL (Ages 3-5)

In this **parent participation program**, boys and girls will learn the basics of the game of basketball. Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this non-competitive, coed program. A tee shirt is included in the program fee.

Day & Time: Sat. – 10:10 a.m. - 10:55 a.m.
Dates: 9/25 - 10/30
No. of Classes: 6
Fee: \$84
Room: RIS Yellow Gym
Instructor: Kids Choice Sports

HOT SHOTS INTRO TO BASKETBALL (Ages 5-7)

Boys & Girls will learn the basics of basketball in this fun class! Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this non-competitive, coed program. This class will include **some parent participation**. A T- shirt is included in program fee.

Day & Time: Sat. – 11:00 a.m. - 11:45 a.m.
Dates: 9/25 - 10/30
No. of Classes: 6
Fee: \$84
Room: RIS Yellow Gym
Instructor: Kids Choice Sports

COED BASKETBALL (Ages 8-12)

This **coed program** encourages boys and girls to learn the basic skills & principles involved in the game of basketball. Skills such as dribbling, passing & shooting will be taught followed by a fun scrimmage. This class will enable boys to become proficient at the game of basketball, build confidence, develop a positive self image, and most of all, Have Fun!

Day & Time: Sat. – 11:45 a.m. - 12:45 p.m.
Dates: 9/25 -10/30
No. of Classes: 6
Fee: \$84
Room: RIS Yellow Gym
Instructor: Kids Choice Sports

TODDLER TIME (AGES 2-3)

Toddler Time is an exciting sports-based playgroup in which a variety of age appropriate props are used. In this unique program, **you and your child will participate** in a variety of sports related games and activities. Kids **“learn through play”** in a social environment while developing motor skills and coordination, building confidence and much more. But most of all, it’s FUN! A T-shirt is included in the program fee. Please **bring a size 3 soccer ball**, Kids Choice Sports will provide all other equipment.

Day & Time: Sat - 9:30 a.m. - 10:05 a.m.
Date: 9/25 - 10/30
No. of Classes: 6
Fee: \$84
Room: RIS Yellow Gym
Instructor: Kids Choice Sports

SCUBA

Have you ever wanted to learn how to scuba dive? Have you been on a trip and watched people diving and wondered how fun it would be? Learn how to this year with PADI dive classes. We are teaching one of the only PADI certified courses in western New York. If you’re going to learn how to scuba dive, get certified through the largest diving organization in the world. This class is for both beginners AND already certified divers looking to advance your skills

Day & Time: Sat – 10:00 a.m. - 2:00 p.m.
Dates: 9/25– 11/27
No of Weeks: 10
Fee: \$425
Room: Pool & F-5
Instructor: Matt Carroll

TRIPS & TOURS

The following trips and tours are coordinated and escorted by Know How Tours. Payment/Cancellation -- full payment is due with reservation & includes a \$25 non-refundable cancellation fee. NO REFUND will be given 30 days prior to the departure date unless a replacement is found. If this happens, a full refund minus the \$25 p/p cancellation fee will be given. It’s standard procedure for Know How Tours to send out a confirmation after we submit your registration. If you do not receive one, please call Know How Tours at 649-9694 to assure that you’re registered.

VILLAGE OF SKANEATELES CRUISE, EXPLORE, SHOPPING

Travel the scenic route to the VILLAGE OF SKANEATELES this beautiful fall day. A fabulous SIT DOWN LUNCHEON is planned at the HISTORIC SHERWOOD INN. Enjoy the park setting overlooking SKANEATELES LAKE before the 2:00 PM sightseeing cruise about the MIDLAKES NAVIGATION. The remainder of the afternoon is yours to spend in the VILLAGE OF SKANEATELES. In the historic downtown district, shops and galleries are housed in restored buildings dating back to 1796. Browse for unique foods, distinctive fashions, original art, home accessories, or that special antique. Bring your friends.

CHOOSE ONE ENTRÉE WHEN MAKING RESERVATION

Chicken Francaise - dipped in a light egg batter with a lemon butter sauce combining garlic and sweet vermouth **OR** Yankee Pot Roast and Sherwood home style gravy

Day & Date: Wed. - 9/22
Departs: 8:00 a.m. sharp Eastern Hills Mall
Return: 8:00 p.m.
Cost: \$115

TRAVEL BACK IN TIME ABOARD THE OIL CREEK & TITUSVILLE RAILROAD

Begin this great fall morning and get ready for fall travel to the "valley that changed the world." Hop aboard the OIL CREEK & TITUSVILLE RAILROAD. You will be where oil history began. Enjoy a relaxing TRAIN RIDE through OIL CREEK STATE PARK which takes you back in time as tour guides describe fortune seekers who brought the world's first oil boom. See the sites of towns that grew overnight, then vanished as the oil flow ceased. Learn the history of railroading and its importance to the region then and now. A BOXED LUNCH is included for the train ride. We will DETRAIN AT THE DRAKE WELL MUSEUM for a VISIT TO THE MUSEUM. Our last stop of the day is the DEBENCE ANTIQUE MUSIC WORLD & MUSEUM. SEE & HEAR OVER 100 OLD TIME MUSICAL INSTRUMENTS. Calliopes, Carousel Band Organs, Music Boxes, Nickelodeons and more! A camera is a must on this tour. A fast food dinner stop will be made on the return.

Day & Date: Wed - 10/13
Departs: 7:00 a.m. sharp Eastern Hills Mall
Return: 8:00 p.m.
Cost: \$119

TURNING STONE CASINO

Try your luck at TURNING STONE CASINO RESORT in Verona, NY. It is just a short, comfortable ride along the NYS Thruway to one of NY's premier casino resorts. Enjoy GAMING or BINGO and you choose your incentive. Try your luck at over 80 table games and 2,400 cash slot machines. Match wits with friendly competition at the great poker room. If Bingo is your game, enjoy fantastic high stakes bingo. Turning Stone is rated one of the top ten Bingo halls in North America and features both smoking and non-smoking halls. There are many eateries to choose from, two beautiful spas, great shopping opportunities and more! There is something for everyone at TURNING STONE CASINO RESORT & BINGO. MUST BE 21 YEARS OF AGE. CHOOSE YOUR INCENTIVE WHEN MAKING YOUR RESERVATION.

CASINO: \$25 free play, \$5 meal credit
BINGO: \$25 Bingo bucks, \$5 meal credit

Day & Date: Sat - 10/23
Departs: 7:30 a.m. sharp Eastern Hills Mall
Return: 8:30 p.m.
Cost: \$65

YULETIDE MEMORIES AT GENESEE COUNTRY VILLAGE

Travel back in time through the history of Christmas at NY States largest living history museum, the GENESEE COUNTRY VILLAGE AND MUSEUM. Enjoy a LIVE HOLIDAY CONCERT while you dine on a cozy 19th CENTURY INSPIRED MEAL. Performers will share the history of their instrument, along with the museum's collection of 19th century hammered DULCIMERS ON DISPLAY. AFTER THE CONCERT AND LUNCH, ENJOY GENESEE COUNTRY VILLAGE AND MUSEUM'S FAMOUS WARM APPLE CRISP AND FRESHLY HAND-WHIPPED CREAM! Period dressed interpreters will share the story of how Christmas was declared an official holiday in the 1870's. ENJOY 50% off Christmas items in the gift shop. We will make a stop at OLIVER'S CANDIES in Batavia en route home. Comfortable walking shoes required. Maps will be provided.

Day & Date: Wed - 11/17
Departs: 9:30 a.m. sharp Eastern Hills Mall
Return: 4:30 p.m.
Cost: \$85

DICKENS CHRISTMAS IN SKANEATELES

Dickens Christmas, a holiday tradition, celebrates weekend each year in Skaneateles, NY. Charles Dickens and his cast of characters welcome you to the annual DICKENS FESTIVAL. Begin with a SIT DOWN LUNCH at the popular SPRING SIDE INN, an Autumn favorite. Enjoy lunch at this historic Inn. Then step back in time and celebrate the holidays the old-fashioned way at the DICKENS CHRISTMAS FESTIVAL. Enjoy horse drawn wagon rides around the village, carolers, street theater, roasted chestnuts & hot chocolate. There's plenty of shopping for those perfect holiday gifts at the over 70 unique gift shops, boutiques and eateries. Plan ahead by visiting www.skaneateles.com for those who like to prepare.

CHOOSE ONE ENTREE WHEN MAKING RESERVATION:

Stuffed Boneless Chicken with house dressing
Baked Virginia Ham with Peach Glaze
Baked Haddock in Lemon Butter Sauce

Day & Date: Sun. - 12/5
Departs: 9:30 a.m. sharp Eastern Hills Mall
Return: 7:00 p.m.
Cost: \$95

****ALL OF THE ABOVE TRIPS ARE A NON-REFUNDABLE TICKET****

Important Travel Note: Masks covering nose and mouth are required on board motor coaches throughout excursion for ALL passengers. This federal mandate is for passengers aboard all trains, planes and buses. We will follow all health and safety guidelines and requirements for each destination we visit. Note: Some vendors may NOT require masks for vaccinated guests. Any guest NOT vaccinated is asked to follow guidelines of mask wearing and social distancing to protect yourself and that of our traveling guests and employees. Tour departments may fill tour to capacity.

All trips listed for Eastern Hills Mall 4545 Transit Rd, Williamsville NY 14221 (Behind the Food Court)

“How did you hear about this program?”

It is strongly encouraged that you register online by clicking on the Community Ed tab inside of the Parents and Community tab of our district home page. However, if you are unable to register online, please complete the following form.

Mail Registration Form & Check Payable to Starpoint Community Education To:

Starpoint Central School - Attn: Community Education
4363 Mapleton Road, Lockport, NY 14094

Phone: (716) 210-2308 Fax: (716) 210-2311

Last Name _____

First Name _____

Street Address _____

City and State _____ Zip Code _____

Home Phone _____ Cell Phone _____

E-Mail Address _____

CLASS NAME: _____ **FEE \$** _____

1. _____

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6. _____

Please include your payment made payable to: Starpoint Community Education

Total Due: _____

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Suite 11 University Commons @ Rensch Rd
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