

NIAGARA FALLS  
BOARD OF EDUCATION

CONTINUING  
EDUCATION  
PROGRAM

LIFE-LONG  
LEARNING

WINTER TERM  
2006

CLASSES BEGIN JANUARY 23, 2006

NIAGARA FALLS COMMUNITY EDUCATION CENTER

BOARD OF EDUCATION

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Superintendent of Schools

**Cynthia Bianco**  
Deputy Superintendent

**Philip Mohr**  
Assistant Superintendent for Human Resources

**Sheila Smith, Coordinator**  
Niagara Falls Community Education Center

**OFFICE**

COMMUNITY EDUCATION CENTER  
901 – 24<sup>th</sup> Street  
Niagara Falls, New York 14301  
Telephone – 286-0771

## MESSAGE FROM THE COORDINATOR

The Niagara Falls School District's Community Education Center is offering a number of programs designed for people of all ages. The brochure includes all of the Continuing Education courses to be offered during the Winter Term.

Review the course listings at your leisure, and perhaps you may choose to become an active participant in one or more of our programs. The Niagara Falls Community Education Program is always interested in outstanding teachers – those who know their subject matter thoroughly and have a talent for teaching. If you are interested, please contact the Niagara Falls Community Education Center, 901 – 24<sup>th</sup> Street, Niagara Falls, New York 14301 (286-0771).

Please note the registration procedures that will be in effect for the upcoming semester. If you have any questions, or need information concerning a specific program, don't hesitate to call 286-0771.

Sheila Smith  
Coordinator

## GENERAL INFORMATION

Cost of materials will be the responsibility of each student; supply fees are listed in the brochure. The instructor will inform students of any additional materials or costs needed for the class.

**Residents of the Niagara Falls School District who are 65 YEARS OF AGE OR OLDER may register in most courses for a \$20.00 fee, plus textbook and/or supply fee(s).**

Fees for courses are listed in the brochure. **Non-residents must pay an additional \$5.00 per Individual/Family.**

You can also see what classes are offered on our website at [www.nfschools.net](http://www.nfschools.net) under Schools.

## CALENDAR

The Fall Term of the Continuing Education Program will begin the week of **January 23, 2006. Classes will not be held on:**

Tuesday, February 14, 2006 – P/T Conference Day (66<sup>th</sup> Street & 79<sup>th</sup> Street Only)  
Thursday, February 16, 2006 – P/T Conference Day (Niagara Middle School Only)  
Monday, February 20, 2006 – President's Day (All Schools)  
Tuesday, February 21, 2006 - P/T Conference Day (NFHS Only)  
Mon., April 10<sup>th</sup> – Fri., April 21<sup>st</sup>, 2006 – Spring Recess

## **REGISTRATION INFORMATION**

In order to give each person an equal opportunity to register for courses in the Continuing Education Program, it has become necessary for everyone to **register between January 10, 2006 through January 20, 2006, PRIOR** to the start of classes. Pre-registration will avoid any disappointment if a class is canceled, or being turned away if a class is filled.

### **THERE WILL BE NO REGISTRATION AT THE SITE THE FIRST DAY OF CLASS**

Registration by mail is preferred and must be received post-marked no later than **January 20, 2006**. Register early and ensure your enrollment in the class of your choice.

#### **MAKE CHECKS PAYABLE TO: NIAGARA FALLS BOARD OF EDUCATION**

**SEND TO:**  
**NIAGARA FALLS COMMUNITY EDUCATION CENTER**  
901 – 24<sup>th</sup> Street  
Niagara Falls, New York 14301

**IN PERSON:**  
**NIAGARA FALLS COMMUNITY EDUCATION CENTER**  
TIME: 9:00 am to 3:00 pm  
PLACE: Main Office  
January 10<sup>th</sup> – January 20<sup>th</sup>, 2006

**FEES:** We are a self-sustaining division of the Niagara Falls School District. All costs for instructors, office staff, etc., are covered by course fees. Fees must be paid at time of registration. **There is a \$20.00 charge for returned checks.**

**NON-RESIDENTS:** If you live outside the Niagara Falls School District, you are welcome to register for classes at an **ADDITIONAL COST OF \$5.00 PER INDIVIDUAL/FAMILY.**

**CLASS CANCELLATIONS:** The Continuing Education Program will do everything possible to maintain the schedule as printed in this booklet. However, classes may be canceled or scheduled for another time if the enrollment is low or the instructor is unavailable. **If class is cancelled due to weather conditions, please tune into your local TV and radio stations for more details.**

Classes will meet 10 weeks unless indicated otherwise and will be held at Niagara Falls High School, The Community Education Center, Niagara Middle School, 66<sup>th</sup> Street School.

For Further information, call the Community Education Center Office at 286-0771 from 9:00 A.M. to 3:00 P.M.

**REFUNDS:**

**In the following instances only:**

- A. If class canceled – Total Refund
- B. If you withdraw one week prior to the start of class – refund, less \$3.00.
- C. If you withdraw during the first or second week of class – refund, less \$6.00.
- D. No refunds after the second week of class.
- E. **To receive refund you must notify the Community Education Center office of your intent to withdraw from class.**

**Prior Registration Required By Mail Or In  
Person At The Community Education Center.**

**REMEMBER:**

- 1. REGISTER EARLY.
- 2. No registration on first day of class at individual sites.
- 3. **Register between January 10, 2006 through January 20, 2006.**
- 4. Make checks payable to: **Niagara Falls Board of Education.**
- 5. If you have any questions, call 286-0771.

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NIAGARA FALLS COMMUNITY EDUCATION CENTER  
901 – 24<sup>th</sup> Street  
Niagara Falls, New York 14301

CLASSES BEGIN THE WEEK OF

**JANUARY 23, 2006**

OFFICE STAFF

Michelle Bailey, Julia Beccari, Margie Breed, Louise Dunning, Joanne Jordan, Barbara Kochan, and Nanette Paonessa.

COUNSELING

Nicole Gall

Monday – Friday 8:00 a.m. to 3:00 p.m.

TESTING

Nicole Gall

Tuesday/Thursday - 8:30 a.m. or 12:00 p.m.

John Virtuoso

Night Time testing – 5:00 p.m. Tuesdays Only)

PROGRAMS OFFERED DAILY  
(NO CHARGE)

**ADULT BASIC EDUCATION/GENERAL EDUCATION DEVELOPMENT** – This course is for those people who are interested in completing their High School education. It is also recommended for anyone who has been away from school for a long period of time or for those who feel they need prior preparation. The course reviews the basics of English, Mathematics and Reading (also Science and Social Studies). The emphasis in this course is on reading, which must be heavily relied upon in the examination. The examination is administered every other month in Niagara Falls and may be applied for at the Community Education Center. There is no charge for taking the High School Equivalency course. (The G.E.D. examination is **free**).

Staff

Mon-Fri 8:45-12:30pm

Mon-Fri 11:30-3:15pm

Mon-Thurs 6-9pm

**CROSS ROADS CAFÉ** – Home Study Program – If you can't attend regular classes this is a great way to learn English in your own home.

Staff

Call for Information (286-0777)

**ENGLISH AS A SECOND LANGUAGE FOR THE FOREIGN BORN** - Learn to read and speak the English Language.

Staff

Mon-Fri 8:45-12:30 pm

**EXTERNAL DIPLOMA PROGRAM (EDP)** – is a non-instructional program that incorporates a variety of assessment techniques, which are designed for the adult learner who has acquired academic skills through life experiences. The techniques include take-home projects, performance assessments, interviewing and documentation review. EDP provides competent adults with the opportunity to earn a regular, Niagara Falls High School diploma.

Staff

Call for Information (286-0777)

**GED CONNECTION** – This program is available for adults, ages 21 and older. The GED Connections program is a Distance Learning program for adults wanting to pass the General Education Development Test (GED). A three-volume set of workbooks is provided along with a tutor whom you can contact by telephone. Each week the GED Connection student watches two thirty-minute GED television shows on WNED-TV, Channel 17. By watching these shows each week, the entire series takes five months. The length of study depends upon each student's strengths and weaknesses, and how much time you have available to study.

By Appointment Only (286-0777)

**GIVING RURAL/REGIONAL ADULTS A STUDY PROGRAM (GRASP)** – is an instructional program designed to allow adults to work toward their General Education Development (GED) at home. The GRASP program is available to adults whose schedule, family responsibilities, transportation problems, or other difficulties do not allow them to attend on-site classes. Upon application, adults are tested to determine their achievement level. If levels are 6.0 or above on the reading, vocabulary and math tests, and you meet the other requirements, you may enroll in the GRASP program. Every two weeks our experienced teachers prepare your study packets. The assignments will cover the five areas that are on the GED exam: Math, Writing skills, Reading, Science and Social Studies. You will also get instruction on the GED writing sample test. The length of time it takes to prepare for the GED test depends on how much work you need to do and how much time you have available to study. There is no set time limit.

Staff

By Appointment Only (286-0777)

**HIGH SCHOOL EQUIVALENCY (HSE)** - Preparation leading to the GED examination and New York State High School Equivalency diploma.

Staff

Mon-Fri 8:45-12:30 pm

Mon-Fri 11:30-3:15 pm

Mon-Fri 6-9 pm

**LIFE MANAGEMENT PROGRAM** - Classes in communication, money management, parenting, wellness/health, relationships and dual roles. Only for participants in GED program.

Staff

Call for Information (286-0777)

**WORKPLACE AND COLLEGE PREPARATION WRITING AND COMMUNICATION SKILLS** – Improve reading, language and math skills for preparation of Post Secondary studies. You are required to have completed High School. A \$50.00 fee paid to **Niagara Falls Community Education Center** for 10 weeks of services before participation begins. The class times available for individualized preference are:

8:45 a.m. – 12:30 p.m.

11.30 a.m. - 3:15 p.m.

6:00 p.m. - 9:00 p.m. (Monday thru Thursday at Niagara

Community Education Center)

Staff

\$50.00

### **BASIC COMPUTER LITERACY CLASSES AT THE CEC**

The Niagara Falls City School District, as a part of its continuing community outreach program is offering **FREE** Computer Literacy classes at the Niagara Falls Community Education Center. The Center is located at 901 – 24<sup>th</sup> Street and the training lab is in Room 109. Don Venturelli is the contact person and can be reached by phone at 286-0777 or e-mail at [DVenturelli@nfschools.net](mailto:DVenturelli@nfschools.net). The training lab is open from 8:00 a.m. to 4:30 p.m., Monday through Friday. The Community Education Center, being a part of the school district, has the same holidays as the school district. We do have classes all year round. The summer hours are 8:00 a.m. to 3:30 p.m.

The computer training is done through interactive CDs. Each student works at his/her own pace and can take as much time on each CD as is needed. The Center has CD training for Windows ME, word, Excel, PowerPoint and Access 2000. There are three levels to each one of these programs and there is CD training for each level. There are also exercises and projects for each level that have been taken from a Microsoft Offices Specialist workbook. These exercises and projects, along with the CDs prepare the students for passing the MOS certification exam.

The student's class schedule is up to the student. There is no particular length of time that they have to stay or a required number of days that they have to come. The students are permitted to take the CDs and workbooks home so that they might have extra time to work on their computer skills. Our other instructor, Mrs. Caldwell, is here on Monday, Wednesday and Friday afternoons to help with typing, resume writing and job searches on the Internet.

**THE FOLLOWING CLASSES TO BE OFFERED  
AT NIAGARA FALLS HIGH SCHOOL**

4455 Porter Road  
Niagara Falls, New York 14305

**PLEASE ENTER AT MAIN ENTRANCE DOOR AND PLEASE SIGN IN.**

Note: Classes run 10 weeks unless indicated otherwise. A minimum of 14 students is needed to run a class.

**COMPUTER CLASSES**

**INTERNET FUNDAMENTALS AND INTRO TO OFFICE 2000**

This computer course will get you started with using your computer and the World Wide Web. It begins with the basics such as, general browser navigation, surfing, and the use of a favorites folder. It will also show you reference look-ups, such as Maps and Stocks, and referrals to find people, businesses and products. Also included will be subdirectory searches, general browser searches and the use of the popular search engines Jeeves, Google, and Dogpile. A major component of this course will focus on creating an E-mail account, sending, receiving, and replying to E-mail, E-mail attachments and the Address Book. This course is a great way to start using your computer and the World Wide Web.

*Ray Granieri*

*Tue 5:00-7:00 pm \$40.00*

*Ray Granieri*

*Tue. 7:00-9:00 pm \$40.00*

**SPECIAL INTEREST**

**ONE STROKE PAINTING – (Reverse Painting on Glass)** Paint a pretty glass plate with a Rose Bouquet. One Stroke Painting blends, shades and highlights paint colors all with one stroke of the brush. No prior painting experience is necessary. Price includes class fee, surface and use of paints and brushes. Students supply their own paper towels and several sheets of wax paper.

*Melodie Stein*

*TBA*

*Mon., March 6, 6:00-9:00 pm \$25*

**PEN AND INK WITH ROUGED COLORS**– No talent required. Very easy beginner class! Create a beautiful Sun Catcher with a Flower and Butterfly to help get you in the mood for Spring!! (Two 2 ½ hour classes) Course fee includes the cost of materials and use of brushes and paints to complete projects in class.

*Melodie Stein*

*TBA*

*Mon., Feb. 6 & 13<sup>th</sup>, 6:30–9:00 pm \$35*

**NIAGARA MIDDLE SCHOOL**

66<sup>th</sup> Street & Girard Avenue

Niagara Falls, New York 14304

**PRE-SCHOOL/PROGRESSIVE SWIM PROGRAM** – A swim program for children ages 1 year – 15 years old. Infants and preschoolers must be accompanied by an adult. (one adult per child). American Red Cross skills (Limit 14).

<i>Diane Tattersall</i>	<i>Pool</i>	<i>Mon 5:30-6:30 pm</i>	<i>\$25.00</i>
<i>Diane Tattersall</i>	<i>Pool</i>	<i>Mon 6:30-7:30 pm</i>	<i>\$25.00</i>
<i>Diane Tattersall</i>	<i>Pool</i>	<i>Tue 5:30-6:30 pm</i>	<i>\$25.00</i>
<i>Diane Tattersall</i>	<i>Pool</i>	<i>Tue 6:30-7:30 pm</i>	<i>\$25.00</i>
<i>Diane Tattersall</i>	<i>Pool</i>	<i>Wed 5:30-6:30 pm</i>	<i>\$25.00</i>
<i>Diane Tattersall</i>	<i>Pool</i>	<i>Wed 6:30-7:30 pm</i>	<i>\$25.00</i>
<i>Diane Tattersall</i>	<i>Pool</i>	<i>Thur 5:30-6:30 pm</i>	<i>\$25.00</i>
<i>Diane Tattersall</i>	<i>Pool</i>	<i>Thur 6:30-7:30 pm</i>	<i>\$25.00</i>

### **66<sup>th</sup> STREET SCHOOL**

66<sup>th</sup> Street and Girard Avenue

THE FOLLOWING COURSES WILL BE OFFERED:

**DANCE IT** – Is there a closet dancer hidden deep inside you? Join Dance It and set her free!! Dance It is a well-balanced, whole body workout that allows you to strengthen your cardiovascular system, using all the muscles in your body. The-upbeat, inspirational music carries us through the movements needed to release our everyday stresses. This program is geared for dancers and non-dancers who thrive in an atmosphere where **FUN** is a big part of fitness.

<i>Susana Nicholas</i>	<i>Gym</i>	<i>Mon &amp; Wed 5:30–6:30 pm</i>	<i>\$40.00</i>
<i>Susana Nicholas</i>	<i>Gym</i>	<i>Tue &amp; Thur 6:00-7:00 pm</i>	<i>\$40.00</i>

**LOWER BODY WORKOUT** – A half hour twice a week of specific exercises concentrating on abs, buns and legs.

<i>Susana Nicholas</i>	<i>Gym</i>	<i>Mon &amp; Wed 5:00-5:30 pm</i>	<i>\$20.00</i>
<i>Susana Nicholas</i>	<i>Gym</i>	<i>Tue &amp; Thur 5:30-6:00 pm</i>	<i>\$20.00</i>

**TOTAL BODY WORKOUT** – Fitness program targeting upper and lower body, abs, legs and buttocks – plus cardiovascular workout (bring hand weights).

<i>Susana Nicholas</i>	<i>Gym</i>	<i>Tue &amp; Thur 7:00-8:00 pm</i>	<i>\$40.00</i>
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**ORGANIZATION, OFFICE SKILLS AND PROCEDURES** - (The Key to a Successful Business) Students will learn the skills necessary to become employable in the current job market and will enhance their knowledge of office fundamentals.

*Anna Iannarelli* *TBA* *Thur. 7:00-9:00 pm \$40.00*

### **WATER & FITNESS ACTIVITIES**

**SWIMNASTICS** - Have fun getting fit with stretching, toning, water exercise in the pool. This program is suitable for those with or without swimming background.

Experience increased flexibility, stomach, and cardiovascular benefits. (Limit 10)

<i>Susana Nicholas</i>	<i>Pool</i>	<i>Mon 9:00-10:00 am \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Mon 10:00-11:00 am \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Mon 11:00-12:00 pm \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Mon 7:00-8:00 pm \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Tues 9:00-10:00 am \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Tues 10:00-11:00 am \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Tues 11:00-12:00 pm \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Wed.11:00-12:00 pm \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Wed 7:00-8:00 pm \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Thur 9:00-10:00 am \$25.00</i>
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<i>Susana Nicholas</i>	<i>Pool</i>	<i>Thur 11:00-12:00 pm \$25.00</i>

**ULTIMATE SENIOR FITNESS PROGRAM** – Easy to follow workout includes sit in chair warm-up, strength training, stretching and cool-down.

*Susana Nicholas* *TBA* *Wed. 9:30-11:00 am \$20.00*

**WATERWALKING** - Exercise your entire body with added benefit of water resistance. One-half hour equals two hours of street walking. (Limit 10)

<i>Susana Nicholas</i>	<i>Pool</i>	<i>Mon 12:00-1:00 pm \$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Mon. 8:00-9:00 pm.\$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Wed. 12:00-1:00 pm\$25.00</i>
<i>Susana Nicholas</i>	<i>Pool</i>	<i>Wed. 8:00-9:00 pm \$25.00</i>

## **REGISTRATION INFORMATION**

In order to give each person an equal opportunity to register for courses in the Continuing Education Program, it has become necessary for everyone to register between **January 10 – January 20, 2006**, PRIOR to the start of classes. Pre-registration will avoid any disappointment if a class is canceled, or being turned away if a class is filled.

### **THERE WILL BE NO REGISTRATION AT THE SITE ON THE FIRST DAY OF CLASS**

Registration in person or by mail is preferred and must be received postmarked no later than **January 20, 2006**. Please include phone number you can be reached at. Register early and ensure your enrollment in the class of your choice.

### **MAKE CHECKS PAYABLE TO: NIAGARA FALLS BOARD OF EDUCATION**

**SEND TO:**  
**NIAGARA FALLS COMMUNITY EDUCATION CENTER**  
901 – 24<sup>th</sup> Street  
Niagara Falls, New York 14301

**IN PERSON:**  
**NIAGARA FALLS COMMUNITY EDUCATION CENTER**  
Time: 9:00 am to 3:00 pm  
Place: Main Office

### **January 10 – January 20, 2006 REGISTRATION DATES**

**FEES:** We are a self-sustaining division of the Niagara Falls School District. All costs for instructors, office staff, etc. are covered by course fees. Fees must be paid at time of registration. **There is a \$20.00 charge for returned checks.**

**NON-RESIDENTS:** If you live outside the Niagara Falls School District, you are welcome to register for classes at an **ADDITIONAL COST OF \$5.00 PER INDIVIDUAL/FAMILY.**

**REGISTRATION FORM  
FOR REGISTRATION BY MAIL**

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NIAGARA FALLS COMMUNITY EDUCATION REGISTRATION FORM (MAIL IN ONLY)

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Last Name	First Name	Initial
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Mailing Address	City	Zip Code
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Home Telephone	Business Telephone	Today's Date
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Course Title	Location	Day/Time	Fee
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The Community Education Center  
901 – 24<sup>th</sup> Street  
Niagara Falls, New York 14301

JOIN US FOR THE FALL TERM

REMEMBER - LIFELONG LEARNING IS FOR EVERYONE!

CLASSES BEGIN THE WEEK OF JANUARY 23, 2006  
(EXCEPT WHERE OTHERWISE DESIGNATED)

