

Lewiston-Porter
Community Education



Winter & Spring
2020

Registration is now open! Welcoming ALL Communities.



Aiming Higher



A MESSAGE FROM THE SUPERINTENDENT

Dear Friends:

I am so excited to bring you the Winter/Spring brochure for the Lewiston-Porter Community Education program. I can't believe how well received our program was this past Fall-2019. We had just under 1000 participants in all our programs. That is simply amazing. The opportunity to develop a program that resonates so well with our community is simply outstanding and brings me great joy. We will continue to develop programming that will spark interest with all members of the Lewiston-Porter educational community. We often use the term lifelong learning. Clearly the tremendous participation with Community Education this past fall points to the strong passion for learning that is alive and well in Lewiston-Porter. My pledge to you is to grow and develop this great program. We will continue to look for new and interesting courses and programs to offer so that all of us at Lewiston-Porter can - Aim Higher!

As we look to expand, we will always be looking for individuals that wish to teach a hobby or talent. Maybe that's you! If you have that passion for teaching and a topic that you feel might spark the interest of others let us know. We will work with you to help you devise a course that will meet the needs of those that show interest. Enjoy!

Paul Casseri
Superintendent of Schools

Welcome

BOARD OF EDUCATION



On behalf of the Lewiston-Porter Board of Education, THANK YOU for making the return of Community Education a success! The response to the program exceeded our expectations, and we are excited to offer new and exciting courses for your consideration for Winter/Spring 2020.

Our program continues to include something for absolutely everyone, no matter your age or interest. You will find many of the programs you enjoyed in the Fall are back for the new semester, along with a fantastic array of brand new classes. We encourage you to explore all that the Community Ed program has to offer, and take advantage of any and all opportunities that spark your interest. Continue to pursue the new language, skill or craft you began in September. Follow a new passion. Fulfill a New Year's Resolution. Never stop learning!

Warmest Regards,

Jodee Riordan
President, Lewiston-Porter Board of Education

2019-2020 LEWISTON-PORTER BOARD OF EDUCATION

Jodee Riordan - President

Lance Dickinson - Vice President

Gemma Fournier

Danielle Mullen

Anne H. Orr

Betty VanDenBosch-Warrick

Sarah Roat Waechter

Community Education Coordinator - Anita Muzzi, amuzzi@lew-port.com

Community Education Office Phone Number - (716) 286-7265

Building maps available on district website: www.lew-port.com

Beeswax Luminary Candle Making

You won't want to miss this one-of-a-kind candle making class! You will have the opportunity to make candles using raw beeswax and decorative items to create a beautiful luminary effect! You will design two luminary candles and choose from several decorative items to make your candle truly unique.

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

A supply fee of \$10 per person, is due and payable to the instructor the first night of class.

Thursday 3/5

7:00 p.m. - 8:00 p.m.

\$22 per person

MS-411

Calligraphy

Defined as fancy penmanship, with highly decorative handwriting with a great many flourishes. It is the art of writing beautifully. Now you can learn the basics of this lovely art. This class is designed for the beginner where you will learn upper and lower-case lettering, along with numbers. Please come to class with a medium or broad tip pen or marker.

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Saturdays 3/7 - 3/28

9:00 a.m. - 10:30 p.m.

\$30 per person

HS-112

Crochet Beginner and Intermediate

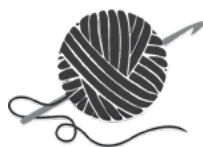
Crochet in French means "to hook" and there's no doubt you will be hooked on this relaxing art. In this class, designed for the beginner through intermediate student, you will learn how to hold your hook properly, learn and practice stitches, why gauge is so important, how to read a pattern, the beauty of yarn and techniques to make your crocheted pieces beautiful. Each student will start their instruction with a beginner project. Please bring a "K" hook, light colored worsted weight yarn to class.

Tuesdays 3/3 - 4/7

6:00 p.m. - 8:00 p.m.

\$32 per person

MS-502



Paint, Paint, POP!

Gather your friends for a fun morning out! Acrylic paint meets mixed media in this fun, creative atmosphere! You will go step-by-step in painting your own masterpiece on canvas or wood. You'll learn how easy it is to create dynamic, eye-catching paintings with acrylics. But the fun doesn't stop there - You'll bring your creation to the next level with mixed media techniques. You will learn how to use basic resists and mediums that will bring texture to your creation and how to incorporate LED lights, floral arrangements and more. This will make your painting POP! No experience required, just a desire to try something new!

Students aged 11 and up are welcome to register for these classes when a parent or guardian is also registered and attends the same class.

\$10 supply fee due to the instructor the first night of class. Aprons provided, please wear clothing that you don't mind if you paint get on. Accidents happen!

Easter Egg Wooden Sign

You will be using colorful acrylics on a wooden sign just in time for spring! You will learn how to paint animals, without the stress (I promise). Then, you'll bring your creation to the next level incorporating floral and other Easter themed mixed media to your design.

Saturday 4/4

9:30 a.m. - 11:30 a.m.

\$21 per person

HS-414

Springtime Showers

In this class, acrylic paint meets springtime! You will be taken on a step-by-step journey as you create a 16"x20" canvas. Join us in learning to design a stunningly dynamic springtime shower scene that will incorporate floral arrangements, clear marbles and more to make your painting pop!

Saturday 4/18

9:30 a.m. - 11:30 a.m.

\$21 per person

HS-414

More Paint, Paint, Pop! in next column >>>

Patriotic Remembrance (Shiplap wood sign)

Join the journey in learning to create a stunning patriotic sign honoring those heroes who never made it home. We will be using acrylic paints on a 12"x12" wood sign and incorporate floral arrangements, stamp, resists and more to make a truly beautiful piece.

Saturday 5/16

9:30 a.m. - 11:30 a.m.

\$21 per person

HS-414



Embroidery - Basic Cross Stich

Don't miss this opportunity to learn cross stitch from our expert embroidery artist. She will teach you the basic technique of cross stitching all in one comprehensive class. This is a perfect class for "bonding time" with a younger member of the family. Each student will learn the basic technique of cross stitching and a completed project will go home with you at the end of this fun class.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

A supply fee of \$5 is due to the instructor the day of class.

Saturday 3/14

9:00 a.m. - noon

\$22 per person

MS Library

Painted Fruit Soap Dispenser

You are just a class away from painting this colorful, artistic fruit design on a soap dispenser. It will be a lovely addition to your kitchen or bathroom. Once you learn all the steps, you will be making them for gifts in no time! This class is designed for the beginner on up and a great class to take with friends. Please bring a blow dryer to class. All supplies are included in the class fee.

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Saturday 5/9

10:00 a.m. - 11:30 a.m.

\$27 per person

HS-414

Arts & Crafts

Feeling Lucky

You won't need much luck when learning how easy it is to create this colorful St. Patrick's Day themed 12x12 wood sign with acrylics and fancy writing. You will bring your creation to the next level using mixed media like florals and/or Irish themed items to make your sign stand out!

A supply fee of \$10 is due and payable to the instructor the day of class.

Saturday 3/7

9:30 a.m. - 11:30 a.m.

\$21 per person

HS-414



Introduction to Animation

A rare class that will open doors to a new hobby! Be a part of this innovative class where you will learn an overall introduction to the principles of animation and rules and tips, passed down from professionals, to help create animations. We will be practicing the basics of animation with card stock, flip note animations, and helpful critiques to assist you to get the most from this class. All work will be done with paper and pencil/pen. There will be possible collaborative animation projects to finish the class.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

A \$5 supply fee is due and payable to the instructor the first night of class.

Mondays 3/16 - 3/30

7:00 p.m. - 8:00 p.m.

\$32 per person

HS-414

Community Education Registration is Open!

View the Registration Form
on Page 19
or visit

www.lew-port.coursetorm.com

**For more information call
(716) 286-7265**

Sunflower in Watercolors for Beginners

If you've always wanted to paint with watercolors, but weren't sure where to start- this class is for you! This delightful sunflower painting class is geared towards students with a beginner to intermediate skill level. You will learn about the materials used in watercolor painting and how to see the full potential of your brushes, paint and paper to unlock your creativity. Come develop your skills and paint a beautiful, vibrant sunflower that you will be proud of.

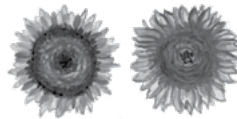
A supply fee of \$10 is due and payable to the instructor the day of class.

Saturday 3/7

9:00 am - 11:30 a.m.

\$22 per person

HS-419



Sunflower Wreath Using Poly Burlap

You have seen them at craft shows and magazines. Now its time to learn how to make these magnificent decorations on your own! You will learn to make a beautiful yellow sunflower wreath with easy step-by-step instructions. All wreath materials will be provided by the instructor. Students are required to bring the following tools: scissors, ruler, black sharpie, hot glue gun and glue sticks.

A supply fee of \$15 is due and payable to the instructor the day of class.

Wednesday 4/22

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

\$22 per person

MS-502

Spring Flowers on Glass

Everyone can paint, and now is your chance to make those stunning glasses you have seen at art and craft shows. Lovely floral combinations will dominate your clear glass vessel. Join us in decorating your wine glass or coffee mug in this fun Saturday class. This class is designed for the beginner on up and a great class to take with friends. Please bring a blow dryer to class. All supplies are included in the class fee.

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Saturday 3/7

10:00 a.m. - 11:30 a.m.

\$27 per person

MS-411

Stained Glass Classes

Want to learn an exciting new hobby? Then we have something for you! Join us for one or more of our stained glass classes. We'll would like to share with you our many years of glass crafting experience. In each class, we will use precut glass, copper foil and solder to design your pieces. Projects are designed for the beginner on up. You will learn how to turn glass into a beautiful unique art piece!

A supply fee of \$15 is due and payable to the instructor the day of each class.

Stained Glass Trinity Celtic Knot

Monday 3/9

6:00 p.m. - 8:30 p.m.

\$22 per person

HS-414

Stained Glass Dragonfly on a Leaf-Ground Stake

Monday 4/20

6:00 p.m. - 8:30 p.m.

\$22 per person

HS-414

Stained Glass Mini Garden Panel Stake with Butterfly

Monday 5/11

6:00 p.m. - 8:30 p.m.

\$22 per person

HS-414

Pysanky - Ukrainian Easter Egg Decorating

You will be making Ukrainian Easter eggs just in time for Easter! Explore the art, symbolism and joy in creating Pysanky, traditional Ukrainian Easter eggs. In this hands-on workshop, you will learn the basics of the egg decorating process by using a stylus; beeswax and candle and various dyes. Ukrainian Easter eggs are decorated with traditional Ukrainian folk designs using a wax-resist method. The results are stunning. Wait until your family and friends admire your work!

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

A supply fee of \$5 per person, is due and payable to the instructor the first night of class.

Saturday 3/14

9:00 a.m. - noon

\$27 per person

MS-411



Sewing - Beginner Level

They say that "Happiness is Homemade". If that's the case, then get ready for happiness overload! Join us in this fun and informative beginner sewing class. The instructor will be covering topics such as: fabric type, print, scale and directional, introduction on using a pattern, cutting fabric, and how to stock your sewing basket. In addition, you will learn sewing by hand, sewing by machine and many tips along the way. Then you're off to making a project on machines that will be provided for you.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

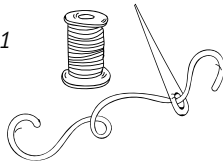
A supply fee of \$10 is due and payable to the instructor the first day of class. The instructor will contact students with a list of additional supplies needed.

Wednesdays 2/26 - 3/11

6:00 p.m. - 8:30 p.m.

\$48 per person

MS-502



Watercolor Landscape for Beginners

Get your feet wet in this basic watercolor course with a lovely landscape theme. This course is perfect for beginners, starting with introducing the essential tools and techniques for watercolor painting. With just a few art supplies and techniques, you'll be on your way to creating a stunning watercolor painting. The instructor will supply you with quality paper, brushes and paints to unlock your inner creativity and will be there to help you achieve a beautiful finished product. Bring your coffee, bring a friend, most importantly, have some creative fun on a Saturday morning!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

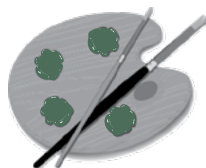
A supply fee of \$10 is due to the instructor the day of class.

Saturday 3/21

9:00 a.m. - 11:30 a.m.

\$22 per person

HS-419



Realistic Pencil Drawing

Have you ever saw a pencil drawing that looked like a photograph and thought, "How did they do that?" Take this class and learn all the secrets to successfully creating a realistic image. Learn how to "build" your drawing using layering and shading techniques. This course is open to all drawing levels from beginners to more experienced artists who want to improve their skills.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

A supply fee of \$40 is due and payable to the instructor the first day of class. The instructor will supply mechanical pencil/lead, sharpener and Arches sketchpad.

Tuesdays 3/3 - 3/31

6:30 p.m. - 7:30 p.m.

\$27 per person

MS-411



Basket Weaving

Try the fun and relaxing art of basket making! Through a series of exciting classes, you will learn beginner to advanced weaving skills by making a variety of baskets. Most of our projects will have solid wooden bases, but an option of a woven bottom basket class will be offered to you as well. Once class begins, you will choose your own reed colors for your one-of-a-kind basket, allowing you to express your individuality.

Wall Basket: This rectangle-shaped basket, with wooden base and leather strap, hangs on the wall and is great for holding mail or filling with dried flowers. In this class, you will learn the technique of attaching leather handles to your basket.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

An additional supply fee of \$15 per person and is due to the instructor the day of class.

Saturday 2/29

9:00 a.m. - noon

\$16 per person

MS-502

More Basket Weaving in next column >>>

Arts & Crafts

Footed Basket: This is a medium-sized rectangle basket with small round feet. This basket is perfect to use on your counter in the kitchen or bathroom. You will learn how to "double twine" reed to create an attractive, distinctive design around your basket.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

An additional supply fee of \$20 per person is due to the instructor the day of class.

Saturday 3/14

9:00 a.m. - noon

\$16 per person

MS-502

Spring Basket: This is a round basket with a wooden bottom and woven handle. This basket is the perfect shape to use as a gift basket, gathering flowers, eggs, veggies or simply filled with your favorite items as a display. You will learn how to "braid weave" over a wooden handle.

Note: All wooden-bottom baskets will be prepared with "up-spokes" already attached to save students the trouble and time of attaching the spokes themselves. Instruction on how to prepare the bases will be given at each class.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

An additional supply fee of \$20 per person is due to the instructor the day of class.

Saturday 4/4

9:00 a.m. - noon

\$16 per person

MS-502

Large Market Basket: This is a large square basket made with a "swing" handle and a woven bottom. This basket class will teach the basics of bottom weaving, as well as how to attach a handle to your basket. This basket will take longer to complete, so an additional hour has been added on to the class time.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

An additional supply fee of \$30 per person is due to the instructor the day of class.

Saturday 5/9

9:00 a.m. - 1:00 p.m.

\$16 per person

MS-502

Certifications & Test Prep

4-Hour ACT Boot Camp

Get a jump start on your ACT test preparation! 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 a simulated test schedule and information visit: www.allprotutoring.com. 2020 ACT test dates are: April 4 and June 13. Students are welcome to bring a snack or lunch to class.

*Tuesday & Thursday 3/31 and 4/2
or Monday and Wednesday 5/1 & 5/3
6:00 p.m. - 8:00 p.m.
\$75 per person
HS-113*

4-Hour SAT Boot Camp

Get a jumpstart on your SAT test preparation! This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test and practice questions in each subject. Course includes workbook/study materials and a free simulated SAT test. Students are welcome to bring a snack or lunch to class. (2020 SAT dates are 3/14, 5/2 and 6/6)

*Tuesday & Thursday 3/10 & 3/12
or Monday & Wednesday 5/1 & 5/3
6:00 p.m. - 8:00 p.m.
\$75 per person
HS-113*

Adult, Child & Infant CPR/AED

This Adult, Child and Infant CPR/AED training course gives individuals the knowledge and the skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses. It will include training on 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 a three (3)-hour training session. Students who complete the program will receive a text and two (2)-year certification card.

*Tuesday 3/17
6:00 p.m. - 9:00 p.m.
\$53 per person
HS-108*



9-Hour SAT Test Preparation Course

Are you ready for the SAT test? This nine hour course offers an in-depth study of the SAT test. Course includes: classroom instruction, test taking strategies, testing information, workbook/study materials and a free simulated SAT test. Students are welcome to bring a snack or lunch to class. (2020 SAT test dates are: 3/14, 5/2 and 6/6)

*Wednesday/Monday/Wednesday
4/22, 4/27 & 4/29
5:30 p.m. - 8:30 p.m.
\$145 per person
HS-113*

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? This 9-hour review course offers an in-depth study of the ACT test. Includes: classroom instruction, test taking strategies, testing information, study materials include the new writing format and free simulated ACT test. ACT test dates for 2020 are: 4/4 and 6/13.

*Thursday/Tuesday/ Thursday
3/26, 3/31 & 4/2
5:30 p.m. - 8:30 p.m.
\$145 per person
HS-113*

Child & Babysitting Safety Training

The Child & Babysitting Safety (CABS) course, from the American Safety and Health Institute, will teach students everything they need to know 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. As an American Safety and Health Institute trained babysitter, they'll gain confidence and valuable employment skills to impress clients. Targeted for students 11-15 years old, the course is held over one five (5)-hour session. Students who successfully complete the program will receive a babysitter's text, first aid kit and certification card. Please bring a bag lunch to class.

*Saturday 3/7
9:00 a.m. - 1:00 p.m.
\$57 per person
HS-113*

American Red Cross Lifeguarding Course

The purpose of the American Red Cross Lifeguarding Course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing in cardiac emergencies, injuries and sudden illness until emergency medical service personnel take over. To enroll in the lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation. The prerequisite skills evaluation will occur the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class. To successfully complete the course, you must attend the entire course, complete an online portion of the course that is approximately seven (7) hours in length, participate in all skill sessions / drills, activities in scenarios, demonstrate competency in all required skills in scenarios and pass the final written exams with a minimum grade of 80%. Upon the successful completion of this course, you will receive an American Red Cross certificate for lifeguarding / first aid / CPR / AED, valid for two (2) years. If you have any questions, please contact, Joe Lauzonis at lewportswim@gmail.com.

Prerequisites for students:



*Must be at least 15 years old. Must be able to swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Must be able to tread water for two minutes using only the legs. You should place your hands under your armpits. Complete a timed event within one minute, 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet first or head first, to a depth of seven (7) to ten (10) feet to retrieve a 10 pound object. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you can get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

\$40 fee for equipment, pocket mask and first aid kit, and Red Cross card is due to the instructor the first day of class.

Friday: 3/13, 5:00 p.m. - 7:00 p.m.

Friday: 3/20, 4:00 p.m. - 9:00 p.m.

Saturday: 3/21, 10:00 a.m. - 3:00 p.m.

*\$140 per person
HS Pool*



HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center

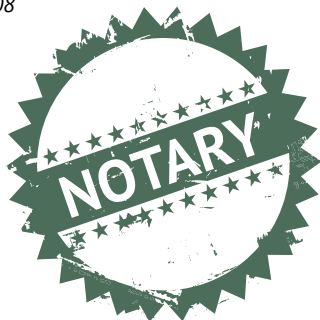
Register online at www.lew-port.coursetorm.com

Certifications & Test Prep

Notary Public Training Course

Is your job requiring you to become a notary public? Are you afraid of failing the exam? Or are you seeking to self-enhance? We will help you gain the confidence and knowledge you need to pass the exam with ease. Stand out among the competition, add a new credential to your resume and be an asset to your company by enhancing your credentials! All companies need to have documents notarized. The objective of a notary public training course is designed to educate individuals with the legal terminology, concepts, and clauses contained in the framework of the New York State notary booklet. Your course fee includes: supplemental study guide, notary fact sheet, practical exam, sample form, notary public application, New York State exam schedule and booklet and access to Notary Public Central's unlimited customer support. Students are required to bring a pen and/or highlighter. Sign up now for this valuable training course. Commissioned Notaries are welcome to attend.

Thursday 3/9
6:00 p.m. - 9:00 p.m.
\$80 per person
HS-108



Attention Business Owners and Organizations!

Did You know that the Community Education Department can provide you space for your next workshop, class or meeting?

Please call 286-7299, ext. 8237 for more information!

Pistol Permit / Home Firearm Safety

This course provides essential information on safe handling and use of a handgun. Information is provided on the selection of a handgun for personal use, proper care, maintenance and safe storage of your firearm. Legal aspects of firearms use to be discussed. *Completion of this course is required to apply for a New York State Pistol Permit.

Wednesday 3/18
6:00 p.m. - 9:00 p.m.
\$54 per person
IEC Aud

Reiki Level 1 Certification Class

Become a certified Reiki healer! During this in-depth session, you will delve deeply into the ancient Japanese art of hands-on energy healing. You will learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality, correct physical, mental and emotional imbalances. This course provides training, course materials, attunement and hands-on 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!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Saturday 2/1
9:00 a.m. - 3:00 p.m.
\$149 per person
PEC Small Gym

Cooking

Greek Souvlaki

Souvlaki is a wonderful Greek fast food consisting of small pieces of meat on skewers. Join us in making a full dinner including both beef and chicken skewers, salad and Greek potatoes you prepare on a grill. Many helpful cooking tips will be provided. We recommend you come hungry, as we will be eating our creations. All supplies are included in the class price.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Thursday 5/14
6:30 p.m. - 8:30 p.m.
\$30 per person
MS-402

Basic Home Brewing

Are you a beer lover who wants to make their own beer? Well do we have the class for you, taught right at the popular Brickyard Brewing Company! Come learn the basics of home brewing, including the equipment, ingredients, brewing process, as well as tips and tricks to go from beer lover to beer crafter. And of course this will include, the actual tasting of various beer styles that you can produce at home. This course will include hands-on brewing of two extract batches of beer, an all grain mash demonstration and beer bottling. No prior experience necessary.

You must be 21 or older to take this class. Class size will be limited, early registration is encouraged.

A supply fee of \$20 is due and payable to the instructor the first night of class.

Wednesdays 3/4 - 3/25
6:30 p.m. - 8:00 p.m.

Class will be held at the Brickyard Brewing Company, 436 Center Street, Lewiston.

*You must register for this class through the District, no walk-ins allowed at the site.

\$54 per person



More Cooking >>>

Cooking

Homemade Pasta and More!

Love pasta and traditional Italian dishes? Try your hand at making pasta and other Italian favorites! You will learn different approaches to making these classics, don't forget great cooking is about more than just recipes - it's about techniques! Chef Teri's classes have you working together in a fun, hands-on environment. Once registered, students will be given a supply list of items to bring to class. Be aware that class size will be small to give more individualized instruction. Early registration is strongly suggested.

Easter Bread

Who doesn't like a beautiful, delicious holiday treat? A traditional festive Italian Easter Bread is perfect for Easter celebrations. It will become a family favorite!

Wednesday 4/1
6:00 p.m. - 9:00 p.m.
\$27 per person
MS-402



PIZZA

Skip the pizza delivery and make your own! Learn how, from making the dough to choosing your favorite toppings.

Wednesday 4/22
6:00 p.m. - 9:00 p.m.
\$27 per person
MS-402



Pasta Sauce

Authentic Italian pasta sauce. Do we need to say more? This is the crown jewel of so many dishes. A class you don't want to miss.

Wednesday 4/29
6:00 p.m. - 9:00 p.m.
\$27 per person
MS-402



Coconut Shrimp

A favorite! A fresh little twist on how to make your own restaurant-worthy classic. (If you are allergic to shellfish please do not take this class.)

Wednesday 5/6
6:00 p.m. - 9:00 p.m.
\$27 per person
MS-402



Stuffed Artichokes

This is a first-class "Italian Classic", delicious stuffed artichokes! We will learn the old school way of cooking and preparing artichokes. They are a great treat for everyone.

Wednesday 3/18
6:00 p.m. - 9:00 p.m.
\$27 per person
MS-402

Pasta Dough and Ravioli

A favorite Italian dish, these stuffed pastas will become your favorite homemade meal!

Saturday 3/21
10:00 a.m. - noon
\$27 per person
MS-402

Frittata

A delicious frittata is a great weekend or holiday morning tradition. Frittata is an egg-based Italian dish similar to an omelet or crust less quiche, enriched with additional ingredients such as meats, cheeses or vegetables.

Wednesday 3/25
6:00 p.m. - 9:00 p.m.
\$27 per person
MS-402

Gnocchi

In this fun workshop you will learn techniques for transforming potatoes or ricotta into dumplings of deliciousness!

Saturday 3/28
10:00 a.m. - noon
\$27 per person
MS-502

Cardoon Patties

This is an "Old School" Italian recipe from Grandma that is made with fresh Swiss chard. Generations have enjoyed these little patties and you are sure to love them too!

Wednesday 5/13
6:00 p.m. - 9:00 p.m.
\$27 per person
MS-402

Italian Cooking 2

Want to make food like Chef Remy's Italian grandma? Get started with us in this fun hands-on class. There's always more to learn when it comes to Italian cooking! This time, we will learn how to prepare the much-loved dish, braciole. To accompany that, greens Italian style that will turn the most finicky eater to a lover of this vitamin-packed food. Then to offset the healthiness, Stinge (fried dough.) Many cooking tips provided. As always, come hungry as we will eat our creations!

All supplies included in the class fee.

Students age 14 and up are welcome to register for this class when a parent / guardian is also registered in the same class.

Thursday 4/23
6:30 p.m. - 8:30 p.m.
\$30 per person
MS-402

Polish Food

Wish you knew how to prepare some of your favorite Polish foods your Babci used to make? Come to this class and learn how to cook the best golabki (stuffed cabbage), placek (coffee cake) and fruit soup. Lots of cooking tips provided. Bring your appetite as we will be eating our creations! All supplies are included in the class fee.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Thursday 3/5
6:30 p.m. - 8:30 p.m.
\$30 per person
MS-402

Community Education Registration is Open!

View the Registration Form
on Page 19
or visit
www.lew-port.coursestorm.com

**For more information call
(716) 286-7265**

Cooking

The Fundamentals of Fermenting

Fermented foods are making a comeback to the food scene. Making your own fermented foods at home is fun and simple to do. A master food preserver will provide the materials and give you confidence to make your own kimchi and fermented whole-grain thyme mustard. Participants will learn about the basics of fermenting at home and will be able to take a sample of the night's work home.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Thursday 3/5
6:00 p.m. - 8:00 p.m.
\$17 per person
MS-502

Pierogi Making for Two

Strike up the polkas! It's time to grab a friend, relative or your spouse for this "flour intensive" night out! In this class you will learn hands-on techniques for rolling and cutting dough, filling and sealing, cooking and getting your pierogi freezer ready (if they last that long!). You and your cooking partner will make two dozen farmer cheese and two dozen potato and cheddar pierogi to split. Students should bring an apron, gallon Ziploc freezer bags, and rolling pin and two cookie sheets to class. Class size will be extremely limited, early registration is encouraged.

Students aged 15 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

A supply fee of \$13 per person is due and payable to the instructor the first night of class.

Friday 3/27 6:00 p.m. - 9:00 p.m.
or Saturday 3/28 9:00 a.m. - noon
\$21 per person

*This is a couple's class only, no individuals.
MS-402



Adult Lap Swimming

If what they say is true "swimming makes the body good", the Lew-Port pool will be the place to be on Mondays and Thursdays this fall. Enjoy lap swimming as you burn-off extra calories in our High School pool. There will be four lanes available and a lifeguard on duty. A pace clock will be available for your use as well. Early registration is suggested as class size will be limited.

Monday Lap Swim

2/3 - 5/18 No class on 3/17, 4/6, 4/13
7:30 p.m. - 8:30 p.m.
\$60 per person
HS Pool

Thursday Lap Swim

2/6 - 5/14 No class on 4/9, 4/16
7:30 p.m. - 8:30 p.m.
\$60 per person
HS Pool



Line Dancing - Beginner

Line dancing is one of the most fun county dances out there because you can do it anywhere and you do not need a partner! Line dancing is exactly what it sounds like: a group dance in which the dancers stand side-by-side in one or more lines as they perform a series of dance moves in unison. No matter what type of music you choose to dance to, line dancing can be a great workout. Depending upon your age and fitness level, you can expect to burn between 300-800 calories per hour line dancing! Come and learn basic line dances to some "cool" country and non-country songs. We will learn dances demonstrated in dance halls across Western NY, sure to get you out on the dance floor! Please bring a water bottle and dry shoes to class.

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Tuesdays 2/25 - 5/12 no class 4/7 & 4/14
6:30 p.m. - 7:30 p.m.
\$60 per person
PEC Small Gym

Exercise

Line Dancing - Intermediate

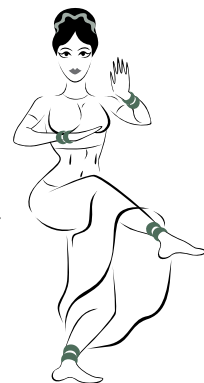
After taking beginner line dancing, you will graduate to the challenge of the intermediate line dancing class. This class will teach you more intricate dances that are seen in the dance halls across Western New York and Canada. Be ready for some great exercise! The dances are fun while the music is a variety of country, pop and alternative. Students are asked to bring a water bottle and dry shoes to class.

Prerequisite for students is attending the beginner line dance class or similar experience.

Tuesdays 2/25 - 5/12 no class on 4/7 & 4/14
7:35 p.m. - 8:35 p.m.
\$60 per person
PEC Small Gym

Belly Dance: "Shimmy-Fit"

Shimmy your way to fitness with the ancient art of Belly Dance! This fun workout is for students new to Belly Dance, as well as those familiar with it. This session is designed in an easy to follow format. In this low impact, aerobic dance class, you will learn fundamental Belly Dance moves, and combinations, concentrating on your core, hips and posture while toning and sculpting. If you are familiar with Belly Dance, this is a chance to build your technique, and add new combinations, while working out. You can also add this fun flirty exercise to your fitness routine at home! Wear comfortable, breathable, clothing, and bring bottled water.



Students age 10 and up are welcome to register for this class when a parent/guardian is also registered in the same class.

Mondays 2/24 - 3/30
5:45 p.m. - 6:45 p.m.
\$45 per person
PEC Small Gym

Exercise

Gentle Yoga Flow

If you're looking to de-stress and unwind from life's everyday challenges, then join us for this eight (8) session, gentle yoga flow class. In a typical yoga flow, we will practice both seated (on the floor) and standing poses. We bring movement into the body linking breath to movement and movement to the breath, to keep us in the present moment. This type of class promotes healing, both mentally and physically. We slow things down and connect mind and body. Each class is followed by a guided relaxation. No prior experience is necessary for this class. However, some poses are practiced on the floor. Bringing a yoga mat is optional.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Thursdays 2/27 - 4/16
7:00 p.m. - 8:00 p.m.
\$59 per person
PEC Aud

Family Yoga

Yoga and meditation have been considered for many years to be a wonderful means of stress management. This class is designed to introduce children to yoga while having fun and inspiring them to use yoga to self-regulate. They will learn tools to help them focus and stretch their bodies through games, activities and lots of music! A take home craft will be provided to each child to reinforce ideas taught in class. So, come and experience a fun relaxing time together! Parents must stay in the class with their child and are welcomed to participate.

Families with children aged 2-9 years old.

Friday 3/6 or Friday 4/24
6:00 p.m. - 6:45 p.m.
\$22 per family
PEC Small Gym

Chair Yoga

Chair yoga is a great place for a beginner to start yoga. It's an easily accessible yoga practice using a chair for support and stability to practice seated and standing yoga poses. The movement and poses in a chair yoga class promote circulation to our bodies, joints and glands. Join us in connecting breath to movement to bring awareness into your body and create that peaceful zen. A yoga mat is not needed, but will help in keeping the chair from sliding.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Wednesday 3/4 - 4/8
6:30 p.m. - 7:30 p.m.
\$54 per person
PEC Aud

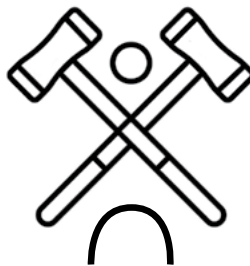
Introduction to Golf Croquet

Golf croquet you say? What's that? Come to find out and learn to play this fun, easy to learn, and very social sport. It is a perfect vehicle for social gatherings, corporate team-building, and fundraising. (When was the last time you attended a golf croquet fundraiser?) The rules are simple, the game does not drag, everyone gets an equal share of play and the matches can be played equally without bias to either sex or age. A great activity for ages 14 to 90+. Classes will include fundamentals, etiquette, basic strategy, plus actual game experience.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

2 sessions:

Tuesday 5/5 (rain date 5/6)
Thursday 5/7 (rain date 5/8)
6:00 p.m. - 7:30 p.m.
\$24 per person
Class to be held at 431 Mountain View Drive, Lewiston.



Golf Croquet as a Fundraising Event

Attention Not-For-Profits!

Tired of runs, walks, auctions, golf tournaments and casino nights to raise money for your cause? Be different and creative with a golf event that has the potential to be the most talked-about event within your community. It is easy to learn, simple and quick to play and is sure to have everyone smiling!

This class will include the basic rules, fundamentals, strategy of the game, plus actual experience. In addition, at the conclusion of the last class, there will be handouts and general information provided to assist you in further planning and organizing such an event. Come learn how to take your event to the next level with this unique experience!

Tuesday 5/12 (rain date 5/13)
Thursday 5/14 (rain date 5/15)
6:00 p.m. - 7:30 p.m.
\$25 per person
Class is held at 431 Mountain View Drive, Lewiston

Hula Poi Dance & Arm Workout

Poi is a form of dance and comes from the Maori people of New Zealand. It involves balls on the ends of tethers that are swung through rhythmical patterns. Poi has been used for many years by the Maori women (Wahine) to increase their flexibility and strength in their hands, and arms, as well as improving coordination. This is a popular skill, taught from early ages, in the Polynesian Islands as well. A popular Hawaiian, Bette Midler, tries to work Poi into most of her concerts. This is an exercise of timing, patterns, and endurance. Your arms will be constantly moving, using precise control, while drilling Poi, making this a great arm and hand workout... and it is so much fun! Practice Poi sets will be available to use during the class.

Mondays 2/24 - 3/30
6:50 p.m. - 7:50 p.m.
\$45 per person
PEC Small Gym



Exercise

Introduction to Swing Dancing

Experience the fun, aerobic and social activity of swing dancing! Build confidence on the dance floor as we progress through the basics of six-count swing. Shoes which "do not" grip the floor (like bowling shoes or shoes with a leather sole) will be helpful as there will be pivots and turns. No partner necessary: students will dance with each other and change partners during class. Dancing is one of the best ways to improve your physical, mental, and emotional health. Come Jitterbug with us!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Wednesday 2/19 - 4/8

7:00 p.m. - 8:00 p.m.

\$65 per person

PEC Small Gym

Tai Chi for Beginners

Embrace the art of mind, body and spirit! Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Tai Chi is a soft martial art done in slow motion. Anyone can do tai chi whether you are 18 to 88, regardless of abilities or disabilities. It was created as self-defense based on balance, it's used today to reduce stress, weight loss, improve balance, and much more! Course will be informal and most importantly fun! Everyone learns at their own pace.

Mondays 1/27 - 5/18, no class 2/17

6:00 p.m. - 7:15 p.m.

\$63 per person

PEC Aud



Zumba Gold

Zumba Gold is the perfect class for older active adults who are looking for a modified Zumba class that recreates the moves you love, at a lower intensity. Easy to follow choreography focuses on balance, range of motion and coordination. Class also focuses on cardiovascular, muscular conditioning, flexibility and balance. Come ready for fun and leave feeling empowered and strong!

Mondays 2/24 - 5/11

6:00 p.m. - 7:00 p.m.

\$38 per person

PEC Big Gym

Zumba Toning

All the fun of basic Zumba, plus the challenge of adding resistance by using Zumba toning sticks. Lightweight maraca, like weights, enhance a sense of rhythm and coordination, while targeting zones including arms, core and lower body. Perfect for those who want to party, sculpt and define those muscles!

Students age 13 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Wednesdays 2/26 - 5/13

7:00 p.m. - 8:00 p.m.

\$38 per person

PEC Big Gym

Zumba

Zumba classes are high calorie-burning dance parties, a total body workout! Zumba is exercise in disguise! We combine all elements of fitness, cardio, muscle conditioning, balance and flexibility. You will leave class with boosted energy and feeling incredible! Zumba is for everyone and everybody! All fitness levels welcome. There is a wide variety of music, so come out and join the party!

Students aged 13 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Mondays 2/24 - 5/11

7:00 - 8:00 p.m.

\$38 per person

PEC Big Gym

Financial Topics

Estate Planning

You've heard them on the radio and seen them on local television, the Financial Guys will be sponsoring a free workshop for one night only, with their wealth management attorney. He will be discussing what he refers to as the four corners of an estate plan: will, health care proxy, living will, power of attorney and the importance of each. Pre-registration for this event is required and seating is limited. Please register early to ensure your spot.

Tuesday 5/12

6:00 p.m. - 7:00 p.m.

Free-Prior Registration is required, no walk-ins.

HS-108

Family Tax Planning

This course focuses on the new tax law and provides planning techniques that are meant to benefit you and your loved ones. We will cover topics across the lifespan of your family, with emphasis on retirement. Whether you prepare for your own taxes or not, our main goal is to ensure that you have the knowledge you need to prepare for a healthy financial future.

Wednesday 2/26

6:00 p.m. - 7:00 p.m.

Free - Prior registration is required.

No walk-ins.

HS-108



Home Buyer Seminar

This seminar is designed to help potential buyers understand the home buying process and what you can do to help achieve your dream of homeownership. There will be a variety of experts at the seminar such as: a mortgage officer, a realtor, a home inspector, insurance agent and an attorney to highlight how a real estate transaction works. This free seminar is perfect for first-time homeowners, experienced buyers and investors. Any buyer can benefit from this seminar!

Saturday March 7

10:00 a.m. - noon

Free - Prior registration is required, no walk-ins.

HS-106



Financial Topics Health and Wellness

Investing

Join the Financial Guys as they break down the basics of investing. They will explain the three phases of your investing life: Hire, Retire and Expire. Learn how your planning for each affects your future goals and retirement. Pre-registration for this event is required and seating is limited. Please register early to ensure your spot.

Thursday 3/4

6:00 p.m. - 7:00 p.m.

Free - Prior registration is required, no walk-ins.

HS-108

IRA RMD Planning

What are these increasing required minimum distribution (RMD) amounts and how are they calculated? How frequently may they be taken, i.e. annual, semiannual, and monthly? Learn how to coordinate RMD's between multiple accounts, be IRS compliant and how to implement a new tax-efficient strategy for your distributions. Be educated on how to use your IRA- RMD's to make the same or even larger charitable donations, not have them included in your income or take a deduction for making them. This is a win for you and for your congregation and favorite charities. Have more money in your wallet! You don't want to be full of life and out of money. Plus, learn how rebalancing your "safe money" may give you additional income to provide more security for your family, allow you to do more things you love and bring more comfort to your life.

Tuesday 4/21/19

6:00 p.m. - 7:30 p.m.

Free - Prior registration is required, no walk-ins.

HS-108

Social Security Optimization

Whether you are single, married, widowed or divorced, The Financial Guys, certified social security claiming strategists, will inform you about the many facets of this powerful benefit and empower you to make a decision that's right for you. Pre-registration for this event is required and seating is limited, please register early to ensure your spot.

Tuesday 3/10 or Wednesday 4/22

6:00 p.m. - 7:00 p.m.

Free - Prior registration is required, no walk-ins.

MS-710

CBD: The Science

Lately, it seems CBD (cannabinol) oil is everywhere. What are the facts? This educational class, taught by a nurse practitioner in psychiatry, will explain the science of cannabis from a basic botany, the effects, research and benefits in the human body and various ways it is used.

Tuesday 2/25

6:30 p.m. - 8:00 p.m.

\$16 per person

HS-112

Happiness 101

Happiness...isn't that what everyone is looking for? The problem with attaining happiness is that people have no idea how to do it. In this class we will examine what happiness really is, why it has been elusive, and how to move forward in a series of principles designed to change how you think, what you see, and what to do in order to attain (and retain) this elusive concept. Come join us if you are frustrated with life and feel that there must be something better out there for you.

Wednesday 5/6

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

\$27 per person

HS-111

Essential Oils for Pain & Neuropathy with Symphony of Cells Protocol Demonstration

Learn safe and practical application of oils using Sympathy of Cells protocol to bring harmony physically, emotionally and spiritually within the body. Sympathy of the Cells is a collection of massage protocols to create harmony physically, emotionally and spiritually within the body.

Tuesday 5/5

6:00 p.m. - 7:00 p.m.

\$6 per person

MS-502



Essential Oils - DIY's

Join us in this hands-on class making these wonderful products, containing essential oils, from scratch. You will learn firsthand the healing properties of these oils and how they can help in your everyday health.

Students age 14 and up are welcome to register for these classes when a parent/guardian is also registered in the same class.

There is an additional \$5 supply fee due at the beginning of each class, payable to the instructor.

DIY The Ultimate Salve with Essential Oils and Beeswax

Monday 2/24

6:00 p.m. - 7:00 p.m.

\$6 per person

MS-502

Essential Oils for Hormone Balance with DIY Lip Balm

Learn about essential oils that balance hormones, while making a lip balm to take home.

Monday 3/9

6:00 p.m. - 7:00 p.m.

\$6 per person

MS-502

Allergy & Cold Relief with DIY Vapor Rub

No matter what causes you to cough and sneeze, the essential oils in this vapor rub can help. You won't want to miss having this product in your medicine cabinet!

Wednesday 3/18

6:00 p.m. - 7:00 p.m.

\$6 per person

MS-502

Essential Oils for Focus & Attention with DIY Play Dough

Children of all ages love Play Dough. Our recipe, with essential oils, will support focus and attention in your child.

Wednesday 4/8

6:00 p.m. - 7:00 p.m.

\$6 per person

MS-502

Strategies to Prevent Back Pain

Many of us go through our day-to-day lives without realizing we may be putting our backs in jeopardy for injury. Even if you have never experienced back pain before, it does not mean you are not at risk. Catholic Health has a team of spine specialists that not only treat patients with back pain, but educate the community on spine sparing strategies for back pain prevention. We will discuss how to perform bending and lifting with proper techniques. We will also make suggestions on how to protect your back while doing daily activities and proper positioning. Dress comfortably and be ready to try some of the techniques and basic core strengthening exercises.

Thursday 3/19

6:00 p.m. - 7:00 p.m.

Free - Prior registration is required, no walk-ins.

MS-710

Introduction to Meditation

We all want to be happy and lead fulfilled lives. But too often, we depend upon our minds to find this happiness and too often we are disappointed. The reason is that we are using the wrong tool for the job. To find true happiness we need to look within, for our hearts hold the answers to find true joy and commitment, not our minds. This is where meditation comes in. By learning how to quiet the mind, we can remove ourselves from the fear the mind creates and open us up to a whole new world of self-discovery and purpose. In this class we will learn the true benefits of the meditative experience as well as experience meditation itself. If you feel frustrated and discouraged in life, this is the class you've been waiting for!

Mondays 3/2 or 5/11

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

\$27 per person

MS Library



Health and Wellness

Women's Health: Keeping your Pelvis Healthy

Learn the things that your mother never told you! Join us for a frank and informative discussion on pelvic health across your lifespan. Learn how to gain and manage a healthy pelvis and every stage of your life from your 20s to 80s. Discussion will include Kegels, incontinence, prolapse, pain, pregnancy, postpartum and much more. This class is free of charge. Registration is required.

Thursday 4/30

6:00 p.m. - 7:00 p.m.

Free - Prior registration is required, no walk-ins.

HS-108

Food/Nicotine Addiction - SEEDS the 10-Week Module

Founded in Denver, Colorado and finding huge success with its clients, this addiction program group will meet once per week for two hours, for a total of 10-weeks. The instructor will teach you mindfulness tools and self-compassion meditation techniques in each session to increase personal awareness and support clear decision making. The SEEDS Project group will examine old behaviors, childhood patterns, belief systems, visualizations, affirmations to give all participants personal freedom and to elevate everyday satisfaction with daily living. Your investment includes all educational materials and at the end of module, a dinner celebration with a certification of completion. Attendance for all sessions is mandatory for certification completion as each session builds on the one before it. Licensed Heal Your Life® Coach and Retreat Facilitator is a registered SEEDS Project group facilitator.

Saturdays 3/7 - 5/9

10:00 a.m. - noon

\$278 per person

HS-108

Learning and Leisure

Thinking of Visiting Italy?

Join us for an informative evening that will address your questions and concerns regarding your upcoming or dreamed of trip to Italy. We will talk about how to avoid the many aggravations inherent in European travel as well as how to travel cheaply, how to decide whether to go on a tour or travel independently, personal security, packing, weather, itinerary, transportation, money, hotels, health, language, etc. Our instructor has made numerous trips to Italy and is very familiar with Milan, Torino, Venice, Florence, Cinque, Terre, Rome, Sorrento, Amalfi and Capri.

Thursday 2/27

7:30 p.m. - 9:00 p.m.

\$27 per person

HS-108



Change Your Mind, Change Your Life

In this class you will be taking an in-depth analysis of how and why your world is the way it is and the correlation between that and your mind. During the presentation, in various demonstrations, you will learn how to see auras, know how to protect yourself against the negative energy of others, discover your inner blocks to your own happiness, have your energy measured, learn how to send energy to another and what it's like to receive it. Most importantly, you will understand how you influence the world around you in a very substantial way! This class is not only informative, but it's fun. Come and join us!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Monday

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

\$27 per person

MS-704

More Learning & Leisure

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center

Register online at www.lew-port.coursetorm.com

Learning and Leisure

Beginner Beekeeping

We are bringing in the "King Bee" of WNY honey producers for this second-to-none, comprehensive beginners' class on beekeeping. This class is designed in a series of weekly workshop topics that cover a wide range of information to get you started on your new hobby. This series is for people who range from just starting out, to those who have had bees for years and are looking for more information on topics like the cycle of annual hive death. We will cover choosing equipment, where to get bees, how to locate a place for your hives, bee biology, nectar plants, feeding, supering, swarming, fall management, winter prep, basic disease and pest ID and management, and hive products. At the conclusion of the course, there will be an optional open hive session, with hands-on experience.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Required Textbook (Available on Amazon)
The Beekeepers Handbook by Sammartaro.

Saturdays 3/7 - 4/4
9:00 a.m. - 11:30 a.m.
\$75 per person
HS-111

Introduction to Fly Tying

Have you always wanted to learn to tie your own flies, but just didn't know where to start? Here's your chance to get going! This two-hour introductory lesson with hands-on instruction, includes all the tools and materials you will need. You'll learn to tie two or more flies during this informative class and with a few hours of practice each week, you will be turning out terrific flies like a pro!

Early registration is suggested. Class size will be small for more individualized instruction.

Tuesday 4/14 or Thursday 4/30
6:00 p.m. - 8:00 p.m.
\$27 per person
MS-703

Introduction to Fly Fishing

Join us for an introduction to fly-fishing! Topics include equipment, fly rod selection, stream new tactics, safety, basic entomology (bugs), knots, target species information, distinctions and resources. Warm water, cold water and saltwater fly-fishing opportunities will be discussed. Following a practical demonstration, each student will be given an opportunity to learn proper fly casting; the course will include casting instruction and practice. Students are encouraged to bring their own fly rods if they already have one. Loaner rods will be available for students who do not have their own. The course is structured for the beginner or novice angler. The instructor, it's a lifelong outdoorsman, a former Orvis Fly Fishing instructor and has been fly fishing for over 20 years. The course is four hours total, for two evenings that are two hours each in length. Class size will be limited for more individualized instruction. Early registration is highly recommended.

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Wednesdays 2/26 and 3/4
or Tuesdays 3/17 and 3/24
6:00 p.m. - 8:00 p.m.
\$32 per person (as an added bonus, each student will receive an Orvis Buffalo gift from the instructor)
MS Gym

Intermediate Fly Fishing Tactics

Are you looking to take your fly-fishing skills to a new level? Join us for an intermediate-level fly-fishing lecture. Topics include equipment, fly selection, how to rig your flies, situational casting and stream tactics, basic entomology, target species information, and resources. Warm water, cold water and some saltwater fly-fishing opportunities will be discussed. This course is structured for the beginning or novice angler.

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Tuesday 4/7
6:00 p.m. - 8:00 p.m.
\$22 per person
MS-703



German for Beginners

A great New Year's resolution is to expand your knowledge. What better way than learning a new language! We are offering a complete German beginner's course, 10 sessions of two hours each. This class will concentrate on dialogues, colloquial language, every-day-situations. The course material is all internet based, so a home computer would considerably enhance your success. Laptops are welcomed in class. Please bring pencil and paper to class.

Students aged 14 and up can register for this class when a parent or guardian is also registered in the same class.

Tuesdays 2/25 - 5/12, no class 4/7 & 4/14
6:00 p.m. - 8:00 p.m.
\$43 per person
HS-111

Italian for Beginners

This class is designed for both novices and those with some Italian speaking experience. Students who take this class will be forming grammatically correct phrases by the end of the first class. You will learn grammar, pronunciation, accent, reading, writing aural comprehension, conjugate and use verbs, speaking, numbers and etiquette all in six weeks. Italian culture and travel interests will also be covered. A must take class for those wanting to travel to Italy.

Thursday 2/27-4/2
Or Thursday 4/9-5/14
6:00 p.m. - 7:15 p.m.
\$83 per person
HS-112

Polish Language for Beginners

Would you like to learn the language of your ancestors? Are you interested in the Polish language and culture? Or maybe planning a visit to the country of kielbasa, golabki, pierogi and more? Come, join our class! Conversations, vocabulary and some grammar are on the agenda. Great learning atmosphere guaranteed. The class will be taught by a native speaker that is an experienced tutor with a university degree.

Tuesdays 3/3 - 4/7
7:00 p.m. - 8:00 p.m.
\$83 per person
HS-112

Angels, Spirit Guides and You

Have you ever wondered about angels? What are they really? Can anyone call upon them? Will they help anyone with any problem? How can someone connect with them? All of these questions and more will be addressed in this non-religious, three-hour class. The instructor has been speaking and receiving answers from angels for decades. He will help you to know your angels, archangels and spirit guides better so that you may work more closely with them, and experience their love and joy. All of your questions about these beings, as well as any related subject matter will be answered. Come join us!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered in attends the same class.

Monday 3/23

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

\$27 per person

MS-703



Moonology 101

Throughout history, women have gathered in sacred circles during the phases of the full moon. Enjoy this evening to delve into feminine intuition and self-empowerment. Gather with others, of like mind, to learn how the cyclical phases of the moon affect women's physical bodies and emotions. Enjoy this evening retreat of affirmations, visualizations and learn new ways to bring about magic and miracles into your everyday living! All participants will enjoy engaging in gratitude and forgiveness exercises to bring clarity into relationships, wealth and personal health.

Friday 5/8

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

\$27 per person

MS-703



UFO Tales from WNY and Beyond

Are you a believer? For one night only we will be welcoming the New York State Director of MUFON (Mutual UFO Network) International. You will learn that the UFO phenomenon is real. Cases will be discussed which occurred in New York that have trace evidence associated with them to substantiate witness testimony! Come hear about the event that involved U.S.A.F fighter plane and resulted in a civilian death, a chilling case where a UFO left behind a radioactive signature, and much more! You will be riveted to hear stories so close by where we live.

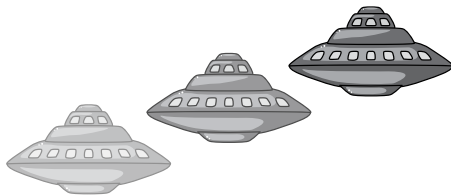
Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Thursday 3/26

7:00 p.m. - 9:00 p.m.

\$11. per person

IEC Aud



Learning and Leisure

Ham Radio Technician Class

Amateur Radio is a fun hobby that you will now have the rare chance to learn. By taking this class, you will learn how Ham operators speak to people all over the world and help when there is an emergency with communications. In addition, they also help government entities such as Niagara County with RACES (radio amateur civil emergency communications.) and with drills in case of an emergency. Radio operators also help with local community events and activities. This class can also be a step towards a career in commercial electronics. After the sessions are complete, there will be an opportunity to take the FCC test for free.

Students aged 10 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Students must purchase 2018-2022 Technician Class FCC Element 2 Armature Radio License Preparation by Gordon Wess, available on Amazon.

Thursdays 3/5 - 4/2

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

\$11 per person

HS-103

Vermicomposting 101

Vermicomposting is a great way to create rich compost for your garden and house plants by taking advantage of the natural process that worms use to break down organic waste. It takes much less space than normal composting and can be done in your home. Learn about the basic requirements for setting up a vermicomposting bin and how to care for the worms so they produce the dark rich material that plants love this is also a great way to reduce food waste as the worms are happy to devour vegetable peels, coffee grounds, old bread and other kitchen waste. Participants will also learn how to build a simple bin to start with in this informative class. All supplies (yes, even the worms) are included in the class fee. A great learning experience for adults and children!

One student aged 10 and up can register for this class for FREE when a parent or guardian is also registered and attends the same class.

Thursday 4/23

7:00 p.m. - 8:30 p.m.

\$22 per person

HS-106

Seed Starting

Learn how easy it is starting vegetables and annual flowers from seed. So many helpful tips will be provided, and your questions answered. In this class, everyone will make a starter packs to take home filled with soils and your choice, there are multiple varieties to pick from! All supplies are included in the class fee.

Students aged 10 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Thursday 3/12

6:30 p.m. - 8:30 p.m.

\$16 per person

MS-502

More Learning & Leisure 

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center

Register online at www.lew-port.coursesform.com

Music

Group Voice Class

Do-re-mi ...You will want to clear your calendar for this fun night out for you and your friends! No singing experience necessary at all! This class is designed for all levels, from "shower singers" to past and current choir members, and everyone in between. In your hour-long classes, you will gain an introduction to the basics of classical singing techniques in a relaxed group environment. You'll also learn the basics of sight singing and harmony. But the best part of all, is a fun stress-free evening of singing and meeting new people!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Tuesdays 3/3 - 5/5
7:30 p.m. - 8:30 p.m.
\$38 per person
HS-403

Guitar - Level 2 Intermediate

Rock, Pop, Country and Blues styles will fill the air in this intermediate 10-week guitar course. You will learn advanced cord progression, scales and styles of playing your guitar like Eric Clapton, Wes Montgomery, George Benson, B.B. King and Carlos Santana and Stevie Ray Vaughan! We will focus on keys, major and minor, and learn how to write your own song. This class is a must for all guitar players! Please bring a guitar to class. NO classical or bass guitars. If you are bringing an electric guitar, bring a small amp with you. If you are left-handed, please be advised you will be taught in right-handed position only.

A book fee of \$20 is due and payable to the instructor the first night of class.

Tuesdays 3/10 - 5/12
8:00 p.m. - 8:45 p.m.
\$203.00 per person
MS-412

Guitar - Beginner Level 1 for Adults

If you have always wanted to play guitar now's the time because it's never too late to learn something new! Learn basic songs, how to read music and play cords. This class is geared for the beginner, ages 16 and up. All are encouraged to attend this comprehensive 12-week class for self-enrichment. Please bring a guitar to class. NO classical or bass guitars. If you are bringing an electric guitar, bring a small amp with you. If you are left-handed, please be advised you will be taught in right handed position only.

A book fee of \$20 is due and payable to the instructor the first night of class.

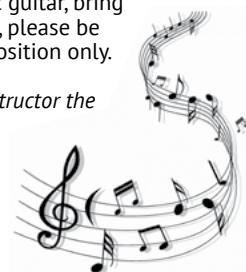
Tuesdays 3/10 - 5/12
6:00 p.m. - 6:45p.m.
\$203 per person
MS-412

Music Theory for Guitarists- Adults

It's time to take your music knowledge to the next level. Join us as we learn how to read and arrange music, change keys and transition from one key to the next, transpose major and minor keys and learn chord construction. In this 12-week session, you will also learn to mimic music you are listening to. Please bring a guitar to class. NO classical or bass guitars. If you are bringing an electric guitar, bring a small amp with you. If you are left-handed, please be advised you will be taught in right handed position only.

A book fee of \$10 is due and payable to the instructor the first night of class.

Tuesdays 3/10
7:00 p.m. - 7:45 p.m.
\$203 per person
MS-412



Technology

Smartphones- Texting and More

It's time to get smart with smart phones! In this class we will send and receive texts and attaching pictures, all the while learning how to save friends to our contacts. Take the mystery out of texting, saving attachments, photos, contacts and dictating text. You will never look back once you have learned these skills.

Each class runs for 2 sessions

Monday 4/6 and Wednesday 4/8
or
Monday 5/4 and Wednesday 5/6
6:00 p.m. - 8:00 p.m.
\$26 per person
HS-103



Understanding Your Smart (Phone) Device

Whether you use a computer already or are just venturing out, this is the place to begin. This class will help you understand these electronic devices we are all almost forced to use. Desktop computers, laptops, tablets, smartphones and even trac phones. It's like someone gave you a great new tool that can make your daily life easier, but didn't show you how to use it. You fumble around trying to figure out how things work. You may be able to figure out something but still have trouble. There is much to know before you even use your device. I can help you. When you join us in this innovative class, you will learn about accounts and passwords, data versus

wi-fi, the device itself, the home screen, notification shade, quick access settings, and the cloud. This is the place to start whether you use computers, tablets or smartphones! This class makes for a great pre-requisite to other smart phone classes.

Monday 3/2 or Wednesday 4/1 or Monday 4/27
6:00 p.m. - 8:00 p.m.
\$19 per person
HS-103



New!

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. Class fee is \$67. If you have any questions, contact The Enrichment Company at 1-833-436-7424.

PRIMARY SCHOOL (grades K-2) Tuesdays 3:40 p.m. – 4:20 p.m. (2/18, 2/25, 3/3, 3/10, 3/17, 3/24)

INTERMEDIATE SCHOOL (grades 3-5) - Thursdays 3:40 p.m. – 4:20 p.m. (2/20, 2/27, 3/5, 3/12, 3/19, 3/26)

REGISTER ON LINE AT: www.TheEnrichmentCompany.com (Form can also be downloaded and mailed directly to The Enrichment Company - *Do not send registration to schools)

THE LEW-PORT COMMUNITY EDUCATION DEPARTMENT HAS TEAMED UP WITH KNOW HOW TOURS TO OFFER YOU SEVERAL WAYS TO “HIT THE ROAD” IN 2020.

Trips

ALL RESERVATIONS ARE BASED ON SEATING AVAILABILITY. EARLY REGISTRATION IS RECOMMENDED.*

PHILADELPHIA - 12 hours in the city

Saturday March 7, 2020

\$109 per person

**Depart Friday Night - Spend 12 hours in the city -
Return Early Sunday**

Experience “Philly.” Arrive and depart from the Pennsylvania Convention Center and be on your own until 8:00 pm. Visit the Philadelphia Flower Show, visit a museum or art gallery, Hop On - Hop Off Tour, shop till you drop, enjoy a historical tour or see the Liberty Bell. To make the best of your time, each person will receive a map and some info with ideas on what to do in Philadelphia a few weeks before departure.



NEW YORK CITY - 12 hours in the city

Saturday, April 18, 2020

\$105 per person

**Depart Friday Night - Spend 12 hours Saturday - Return
Early Sunday**

Travel to the Big Apple! Arrive in Midtown Manhattan's Rockefeller Center at 8:00 a.m. Saturday and have free time until 8:00 p.m. (Columbus Circle pick up). To make the best of your time in NYC, each person will receive pamphlets, a map and other info a few weeks before departure. So much to see and do! See a Broadway show, visit a museum or art gallery (we advise waiting to purchase any theater tickets until one month prior to departure), take a double decker bus tour or a cruise around the city, make your way to the Statue of Liberty/Ellis Island, visit the Empire State Building, Top of The Rock or shop till you drop! During your road travel there will be several rest/food stops for your comfort.



WASHINGTON, DC - 12 hours in the city

Saturday, March 28, 2020

\$109 per person

**Depart Friday Night - Spend 12 hours in the city - Return Early
Sunday**

Travel to Washington, DC! Arrive and depart from Union Station and “do your own thing” until 8:00 pm. To make the best of your time, each person will receive a map and some information on ideas on what to do in our nation's capital. This will arrive a few weeks before departure. Visit the National Mall, visit museums or memorials, tour the Smithsonian, go on a harbor cruise or Hop On - Hop Off the double decker bus tour. So much to see and do!



AMISH BROWN BAG TOUR - Featuring an Amish Wedding Feast

Saturday, May 16, 2020

\$119 per person

We're heading to Ohio for an Amish brown bag tour! We begin touring “behind the scenes” throughout Middlefield, OH. Follow the route and stop at sites that Rachael Ray visited as part of her travels over six weeks in September 2008 for her “Hidden Gems” segment. Stops include Middlefield Swiss Cheese House, a country market, Middlefield Bakery, Amish Home Craft & Nauvoo Family Market. Lunch is a traditional Amish Wedding Feast by Ruth Byler – Baked Chicken, Mashed Potatoes with Gravy, seasonal vegetable, 7 layer salad, date nut pudding, homemade bread & pies all served family style. Along the route, receive goodies to add to your brown bag. A fast food stop (on your own) will be made on our way home.

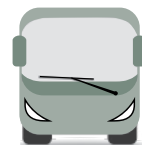


PAYMENT MUST BE MAILED-IN.

NO ONLINE REGISTRATION AVAILABLE FOR BOOKING TRIPS.

Northtown pickup will be at the Eastern Hills Mall. Behind mall, by food court entrance, next to the old Sears, halfway to back of lot, near 2nd stop sign.

*The Lewiston-Porter Central School District does not book tours, issue refunds or process cancellations for Know How Tours. It is **STRONGLY ADVISED** that you familiarize yourself with their policies located at www.knowhowtours.com or call 716-649-9694 for more information. Trip protection/insurance is available to purchase through Know How Tours. You will receive a written confirmation from Know How Tours, and your tickets will be distributed upon arrival to board the bus.



Community Education Policies

ENROLLMENT

Class registration is on a first-come basis. We welcome anyone 18 years of age or older (exemptions are given from some instructors and listed in the class description.) to enroll in our Community Education Program. The enrollment deadline is one week prior to the start of class. Our program is open to the entire community; we encourage residents of other districts to enroll in our classes. A resident is one who pays taxes to the Lewiston-Porter CSD, a five dollar nonresident fee will be applied to each class for nonresidents.

By Mail: Mail your completed form, including payment (check or money order), made payable to: Lewiston-Porter Central School District. Mail to: Lewiston-Porter Education Center, 4061 Creek Road, Youngstown NY 14174. Please be aware there is a \$25 fee for returned checks.

In Person: 9 a.m. - 3 p.m. Monday - Friday, when school is in session, at the Lewiston-Porter Administrative Office, 4061 Creek Rd., Youngstown, NY 14174. Registration is on-going and accepted all semester.

Online: Visit www.lew-port.coursestorm.com and submit completed form with credit card payment.

REFUND POLICY

Requests for refunds must be made in person or in writing and received no later than five (5) school business days prior to the start of class. Weekends and days that the school is closed are not considered business days. Make requests to the Lewiston-Porter CSD Community Education Dept., 4061 Creek Road, Youngstown, NY 14174. There will be a \$5 processing fee applied to all refunds. Please note that checks are issued twice a month by our business office, if paid by check. Online refunds will be credited back to your credit card account.

Classes are held based on a minimum enrollment of students registered for a class. As such, NO REFUNDS will be issued past the deadlines stated above. We regret that no exceptions can be made to this policy due to life events, personal or business conflicts that would cause you to cancel. Trips and tours have specific deadlines through the tour company, as such, no refunds will be given by the school district. Please contact Know How Tours for help or further information at 716.649.9694.

CANCELLATIONS

If the minimum enrollment is not met for a class to be held, you will be notified by phone within three business days of the class start date. Full refunds will be sent via mail.

Emergency closings due to weather or otherwise will be announced on local radio/TV stations. If the school district is closed, then all evening activities on that day will be canceled.

INSTRUCTIONAL STAFF

Our instructors are here to share with you a skill, talent or expertise that they possess. The opinions shared by the instructors are not necessarily the opinions of the Lewiston-Porter Central School District. Instructors are not required to be certified teachers, although many have certifications in their own fields of expertise.

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 remove you from enrollment for that semester.

CHILD POLICY

Many of our instructors have opened their classes up for underage children to register for classes when a parent/guardian is registered and attends the same class. Children must be in the care and direct supervision of their parents/guardian at all times, this includes all areas of the school other than the classroom they are receiving instruction in. At no time shall children be on district property if not registered in a class. Parents/ guardians are also responsible for the behavior of their children at all times during instruction. Failure to abide by this policy will result in the removal of all parties involved from our program. There will be no refunds given in the event that this policy is enforced.



LEWISTON-PORTER COMMUNITY EDUCATION WINTER & SPRING 2020 REGISTRATION FORM

Registration

Please Print

First Name:	Last Name:	
Street Address:		
City:	State:	Zip:
Email:	Home Phone:	Cell Phone:

** Please fill out a separate form for students who are attending a class with an adult/guardian, where applicable. Please submit forms together.

By Mail: Please Mail your check or money order to: Lewiston-Porter CSD Community Education Dept., 4061 Creek Rd., Youngstown, NY 14174
Online: Visit www.lew-port.coursestorm.com to register online. *Please note that service fees apply.

Course Name	Date Course Begins	Class Fee	Non-district residents please add \$5 per class (trips excluded)	Total
1.		\$	\$	\$
2.		\$	\$	\$
3.		\$	\$	\$
4.		\$	\$	\$
5.		\$	\$	\$
Please include your payment made payable to: Lewiston-Porter CSD				Total Due \$

I have read and will abide by the policies of the Lewiston-Porter CSD Community Education Program. I fully understand the policies, procedures and deadlines outlined on page 22. I also acknowledge that I am 18 years old or more.

Signature _____ Date _____

WAIVER AND RELEASE OF ALL CLAIMS

This agreement is between _____ and the Lewiston-Porter Central School District (including the Lewiston-Porter Central School District Community Education Program, its Community Education Coordinator, its Community Education instructors, and other related members, agents, authorized guests, and affiliated organizations.)

The participant will be participating in the following Community Education activities and/or classes: _____

I hereby state that _____ does not have any ailments or physical condition that would prevent or inhibit me/him/her from fully participating in the specified activities and/or classes. I understand that there is a risk of injury inherent in the foregoing community education classes and/or activities. I hereby accept and assume all risks inherent in the specified Community Education classes and/or activities. I undertake this activity at my own risk. I voluntarily assume full responsibility for any losses, property damage, or personal injuries sustained in the specified activities and/or classes. I further agree to hold harmless and indemnify the Lewiston-Porter Central School District from any and all claims, demands, actions and costs that might arise out of participation in the specified activities and/or classes.

In consideration for the opportunity to participate in the Lewiston-Porter Central School District Community Education Program, to the maximum extent permitted by law, I hereby release the Lewiston-Porter Central School District, its Board of Education members (in their official and unofficial capacities), its employees, and its volunteers from any and all liability, claims, costs, expenses, attorney fees, demands, actions, and causes of action, whatsoever, arising out of or related to any losses, damages, or injuries (including death) that may be sustained during participation in the Lewiston-Porter Central School District Community Education Program or while on the premises of where the classes and/or activities are conducted.

I further agree that the Lewiston-porter Central School District will not be liable to me for any damages, losses, personal injury or property damage, caused by or resulting from any cause whatsoever, including but not limited to the negligence of the Lewiston-Porter Central School District, the Lewiston Porter Central School District Community Education Program, its Community Education Coordinator, its Community Education instructors, or other related members, agents, authorized guests, or affiliated organizations.

Printed Name of Participant _____

Signature _____

(If participant is under the age of 18 years, parents/guardian's signature name)

Address _____

PhoneNumber _____ Date _____

Register online at www.lew-port.coursestorm.com





Lewiston Porter CSD
4061 Creek Road
Youngstown, NY 14174
(716) 754-8281

Pre-Sorted STD
US POSTAGE PAID
**Non-Profit
Organization**
Permit NO. 25
Lewiston, NY 14092

Board of Education

Jodee Riordan - President

Lance Dickinson - Vice President

Gemma Fournier

Danielle Mullen

Anne H. Orr

Betty VanDenBosch-Warrick

Sarah Roat Waechter

Are you a hobbyist, instructor or expert in your field?

The Lewiston-Porter Community Education Department is currently recruiting instructors for our Winter/Spring 2020 Program. Please call Anita Muzzi at 286-7299 ext. 8237 or email amuzzi@lew-port.com for information on becoming part of our exciting team!

Attention Business Owners and Organizations!

Did You know that the Community Education Department can provide you space for your next workshop, class or meeting? Please call 286-7265 for more information!