



Lewiston-Porter Community Education

Registration Begins Now!
Welcoming All
Communities

Aiming Higher
Fall 2019



Aiming Higher



A MESSAGE FROM THE SUPERINTENDENT

Dear Community Members:

We here at Lewiston-Porter Central School District are thrilled to be able to offer some exciting and educational classes to our residents and surrounding communities.

Our hope is that our Community Education programs will help you to explore your interests, pursue your passions, discover new talents and give you an opportunity to build relationships with not only us, but other members of our community. We hope these programs enrich your lives and help you on your journey to be a lifelong learner. We are confident that you will enjoy the chance to explore such varied topics from cooking, artwork, taking up a sport or learning a new language.

We are excited to begin this school year with this new venture and hope you are as well. We are positive you will find something that will intrigue you and look forward to seeing you soon!

Sincerely,
Paul Casseri

Superintendent of Lewiston-Porter Central School District

Welcome

BOARD OF EDUCATION



On behalf of the Lewiston-Porter Board of Education, it is a pleasure to introduce the new Community Education program. Returning this important educational resource to the community has been a goal of the Board of Education and District, and fulfills a key element of the Strategic Plan. We believe fully in both lifelong learning and connecting our community to our schools. Community Education, together with the Community Fitness Center, provides opportunity to better the lives of our residents on campus.

The program has been carefully organized to include something for everyone, no matter your age or interest. We welcome you to explore all that the Community Ed program has to offer, and encourage you to take advantage of any and all opportunities that spark your interest. Never stop learning!

Best 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) 286-7244
Building maps available on district website: www.lew-port.com



Beginner Knitting

It's time to pick up those needles and learn the basics of knitting! You will learn how to cast and knit stitches, the basic knit and purl stitch, how to follow a pattern and how to cast off. Together we'll work on your first project as we learn and practice techniques. Once you learn the basics, who knows what you can make next!

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

Thursdays 11/7 and 11/14

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

HS-102

\$35 per person



Birch Trees with Cardinals - Painted Wine Glasses

Move over Van Gogh! Let your "inner artist" come out and join us as we paint a pair of exquisite wine glasses. The contrast of stunning birch tree branches with cardinals makes a beautiful combination. In this beginner class, you will learn this step-by-step technique with the end result being perfect for gift-giving and even decoration. This would be a wonderful class to attend with a group of friends. Students are asked to bring a blow dryer to class. Your class fee includes all supplies.

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

Saturday 11/9

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

HS-414

\$22 per person



Calligraphy

Calligraphy is defined as highly decorative handwriting with a great many flourishes and 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 uppercase and lowercase 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 10/5-11/2. *No class on 10/19.

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

HS-112

\$32 per person

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 start on 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 and light colored worsted weight yarn to class.

Wednesdays 9/25 - 10/30

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

MS-704

\$32 per person



Sewing In Style - 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 class, where you will be making a Lazy Girl Wallet. The instructor will be covering topics such as, fabric type, print, scale and directional, introduction on using a pattern, cutting fabric, and your sewing basket. In your first two classes you will learn sewing by hand, sewing by machine and many tips along the way. Then you're off to making your featured project on machines that will be provided.

Students aged 16 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

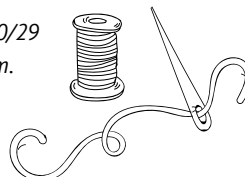
A supply fee of \$10 is due and payable to the instructor the day of each class.

Tuesdays 10/15 - 10/29

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

MS502

\$48 per person



Introduction to Wheel Thrown Ceramics

Experience a fun and thorough introduction to throwing on the potter's wheel! You will learn the skills necessary to throw, shape and trim functional pottery in this six session introductory class. Finished pieces will be food-safe, microwave-safe and dishwasher-safe. Your pieces will be suitable for everyday use. Don't miss out on this great opportunity to create pieces that reflect your artistic side!

A supply fee of \$30 is due and payable to the instructor on the first day of class.

Saturdays 9/28 to 11/16. *No class on 10/12 or 11/9.

10:00 a.m. - Noon

HS-420

\$140 per person

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 take the time to share with you many years of glass crafting experience in one of our classes below. Projects are designed for the beginner on up. In each class, we will use precut glass, copper foil and solder to design your pieces. You will learn how to turn glass into beautiful unique art!

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

Stained Glass Owl Sun Catcher

Wednesday 9/25

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

HS-414

\$22 per person

Stained Glass Sunflower on a Welcome Sign

Wednesday 10/16

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

HS-414

\$22 per person

Stained Glass Cardinal

Wednesday 11/20

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

HS-414

\$22 per person

Arts & Crafts Certifications & Test Prep

Stress-Free Painting - Pumpkin Jar

Just in time for decorating your home for all the ghouls and goblins that might be dropping by, this whimsical painted pumpkin jar is fun and easy. Your jar can be used as a candy holder, a vase or given as a gift to friends and family. Wait till they find out you made it! This is sure to be a fun time, especially when you gather a friend or two to join you! Students please bring a blow dryer to class.

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

Saturday 10/5
10:00 a.m. - 11:30 a.m.
HS-414
\$22 per person

Stress-Free Painting - Holiday Painting on Glass

Join us in this fun holiday class! What better way to spend a Saturday morning than creating a classic holiday design painted on a glass mug! This project is fun, easy to learn and dishwasher-safe. A great way to start your day, doing something creative and makes for a great pre-holiday get-together for you and your friends! Your finished project will add a special touch on a holiday table or can be filled with candy and given as a gift! This class is designed for all skill levels. All materials are included in the class fee. Please bring a blow dryer to class.



Saturday 12/7
10:00 a.m. - 11:30 a.m.
HS-414
\$27 per person

4-Hour SAT Boot Camp

Get a jump 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.

Saturday 10/26
10:00 a.m. - 2:00 p.m.
HS-113
\$75 per person

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 and test-taking strategies, testing information, study materials that include the new writing format and free simulated ACT test.

Wednesday, Monday, Wednesday 12/4,
12/9 & 12/11
5:30 p.m. - 8:30 p.m.
HS-113
\$145 per person

9-Hour SAT Test Preparation Course

Are you ready for the SAT Test? This 9-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.

Thursday, Tuesday, Thursday 9/26, 10/1 &
10/3
5:30 p.m. - 8:30 p.m.
HS-113
\$145 per person

American Red Cross CPR/AED for the Professional Rescuer

The purpose of the American Red Cross CPR/AED for the Professional Rescuers course is to teach those with a Duty to Act (professional rescuers and health care providers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies until more advanced medical personnel take over. This includes the use of an Automated External Defibrillator (AED) to care for a victim experiencing cardiac arrest.

To successfully complete the course, you must attend the entire course, participate in all skill sessions and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exam with a minimum grade of 80%.

Some skill sessions require strenuous physical activity. Please wear comfortable clothing and avoid wearing dangling jewelry or jewelry with sharp edges. If you have a medical condition or disability or if you have any questions regarding your ability to participate fully in this course, please contact Joe Lauzonis at lewportswim@gmail.com to discuss this before the course begins.

Upon successful completion of the course, you will receive a Red Cross CPR / AED for Professional Rescuer certificate.

\$40 additional supply fee for equipment and Red Cross card is due and payable the first night of class to the instructor.

Saturday 10/19
9:00 a.m. - 3:00 p.m.
HS-108
\$59 per person



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 (2) minutes using only the legs. You should place your hands under your armpits. Complete a timed event within one (1) 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 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 underwater. 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 9/20, 7:00 p.m. - 9:00 p.m. HS pool

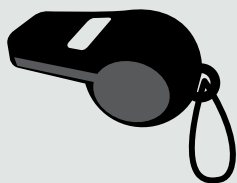
Friday 9/27, 5:00 p.m. - 9:00 p.m. HS room 209

Saturday 9/28, 11:00 a.m. - 3:00 p.m. HS pool

Friday 10/4, 5:00 p.m. - 9:00 p.m. HS room 209

Saturday 10/5, 11:00 a.m. - 3:00 p.m. HS pool

\$150 per person



Certifications & Test Prep

American Red Cross Water Safety Instructor Course

The Water Safety Instructor course alternates online simulation learning with in-person skills sessions. There are nearly seven (7) hours of simulation learning and 20 hours of in-person course work at the facility. The total course time is about 27 hours. It is expected that you complete the round of online simulation learning content prior to the corresponding in-person session. At the end of each round of online simulation learning, you will have the option to print a round completion sheet. Be sure to print the appropriate round completion sheet and bring it to each in-person session. This course is not designed to teach you basic level swimming skills. It is dedicated to developing the knowledge and skills you will need to plan and teach courses in the American Red Cross Swimming and Water Safety Program. To participate in the Water Safety Instructor course, you must be at least 16 years old and be able to demonstrate basic aquatic skills. To be an effective water safety instructor, you must become completely familiar with the American Red Cross Swimming and Water Safety, the American Red Cross Water Safety Instructors Manual, and the other course materials and video segments viewed as part of the online simulation training. You will be given practice teaching assignments which will give you the experience and presenting information and teaching skills to course candidates, conducting classes and evaluating skills. Course completion certificates will be awarded to instructor candidates who successfully complete the pre-course session, complete the online Orientation to the Swimming and Water Safety Program, attend every class, successfully perform all practice-teaching assignments and passed the final written exam with a score of 80% or higher (correctly answer at least 40 of 50 questions). You must also demonstrate maturity and responsibility throughout the course. If you have any questions, please contact Joe Lauzonis at lewportswim@gmail.com

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

Students 16 years old and up are welcome to take this class.

Friday 10/25, 7:00 p.m. - 9:00 p.m. HS pool

Saturday 10/26, 9:00 a.m. - 3:00 p.m. HS pool

Saturday 11/2, 9:00 a.m. - 3:00 p.m. HS pool

Saturday 11/9, 9:00 a.m. - 3:00 p.m. HS pool

\$171 per person



Fall Community Education Registration is Open!

View the Registration Form on Page 23 or visit www.lew-port.coursetorm.com

For more information call (716) 286-7244

More Certifications & Test Prep 

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

Free! Send Your Kids to College Seminar

Notary Public Training Course

Is your boss forcing you to become a notary? 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 skill 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 unlimited customer support. Students are required to bring a pen and/or highlighter. Sign up now for this unique training course. Commissioned notaries are welcome to attend.

Monday 10/21
6:00 p.m. - 9:00 p.m.
HS-111
\$86 per person

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 firearm use to be discussed. Completion of this course is required to apply for a New York State Pistol Permit.

Wednesday 11/6
6:00 p.m. - 9:00 p.m.
IEC Aud
\$54 per person

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. 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/guardian is also registered and attends the same class.

Saturday 10/5
9:00 a.m. - 3:00 p.m.
PEC Aud
\$160 per person

Writing the College Application Essay

Do you want to submit a college application essay that will really hit home with the admission office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during the class and leave with a confidence and knowledge to complete the process on your own.

Wednesday 10/9
6:00 p.m. - 8:30 p.m.
HS-113
\$70 per person



Wednesday 10/2
6:00 p.m. - 7:30 p.m.
HS -113
Free- Prior Registration is Required.
No Walk-Ins.

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 for more information!

Animal Cupcake Decorating

Get ready for cuteness overload! Be the hit of the next birthday party and bake sale! Cat and dog cupcakes will have family and friends "ooing and aahing" over your adorable creations! In this class you will learn how to pipe and assemble adorable cat and dog decorated cupcakes with the materials you'll be provided. In this class you'll make six cupcakes (three vanilla and three chocolate). Seating is limited, early registration is recommended.

Monday 10/7
6:00 p.m. - 8:00 p.m.
MS-104
\$25 per person

Apple Pie Perfection Apple Lattice or Apple Crumb Pie

Do you love baking homemade pies, but the thought of a "from scratch" pie crust scares you? Join our pastry chef in this class to learn the basics of mastering pie crusts! Participants will be able to choose either a lattice top or crumb top for their creation. Your pies will never be the same again! It's time to take yours to the next level!

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

Wednesday 10/16
6:00 p.m. - 9:00 p.m.
MS-404
\$16 per person

Canning Made Easy

Have you always wanted to can that extra produce that you grow? Have you seen that bargain at the farmers' market, but didn't know how to save it all? Now it's time to learn! All your questions will be answered so you will feel confident at home canning. We will make a pickled item, a salsa, and a jelly or jam. Everything is hands-on! Exact recipes will be chosen near class time to what is fresh and available to use. Everyone goes home with the jars we make!

Thursday 9/26
6:30 p.m. - 8:30 p.m.
MS-404
\$22 per person

Cut-Out Cookie Decorating Classes

Cut-out cookies are known for their versatility and have long been used for everything from holidays and birthday parties to an event as elegant as a wedding. In this class you'll be learning how to do just that, decorate cut-outs! You will learn techniques such as flat icing and piping and also be receiving recipes for both cookie dough and frosting to use at home. You'll be provided with six already baked cut-outs, colored frosting, piping bags, a spatula and a sample of what the finished product will look and taste like. Come explore what you've always wanted to learn just in time for the holidays!

Halloween Cutout Decorating Class

Monday 10/28
6:00 p.m. - 8:30 p.m.
MS-404
\$25 per person



Christmas Cutout Decorating Class

Monday 12/9
6:00 p.m. - 8:30 p.m.
MS-404
\$25 per person



Decadent Chocolate Mousse (Gluten-Free)

In this class, an experienced pastry chef and educator, will guide you through learning how to create this perfect chocolate velvety mousse. This gluten-free treat will be a dessert you truly will be proud of and will cater to those with food sensitivities, just in time for the holidays. It is a guaranteed showstopper and will satisfy everyone's sweet tooth!

A supply fee of \$10 is due and payable to the instructor the night of class. Bring a mixing bowl, measuring cups, rubber spatula and ice.

Wednesday 10/23
6:00 p.m. - 8:30 p.m.
MS-404
\$16 per person



Floral Cupcake Decorating

Find out how to make baked creations look as good as they taste! In our floral cupcake decorating class, you'll learn step-by-step how to make roses, hydrangeas and leaves using different decorating tips and techniques. All supplies, six cupcakes (three vanilla and three chocolate) and frosting will be provided to create your own "floral-themed" treats. Don't miss this exciting chance to create a beautiful bouquet of cupcakes, that you will enjoy making as well as eating!

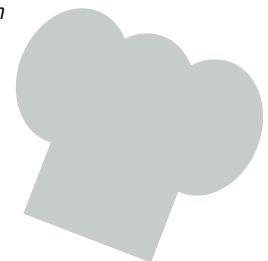
Monday 9/30
6:00 p.m. - 8:30 p.m.
MS-404
\$25 per person



Holiday Appetizers

Get your party started with some delicious recipes! Need ideas for your upcoming holiday get-togethers, celebrations or the big game? Learn how to make appetizers that will be sure to please your family and guests. We will make a snacking assortment including a baked brie, ideas for tartlet shells, and much more. These will all be recipes that can be mostly prepared ahead so you are not stuck in the kitchen while everyone else is having fun! In this class you will also learn easy ways to plate your appetizers to make them look festive. Come hungry to class because one of the best parts is sampling our creations!

Thursday 11/7
6:30 p.m. - 8:30 p.m.
MS-404
\$32 per person



Cooking

Italian Inspired Holiday Cookies

Tis the season for baking! Gather your friends and learn how to make traditional Italian cookies. Pizzelles are great addition to any holiday cookie platter. Of course it wouldn't be Christmas without biscotti, the perfect pairing with a cup of your favorite coffee. Students are encouraged to bring a pizzelle maker if they own one.

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

An additional supply fee of \$12 is due and payable to the instructor the night of class. Please bring pizzelle maker, if available.

Wednesday 12/11

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

MS-404

\$16 per person

Italian Cooking

What to make food like an Italian grandma? Get started with us in this fun hands-on class! You will learn how to make the best cheese lasagna, sauce and meatballs, and traditional beans and greens. Many tips and techniques shared. Come hungry!

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

Thursday 10/24

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

MS-404

\$32 per person



Pasta & Italian Bread Making

Love Italian food? Try your hands at creating different approaches to making homemade pasta! We'll show you how to mix, roll the dough and cut different pastas. Don't forget, great cooking is about more than just recipes - it's about techniques! In our class you will work with each other in a fun, hands-on environment. Once registered, students will be given a supply list of items to bring to class. Class size will be small to give more individualized instruction. Early registration is suggested.

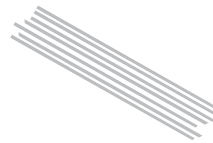
Pasta Dough and Spaghetti Making

Wednesday 10/2

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

MS-404

\$16 per person



Pasta Dough and Ravioli

Wednesday 10/9

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

MS-502

\$16 per person



Pasta Dough and Linguini

Wednesday 10/16

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

MS-502

\$16 per person



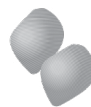
Gnocchi

Wednesday 10/23

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

MS-502

\$16 per person



Italian Bread

Wednesday 10/30

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

MS-404

\$16 per person



Pasta for Two

A cooking night out for Parent/Guardian and Child

Has making fresh pasta at home always seemed like Mission Im-pasta-ble? It's much easier than you think! Together with your partner, we will make fresh pasta in a delicious tomato sauce that can be fun and rewarding experience for the whole family! Please bring a rolling pin and pizza cutting wheel to class.

Students aged eight (8) and up are welcome to register for this class when a parent/guardian is also registered and attends the same class.

An additional supply fee of \$10 is due and payable to the instructor the night of class.

Wednesday 11/6

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

MS-502

\$21 per pair. No individuals.



Pierogi Making for Two

Strike up the polkas and let the fun begin! 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 16 and up are welcome to register for this class when a parent/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 12/6

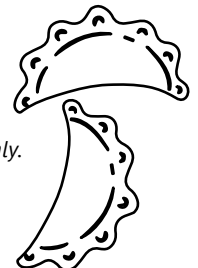
6:00 p.m. - 9:00 p.m.

MS-404

\$21 per person

This is a couple's class only.

No individuals.



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View the Registration Form on Page 23
or visit www.lew-port.coursetorm.com

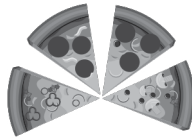
For more information call (716) 286-7244

Pizza!

Have you ever wanted to make pizza that tastes like it came from your favorite pizzeria? Learn how to make pizza like a pro! Bring your appetite because in this class you will be making various types of pizza including, but not limited to, traditional cheese and pepperoni, Buffalo chicken, and even a dessert apple pizza. Many tips and techniques will be shared.

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

Thursday 10/10
6:30 p.m. - 8:30 p.m.
MS-404
\$32 per person



Pressure Canning Basics

Preserving your own food - whether from your garden or a farmers' market find, is an ideal way to eat healthy and save money. Vegetables, fruits, and even meats can safely be preserved at home by pressure canning. Niagara County Cornell Cooperative Extension Master Food Preservers will walk you through the basics of home food preservation and how to safely pressure can. Participants will work together to pressure can vegetables and we'll be taking a sample home. In addition to pressure canning, participants will learn about freezing and drying foods.

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

Wednesday 11/6
6:00 p.m. - 9:00 p.m.
MS-404
\$19 per person

Make Your Own Sauerkraut

What happens when two friends, one German and one Polish, get together to cook? You guessed it, SAUERKRAUT! Join us in this fun, hands-on class that will have you making your very own "fermented heaven in a jar"! Homemade sauerkraut is second to none in flavor and a great addition to many recipes. In this class you will learn about the steps in the kraut fermentation process and more importantly, prepare your first batch to take home! A fun night out for friends and family! Class size will be extremely limited, early registration is highly recommended.

A supply fee of \$10 is due and payable to the instructor the night of class.
Friday 10/18
6:30 p.m. - 8:30 p.m.
MS-404
\$21 per person

Pumpkin Butterscotch Blondie Pie

Looking for a twist on this famous pumpkin pie? Join us in this fun night out learning to take this traditional fall pie to the next level. We will start with a graham cracker crust filled with that delicious pumpkin filling, then adding a sweet twist you'll love! Thanksgiving may never be the same again!

An additional supply fee of \$12 is due and payable to the instructor the night of class.
Wednesday 11/13
6:00 p.m. - 8:30 p.m.
MS-404
\$16 per person



Beginner Cheese Making: Ricotta and Cream Cheese

Who knew making these cheeses would be so easy and come right out of your kitchen! You may never go back to store-bought! With having control of the amount of moisture and salt used, you can customize the flavor for many of your cooking adventures! In this class we will make ricotta, basic cream cheese and a delicious herb cream cheese for the holidays! We will be sampling some of our creations at the end of class, so come hungry! Class size will be small for more individualized instruction. Early registration is recommended. Students must bring a candy thermometer and a package of cheese cloth to class.

Students aged 16 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 \$8 per person, is due and payable to the instructor the first night of class.
Friday 11/8
6:00 p.m. - 8:30 p.m.
MS-404
\$26 per person

The Fundamentals of Fermenting

Fermented foods are making a comeback to the local food scene. Fermentation is a process that involves the breakdown of sugars by bacteria and yeast. Not only does it help to enhance the preservation of foods, but eating fermented foods can also boost the number of beneficial bacteria, or probiotics, found in your gut. Probiotics have been associated with a variety of health benefits, including improved digestion, better immunity and even increased weight loss. 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/guardian is also registered and attends the same class.

Wednesday 10/9
6:00 p.m. - 8:00 p.m.
MS-404
\$19 per person

Triple Chocolate Decadent Cake

You won't want to miss this two-night class of chocolate indulgence! Learn how to make chocolate mousse and ganache from scratch. Then all eyes will be on our pastry chef for a step-by-step demonstration on how to assemble this delicious triple chocolate cake! Prepared chocolate cakes will be provided as you learn how to square-off your frosting before adding a shell border with floral design top. Small class size for more individualized instruction, early registration is highly recommended.

An additional \$18 supply fee is due and payable to the instructor the night of class. Please bring a cake turntable, if you own one.
Wednesday, Thursday 12/4 and 12/5
6:00 p.m. - 9:00 p.m.
MS-404
\$19 per person

Exercise

Adult Lap Swimming

Many researchers says that swimming is the ideal lifelong sport. Its advantages over land-based exercise are low injury rates since working out in water does not nearly have as much wear and tear on the joints as there is in running. Lewiston-Porter CSD's High School pool will be the place to be on Mondays and Thursdays this fall. Enjoy lap swimming as you burn-off extra weight and get a whole body workout. 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.

Mondays and Thursdays
9/23 - 11/21. *No class on 10/14 & 11/11.
7:30 p.m. - 8:30 p.m.

HS POOL
\$62 per person



Beginner Line Dancing

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.

9/24 - 12/3. *No class 10/15.
6:30 p.m. - 7:30 p.m.
PEC SMALL GYM
\$60 per person

Intermediate Line Dancing

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.

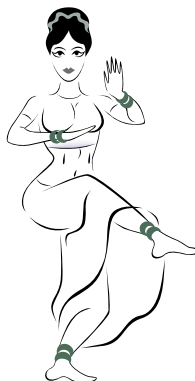
Tuesdays 9/24 - 12/3. *No class on 10/15.
7:35 p.m. - 8:35 p.m.
PEC SMALL GYM
\$60 per person

Belly Dance: "Shimmy-Fit" (4-week session)

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 11/18 - 12/9
5:50 p.m. - 6:50 p.m.
PEC AUD
\$35 per person



Belly Dance: "Shimmy-Fit" (6-week session)

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.

All Ages!

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

Mondays 9/23 - 11/4. *No class on 10/14
5:55 p.m. - 6:55 p.m.
PEC AUD
\$45 per person

Hula Dance: "Hula Hips"

Aloha! Explore the beauty of dances from the Polynesian Islands. Learn, and drill core Polynesian/Hula style moves! This class will concentrate on hip movements, and foot patterns. Each move will be broken down, and drilled slowly at first, with the goal of building technique, stamina, and speed. This will be a low impact workout, as well as an effective, medium to high cardiovascular work out. This will be about your hips and core, and help you prepare for your next luau!

Wear clothing that you can comfortably move in, please bring a water bottle too.

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

Mondays 10/21 - 11/25.
*No class on 11/11/19.
7:00 p.m. - 8:00 p.m.
PEC AUD
\$40 per person



Beginning Yoga

Experience all the benefits of yoga including improved range of motion, balance, body awareness and relaxation. You will also develop an understanding of the body and mind connection. Learn proper alignment and positioning for basic yoga stretches and postures in a safe and comfortable atmosphere. Please bring a yoga mat or large towel.



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

*Wednesdays 11/6 - 12/11. *No Class 11/27.*

4:00 p.m. - 5:00 p.m.

PEC AUD

\$52 per person

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/guardian is also registered and attends the same class.

4 sessions - two classes per week.

Tuesday evenings 9/24 and 9/26

Thursday evenings 10/1 and 10/3

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

Class to be held at 431 Mountain View Drive, Lewiston NY

\$27 per person

Laban Movement

Imagine having a yoga class, while using the methods of Pilates, and focusing specifically on the lower body and toning the core. Laban, or the Rudolf Laban movement class, will strengthen stomach, legs and the lower abs with simple yet effective tensing of the muscles and releasing. The term known as "Bound Flow Going Free" or, simply put, feeling great! While performing movement to release tension in the body, the series of floor and standing classes will leave you feeling stress free, even if you come to class stressed out! This class is designed for the beginner on up. Please bring a yoga mat and wear comfortable exercise clothing.

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

*Fridays 9/27 - 11/22. *No class 10/11.*

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

PEC SMALL GYM

\$70 per person

or

*Saturdays 9/28 - 11/23. *No class 10/12.*

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

PEC SMALL GYM

\$75 per person

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 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 9/23 - 12/9. *No class 10/14 and 11/11.*

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

PEC SMALL GYM

\$63 per person

Walk 15

Walk 15 is a low-impact, multi muscle, calorie torching, walking based workout - with very effective results! All fitness levels can do it! The music is paced so 15 minutes signifies the time (speed/pace) of most miles at an average pace of four miles per hour. We move in many different directions and add a strength component with a Firmband. The result is a high-calorie burning, health enhancing, and a fun to mile workout. Invite a friend to join you! Please consider having doctor's permission if you haven't exercised in a long time or have any health concerns.

Instructor fee of \$5 is due and payable the first night of class for your Firmband.

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

*Thursdays 10/3 - 11/21. *No class on 10/24.*

6:00 p.m. - 6:40 p.m.

PEC SMALL GYM

\$43 per person

Zumba

Zumba classes are high calorie-burning dance parties, a total body workout! 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. Wide variety of music. Zumba is exercise in disguise, 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 9/23 - 12/9. *No class 10/14 or 11/11.*

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

PEC SMALL GYM

\$25 per adult

\$16 per student ages 13 to 17 yrs

Exercise

Zumba Toning

All the fun of basic Zumba, plus the challenge of adding resistance by using Zumba Toning Sticks (or light weights). Lightweight maraca-like toning sticks enhances 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 9/25 to 12/11. *No class 11/27.

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

PEC SMALL GYM

\$27 per adult

\$16 per student ages 13 to 17 years

Fall Community Education Registration is Open!

View the
Registration Form
on Page 23
or visit

www.lew-port.coursestorm.com

**For more information call
(716) 286-7244**

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 two nights in October! Tom Cannavo, their wealth management attorney, 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 10/1 or 10/29

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

HS-108

Free - Prior Registration is required.

No walk-ins.

Family Tax Planning

This course focuses on the new tax law and how proper planning can have a direct impact on your family's financial future. 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. We will be discussing the impact of taxes on investments, retirement planning, estate planning, and more.

Monday 9/23 or 11/18

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

HS-108

Free - Prior registration is required.

No walk-ins.



Home Buyer Seminar

This seminar is designed to help potential buyers understand the home buying process and what we can do to help them achieve their dream of homeownership. There will be a variety of experts at the seminar such as: a mortgage officer, realtor, 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 10/19

10:00 a.m. - noon

HS-106

Free - Prior Registration is required.

No walk-ins.



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 and 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 10/24

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

HS-108

Free - Prior Registration is required.

No walk-ins.



Selling Your House - Yourself!

Can you do it? Should you try? This course will answer the questions about the complicated journey through for sale by owner. From making the decision to sell, the price, staging your home, how to advertise, alleviate concerns, qualify a buyer and negotiate a successful transaction. This class will help to clarify the procedure and help you manage the deal.

Saturday 9/28 and 10/5

12:30 p.m. - 2:30 p.m.

\$29 per person or \$45 per couple

HS-111

Please bring notetaking supplies to class.



Social Security Claiming Strategies

Whether you are single, married, widowed or divorced *The Financial Guys*, certified Social Security claiming strategies, 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.

Wednesday 10/9 or 10/30

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

MS-710

Free - Prior Registration is required.

No walk-ins.

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

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

Health and Wellness

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. You will learn how your mindset affects your life and your health. 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/guardian is also registered and attends the same class.

Tuesday 10/29
6:00 p.m. - 9:00 p.m.
MS-704
\$27 per person

Essential Oils of the Bible

The use of essential oils dates back to the ancient Epochal times. You will learn about 12 different oils discussed in the Bible and how they were used in ancient times. You will experience each of these oils and learn how to use them in our daily practices, for meditation and for your health.

Students 14 to 17 years may register for this class when a parent/guardian is also registered and attends the same class.

Tuesday 11/12
6:30 p.m. - 8:00 p.m.
MS-710
\$24 per person



Essential Oils and Pets

Did you know that certain essential oils for pets are safe to boost their physical and emotional well-being? Learn which oils to use for targeted support for animals. You will learn how to safely introduce your pets to essential oils and how to recognize any negative responses. Many pre-blended options designed for animals will be discussed and resources for more information shared. You will receive a reference booklet and take home a treat for your dog or cat. (Other animals will be discussed)

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

Tuesday 10/29
6:30 p.m. - 8:00 p.m.
MS-710
\$24 per person



Essential Oils for Everyone

These educational classes will cover what essential oils are, how to use them and the methods of use. We will share protocols for pets, children, pain/ inflammation, harmony and balance, non-toxic cleaning, sleep, digestion, emotional health, exercise and cardiovascular health, brain connection and ADHD/Autism.

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

Essential Oils for Beginners: Educate, inspire and empower yourself to learn the top ten essential oils used for a healthier home! We will learn about the top uses for lavender, lemon, tea tree, Breathe, DigestZen, peppermint, frankincense, OnGuard, Deep Blue, and oregano. Using essential oils is intuitively simple, so all the choices can be overwhelming! Learn about essential oils and the benefits of certified therapeutic grade oils.

Wednesday 9/25
6:30 p.m. - 7:30 p.m.
MS-708
\$6 per person



Emotional Aromatherapy

Using essential oils for mood management is a natural way to soothe, calm and uplift your emotions. Using aromatherapy for emotional benefits allows you, the user, to choose the essential oil that triggers the desired feelings and emotions. Learn to combat or dispel negative emotions by using essential oils.

Wednesday 10/16
6:30 p.m. - 7:30 p.m.
MS-708
\$6 per person

Essential Oils and Children

Effective! Natural! Safe! Learn doses and dilutions for using essential oils for children from birth on. Explore ways to use essential oils with children, supplementing with oils, treats, crafts, bath time, and diffusing. This class will feature the children's line and supplements with products to sample.

Wednesday 10/30
6:30 p.m. - 7:30 p.m.
MS-708
\$6 per person



Cleaning with Essential Oils

Have you been hearing the phrase "Reduce your toxic load!?" Toxins come from countless sources, many of which we aren't even aware of. Making the change to cleaning with essential oils, will have a lifelong impact on your overall well-being. Change to cleaning with essential oils; we will make it easy for you!

Thursday 11/14
6:30 p.m. - 7:30 p.m.
MS-708
\$6 per person



Skin, Sleep and Sourcing of Essential Oils

Good sleep and nourished skin are an important part of a healthy lifestyle. While lack of sleep can be harmful to the body and decrease the quality of life, the quality of your skin can affect and reflect quality of life and your overall self-confidence. Learn how to use essential oils for promoting better sleep and skin care. We will also discuss where the oils come from and how the product gives back to the communities they are sourced from.

Wednesday 12/11
6:30 p.m. - 7:30 p.m.
MS-708
\$6 per person

More Health & Wellness >>>

Health and Wellness

Alternative Therapies for Chronic Pain

If you or a loved one suffer from chronic pain, then this educational class will help you to explore alternative therapies to medication. You will hear about causes and areas, over-the-counter treatments, TENS (Transcutaneous Electrical Nerve Stimulation) units and pain patches. There will also be discussion and education on CBD oil and medical marijuana in New York State, what it is and how it will help pain.

Wednesday 10/23
6:30 p.m. - 8:30 p.m.
MS-703
\$27 per person

Healthy Bones for Life

You can do many things in your life to prevent osteoporosis, slow its progression and prevent fractures. This class will debunk myths surrounding osteoporosis, give you the information you need to recognize risk factors, increase awareness about a bone healthy diet and exercise. In this class you will also learn about treatment options. This class is free of charge. Registration is required.

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

Monday 9/23
6:30 p.m. - 7:30 p.m.
HS-111
Free - Prior Registration is required.
No walk-ins.

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!

Tuesday 10/1
6:00 p.m. - 9:00 p.m.
MS LIBRARY
\$27 per person

Managing the Stress in Our Lives with Aromatherapy

This class will discuss the science behind stress and how our sense of smell plays a role. You will get to experience that firsthand, as you breathe in some essential oils. Known for their calming effects, you will leave with an understanding about why aromatherapy is so beneficial for stress. Class will be taught by a psychiatric nurse practitioner. An added bonus for taking this class is that you will take home an essential oil infused gift to help you with stress.

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

Tuesday 10/8
6:00 p.m. - 8:00 p.m.
MS-710
\$24 per person

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 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 9/23 - 12/9. *No class 10/14 and 11/11.
6:00 p.m. - 7:00 p.m.
PEC SMALL GYM
\$63 per person

The Four Agreements

The Four Agreements by Don Miguel Ruiz was published in 1997 and sold around 6.5 million copies. This class will show you how everything we do is based on agreements we have made – agreements with ourselves, with other people, with God, with life. But the most important agreements are the ones we make with ourselves. We will use these writings as a transformational tool. Stop judging yourself and others, release guilt and shame and self-rejection, break the agreements of old, that limit you and replace them with *The Four Agreements* that heal your emotional body. Create personal power and lead a fulfilled and happy life.

Monday 10/21
6:00 p.m. - 8:30 p.m.
MS-713
\$22 per person

Health and Wellness

Learning and Leisure

TLS Weight Loss Solution: Part 1

TLS is not a diet. It is a lifestyle, teaching behavior modification based on four-pronged approach to permanent results, low glycemic impact eating, body composition, education and science based supplementation. TLS is based on established human physiology principles. The system was designed by nutritionists, medical professionals and other scientists. It is been used nationwide by thousands of people for more than 10 years with excellent success.

This class will be taught by a certified TLS coach who is a nurse practitioner with 30 years of experience providing treatment, health teaching and empowering people to achieve their optimal health and happiness. You'll receive six 90 minute classes, use the TLS guide journal with 12 chapters, and have web-based support and information for use during and after the class series. Your program will be individual, you will choose from several options based on your personal goals, health profile, commitment, you're realistic abilities to exercise and follow the dietary plan. You will be introduced to products for use with the TLS program, you may purchase these on your own if you wish. You will also have the option to monitor your progress with lab work, weight, body measurements, blood pressure and blood sugar monitoring. The class may opt to go on a supermarket safari at a local grocery store to perfect their label reading skills, make healthy satisfying food choices, see what portion sizes really are, have a laugh at ourselves and buy some new or different items to enjoy. This will be the last weight management program you will ever need! Students will need access to home or other computers for additional material and resources. You are encouraged to bring a laptop, tablet or phone for internet access to class. (Not required)

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 book fee of \$22 is due and payable to the instructor the first night of class.

*Thursdays 10/3 - 11/14. *No class on 10/31.*

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

MS-710

\$110 per person

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 the lifespan. Learn how to gain and manage a healthy pelvis and every stage of your life from 20s to 80s. Discussion will include Kegels, incontinence, uterine prolapse, pain, pregnancy, postpartum and much more. This class is free of charge. Registration is required.

Wednesday 10/16

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

HS-106

Free - Prior Registration is required.

No walk-ins.

English for Everyone: Adult ESL

This course will focus on communication skills in the students' new language, with a focus on listening and speaking to further develop basic intrapersonal communication skills (BICS). Academic literacy skills including reading, writing, vocabulary, and grammar will also be taught through a variety of contexts and interactive materials. This course is open to all students whose native language is other than English, from beginner to advanced. All are welcome, register today!

Tuesdays 9/24 - 12/10

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

PEC AUD

\$38 per person

German for Beginners

This is the year to expand your knowledge. What better way than learning a new language! We are offering a complete German beginner's course, 10 lessons in 11 sessions of two hours each. This class will concentrate on dialogues, colloquial language, everyday-situations. The course material is all internet based; 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/guardian is also registered in the same class.

Tuesdays 9/24 - 12/3

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

HS-111

\$43 per person

How to Achieve Your Goal

An enriching evening awaits in this workshop designed for women to overcome their doubts and achieve a deeply desired goal. We will identify limiting thought patterns and learn how to navigate through them to achieve your desired reality. In addition, by taking this class, you will also learn where fear has resonated in your mind, body and spirit and how to release. There will be discussion on how to step into the version of you that is clear, peaceful and excited to go after what you want. Attendees will walk away with worksheets, tools and resources to support them and their journey to success.

Thursday 11/7

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

HS-108

Free - Registration is required

Learning and Leisure

Fundamentals of Digital Photography

These courses will teach you how to get the most from your digital camera by understanding the basics of photography. The mission of these courses is not only for you to learn theory, but to put that theory into practice, to be more in control of your camera and get the results you want. All courses will require some type of digital camera, preferably a digital SLR camera.

Digital Cameras for Beginners

This class will focus on understanding all the basic functions of your digital camera and how to use them. We will cover topics like ISO, aperture, shutter speed, light exposure, manual mode, etc. This will help you be more creative with your camera and give you the ability to get the photos you want. No previous experience is required. This course will not demand that you own a digital camera as the course material will provide useful information for any future photographer. Using a camera is strongly recommended however, to fully benefit from this course. Most any digital camera will work with this course. Bringing a manual for your camera will be a great tool.

Students aged 14 years and up can register in this class if a parent/guardian is registered and attends the same class.

Please bring your camera and memory card to class

Thursday 10/10

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

MS-711

\$31 per person

Digital SLR Camera Lenses

This class will focus on the basic understanding of different types of lenses including wide-angle, telephoto, and prime lenses. We will cover what the symbols and markings stand for on the lenses and how they function. Gain knowledge on how to choose the correct lens to use for a particular application.

Students aged 14 years and up can register in this class if a parent/guardian is registered and attends the same class.

Please bring your camera and memory card to class.

Thursday 10/17

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

MS-711

\$31 per person

Photography Lighting

This class will focus on the basic understanding of different lighting sources and techniques on how to use them. We will cover artificial lighting, natural lighting and how to use the white balance settings on your camera. The use of popup flash on your camera, off camera flash (speed flash) and available light.

Students aged 14 years and up can register in this class if a parent/guardian is registered and attends the same class.

Please bring your camera and memory card to class.

Thursday 10/24

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

MS-711

\$31 per person

Action Photography

In this class you will learn the basics on how to photograph sporting events and other action filled events. We will cover what lenses to use, camera settings like (apertures, shutter speeds, ISO settings) and how to compose for the photo you want to capture.

Students aged 14 years and up can register in this class if a parent/guardian is registered and attends the same class.

Please bring your camera and memory card to class.

Thursday 11/7

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

MS-711

\$31 per person

Wildlife Photography

Learn basics on how to photograph wildlife in their environment with the equipment you have. This course will include what type of cameras are best for this type of photography. Also type of lenses to use in certain situations, tripods, and accessories. And useful basic tips that every photographer can use.

Students aged 14 years and up can register in this class if a parent/guardian is registered and attends the same class.

Please bring your camera and memory card to class.

Thursday 11/14

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

MS-711

\$31 per person

Wedding and Event Photography

Learn the techniques on how to compose a shot to capture that special moment and what basic shots you should cover at weddings. This class will cover the equipment you will need such as the type of camera, flash, lenses, etc.

Students aged 14 years and up can register in this class if a parent/guardian is registered and attends the same class.

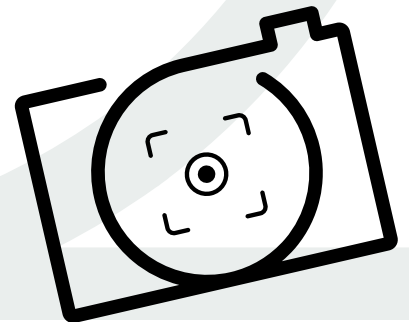
Please bring your camera and memory card to class.

Thursday 11/21

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

MS-711

\$31 per person



Introduction to Fly Fishing

Join us for an introduction to fly fishing! Topics include equipment, fly rod selection, stream tactics, safety, basic entomology (bugs), knots, target species information, destination 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 is a lifelong outdoorsman, a former Orvis fly fishing instructor and has been fly fishing for over 20 years. The course is four hours total - 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/guardian is also registered and attends the same class.

Tuesdays 10/8 and 10/15 or Tuesdays 10/29 and 11/5

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

MS CAFETERIA

\$35 per person (As an added bonus, each student will receive a \$10 Orvis gift card from the instructor.)

Intermediate Fly Fishing Tactics

Are you a beginner fly fisherman or woman with some time on the water looking to take your fishing to the next 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/guardian is also registered and attends the same class.

Thursday 11/14
6:00 p.m. - 8:00 p.m.

MS CAFETERIA

\$22 per person



Learn How to Work With Your Angels, Archangels, and More

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/guardian is also registered in attends the same class.

Tuesday 10/15

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

MS-703

\$27 per person



Meet Your Spirit Guides

Our spirit guides play an important role in our life. Their guidance is essential to the success of our soul's journey. They help us every day in many ways; a sign, a symbol, maybe a little voice in your head and your intuition! In this workshop we will learn how to identify and connect with our spirit guides. Most importantly, we will learn how to develop a personal relationship with each one of them. Having an open line of communication with your guides will allow you to make better decisions, receive direction, find clarity from within, etc. This class will be a combination of instruction, group discussion and guided meditation. Please dress comfortably and bring a notebook and pen to class. Pillows and blankets to sit on are optional.

Tuesday 9/24

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

MS LIBRARY

\$16 per person

Numerology 101

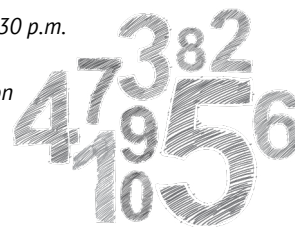
What is your purpose in life? Learn the answer to that question we all ask. Within each of us is our true light waiting to emerge, our higher self, our individuality, our essence. Understand who you are, your strengths, your true path by analyzing your very personal and individual numbers. Numerology is the belief in the divine and mystical relationship between a number and one or more coinciding events. The science of numbers, as originally taught by Pythagoras, can help you understand yourself and reach your highest potential.

Monday 9/30

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

HS-106

\$22 per person



The Paranormal - Investigating Local Experiences

Ever wonder what goes bump in the night? You'll love this exclusive one night lecture on local paranormal activity from Niagara Falls Paranormal! This group of local ghost hunters will have you at the edge of your seat when you see and hear about previous cases and see evidence they have collected in our area. Hear about local legends and learn about different types of hauntings. This will surely be a spooky and fascinating evening to remember!

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

Wednesday 10/16

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

HS-113

\$16 per person



More Learning & Leisure 

Learning and Leisure

Music

The Strength in Your Stars: A Journey to Self-Discovery

In this fun family interactive workshop, you will take and unpack the powerful Polaris Assessment. This assessment will highlight your behaviors and motivators. Exploring the sciences will explain why you are energized by some skills and tasks, while others drain you. Gaining this in-depth self-awareness will improve your relationships, build your self-esteem, decrease stress, and even help you to plan your career pathway goals. As part of your workshop, you will take the online Polaris Assessment that will be administered in the district computer lab.

A \$50 test/assessment fee is due and payable to the instructor the first night of class

Students 14-18 years old may attend the class for free when a parent/guardian is also registered and attends the same class. The \$50 test/assessment fee will not be waived.

Wednesdays 10/2 - 10/16
6:30 p.m. - 8:00 p.m.
HS-108
\$81 per person

UFOs Over New York 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 State 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/guardian is also registered and attends the same class.

Thursday 10/24
7:00 p.m. - 9:00 p.m.
HS-106
\$6 per person



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 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/guardian is also registered and attends the same class.

Thursday 10/10
7:00 p.m. - 8:30 p.m.
HS-106
\$22 per person

Winter Sowing of Seeds

Learn how to simplify growing, supposedly hard to germinate seeds, like those of cold hardy perennials. Learn how to germinate with the technique called winter sowing. You will discover, your garden overflowing with plants is closer than you think! The instructor is well-versed in "what works" in our area of Western New York. Everyone who takes this class will go home with a container they put together with seeds of their choice. This will get you started on a fun way to extend the gardening season.

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

Thursday 12/12
6:30 p.m. - 8:30 p.m.
MS-502
\$16 per person

Community Chorus: How to Sing!

Do-Re-Mi ... We're starting a Community Chorus! 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/guardian is also registered and attends the same class.

Thursdays 10/3 - 11/21
7:30 p.m. - 8:30 p.m.
MS-412
\$38 per person

Guitar - Beginner Level 1 for Kids

Carlos Santana had to start somewhere! Don't miss this is a great opportunity for your child to learn basic songs, learn how to read music and play chords. This class is geared for the beginner, so all are encouraged to attend. A comprehensive, fun 12-week class will have your child playing in no time! 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 your child 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 9/24 - 12/10
5:15 p.m. - 6:00 p.m.
MS-412
\$203 per person

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. You 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 9/24 - 12/10

6:00 p.m. - 6:45 p.m.

MS-412

\$203 per person

Guitar- Advanced

Blues and jazz cords will fill the air in this advanced 12-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, Carlos Santana and Stevie Ray Vaughan. 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 9/24 - 12/10

8:15 p.m. - 9:00 p.m.

MS-412

\$203 per person



Ukulele Beginners Jam

Do you know how to play a ukulele and have interest in jamming with others? Have you ever wanted to play a Ukulele? Do you have one sitting in your closet, waiting for you to start? Here is your chance! Come learn, play along and sing along! The first 15 minutes of each class will be dedicated to "the lesson", learning about the ukulele, tuning your ukulele, and learning/reviewing the chords that we will be using. We will spend the rest of the session playing song(s) using those chords. Once you start playing, you might not want to stop! There will be chord "cheat sheets" and other printable materials provided. Nothing complicated, just fun beginner level chords and songs. There are many benefits to learning an instrument including reducing stress, and improving cognitive skills like math and reading. And ukuleles can make you smile. Our last class on 10/21 will have no new lesson, just a total jam session of what we went over in the previous weeks. This class will also include time for you to show us all any other songs you may have been working on, if you so desire. Please note the time change for this one class.

PLEASE LET US KNOW WHEN YOU REGISTER IF YOU DO NOT YET OWN A UKULELE. If you do not own a ukulele, there will be a few to share during the session. If you have an extra one, that you are willing to share, please bring it along. A beginner ukulele can be an inexpensive investment and are available at many local music, and department stores, as well as online/Amazon (starting around \$30). We will discuss this topic on the first day for those looking for information prior to purchasing one. You may also contact the instructor, in advance, with any questions.

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

*Mondays 9/23 - 10/21. *No class on 10/14.*

7:00 p.m. - 8:10 p.m.

8:00 p.m. - 8:45 p.m. on 10/21 only

MS-412

\$27 per person

Music

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 9/24 - 12/10

7:15 p.m. - 8:00 p.m.

MS-412

\$203 per person

Technology

Everything you Never Knew About Your Email Account

We all have an email account. We all know how to check our email and send an email. We may even know how to attach things to our emails. But what don't you know? How are you at editing or enhancing your email messages? Are your emails organized? Do you use your address book? What about the calendar? The To-Do List? Do you have a cloud in your email account? What other features does your account come with? What can you change about your account to make it easier for you to use? Join us in this engaging class to learn so much more! Our email accounts are our personal assistants, tracking our business, personal or otherwise, reminding us of birthdays and appointments, helping us keep up with our busy lives. This class will be worth your while in order to use it for a computer, tablet or smart phone.

You will need to know your email address and password for class.

Wednesday 10/9

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

HS-103

\$19 per person

More Technology 

Technology

Fantastic Flyers

Creating flyers to hang around the community is a big part of sports, fundraising and event planning. Learn how to use Microsoft Word to design creative and eye-catching advertising to promote your events. You will learn how to place images and text, to use color, how to use special design features, layering, how to make documents printer ready, and more!

Basic computer knowledge is required. Knowledge of Microsoft Word is helpful.

Thursday 10/3
6:00 p.m. - 9:00 p.m.
HS-102
\$27 per person

Google It!

Anything you want to know? Nowadays, they say, "Google it!" But how does that work? What am I looking at when I "Google" something? In this class, we'll talk about browsers, search engines and the results list. What's the difference between a web address, a website and a web page? What if the words are too small for your eyes to see? Upload? Download? We'll look at videos online, images, shopping, filling out forms and maps.

This class is for computer, tablet and smartphone users.

Monday 10/7 or Wednesday 12/4
6:00 p.m. - 8:00 p.m.
HS-103
\$18 per person

Google Maps

Let your maps tell you how to get to a specific place or how to find the nearest gas station. Tell your phone to, "take me home", and get home from anywhere! We will look at many features of Google Maps including the ability to look at different routes, avoid tolls or highways, adding more stops, save your parking location and how to easily meet up with others and share your current location.

Wednesday 10/2 or Monday 12/9
6:00 p.m. - 8:00 p.m.
HS-103
\$22 per person

Microsoft Word - Newsletter Lesson

Do you belong to a group, club or organization that puts out a newsletter? We will explore great features for newsletters using Microsoft Word and its many drawing and picture tools! By taking this two-day class, you will learn how to select and edit text, center and position text, space and design pages, use text boxes and text wrapping, become proficient at headers and footers, page numbering, adding graphics and much more! Consider making your next newsletter electronic, email it to your members with animation to make your newsletter pop!

Suggested prerequisite: *Tips for Microsoft Office Users*

Monday 10/28 and Monday 11/4
6:00 p.m. - 8:00 p.m.
HS-103
\$61 per person

There's an App for That - There's a What for What !?!

You've likely heard the phrase, "There's an app for that!" But what is an app? And why do you need one? There are many useful apps to help us with our daily lives. Join us as we look at a few examples of apps and how to use them. Clock, calculator, calendar, phone, and the App Store are just a few we will be looking at. In addition, you will learn more about settings in this information-packed class. Most apps can be personalized to make them more useful to you by changing the settings. Join us as we learn all the ins and outs!

Suggested prerequisite: *Understanding Your Smart Device*

Wednesday 9/25 or Monday 11/25
6:00 p.m. - 8:00 p.m.
HS-103
\$22 per person



Tips for Microsoft Office Users

If you use Microsoft Office at work, school or home, you will benefit from taking this two-day class. We will use Word to design a letter with an attached envelope, create an address book using Excel, then use the two files to create a mail merge letter sending it to different recipients. By taking this class you will learn to use many of the common handy tools included in Microsoft Office.

Monday and Wednesday 10/21 and 10/23
6:00 p.m. - 8:00 p.m.
HS-103
\$61 per person

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 9/23 or Monday 11/18
6:00 p.m. - 8:00 p.m.
HS-103
\$18 per person



Smartphones- Texting and Contacts

It's time to get smart with smart phones! In this class we will send and receive texts with pictures attached, 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.

Monday 9/30 or Monday 12/2
6:00 p.m. - 8:00 p.m.
HS-103

THE LEW-PORT COMMUNITY EDUCATION DEPARTMENT HAS TEAMED UP WITH KNOW HOW TOURS TO OFFER YOU SEVERAL WAYS TO “HIT THE ROAD” IN 2019.

Trips

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

Amish Harvest

Thursday, September 26, 2019
\$119 per person

We're heading to Middlefield, Ohio for an Amish Harvest tour! We will make a coffee/rest stop en route. Our tour begins with learning about how an Amish family preserves food for the family. Visit Mrs. Miller's Bakery and Gift Shop and see her secret stash of beautiful homemade quilts, weaved rugs, wall hangers and other homemade items. Next, visit D&S Amish Farm Market – The Premier Amish Farm in Middlefield. Then we're off to Middlefield Swiss Cheese House to taste some samples and visit the museum to see how the cheese industry has changed over the years. Each person receives a treat to bring home. We will enjoy a backroads tour of the Amish Country, before enjoying a delicious home cooked meatloaf lunch served with real mashed potatoes, a seasonal vegetable, seven-layer salad, and of course, Amish pies at Rachael's or Ruth's home. In the afternoon, we will visit the Ridgeview Farm & Country Market. Relax as you enjoy a hayride through the fields that look over the valley of gorgeous fall colors. Learn about the daily operation of a real working farm. A farm grown treat is included at this stop. End your tour with a visit to the "End of The Commons" and return back in time visiting the oldest operating general store in Ohio. A fast food stop (on your own) will be made on the way home.

Local Haunts of the Finger Lakes

Tuesday, October 29, 2019
\$99 per person

Join us as we explore "Local Haunts of The Finger Lakes!" Start the day with a tour at the Seneca Falls Historical Society, where Historical Society staff and psychic mediums believe the souls of three people, tied to the property, are still there haunting the house and grounds. After, enjoy a buffet lunch at Belhurst Castle, voted one of the most romantic places in New York State. There will be free time included to explore the property, maybe even find the ghost of Isabella, who mourns her lost lover along the shores of Seneca Lake. Next, we will stop at the Fox Sisters property, where the three Fox Sisters, Leah, Kate and Maggie, communicated with the spirits in their house. The day concludes with a visit to the Historic Palmyra Phelps General Store and Historic Museum, dubbed "the Most Haunted Place in the Finger Lakes."

Corning Museum of Glass

Sunday, November 17, 2019
\$129 per person

Our day of travel will begin on the scenic route to Corning, NY. We will be greeted upon arrival at the Corning Museum of Glass and separated into two groups to participate in a hands-on workshop. You will learn the techniques in making a personalized holiday ornament. Next enjoy a sit-down lunch at the Corning Museum of Glass Auditorium. A docent-led tour of the museum is included. You will continue to explore the museum on your own—make sure to see the Hot Glass Show and other scheduled demonstrations. A rest stop will be made on the way down and quick rest/ food stop on the way home. **CHOOSE ONE ENTRÉE WHEN MAKING YOUR TOUR RESERVATION:** Pan Seared Chicken Breast with lemon sauce, Jasmine rice and Fresh Vegetables, Beef Medallions with Mushroom Wine Sauce, Jasmine Rice and fresh vegetables or Vegetable Lasagna with Béchamel Sauce.

CLEVELAND - Christmas Connection Craft Show

Saturday, November 23, 2019
\$79 per person

The Christmas shopping season starts here with over 650 booths, including 140 new vendors, offering something for everyone on your shopping list, naughty or nice! Holiday music throughout the weekend will get everyone into the holiday mood! Local choirs and gospel groups, Irish dance and music bands will be playing and performing all of the seasonal favorites. Handmade soaps, pottery, gourmet dips, woven garments, flavored coffees, jewelry, furniture and much more will fill the aisles with Christmas spirit. This Cleveland show hosts vendors from Ohio and points south, which brings more holiday cheer. A broad array of new and upcoming crafts for you to purchase and learn more about will be on display! Enjoy juice and a muffin en route to Cleveland, in addition, we will also make a rest stop on the way to our destination. Lunch at your leisure, at the IX Center, at your own expense.

NEW YORK CITY- 12 Hours in the City

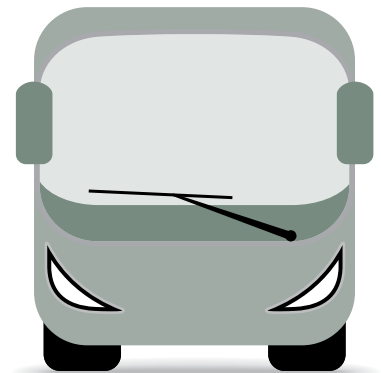
December 6, 2019 or December 13, 2019- \$99 per person
Depart Friday Night • Spend 12 Hours Saturday • Return Early Sunday

Travel to the Big Apple! Arrive at Midtown Manhattan's Rockefeller Center at 8:00 a.m. Saturday and have free time until 8:00 p.m. To make the best of your time in the 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.

Northtown pickup will be at the Eastern Hills Mall. Behind mall, by food court entrance, next to 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.**

**PAYMENT MUST BE
MAILED-IN.
NO ONLINE
REGISTRATION
AVAILABLE FOR
BOOKING TRIPS.**



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.coursetorm.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 and are excluded.

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
FALL 2019 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	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 _____

FOR OFFICE USE ONLY:
 Bank: _____ Check #: _____
 Name: _____ Date: _____





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

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Sarah Roat Waechter

ECRWSS
Resident

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

The Lewiston-Porter Community Education Department is currently recruiting instructors for our 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 286-7299 for more information!

