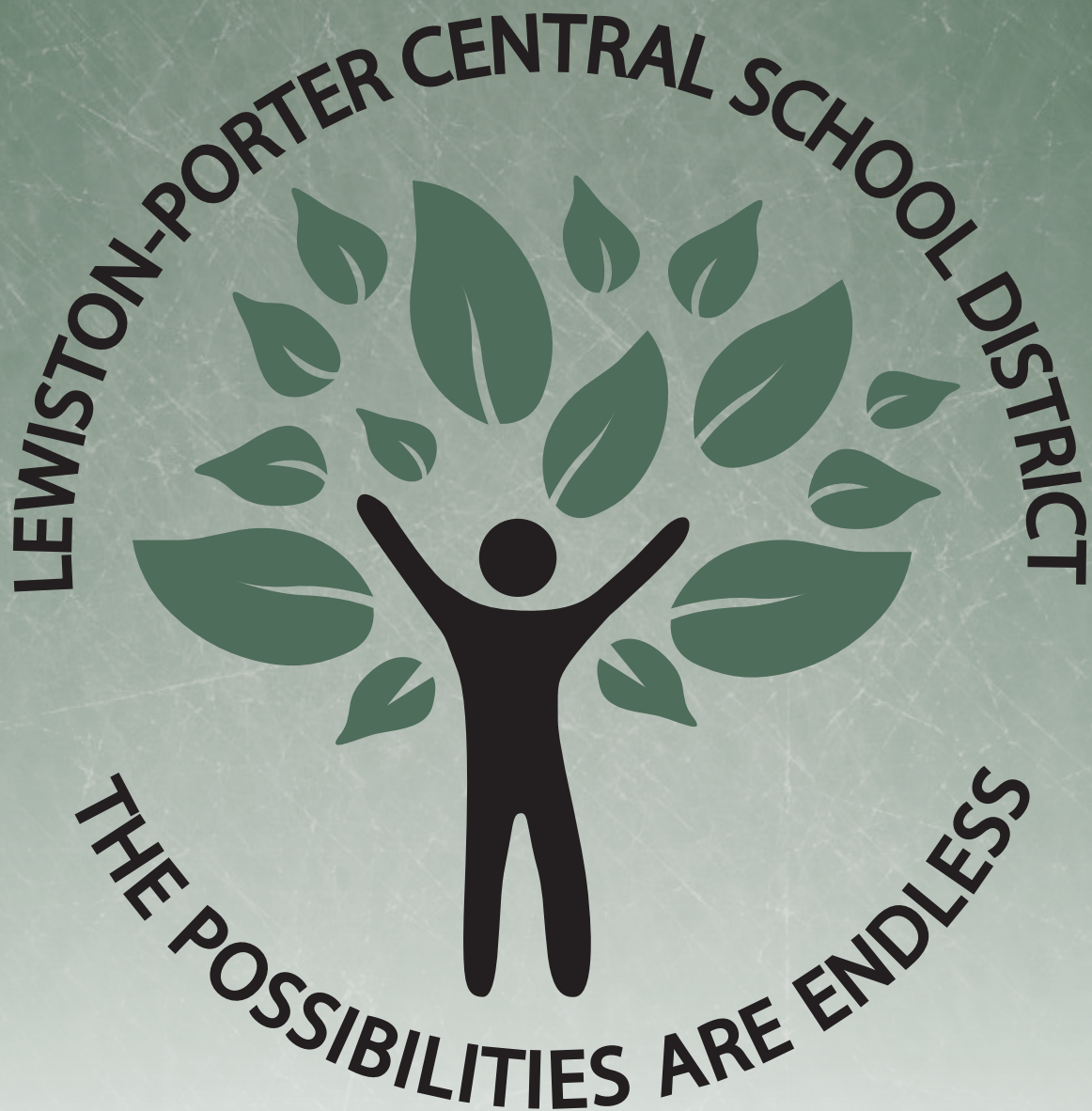


COMMUNITY EDUCATION

FALL 2023



Welcoming ALL Communities.



Aiming Higher



A MESSAGE FROM THE SUPERINTENDENT

Dear Friends and Community Members,

Welcome to the Fall 2023 edition of the Lewiston-Porter Community Education Program. We are proudly rolling out this program with even more new class topics to choose from, along with your highly attended favorites.

The Lewiston-Porter community has built our program into one, if not the largest, in Niagara County. Your continued support allows us to offer classes that will help you on your journey to be a lifelong learner. We couldn't have done it without you!

We are confident that you and your family will enjoy the chance to engage in the many varied topics we will be offering this fall. Please take the time to make your learning experience a memory, shared with others this season.

I look forward to welcoming you back on campus this fall!

Sincerely,

Paul J. Casseri

Superintendent of Lewiston-Porter
Central School District

Welcome

BOARD OF EDUCATION

The Lewiston-Porter Board of Education is pleased to introduce our Fall 2023 Community Education program. We are very proud to continue our tradition of providing life-long learning opportunities for the community.

We strongly believe that continued learning enriches our lives. Our Community Education program provides a broad range of learning opportunities that reflect the needs and interests of our community members. This fall there will be over 125 class sessions, including over 40 new class offerings that represent a wide range of interests. We encourage you to explore all there is to offer, and welcome you to our campus!

With gratitude,

The Lewiston-Porter Board of Education

2023-2024 LEWISTON-PORTER BOARD OF EDUCATION

Danielle M. Mullen - President

Julie Donnelley - Vice President

Chuck Barber

Jennifer A. Klemick

Joseph J. Palermo

April E. Saks

Jack G. Waugaman III

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

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

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

Early Bird **CLASSES**

Beginning Yoga

Experience all the benefits of yoga including improved range of motion, balance, body awareness and relaxation. All the while, developing and understanding 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.

Tuesdays 10/17 - 11/21
10:30 a.m. - 11:30 a.m.
\$65 per person
CRC – Multipurpose Room

Defensive Driving Course

Save money on your auto insurance and remove points from your driving record! This point and insurance reduction program reviews safe driving and accident-avoidance techniques. Upon completion of the class drivers are eligible for a 10% reduction in their auto insurance and/or up to 4 points removed from their DMV driving record. Drivers may take the course every 3 years for insurance reduction and every 18 months for point reduction. All drivers listed on a policy are eligible to complete the course.

Tuesday/Thursday 10/10 & 10/12
9:00 a.m. - 11:45 p.m.
\$50 per person
CRC – Alumni Room

Dreamweaver: Wire Wrapped Bling Spider web with Dangling Broomsticks

Come learn how to wire wrap an extraordinary piece of outdoor or indoor Halloween art, perfect for Friday the 13th! In this class, you will use wire and pre-drilled sparkling beads to create a beautiful spider web sun-catcher with dangling broomsticks for a fun spooky project. Once you have learned this technique you can use this design to create several other jewelry and décor items. Tools will be provided for use in class.

A supply fee of \$20 per person is due and payable to the instructor the day of class.

Friday 10/13
10 a.m. - noon
\$20 per person
CRC – Alumni Room

Pilates for Beginners

What Is Pilates? Core strength is the foundation of how Pilates works. Strengthening the core develops stability throughout the entire torso. This is one of the ways Pilates helps many people alleviate back pain and improve stability. This mat based class will focus on the core principles of Pilates in a gentle and effective format. This class is appropriate for all fitness levels, but you must be able to get up and down from the floor. Please bring a mat to class.

Wednesdays 9/20- 10/25
10:00 a.m. - 11:00 a.m.
\$55 per person
CRC – Multipurpose Room

Rare Fossil Palm Root Pendant

In this class, you will learn how to wrap a cabochon into a beautifully finished statement pendant. Fossilized palm root is an incredibly rare and unique stone, having come from the ancient mystical Indonesian palm trees millions of years ago, eventually evolving into this beautiful stone with swirls and colors reminiscent of warm vibrant flames. Tools required for the project will be provided for use in class. You will leave with a beautifully finished palm root pendant on a cord.

A Supply fee of \$25 per person is due and payable to the instructor the day of class.

Friday 10/20
10:00 a.m. - noon
\$22 per person
CRC – Alumni Room

Stability, Mobility, and Strength Training for Adults

This class will focus on your foundation with stability work and balance training, your freedom of movement with mobility work, and functional strength for life. The goal of this program is to improve your overall functional ability for pain free movement and improved range of motion. This class is appropriate for all fitness levels, but you must be able to get up and down from the floor. Please bring a mat to class.

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

Thursdays 9/21 - 10/26 or 11/2 - 12/14, no class 11/23
10:00 a.m. - 11:00 a.m.
\$55 per person
CRC – Multipurpose Room

Smartphones for Seniors

Whether you use a smartphone already or are just venturing out, this is the place to begin. This class will help you understand electronic devices we are almost forced to use (Androids, tablets, iPhones, iPads). Imagine someone giving you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential Smartphone skills from us!

Wednesdays 11/29 - 12/6
10:00 a.m. - noon
\$50 per person
CRC – Staff Development Room

Wire Wrapping Tree of Life Pendant/ Keychain

Throughout history the Tree of Life symbol has been a widespread archetype common to many religions, mythologies, and folktales. The Tree of Life is a common idea in cultures throughout the world representing the source of life, a force that connects all lives, or the cycle of life and death itself. Trees of Life Jewelry and décor are said to be a symbol of connection to one another and a greater life force, it is said to represent a link between heaven and earth that connects all forms of creation, positive earth energy, inspiration, hope and harmony embodied in Mother Nature.

In this class you will learn how to create a Tree of Life with wires to create a beautiful piece of jewelry that can be worn as a pendant or attached to a key ring. Once you have learned this technique you can use this design to create several other items like wall hangings, sun catchers, desktop décor and more. Tools will be provided for use in class. You will leave with an elegantly finished Tree of Life (Yggdrasil) attached to a keychain or worn on a cord.

A supply fee of \$20 per person is due and payable to the instructor the day of class.

Tuesday 9/19
10:00 a.m. - noon
\$20 per person
CRC – Alumni Room



Arts & Crafts

Acrylic Buffalo Bills Sign

WNY is BILLS country and we all love our Buffalo Bills!! Grab a friend and come and make this really awesome wooden plaque featuring the Bills logo and name. The plaque is 8 inches tall and 20 inches wide with a white background and black frame. There will be templates for tracing the logo and name along with acrylic paint and paint pens for the small details. Also provided are cute wooden footballs and some bling if you want to get a little more creative. Show your Buffalo love by making this unique, one-of-a-kind sign that you can keep or give it to your favorite Bills Mafia member.



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

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

Saturday 9/23
9:00 a.m. - noon
\$24 per person
HS 414

Basic Woodcarving

This class will give you the skills needed to begin in the wonderful hobby of woodcarving. No experience necessary!!! This class really is for beginners! You will learn about knives, wood, and the basic cuts needed to get a solid start in woodcarving. Think- Christmas gifts made by hand. If you've ever wanted to start woodcarving and just don't have a clue where or how to start, THIS IS YOUR OPPORTUNITY to learn the basics.

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

A supply fee of \$40 per person is due and payable to the instructor the day of class. Students will receive a set of carving knives and wood.

Wednesday 10/18
6:00 p.m. - 9:00 p.m.
\$17 per person
MS 411

Build Your Own Fall Bouquet- Beginner Floral Arranging

Do you love flowers? Bring that passion and interest to our bouquet building workshop! We will be learning about the elements of a traditional arrangement. What exactly makes it stand out and look professional? We will talk about complimentary color combinations and tips for long lasting flowers, so that you can make your own floral arrangements at home that much better! In class you will be creating your own ten stem fresh floral masterpieces in a vase, from a mobile bouquet bar on site, to take home with you.

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

A supply fee of \$35 per person is due and payable to the instructor the day of class. Fee covers cost of flowers and vase.

Monday 9/18
7:00 p.m. - 8:15 p.m.
\$17 per person
MS 411

Basket Making

Halloween "Boo" Basket

Don't let this basket scare you! This easy to make little basket is the perfect accent to your Halloween collection. Approximately 7" long by 4" wide. This basket has a wooden oval base prepared with black reed up-spokes. It's the perfect size to hold candy or decorate your desk or counter. You select your own spooky colors and festive tie-on to make your basket a one-of-a-kind creepy creation! No prior weaving experience is needed; you will learn the traditional basket weaving skills needed to create this custom work of art. Class starts promptly at 6:00 p.m. Please be on time to ensure you complete your basket in the time allotted.

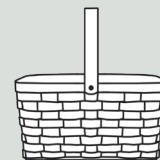
Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

A supply fee of \$30 per person, is due and payable to the instructor the night of class.

Monday 9/25
6:00 p.m. - 9:00 p.m.
\$17 per person
MS 411

Medium Bread Basket

Your friends and family won't believe you made this impressive table basket! Nice enough for special occasions like Thanksgiving or other holiday gatherings, yet casual enough for everyday use. Perfect for serving bread, rolls, muffins, biscuits, and more. Or, fill it with a candle and holiday decor for a stunning centerpiece. Approximately 12" long by 5" high, this basket comes with a wooden oval base prepared with up-spokes. No prior weaving experience is needed; you will learn the traditional basket weaving skills needed to create this custom work of art. Class starts promptly at 6:00 p.m., please be on time to ensure you complete your basket in the time allotted.



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

A supply fee of \$45 per person, is due and payable to the instructor the night of class.

Thursday 10/19
6:00 p.m. - 9:00 p.m.
\$17 per person
MS 411

Basket Making continued >>

We warmly welcome residents of other school districts to attend our classes.

Come see what Lew-Port has to offer!

Basket Making

Holiday Wall Basket

Get into the holiday spirit with this beautiful holiday wall basket! Everyone needs to have a basket like this. It's versatile enough to be used on any door or room in your home, yet perfect for filling with seasonal or holiday accents. This basket is approximately 15" tall by 5" wide and includes a leather handle that you will attach to the rim. A wooden base with up-spokes will be prepared for you in advance. You will select your choice of basket colors, handle, holiday florals and bow and leave class with a stunning and fully decorated holiday showcase to be proud of! No prior weaving experience is needed; you will learn the traditional basket weaving skills needed to create this custom work of art. Class starts promptly at 9:00 a.m. Please be on time to ensure you complete your basket in the time allotted.

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

A supply fee of \$60 per person, is due and payable to the instructor the day of class.

Saturday 12/2
9:00 a.m. - noon
\$17 per person
MS 411

Calligraphy

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

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 9/21 - 10/12
6:00 p.m. - 7:15 p.m.
\$32 per person
HS 414

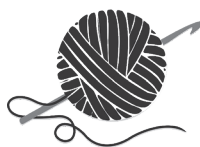
Calligraphy

Crochet - Beginner

Crochet in French means "to hook" and there's no doubt you will be hooked on this relaxing art. In this class, designed for the beginner through intermediate student, you will learn how to hold your hook properly, learn and practice stitches, why gauge is so important, how to read a pattern, the beauty of yarn and techniques to make your crocheted pieces beautiful. Each student will start their instruction with a beginner project. Please bring a "K" hook, and a 4 ply skein of yarn to class. Students will complete a project together.

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

Tuesdays 9/19 - 10/17,
no class 10/10
6:00 p.m. - 8:00 p.m.
\$33 per person
HS Library



Crochet- Intermediate

Let's get ready to take it up a notch! Now that you have learned the basics, it's time for a short review before you learn to read patterns, gauge, and discover more techniques for starting and finishing projects. You will also learn the basics for making clothing like sweaters.

Wednesdays 9/20 - 10/11
6:00 p.m. - 8:00 p.m.
\$33 per person
HS Library

Decorative Stenciled Tea Towel

Are you a fan of those primitive decorative tea towels with various sayings on them that are normally found in home decor stores? If you are, then come and learn how to make your own in this fun Saturday morning class! By using stencils and fabric paint, you will learn how to make your own unique design. After this class, you will be adding decorative tea towels to your home as well as giving them as treasured gifts.

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

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

Saturday 11/18
9:00 a.m. - 11:00 a.m.
\$22 per person
MS 411

Arts & Crafts

DIY Round Welcome Sign

It's time to give your home entry a personalized "welcome" touch with this DIY round wooden door sign. In this class you will learn all the steps on how to make this distinctive door sign. You and your friends will be using stencils and paint on a thick wood base. Embellishments such as a rope hanger and bow will be provided.

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

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

Saturday 12/2
9:00 a.m. - 11 a.m.
\$22 per person
HS 415

Gelli Arts Printed Florals

Ready to try something new? Join us for a one-day printmaking lesson where we will paint florals using acrylic paint, and then make many prints from it! All materials will be provided, along with floral inspiration. If you have something specific in mind, please bring it along!

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

Saturday 9/16
9:00 a.m. - noon
\$27 per person
MS 411

Gelli Arts Fall Prints

Let's celebrate fall together! In this unique class we will learn how to create fall or Halloween themed prints using gel printing plates. A great Saturday morning class to share together with a few friends or family! All materials and supplies will be provided.

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

Saturday 10/14
9:00 a.m.-noon
\$27 per person
MS 411



More Arts & Crafts

Arts & Crafts

Gelli Arts Holiday Prints

It's the most wonderful time of the year! Come and join us for Gelli art printing lessons with the winter and holiday theme! You will learn how to make origami snowflakes, and then print using gel printmaking plates. We will also explore other prints and styles to make holiday cards! All supplies are included.

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

Saturday 11/11
9:00 a.m. - noon
\$27 per person
MS 411

Holiday Wine Glass Painting

Come and join us for a fun-filled evening of painting wine glasses. You will be able to enjoy your new artistic creations this upcoming holiday season. This class is designed for those that don't have much painting experience, to an advanced painter. The process is simple and you will love your finished product!

A supply fee of \$8 per person is due and payable to the instructor the day of class. Please bring a small box or container to bring your glasses home in.

Thursday 12/7
6:00 p.m. - 8:00 p.m.
\$24 per person
HS 414

Kids Paint Party

Calling all artists! Join us for a fun evening of painting on canvas. You will be guided through instruction and leave with an awesome masterpiece! All supplies included. Please bring a smock or wear old clothes, and get ready for a fun night out!

Students aged 6-12 years are welcome to register.

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

Thursday 11/16
6:00 p.m. - 8:00 p.m.
\$24 per person
HS 414

Macramé Ornaments

Let's get festive! Join this macramé artist and plant enthusiast for a beginner level macramé class. Learn three basic knots and leave with two unique, boho ornaments, and the knowledge to recreate them at home. These make a great gift! Materials included are pre-cut cotton cord, wooden rings, and instruction sheet. Please be aware: macramé requires repetitive and tedious hand and arm movements.

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

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

Saturday 11/11
10:00 a.m. - 11:30 a.m.
\$22 per person
HS 415

Macramé Plant Hangers

Join this macramé artist and plant enthusiast for a beginner level macramé class. Learn three basic knots, how to measure your cord, count knots, attach beads, construct your hanger, and leave with a finished piece! You will also have the knowledge to create more unique pieces at home. If you already have a plant/pot in mind you want to hang, please bring it with you so we can fit it into your new hanger. Your pot should ideally be between 4" and 8". You'll be provided precut cotton macramé cord, metal ring, choice of beads and instruction sheet. Please be aware that macramé requires repetitive and tedious hand and arm movements.

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

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

Saturday 9/23
10:00 a.m. - noon
\$22 per person
HS 415



Macramé Wall Hanging

Learn to make a simple, but elegant boho macramé wall hanging. Learn three basic knots, how to measure your cord, construct your hanger, and leave with the finished piece. You'll be provided pre-cut cotton cord and a wooden dowel. Please be aware that macramé requires repetitive and tedious hand and arm movements.

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

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

Saturday 10/14
10:00 a.m. - noon
\$22 per person
HS 415

No Sew Christmas Door Wreath

This one-of-a-kind Christmas themed wreath is created by using a no sew fabric folding technique, similar to a "quilter's star". You will use three different colored light weight fabric squares that are arranged around an 11 inch Styrofoam ring. All you do is place-push-pin! In the second class, if needed, we will finish up placing fabric on wreath, add hanger, bow and flowers completing this unique wreath. This class is an advanced level and it is helpful to have taken the ornament or snowman class prior, but not mandated. Please bring small scissors to class.

A supply fee of \$25 per person is due and payable to the instructor the day of class.

Wednesday & Thursday 11/1 & 11/2
6:00 p.m. - 9:00 p.m.
\$21 per person
MS 411

No Sew Quilted Ornament

This stunning no sew star ornament comes together quickly and is a craft everyone can do. The star design, similar to a "quilter's star", is easy to do using a round Styrofoam ball, light weight fabric, ribbons and adornments. All you do is fold-pin-push! These ornaments can be made for anytime of the year, but for this class we are going to use festive holiday materials and charms. The finished ornament will look elegant on a tree, nested in a bowl surrounded by glittery paper, hanging from a hook or a lovely keepsake gift. Please bring small scissors to class.

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

Saturday 9/23
9:00 a.m. - noon
\$19 per person
MS 411

Arts & Crafts

No Sew Quilted Snowman Centerpiece

This friendly snowman, a no-sew fabric ornament, is sure to be a part of your holiday decorations for years to come! In this class, you will make the snowman's body by using an egg shaped piece of Styrofoam and covered in white folded sparkly fabric, similar to a "quilter's star". All you do is fold-pin-push! In the second class, you finish up the body and head, add the branch arms and create a base. Then using holiday greens, you arrange a mini lighted center piece for your snowman display! Please bring small scissors to class.

A supply fee of \$20 per person is due and payable to the instructor the day of class.

Wednesday & Thursday 10/11 & 10/12
6:00 p.m. - 9 p.m.
\$21 per person
MS 411

Santa's Secret Spa Shop

Here's your chance to make homemade spa products for your family and friends, just in time for the holidays! Come and join this aroma filled class dedicated to making a variety of spa products such as candy cane bath salts, warm vanilla body scrub and peppermint foot soak. You will add special holiday touches to make them perfect for holiday gift giving. A great activity for parent and child to experience together!

Students aged 8 -12 years are welcome to register when a parent or guardian is also registered and attends the same class.

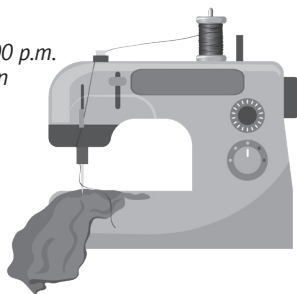
A supply fee of \$10 per person is due and payable to the instructor the day of class.

Saturday 12/9
9:00 a.m. - 11:00 a.m.
\$24 per person
MS 402

Sewing Machine Basics 101

Is your machine still in the box, or you haven't used it in twenty years? Then this is the class for you! We will go over your machine, threading, winding bobbin, and more! Perfect for the person wanting a refresher.

Friday 10/6
6:00 p.m. - 8:00 p.m.
\$22 per person
MS 204



Watercolor Cardinal

Grab a cup of coffee and a friend and learn how to paint an easy, beautiful watercolor cardinal. You will be guided through every step so that when you are finished, you will have a painting to be proud of. All supplies, including artist grade paper and watercolor paint, along with brushes and a template (that you can use if you don't want to freehand the drawing) will be provided. This is a beginner watercolor class, so don't be afraid if you are new to watercolors, or that you haven't done any in a while.



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

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

Saturday 11/18
9:00 a.m. - noon
\$20 per person
HS 414

Watercolor Fall Leaves

You won't want to miss a relaxing morning of watercolor painting. In this class, you will design a lovely fall leaf painting. Students will receive step-by-step instruction for this class that is designed for the beginner on up. The instructor will provide you artist grade, high quality products to ensure the best possible results for your design.

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

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

Saturday 10/21
9:00 a.m. - noon
\$20 per person
HS 414



Watercolor Christmas Wreath

It's time to "Think Christmas" and get your creative juices flowing! Invite a friend or two and join this relaxing morning of watercolor painting, and memory making. In this fun class, you will design a lovely Christmas Wreath to get you thinking of the upcoming spring season. Students will receive step-by-step instruction for this class that is designed for the beginner on up. The instructor will provide artist grade, high quality products to ensure the best possible results for your design.

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

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

Saturday 12/9
9:00 a.m. - noon
\$20 per person
HS 414

Wire Wrapped Jewelry

The goal with the series of wire wrapping classes is not only to help you create beautiful, timeless pieces of jewelry, but also introduce you to unique stones and the healing that comes from working with these gorgeous pieces of art created by Mother Nature.

Wire Wrapping Tree of Life Pendant/ Keychain

Throughout history the Tree of Life symbol has been a widespread archetype common to many religions, mythologies, and folktales. The Tree of Life is a common idea in cultures throughout the world representing the source of life, a force that connects all lives, or the cycle of life and death itself. Trees of Life jewelry and décor are said to be a symbol of connection to one another and a greater life force, it is said to represent a link between heaven and earth that connects all forms of creation, positive earth energy, inspiration, hope and harmony embodied in Mother Nature.

In this class you will learn how to create a Tree of Life with wires to create a beautiful piece of jewelry that can be worn as a pendant or attached to a key ring. Once

Continued on page 8

More Arts & Crafts >>>

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)

Register online at <https://lew-port.coursetorm.com/> or lew-port.coursetorm.com



Arts & Crafts

you have learned this technique you can use this design to create several other items like wall hangings, sun catchers, desktop décor and more. Tools will be provided for use in class. You will leave with an elegantly finished Tree of Life (Yggdrasil) attached to a keychain or worn on a cord.

A supply fee of \$20 per person is due and payable to the instructor the day of class.

*Tuesday 9/19
10:00 a.m. - noon
\$20 per person
CRC - Alumni Room*

Wire Wrapped Shark Tooth Necklace

In this class, you will learn how to wrap a fossilized shark tooth using wires and leave with a beautifully crafted meaningful piece of jewelry you would be proud to wear or gift. Shark tooth necklaces have been worn for centuries. Sharks symbolize strength, grace and power in the Hawaiian culture. Many surfers and sailors often wear them for good luck and protection. You will leave class with a wire wrapped shark tooth on a hand-made cord. Tools will be supplied for use in class.

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

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

*Saturday 9/30
10:00 a.m. - noon
\$17 per person
HS 414*

Dreamweaver: Wire Wrapped Bling Spider web with Dangling Broomsticks

Come learn how to wire wrap an extraordinary piece of outdoor or indoor Halloween art, perfect for Friday the 13th! In this class, you will use wire and pre-drilled sparkling beads to create a beautiful spider web sun-catcher with dangling broomsticks for a fun spooky project. Once you have learned this technique you can use this design to create several other jewelry and décor items. Tools will be provided for use in class.

A supply fee of \$20 per person is due and payable to the instructor the day of class.

*Friday 10/13
10 a.m. - noon
\$20 per person
CRC - Alumni Room*

Wire Wrapped Knapped Stone Arrowhead Pendant

In this class, you will learn how to wrap a knapped stone arrowhead using stones and a feather charm as embellishments. You will leave with a beautifully finished arrowhead pendant. The Arrowhead symbol appears in Native American artworks and symbolizes bravery, achievements, heroism, spirit guides, and significant events in their life. Tools required for the project will be provided for use in class.

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

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

*Saturday 10/7
10:00 a.m. - noon
\$19 per person
HS 414*

Rare Fossil Palm Root Pendant

In this class, you will learn how to wrap a cabochon into a beautifully finished statement pendant. Fossilized palm root is an incredibly rare and unique stone, having come from the ancient mystical Indonesian palm trees millions of years ago, eventually evolving into this beautiful stone with swirls and colors reminiscent of warm vibrant flames. Tools required for the project will be provided for use in class. You will leave with a beautifully finished palm root pendant on a cord.

A supply fee of \$25 per person is due and payable to the instructor the day of class.

*Friday 10/20
10:00 a.m.-noon
\$22 per person
CRC - Alumni Room*

Cooking

Basic Cheese Making Ricotta & 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 again. With having control of the amount of moisture and salt used, you can customize the flavor of your cooking adventures! In this class, we will make ricotta, cream cheese, and a delicious herb cream cheese. Class size will be small for more individualized instruction. Early registration is recommended. Students must bring a glass candy thermometer, large saucepan, a package of cheesecloth, and a gallon of whole milk to class.

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

A supply fee of \$4 per person is due and payable to the instructor at class.

*Friday 11/17
6:00 p.m. - 8:30 p.m.
\$26 per person
MS 402*

Thanksgiving Charcuterie

Be the hit of your next party! In this class you will learn basic skills used to make your own Thanksgiving grazing board! In addition, you will have a chance to sample new cheeses! You will also learn techniques of cutting different styles of cheeses, folding meats and different pairings you can use together. During the class, you will create your own 2-3 person Thanksgiving themed grazing board that you can take home with you! A wonderful class to take together with friends and family for a fun night out!

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

Class fee includes charcuterie board and all food items.

*Monday 11/20
6:30 p.m. - 8:00 p.m.
\$38 per person
MS 402*

Attention Business Owners and Organizations!

Did You know that the Community Education Department can provide you space for your next workshop, class or meeting?
Please call 286-7299, ext. 8237 for more information!

Cooking

Christmas Charcuterie

Just in time for Christmas and upcoming holiday parties. You will learn techniques of cutting different styles of cheeses, folding meats and different pairings you can use together. During the class, you will create your own 3-4 person Christmas themed grazing board that you can take home with you! In addition, you will be offered the chance to sample new and exciting cheeses. A wonderful class to take together with friends and family for a fun night out!

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

Class fee includes board and all food items.

Tuesday 12/12
6:30 p.m. - 8:00 p.m.
\$38 per person
MS 502



Cheesecake Trifle Shooters

Get ready for all the "ooh's" and "ah's" you will receive when your friends and family see cheesecake trifle in a push pop shooter! Now that we have your attention, think how these unique push pops can be used for birthdays, showers, or just to enjoy with your family! Who will be able to resist the graham cracker crust, cheesecake and strawberry filling layered inside these delectable shooters? Join us and be the hit at the next party!

Students aged 7 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$18 per person is due and payable to the instructor the day of class. Each student will make eight shooters. Please bring a box for transport home.

Saturday 11/11
9:00 a.m. - 11:30 a.m.
\$29 per person
MS 402

**We warmly welcome
residents of other
school districts to
attend our classes.
Come see what
Lew-Port has to offer!**

Cooking With Garlic- Scape Pesto

If you have not experienced the divine taste of garlic scapes, then this class is for you! Garlic scapes are the long green shoots that grow from the garlic bulb, and they are an amazing way to add garlicky flavor to your favorite dishes. They're a bit milder than garlic cloves, which make them the perfect base for pesto. You will be making and taking home an 8 oz. bottle which will be a great addition to pasta, flat bread pizza, grilled chicken and scrambled eggs! One thing is for certain, you won't want to share!

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

A supply fee of \$12 per person is due and payable to the instructor the day of class. Students please bring a small frying pan and spatula to class.

Tuesday 9/19
6:30 p.m. - 8:00 p.m.
\$33 per person
MS 402

Holiday Italian Cookie Classes

Let's get ready to celebrate the Christmas holiday with delicious Italian holiday cookie recipes! Grab a friend, spouse or relative for a fun time out, or a date! Join us for multiple classes, you pick one or register for all three! When you attend the classes, you will receive a recipe, good tips, and the best part, cookies you made to take home! The instructor will also share a booklet that her family made, which was passed all the way down to the great-grandchildren! It is filled with her Grandmother's recipes, pictures and stories about growing up with Nonna! **Warning: There will be nuts used at class**

Please bring an apron, cookie sheets, measuring cups and spoons, hand mixer, two bowls for dough.

Chocolate Spice Cookies

Students aged 13 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$19 per person is due and payable to the instructor the day of class. Please bring a container for transport home.

Saturday 11/4
9:00 a.m. - noon
\$24 per person
MS 402

Lewiston's Sweet Shop for Kids

Come and join us as we roll up our sleeves and start this culinary adventure! Working as a team, you will prepare three sweet recipes. Oreo truffles, strawberry kabobs and marshmallow pops will be created in this fun class. Kitchen safety, food preparation and presentation will be the focus in this delicious class. Get ready to mix, measure and decorate your way through this fun evening!

Students aged 6-12 years are welcome to register.

A supply fee of \$8 per person is due and payable to the instructor the day of class. Please bring a container to bring your sweets home in.

Thursday 9/21
6:00 p.m. - 7:30 p.m.
\$22. per person
MS 402

Cuccidati- Italian Fig Cookie

Students aged 13 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$22 per person is due and payable to the instructor the day of class. Please bring a container for transport home.

Saturday 11/11
9:00 - noon
\$24 per person
MS 502

Biscotti - Dried fruit, nuts, spices and/or chocolate

Students aged 13 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$19 per person is due and payable to the instructor the day of class. Please bring a container for transport home.

Saturday 11/18
9:00 a.m. - noon
\$24 per person
MS 502

More Cooking >>>

Cooking

Homemade Pasta and More!

Love pasta and traditional Italian dishes? We will take a step back in time to "old school" Italian Cuisine. Try your hands at creating different approaches to making homemade pasta and other Italian favorites! Don't forget, great cooking is about more than just recipes - it's about techniques! These classes have you working together within a fun, hands-on environment, and are perfect classes for a date-night out or an evening together with friends. Once registered, students will be given a supply list of ingredients to bring to class. Class size will be small to give more individualized instruction. Early registration is strongly suggested.

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

Teacher will contact individuals prior to class with supply list.

Homemade Bread and Pizza Dough

This is such a fun class for old and young alike. Once you learn the basic recipe, the sky's the limit!

Wednesday 9/20
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Stuffed Artichokes

Old school Italian favorite, just in time for the holidays. Guaranteed that your family will love them!

Wednesday 9/27
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Homemade Pasta

Join us in making linguini and spaghetti, from the dough on up. You will never buy boxed again! Fun and easy to make for the whole family.

Wednesday 10/4
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Classic Italian Wedding Soup

Always a staple for holiday meals, learn how to make this delicious soup to share with family and friends.

Wednesday 10/11
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502



"Killer" Chicken Cutlets

You will not want to miss out on this Italian classic "Sangggwich"! Come learn the correct way to prepare the meat, and you will never make them the way you did before!

Wednesday 10/18
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Authentic Homemade Brosciole

The smell of brosciole cooking in a pot of sauce is something you will never forget! Made with fresh herbs from the garden, placed gingerly, and rolled into the meat. A class not to miss!

Wednesday 10/25
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

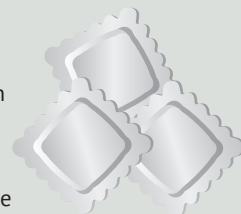
Gnocchi

Join us in making this delicious, traditional light and fluffy ricotta cheese pasta, (not potato). Guaranteed to be a big hit in your household.

Wednesday 11/1 or 12/6
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Ravioli

A classic Italian stuffed pasta dish that will become your favorite homemade meal, just in time for the holidays!



Wednesday 11/8 or Wednesday 12/13
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Shrimp Scampi with Homemade Linguine

This recipe is "old school" - Easy to prepare and good to go on any occasion.

Wednesday 11/15
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Pasta Sauce and Meatballs

Authentic Italian ragu. The crown jewel of so many dishes. Get ready to learn how to make the best pasta sauce and meatballs the old school Italian way! A class you don't want to miss.

Wednesday 11/29
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 502

Community Education Registration is Open!

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

For more information call (716) 286-7265

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)



Register online at <https://lew-port.coursestorm.com/> or lew-port.coursestorm.com

Cooking

Let's Get Smokin'

As the saying goes, "If it ain't smoked, it ain't food!" We agree! That's why we joined forces with the Brickyard BBQ's Head Pit Boss for this exclusive class. You'll be there to see and smell the delicious meats when they are pulled off the smokers in the morning. From there, witness and learn how raw meat prep is done before smoking, learn about dry rubs, brines, mops, sauces, smoking times & temperatures and types of woods used for different flavors. Class size will be limited, early registration is encouraged.

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.

Saturday 10/7 or 11/4 or 12/9
9:00 a.m. - 10:00 a.m.

\$22 per person

Class will be held at the
Brickyard Pub & BBQ,
432 Center St., Lewiston.

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



Pierogi Making for Two

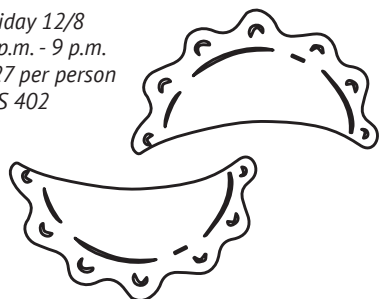
Strike up the polkas! It's time to grab a friend, relative or your spouse for this "flour intensive" night out! In this class you will learn hands-on techniques for rolling and cutting dough, filling and sealing, cooking and getting your pierogi freezer ready (if they last that long!). You and your cooking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

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

A supply fee of \$23 per person, is due and payable to the instructor the day of class.

This is a couple's class only, no individuals. Please register at the same time to ensure seating availability.

Friday 12/8
6 p.m. - 9 p.m.
\$27 per person
MS 402



Piping Poinsettia Cupcakes

Just in time for the holidays! Join us in this fun buttercream filled morning, where you will learn how to pipe frosting in a beautiful poinsettia pattern. Each student will create one half dozen piped cupcakes each in its own unique flower pot with a shovel/spoon. A great class for friends to take together this time of year!

Students aged 7 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$18 per person is due and payable to the instructor the day of class. Please bring a box for transport home.

Saturday 12/2
9:00 a.m. - 11:30 a.m.
\$29 per person
MS 402

Piping Sunflower Cupcakes

These unique cupcakes will be a game changer and a big hit at any fall event! You will learn step by step how to create beautiful sunflowers out of buttercream frosting! Each student will make a half dozen sunflower cupcakes each and its own flower pot. Perfect for any fall gathering!

Students aged 7 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$18 per person is due and payable to the instructor the day of class. Please bring a box for transport home.

Saturday 9/23
9:00 a.m. - 11:30 a.m.
\$29 per person
MS 402

Push Pop Cake Shooters - Worms in Dirt

Get ready for this fun class that will make you a hit in any child's eyes! Just in time for Halloween, enjoy making eight of these unique chocolate cake and icing Push Pops. To make them more interesting, they will be made with the addition of crushed Oreos and gummy worms- you guessed it, worms in dirt!

Students aged 6 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$14 per person is due and payable to the instructor the day of class. Each student will make eight shooters. Please bring a box for transport home.

Saturday 10/14
9:00 a.m. - 11:30 a.m.
\$29 per person
MS 402

The Spooktacular Cupcakery for Kids

Put on your apron and chef hat for a fun-filled morning of decorating. There will be plenty of scary good fun, as you decorate both Halloween and fall themed cupcakes. You will make a Witch, bat, pumpkin and Frankenstein cupcakes to take home and enjoy!

Students aged 6-12 years are welcome to register.

A supply fee of \$9 per person is due and payable to the instructor the day of class. Please bring a container to class.

Saturday 10/14
10:00 a.m. - 11:30 a.m.
\$22 per person
MS 502



Make Your Own Sauerkraut

What happens when a Polish girl teaches a cooking class? 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 \$15 is due and payable to the instructor the night of class.

Friday 10/27
6:00 p.m. - 9:00 p.m.
\$22 per person
MS 402

We warmly welcome residents of other school districts to attend our classes.

Come see what Lew-Port has to offer!

Exercise

Beginner Line Dancing

Line dancing is one of the most fun country 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 13 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

*Tuesdays 9/19 - 12/5 No class 10/17 & 10/31
6:30 p.m. - 7:30 p.m.
\$60 per person
PEC Small Gym*

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 9/19 - 12/5, no class 10/17 and 10/31
7:35 p.m. - 8:35 p.m.
\$60 per person
PEC Small Gym*

Aqua Zumba

Make a splash in an aqua Zumba class! Known as the Zumba "pool party" - This water aerobics class includes splashing, stretching, twisting, shouting, and laughing. All this, while providing you with a low-impact total body routine. This class is fun for all ages and suitable for all fitness levels. Integrating the Zumba formula and philosophy with traditional Aqua fitness principles. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief! Come join the party!

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 10/5 - 11/16
7:30 p.m. - 8:30 p.m.
\$69 per person
HS Pool*

Beginning Yoga

Experience all the benefits of yoga including improved range of motion, balance, body awareness and relaxation. All the while, developing and understanding 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 to class.

*Tuesdays 10/17 - 11/21
10:30 a.m. - 11:30 a.m.
\$65 per person
CRC- Multi Purpose Room*



Gentle Flow Yoga

Gentle Flow Yoga is geared specifically for those who are new to yoga, or are those interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance and flexibility. In this class, you will learn to link breath with movement and find a balance between effort and ease in each pose. Suitable for all levels, this meditative practice emphasizes fluid movement, being present and finding inner peace. Please bring a yoga mat, towel and water to class.

*Tuesday 9/19 - 12/12, no class 10/31
6:00 p.m. - 7:00 p.m.
\$59 per person
PEC Auditorium*

Intro to Okinawan Karate and Personal Fitness

In this class, you will learn basic history of Uechi Ryu Karate Do, work on flexibility, development of a strong core, effective blocks/strikes for self-defense, and the Sachin Kata. Your instructor has more than 30 years' experience and is a 4th degree black belt who lived and trained in Okinawa and Nagasaki, Japan for over 10 years. Students should wear workout clothing.

Students 14 years old and up may register for this class if a parent/guardian is also registered and attends the same class.

Prerequisite: Complete a medical Par-Q (survey) at first class

*Wednesdays 9/20 - 12/13, no class 11/22
6:15 p.m. - 7:30 p.m.
\$91 per person
PEC Big Gym*

Pilates for Beginners

What Is Pilates? Core strength is the foundation of how Pilates works. Strengthening the core develops stability throughout the entire torso. This is one of the ways Pilates helps many people alleviate back pain and improve stability. This mat based class will focus on the core principles of Pilates in a gentle and effective format. This class is appropriate for all fitness levels, but you must be able to get up and down from the floor. Please bring a mat to class.

*Wednesdays 9/20-10-25
10:00 a.m.-11:00 a.m.
\$55 per person
CRC - Multipurpose Room*

Attention Business Owners and Organizations!

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Stability, Mobility, and Strength Training for Adults

This class will focus on your foundation with stability work and balance training, your freedom of movement with mobility work, and functional strength for life. The goal of this program is to improve your overall functional ability for pain free movement and improved range of motion. This class is appropriate for all fitness levels, but you must be able to get up and down from the floor.

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

Thursdays 9/21 - 10/26 or 11/2 - 12/14, no class 11/23

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

\$55 per person

CRC – Multipurpose Room

Tai Chi

Embrace the art of mind, body and spirit! Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Tai Chi is a soft martial art done in slow motion. Anyone can do tai chi whether you are 18 or 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 9/18 - 11/27, no class 10/9

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

\$63 per person

PEC Auditorium

Women on Weights

The goal of this program is to learn to use efficient strength workouts to increase strength, boost metabolism and jumpstart your weight loss. Strength training has many proven benefits including: improved mental health with reduced stress and anxiety, improved body composition, reduce belly fat, improved metabolism, improved sleep, improved bone health, improved blood sugar control and insulin resistance, reduces your risk of falling, and also reduces LDL cholesterol and blood pressure. With all these amazing benefits waiting for you, why would you not want to say YES?! You will learn to lift through the process of learning to go from A to Z so you can be confident in your new skills and continue this new habit for a lifetime! This class is suitable for all fitness levels, but you must be able to get up and down from the floor. This is a hands-on strength training course taught by a certified and degreed personal trainer.

You may register for multiple classes if you wish. Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.



1st Session: Tuesdays 9/19 - 10/24 or Thursdays 9/21 - 10/26

2nd Session: Tuesdays 11/7 - 12/12 or Thursdays 11/2 - 12/14 no class 11/23

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

\$85 per person

MS Weight Room



Exercise

Zumba

Zumba classes are high calorie dance parties, a total body workout! Known as "exercise in disguise", we combine all elements of fitness, cardio, muscle toning, balance and flexibility. You will leave class with boosted energy and feeling incredible! Zumba is for everyone and everybody. All fitness levels welcome. There is a wide variety of music, so come out and join the party! Please wear sneakers and bring a water bottle to class.

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

Thursdays 11/9 - 12/14, no class 11/23

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

\$38 per person

PEC Big Gym

Financial

Budgeting 101

As of January 2023, 60% of United States adults, including more than 4 in 10 high-income consumers, live paycheck to paycheck. This is no way to live! This course will teach the basic fundamentals necessary to develop a budget and begin the process of moving from a paycheck to paycheck survival existence to a thriving sense of freedom from all the financial stress and anxiety. Topics include: budget development, cash flow management, and debt reduction. This is all SUPER important as we move into the holiday season.

Students aged 12 and up are welcome to register when a parent or guardian is also registered and attends the same class. This class may end early depending on student input.

Wednesday 9/20

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

\$11 per person

HS 113



Credit Scores and Reports

The definition of credit score is something unpleasant that must be accepted to obtain a particular result. Unfortunately, credit scores and reports get a bad rap as one of the most difficult tools in your financial belt to understand. Although it can be confusing, your credit can have a big effect on your financial life. In this workshop, you will explore the importance of credit scores, learn how to access information about your credit report, discuss strategies to build and improve your report, and identify how to protect your credit from incorrect claims and fraud.

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.

Thursday 9/21

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

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

HS 108



More Financial >>>

Financial

Investment Planning

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

Wednesday 10/18

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

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

HS 112

Medicare 101 - Understanding Your Options

Medicare is confusing! What are parts A, B, C and D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, Epic or Medicare Savings Programs? What kind of plans might work best for me? See how this education will help you understand how the Medicare program works. We will provide a general overview of the variety of Medicare Insurance products that are available to beneficiaries.

Thursdays 9/21 or 11/9

Tuesdays 10/17 or 12/5

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

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

CRC - Staff Development Room

Health & Wellness

Do You Have a Toxic Relationship?

We all encounter high-conflict difficult people in our lives. Sometimes we work with them. Sometimes we go to church with them. Sometimes they're family. Attorney, author and narcissistic abuse recovery coach will give you tips and strategies to cope if you must. Join us in this very informative evening, and learn tools to navigate toxic environments and rid yourself of a culture of bullying and insidious behavior.

Wednesday 10/11

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

\$22 per person

HS 112

Kick-Start Your Weight Loss Journey

Are you ready to learn the foundations of true and lasting weight loss and overall health? Fads and gimmicks for weight loss and diet culture messaging are wrecking your metabolism and your health. This class will focus on the principles of behavior change and overall health to help you improve your nutrition, incorporate more movement in your days, and most importantly learn the mindset shifts you need to make these changes stick. You can expect to improve many biomarkers of health: blood sugar, blood pressure, cholesterol, overall mood, sleep and stress. If you've spent years on yo-yo diets then this is your chance to try something different to heal your metabolism and create change for life. This course is taught by a certified and degreed personal trainer, health coach, and behavior change specialist.

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

Continued >>

Health & Wellness

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

Wednesdays 9/20 - 10/25 or 11/1 - 12/13, no class 11/22
6:00 p.m. - 7:00 p.m.

\$65 per person

HS 108



Learning & Leisure

Angels and Spirit Guides and You!

Have you ever wondered about angels? What are they really? Can anyone call upon them? Will they help anyone with any problem? How can someone connect with them? All 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 your questions about these beings, as well as any related subject matter will be answered. Come join us!

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

Wednesday 10/4

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

\$32 per person

MS 602



Change Your Mind, Improve Your Life

In this class you will be taking an in-depth analysis of how and why your world is the way it is and the correlation between that and your mind. During the presentation in various demonstrations you will learn how to see auras, know how to protect yourself against the negative energy of others, discover your inner blocks to your own happiness, have your energy measured, learn how to send energy to another and what it's like to receive it and 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! (Class formerly titled, Change your Mind, Change Your life)

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

Thursday 10/19

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

\$32 per person

MS 602

Defensive Driving Course

Save money on your auto insurance and remove points from your driving record! This point and insurance reduction program reviews safe driving and accident-avoidance techniques. Upon completion of the class drivers are eligible for a 10% reduction in their auto insurance and/or up to 4 points removed from their DMV driving record. Drivers may take the course every 3 years for insurance reduction and every 18 months for point reduction. All drivers listed on a policy are eligible to complete the course.

Tuesday/Thursday 10/10 & 10/12

9:00 a.m. - 11:45 a.m.

\$50 per person

CRC - Alumni Room

Monday & Wednesday 11/6 & 11/8

6 p.m. - 8:45 p.m.

\$50 per person

HS 108

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)

Register online at <https://lew-port.coursestorm.com/> or lew-port.coursestorm.com

Learning & Leisure

Technology

Disaster Preparedness 101

Disasters, they happen to everybody everywhere when you least expect it! Are you ready? This one evening class will give you a solid footing to either start the process or check your progress in your preparedness journey. We will cover definitions that fully outline what preparedness is and what it is not. Degrees of disaster, timelines for preparedness, and "areas of life" that need to be taken into consideration, will be discussed in this class.

Wednesday 10/11
6:00 p.m. - 9:00 p.m.
\$17 per person
HS 108

Everything Garlic!

Attention all you garlic lovers, want-to-be growers, and those of you who want to "up" your growing game- now is your time to learn everything you will need to know for this fall. Learn from a garlic farmer and expert on "everything garlic", tips to make your crop a success. In this informative class, you will learn how to inspect your soil, plant cloves and important mulching for winter, and much more! You will also learn about soft neck, hard neck, German purple, elephant and Georgian fire and other varieties, several of which you will be taking home to try.

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

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

Tuesday 10/17
6:30 pm. - 8:30 p.m.
\$17 per person
MS 402

Exploring Past Lives

In this seminar, we will discuss the concept of past lives and go into a meditation in which you will have the opportunity to experience one for yourself. The purpose for doing this is to receive help and insights to assist you in your present life. With your permission, the instructor will be able to help you in making sense of your experience. Meditative ability is helpful, but not required.

Monday 10/30
6:30 p.m. - 9:00 p.m.
\$32 per person
MS 602

Introduction to Grant Writing

Grant writing is both an art and science. Funding is available for a wide variety of efforts, from both public and private entities. Writing the grant is only part of the process you will need to understand and learn how to do. In this workshop, you will explore the many facets of successful grant writing skills, techniques, and abilities. You will also learn where and what to search for, and from whom, based on your interests. Come join in and get started!

Wednesdays 9/13 - 9/27
6:00 p.m. - 9:00 p.m.
\$79 per person
HS 106



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 10/10
6:30 p.m. - 9:00 p.m.
\$32 per person
MS 602



Microsoft Office Essentials - Word, Excel, PowerPoint

This 6-hour series is designed for all Microsoft Office users. You will become familiar with many helpful features of these beneficial office products, starting with the essentials. Knowing the basics will help you learn to use many of the useful features built into Word, Excel, and PowerPoint. You will create a letter in Word, an Excel address book, and a PowerPoint presentation to demonstrate many of these features.

Wednesdays 9/20 - 10/4
6:00 p.m. - 8:00 p.m.
\$89 per person
HS 102



Smartphone for Seniors

Whether you use a smartphone already or are just venturing out, this is the place to begin. This class will help you understand electronic devices we are almost forced to use (Androids, tablets iPhones, iPads). Imagine someone giving you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential Smartphone skills from us

Wednesdays 11/29 - 12/6
10:00 a.m. - noon
\$50 per person
CRC - Staff Development Room



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

The Lewiston-Porter Community Education Department is currently recruiting for our Winter/Spring 2024 Program.

Please email Anita Muzzi at
amuzzi@lew-port.com
for information on becoming
part of our exciting team!

Test Prep & Certifications

4-Hour ACT Boot Camp

The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes test-taking strategies, testing information, study materials and a free simulated ACT test. 2023 ACT Fall Test Dates: 9/9, 10/21 & 12/9. Students are welcome to bring a snack to class.

Monday/Wednesday 10/16 & 10/18
6:00 p.m. - 8:00 p.m.
\$77 per person
HS 113

4-Hour SAT Boot Camp

96.3% of U.S. colleges still require or will consider SAT/ACT test scores when submitted. It is important that students continue to take the SAT/ACT test and submit their scores when applying to colleges. Only 3.7% of U.S. colleges do not require SAT/ACT test scores.

Get a jump start on your SAT test preparation. While many colleges have gone test optional, the early data has shown that students who submit SAT or ACT test scores have an admissions advantage. 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. 2023 SAT Fall test dates: 10/7, 11/4 & 12/2. Students are welcome to bring a snack to class.

Tuesday/Thursday 10/3 & 10/5
6:00 p.m. - 8:00 p.m.
\$77 per person
HS 113

9-Hour SAT Prep Course

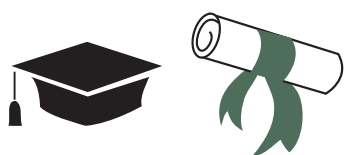
Are you ready for the SAT test? While many colleges have gone test optional, the early data has shown that students who submit SAT or ACT test scores have an admissions advantage. This 9-hour course offers an in-depth study of the SAT test. Course includes classroom instruction, test-taking strategies, testing information, workbook/study materials and a free simulated SAT test. 10/7, 11/4 & 12/2. Students are welcome to bring a snack to class.

Wednesday/Monday/Wednesday 10/25, 10/30 & 11/1
6:00 p.m. - 9:00 p.m.
\$144 per person
HS 113

Writing the College Application Essay

Do you want to submit a college application essay that will really hit home with the admission's office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. 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 10/4
6:00 p.m. - 8:30 p.m.
\$75 per person
HS 113



Blood Borne Pathogens

This course is for those who have a greater chance of coming in contact with blood including School Personnel, Food Service Workers, Childcare Workers and also those in Correctional Services. The Course will cover how to prevent the transmission of diseases found in blood and other bodily fluids. Students will also learn the proper way to clean up a blood contaminated area, including cleaning agents to use. At the conclusion of class, students will receive an American Heart Association Certification. Please bring a pen and notebook to class.

Monday 9/18
6:00 p.m. - 8:00 p.m.
\$48 per student
HS 106



Adult CPR-AED

Learn the skills of CPR, including rescue breathing using a barrier device. By taking this class, you will also be instructed on how to use an AED or Automated External Defibrillator. Learn skills and information that will be needed to assist a person whose heart has stopped beating properly, or who is not breathing. American Heart Association CPR cards will be sent to the student's personal email upon completion of the course and test.

Wednesdays 9/27 or 10/25 or 11/15
6:00 p.m. - 9:00 p.m.
\$48 per person
CRC - Staff Development Room



Stop the Bleed

With three quick actions, you can be trained to save a life. The number one cause of preventable death after injury is bleeding. That's why you should know how to STOP THE BLEED. Students will learn how to control bleeding through the use of direct pressure, bandaging and the use of tourniquets. Certificates will be sent by email the day after class is completed.

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

Monday 10/16
6:00 p.m. - 8:00 p.m.
\$38 per person
HS 106



Notary Public Preparation

Becoming a notary Public will expand your marketable skill set, be an asset on your resume and increase your value as an employee or in your community. Notaries have been an integral part of business and industry since 2750 BC to today. Enjoy alternate income opportunities becoming a NYS Notary Public. Items covered are: Practices and procedures, unauthorized practices of law, hands-on activities and practice tests. Students please bring a pen or pencil to class. Instructor will contact you with a supply list prior to class.

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

Wednesday 10/18, 6:00 p.m. - 9:00 p.m.
or
Saturday 11/18, 9:00 a.m. - noon
\$38 per person
HS 106



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Register online at <https://lew-port.coursetorm.com/> or lew-port.coursetorm.com

Just for KIDS

Kids Paint Party

Calling all artists! Join us for a fun evening of painting on canvas. You will be guided through instruction and leave with an awesome masterpiece! All supplies included. Please bring a smock or wear old clothes, and get ready for a fun night out!

Students aged 6-12 are welcome to register.

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

Thursday 11/16
6:00 p.m. - 8:00 p.m.
\$24 per person
HS 414

The Spooktacular Cupcakery for Kids

Put on your apron and chef hat for a fun-filled morning of decorating. There will be plenty of scary good fun, as you decorate both Halloween and fall themed cupcakes. You will make a Witch, bat, pumpkin and Frankenstein cupcakes to take home and enjoy!

Students aged 6-12 are welcome to register.

A supply fee of \$9 per person is due and payable to the instructor the day of class.

Saturday 10/14
10:00 a.m. - 11:30 a.m.
\$22 per person
MS 502

Lewiston's Sweet Shop for Kids

Come and join us as we roll up our sleeves and start this culinary adventure! Working as a team, you will prepare three sweet recipes. Oreo truffles, strawberry kabobs and marshmallow pops will be created in this fun class. Kitchen safety, food preparation and presentation will be the focus in this delicious class. Get ready to mix, measure and decorate your way through this fun evening!

Students aged 6-12 years are welcome to register.

A supply fee of \$8 per person is due and payable to the instructor the day of class. Please bring a container to bring your sweets home in.

Thursday 9/21
6:00 p.m. - 7:30 p.m.
\$22 per person
MS 402

Spanish For The Elementary Years



Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. **If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!** Join the fun! Program is offered at dismissal. Class fee is \$82. If you have any questions, contact The Enrichment Company at 1-833-436-7424.

REGISTER ON LINE AT: www.TheEnrichmentCompany.com

(Form can also be downloaded and mailed directly to The Enrichment Company - *Do not send registration to schools)

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.

By Mail: Mail your completed form, including payment (check or money order), made payable to: Lewiston-Porter Central School District. Mail to: Lewiston-Porter Community Education Dept., 4061 Creek Road, Youngstown NY 14174. Please be aware there is a \$35 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: Registration is available for our classes at <https://lew-port.coursestorm.com/> or lew-port.coursestorm.com. Our third-party processing company will assess a \$1.99 non-refundable fee to each class registration.

We do not allow walk-in registrations at the class locations.

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 \$7 processing fee applied to all refunds by the district. Please note that refund checks are issued twice a month by our business office. In addition, if you registered online and paid by credit card through our third-party provider, a \$1.99 fee per class will be assessed by them and deducted from your total amount due. Refunds are based on the class status on the date in which you cancel, in accordance with the refund policy deadlines outlined. A class status change on a future date, will not result in an additional refund.

Once registered, transfers of your registration and credit card payment, to another individual are prohibited. This policy is governed by both our third-party registration and credit card processing companies.

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, illness (including quarantines, and mask & distancing policies), personal or business conflicts that would cause you to cancel.

CANCELLATIONS

If the minimum enrollment is not met for a class to be held, you will be notified by phone or email within three business days of the class start date. You will be refunded for any class cancellations in full.

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 a 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. No refunds will be given.

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 and 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 2023 REGISTRATION FORM

Registration

Please Print

First Name:	Last Name:
Street Address:	
City:	State: Zip:
Student Email:	Contact 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 <https://lew-port.coursestorm.com/> or lew-port.coursestorm.com to register online. *Please note that service fees apply.

Course Name	Date Course Begins	Class Fee	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 18. I also acknowledge that I am 18 years old or more.

Signature _____ Date _____

WAIVER AND RELEASE OF ALL CLAIMS

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

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

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

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

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

Printed Name of Participant _____

Signature _____

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

Address _____

PhoneNumber _____ Date _____

Register online at <https://lew-port.coursestorm.com/> or lew-port.coursestorm.com





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

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

The Lewiston-Porter Community Education Department is currently recruiting instructors for our Winter/Spring 2024 Program. Please email Anita Muzzi at amuzzi@lew-port.com for information on becoming part of our exciting team!

***We warmly welcome residents
of other school districts
to attend our classes.***

Come see what Lew-Port has to offer!