

Lewiston-Porter
Central School District

COMMUNITY EDUCATION

FALL-WINTER 2022



Welcoming ALL Communities.



Aiming Higher



A MESSAGE FROM THE SUPERINTENDENT

Dear Community Members:

We here at Lewiston-Porter Central School District are thrilled to once again, offer exciting and educational classes to our residents and surrounding communities for Fall 2022.

Our goal is, and has been, that our Community Education program will help you to explore your interests, pursue your passions, discover new talents and also give you an opportunity to build relationships with not only us, but other members of our community. There is no doubt that these classes will help you on your journey to be a lifelong learner. 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.

We look forward to inviting you back to the Lewiston-Porter campus to explore what we have to offer!

Sincerely,

Paul Casseri

Superintendent of Lewiston-Porter
Central School District

Welcome

BOARD OF EDUCATION

The Lewiston-Porter Board of Education is pleased to introduce our Fall 2022 Community Education program. We are very proud to continue our tradition of providing learning opportunities for the community.

This season, we will be presenting over 120 class sessions. Of these offerings, over a third are new to the program. As you look through these unique classes, you will soon discover that there is truly something for everyone! We encourage you to experience life-long learning together with friends and family, and look forward to welcoming you to our Lewiston-Porter campus.

With gratitude,

The Lewiston-Porter Board of Education

2022-2023 LEWISTON-PORTER BOARD OF EDUCATION

Danielle M. Mullen - President

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Chuck Barber

Savana Bevacqua

Charlotte L. Huebschmann

Jennifer A. Klemick

April E. Saks

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

Arts & Crafts

Beautiful Seasonal Door Wreath

Come and learn how to make a beautiful, full seasonal door wreath. Take this class and learn design principles, flower types, sizes and colors, and then finally building your wreath. Together, learn about tools, techniques, safety and supplies. This class is designed for the beginner on up. Materials for the class will be provided.

A supply fee of \$20 is due to the instructor the day of class. Please bring a pair of wire cutters to class.

Thursday 11/3
6:00 p.m. - 9:00 p.m.
\$25 per person
HS 414



Beginner Cricut® Design Space Instruction

Join us for a full night of comprehensive instruction in the basic use of Design Space. Learn to create your own personal Cricut® projects in one evening. Together, we will review how to convert to SVG's, upload images and fonts, attach, slice, weld, create curved words, contour, offset and enhance script fonts. Gain overall beginner instruction in Design Space for Cricut® cutting machines. Please bring your laptop but not your Cricut® machine 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.

Thursday 10/6 or Tuesday 11/1
6:00 p.m. - 9:00 p.m.
\$14 per person
CRC Staff Development Room

Buffalo Bills Wooden Plaque

WNY is BILLS country, and we ALL love our Buffalo Bills!! Grab a friend and come and make this 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. Templates for tracing the logo and name along with acrylic paint and paint pens for the small details, will be available. Embellishments like cute wooden footballs and some bling will be available if you want to get a little more creative with your design! Show your Buffa-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 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 night of class.

Saturday 10/1
9:00 a.m. - noon
\$22 per person
HS 414



Calligraphy

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

Monday 9/19 - 10/17, no class 10/10
6:00 p.m. - 7:15 p.m.
\$32 per person
HS 414

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 9/20 - 10/11
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 more techniques for starting and finishing projects. You will also learn the basics for making clothing, like sweaters.

Wednesdays 9/21 - 10/12
6:00 p.m. - 8:00 p.m.
\$33 per person
HS Library



Gemstone and Lava Bead Bracelet

Learn how to make a professional-quality stretch bracelet of your choice, from one of WNY premier jewelry design companies. Your design will include authentic semi-precious gemstones, stainless steel components and charms. This unique design utilizes lava beads that hold essential oil. Because of this, you will also have the opportunity to mix your own oil blend! As a bonus, a pair of matching earrings is included.

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.

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

A supply fee of \$20 is due to the instructor the day of class.

Thursday 11/17

9:00 a.m. - 11:00 a.m. CRC Staff Development Room or 6:00 - 8:00 p.m. MS 411

OR

Thursday 12/15

9:00 a.m. - 11:00 a.m. CRC Staff Development Room or 6:00 - 8:00 p.m. MS 411

\$19 per person

Grinch Acrylic Christmas Painting

Christmas is right around the corner and so is a fun Saturday morning painting class for you and a friend! In this acrylic paint class, you will learn how to paint a fun Christmas Grinch then adding his famous words: "Maybe Christmas he thought doesn't come from a store. Maybe Christmas perhaps means a little bit more." In addition, you'll be provided lights and "bling" to make your 16 x 20 canvas painting sparkle. Paint markers will be provided for the text portion of the painting.

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

Saturday 12/3
9:00 a.m. - noon
\$22 per person
HS 414



Beginner Level Furniture Painting and Decoupage

This beginner level class will teach you the basics of prepping, painting, and finishing your own furniture or home decor. You will learn about many of the products to use, as well as have some hands-on learning, by painting and designing your own fall sunflower/pumpkin handled tray. When making your project, you will use the painting and decoupage techniques taught in the class. Come learn the basics and gain the confidence needed to go home and paint that old piece of furniture. It's just waiting to become pretty again!

Students aged 14 and up are welcome to register for this class when a parent or

Furniture Painting and Decoupage continued >>>

guardian is also registered and attends the same class.

A supply fee of \$20 is due to the instructor the day of class.

Wednesday 10/12

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

\$17 per person
MS 411

Intro to Wet Felting: Wet Felted Beads

Ever heard of felting, but not sure what it is? Wet felting is the process by which loose wool fibers transform into a non-woven textile with the application of soap, water and agitation. Join us and explore the sushi felt bead making technique! Create fun and whimsical felt beads using colorful wool fibers and similar sushi making methods. Examples of finished beads and application will be brought to class. The possibilities are endless!

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 \$20 is due to the instructor the day of class. Please bring an old bath towel and plastic bag to class.

Tuesday 9/20
7:00 p.m. - 9:00 p.m.
\$27 per person
HS 414

Introduction to Needle Felting: Autumn Pumpkin

Come embrace the spirit of Autumn by making a cute needle felted pumpkin. By taking this class you will learn about the tools and supplies needed to make this one-of-a-kind decoration for your home. This class is designed for the beginner on up, and sure to get you started on your new hobby!

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

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

Tuesday 10/11
7:00 p.m. - 9:00 p.m.
\$27 per person
HS 414

Introduction to Needle Felting: Felt Snowman

Create your very own favorite snowman ornament in this introductory needle felting class. You will learn about the tools and supplies necessary for needle felting, then spend the rest of the class creating your adorable needle felted snowman!

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

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

Tuesday 12/13
7:00 p.m. - 9:00 p.m.
\$27 per person
HS 414



Owl Watercolor Painting

Who doesn't love owls?! Grab a friend or two and join us in this fun, relaxing watercolor class. You will be guided each step of the way in creating your lovely little painting. This class is designed for beginners on up. You will be provided with everything you need, using only high artist quality materials.

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

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

Saturday 11/5
9:00 a.m. - noon
\$20 per person
HS 414

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

Sewing Instruction

Stuffed Scrappy Monsters

*Beginner Class

Join us for this not so spooky class as we use up some of those fabric scraps in a festive fall way. This class is perfect for the beginner. No two monsters are ever the same. Toss out your perfectionist nature as mistakes don't matter here! Keep for yourself or a gift to a friend. A favorite among kids and adults. Participants are welcome to bring their own sewing machine. Grab your son, daughter or grandchild for a fun night of creativity.

Students must bring a bag of polyfill and fabric scraps.

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

Thursday 10/6
6:00 p.m. - 9:00 p.m.
\$22 per person
Location TBD

Fabric Pumpkins

*Beginner Class

Upgrade your fall decor and use up that ever-growing fabric stash in one night! Students will be guided, step-by-step through these trending crafts. Participants will have the opportunity to learn different techniques and create up to three different sized pumpkins. Beginners are encouraged to attend.

Students must bring a bag of polyfill and fabric scraps.

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

Friday 10/7
6:00 p.m. - 9:00 p.m.
\$22 per person
Location TBD

Fall Gnome

*Beginner Class

Your home decor is about to get a whole lot cuter after making this one-of-a-kind gnome. You will learn step-by-step instructions on how to create this trendy craft. The adorable design for the beginner on up. You will be given design options to get your creative juices flowing! Gnomes make the perfect decoration as you transition from Halloween. Keep the "fall vibe" going with a cute new friend!

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

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

Sewing Instruction continued >>>

Thursday 11/3
6:00 p.m. - 9:00 p.m.
\$17 per person
Location TBD

Baking Apron: Misses and Womens

*Advanced Beginner

Spice up your fabulous culinary skills with your very own retro apron. Students can choose from two different pattern options: waist apron with sash end ties or a full apron with ties around the neck. You will also be instructed on how to add a pocket if you choose. Keep for yourself or a gift to your favorite baker for Christmas!

Instructor will contact students prior to class with a supply list.

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

Friday 11/4
6:00 p.m. - 9:00 p.m.
\$27 per person
Location TBD

Family Pajama Christmas Pants

*Advanced Beginner

Matching Christmas pajama pants anyone? Stand out with your own creation that will impress even the youngest members of your family. You will be taught step-by-step how to utilize a pattern to create PJ bottoms for each member of your family. Take this class and learn how to cut your pieces, add in elastic, professionally finish off your hems and use different fabric mediums. Keep your loved ones warm on those long winter nights! (Please note you are creating one pair of pants with instructions to finish other pairs at home).

Instructor will contact students prior to class with a supply list.

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 11/10
6:00 p.m. - 9:00 p.m.
\$27 per person
Location TBD



Pillowcases

*Beginner Class

There is no sleeping on this job! Join us for this "scrap buster" class as you learn step-by-step how to make a professional-looking pillowcase. Participants will learn how to finish off edges, add optional applique lettering, and create varying size pillowcases for future sewing projects. A perfect sister class to our pajama pants course!

Sewing Instruction continued >>>

Arts & Crafts

Instructor will contact students prior to class with a supply list.

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

Friday 11/18
6:00 p.m. - 9:00 p.m.
\$22 per person
Location TBD

Catnip Cat Toy- Gingerbread Man

*Beginner Class

This cookie inspired design is sure to be a hit with your favorite feline friend this Christmas! Join us in this beginner-friendly class as we sew a one-of-a-kind gingerbread cookie catnip toy. Each toy will include recycled crinkle paper and stuffing. Students will have different options to make their toys unique. Get ready for a lot of purring!

Students aged 11 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 \$10 is due to the instructor the day of class.

Thursday 12/1
6:00 p.m. - 9:00 p.m.
\$22 per person
Location TBD

Doll Clothes- Knit Tie Dye Jogger

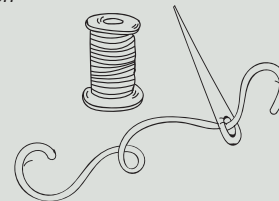
*Advanced Beginner

Join us for this informative step-by-step class creating a one-of-a-kind outfit for American Girl dolls or other 18" dolls you would see at retailers. Doll clothes can be very expensive. With this pattern, you will be able to cut costs and build a wardrobe for your favorite little girl!

Students aged 11 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 \$10 is due to the instructor the day of class.

Thursday 12/2
6:00 p.m. - 9:00 p.m.
\$22 per person
Location TBD



More Arts & Crafts >>>

Arts & Crafts

Large Bread Basket

It's just not for bread! This basket can be used for dozens of items. With dimensions of approximately 7 in wide by 16 in long, it features a wooden "race-track" shaped base, a great addition on your table, counter, or mantle. This project is for the beginner on up and an easy basket to make, with optional leather side handles and lots of accent colors to choose from. This is the perfect basket for entertaining!

Students aged 14 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 \$45 is due to the instructor the day of class.

Saturday 10/15
9:00 a.m. - noon
\$17 per person
MS 411

Sleigh Basket

Amaze your guests with this beautiful basket as your holiday table centerpiece. The sleigh basket has a solid wooden base with sleigh runners. You will learn how to weave using the "turn-back" technique to create this impressive basket. Choose your accent colors or leave it plain to customize. This basket is perfect for filling with pinecones, holiday florals, Christmas bulbs, candy and so much more!

Students aged 14 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 \$50 is due to the instructor the day of class.

Saturday 12/3
9:00 a.m. - noon
\$12 per person
MS 411

Wall Basket

Hang on a door or wall, and fill with flowers, mail, or seasonal decorations. Regardless of location, your design will be something to be admired! Wall baskets can be used to make any awkward wall space look great. The dimensions of your project will be approximately 12 in long by 7 in tall with a leather strap. Choose your favorite colors to accent your project. This basket is very easy to make and so much fun that you may want to make more of them! A few different pattern styles will be available for you to choose from the day of class.

Wall Basket continued>>>

Students aged 14 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 \$30 is due to the instructor the day of class.

Saturday 9/24
9:00 a.m. - noon
\$17 per person
MS 411

Cooking

Holiday Sugar Cookie Decorating

Come learn the art of cookie decorating and make beautiful cookies anytime of the year for gifts, for fun, or even to sell! If you tried before, maybe you're overwhelmed, you don't know where to start or you fear icing, then this beginner's course is for you! In this class, your expert designer will teach you what you will need to start decorating beautiful cookies, just in time for the holidays!

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 \$15 per person, is due and payable to the instructor the night of class.

Tuesday 10/11 or 12/6
6:00 p.m. - 7:30 p.m.
\$23 per person
MS 402

Basic Home Brewing

Do you like Craft beer? Have you ever wondered how this amazing beverage is made? Thought of making it yourself? Well, we have the class for you! Come learn the basics of home brewing equipment, beer ingredients, and the brewing process, as well as explanations and tastings of various beer styles that you can produce at home. This course will include hands-on brewing of two extract batches of beer, an all-grain mash demonstration and beer bottling. No prior experience necessary. You must be 21 or older to take this class. Class size will be limited, early registration is encouraged.

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

Tuesdays 11/1 - 11/15
6:30 p.m. - 8:00 p.m.
\$64 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.

Cooking

Basics of Bartending and More

Get you shakers ready! Join one of Lewiston's top professional bartenders at the Brickyard Pub & BBQ as you learn techniques and basic bartending knowledge. In this class, you will be taught how to perfect some of the more widely known drinks that everyone loves. In addition, you also learn several seasonal drinks that you will be able to show off to your family and friends! As an added bonus, each student will be given drink recipes that show exactly how to make what you've been taught. Get ready to impress your guests at your next party! This class is also a great opportunity if you're looking to start or further your career in bartending. Class size will be limited, early registration is encouraged. You must be 21 to attend this class.

Tuesdays 10/1 or 12/3
9:00 a.m. - 10:00 a.m.
\$16 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.

Beginner Cupcake Decorating

Join us for a fun-filled class to get you started on the basics of decorating with frosting! Learn how to frost cupcakes with different design techniques. In addition, an introduction into making beginner flowers will be taught. By taking this class, you will learn everything from how to fill your pastry bag to making beautiful designs. Each person will go home with a half dozen cupcakes beautifully designed by you! Please bring a container and apron to class.

Students aged 8 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 \$14 per person is due and payable to the instructor the night of class.

Monday 10/17
6:00 p.m. - 8:30 p.m.
\$17 per person
MS 402



You're the Bomb - Chocolate Bombs

Learn to make delicious hot cocoa bombs. Turn a cup of hot milk into a delectable treat. Not only will you enjoy making the bombs, but also learn how to decorate them for beautiful Christmas gifts or to just enjoy yourself! White and milk chocolate will be used. Each person leaves with five bombs.

A supply fee of \$19 per person is due and payable to the instructor the night of class.

Saturday 12/3
9:00 a.m. - 11:30 a.m.
\$17 per person
MS 502

Gourmet Apple Dipping

Nothing says fall quite like a fresh, crisp, chocolate, caramel covered apple with a myriad of scrumptious toppings. Endless possibilities in designing your apple await. You've seen these apples in gourmet specialty shops and stores. Now's the time to learn the skills to make them as gifts or a special treat for your family. You will leave class with half a dozen decorated gourmet apples to enjoy at home! ** Please be aware that peanuts will be present in class.

A supply fee of \$21 per person is due and payable to the instructor the night of class.

Saturday 9/26
6:00 p.m. - 8:30 p.m.
\$17 per person
MS 402

Homemade Pasta and More!

Love pasta and traditional Italian dishes? 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. The best part will be tasting your creations at the conclusion of class! 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 Pasta continued>>>

Classic Italian Wedding Soup

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

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



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 10/5
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 402



Shrimp Scampi with Homemade Fettuccine

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

Wednesday 10/12
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 402

Mango Salsa

A great addition to any presentation. Serve it over fish, chicken or used with chips. It's light and refreshing and sure to become a staple in your house.

Wednesday 10/19
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 402

Pasta Sauce and Meatballs

Authentic Italian ragu. The crown jewel of so many dishes. A class you don't want to miss.

Wednesday 11/2
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 402

Gnocchi

Join us in making this delicious, traditional light and fluffy ricotta cheese pasta. Guaranteed to be a big hit in your household.

Wednesday 11/9
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 402

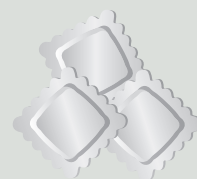
Homemade Pasta continued >>>

Cooking

Ravioli

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

Wednesday 11/30
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 402



Stuffed Artichokes

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

Wednesday 12/7
6:00 p.m. - 9:00 p.m.
\$30 per person
MS 402

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 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 10/1, 11/5 or 12/3
9:00 a.m. - 10:00 a.m.
\$16 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.**



More Cooking >>>

Cooking

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.

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



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

Saturday 12/3
9:00 a.m. - noon
\$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

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 9/29 - 11/17
7:30 p.m. - 8:30 p.m.
\$69 per person
HS Pool

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 9/20 - 11/29, no class 10/18
6:30 p.m. - 7:30 p.m.
\$60 per person
PEC Small Gym

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.

Wednesdays 10/12 - 11/16
10:00 a.m. - 11:00 a.m.
\$59 per person
CRC Multipurpose Room

Bellydance

Join us as we experience the playful and joyous shimmy and practice other characteristic hip movements that typify this form of dance. This class is suitable for the adult women of any age and ability. This dance form is taught on foot, so wear comfortable, unrestrained clothing and flexible footwear that allows freedom of movement; bring your own water bottle to class.

Tuesdays 9/20 - 10/25 or 11/8 - 12/13
6:00 p.m. - 7:00 p.m.
\$44 per person
PEC Big Gym

Give it a Shake! Dance Party

Join us and bring friends for this dancing social. Throughout the hour we will socialize and dance freely to middle-eastern pop music and try out our belly dance moves, all in celebration of the feminine spirit. If you feel like dancing, finished our first series of classes, are considering joining the next series or want to share the opportunity to belly dance with a friend, this class is for you! Wear comfortable, unrestrained clothing and flexible footwear that allows freedom of movement. Feel free to wear or bring a dance costume. Bring your own water.

Tuesday 11/1
6:00 p.m. - 7:00 p.m.
\$11 per person
PEC Big Gym

Exercise

Fitness Drumming

Workout to the beat of your own drum with one of the latest and most fun fitness trends! Fitness drumming takes the simple movement of drumming and turns it into a full body workout that will leave you smiling, sweating and feeling great! By using an exercise ball as your drum, a storage tub as your stand, and drumsticks, we've created a class that can be done sitting or standing, accommodating for all ages and all fitness levels. Fitness drumming turns keeping a rhythm, into a workout that you won't want to stop! Please bring water, sneakers, exercise (yoga) ball, drumsticks and a 17 gallon storage tub/round laundry basket that your ball fits into.

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 10/12 - 11/16
6:00 p.m. - 7:00 p.m.
\$32 per person
PEC Big Gym



Groove

Groove is an energizing 60 minutes of dance fitness. It's a high-energy experience that is a fusion of club, urban and Latin dance styles, set to the hottest current hits and the best dance songs ever produced! Even if you think you can't dance, but love to dance, join this dance party where the motto is "If you CAN move, you CAN Groove!" Groove helps you feel comfortable and confident in your own body. You will be dancing your heart out with movement to help circulation, muscle stretching, core stability and strengthening, increased cardio activity, burning calories and so much more! Music has healing qualities both physically and mentally, and of course when connecting with others with fun and laughter, this dance experience is even better!

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

Wednesdays 10/5 - 11/9
6:30 p.m. - 7:30 p.m.
\$43 per person
PEC Small Gym

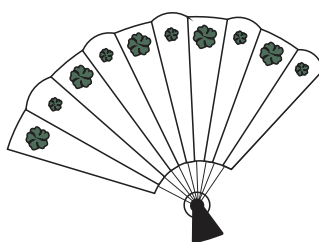
Intermediate Line Dancing

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 9/20 - 11/29, no class 10/18
7:35 p.m. - 8:35 p.m.
\$60 per person
PEC Small Gym

Tai Chi Fan



Tai Chi Fan is a very beautiful practice. It's like an intentional dance that emphasizes body awareness and mindful meditation. The movements include stretching and slow, soft movements. It can calm the mind and has great benefits to our health. Participants can become easily entranced in the methodological and calming forms, which helps to quiet the mind and help the participants to find balance between mind and body. Fan will be provided at no additional cost.

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.

Wednesdays 9/21 - 11/16
6:30 p.m. - 7:30 p.m.
\$65 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 9/19 - 11/28, no class 10/10
6:30 p.m. - 7:30 p.m.
\$63 per person
PEC Small Gym



Yoga Flow and Sound Bath

In this class, you will learn Vinyasa style yoga flow. New to many, it is characterized by sequencing poses and postures together, so that you move from one to another, seamlessly, using your breath. Within this class, we will explore a range of motion, balance, and mobility through functional movement. The diverse nature of Vinyasa yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day. No two classes will be alike! Each class will end with a crystal bowl sound bath to leave you feeling rejuvenated and relaxed. Beginners and seasoned yogis are welcome!

Tuesdays 9/27 - 11/1
OR
Tuesdays 11/8 - 12/13
4:15 p.m. - 5:15 p.m.
\$57 per person
PEC Big Gym



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

Financial Topics

Dave Ramsey Basic Personal Finance Course

Did you know that 70% of Americans live paycheck to paycheck? As one of the richest nations in the world, this isn't the way to live. This course is for anyone who needs foundational knowledge in personal finance and a proven plan on how to implement the knowledge. You will be introduced to Dave Ramsey's (America's Voice on Money) Baby Steps plan, and the basics of how to implement it. We will also run through a budgeting and debt reduction exercise. Students can expect to learn: budgeting/ cash flow management, personal financial statements, bank accounts, retirement and investing, insurance, and some estate planning basics.

Wednesday 10/5 or 11/2
6:00 p.m. - 7:00 p.m.

Free - Prior Registration is required.
Mail in or call 286-7265 for registration.
No walk-ins.
HS 108

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 10/19
6:00 p.m. - 7:00 p.m.

Free - Prior Registration is required.
Mail in or call 286-7265 for registration.
No walk-ins.
HS 108



Social Security Optimization

Whether you are single, married, widowed or divorced, The Financial Guys, certified social security claiming strategists, will inform you about the many facets of this powerful benefit and empower you to make a decision that's right for you. Make sure you are fully informed when making your claim for your retirement income.

Wednesday 9/28
6:00 p.m. - 7:00 p.m.

Free - Prior Registration is required.
Mail in or call 286-7265 for registration.
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 9/22 or 10/13 or 11/17
6:00 p.m. - 7:30 p.m.
CRC Staff Development Room

Saturdays 10/29 or 12/3
10:00 a.m. - 11:30 a.m.
CRC Staff Development Room

Free - Prior Registration is required.
Mail in or call 286-7265 for registration. No walk-ins.



Health & Wellness

Introduction to Gut Health

Looking for simple ways to improve your overall health and increase longevity? Believe it or not, supporting your gut health is the answer. Join us in this upcoming workshop where you will learn how managing your gut health can help you feel better – both physically and mentally. In this workshop you'll discover some of the most common symptoms of poor gut health as an easy gauge to determine if you need to make changes. You will also learn what leaky gut syndrome is and how to identify if you are included in the 80% of the population that has it, common health issues related to leaky gut and simple and easy ways for you to improve and heal your gut.

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

Wednesday 10/12
6:00- 7:00 p.m.
\$12 per person
HS 112

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!

Health & Wellness

Introduction to Meal Prepping

Looking for simple ways to eat healthier snacks and meals without meal prep taking over your life? Attend this upcoming workshop where you'll learn the secrets to meal prep that saves you time, energy, and money.

In this 60-minute workshop you'll discover the benefits of meal prep and why it's important to your overall health, (you control the quality of your food), tips for getting started with meal prep today to have you working like a pro in your kitchen within the week, which basic kitchen gadgets and appliances save you time and make meal prep a breeze and the key staple ingredients you should always have in your kitchen to make your meals as delicious as the best restaurants around.

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

Wednesday 11/9
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 106

Mindset Shifts for Weight Loss

Learn why making fundamental changes in your thought patterns will accelerate weight loss to meet your goals more quickly. In this upcoming workshop, you'll learn groundbreaking techniques that will help you make it through the day, without having to analyze everything you eat. Break free of diets and fads that don't work long-term. Learn the most common reasons people experience weight loss resistance, how to reframe your thoughts around food, so you no longer feel anxious or guilty about food. Learn the seven key things you need to do, or not to do, to make your weight loss goals a success, and much more!

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

Wednesday 9/21
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 108

The Whole Body Benefits of Detoxing from Sugar

In this upcoming workshop, learn the multiple health benefits of detoxing from sugar and break the sugar cycle once and for all. You'll discover today's biggest health issues related to excess sugar consumption and how your body is dealing with the symptoms. In addition, learn the top ways you will benefit from doing a sugar detox and the best sugar detox method that will limit your withdrawal symptoms significantly. Join us and set yourself up for success so that you never become dependent on sugar again!

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 10/26
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 106

The Truth About Emotional Eating

In this upcoming workshop you'll learn the most common reasons why people often turn to food for comfort. Learn how to break free from emotional eating once and for all! This class will cover what emotional eating is and how you can easily identify the most common causes, the most common triggers that lead to emotional eating and how you can diagnose them in the moment, how to recognize the deeper causes that leads someone to become an emotional eater, and the key to mindful and intentional eating. Lastly, the simplest solutions for overcoming emotional eating quickly and easily.

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

Wednesday 11/30
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 108

Homesteading

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 and a package of cheesecloth to class.

Students aged 11 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 \$12 per person is due and payable to the instructor at class.

Friday 11/18
6:00 p.m. - 8:30 p.m.
\$22 per person
MS 402

Composting Your Way to Bounty

Turn your kitchen scraps and junk mail into Black Gold! This class will cover the basics of backyard composting and the different choices available to you. Learn how to maximize even the smallest of spaces!

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 \$10 is due and payable to the instructor at class.

Friday 11/18
6:00 p.m. - 7:00 p.m.
\$17 per person
MS 502

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

More Homesteading 

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



Homesteading

Learning & Leisure

"Crazy Canners" Beginner Canning

Join this dynamic canning duo for a fun and informative evening learning the basics of water bath canning. Self-described as crazy canners, because they will can just about anything!

It's time to get back to basics and learn food preservation skills that our forefathers mastered. Whether your interest is stocking up your pantry or making homemade gifts from your kitchen, these hands-on classes are what you need to learn the basics that will last a lifetime.

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

A supply fee of \$10 per person, per class is due and payable to the instructor at class. You will take home your canned products.

Crushed Tomatoes

Friday 10/7
6:00 p.m. - 8:00 p.m.
\$27 per person
MS 402

Pepper Jelly

Friday 10/14
6:00 p.m. - 8:00 p.m.
\$27 per person
MS 402

Caponata

An Italian delicacy of eggplants, olives, celery and tomatoes

Friday 10/21
6:00 p.m. - 8:00 p.m.
\$27 per person
MS 402

Dehydrating for Beginners

Learn how to preserve fruits and vegetables in this informative class. Everything from types/styles of dehydrators to storage, and everything in between will be covered! A great way to store this year's garden bounty without taking up precious freezer space.

Friday 11/11
6:00 p.m. - 7:00 p.m.
\$19 per person
MS 402

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.

Tuesday 10/18
6:00 p.m. - 9:00 p.m.
\$32 per person
CRC - ALE Room



Chakra Empowerment Class

Each human has centers of energy called "chakras" (Sanskrit term for "wheel") that support the operation of one's physical, emotional, mental and spiritual levels of being. Daily stress and life challenges can contribute to the weakening and imbalance of these centers and therein affect one's well-being. In class we will cover the "what and where" of each of the major chakras. The majority of our time together will be spent practicing specific exercises that correspond to each chakra and can with regular practice bring greater alignment, stability, function and flow to one's over-all well-being through these chakra empowerments. Wear loose comfortable clothing to class and bring your personal water bottle.

Wednesday 9/28
6:30 p.m. - 8:00 p.m.
\$17 per person
PEC Small Gym

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.

Tuesday 11/1
6:00 p.m. - 9:00 p.m.
\$32 per person
CRC ALE Room

Crystal Wisdom

Do you find yourself fascinated by rocks, stones and crystals? Do you want to learn more about how to benefit from the power within earth's crystals? Crystals harness the vitality of the Earth and carry the vibrations of the Universe. They can support alignment, healing and add beauty to our lives. Come join us as we learn how to work with and use crystal wisdom to enjoy our lives.

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

Wednesday 11/9
6:30 p.m. - 8:00 p.m.
\$17 per person
CRC - Staff Development Room

Defensive Driving Course

This 6-hour point and insurance reduction program reviews safe driving and accident avoidance techniques. Upon completion of this class, drivers are eligible for a 10% reduction in their auto insurance, and up to 4 points removed from their DMV driving record. You may take the class every three years for insurance reduction and every 18 months for point reduction.

Tuesday / Thursday 10/4 & 10/6
9:30 a.m. - 12:15 p.m.

OR

Saturday 12/10
9:00 a.m. - noon
\$47 per person
CRC Alumni Room



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.

Tuesday 11/15
6:30 p.m. - 9:00 p.m.
\$32 per person
CRC - ALE Room

Introduction to Fly Fishing

Join us for an introduction to fly fishing! Topics include equipment, fly rod selection, stream new tactics, safety, basic entomology (bugs), knots, target species information, distinctions and resources. Warm water, cold water and saltwater fly-fishing opportunities will be discussed. Following a practical demonstration, each student will be given an opportunity to learn proper fly casting; the course will include casting instruction and practice. Students are encouraged to bring their own fly rods if they already have one. Loaner rods will be available for students who do not have their own. The course is structured for the beginner or novice angler. The instructor, is a lifelong Outdoorsman, a former Orvis Fly Fishing instructor and has been fly fishing for over 20 years. The course is 4 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 or guardian is also registered and attends the same class.

Tuesdays 9/20-9/27 or
Thursdays 10/20 -10/27
6 p.m. - 8 p.m.
\$45. per person
MS gym



Learning & Leisure

Intermediate Fly Fishing Tactics

Are you a beginner fly Fisher 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 & stream tactics, basic entomology, target species information, and resources. Warm water, cold water and some saltwater fly-fishing opportunities will be discussed. This course is structured for the beginning or novice Angler.

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

Wednesday 11/2
6:00 p.m. - 8:00 p.m.
\$27 per person
MS 703

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 9/21 - 10/5
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 10/4
6:30 p.m. - 9:00 p.m.
\$32 per person
MS 602



More Learning & Leisure >>>

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

It's a sign

Have you seen butterflies, feathers, coins or birds at significant moments and wondered if they are symbolic of something greater? Do you ever wonder if deceased loved ones are around and trying to communicate with you? We will use our time together to touch on the power of symbol and the many possible ways spirit may express their presence. There will be opportunities to share our experiences in the company of kindred spirits. The aim of this class is to teach discernment in the recognition of the synchronicity, mystery and magic occurring around us every day. The goal of this class is to open and explore the possibilities that loving family and friends in the world of spirit are indeed reaching out to us, bringing wisdom, comfort, love and support.

Wednesday 10/5
6:30 p.m. - 8:00 p.m.
\$17 per person

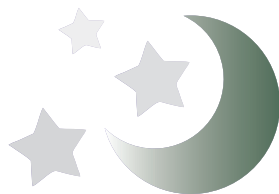
CRC - Staff Development Room



Living Well by the Light of the Moon

From gardeners to romantics and poets to scientists, the moon has held her special place in the human heart. She has swept us up in her mysterious silver light since the dawn of time. Today many of us pay little heed to the role she unwittingly plays in influencing the rhythm of our daily life. Join us as we whimsically examine how the moon's cycles can inform us and through aligning with her phases, we may obtain the benefit of greater flow and ease in our day-to-day lives.

Monday 9/26
6:30 p.m. - 7:30 p.m.
\$17 per person
CRC - Staff Development Room



Navigating Toxic Relationships

Toxic relationships are a silent epidemic. We all face them in our personal and professional lives. The more you know, the better you will be able to protect your health- mental, emotional and physical. Once you learn to identify them, you can be better prepared to interact. 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 10/26
6:30 p.m. - 8:30 p.m.
\$11 per person
HS 108

Numerology

Spend an evening playing with numbers! We'll explore numerology, learning about its uses and how to apply it in life as a self-empowerment tool. In class we will learn simple calculations that reveal patterns and qualities that bring insight to your gifts, talents, and abilities. You'll discover how numbers can indicate life challenges as well as your soul's destiny. We'll calculate our personal year numbers for 2023 and cover the mystery and meaning behind observation of repeating numbers in everyday life. Students please bring a calculator, paper and pen to class.

Wednesday 11/16
6:30 p.m. - 8:00 p.m.
\$17 per person
CRC - Staff Development Room



The Awakened Dreamer

Ever wondered what your dreams are telling you? Join us to learn how to better understand what you are telling yourself in your dreams. We'll explore the world of dream types, languaging and interpretation. Methods for recognizing dreaming states, meaningful patterns and how to dream with purpose will also be discussed. Each attendee will receive a link to download their very own dream journal. Please bring a notebook and pen to use during the class.

Wednesday 11/2
6:30 p.m. - 8:30 p.m.
\$18 per person
CRC - Staff Development Room

The Healer Within

Have you ever wondered if you could bring healing through your own hands? Everyone has the power to heal and be healed. In this class we will learn and practice how to become a vessel for healing. You will be taught a simple heart-felt energy technique that can be used daily on yourself and used when supporting the healing of those you love. (If Covid-19 mandates and protocols allow, this class will introduce hands-on healing with the added permission of the individual participants.) Students may be standing or sitting for various periods of time during class. Please wear comfortable unrestricted clothing, comfortable shoes and bring a lap throw or extra sweater layer with you to class.

Wednesday 11/30
6:30 p.m. - 9:00 p.m.
\$17 per person
CRC - Staff Development Room

Vision Board Class

Get ahead of the game and ring in 2023 with your visionary work of art! Vision Boards are a tool for planning the life of your dreams and keeping yourself motivated toward your goals and desires, all year long. Together we can inspire each other's dreams. Grab your old magazines, scissors and glue and join us for an evening of fun! Students please bring to class: Scissors, glue, markers, foam/hard cardboard, old magazines to cut up, your own images printed (optional).

Wednesday 12/7
6:30 p.m. - 8:00 p.m.
\$6 per person
MS 411

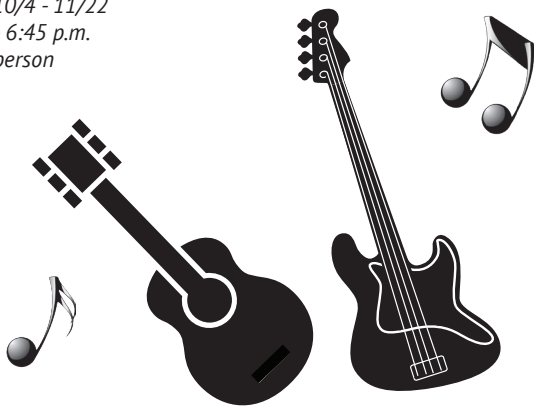
Music

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 chords. This class is geared for the beginner aged 18 and up. All are encouraged to attend this comprehensive 13-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 10/4 - 11/22
6:00 p.m. - 6:45 p.m.
\$171 per person
MS 414

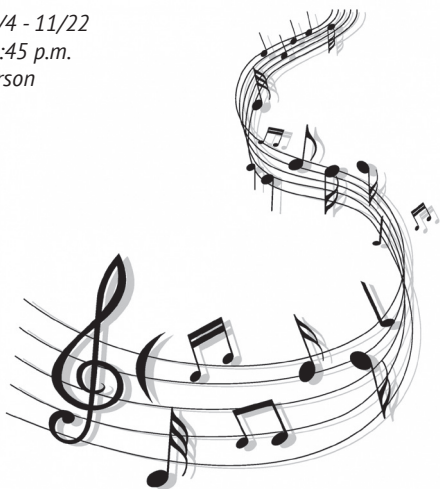


Guitar - Level 2 Intermediate

This class will have you playing songs and learning advanced chord progression, scales, and different styles of playing your guitar. We will focus on keys, major and minor, and learn how to write your own song. This class is a must for all guitar players! NO classical or bass guitars. If you are using an electric guitar, have a small amp with you. If you are left-handed, please be advised you will be taught in right-handed position only.

Prerequisite is a beginner guitar class or playing a guitar for a minimum of one year.

Tuesdays 10/4 - 11/22
7:00 p.m. - 7:45 p.m.
\$171 per person
MS 414



Technology

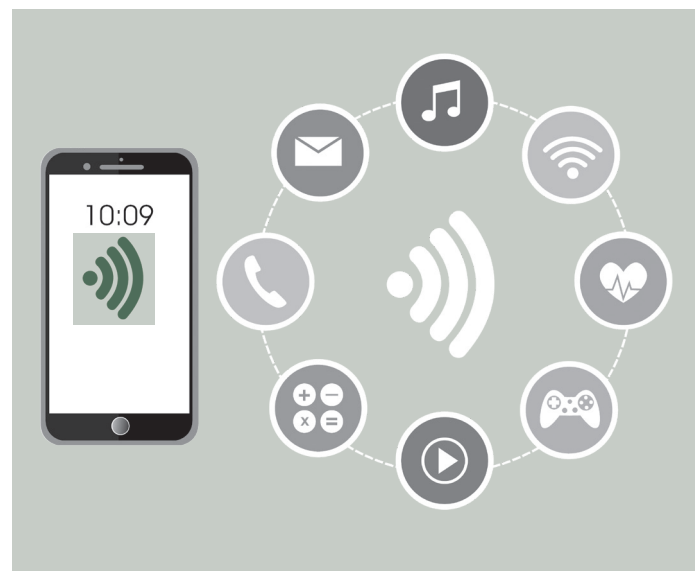
Computer Skills for Today's World

This informative class will answer your questions and give you the skills to work in today's electronic world. Download, PDF, Wi-Fi, Bluetooth, copy and paste, passwords, the cloud, browsers, attachments, links, sign in, sign out, Zoom, files and folders. See you at this four-session morning comprehensive class.

Tuesdays 10/4 - 10/25
10:30 a.m. - noon
\$74 per person
CRC - Alumni Room



Smartphones for Seniors



Set yourself free from calling your friends and family with smartphone questions! If you find yourself doing this, then this is the class for you! Tips for all smartphone users, Androids and iPhones. Learn the essentials for using these devices, and what they have to offer. In this class, we will cover some useful apps and getting notifications on your phone. Questions will be answered throughout this four-session class.

Tuesdays 11/1 - 11/15
10:00 a.m. - noon
\$59 per person
CRC - Staff Development Room

Test Prep & Certifications

4-Hour ACT Boot Camp

Get a jump start on your ACT test preparation! This in person class introduces students to the ACT test. Course includes: test-taking strategies, testing information, study materials and free simulated ACT test. (2022 ACT test dates are: 10/22 and 12/10)

*Monday and Wednesday 10/17 & 10/19
6:00 p.m. – 8:00 p.m.
\$77 per person
HS 113*

4-Hour SAT Boot Camp

Get a jumpstart on your SAT test preparation! This 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. (2022 SAT test dates 10/1, 11/5, and 12/3)

*Tuesday and Thursday 9/27 and 9/29
6:00 p.m. - 8:00 p.m.
\$77 per person
HS 113*

9-Hour SAT Prep Course

This course offers an in-depth study of the SAT test. Course includes: test taking strategies, test information, online workbook/study materials and a free simulated SAT test. (2022 SAT test dates 10/1, 11/5, and 12/3)

*Tuesdays and Thursdays 10/25-11/1
6:00 p.m. - 9:00 p.m.
\$144 per person
HS 113*

CPR-Basic Life Support

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.

*Monday 9/19 or 10/17 or 11/7 or 12/5
6:00 p.m. - 9:00 p.m.
\$48 per person
HS 108*



Pistol Permit/ Home Firearm Safety

This course provides essential information on safe handling and use of a handgun. Information is provided on the selection of a handgun for personal use, proper care, maintenance and safe storage of your firearm. Legal aspects of firearms used to be discussed. Completion of this course is required to apply for a New York State Pistol Permit. Please note- New York State only issues pistol permits to persons 21 years or older.

*Saturday 10/15
9:00 a.m. - noon
OR
Wednesday 11/2
6:00 p.m. – 9:00 p.m.
\$59 Per person
IEC Auditorium*

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.

*Wednesdays 9/28 or 10/26 or 11/30 or 12/14
6:00 p.m. - 8:00 p.m.
\$49 per person
HS 111*

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

Test Prep & Certifications

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 11/30
6:00 p.m.- 8:30 p.m.
\$75. per person
HS 113



Spanish For The Elementary Years



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

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!

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.

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 COVID 19 illness, 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. All NYS COVID mandates and policies must be followed at all times while on school property. Masks must be worn at all times.

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 2022 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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Lewiston, NY 14092

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ECRWSS
Resident

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

The Lewiston-Porter Community Education Department is currently recruiting instructors for our Fall 2022 Program. Please email Anita Muzzi at amuzzi@lew-port.com for information on becoming part of our exciting team!

Attention Business Owners and Organizations!

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