

CONTINUED LEARNING ... THE SKY IS THE LIMIT!

Lewiston-Porter
Central School District

Community Education

WINTER-SPRING 2022



Welcoming ALL Communities



Aiming Higher



A MESSAGE FROM THE SUPERINTENDENT

Dear Friends and Community members:

Welcome to the Spring 2022 edition of the Lewiston-Porter Community Education Program. Since March 2020 we have had to overcome many obstacles in order to keep our Community Education Program going, including shifting to a fully virtual program for the 2020-21 school year. The abrupt stop in March 2020 and the need to shift to fully virtual classes for all of the 2020-21 program year was difficult but I'm proud to say we did it and kept our program moving forward. This fall we were able to return to in-person classes and we were beyond pleased with the response and support. We know from your comments and feedback that you enjoy the classes and want more! Thank you to all the instructors that made the shift to virtual learning and have adhered to safety protocols now that we are back with in-person learning. Thank you for sticking with us and we hope you are enjoying all that our program has to offer. Here's to a safe and healthy 2022.

Enjoy the classes and keep learning,

Paul J. Casseri
Superintendent of Schools

Welcome

BOARD OF EDUCATION

The Lewiston-Porter Board of Education is pleased to introduce our Community Education program for the Winter/Spring of 2022. The Fall Community Education classes were a huge success and we look forward to continuing to offer these unique and enriching experiences to our community.

We believe that learning enhances our lives at any age. The Community Education program provides a broad range of learning opportunities that reflect the needs and interests of our community members. The Winter/Spring session will offer over 110 classes, the biggest selection yet! New to this session will be Early Bird classes, offered 9am-12pm Monday-Friday. We encourage you to explore all there is to offer and take a class.

Never stop learning!

With gratitude,

The Lewiston-Porter Board of Education

2021-2022 LEWISTON-PORTER BOARD OF EDUCATION

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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

New to our program! Designed for those who have their daytime hours free and would like to get their day off to a great start. Pricing for these classes also reflect an "Early Bird" discount by the instructors.

Beginning Meditation

Meditation leads to a relaxed nervous system and peaceful mind. In this course you'll learn the essential practices that help you develop a firm foundation to experience inner radiance and tranquility. Calming the mind amid the confusion and distraction of the world can be extremely challenging. Overcoming these challenges requires an authentic practice and an experienced teacher. Whether you are looking for stress management, focus, clarity, relaxation, happiness, or a deeper understanding of purpose, the time-tested tradition of meditation can provide a refreshing outlook on your life. You will join a certified yoga and meditation teacher with over 30 years of personal experience, in this inward journey of self-awareness.

Mondays 4/25-5/16
10:00 a.m. - 11:00 a.m.
\$48 per person
CRC Multi-Purpose Room

Experience Face Yoga

This unique workshop will inspire you to change your relationship with the mirror. During our time together, we will learn to relax your facial muscles (much like stretching before a run), smooth out and prevent forehead wrinkles, crow's feet, sagging skin and improve your complexion.

Face yoga is a fusion between yoga like poses and facial expressions. When practiced on a regular basis, face yoga may result in overall improved muscle tone, firmer skin, less sagging skin, smoother fine lines and wrinkles, improved blood circulation, glowing complexion, and physical changes in your appearance, such as symmetry.

Please hydrate your skin before class (drink oodles of water), wash your face and apply skin cream to your face and neck prior to each class for best results.

Please bring a yoga mat and cell phone to class.

Wednesdays 2/16-3/23
9:00 a.m. - 10:30 a.m.
\$54 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 3/8 & 3/10 or
Monday/Wednesday 5/9 & 5/11
9:00 a.m. - noon
\$46 per person
CRC Alumni Room

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.

Tuesday 5/10
10:00 a.m. - 11:30 a.m.
Free - Prior registration is required.
Mail in or call 286-7265 for registration.
CRC Staff Development 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.



Mondays 2/28-3/21
10:30 a.m. - noon
\$59 per person
CRC Staff Development Room

Tai Chi

This class is for anyone and everyone, regardless of age or ability. Tai Chi is a slow-motion exercise. The key is to improve balance with slow movement. Many of the people taking this class are "seniors" who learn at their own pace. Give it a try, you won't regret it. Anyone can do tai chi whether you are 18 to 88, regardless of abilities or disabilities. It was created as self-defense based on balance, it's used today to reduce stress, weight loss, improve balance, and much more! Course will be informal and most importantly fun! Everyone learns at their own pace.



Fridays 2/18-5/6 no class 4/15 & 4/22
10:00 a.m. - 11:00 a.m.
\$52 per person
CRC Multi-Purpose Room

Zumba Gold

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

Wednesdays 2/16-5/11 no class 4/13-4/20
9:00 a.m. - 10:00 a.m.
\$49 per person
CRC Multi-Purpose Room

More Early Bird 

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



Early Bird Class

Zumba

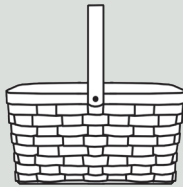
Zumba classes are high calorie-burning dance parties, a total body workout! Zumba is exercise in disguise! We combine all elements of fitness, cardio, muscle conditioning, balance and flexibility. You will leave class with boosted energy and feeling incredible! Zumba is for everyone and everybody! All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

Wednesdays 2/16 - 5/11 no class 4/13 & 4/20
10:00 a.m. - 11:00 a.m.
\$49 per person
CRC Multi-Propose Room

Arts & Crafts

Basket Weaving

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



Market Basket: This beautiful market basket has a traditional woven base with a sling handle for carting. It's approximately 11" square and 9" tall. The perfect size for gathering in your garden and to display in your home. No prior weaving experience is needed. A free tie-on decoration is included with your basket.

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

An additional supply fee of \$40 per person is due to the instructor the day of class.

Saturday 3/12
9:00 a.m. - noon
\$16 per person
MS 411

More Basket Weaving in next column >>>

Easter Basket: The Easter Bunny will marvel at your basket this year! Each basket will have an 8" round base and an attached handle. You choose from a large variety of colors for accent rows in your design. The handle can be woven around for a special look, if you choose. A free tie-on decoration is included with your basket.

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.

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

Saturday 4/9
9:00 a.m. - noon
\$16 per person
MS 411

Lamp Basket: Amaze your friends! Weave a lamp basket using a glass jar! Choose from a large selection of accent colors to add your personal flare to your lamp. Each lamp comes with a glass jar, lighting attachment, and lampshade in neutral colors. We even supply the light bulb! If you have your own 7" lampshade you can bring it 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.

An additional supply fee of \$50 per person is due to the instructor the day of class.

Saturday 5/7
9:00 a.m. - noon
\$16 per person
MS 411

Beautiful Spring or Summer Door Wreaths

Come and learn how to make a beautiful, full wreath that people can see from the street! Take this class and you'll learn how to arrange easier, choose color combinations, save money, and make it your own! This class will meet for two sessions. In the first class, learn what you'll need to buy and how to save money on products needed. The second class, we'll put it all together and you will create a one-of-a-kind spring or summer wreath.

Tuesday 2/15 - 2/22
6:00 p.m. - 8:30 p.m.
\$22 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 3/24 or Tuesday 5/3
6:00 p.m. - 9:00 p.m.
\$14 per person
HS 106

Calligraphy

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

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

Wednesdays 2/16 - 3/9
6:00 p.m. - 7:15 p.m.
\$32 per person
HS 414

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

Arts & Crafts

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

Tuesday 3/22 - 4/5
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 4/6 - 5/11, no class 4/13 & 4/20
6:00 p.m. - 8:00 p.m.
\$33 per person
HS Library

Lava Stretch 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.

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

Wednesdays 2/9 or 3/9
6:00 p.m. - 8:30 p.m.
\$19 per person
MS 411

How to make Holiday and Culture Themed Earrings

Come join this one-hour class and have fun making spring themed earrings. We will make Easter/Spring themed earrings with a variety of gemstones. Swarovski crystals, colored glass beads, Easter themed findings etc. We will learn and practice the basic metal wrapping techniques. Materials for practice will be provided. Each attendee could make two pairs of earrings as final projects! Come and be creative!

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

An additional supply fee of \$10 per person is due to the instructor the day of class for a tool set.

Thursday 3/31
7:00 p.m. - 8:00 p.m.
\$17 per person
MS 411

Intro to Wet Felting: Felting a Flower

Ready for some flowers after a cold winter? Create some wool flowers while we wait for the weather to warm up! Learn the art of felt making with an award-winning fiber artist. You will learn the technique of wet felting to make a felted flower with just wool, soap and bubble wrap!

Wet felting is the process by which loose wool fibers transform into a non-woven textile with the application of soap, water and agitation. It’s magical! Create beautiful, whimsical felt flowers in this beginner class. Examples of larger projects and applications of this technique will be brought to class.

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 4/5
7:00 p.m.-9:00 p.m.
\$22. per person
HS 414



Intro to Wet Felting: Tiny Wet Felted Vessel

Wet felting is the process by which loose wool fibers transform into a non-woven textile with the application of soap, water, and agitation. Learn how magical this technique is! In this class, you will learn the art of felting and designing a tiny seamless felted whimsical wool bowl! Examples of larger projects and applications of this technique 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 2/15
7:00 p.m. - 9:00 p.m.
\$22 per person
HS 414

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 3/8
7:00 p.m. - 9:00 p.m.
\$22 per person
HS 414

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

Soap and Scrub Making

Bath Tea / Foot Soak

In this class, students will make a 4 oz jar of bath tea / foot soak. Goat milk powder will be one of the ingredients, as well as dried cornflower, lavender, and calendula. Coarse sea salt is added to enhance the properties of this "tea", which is a nice addition to your self-care routine.

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 4/7
7:00 p.m. - 8:00 p.m.
\$16 per person
MS 502

Cucumber and Melon Sugar Scrub

Sugar scrub is a great way to pamper yourself. The light, fresh scent of cucumber and melon will lift your mood and put you in the mood for summer! This scrub is made with organic cane sugar, softening oils and the sweetest smelling cucumber melon fragrance available!

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 4/28
7:00 p.m. - 8:00 p.m.
\$16 per person
MS 502

Lemon and Poppy Seed Salt Scrub

The scent of fresh lemon in the feel of coarse sea salt on your feet are a combination that you must experience for yourself. Use this scrub to wash away dead skin cells, exfoliate and prepare your feet for the summer. You will add soothing oils to the scrub, to leave your feet soft and pampered. Poppy seeds are in it for an extra boost of skin softening!

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

Thursday 5/12
7:00 p.m. - 8:00 p.m.
\$16 per person
MS 502



More Soap & Scrub Making in next column >>>

Make Your Own Sea Sponge Soap

In this class students will make a goat milk blend soap with a cherry almond fragrance oil. A sea sponge will be added to the soap brand exfoliating benefit. Sea sponges are a gentle way to slough away dead skin cells, leaving the skin ready to moisturize.

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

Thursday 3/10
7:00 p.m. - 8:00 p.m.
\$16 per person
MS 502



Sea Salt and Red Seaweed Soap

In this class, students will combine coarse sea salt and dried red seaweed to create a soap that's both skin-soothing and exfoliating. Rosemary essential oil will be added for a lovely blend of sea salt and sweet aroma. This soap will bring you closer to the beach, if only in your mind!

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 2/17
7:00 p.m. - 8:00 p.m.
\$16 per person
MS 502

Sweet Orange and Bergamot Scented Loofah Soap

In this class, students will make a glycerin-based soap, adding sweet orange and bergamot essential oils. A loofah will be added to the soap for exfoliation. Sweet orange and bergamot are mood-lifting scents. Use this soap as a pick-me-up for your senses!

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

Thursday 3/24
7:00 p.m. - 8:00 p.m.
\$16 per person
MS 502

Quilling - The Art of Paper Filigree

Whirl and twirl yourself into the art that dates back to the 16th century when French and Italian nuns created ornate borders to embellish religious articles. During the 18th century, it was a fashionable pastime for ladies. In this beginner class, you will create cute bunnies and florals out of thin strips of paper that are rolled and folded into your masterpieces!

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 \$12 is due and payable to the instructor the day of class. This includes a set of quilling tools for you to keep.

Saturday 4/2
9:00 a.m. - 11:30 a.m.
\$22 per person
MS 411

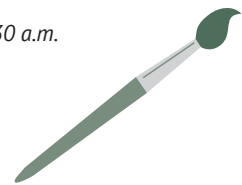
Watercolor Cherry Blossoms

Grab a friend or two and join us for this fun, relaxing, watercolor painting class. Together, we will be painting beautiful cherry blossoms in watercolor. This is a perfect painting for beginners and experienced watercolorists. You will have step-by-step instruction to create a lovely floral painting in watercolors. The paints and paper provided, are high artist quality, to ensure the best possible results.

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. Students will receive a Princeton Snap watercolor brush to keep.

Saturday 4/2
9:00 a.m. - 11:30 a.m.
\$22 per person
HS 414



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

Arts & Crafts

Certifications & Test Prep

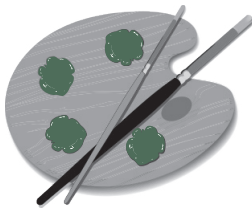
Watercolor Chickadee Bird Painting

You won't want to miss relaxing morning of watercolor painting. In this class, you will design a lovely chickadee bird 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. Students will receive a Princeton Snap watercolor brush to keep.

Saturday 3/12
9:00 a.m. - 11:30 a.m.
\$22 per person
HS 414



Watercolor Spring Landscape

It's time to "Think Spring" and get your creative juices flowing! Grab a friend or two and join this relaxing morning of watercolor painting. In this fun class, you will design a lovely spring landscape 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. Students will receive a Princeton Snap watercolor brush to keep.

Saturday 2/26
9:00 a.m. - 11:30 a.m.
\$22 per person
HS 414

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 3/12, 5/7, and 6/4)

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

9-Hour ACT Test Prep Course

Are you ready for the ACT test? This 9-hour review course offers an in-depth study of the ACT test. Includes: test taking strategies, testing information, study materials including the new writing format and a simulated ACT test. (2022 ACT test dates are: 2/12, 4/2 and 6/11)

Tuesdays and Thursdays 3/22 - 3/31
6:15 p.m. - 8:30 p.m.
\$144 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 3/12, 5/7, and 6/4)

Tuesday and Thursdays 4/26 - 5/5
6:15 p.m. - 8:30 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 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 5/11
6:00p.m. - 8:30 p.m.
\$75 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.

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.

Mondays 2/28, 3/14, 3/28, 4/25 and 5/16
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 firearm use 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 3/5
9:00 a.m. - noon
or Wednesday 3/30
6:00 p.m. - 9:00 p.m.
\$59 per person
IEC Auditorium

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

Cooking

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, 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 3/1 - 3/15

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

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.

\$64 per person

Basics of Bartending and More

Get your 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.

Saturday 3/5

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

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.

\$16 per person

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 3/5 or 4/2

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

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.
\$16 per person



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 & 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 13 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 \$18 per person, is due and payable to the instructor the day of class.

Saturday 3/5 or 3/12

9:00 a.m. - noon

\$22 per person

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

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.

*We have combined 2 separate sessions that we offered in the past, into one larger 10 class session.

Thursdays 2/17-5/12 No class 3/24, 4/14 & 4/21

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

\$69 per person

HS Pool

Beginner Line Dancing

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

Tuesdays 2/15-5/10 No class 3/15, 4/12 and 4/19

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

\$60 per person

CRC Multi-Propose Room

B-Fit Face Yoga

This unique workshop will inspire you to change your relationship with the mirror. During our time together, you will learn to relax your facial muscles (much like stretching before a run), smooth out and prevent forehead wrinkles, crow's feet, and sagging skin and improve your complexion.

Face yoga is a fusion between yoga like poses and facial expressions. When practiced on a regular basis, face yoga may result in overall improved muscle tone, firmer skin, less sagging skin, smoother fine lines and wrinkles, improved blood circulation, glowing complexion and physical changes in your appearance, such as symmetry.

Please hydrate your skin before class (drink oodles of water), wash your face and apply skin cream to your face and neck prior to each class for best results.

Please bring a yoga mat and cell phone 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.

Six-week series Thursdays 2/17 - 3/31,
No class 3/3
6:30 p.m. - 8:00 p.m.
\$59 per person
PEC Big Gym

Or individual classes:

Forehead
Thursday 2/17
6:30 p.m. - 8:00 p.m.
\$19 per person
PEC Big Gym

Eye Area
Thursday 2/24
6:30 p.m. - 8:00 p.m.
\$19 per person
PEC Big Gym

Cheek Area
Thursday 3/10
6:30 p.m. - 8:00 p.m.
\$19 per person
PEC Big Gym

Mouth and Lip Area
Thursday 3/17
6:30 p.m. - 8:00 p.m.
\$19 per person
PEC Big Gym

Nasolabial Fold Area
Thursday 3/24
6:30 p.m. - 8:00 p.m.
\$19 per person
PEC Big Gym

More B-Fit Face Yoga in next column >>>

Neck and Jawline

Thursday 3/31
6:30 p.m. - 8:00 p.m.
\$19 per person
PEC Big Gym

Dance Expressions

Do you love to dance? Are you looking for an opportunity to 'get-into-your body' and liberate your creative expression? This is a loosely structured, all-participant class for those who love to dance for the joy of it. During warm-up a few belly dance moves will be taught, and other types of movement will be explored. Once the free-dance music playlist begins, individuals will be able to explore their own personal movements, expressing and interpreting the music. For those looking for a little more guidance, movements will be demonstrated and shared throughout, as the class music playlist continues, and peers are nearby for inspiration. We will dance throughout the session with individual options to take a break if needed. Wear comfortable, unrestrained clothing and flexible footwear that allows freedom of movement; bring your own water bottle to class.

Wednesday 3/30
6:30 p.m. - 8:00 p.m.
\$17 per person
PEC Big Gym

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 is 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 3/2 - 5/11,
No class 3/23, 3/30, 4/13, 4/20
6:00 p.m. - 7:00 p.m.
\$39 per person
CRC Multi-Propose Room



Gaia Grace- A Meditative Dance

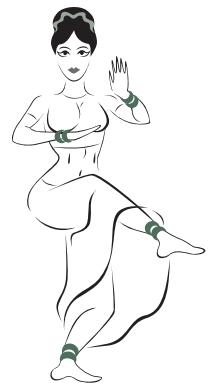
Experience grace and serenity as you move into the remembrance of your sacred feminine connection with mother earth (Gaia). In this class you will learn some basic belly dance arm movements. These movements will be incorporated into a complete, simple dance that you can do in a chair or seated on the ground. (Note: If you choose to sit on the floor, bring a cushion with you to class.) Meditative in nature, the taught choreography pays reverence to nature and the compassionate human heart. It is a gentle heart-opening dance that can be performed upon waking or settling down for the day. Wear comfortable, unrestrained clothing that allows freedom of movement.

Wednesday 2/23
6:30 p.m. - 8:00 p.m.
\$17 per person
PEC Big Gym

Give it a Shake!

Belly dance is an ancient and modernized form of dance that is known for its ability to express the textures in music while amplifying the beauty in feminine expression. It is a gentle form of exercise, a wonderful tool for social camaraderie and has shown evidence of improving women's body awareness and confidence. And on top of all that, belly dance is fun!

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.



Wednesday 3/9
6:30 p.m. - 8:00 p.m.
\$17 per person
PEC Big Gym

More Exercise >>>

Exercise

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 2/15-5/10,
No class on 3/15, 4/12 and 4/19
7:35 p.m. - 8:35 p.m.
\$60 per person
CRC Multi-Propose 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 2/14-5/9 no class 2/21, 4/11 & 4/18
6:30 p.m. - 7:30 p.m.
\$63 per person
CRC Multi-Propose Room*



Zumba Toning

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

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

*Tuesdays 2/15-5/10,
No class 4/12 & 4/19
6:00 p.m. - 7:00 p.m.
\$ 59 per person
PEC Big Gym*

Zumba

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

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

*Tuesdays 2/15-5/10 no class 4/12 & 4/19
7:00- 8:00 p.m.
\$59. per person
PEC Big Gym*

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 debit 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.

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

*Wednesday 2/16 or 5/11
6:00 p.m.-7:00 p.m.
Free-Prior Registration is required, no walk-ins.
HS 108*



Attention Business Owners and Organizations!

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

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

Financial Topics

Health & Wellness

Estate Planning 101- The Four Corners

In this educational seminar, a local Estate Attorney will discuss and explain the "Four Corners" of basic estate planning documents that every person should have in place: Wills, Power of Attorney, Health Care Proxy and Living Wills. We will also discuss recent changes to the Power of Attorney law in New York and how it may impact your planning, as well as the basics of the probate process. It will be an interactive seminar with plenty of questions and answers.

Thursday 3/3
6:00 p.m.-7:30 p.m.
Free - Prior Registration is required,
no walk-ins.
HS 108

Estate Planning 102- Trusts and Life Estates

One of Western New York's top Estate Attorneys will be joining us to discuss and explain the basics of trusts, and under what circumstances they may or may not be appropriate. He will also discuss how to pass on your home to your children while protecting it from the five-year Medicaid/ Nursing Home look back period, with a deed transfer and retained life estate. It will be an interactive seminar with plenty of questions and answers.

Thursday 3/17
6:00 p.m. - 7:30 p.m.
Free - Prior Registration is required,
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 4/6
6:00 p.m. - 7:00 p.m.
Free - Prior Registration is required,
no walk-ins.
HS 108



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.

Tuesdays 2/22 or 3/22
6:00 p.m. - 7:30 p.m.
Free - Prior registration is required. Mail in or
call 286-7265 for registration.
CRC Staff Development Room

Retirement Planning 101

In this informative workshop, you will learn some of the topics every person should consider as they prepare for retirement or already retired. We will discuss portfolio management as you move from accumulating wealth while working, to using your wealth and assets in retirement. We will focus on several areas of concern: tools to help determine how long your money may last and the standard of living you may be able to maintain, the effect of inflation; how to manage distributions in a tax-efficient way, employee retirement savings plans compared to IRAs, health insurance, and considerations for pension and social security elections. It will be an interactive seminar, so bring your questions and concerns.

Thursday 3/10
6:00 p.m. - 7:30 p.m.
Free - Prior Registration is required,
no walk-ins.
HS 112

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 3/16
6:00 p.m. - 7:00 p.m.
Free - Prior registration is required. Mail in or
call 286-7265 for registration.
HS 112

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, 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 4/27
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 112

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 3/16
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 106

More Health & Wellness

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

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 ground-breaking 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 2/16
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 106

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 3/2
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 108

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

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 4/6
6:00 p.m. - 7:00 p.m.
\$12 per person
HS 108

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 cheese cloth to class.

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

A supply fee of \$12 per person is due and payable to the instructor the day of class.

Friday 4/29
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 3/18
6:00 p.m. - 7:30 p.m.
\$17 per person
MS 502

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 3/25
6:00 p.m. - 7:00 p.m.
\$19 per person
MS 402

Getting Ready to Garden: Starting Seeds

This is a hands-on course where we will discuss the various ways to begin frost tender plants indoors in preparation for the 2022 growing season. Participants will work with various media and seed container options and leave with "starts" to begin their garden. A great way to start the 2022 growing season.

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

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

Friday 2/18
6:00 p.m. - 7:30 p.m.
\$17 per person
MS 502

Kids Classes

Broadway Kids Musical Theater Performance Class: Sing, Act, Dance to Moana, Frozen, Aladdin and more! (Children in grades 3 through 5)

In this energetic and interactive drama class, your child will sing, act and dance to musicals such as Little Mermaid, Tangled, Aladdin, Descendants and more!

Each week will begin with a dramatic warm up that focuses on using our actor's toolbox to help us share our emotions, use our voice, and act with confidence! Each week your child will focus on a different musical and participate in group games and challenges. Students will also learn acting scenes and songs from shows that they can perform at home! Each week is self-contained so that returning students can build on their previous skills and new students can jump right in and join the fun! You'll love seeing your young performer grow in their confidence as they show off what they've learned each week. This class is interactive, fun and open to students of all theatrical backgrounds, whether you love to shine in the spotlight or it's your first time stepping on stage.

Thursdays 2/17 - 3/17 or Thursdays 3/24 - 5/5, no class 4/14, 4/21
6:30 p.m. - 7:30 p.m.
\$91 per person
IEC Auditorium

Middle School Triple Threat Musical Theater Class

This is a musical theater class for students in grades 6-9 looking to expand their musical theater "chops". Students will work on group numbers consisting of solos, duet, harmonies, choreography, and character development. This class will help the performer feel more comfortable in their body and boost overall confidence. Students will learn what it takes to be outstanding at singing, acting and musical theatre dance. We will learn songs from some of your favorite musicals like: The Little Mermaid, School of Rock, Aladdin and more. If COVID restrictions allow, there will be a performance on the last day of class.

Thursdays 2/17 - 3/17 or 3/24 - 5/5, no class 4/14 & 4/21
5:00 p.m. - 6:30 p.m.
\$123 per person
IEC Aud

Munchkins, Music, & Me! (Children 6 mo. - 2 years)

Munchkins, Music, and Me! Is a specially designed music program for children ages 6 months to 2 years. The program engages children through music, instruments, play, and movement to promote language development, emotional development, social awareness development, and fine & gross motor skills. Parents and caregivers are involved in each activity which helps strengthen the bond between parent and child. Taught by an award-winning, New York State Certified music educator and mom of three. You will be guided through each class as she explains how each activity is helping your child's development. All adults must wear a face mask for the entire class. You should not come to class if you or your child exhibit any signs of illness. To further promote health and safety, each family will be required to purchase an instrument kit that will be used during class each week and can take home between classes to continue the fun at home! If you enroll in more than one session, you will not need to buy the instruments again, and may continue using the first that you purchased.

A supply fee of \$35 for a family instrument kit is due and payable to the instructor the first day of class.

Thursdays 2/17 - 3/17 or 3/24 - 5/5, no class 4/14, 4/21

10:00 a.m. - 10:45 a.m.

\$118 per parent/child couple. Parent should use their name and contact info when registering for the class.

CRC Multi-Propose Room

Snow Sisters Frozen Fun

In this one-day interactive event, children will meet their favorite Snow Queen and her sister! The sisters will interact and entertain attendees with a story and sing-along, as well as dances and games. Your child is invited to dress up as their favorite character!

During this hour-long class, each child, parent, or guardian will meet their favorite Snow Sisters and have an opportunity to take photos. The Snow Sisters will lead the guests in singing, dancing, games and story time.

This event is open to all ages but is best for ages 3 and up.

Saturday 2/26

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

\$25 per adult. Adult must register for the event. Child may attend for free. There must be one adult per one child, no exceptions.

PEC Big Gym

More Kids Classes 

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



Kids Classes

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 \$77. If you have any questions, contact The Enrichment Company at 1-833-436-7424.

Winter session begins the week of 2/15.

Spring session begins the week of 4/26.

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

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 in attends the same class.

Tuesday 3/1 or Wednesday 5/4

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

\$27 per person

IEC Auditorium



The Gift of Intuition

Have you ever had an inkling to take your umbrella with you on a sunny day only to find yourself in a rainstorm later that day and you didn't take your umbrella along? In this class you will learn about the intuitive gifts that are each person's birthright. You will learn ways to recognize your intuitive insight and how you may strengthen this guidance to improve your self-awareness and induce a greater flow and ease in your daily life. In class, through small group work, you will have an opportunity to expand your awareness and begin to trust your innate inner compass. Bring pen and paper to class.

Wednesday 4/6

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

\$22 per person

CRC Staff Development Room

Learning & Leisure

Change Your Mind, Change your Life

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

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

Wednesday 3/2 or Thursday 5/12

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

\$27 per person

MS 704

The Healthy Empath

If you often find yourself becoming extra sensitive or feeling drained of energy in the presence of others, you may be someone who has an augmented empathic ability. Being naturally empathic can have its advantages and its disadvantages. The aim of this class is to establish an opportunity in the company of kindred spirits to become more knowledgeable about the pros, cons and ethics of what it means to be an "Empath." Examples and techniques will reveal how better to manage empathic sensitivity and retain healthy boundaries. You will learn awareness tools that may be practiced to better modulate energy and result in greater ease interpersonally while optimizing the benefits of your particular empathic abilities.

Wednesday 2/16

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

\$22 per person

CRC Alumni Room

Understanding Your Dreams

If you are interested in the extraordinary uncharted map of your inner dream world, then this class is for you. This is a two-part class with the aim of assisting you in gaining a better understanding of how to obtain insight and meaning from the symbols and storylines within your own dreams. After touching briefly on the scientific facts and religious teachings available to us, examination of the dream space will begin. Different types of dreams (from seeming nonsense to prophetic dreams) will be addressed. Methods for recognizing, analyzing and uncovering meaningful patterns within your individual dreaming scenarios will be taught. A PDF format download of journaling templates will be made available to students at the completion of the first class. The second class will deepen the practice of analysis and invite dream sharing within the group. Please bring a notebook and pen to use during the class.

Wednesdays 3/16 - 3/23

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

\$41 per person

CRC Staff Development Room

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.coursetorm.com/> or lew-port.coursetorm.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 4/27
6:30 p.m. - 9:00 p.m.

\$22 per person

CRC Staff Development Room



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 2/15 or Wednesday 4/27

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

\$27 per person

MS 602



The Healer Within

Did you know that there are ways of supporting healing that go beyond the physical? Are you aware that the human body has an energy field, and we can experience the flow of energy with our own hands? The aim of this class is to learn ways of connecting with the universal power source to raise the vibrational field of the human body, in support of personal healing. You'll be introduced to the ethics of healing and a simple heart-felt energy technique that can be used daily on yourself and 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 3/2
6:30 p.m. - 9:00 p.m.

\$22 per person

CRC Staff Development 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.

Wednesday 4/6
6:30 p.m. - 9:00 p.m.

\$27 per person

MS 602

Crystals 101

Do you find yourself fascinated by rocks, stones, and crystals? Do you want to learn more about how to benefit from the power within crystals? Crystals harness the vitality of Mother Earth and the vibrations of the Universe. They can support alignment and healing and simply add beauty and joy to our lives.

In the first class you will learn how to source and identify common crystals. You'll receive tips on choosing crystals and learn about their metaphysical qualities. Simple cleansing practices, how to care for, charge and program your crystals will also be taught.

In the second class, focus will be on the application of crystal knowledge. Crystal gridding, how to establish sacred space with crystals, and how to support emotional healing will be covered. We will discuss how to use crystals in Feng Shui enhancements and how to use one's body as a tool in choosing crystals.

Informative downloadable PDF formatted documents will be provided to students at the end of each of the two classes for personal research and further application. A \$10 supplies fee will be collected at the beginning of the first class for the purchase of crystals to be used in class. Students are welcome to bring a favorite crystal they already own to class for sharing and discussion. Please bring a pen, colored pencils/markers and paper/notebook with you to class.

Wednesdays 5/4-5/11

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

\$41 per person

CRC Staff Development Room

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

More Learning & Leisure

Learning & Leisure

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 2/15 and 2/22 or Tuesdays 3/3 and 3/10
6:00 p.m. - 8:00 p.m.
\$45 per person
MS Gym

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 3/30
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!

Thursdays 2/24 - 3/10
6:00 p.m. - 9:00 p.m.
\$79 per person
HS 106

Wallpaper Removal, Wall Repair and Basic Wall Tiling

It can cost tons to have someone come in to do these jobs, if you can find someone! You will be shown how to remove wallpaper, tools, and products you will need to do the job and how to repair walls with cracks or holes. Finally, we'll talk about what's next, paint and color choices!

In the second class, learn to save money! We will focus our instruction on how to tile a wall yourself. Wall prep, important measurement, what tile to use, color contrast and blend in color combinations. Hands-On instruction. No materials needed.

Thursdays 2/17-2/24
6:30 p.m. - 8:30 p.m.
\$35. per person
MS 411



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!

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 cords. 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 3/1 - 5/10, no class 4/12 & 4/19
6:00 p.m. - 6:45p.m.
\$171 per person
MS 412*

Guitar- Level 2 Intermediate

This class will have you playing songs and learning advanced cord 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 3/1 - 5/10, no class 4/12 & 4/19
6:45 p.m. - 7:30 p.m.
\$171 per person
MS 412*



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
SPRING 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.**

| Online 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 _____



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 call Anita Muzzi at 286-7299 ext. 8237 or email amuzzi@lew-port.com for information on becoming part of our exciting team!

Attention Business Owners and Organizations!

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