

LEWISTON-PORTER CENTRAL SCHOOL DISTRICT

COMMUNITY EDUCATION



WINTER/SPRING 2025



REGISTRATION NOW OPEN

Welcoming ALL Communities.



WELCOME

BOARD OF EDUCATION

The Lewiston-Porter Board of Education is pleased to introduce our Community Education program for Winter/Spring 2025. We are proud to continue our tradition of providing enriching learning opportunities for the community.

There are over 100 class sessions available. Half of these offerings will be new to the program, giving you continued variety in your learning journey with us.

We encourage you to experience these classes together with friends and family and look forward to welcoming you to our campus.

With gratitude,

The Lewiston-Porter Board of Education

A MESSAGE FROM THE SUPERINTENDENT

Dear Community Members:

We are excited to roll out our Winter/Spring 2025 Community Education Program to our district residents and supporters from surrounding communities.

This session, Lew-Port is proudly showcasing an expanded program of new class topics for you to choose from, 50% of our program consists of new class sessions for you to explore. The Lewiston-Porter community has helped grow our program into one of the largest in Niagara County. To accomplish this, we implement programs in a wide range of subject areas. From academic courses such as College Testing Preparation, to Defensive Driving; from topics like arts & crafts, adult health and exercise programs to cooking classes, finance, and everything in between! In addition, because of this support, we can attract instructors from all over Western New York and the unique classes they offer. We couldn't have done it without you!

We are steadfast in our goal that the Community Education Program will expose you to new interests, and passions and help you discover new talents along the way!

In closing, thank you for making our campus a focal point in the community. We welcome you, your family, and your friends to the opportunity to explore what Lewiston-Porter offers this spring.

Sincerely,

Paul J. Casseri

Superintendent of Lewiston-Porter
Central School District

2024-2025 LEWISTON-PORTER BOARD OF EDUCATION

Danielle M. Mullen - President

Chuck Barber

Tessa Connelly

Sara Ohanessian

Joseph J. Palermo

April E. Saks

Jack G. Waugaman III

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

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

Early Bird CLASSES

Don't Worry Be Wealthy - Foundations for Retirement Planning

This course is designed for those within 10 years of retirement or currently retired. Any successful retirement begins with a proper plan. We will discuss some of the crucial components of a retirement plan income (social security, pension, retirement savings), investments (etf, mutual funds, annuities and more), market (sequence of returns, managing risk, volatility) Tax planning (strategies, Roth accounts, leaving assets to your spouse/children), and concerns (Do I have enough? Can I take that trip? How can I avoid a nursing home?)

Wednesday 4/2
10:00 a.m. - 11:00 a.m.
Free-Prior registration is required.
CRC Staff Development Room

Understanding Annuities

What are annuities? Why do people invest in them? What kinds of guarantees can they provide? What different kinds of annuities are available? What are the pros and cons of owning them? What role can they play for retirees or those approaching retirement? Together, we will explore these questions and more in this education-only presentation.

Wednesday 3/12
10:00 a.m. - 11:30 a.m.
Free-Prior registration is required.
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.

Wednesday 2/12
10:00 a.m. - 11:30 a.m.
Free-Prior registration is required.
CRC Staff Development Room

Beginning Yoga

Beginning yoga is appropriate for students of all levels from brand new beginners to students who wish to slow down and move with the breath. This course will focus on exploring body alignment and breathing while understanding the body and mind connection. Each pose will be taught from the bottom up with proper positioning. Yoga is for everyone and is very beneficial for people of all ages and fitness levels. This class will be a supportive environment to focus on balance, range of motion and relaxation. Everyone is welcome! Please bring a yoga mat or large towel.

Tuesdays 3/11 - 4/8
10:30 a.m. - 11:30 a.m.
\$55 per person
CRC Multi-Purpose Room

Foam Rolling for Recovery and Pain Relief

What is foam rolling? Foam rolling is basically self-massage, applying gentle pressure to the muscles to relieve tightness and restore connection. Muscle tightness and imbalances can contribute to joint pain and overall dysfunction. This class will teach you the powerful techniques of foam rolling, combined with gentle stretching, deep breathing and mobility to reduce muscle balance to your body. We will cover several techniques to find what best fits your needs. This is led by a degreed and certified personal trainer, and is appropriate for all fitness levels. You will need a mat and a foam roller (36-inch roller is recommended).

Fridays 2/28 - 4/4
10:00 a.m. - 10:45 a.m.
\$66 per person
CRC Multi-Purpose Room

Stretch and Strengthen for Low Back Pain

Got back pain? The most common causes of low back pain are muscle imbalances, some are short and tight, some are weak and underused. In this class, we will gently stretch the most common muscles that are short and tight in the pelvis and lower back. We will strengthen the underused muscle groups that tend to be weak or possibly misfiring. This will restore balance in the pelvis and your body. We will gently improve your core strength to prevent further pain and dysfunction, while improving your hip and low back mobility to improve pain-free movement. This class is led by a degreed and certified personal trainer. It's appropriate for beginners and you will need a mat and a water bottle, shoes are optional. You must be able to get up and down from your mat one time per class.

Thursdays 2/27 - 4/3
10:30 a.m. - 11:15 a.m.
\$66 per person
CRC Multi-Purpose Room



Morning Lap Swimming

Did you know that exercising in the pool offers a fabulous aerobic, cardio and strength workout experience in a low-or-no-impact environment? It is excellent for joints and foundational strength building. Join us at our High School pool for lap swimming for adults. The outside doors will be open at 6:15 a.m. and you can swim laps from 6:30 a.m. to 7:30 a.m. Fins, kickboards and hand paddles will be available for your use.

Fridays 2/14 - 5/16 no class on 4/18 & 4/25
6:30 a.m. - 7:30 a.m.
\$62 per person
HS Pool

Androids for Seniors

This three-week class will cover essential skills for all android users. It's like someone gave you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential skills from us! Students, please bring your Android phone to class.

Wednesdays 3/12 - 3/26
10:00 a.m. - 12:00 p.m.
\$56 per person
CRC Alumni Room



Getting to Know Your iPhone

This class will cover essential skills for all iPhone users. It's like someone gave you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential Smartphone skills from us! Students, please bring your iPhone to class.

Wednesdays 4/30 - 5/14
10:00 a.m. - 12:00 p.m.
\$56 per person
CRC Alumni Room



Everything You Wanted to Know About Your Email, But Didn't Know to Ask

New! Would you believe that email has been around since the 1970s? Email or electronic mail is a popular online tool and a powerful tool for communication, managing business and finances, and shopping online. In this class we will go over email basics and learn how to set up signatures, schedule Send emails, send links, set up contacts, calendars and To-Do Lists. You will be tech savvy in no time!

Wednesdays 4/2 - 4/9
10:00 a.m. - 12:00 p.m.
\$38 per person
CRC Alumni Room



Arts & Crafts

Introduction to Ceramic Handbuilding

It's time to get your hands dirty! A fun class learning the basics to handbuilding ceramics! Handbuilding is a ceramics technique that allows you to create forms with clay and your hands. We will go over building methods of both coil and slab building. From there, you will dig into the clay to build your very own creation! After class, each piece will be fired and glazed for you. Pick up dates will be determined by the instructor during class.

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

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

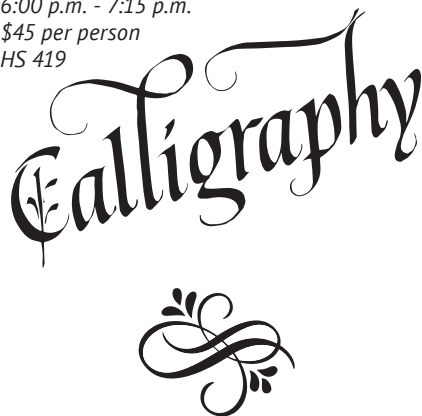
Thursday 4/3
6:00 p.m. - 9:00 p.m.
\$25 per person
HS 420

Calligraphy

Defined as fancy penmanship, highly decorative handwriting with a great many flourishes, 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 calligraphy magic marker, available at most craft stores.

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

Wednesdays 3/5 - 4/2 no class 3/19
6:00 p.m. - 7:15 p.m.
\$45 per person
HS 419



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.

Tuesdays 3/4 - 4/1
6:00 p.m. - 8:00 p.m.
\$35 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 3/5 - 4/2
6:00 p.m. - 8:00 p.m.
\$35 per person
HS Library

Beginner Drawing 101

How would you like to learn the basics of drawing so that you are able to design, organize and create new drawings for all of your art projects? This course will introduce the student to charcoal mediums such as willow, brick, and pencil to create dynamic and high contrast drawings. They will learn how to hold, mark and draw with mediums onto various paper sheets along with cardboard, packing paper, newsprint and final acid free paper. Each student will build confidence in creating their own still lifes and studies as classwork and homework. Introduce yourself to drawing, and you will never have to say, "I can't draw", again.

A supply fee of \$35 per person is due and payable to the instructor the day of class.

Thursdays 2/27 - 4/10 no class on 4/3
6:00 p.m. - 9:00 p.m.
\$40 per person
MS 411

Drawing 102 Intermediate

We are on our way to learning how to design our pages. You have increased your knowledge of charcoal and graphite pens. Why not continue with more mediums and train your eye further to gain more developed hand/eye coordination? You will learn how to work with chalks in color, hue, values and create an even more highly developed sense of putting down on paper, that which they see in their surroundings. More studies will be incorporated into finished artworks. Designs for larger pieces will introduce each student to master works on paper, canvas and even walls! Come and learn at your own pace.

A supply fee of \$35 per person is due and payable to the instructor the day of class.

Wednesdays 3/5 - 4/9
6:00 p.m. - 9:00 p.m.
\$35 per person
MS 411

Gourd Birdhouse

Did you know that birds actually love to make their nest in a gourd? Gourds make excellent homes, and birds are naturally attracted to them. Your unique hand-crafted birdhouse will have a variety of birds flocking to call it home. In this class you will learn about a variety of gourds, growing and processing, their many uses, and proper care and maintenance. You will also understand the types of birds that are attracted to gourd birdhouses and where to place them for maximum interest. Then, you will create your own birdhouse! Be aware that gourds will vary in size, shape, texture and color. You will select your gourd, drill drainage holes, sand and prep it for use, stain/paint/decorate it and prepare it for hanging. As part of the process, you can collect the seeds for planting if desired. You will select from stencils provided or feel free to use your own creativity! Note: a coat of polyurethane will be needed to prepare it for outdoor use. This step is not included in class! When properly treated and maintained, your birdhouse can last 10 years or more. This unique project will make a great gift for Mother's or Father's Day and is also a great activity to do with kids or grandkids. All supplies are provided; however, feel free to bring beads, stone chips or other desired embellishments to incorporate into the project. Please wear suitable clothing for painting/staining.

Saturday 3/29
9:00 a.m. - 12:00 p.m.
\$29 per person
MS 411

Easy Hanging Baskets

Are you someone who has to buy new hanging baskets every spring? You can easily save yourself a lot of money by learning to make your own – all for under \$15! In this workshop, you will be making your own baskets, selecting a plant and bringing home a basket that should last until the fall arrives. No need for a green thumb, just come and have fun. You can either keep the finished product or gift to someone to brighten their day.

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 \$15 is due and payable to the instructor at the beginning of class.

Wednesday 5/7
6:00 p.m. - 7:30 p.m.
\$24 per person
MS 402

Painted Textured Glass Art for Beginners - Nature Inspired

Love the look of beautiful colored glass pieces in your window? In this class learn to make painted, stained, textured, glass artwork that will be displayed in your windows and “wow” friends. Your art work can be simple or as complex as you want it to be. The goal of the class is to teach basic painting on glass, layering paint, and adding texture. Students will learn how to copy a pattern on to the art piece, and color it with different types of glass paint. You will also be taught how to work with the tools and several of the techniques of glass art. Learn how to blend colors for an original work and template patterns for a beautiful springtime piece. Join us for one or more of the creative classes, showcasing nature! Each student will take home the two projects listed for each class.

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

Daffodil Flower & Butterfly

Tuesday 3/18
6:00 p.m. - 9:00 p.m.
\$29 per person
HS 419

Blooming Lilac & Blue Jay

Tuesday 3/25
6:00 p.m. - 9:00 p.m.
\$29 per person
HS 419

Koi & Lotus Flower

Tuesday 4/1
6:00 p.m. - 9:00 p.m.
\$29 per person
HS 419

Sunrise & Crescent Moon

Tuesday 4/8
6:00 p.m. - 9:00 p.m.
\$29 per person
HS 419

Arts & Crafts

Intermediate Textured Art Glass - Spring Theme

Love a painted stained-glass piece? Love how they sparkle in a window? If you have taken a beginner course for glass art, you can add to your skills and increase the size of your artworks. The goal of the class is learning advanced techniques including gold leaf, embedding of crystals and other embellishments, designing with color, texture, pattern and sheen. A journey of beautiful creating! Project for the two-day class will either be a floral garden of daffodils, tulips and bunny or frog, or a koi pond with small bushes/garden behind the scene.

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

Tuesdays 3/4 & 3/11
6:00 p.m. - 9:00 p.m.
\$35 per person
HS 419

Knitting for Beginners

So, you've always wanted to learn to knit? The waiting is over! Everything has a beginning and so it is with knitting. This skill can be so rewarding as a hobby or even a small business. Knitting can be a pleasure for gift giving, or just embellishing your wardrobe. Come relax with us while you learn a new crafting skill while meeting new people! Students will learn how to work with yarn, casting, knit and purl stitches. This class is a beginner level, go at your own speed. All supplies are included in the supply fee.

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

Tuesdays 3/4 - 4/8
6:00 p.m. - 9:00 p.m.
\$39 per person
HS 414

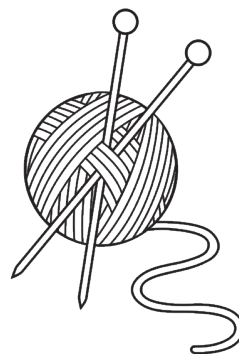
Knitting for Intermediate Students

Now that you have learned how to knit and purl, it's time to build on those skills! In this class you will make a lovely warm hat or scarf for someone special. Here is your chance to extend what you learned in the beginner class to the next level. Join us and learn to read a pattern and begin learning how to design your own clothing. Students will also learn a taste of crocheting to make your project edges unique.

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

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

Wednesday 4/16 - 5/7
6:00 p.m. - 9:00 p.m.
\$35 per person
HS 414



More Arts & Crafts >>>

Arts & Crafts

Needle Felted – Valentines Gnome

Who doesn't love a cute and adorable gnome? These small and mischievous creatures are sure to bring a smile to someone's face whether it's yours or a loved one. Join us in celebrating Valentine's Day by making a pair of these mythological beings with this creative craft that involves sculpting shapes and figures using wool and special felting needles. In this class you will be learning the skills of traditional doll making techniques with authentic sheep wool. This simple and versatile technique will allow you to create amazing creations with just a few supplies. This class would be perfect for couples or your bestie.

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

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

Thursday 2/13
6:00 p.m. - 8:00 p.m.
\$29 per person
CRC Alumni Room

Needle Felted – Robin's Eggs and Nest

Seeing a robin is usually the first sign of spring for many of us. Spring is a time for new beginnings and the beautiful blue eggs in a robin's nest makes a beautiful decoration. In this class you will create a tabletop decoration perfect to celebrate the season or Easter using needle felt techniques that involves sculpting shapes using hand-dyed wool and felting needles. This fun craft is a perfect way to say goodbye to winter.

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

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

Thursday 4/10
6:00 p.m. - 8:00 p.m.
\$27 per person
CRC Alumni Room

Needle Felted – Organic Windowpane Pendants

Make wearable art with abstract fiber by combining natural mixed media including dyed sheep wool, raw silk, bamboo, lace, industrial thread waste and dried botanicals to form a "stained glass" pendant. Learn the techniques that fiber artists use to "paint" using needle felt to compose your one-of-a-kind fiber art that can be worn as a pendant, hung as décor or placed in view to bring a smile throughout the day.

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

Tuesday 5/6
6:00 p.m. - 8:00 p.m.
\$29 per person
CRC Alumni Room

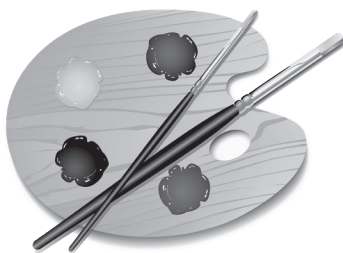
Watercolor - Ladybug

Grab a cup of coffee and a friend or two and join us for this fun, creative, watercolor class. This fun Saturday morning paint class project is a ladybug painting geared towards students with beginner skill level. You will learn about the materials used in watercolor painting and how to see the potential of your brushes, paint and paper to unlock your creativity so that you can develop your skills to paint this adorable ladybug and flower painting that you will be able to frame and hang in your home or give as a gift. This includes everything you need to create an 8x10 painting on premium watercolor paper where you will be able to complete a painting. This class is designed for beginners on up.

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

Saturday 3/15
9:00 a.m. - 12:00 p.m.
\$26 per person
HS 419



Watercolor - Little Bunny

Who doesn't love baby bunnies? What better way to usher in the Easter/Spring season than to attend with a friend or two and join us for this cute, adorable little bunny watercolor painting class. There will be tracings for anyone who doesn't want to draw freehand. Come join us for this easy, enjoyable Saturday morning paint class. This class is for a beginner who wants to learn more about painting with watercolors. This class includes everything you need to create 8x10 painting on premium watercolor paper where you will be able to complete a painting you will be proud to show your family and friends. The paints being supplied are artist-quality Winsor and Newton and Daniel Smith. The paint leftover on your tray is yours to take home and practice with.

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

Saturday 4/5
9:00 a.m. - 12:00 p.m.
\$26 per person
HS 419

Watercolor - Winter Landscape

If you've always wanted to paint with watercolors, but weren't sure where to start – this class is for you! This Winter Landscape painting is geared towards students with beginner skill level. You will learn about the materials used in watercolor painting and how to see the potential of your brushes and paper to unlock your creativity so that you can develop your skills and paint a beautiful winter landscape that you will be able to frame and hang in your home or give as a gift. This class is for a beginner who wants to learn more about painting with watercolors. This class includes everything you need to create an 8x10 painting on premium watercolor paper where you will be able to complete a painting you will be proud to show your family and friends.

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

Saturday 2/22
9:00 a.m. - 12:00 p.m.
\$26 per person
HS 419

Watercolor - Sweet Pea

If you've always wanted to paint with watercolors, but weren't sure where to start – this class is for you! Express your creative side with this fun class where we will be painting a sweet pea. This class will include everything you need to create a beautiful 8x10 watercolor painting that you will want to show off to everyone! You are welcome to bring home the leftover paints to continue your new skills at home.

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

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

Saturday 5/10
9:00 a.m. - 12:00 p.m.
\$26 per person
HS 419

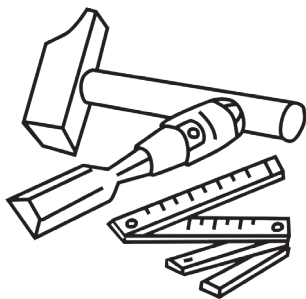
Basic Woodcarving

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

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

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

Wednesday 2/26
6:00 p.m. - 9:00 p.m.
\$24 per person
MS 411



Cooking

Homemade Bagels and Schmear

Come and expand your baking skills as we walk you through how to make delicious New York style bagels. You will also be making a variety of fun toppings and three flavored cream cheese schmears to pair them with. Schmeer is defined as anything that you can spread and can also be used for sandwiches, crackers or veggies. Bagels and schmeer are perfect as delicious breakfast or brunch options or really any time of the day. You will learn how to make the yeast dough that will be perfectly proofed, shaped, boiled and baked for that traditional taste we all know and love. You will be leaving with six bagels and 3 – 2oz containers of flavored schmears to enjoy at home.

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

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

Wednesday 5/7
6:00 p.m. - 8:00 p.m.
\$24 per person
MS 502

Dry Canning

Do you want to extend the shelf life for your dried goods? Do you want to buy in bulk and stock your shelves? This class will teach you how to do that. Dry canning involves putting dry foods in jars, heating them in an oven and then sealing the jars. The heat destroys microorganisms in the food, which extends its shelf life. Each student should bring one dried food item such as rice, dried beans, pasta or cereal; about four cups worth. You will leave class with it being dry canned.

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

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

Thursday 2/20
6:00 p.m. - 9:00 p.m.
\$17 per person
MS 402

Heart-Shaped Charcuterie

The holiday of love is just around the corner, and you need to try out this heart-shaped charcuterie board! You have seen charcuterie boards all over the place because they are amazing appetizers! But let's be honest, they can be a little daunting to put together. We are going to break down exactly what you need to create an impressive cheese board and give it a Valentine's Day twist! In this class you will learn tips and tricks on how to select good pairings, cutting and placement techniques. We will also include a cheese tasting where the instructor will go into detail about flavors and possible pairings. If you are looking for a way to make this Valentine's Day special this will be the way to your loved ones' hearts!

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

Wednesday 2/12
6:00 p.m. - 7:30 p.m.
\$24 per person
MS Cafeteria

Mother's Day Charcuterie

Mother's Day is almost here and whether you are hosting a celebration or attending one, this floral inspired charcuterie board is sure to impress mom. Better yet, bring your mother or someone near and dear to you to this fun and creative class as a special treat! Join us as we teach you to make a charcuterie board using meats and cheeses to resemble a beautiful spring garden. You will learn tips and tricks on making this creative and flower-inspired charcuterie board including good pairings, cutting and placement techniques. This class will also include a cheese tasting!

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

Saturday 5/10
10:30 a.m. - 11:30 a.m.
\$24 per person
MS Cafeteria



Cooking

Valentine's Sweets

Surprise your valentine with some homemade chocolate turtles and chocolate covered strawberries. Who isn't a sucker for thoughtful gifts that come from the heart instead of the store? Chocolate turtles will be made from scratch caramel, toasted pecans and chocolate. Who doesn't love chocolate covered strawberries? These fancy, bite-sized desserts are beautiful and impressive looking. You can either share your six turtles and 4 strawberries with your special someone or enjoy the fruits of your labor! Perfect for a romantic night, hanging out with friends or enjoying with a good book or movie!

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

Wednesday 2/12
6:00 p.m. - 8:00 p.m.
\$29 per person
MS 502

Easter Candy and Cheese Pairing Class

The holidays are a great time to get together with friends and family and what could be more fun than trying out some new snacks? Join us to learn the basics of food pairings, how to make educated decisions when selecting cheeses to go with Easter sweets and what tastes great together! After learning the basics, we will use classic candies as a base to pair with seasonal cheeses. We will enjoy these treats together in class with some extras goodies to bring home to share! This will be a fun way to sharpen your palates and make some fun memories with your loved ones over Easter!

Wednesday 4/9
6:00 p.m. - 7:30 p.m.
\$34 per person
MS 502

Registration is Open!

View the Registration Form on
Page 19 or visit
lew-port.coursestorm.com
For more information call
(716) 286-7265

Sugar & Swirls: Master the Magic of Piping on Cakes!

Unleash your inner pastry artist and dive into the delightful world of cake decorating! In this hands-on class, you'll learn to assemble and decorate a stunning two-layer cake that reflects your personal style. Whether you are a complete beginner or looking to refine your skills, this course is perfect for you! Class includes Cake Assembly Basics, Piping Techniques and Color and Style. Leave with your beautiful cake in a professional box, plus a small piping set to continue your cake-decorating journey at home!

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

Tuesday 2/11
6:00 p.m. - 9:00 p.m.
or
Saturday 4/5
9:00 a.m. - 12:00 p.m.
\$24 per person
MS 402

All About Choux Paste: Cream Puffs & Eclairs

In this class you will be tackling a French pastry dough: Choux Paste. Choux is a multi-purpose "paste" that hovers somewhere between dough and batter. This rare combination of traits helps explain choux's unique value in the pastry world. This is a wonderful recipe to learn because if you master this, it opens the door to dozens of pastries like cream puffs, churros, eclairs and profiteroles for example. In this class we will be making cream puffs filled with homemade vanilla or raspberry whipped cream and eclairs filled with a homemade vanilla pastry cream and topped with chocolate ganache. Really what could be better than crispy pastry with a cream filling?

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

Wednesday 4/2
6:00 p.m. - 9:00 p.m.
\$22 per person
MS 502



Quick & Tasty: No Bake Cookies That Impress

The goal with the series of wire wrapUnlock the magic of simple desserts! In this engaging class, you'll discover how no-bake chocolate peanut butter cookies can steal the show with their deliciousness and ease. We'll dive into the essential techniques that will have you crafting these irresistible treats in 30 minutes or less, perfect for any occasion. Not only are these cookies naturally gluten-free, but they can also be easily tailored to meet various dietary preferences, making them dairy-free and vegan-friendly as well. Get ready to impress your friends and family with your newfound skills! Don't forget to bring a large container to take home your delightful creations and share the sweetness with others. Join us for a fun-filled session that proves simple desserts can be extraordinary.

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

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

Thursday 3/13
6:00 p.m. - 9:00 p.m.
\$24 per person
MS 502

Let's Can Some Jam

Ready to make your own delicious strawberry jam and preserves? Whether you are new to canning or have some experience, we will take you step-by-step through the process of making this sweet spread that everyone will love! You will learn all the essential techniques and tips to confidently preserve this delicious jam and even bring home your homemade preserves. This will make a perfect treat to share with family and friends!

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

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

Thursday 3/13
6:00 p.m. - 9:00 p.m.
\$19 per person
MS 402

Cooking

Dandelion Jelly

Have you ever viewed dandelions as those pesky yellow flowers? Here is a great way to make them into a tasty treat! Dandelion jelly is amazingly sweet and favorable and some describe it tasting like fresh honey. Not only that, but did you know that dandelion supports digestive health, reduces inflammation and provides antioxidant benefits as well? Dandelions have been used in traditional medicine for centuries. They are rich in vitamins A, C and K and contain small amounts of vitamin E, folate and other B vitamins. This jelly is the definition of a seasonal spring goodie and healthy to boot! At the end of class, you will be bringing your own jar home and you will learn how to water bath can, so you can store your jelly in your pantry.

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

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

Thursday 5/1
6:00 p.m. - 9:00 p.m.
\$19 per person
MS 402

Kibbie – Lebanese Meatloaf

Are you looking for new meal ideas? Why not try Middle Eastern comfort food? Kibbie is a delicious, traditional Lebanese dinner recipe using ground beef or lamb. Quick and easy, this is sure to be a family favorite! In this class you will be making a moist meatloaf. Bring your appetite, because you will be sampling the finished product at the end of class!

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

Wednesday 3/5
6:00 p.m. - 9:00 p.m.
\$29 per person
MS 502

Culinary Adventures with Lion's Mane Mushrooms

Discover the culinary magic of lion's mane mushrooms in this exciting and interactive cooking class. In this class, participants will learn about the medicinal values, and best practices for preparing and cooking these mushrooms. Guided by an expert chef, you'll explore a variety of cooking techniques, from sautéing, baking and making brain-boosting teas with this mushroom. You will be making popular recipes like steak tacos and crispy bang bang lion's mane.

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

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

Thursday 3/6
6:00 p.m. - 7:30 p.m.
\$21 per person
MS 402

Cooking with Oyster Mushrooms

Dive into the delicious world of oyster mushrooms in this cooking class designed for food enthusiasts of all skill levels! Participants will learn about the unique flavors and textures of oyster mushrooms, as well as their nutritional values. Students will explore various cooking techniques, from sautéing and roasting to incorporating them into soups and sauces. Join us for a favorable journey and discover how to elevate your culinary repertoire with the versatility of oyster mushrooms.

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

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

Friday 3/14
6:00 p.m. - 7:30 p.m.
\$21 per person
MS 402

Pretzel Palooza



Fun to make and even more delightful to eat, you will love learning about how to make soft pretzels. We'll teach you about using quick rise yeast doughs and how quickly you can whip up these wonderful treats. In this class, you will learn all the steps from mixing to shaping your pretzels and rolls. Find out why boiling your soft pretzel dough before baking is so important to achieve that classic taste, we all know and love. In addition, you will learn to make a savory Bavarian cheese dip, sweet cream cheese and honey mustard for your delicious pretzels! Each student will leave class with six pretzel rolls and six soft pretzels along with two ounces of each dip!

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

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

Wednesday 4/9
6:00 p.m. - 8:00 p.m.
\$22 per person
MS 402

Sourdough 101 for Beginners

Have you always been fascinated by sourdough, but haven't had the time or felt overwhelmed by the steps? Now you will be able to learn the basics and make the perfect loaf! Everything you need to know from start to finish will be shown to you from the sourdough starter, mixing your own dough to different methods of handling the dough. You will be able to take your dough home with you, along with the confidence in your sourdough making abilities!

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

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

Friday 4/11
6:00 p.m. - 9:00 p.m.
\$34 per person
MS 502

**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 2/13 - 4/3 (Class Will Not Meet 3/20 & 3/27)

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

\$58 per person

HS Pool

Morning Lap Swimming

Did you know that exercising in the pool offers a fabulous aerobic, cardio and strength workout experience in a low-or-no-impact environment? It is excellent for joints and foundational strength building. Join us at our High School pool for lap swimming for adults. The outside doors will be open at 6:15 a.m. and you can swim laps from 6:30 a.m. to 7:30 a.m. Fins, kickboards and hand paddles will be available for your use.

Fridays 2/14 - 5/16 no class 4/18 & 4/25

6:30 a.m. - 7:30 a.m.

\$62 per person

HS Pool

Evening Lap Swimming

Did you know that exercising in the pool offers a fabulous aerobic, cardio and strength workout experience in a low-or-no-impact environment? It is excellent for joints and foundational strength building. Join us at our High School pool for lap swimming for adults. Fins, kickboards and hand paddles will be available for your use.

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

Mondays and Wednesdays 2/10 - 5/14 no class 2/17, 4/14, 4/16, 4/21 & 4/23

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

\$99 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 New York, sure to get you out on the dance floor! Please bring a water bottle and dry shoes to class.

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

Tuesdays 2/11 - 4/29 (Class Will Not Meet 2/18, 4/15 & 4/22)

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

\$62 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.

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 2/11 - 4/29 (Class Will Not Meet 2/18, 4/15 & 4/22)

7:35 p.m. - 8:35 p.m.

\$62 per person

PEC Small Gym

Wedding Crashers: Crash Course

Ever go to a wedding and see the dance floor packed with people all doing the same dance? Ever wish you could join them, but you just don't know the moves? Well, this class is for you! Each week we will focus on popular wedding dances with choreography, along with finding the beat and casual moves you can bust out with during any song.

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

Thursdays 3/13 - 3/27

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

\$35 per person

CRC Gym

Foam Rolling for Recovery and Pain Relief

What is foam rolling? Foam rolling is basically self-massage, applying gentle pressure to the muscles to relieve tightness and restore connection. Muscle tightness and imbalances can contribute to joint pain and overall dysfunction. This class will teach you the powerful techniques of foam rolling, combined with gentle stretching, deep breathing and mobility to reduce muscle balance to your body. We will cover several techniques to find what best fits your needs. This is led by a degreed and certified personal trainer, and is appropriate for all fitness levels. You will need a mat and a foam roller (36-inch roller is recommended). Foam rollers are available on Amazon, Walmart and Target.

Fridays 2/28 - 4/4

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

\$66 per person

CRC Multi-Purpose Room

Stretch and Strengthen for Low Back Pain

Got back pain? The most common causes of low back pain are muscle imbalances, some are short and tight, some are weak and underused. In this class, we will gently stretch the most common muscles that are short and tight in the pelvis and lower back. We will strengthen the underused muscle groups that tend to be weak or possibly misfiring. This will restore balance in the pelvis and your body. We will gently improve your core strength to prevent further pain and dysfunction, while improving your hip and low back mobility to improve pain-free movement. This class is led by a degreed and certified personal trainer. It's appropriate for beginners and you will need a mat and a water bottle, shoes are optional. You must be able to get up and down from your mat one time per class.

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

Thursdays 2/27 - 4/3

10:30 a.m. - 11:15 a.m.

CRC Multi-Purpose Room

or

Wednesdays 2/12 - 3/19

7:10 p.m. - 7:55 p.m.

\$66 per person

MS Fitness Room



Beginning Yoga

Beginning yoga is appropriate for students of all levels from brand new beginners to students who wish to slow down and 'move with the breath.' This course will focus on exploring body alignment and breathing while understanding the body and mind connection. Each pose will be taught from the bottom up with proper positioning. Yoga is for everyone and is very beneficial for people of all ages and fitness levels. This class will be a supportive environment to focus on balance, range of motion and relaxation. Everyone is welcome! Please bring a yoga mat or large towel.

*Tuesdays 3/11 - 4/8
10:30 a.m. - 11:30 a.m.
\$55 per person
CRC Multi-Purpose Room*



You and Me Yoga

You and Me Yoga is designed to get your body moving in gentle ways, help you connect with your "life" and explore movement, relaxation and meditation in creative ways. Each class is designed for an adult and a child (minimum age 5) to flow through yoga exercises both together in partner movements and independently. Yoga instruction is based on radiant child yoga and often includes storytelling as you move through the movements. This class is great for anyone new to yoga, anyone seeking activities to do together with their child, and for anyone just looking to be present in the moment for an hour a week. Please bring a yoga mat, water and wear loose fitting clothes.

*Thursdays 2/6 - 3/6
6:00 p.m. - 7:00 p.m.
\$33 per person (Adult and Child must register separately)
PEC Small Gym*

Relaxing Yin Yoga

The perfect way to end your work day. Relax with a Yin Yoga class! Yin Yoga is a slower, gentle yoga class where each pose is held longer for a deeper release of tension and tightness in the body. Students will learn how to connect their breath with the body, using the breath to help release stress in the body and one's mind. You will leave class feeling lighter and more open and relaxed. All levels are welcome. Students, please bring a mat, pillow and blanket to class.

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

*Thursdays 2/13 - 3/13
6:00 p.m. - 7:20 p.m.
\$51 per person
PEC Auditorium*

Circuit Training

Strength training should be the cornerstone of any fitness routine. In this strength-based class we will mix and match different types of resistance training to give you a fun and effective full body workout. We will use TRX suspension trainers, free weights, machine weights, kettle bells and body weight exercises to help you tighten and tone your entire body. Led by a degreed and certified personal trainer, you can rest easy knowing you have a well-designed exercise program. This class is appropriate for beginners, but you must be able to get up and down off the floor.

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

*Session #1
Mondays 2/10 - 3/17 no class 2/17
or
Wednesdays 2/12 - 3/12
6:00 p.m. - 6:55 p.m.
\$66 per person*

*Session #2
Mondays 3/24 - 5/5 no class 4/14 & 4/21
or
Wednesdays 3/26 - 5/7 no class 4/16 & 4/23
6:00 p.m. - 6:55 p.m.
\$66 per person
MS Fitness Room*

Okinawan Karate and Personal Fitness - Beginner to Advanced

In this class, you will learn basic history of Uechi Ryu Karate Do, work on flexibility, development of a strong core, effective blocks/strikes for self-defense, and the Sachin Kata.

Your instructor has more than 30 years' experience, is a 5th degree black belt who lived and trained in Okinawa and Nagasaki, Japan for over 10 years, and is a Certified Personal Trainer. Instructor will email curriculum guide; students will need Facebook access for supplementary training at home. Students, please wear workout clothing or karate gi.

Students 12 years old and up may register for this class if a parent/guardian is also registered and attends the same class.

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

*Tuesdays and Thursdays 2/11 - 5/15 no class
2/18, 4/15, 4/17, 4/22, 4/24
6:00 p.m. - 7:15 p.m.
\$177 per person
PEC Small Gym*



Exercise

Made to Move: Mobility and Strength Training

Made to Move is a mobility and strength class that offers a more comprehensive workout as we will utilize articulation, strength, flexibility, and mobility, all without the use of any weights. When your body moves properly, you feel better. Science has even proven that improved mobility can not only mitigate the risk of injury in everyday life but also improve strength gained both in and out of the gym. This class is appropriate for people of all ages and ability levels to help you reteach your body to move.

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

*Mondays 3/24 - 5/5 no class 4/14 & 4/21
7:10 p.m. - 7:55 p.m.
\$66 per person
MS Fitness Room*

Beginner Pilates

Core strength is the foundation of Pilates. Strengthening the core develops stability throughout the entire torso. This is one of the ways Pilates helps many people alleviate back pain and improve stability. This mat-based class will focus on the core principles of Pilates in a gentle and effective format, while also reducing stress with breathing and stretching techniques. Led by a degreed and certified personal trainer, this class is appropriate for beginners, but you must be able to get up and down off the floor. Mats are recommended.

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

*Mondays 2/10 - 3/17 no class 2/17
7:10 p.m. - 7:55 p.m.
\$66 per person
MS Fitness Room*

Strong and Steady

This beginner level, mat-based class will focus on core strength, balance and mobility. Each class will include functional movements to mimic daily life, hip strengthening activities to improve stability, and core exercises to improve strength and reduce back pain. Bring a mat and a water bottle. You must be able to get up and down from the floor (once per 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.

*Wednesday 3/26 - 5/7 no class 4/16 & 4/23
7:10 p.m. - 7:55 p.m.
\$66 per person
MS Fitness Room*

More Exercise

Exercise

Tai Chi

Tai Chi is a popular internal martial art. It trains the body, mind and spirit to seek their balance, inner strength and tranquility through gentle movements and graceful postures. Tai Chi originated from ancient China for self-defense purposes and gradually evolved into an art of meditation with mental and physical health benefits. There are many trendy forms of Tai Chi being worldily practiced such as 8 forms, 24 forms and 42 forms, etc. For each class you will start with a basic meditation technique routine and then practice the movements in the forms (beginning with the basics). Tai Chi is for everyone, no matter if you are practicing it for reducing stress, gaining balance, or for entertaining performances. Tai Chi is made for you! Please wear loose pants and flat, thin bottomed sport or canvas shoes.

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 2/10 - 5/12, no class 2/17, 4/14 & 4/21

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

\$67 per person

PEC Big Gym



Zumba

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

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

Thursdays 2/20 - 4/10 (Class Will Not Meet 3/20 & 3/27)

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

\$46 per person

PEC Big Gym

Financial

Budgeting 101

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

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

Wednesday 3/5

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

\$13 per person

CRC Staff Development

Don't Worry Be Wealthy - Foundations for Retirement Planning

This course is designed for those within 10 years of retirement or currently retired. Any successful retirement begins with a proper plan. We will discuss some of the crucial components of a retirement plan income (social security, pension, retirement savings), investments (etf, mutual funds, annuities and more), market (sequence of returns, managing risk, volatility) Tax planning (strategies, Roth accounts, leaving assets to your spouse/children), and concerns (Do I have enough? Can I take that trip? How can I avoid a nursing home?)

Wednesday 3/5

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

CRC Alumni Room

or

Wednesday 4/2

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

Free-Prior registration is required.

CRC Staff Development Room



Fundamentals of Estate and Medicaid Planning

In this educational seminar local Estate Attorney will discuss and explain the important differences between will-based and trust-based estate planning and the advantages of trusts over wills; the need to plan ahead for the crucial time period after a person becomes incapacitated and before their passing, and the many benefits of proactive Medicaid planning to protect family assets from being drained away by the cost of long-term nursing home care and/or Medicaid estate recovery.

Thursday 4/3

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

Free- Prior registration is required.

CRC Staff Development Room

Estate Planning for People with Special Needs

This course will review various issues which present themselves for estate planning when a family member has special needs. We will cover the use of various Supplemental Needs Trusts and benefit systems which help pay for services and programming for this very unique and special population. A Q&A session will be budgeted into our time to address general questions, but please understand that everyone's situation is unique.

Wednesday 3/12

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

Free- Prior registration is required.

CRC Staff Development 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.

Tuesdays 2/11 or 4/8 or 5/6

or

Monday 3/10

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

or

Wednesday 2/12

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

Free-Prior registration is required.

CRC Staff Development Room



Medicare – Special Needs Plans

Medicare Special Needs Plans are rapidly growing in popularity as you would expect, because they are healthcare plans personalized to the populations they intend to serve. We'll focus on two types of Special Needs Plans (SNPs): Chronic Care Special Needs Plans (CSNP's) and Dual-Eligible Special Needs Plans (DSNP's). If you have diabetes, chronic failure or if you are a working disabled adult eligible for both Medicare and Medicaid come and see if these plans are fit for you or a loved one.

*Tuesdays 3/4 or 4/1
6:30 p.m. - 7:30 p.m.
Free-Prior registration is required.
CRC Staff Development Room*

Understanding Annuities

What are annuities? Why do people invest in them? What kinds of guarantees can they provide? What different kinds of annuities are available? What are the pros and cons of owning them? What role can they play for retirees or those approaching retirement? Together, we will explore these questions and more in this education-only presentation.

*Wednesday 3/12
10:00 a.m. - 11:30 a.m.
or
Monday 5/12
6:00 p.m. - 7:30 p.m.
Free-Prior registration is required.
CRC Alumni Room*

Registration is Open!

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

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

Health & Wellness

Eating for Health

Our diet, or the food and drink we consume, is the most powerful determinant of our overall health and wellness. It can be our best ally, or our worst enemy. Unfortunately, it can be difficult to know how to build a healthy diet with all the conflicting dietary advice and plans out there. In this class a Board-Certified Holistic Nutrition Consultant will share the basics of eating for health to promote overall health and wellness. The goal of this class is to educate and empower you with the foundational knowledge of how to structure a health promoting diet. You will meet your "nutrition heroes" and "nutrition bandits," understand the difference between macro- and micro-nutrients, and learn how to keep track of food choices and notice attitudes pertaining to making changes. You will leave equipped with the knowledge to start making healthier food choices to reduce your risk for chronic diseases such as type II diabetes and cardiovascular disease.

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.

*Wednesday 2/12
6:30 p.m. - 7:45 p.m.
\$19 per person
CRC Alumni Room*

Gain Energy & Lose Weight

Get ready to learn a holistic approach to balancing your metabolism for increased energy and decreased body fat! In this class we will discuss the relationship between diet, blood sugar, and insulin control in maintaining a healthy body composition and steady energy levels. You will learn factors that contribute to symptoms of blood sugar imbalances, how stress contributes to unhealthy weight gain, and how to set up a diet and lifestyle plan to reduce stress and support blood sugar stability. Most of the class will focus on how to build balanced meals that support healthy blood sugar levels and reduce sugar cravings. There will be time for you to ask questions and you will receive handouts to take with you to help you implement these suggestions at home!

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

*Wednesday 2/19
6:30 p.m. - 7:45 p.m.
\$19 per person
CRC Alumni Room*



Making Mushroom Medicine: Harnessing the Power of Fungi

Explore the fascinating world of medicinal mushrooms in this engaging and informative class! Participants will learn about the therapeutic properties of various fungi, including reishi, turkey tail, and chaga. The course will cover the science behind mushroom pharmacology, traditional uses, and modern applications in wellness. Whether you're a beginner or an experienced herbalist, this class offers valuable insights into natural healing through mushroom medicine. A variety pack of locally grown dried mushrooms will be provided to take home.

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

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

*Friday 3/21
6:00 p.m. - 7:00 p.m.
\$19 per person
MS 402*

Perimenopause Support

Many women deal with debilitating symptoms such as hot flashes, night sweats, increased belly fat, poor memory, loss of sex drive, difficulty sleeping, and PMS in the years leading up to menopause. The good news is that there are dietary and lifestyle modifications women can implement to support their hormones and reduce their perimenopause symptoms. This class will cover what causes perimenopause symptoms and some of the diet and lifestyle factors that can affect symptom severity. You will walk away with a better understanding of what is going on in your body during these tumultuous years and how to naturally support yourself through diet and lifestyle.

Students aged 17 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*Wednesday 3/19
6:30 p.m. - 7:30 p.m.
\$19 per person
MS 602*

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.coursestorm.com/> or lew-port.coursestorm.com



Health & Wellness

The Anti-Inflammatory Lifestyle & Diet

Inflammation is vital and a natural part of our body's response to injury and infection. Without inflammation, wounds would fester, and infections could quickly become deadly. We can have too much of a good thing though, and inflammation that goes on too long can become problematic. Chronic inflammation is linked to several medical conditions such as Alzheimer's Disease, heart disease and stroke, cancer, asthma, autoimmune disorders, and type 2 diabetes. In this class you will learn how to naturally manage and reduce excessive inflammation through lifestyle and diet modifications.

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

Wednesday 3/12
6:30 p.m. - 7:30 p.m.
\$19 per person
CRC Alumni Room

Just for Kids

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 \$93. 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")

Saturday Swiftie Soiree

Calling all Swifties! Get ready to journey through the Eras with this fun-filled class! You will make friendship bracelets, decorate Taylor-themed cupcakes and play Swiftie trivia games with awesome prizes! Of course, we will be enjoying the tunes of Taylor throughout the class!

For grades 1-6.

A supply fee of \$6 per person is due and payable to the instructor the day of class.

Saturday 3/1
10:00 a.m. - 12:00 p.m.
\$26 per person
MS 502



Learning & Leisure

What You Need to Know When Buying a House

Home buying is one of the biggest decisions you make in your life and possibly the most stressful. However, with guidance and preparation, it can be the most rewarding. Join us in this informative class where we will discuss the most important topics in home buying. Just a few things we will familiarize you with are: representation, pre-approval process, buyer consultation, selecting properties, viewing properties, making an offer, negotiating terms, accepting the contract, removing contingencies, funds for closing, and finally closing on your new home! Students, please bring a pen, paper and questions to class.

Thursday 3/27
6:00 p.m. - 8:00 p.m.
Free - Prior registration is required.
PEC Y2



Angels, Spirit Guides and You!

Have you ever wondered about angels? What are they really? Can anyone call upon them? Will they help anyone with any problem? How can someone connect with them? All 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 16 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Wednesday 2/12
6:00 p.m. - 9:00 p.m.
\$35 per person
MS 602



Beginner Photography Workshop

Learn how to take control of your camera and capture stunning photos in this fun and hands-on class! We'll break down the basics of manual mode, help you master the exposure triangle (ISO, aperture and shutter speed) and teach you how to use natural light to your advantage. This workshop will give you the confidence to turn moments into masterpieces!

Prerequisites for students: Must bring their own camera and have taken photos before.

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

Friday 3/28
6:00 p.m. - 8:00 p.m.
\$35 per person
MS 414



Defensive Driving/ Insurance Point Reduction Course

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

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.

*Tuesday and Thursday 2/11 & 2/13
6:00 p.m. - 9:00 p.m.*

or

*Monday and Wednesday 4/7 & 4/9
6:00 p.m. - 9:00 p.m.*

*\$62 per person
HS 113*



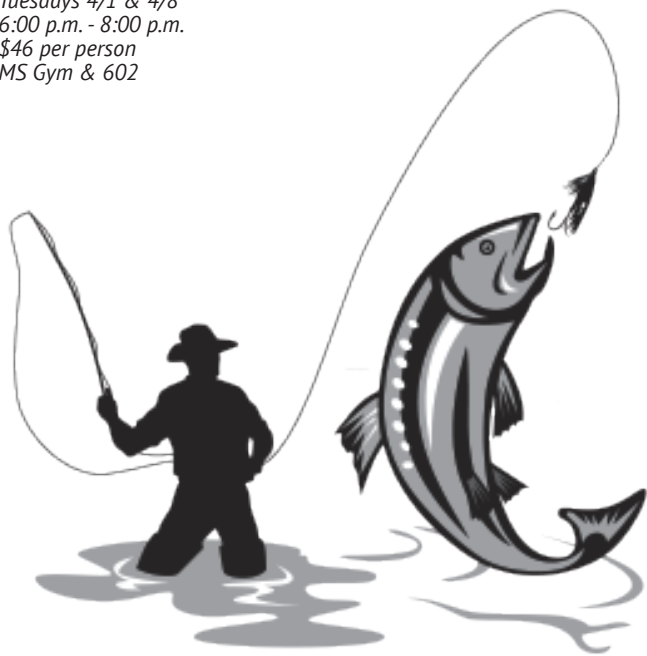
Introduction to Fly Fishing

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 4/1 & 4/8
6:00 p.m. - 8:00 p.m.*

*\$46 per person
MS Gym & 602*



Learning & Leisure

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!



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

*Wednesday 3/12
6:30 p.m. - 9:00 p.m.
\$35 per person
MS 602*

How to Leave a Legacy

Leaving a legacy does not necessarily entail money, real estate and material items. A legacy is greatest when it leaves something personal about oneself. You can learn what it is that matters most in this world to those that you love. Join us for this informative class on how you can leave your legacy to your loved ones.

*Wednesday 5/7
6:30 p.m. - 8:00 p.m.
Free - Prior registration is required
CRC Alumni Room*

Mushroom Grow Class

Unlock the secrets of mushroom cultivation in our hands-on workshop designed for beginners and culinary enthusiasts alike! This immersive class will teach you the basics of how to grow your own mushrooms at home, while we inoculate mushroom grow kits right in class. Attendees will get to take their mushroom kits home and watch their kits come to life in their own home with beautiful, edible, cooking mushrooms.

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 day of class.

*Saturday 3/15
10:00 a.m. - 11:00 a.m.
\$19 per person
MS 402*



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

Not Just a Pretty Face – Medicinal Native Plants

Native plants, trees and bushes are critical to ecological resilience and biodiversity. Native plants have an additional value as they have been used medicinally by Indigenous populations for centuries. This presentation will discuss medicinal natives and their many uses while also touching upon some important herbs that can be grown in container gardens or sunny borders. Many of these medicinal plants are important food sources for pollinators and critical to the environment.

**The information provided in this presentation is for educational purposes only and not intended to provide information to treat and diagnose any particular medical problems.*

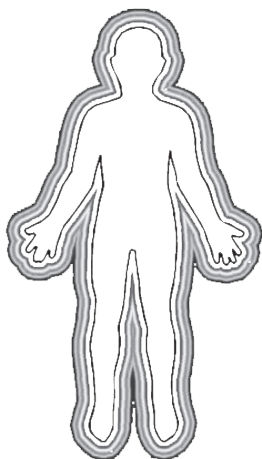
Saturday 3/8
10:00 a.m. - 12:00 p.m.
\$27 per person
MS 602

The Power of Your Aura

Many people already know what the aura is – an energy field that surrounds every person. But few are aware of the power this energy field has to affect one's life. Fewer still understand the effect this energy has on other people. In this class, we will examine what determines the frequency of the aura, how it can change, and the power it has to influence events in our lives. Through various exercises we will also learn how to measure, feel and receive, send, and even see this energy with our own eyes! Finally, we will learn how to use this energy to ward off the negative energy of others. Come and join us for a fun, information-packed evening you won't soon forget!

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.

Monday 2/24
6:00 - 9:00 p.m.
\$35 per person
MS 602

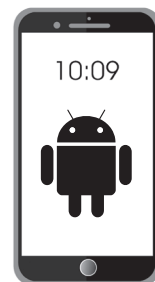


Technology

Androids for Seniors

This three-week class will cover essential skills for all android users. It's like someone gave you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential skills from us! Students, please bring your Android phone to class.

Wednesdays 3/12 - 3/26
10:00 a.m. - 12:00 p.m.
\$56 per person
CRC Alumni Room



Getting to Know Your iPhone

This class will cover essential skills for all iPhone users. It's like someone gave you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential Smartphone skills from us! Students, please bring your iPhone to class.

Wednesdays 4/30 - 5/14
10:00 a.m. - 12:00 p.m.
\$56 per person
CRC Alumni Room



Everything You Wanted to Know About Your Email, But Didn't Know to Ask

New! Would you believe that email has been around since the 1970s? Email or electronic mail is a popular online tool and a powerful tool for communication, managing business and finances, and shopping online. In this class we will go over email basics and learn how to set up signatures, schedule Send emails, send links, set up contacts, calendars and To-Do Lists. You will be tech savvy in no time!

Wednesdays 4/2 - 4/9
10:00 a.m. - 12:00 p.m.
\$38 per person
CRC Alumni 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

Test Prep & Certifications

4-Hour ACT Boot Camp

Get a jump start on your ACT test preparation! The ACT is offered both digitally and written. If you are planning to study any STEM program in college then the ACT test is for you! This comprehensive review course introduces students to the ACT test and includes classroom instruction, test-taking strategies, practice activities, testing information and study materials. 2025 ACT Fall test dates: 2/8, 4/5, 6/14 and 7/12. Students are welcome to bring a snack to class.

Students aged 15 and up are welcome to register.

Monday/Wednesday 3/31 & 4/2
6:00 p.m. - 8:00 p.m.
\$79 per person
HS 113

4-Hour SAT Boot Camp

Get a jump start on your SAT test preparation! The SAT is offered both digitally and written. If you are planning to study any STEM program in college then the SAT test is for you! This comprehensive review course introduces students to the SAT test and includes classroom instruction, test-taking strategies, practice activities, testing information & study materials. 2025 SAT Fall test dates: 3/8, 5/3, 6/7, and 8/23. Students are welcome to bring a snack to class.

Students aged 15 and up are welcome to register.

Tuesday/Thursday 4/29 - 5/1
6:00 p.m. - 8:00 p.m.
\$79 per person
HS 113

Adult CPR AED

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

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

Wednesday 2/12
6:00 p.m. - 9:00 p.m.
\$58 per person
CRC Staff Development Room



First Aid

Are you interested in adding to your disaster preparedness arsenal or building your resume for work? This first aid class will fill a major need. Be prepared for any disaster from a simple scratch to how to care for poisoning and almost everything in between. This course is the perfect complement to the Adult CPR class offered this semester. Bring your family and friends and learn how to take care of each other. Upon completion, students will receive an Emergency Care & Safety Institute (ECSI) certificate.

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 2/19
6:00 p.m. - 9:00 p.m.
\$57 per person
CRC Staff Development Room



Notary Public Preparation

Would you like to expand your career options or further develop opportunities for personal and professional growth? There are many options as NYS Notary in many diverse jobs. Business and industry require notary services, including law firms, schools, banks, real-estate agencies and insurance companies. This licensed credential can make you more attractive to an employer, opening doors to a position that specifically demands or prefers a notary certification. Students, please bring a pen or pencil to class.

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

Saturday 3/15
9:00 a.m. - 12:00 p.m.
\$40 per person
HS 106



Writing the College Application Essay

Do you want to ace your college application essay? Then this workshop is for you! All the fundamentals of standard English as well as essay strategies will be reviewed. Students will identify effective versus non-effective essays and apply these strategies to their own writing. Students will begin to write their college application essay in class and leave with the confidence and knowledge to finish the essay on their own.

Students aged 15 and up are welcome to register.

Tuesday 4/29
6:00 p.m. - 8:30 p.m.
\$79 per person
HS 113



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

Come see what Lew-Port has to offer!

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 \$2.49 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 \$8 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 \$2.49 fee per class will be assessed by them and deducted from your total amount due. Refunds are based on the class status on the date in which you cancel, in accordance with the refund policy deadlines outlined. A class status change on a future date, will not result in an additional refund.

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

Refunds will not be issued due to inclement weather if the district remains open for after-school activities. Emergency closings due to weather or otherwise will be announced on local radio/ T.V. stations. If the school district is closed, then all evening activities on that day will be canceled.

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.

INSTRUCTIONAL STAFF

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

SCHOOL RULES

You must abide by school rules while on campus, and that includes a strict no smoking or e-cig/vaping policy. You will be asked to leave the campus, and we may remove you from enrollment for that semester. No refunds will be given.

CHILD POLICY

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



**LEWISTON-PORTER COMMUNITY EDUCATION
SPRING 2025 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

Pre-Sorted STD
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ECRWSS
Resident

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Come see what Lew-Port has to offer!