

Lewiston-Porter Community Ed. offering more than 100 classes & 40 new topics

BY TERRY DUFFY
Editor-in-Chief

Lewiston-Porter's Community Education program for fall 2023 is now underway. With more than 100 class offerings, including 40 new topics, residents from throughout the county and beyond are invited to partake, learn and enjoy.

In his message to the community, Lew-Port Superintendent Paul J. Casseri spoke of the number and variety of community education programs the district is offering, which ranks among the largest in Niagara County.

"From its conception, our goal was to make Lew-Port's campus a focal point of the community," he said. "On any given night, there are multiple classes attended by individuals from all over Niagara County and beyond. The programs' growth year after year has exceeded our expectations."

Checking out Lew-Port's 20-page fall Community Education brochure, residents will find courses that cover the bases, with a potpourri of interests including arts and crafts, cooking, exercise, financial, health and wellness, learning and leisure, technology, test prep and certification courses, and "just for kids" choices available.

Anita Muzzi, who serves as coordinator for the district's program said, the wide variety of courses offered this fall also brings a new and expanded roster of talented instructors.

"We are very pleased to have built the largest Community Education program in Niagara County," she said. "Because of this, it has allowed us to attract an array of instructors from all over WNY, making our program truly unique to the region."

A sampling of the new courses this fall include art classes such as woodcarving, "Build Your Own Floral Bouquet," Gelli Arts and "No Sew Quilted" art projects. Also, popular cooking classes like cheesecake trifle shooters, holiday Italian cookie classes, cooking with garlic, and cupcake decorating; and new exercise classes including Pilates and stability, mobility and strength training for adults.

Lew-Port also added an in-person notary public preparation course and "Disaster Preparedness 101."



From cooking courses, to arts and crafts, Lewiston-Porter's fall Community Education program has something for everyone. (Submitted)

And back by popular demand are the "Let's Get Smokin'" class, taught at the Brickyard Pub & BBQ; basket-making; watercolor; yoga; tai chi; and line dancing offerings, along with sewing; "woman on weights"; Italian Cooking classes and a life-guard certification class.

Muzzi said a wealth of quality instructors has enabled Lew-Port to provide more programs than ever. "We are once again teaming up with businesses and professional interests from the River Region community and beyond," she continued. "This year we teamed up with the Brickyard Pub and Brewing Company and 3 Sisters Garlic for a variety of popular classes. There's also fun 'My teen-and-me' classes with a variety of topics to choose from."

Casseri said, "We maintain the key objective of our program is to offer an opportunity for members of our community to explore programs to enrich their lives and help them on the journey of lifelong learning."

Muzzi said she aims to further grow Lew-Port's instructor pool for the winter/spring 2024 community education session that is now in planning.

"I'm always amazed how many talented people there are in our area that come forward with such varied topics to instruct," she said. "This coming winter/spring 2024 session will be no different."

She added, "I am currently building what I hope to be the largest program yet. We encourage hobbyists, instructors and experts in varied fields to consider teaching with us. It's a great opportunity to market your business and talents!" Class registration continues on a first-come, first-served basis. Enrollment is open for many courses, and additional course dates are being offered in many classes due to their popularity and increased enrollment.

For more information on Lewiston-Porter's fall Community Education programs, or to register, visit <https://lew-port.coursestorm.com/>.

Sara Jensen, D.O., invites readers to HART's Dr. Joyce E. Sirianni Education Center

Sara Jensen, D.O., from Niagara Falls Memorial Medical Center, invites readers to join her from 1-3 p.m. Tuesday, Oct. 3, in the Dr. Joyce E. Sirianni Education Center.

A press release said, "Jensen will be on hand to answer questions regarding health challenges as we

age, medications, and other health-related issues pertaining to aging."

The Dr. Joyce E. Sirianni Education Center, located in the HART office at 505 Cayuga St., Lewiston, is free and open to the public. It is open from 1-3 p.m. Tuesdays and Thursdays and offers information

regarding numerous health issues facing the aging population.

HART is a referral service that connects seniors and others with qualified care, allowing them to remain independent in their homes. For more, call 716-754-8313 or visit www.hartprogram.org.

Griefshare support group to meet

The Griefshare support group will meet for 11 weeks at Colonial Heights Free Methodist Church.

According to a press release, "A free support group for people that have lost a loved one, Griefshare provides a warm, caring environment on your grief journey."

The group meets from 6:30-8:30 p.m. Thursdays. Register in per-

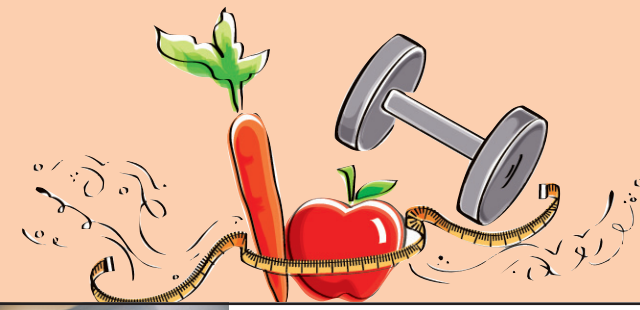
son or at www.Griefshare.org/findagroup.

The three parts to each support group session include: video-based seminars by experts and fellow sojourners; group discussion; and personal journaling workbook. The workbook cost is \$20. Scholarships are available. There is no additional registra-

tion fee.

One may begin attending Griefshare at any point. Sessions are self-contained, and do not have to be attended in sequence. Pick up missed sessions in the next cycle.

The group meets at Colonial Heights Free Methodist Church, 1310 Saunders Settlement Road. For more, call 716-297-5320.



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Oct 12th & Nov 9th
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GROUP 2
For adults age 55+ who wear bifocals or reading glasses & wish to eliminate or reduce dependency on glasses. You will watch a presentation about the options we have to see well at ALL RANGES. Enjoy a Q&A session

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- Imaging
- Laboratory Services
- Wound Center
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Did you know?

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Atrial fibrillation (AFib) is the most common type of treated heart arrhythmia. An arrhythmia is diagnosed when the heart beats too slowly, too quickly or irregularly. According to the Centers for Disease Control and Prevention, when an individual has AFib, the beating in the upper chambers of their heart is irregular, which compromises blood flow from the upper to lower chambers. The CDC notes that researchers estimate roughly 12 million people in the United States will have AFib in 2030. The Heart and Stroke Foundation of Canada reports that one-fourth of all strokes after age 40 are caused by AFib and that people with the condition have a three to five times greater risk for ischemic stroke than those who do not have AFib. A 2019 report from the American Heart Association indicated high blood pressure accounts for roughly 20 percent of all cases of AFib. The CDC notes advancing age, obesity, diabetes, smoking, chronic kidney disease, and European ancestry are some additional risk factors for AFib.