

NEW WESTMINSTER SCHOOL DISTRICT #40

Continuing Education

**SPRING
2009**



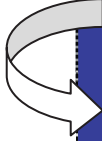
**Registration starts Monday, March 23rd 2009
Call 604-517-6345 or Register On-Line**

Continuing Education

New Westminster School District #40

Most classes are held at
NEW WESTMINSTER SECONDARY SCHOOL
835 Eighth Street, New Westminster, B.C.

Parking: Open parking is available in the evening in front of the school.
A reminder that parking against the buildings or anywhere outside of designated/marked parking spaces is prohibited and will result in vehicles being towed.
Fire Lanes and free flow of traffic around our facilities is **mandatory**.



General Interest Classes Registration: 604-517-6345
NEW! Register on-line: www.ce40.ca
ALC & Credit Courses Registration: 604-517-6286

BOARD OF SCHOOL TRUSTEES, S.D. No. 40 (New Westminster)

Brent Atkinson, Casey Cook, Michael Ewen, Jim Goring,
Lisa Graham, James Janzen, Lori Watt

Superintendent of Schools: Dr. John Woudzia
Secretary-Treasurer: Brian Sommerfeldt

Cover Photo by Steve Sendeki

*Some courses are held offsite -
please confirm location of class at registration*

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ADULT LEARNING CENTRES

- Register in Person Only -

Please bring Birth Certificate, Passport or Permanent Resident Card and current Transcript.

Please arrive on time, latecomers will be asked to attend the next registration session.

Pearson
Adult Learning Centre
 835 8th Street,
 New Westminster, BC
Phone: 604-517-6286
Fax: 604-517-6294

Spring Registration

Weekly Registration
 At NWSS

Register every Wednesday
1:00 p.m. or 7:00 p.m.

Pearson Adult Learning Centre at
 New Westminster Secondary
 School Portables Room 2
 (10th Avenue)

Attend school any time
during the hours of:

Monday to Thursday
 8:30 a.m. to 9:30 p.m.

Friday
 8:30 a.m. to 4:00 p.m.

Summer Registration

Tuesday, June 30th, 2009
 Thursday, July 2nd, 2009
 9:30 a.m., 1:00 p.m., 4:00 p.m.
or 6:30 p.m. or

Wednesday, July 8th 2009
 1:00 p.m. or 6:30 p.m.

Summer Hours

Monday and Friday
 8:45 a.m. to 3:30 p.m.

Tuesday, Wednesday, Thursday
 8:45 a.m. to 8:30 p.m.

Visit our Website at:
<http://www.palc.net>

Columbia Square
Adult Learning Centre
 1001 Columbia Street,
 New Westminster, BC
Phone: 604-517-6191
Fax: 604-517-6169

Spring Registration

Continious Registration
 At Columbia Square

Call 604-517-6191
for information.

Attend school any time
during the hours of:

Monday to Thursday
 9:00 a.m. – 8:30 p.m.

Fridays:
 9:00 a.m. – 3:00 p.m.

Summer Registration

www.sd40.bc.ca/alc

Visit our website for the most
 update information on:
 Classroom and online courses,
 hours of operation and
 closed dates.

Visit our Website at:
<http://www.sd40.bc.ca/alc/>

New Westminster Virtual Secondary School



Urban First Nations
Learning Centre
 Room 305-1001 Columbia Street,
 New Westminster, BC V3M 1C4
Phone: 604 517-6191
Fax: 604-517-6169

Urban First Nations
Learning Centre
 provides a safe environment
 where aboriginal people in
 New Westminster and
 surrounding areas can
 study academic courses.

- FREE COURSES -

ELIGIBILITY

19 years or older
Aboriginal ancestries:
Status,
Non-Status,
Metis and Inuit.

CLOSED FOR ***July & August***

PROGRAMS & SERVICES

Upgrading to Grade 11
Grade 12 Diploma
(Adult Dogwood)
Access to and support for:
self paced, on line and
classroom-based courses.

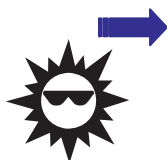
Please phone for
more information
604-517-6191

Visit our Website at:
<http://www.sd40.bc.ca/ufn>

SUMMER SCHOOL 6 WEEK CREDIT COURSES

* NOTE: ALL SUMMER SCHOOL ACADEMIC OFFERINGS WILL BE SUBJECT TO MINISTRY OF EDUCATION FUNDING.

CREDIT courses start Monday, June 29th, 2009 and end Friday, August 7th, 2009.



Register now until June 26th – enrollment limited.

Register IN PERSON at New Westminster Secondary School (across from Room 183)
835 Eighth Street, New Westminster V3M 3S9.
Monday to Friday 8:30 AM – 4:00 PM

Courses are held Monday to Friday at New Westminster Secondary

For more details call 604-517-6286. See page 6 for On-Line Courses.

All students will be assessed on the first class & assigned to an appropriate class if necessary.

| COURSE NAME | COURSE# | DAYS | TIME | DATE 2009 | LOCATIONS |
|--|--|--|--|--|---|
| Biology 12 REGISTER NOW! | BJ13-5 | Tue/Wed/Thur. | 4:30 - 8:00 PM. | 8 WEEKS April 21-June 11 | New West Secondary Room 254 |
| Biology 12 | BA14-1 BA12-1 | Mon to Fri Mon to Fri | 8:30 - 12:00 NOON 12:30 - 4:00 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 254 New West Secondary Room 254 |
| Chemistry 11 | BA21-1 | Mon to Fri | 8:30 - 11:45 AM | June 29-August 7 | New West Secondary Room 177 |
| Chemistry 12 | BA22-1 | Mon to Fri | 8:30 - 12:00 NOON | June 29-August 7 | New West Secondary Room 170 |
| Communications 11 | BA01-1 | Mon to Fri | 8:30 - 11:45 AM | June 29-August 7 | New West Secondary Room 184 |
| Communications 12 | BA02-1 | Mon to Fri | 12:30 - 4:00 PM | June 29-August 7 | New West Secondary Room 184 |
| English Upgrading Recommended for students who have completed ELSA level 3. | P11-1 P11-1 P11-1 C13-1 C13-1 C13-1 | Mon to Fri Mon to Fri Tue/Wed/Thur Mon to Fri Mon to Fri Mon to Thurs | 8:45 - 11:45 AM 12:30 - 3:30 PM 4:00 - 8:30 PM 8:30 - 12:00 AM 12:30 - 4:00 PM 4:45 - 9:00 PM | July 6-August 14 July 6-August 14 July 7-August 13 June 29-August 7 June 29-August 7 June 29-August 6 | Pearson ALC - NWSS Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square ALC Columbia Square |
| English 10 | BA40-1 BA43-1 | Mon to Fri Mon to Fri | 8:30 - 11:45 AM 12:30 - 3:45 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 282 New West Secondary Room 282 |
| English 11 | BA41-1 BA49-1 | Mon to Fri Mon to Fri | 8:30 - 11:45 AM 12:30 - 3:45 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 272 New West Secondary Room 272 |
| English 12 | BA42-1 BA45-1 BA46-1 | Mon to Fri Mon to Fri Mon to Fri | 8:30 - 12:00 NOON 8:30 - 12:00 NOON 12:30 - 4:00 PM | June 29-August 7 June 29-August 7 June 29-August 7 | New West Secondary Room 263 New West Secondary Room 284 New West Secondary Room 284 |
| Math 10 | BA50-1 BA58-1 | Mon to Fri Mon to Fri | 8:30 - 11:45 AM 12:30 - 3:45 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 267 New West Secondary Room 267 |
| Math 11 (Principles) Graphing calculator required | BA51-1 BA55-1 | Mon to Fri Mon to Fri | 8:30 - 11:45 AM 12:30 - 3:45 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 265 New West Secondary Room 265 |
| Math 12 | BA52-1 BA56-1 | Mon to Fri Mon to Fri | 8:30 - 12:00 NOON 12:30 - 4:00 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 180 New West Secondary Room 180 |
| Physics 11 | BA31-1 BA33-1 | Mon to Fri Mon to Fri | 8:30 - 11:45 AM 12:30 - 3:45 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 176 New West Secondary Room 177 |
| Physics 12 | BA32-1 | Mon to Fri | 12:30 - 4:00 PM | June 29-August 7 | New West Secondary Room 176 |
| Science 10 | BA25-1 | Mon to Fri | 12:30 - 3:45 PM | June 29-August 7 | New West Secondary Room 173 |
| Social Studies 10 | BA95-1 | Mon to Fri | 12:30 - 3:45 PM | June 29-August 7 | New West Secondary Room 175 |
| Social Studies 11 | BA91-1 BA94-1 | Mon to Fri Mon to Fri | 8:30 - 11:45 AM 12:30 - 3:45 PM | June 29-August 7 June 29-August 7 | New West Secondary Room 268 New West Secondary Room 268 |

SUMMER SCHOOL 4 WEEK REMEDIAL COURSES

* NOTE: ALL SUMMER SCHOOL ACADEMIC OFFERINGS WILL BE SUBJECT TO MINISTRY OF EDUCATION FUNDING.

SUMMER SCHOOL FOR GRADES 8 and 9 (4 weeks)

REMEDIAL courses start Monday, June 29th, 2009 and end Friday July 24th, 2009.



Register IN PERSON at New Westminster Secondary School (across from Room 183).

Monday to Friday 8:30 AM - 4:00 PM For details call 604-517-6286

Courses are held Monday to Friday at New Westminster Secondary School
835 Eighth Street, New Westminster.

For more details call 604-517-6286.

Remedial courses are for students who have previously taken the course and been unsuccessful. Upon completion students will receive a "P" (pass) or "F" (fail) grade only. See page below for remedial course fees.

| | | | | | |
|------------------|--------|------------|--------------------|------------------|-----------------------------|
| English 8 | JEN8-1 | Mon to Fri | 11:00 AM - 1:15 PM | June 29-July 24 | New West Secondary Room 280 |
| English 9 | JEN9-1 | Mon to Fri | 11:00 AM - 1:15 PM | June 29-July 24 | New West Secondary Room 279 |
| Math 8 | JMA8-1 | Mon to Fri | 8:30 AM - 10:45 AM | June 29-July 24 | New West Secondary Room 277 |
| Math 9 | JMA9-1 | Mon to Fri | 8:30 AM - 10:45 AM | June 29-July 24 | New West Secondary Room 182 |
| Science 8 | JSC8-1 | Mon to Fri | 11:00 AM - 1:15 PM | June 29-July 24 | New West Secondary Room 188 |
| Science 9 | JSC9-1 | Mon to Fri | 11:00 AM - 1:15 PM | June 29- July 24 | New West Secondary Room 188 |
| Social Studies 8 | JSS8-1 | Mon to Fri | 8:30 AM - 10:45 AM | June 29- July 24 | New West Secondary Room 186 |
| Social Studies 9 | JSS9-1 | Mon to Fri | 8:30 AM - 10:45 AM | June 29- July 24 | New West Secondary Room 187 |

REGISTRATION INFORMATION:

- ▶ To Register for B and J courses please register in person or telephone 604-517-6286.
New Westminster Secondary School 835 8th Street, New Westminster, B.C. V3M 3S9
(across from room 183) Monday to Friday 8:30 a.m. – 4:00 p.m.
- ▶ To Register for P and C courses please refer to page 3 Adult Learning Centres.
- ▶ To Register for on-line courses please refer to page 6 for registration information.



Classes with insufficient enrollment will be cancelled - don't wait until the last minute to register.

CREDIT AND REMEDIAL COURSE FEES:

- NO COURSE FEE for students who have graduated from high school.
- NO COURSE FEE for high school students with a permission slip.
- NO COURSE FEE for ADULT students working towards their graduation.
- Special fee structure for Visa students.
- Personal Education Number and transcript is required to register.
- PERMISSION is required from your counsellor if you are a high school student.
- \$10 material fee (*non-refundable*)
- \$100 book deposit (*\$80 refundable within one year*)
- \$25 workbook purchase for Chemistry 11 & 12 (*non-refundable*)
- \$145 calculator rental fee (*\$120 refundable within 6 months*).
- TRANSFER FEE \$20: to transfer to another summer school course.
- CANCELLATION FEE: \$50 will be charged on any cancellation.
Cancellation for Visa students - 20% of course fee will be charged on cancellation.
Students must withdraw by the end of the second class to be eligible for a course fee refund.
- Classes with insufficient enrollment will be cancelled.

**Registration
Information
604-517-6286**

**Register
on our website:
www.ce40.ca**

PAYMENT IN FULL is required to Register for Summer School courses.
Pay by Cash, Interac, Visa or Mastercard.

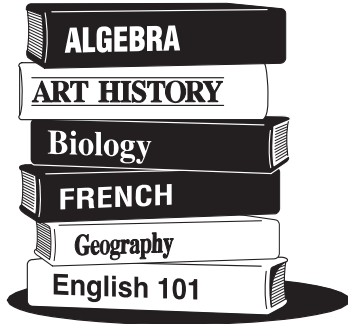
ADULT LEARNING CREDIT COURSES

Attend school any time during the day and/or evening



Monday to Thursday 8:30 am - 9:30 pm
Friday 8:30 am - 4:00 pm See page 3 for locations and hours.

Achieve your educational goals



- ◆ Complete Grade 12?
- ◆ Upgrade your English, Math, Socials and Science to the Grade 12 level?
- ◆ Prepare for the GED?
 - ⇒ Start at any level
 - ⇒ Self-paced and classroom courses
 - ⇒ Receive individual help in a relaxed and supportive environment
 - ⇒ Set up your own schedule

Year Round!

Requirements for Adult Graduation:

(a minimum of five courses is required)

- English 12 or ● Communications 12 (or equivalent)
- Math 11 (or equivalent)
- Three grade 12 courses or two grade 12 courses and Social Studies 11 or Civics 11



NO Tuition Fees! Call Now 604-517-6286

New Westminster Virtual Secondary School www.NWVSS.ca

early bird

Do you need a school that is open when you are ready to study?
Take high school credit courses on-line.

night owl

high school at home: - many ways to get help **audio, video and text:** - on the internet, all ages

courses available:

- Principles of Math 10,11,12
- Essentials of Math 10 and 11
- Planning 10
- Science 10
- Social Studies 10 and 11
- Intro to Math 11
- Biology 11 and 12
- Chemistry 11 and 12
- Physics 11 and 12
- English 10 and 12
- Communications 12
- First Nations Studies 12
- History 12
- Law 12
- Accounting 12
- *and more.....*

Year Round!

**Inquiries to find out more
phone us at 604-517-6191**



**Check out our website this summer.
www.NWVSS.ca**

NWSS YOUTH PROGRAMS

New Westminster Secondary Community School
835 Eighth Street, New Westminster, BC V3M 3S9

International Baccalaureate Diploma Programme

(Located in and administered by New Westminster Secondary School)

The International Baccalaureate Diploma Programme (IB) is a rigorous pre-university course of studies that meets the needs of highly motivated secondary students. The IB graduation diploma is recognized world-wide and successfully completed courses can earn university credit. New Westminster Secondary School offers NWSS Pre-IB Honours courses to grades 9 and 10 students and IB courses to grades 11 and 12 students.

For further information
Call 604-517-6115



jjanz@sd40.bc.ca
Fax: 604-517-6204



SIGMA PROGRAM

A NEW LEARNING EXPERIENCE
IN A HIGH SCHOOL SETTING

New Westminster Secondary School
835 Eighth Street, New Westminster, B.C. V3M 3S9

AN ACADEMIC PROGRAM FOR
STUDENTS 16-18 YEARS OF AGE

- ◆ Grade 12 Graduation (Dogwood)
- ◆ Complete Grade 10, 11, 12
- ◆ Semestered schedule
- ◆ Structured, smaller classes
- ◆ Flexible student schedules
- ◆ Personal/academic/career counselling on site
- ◆ Youth-Care Worker on site

ONGOING REGISTRATION

For further information phone 604-517-6292
email: sigma@sd40.bc.ca Fax: 604-517-6151

SIGMA is located on the 2nd floor of the
Pearson Wing of NWSS across from Room 281.

New Westminster Secondary Community School

POWER PROGRAM

Planning, Ownership, Work, Education, Respect

Young Adult Alternate Program

1001 Columbia Street, New Westminster, B.C. V3M 1C4
(two blocks from the New West Sky Train)

The P.O.W.E.R. Program is a high school
completion program for
youth 16-18 years of age, offering:

- ◆ Self-paced & Classroom Courses
- ◆ One-on-One Tutoring
- ◆ Grade 12 Graduation (Dogwood)
- ◆ Work Experience & Job Search Skills
- ◆ Field trips and Outdoor Activities
- ◆ Personal Counselling

Monday – Thursday 9:30 am – 5:30 pm
Fridays 9:30 am – 4:00 pm

View our website: www.sd40.bc.ca/power/

For further information
Call 604-517-6159 or 604-517-6141
Fax: 604-517-6169

NWSS Registration Information Grades 8 to 12



New registrations for 2009-2010 will be accepted starting **Thursday, March 26th 2009** between the hours of **9:00 a.m. and 12 NOON**. Completed registrations must be signed by a parent/guardian and accompanied by:

- proof of citizenship,
- proof of New Westminster residency,
- and a copy of the student's most recent school marks.

Students and their parent/guardian will be required to attend an Intake Meeting with the Grade Counsellor and/or Vice-Principal. Meeting times are arranged upon receipt of completed registration documents.

For further information, contact the Registrar, at 604-517-6368.

An important Notice to Parents/Guardians of students planning to enter Grade 8 and 9 in September, 2009 at NWSS.

Please attend our Parent/Student Information Meeting on:



Thursday, March 5th 2009 6:30 pm in the **New Westminster Secondary School Small Massey Gym**

For more details on the International Baccalaureate Diploma Programme,
French Immersion and other programs available at NWSS.

Please contact **Laura McDonald, Registrar at NWSS at 604-517-6368** for more information.

ART

CREATE A LIKENESS WITH THE EXPRESSION OF A REMBRANDT NEW!

Learn to create a successful portrait by understanding the muscle and bone structure of the head, skull and face. This course will also examine the individual facial characteristics and proportion in portraiture that aids in creating a likeness.

- White cartridge drawing paper pad 18X20
- Conte: black
- Vine Charcoal
- Workable fixative
- Graphite Pencils: 2B 3B
- Knead able Eraser
- Clips
- Portfolio or cardboard folder at least 18X20
- Drawing board.

#H213 4 Wednesdays starting Apr. 8
7:00 -9:00pm ROOM 209
SHELLEY ROTHENBURGER \$56

INTRO TO DRAWING NEW!

Introduction to drawing with wet and dry media and mark-making and line. Contour line, Expressive Line and Gesture drawing Introduction to Tone, Tonal Scale, Still Life Tonal Drawing, Introduction to Texture, Rendering of Objects. Final finished drawing of still-life in medium and technique of your choice. Bring favourite objects from home to arrange into an interesting still-life to draw. Materials needed.

- White cartridge drawing paper pad 18X20, Sm. Sketch book for homework assignments, •8 sheets heavier white paper for dry or wet media approx. 18 X 24, Conte: black and brown,
- Vine Charcoal,
- Compressed charcoal,
- Workable fixative,
- Graphite Pencils: •HB 2B 3B, Knead able Eraser,
- Clips,
- Portfolio or cardboard folder at least 18X20, Black India or Chinese ink, Ink brush, Rag and container (sm jar),
- Drawing board.

Please do not purchase supplies until course has sufficient enrollment.

#H212 8 Thursdays starting Apr. 9
7:00 -9:00pm ROOM 209
SHELLEY ROTHENBURGER \$110

WATERCOLOUR WORKSHOP: BEACH SEASCAPE NEW!

This workshop differs from the Arbutus Seascape, in that it will highlight a beautiful sandy beach, fog shrouded islands and crashing waves.

#H510 1 Saturday starting May 23
9:00am -3:30pm ROOM 209
FRANK TOWNSLEY \$64

INTRO TO ACRYLICS NEW!

Learn to paint an abstract with acrylics exploring colour mixing, acrylic mediums and paint application techniques. You will soon grasp the potential of this exciting medium in the creation of an abstract painting. Materials needed for course:

- 4 sheets, heavy Bristol or Mayfair paper or primed paper pad, •18 X 24, 16 X 20 in. or larger primed canvas board,
- Brushes: (synthetic) #6 round, #4 bright, #10 flat
- Palette knife,
- Spray bottle,
- Rags,
- water containers.
- Paint: titanium white, ultramarine blue, cadmium red, cadmium yellow, mars black, Gel mediums, glossy or mat or both (sm. Jar),
- Modelling paste (sm. Jar)

#H214 4 Wednesdays starting May 6
7:00 -9:00pm ROOM 209
SHELLEY ROTHENBURGER \$56

LANDSCAPE WATERCOLOUR PAINTING

This watercolour course for beginners will offer demonstrations and individual assistance needed to learn basic techniques in colour mixing and washes. Students will also learn about composition and a variety of skills necessary to easily paint skies, clouds, trees, water, mountains, rocks and shorelines, mist and fog. Join in the fun to learn this rewarding hobby. Please bring: 1 sheet (22 in. x 30 in.) 140lb. Medium (cold press) Watercolour paper (recommend Opus Watermedia Paper); Reasonably good quality round Watercolour Brushes: #2 and #8; Winsor Newton Cotman Watercolour paints (8ml. tubes) - no substitutes: Ivory or Lamp Black, Cadmium Red Deep Hue, Cadmium Yellow Hue, Intense (Phthalo) Blue, Burnt Umber; White Gouache (15 ml. tube 'Daler Rounney'); Mixing Tray (accommodating about 10-20 fairly deep spaces - white plastic ice cube tray may be substituted); Two 15 - 25 oz. Plastic cups a 750 ml. yogurt or cottage cheese container works well; One old toothbrush; Small plastic squeeze bottle or ear syringe; 1 in. Tape (recommend Painter's Mate delicate tape, #152); HB Pencil and good eraser. Note - Watercolour paper is to be cut into 9 pieces about 7 in. x 10 in., one of which is to be cut into about 1 inch strips for colour testing. Paint, paper, and plastic bottle can be purchased at first class.

#H87 8 Tuesdays starting Apr. 14
7:00-10:00pm ROOM 209
FRANK TOWNSLEY \$110

PAINTING BOTANICALS WITH WATERCOLOUR

This one day course for beginners will introduce you to the joy of painting flowers and plants from the garden. Through demonstration and practice, learn colour mixing, how to paint stems, different techniques for painting leaves, and creating light, shadow and textures found in a variety of plants. Photo images and live plant cuttings will be available, but you are welcome to bring your own favourites as well. Please bring \$15 (cash) payable to the instructor for shared materials and please bring a bag lunch.

#H94 1 Saturday starting May 23
9:00am -4:00pm ROOM 210
PERI-LAINE NILAN \$50

OIL PAINTING: HYDRANGEAS

Students will be guided to paint and complete this beautiful 16x20 painting of Potted Hydrangea's. Bring your own supplies, or bring \$7.50 canvas/\$8 paint /\$15 brushes or bring your 1 inch flat brush, ½ inch filbert brush. Wear old clothes.

#H609 1 Monday starting Apr. 20
7:00-10:00pm NWSS 210
DARLA ZARY \$30

OIL PAINTING: SUNFLOWERS

In this class Darla will guide you to paint and complete a Sunflower painting. Bring your own supplies, or \$7.50 for canvas/\$8 paint/\$10 for a 1 inch flat brush and liner brush. Wear old clothes.

#H710 1 Monday starting May 4
7:00 -10:00pm NWSS 210
DARLA ZARY \$30

OIL PAINTING: TUSCAN LANDSCAPE

Darla will guide you to paint and complete a stunning Tuscan Landscape in oils. Bring your own supplies, or \$7.50 canvas/\$8 paint/\$4.50 for shared brushes.

#H810 1 Thursday May 21
7:00 -10:00pm NWSS 210
DARLA ZARY \$30

OIL PAINTING: WATERFALL

Step by step instruction to guide you to paint and complete a Majestic Waterfall in oils. Bring your own supplies, or \$7.50 canvas/\$8 paint/\$4.50 for shared brushes.

#H820 1 Thursday starting May 28
7:00 -10:00pm NWSS 210
DARLA ZARY \$30

ART

SOAPSTONE CARVING

This carving workshop is designed for adults with no previous carving experience. In this course, you will complete a sculpture of a bear approximately 6 inches in length using non-toxic Brazilian soapstone. The instructor is a First Nations artist whose work is represented in various displays, collections, and cultural events. Stone, tools and all supplies are supplied. A supply fee of \$10 is payable to the instructor the first night in class.

#H72 6 Tuesdays starting Apr. 7
7:00-8:30pm ROOM 154 MARK GAUTHIER \$72

SOAPSTONE CARVING: NEXT LEVEL

A series of eight sessions for those with some prior carving experience who would like to sharpen their skills. If you have a partially completed soapstone carving at home or already have a piece of soapstone and are not sure how to get started these workshops are designed to help you achieve your goal. Restoration techniques of older sculptures will also be discussed and demonstrated. Tools and supplies will be provided by the instructor but students will be encouraged to purchase their own tool kits. A list of tools & supplies will be available during the first class.

#H74 8 Thursdays starting Apr. 9
7:00-9:00pm ROOM 154 MARK GAUTHIER \$110

CONTEMPORARY ART

This is your opportunity to start breaking free. You will learn to combine acrylics, oils and glazes to create a minimum of six paintings. Bring your own supplies or \$40 for six 16x20 canvases and \$45 for shared paint supplies and \$20 for brushes.

#H605 8 Wednesdays starting Apr. 8
7:00-10:00pm ROOM 210 DARLA ZARY \$140



THE JOY OF PAINTING - CLASS 1

Experience the Darla Zary method of painting. No previous experience necessary. Traditional and the wet on wet method of painting. A minimum of three landscape paintings will be completed. \$62 supply fee payable to instructor (\$25 paint, \$22 for three 16x20 canvases and \$15 for brushes). Wear old clothes or painting smock as we use oil paints. Born the grand-daughter to a European Master Carpenter, Faux painter and church mural artist, Darla Zary's path in life as a multi-gifted artist was created at an early age. As an Emily Carr Honour Graduate, Darla's work has been featured in venues including The Street of Dreams, The PNE, The Parker House, and privately owned homes.

#H604 6 Tuesdays starting Apr. 7
7:00-10:00pm ROOM 210 DARLA ZARY \$110

THE JOY OF PAINTING: BLACK/GREY GESSO

For students who have completed level 1. Complete five 16x20 landscape paintings which incorporates the use of black, grey and white gesso along with oil paint glazes. Bring your own brushes plus \$37 for four 16x20 canvases and \$28 for paints. Students who want to paint a larger canvas must purchase their own paint and canvas. This includes black, white gesso and liquid clear.

#H611 6 Thursdays starting Apr. 9
7:00-10:00pm ROOM 210 DARLA ZARY \$110

BUSINESS / VOCATIONAL

ACCOUNTING FOR SMALL BUSINESS

This could be the most important business course you will take to maintain your small business! An understanding of basic accounting is of vital importance to anyone involved in business. Properly complete financial transactions; know how financial statements are used and how to read them; have a basic understanding of the rules of accounting.

Please bring a calculator to class.

#D68 8 Tuesdays starting Apr. 7
7:00-9:00pm ROOM 263
NEDILA YU \$125

PAYROLL

Know how to calculate payroll cheques and remittances. Discussions include BC Labour Law, Employment Standards & WCB as they affect payroll. Class exercises will cover Federal & Provincial Income Tax, CPP, EI as deducted/remitted. T4, ROE & other payroll related forms will also be discussed. Other alternatives (through payroll service company) in processing payroll and its procedures will be covered.

#D34 8 Thursdays starting Apr. 9
7:00-9:00pm ROOM 263
NEDILA YU \$125



BOOKKEEPING FOR THE SMALL BUSINESS

This course is oriented towards bookkeepers of small and medium-sized businesses. This practical course will show you how to record all financial transactions. The recording process covers the journal, the ledgers and preparation of the trial balance, the worksheet and the financial statements. It will also show you the process of the full accounting cycle. Handouts included in course fee.

Please bring a calculator to class.
#D46 8 Wednesdays starting Apr. 8
7:00-9:00pm ROOM 263
NEDILA YU \$125

HOW TO START A HOME-BASED BUSINESS

Got a dream? Want to break away from the employee rut? Learn how to start your own business from home. This workshop will help you assess and develop your entrepreneur-personality, help you focus your dream and gather the information and resources you will need to begin. We will discuss developing a business plan as well as preparing yourself for venturing out on your own. If you have a business plan started or just a great idea, bring it along with you to class.

#D107 1 Saturday starting May 23 1:00-4:00pm ROOM 126 ANITA SMITH \$49

Don't Wait
Avoid Disappointment
Call 604-517-6345

BUSINESS / VOCATIONAL

BRAIN BOOSTING SECRETS

Your brain is involved in everything you do! 90% of what we know about the brain has been learned in the last 2 years and yet most people never think much about their brains. You simply trust your brain to do its job. Brain dysfunction is the #1 reason people fail work, school, and relationships. Your brain is the supercomputer that runs your life. This session has 2 bottom lines: when your brain works right you work right and everyone needs a little help. This session will give you the tools to boost brain power, improve your thinking, and improve your health. Brain Boosting Secrets is packed with tips, stories, ideas, and more.

#D710 1 Wednesday starting June 3
7:00-10:00pm ROOM 133B
TERRY SMALL \$42

HOW TO GET BETTER GRADES IN SCHOOL

Make this your child's best year ever in school! This amazing program shows your child how to take charge of his/her time at school! Parents and students attend this seminar together to learn proven strategies and study secrets that have helped thousands of students to quickly excel in school. Guaranteed: better grades, self-confidence, more free time, and fun in learning! Good grades have never been more important than today. Come and learn how to get them! Course will benefit students of all abilities in grades 4-12.

#D90 1 Monday starting Apr. 27
7:00-8:30pm School Library
TERRY SMALL \$42 family

LIVING LIFE WITH PASSION & PURPOSE

Simple, practical and enjoyable! Work through exercises that help identify your passion and goals. Develop your own unique Master Plan. In ten minutes, learn the #1 time management tool for increasing your personal efficiency by 25 percent. Discover useful ways of overcoming procrastination and developing self-motivation. Learn three techniques for effective decision making. Become aware of the power of journaling to keep yourself on track. (includes workbook)

#D43A 1 Saturday starting May 23
12:30-3:30pm ROOM 149
GRAHAM BEST \$39



MEMORY TRAINING

Eight Practical Memory Tips. Easy to learn and immediately applicable to your daily activities. This memory upgrade will enable you to: recall names, remember what you read, give a presentation without notes, increase your concentration and imagination, and be better organized and more efficient. In addition, you will discover the 5-minute tool that can increase your personal efficiency by 25%. Discover how questions can force your mind to pay attention. Come and see how easily your memory can be expanded. Check us out www.memory-learning.com.

#D52 1 Saturday starting May 23
9:00am -12:00pm ROOM 149
GRAHAM BEST \$39

PUBLIC SPEAKING - COMMUNICATION BASICS

Your career success often depends on how well you can express yourself. If you want to improve your performance in business meetings, presentations, job interviews, conversations, sales and problem-solving situations, this workshop is for you. Based on the principles of Toastmasters International, by the end of this course you will be able to communicate with confidence and poise at work and at home.

#D65 8 Thursdays starting Apr. 9
7:00-9:00pm ROOM 148
TOM JONES \$65

WRITE & PUBLISH YOUR OWN BOOK IN 40 DAYS

Position yourself as the Expert by writing a book. Consider this fact: "The Prestige Enjoyed By The Published Author is Unparalleled In Our Society". Take advantage of this fact to make more money in your business or even in your job career. This course will show you both how to write a book on a subject you are passionate about and how to have it published for little or no money. This could be the most important course you ever take. Taught by Millionaire entrepreneur and Amazon Best Selling Author of: 101 Reasons Why You Must Write A Book, Bob Burnham. A complete workbook included, extra material available for purchase from instructor.

#DW41 1 Wednesday starting Apr. 22
6:30-9:30pm ROOM 163
BOB BURNHAM \$42

ACADEMIC WRITING NEW!

This course will focus on basic academic writing skills such as how to write a proper paragraph and essay for academic purposes: paragraph organization/formatting, outlining, basic grammar/sentence structure and different types of paragraphs/essays will be covered. Writing exercises and feedback provided.

#DW11 6 Wednesdays starting Apr. 8
7:00 -9:00pm ROOM 117
ANITA SMITH \$73

CREATIVE WRITING FOR INSPIRATION

A structured writing group that will help novice writers get started and maintain their enthusiasm for writing. The fun writing exercises and group energy will help motivate you and help you work through writing blocks. All genres of fiction, non-fiction and journal/memoir writers will benefit.

#DW10 6 Mondays starting Apr. 6
7:00-9:00pm ROOM 227
ANITA SMITH \$73

WRITING FOR CHILDREN

A basic introduction to writing books and stories for children. Basic fiction writing techniques will be discussed with particular application to a younger audience.

#DW21 1 Wednesday starting May 20
6:30-9:30pm ROOM 117
ANITA SMITH \$35

GRAMMAR & PUNCTUATION

A basic grammar and punctuation refresher course to help you recognize and correct common writing errors. Great for adult students, business people and ESL students.

#DW31 4 Tuesdays starting Apr. 21
7:00-9:00pm ROOM 112
ANITA SMITH \$60

ANGER MANAGEMENT

Anger is an emotion to which we need to listen. How we recognize our anger and what we do with it influences the outcome and changes patterns of intimate relationships with ourselves and others.

#D04 2 Thursdays starting May 7
6:30-8:30pm ROOM 112
ANGELA SEALY \$42

BUSINESS / VOCATIONAL

HOW TO BECOME MORE ASSERTIVE/CONFIDENT

Simple, effective and fun! Discover your true self, set limits and express what you really want to say. Learn how to communicate assertively and stand up for yourself in your personal and professional life. Practice respecting your boundaries and speaking assertively to improve your self-esteem, confidence, relationships with others and the way you manage conflict. Handouts included.

#D130 2 Tuesdays starting May 19
6:30-8:30pm ROOM 112
ANGELA SEALY \$42

ETIQUETTE CLASSES FOR THE PRE-TEENS & TEENS AGE 11-17 YRS

Pre-teens and Teens - ages 11-17 years. A foundation of good manners is integral to the development of good leadership skills in young people, not only for today but for the future. Etiquette is an essential life skill that will remain with them forever. Topics include: First Impressions, Body Language, Conversation and Listening Skills and Table Etiquette are put into practice.

#D128 1 Wednesday starting Apr. 8
7:00-9:00pm ROOM 148
ANN ELIZABETH \$20

WEDDING ETIQUETTE: NEW! 10 SIMPLE SECRETS TO THE PERFECT WEDDING!

The Bride and Groom, immediate family and the Wedding Party all have their roles to play on the wedding day. Feeling overwhelmed at the very thought? Follow Elizabeth's 10 simple secrets to the perfect wedding. From the Proposal to the gift opening, when it come to planning your wedding every detail counts. You are the star, discover the "know how" celebrities use to make the camera's love them. The dress is the greatest drama of all. You too, can have a Hollywood Gown at a fraction of the price. It's the biggest day of your life. Make sure it's as unforgettable as you have always dreamed. Join Elizabeth for this informative session packed with details, tips and traditions.

#D723 1 Monday starting Apr. 20
7:00-9:00pm ROOM 148
ANN ELIZABETH \$20

MEDICAL OFFICE ASSISTANT TRAINING

This introductory course will cover:

- ◆ medical terminology,
- ◆ body systems,
- ◆ main duties of a medical office assistant in a physician's office,
- ◆ introduction to pharmacology,
- ◆ referrals and introduction to billing.

A certificate of completion will be issued for this course. Bring a 3-ring binder to your first class.

#D64 8 Tuesdays starting Apr. 7
6:30-9:30pm ROOM 117
PEGGY McKITRICK \$125



MANAGING DIFFICULT PEOPLE

This course focuses on managing the difficult employees, supervisors and customers. Strategies and techniques discussed can be used in professional and personal applications. A great course for anyone dealing directly with others or in conflict situations.

#D214 2 Thursdays starting Apr. 23
7:00-9:00pm ROOM 122
ANITA SMITH \$36

IMPROVE YOUR COMMUNICATION SKILLS

Exciting and very useful! Improve your relationships and personal power by mastering assertive speaking, active listening, expressing with confidence, creative problem solving, negotiation skills and conflict resolution strategy. Learn how to voice your messages clearly and calmly. Practice communication skills that change tension into healthy rapport with others. Apply your new skills in your private and public life.

#D127 2 Mondays starting Apr. 27
6:30-8:30pm ROOM 112
ANGELA SEALY \$42

CONFLICT RESOLUTION

Most of us are afraid of conflict and it would be safe to say that we avoid it. But, what if we learned that there are numerous benefits to conflict situations, wouldn't you want to explore and seek out this journey to adventure? We will discuss organization culture and its function as well as the toolkit of benefits of conflict.

#D715 2 Wednesdays starting May 13
7:00-9:00pm ROOM 161
ANGELA SEALY \$42

RAISING SELF-ESTEEM

Self-esteem is the main factor that prepares everyone for our successes and failures as human beings. Our feelings of self-worth are beliefs that form the basis of our personality and help determine how we use our abilities. Come focus on building and increasing self-esteem in ourselves and those around us.

#V19 2 Thursdays starting May 21
6:30-8:30pm NWSS 112
ANGELA SEALY \$42

BUILDING SERVICE WORKER CERTIFICATE PROGRAM

Upon successful completion of this course, participants will be qualified to: apply for janitorial positions with local school districts, hospitals or city facilities; apply for work with private contractors who provide cleaning services to a variety of public institutions and private companies. A combination of classroom instruction and practical, hands-on experience is used for training in areas of cleaning, chemicals, equipment, floor and carpet care, safety and WHMIS certification. Certificates issued upon successful completion (theory, practical and teamwork skills). Minimum of 90% attendance is required. Participants must be at least 19 years old and have strong English skills. Classes run Monday to Thursday, for 5 weeks.

#D444 Classes start Monday Apr. 6
6:00-10:00pm ROOM 176
BARRY DALLAS \$320

OPERATING A CONTRACT CLEANING BUSINESS

This 12 hour course is designed for those who would like to manage or operate their own cleaning business. Topics include: Business Planning; Sales & Marketing; Bidding & Estimating; Creating a Proposal; Hiring & Retaining Employees; Insurance & Bonding Requirements. Students will get up-to-date techniques in designing their own marketing material and learning what customers look for when hiring a cleaning service. Classes run 4 evenings, Monday - Thursday. Course manual included.

#D445 Mon - Thurs starting May 11
6:30-9:30pm ROOM 176
BARRY DALLAS \$140

COMPUTER CLASSES

KEYBOARDING

COMPUTER KEYBOARDING

Monday's and Wednesday's. If you have to search the keyboard for every key, your ability to learn is impeded and your ability to participate is limited. In order to increase your enjoyment of computer usage, we strongly recommend that you enroll in a Computer Keyboarding class.

#G93 4 Mon & 4 Wed starting Apr. 6
7:00-9:00pm ROOM 266
WANDA MADOKORO \$72

COMPUTER KEYBOARDING - FAST & ACCURATE

Designed for those familiar with typing basics but who need more time to build up skills. Students will improve speed and gain accuracy by using diagnostic software and corrective drills. Practice time will also be a key component. Basic typing introduction is recommended before taking this course.

#G96 4 Mon & 4 Wed starting May 4
7:00-9:00pm ROOM 266
WANDA MADOKORO \$72

COMPUTER FUNDAMENTALS

This course is intended for those with little or no computer experience. Its objective is to provide new computer users with the opportunity to learn about computers in a fun, hands-on environment. Topics include a brief overview of computer hardware, Windows basics and a few of the capabilities of two of the applications in MS Office - Word and Excel. The emphasis is on developing a level of understanding and comfort.

No prerequisite.

#G81 3 Mondays starting Apr. 20
6:45-9:45pm ROOM 255 \$132

WINDOWS - HOW TO ORGANIZE & MANAGE FILES

Create and manage files on your computer by learning to save, retrieve, rename and find files, working with Windows Explorer or My Computer. Set up and organize and manage your personal filing system on the computer by creating folders and subfolders, copying and moving files, deleting files and folders. These are essential skills for all successful computer users. Prerequisite: basic working knowledge of Windows.

#G08 2 Wednesday starting June 3
6:45-9:45pm ROOM 257 \$72

WINDOWS XP

This introductory course will cover all the basic functions of the Windows operating system. Topics include standard window components, running programs, managing folders and files, customizing Windows, and accessories. Students should have some computer experience.

#G62 4 Mondays starting Apr. 20
6:45-9:45pm ROOM 257 \$144

CREATE ATTRACTIVE WEBPAGES

Learn how to create attractive web pages for your small business or personal website from scratch to have colourful text, and pictures to animations, tables, framed pages. Topics include HTML coding, CSS, dynamic content, sound, music, video streaming, bookmarks, links, some ActiveX components, Java Applets. Prerequisite: MS Windows

#G321 4 Wednesdays starting Apr. 8
6:45-9:45pm ROOM 257
SAN CHANG \$144

DEVELOP YOUR OWN WEBSITE

Learn to install and maintain a website to host your own webpages. Topics include discussions on servers, what they are and the software and hardware required to run them, ISP, routers, firewalls, security, logging, server configuration, forms and server side issues and programming. Javascripting, use of database and Paypal. Prerequisite: Create Attractive Webpages

#G324 4 Wednesdays starting May 6
6:45-9:45pm ROOM 257
SAN CHANG \$144

CREATE WITH DIGITAL PICTURES AND MULTIMEDIA VIDEO **NEW!**

Got a digital camera? Touch up old photographs, learn how to create and touch up digital images for webpages, advertisement, postcards, albums and posters with fun tricks to restore old pictures, enhance wrongly exposed pictures back to normal, overlap multiple pictures, create animation and short videos for uTube, create a videoCD or DVD for holidays, vacations, birthday parties etc. Prerequisite: MS Windows

#G329 4 Mondays starting May 25
6:45 -9:45pm ROOM 257
SAN CHANG \$180

WORD: LEVEL 1

This course is designed to introduce you to one of the most popular word processing programs in the market today. Learn how to create, edit, enhance and manage simple documents. Prerequisite: Windows - Level 1, or equivalent.

#G34 4 Tuesdays starting Apr. 7
6:45-9:45pm ROOM 257 \$144

EXCEL: LEVEL 1

Learn how to enter the data into a spreadsheet, enhance it, print it and create a graph/chart from the data. Prerequisite: Knowledge of Windows.

#G35 4 Thursdays starting Apr. 9
6:45-9:45pm ROOM 257 \$144

EXCEL: LEVEL 2

This course focuses on some of the advanced features available with Excel for Windows. Topics include a short review of basic features, using built-in functions, working with multiple worksheets, using the database features, and an introduction to macros. Prerequisite: Excel - Level 1

#G39 4 Thursdays starting May 7
6:45-9:45pm ROOM 257 \$144

EXCEL: FUNCTIONS & FORMULAS

There are 300 plus built-in Excel functions to perform calculations in your spreadsheets. Learn how to create worksheets that update automatically, use cell references, create and/or edit a formula, use a built-in function, use the autoscram button, use screen tips to enter function arguments, copy formulas to other cells, understand relative and absolute references, create logical (if/then) state-ments, use column headings in formulas.

Prerequisite: Basic Excel capabilities.

#G35C 2 Tuesdays starting May 5
6:45-9:45pm ROOM 257 \$72

SIMPLY ACCOUNTING: LEVEL 1

Learn how to use this popular integrated accounting system available in Windows. Popular, due to its ease of use, and exceptionally low price, it contains five modules: payables, receivables, job costing, payroll and general ledger. This course works through a small company's simulated accounting year to maximize "hands-on" experience. Prerequisite: Windows - Level 1 and a working knowledge of accounting procedures.

#G36 5 Thursdays starting Apr. 9
6:45-9:45pm ROOM 266 \$182

Check out our website and register online

COOKING CLASSES

SUMMER PATIO APPETIZERS

Impress friends at your next dinner party with these delicious appetizers. These fast and easy finger foods will be the hit of your festive entertaining. Students will prepare a variety of appetizers, and learn some simple garnishing tips that will impress all your guests. Bring your appetite and container to carry home some of the delicious appetizers.

#J622 1 Tuesday starting Apr. 28
7:00-10:00pm ROOM 236
CINDY ROWELL \$38

A DINNER IN TUSCANY

Tonight we'll prepare a full meal from appetizer to dessert featuring the rustic flavours of Tuscany. Enjoy an evening filled with Italian flavours from beginning to end.

#J513 1 Wednesday starting June 3
6:30-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

BREAD AND BUNS

Nothing smells and tastes as good as homemade bread! Learn to make wholegrain, white & rye bread and buns as well as spiced fruit bread, cinnamon coffee cake, hot cross buns, sourdough bread and buns. You will take home your own homemade loaf of bread and a pan of cinnamon buns.

#J122 2 Wednesdays starting May 13
6:45-9:45pm ROOM 236
KATHY ROERING \$40

COOKING FOR YOUR LIFE

Whether you have diabetes or simply want to enjoy healthy eating, the Canadian Diabetes Association presents a 4-week hands-on cooking and nutrition program. It is educational and entertaining! Each week you will learn to select healthy foods, prepare nutritious meals and enjoy the results. Explore the first steps to turn your old recipes into healthy ones. Learn to read and interpret food labels through a Save-On Foods Nutrition Tour. Use menu planning to achieve better health and plan mouth-watering meals. Cost includes 3 delicious meals prepared by you. For more information, contact the Canadian Diabetes Association 604-732-1331. For registration call 604-517-6345.

#J93 4 Thursdays starting Apr. 16
6:30-9:30pm ROOM 236
Canadian Diabetes Association \$75

MORE EAST INDIAN COOKING

Tonight's curry dinner will feature easy phyllo samosas, a spicy soup with dals, chicken curry with basmati rice as well as showing you how to really make these dishes and others come alive with flavour.

#J521 1 Thursday starting Apr. 9
6:30p-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

DIPS, SAUCES, DRESSINGS

Students will prepare salsa mix in a jar, barbeque sauce, stir fry & cajun seasoning mix, dip mixes, and flavoured vinegars and dressings, cheeseballs and more.

#J901 1 Thursday starting May 21
7:00 -10:00pm ROOM 236
CINDY ROWELL \$39

FLAVOURS OF THE FAR EAST

Vietnamese salad rolls, Thai style beef salad, pork satays and prawns in creamy coconut curry sauce are some of the dishes you'll prepare in this course, featuring the flavours of China and her neighbors.

#J726 1 Tuesday starting Apr. 14
6:30-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

GREEK COOKERY

Learn how easy it is to make your favourite Greek dishes at home. Souvlaki, spanokapita, Greek salad, tzatziki, humous, baklava and more.

#J505 1 Monday starting Apr. 6
6:30-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

MORE VEGETARIAN COOKING

Kathryn is back with a brand new selection of vegetarian dishes for you to prepare and enjoy, like spicy black bean - vegetable and rice wraps, chick pea curry with basmati rice and much more.

#J24 1 Monday starting May 11
6:30-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

FRESH FRUIT FLANS NEW!

Fruit Flans both pastry and sponge types. Flans will have custard filling and fresh fruit decoration with a glaze on top. Kathy will demonstrate both versions and students will make the pastry version in class to take home. Students need to bring to class an 8 inch cake pan, a sharp paring knife & a container to take their flan home.

#J578 1 Wednesday starting May 27
7:00 -10:00pm ROOM 236
KATHY ROERING \$30

SENSATIONAL SEAFOOD

Learn what to look for when purchasing fish and seafood. Learn how to cook it properly and to perfection! Using a variety of fish & seafood you will prepare a selection of starter & main course dishes to sample.

#J803 1 Tuesday starting May 26
6:30 -9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

MORE SUMMER APPETIZERS

Enjoy entertaining this summer with a selection of easy appetizers from cool dips and spreads to hot grilled brochettes and lots of others in between.

#J876 1 Monday starting June 1
6:30 -9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

CAKE DECORATING: INTRO

Join Doni for this beginner class in cake decorating. You will learn writing, borders, leaves, daisies, daffodils, regular roses and Baker's roses using Butter and Royal icing. This class will give you lots of ideas for easy ways to jazz up your special baking! A supply fee of \$24 is payable to the instructor the first evening and students will be required to purchase a decorating kit. Some home practice will be required.

Bring a cake pan to the first class.

#J62 3 Wednesdays starting Apr. 22
6:30-9:30pm ROOM 236
DONI PERALTA \$45

SUMMER DESSERTS

Tonight you will prepare a selection of summer desserts your family and friends will love. Selections will include peanut butter ice cream pie, blueberry buttermilk tart, exotic tropical fruit salad & lots more!

#J807 1 Thursday starting May 28
6:30 -9:30pm ROOM 236
KATHRYN HUNTER-TATE \$33

EASY AS PIE

Trouble with making pastry? No problem! Come to this class and learn to make tasty, flakey pastry. Please bring a pie plate and paring knife to class. Students will make and take home a fresh fruit pie ready to pop into the oven or freezer. Kathy will share lots of her favourite pie recipes and will make her famous pumpkin pie.

#J299 1 Monday starting Apr. 27
7:00-10:00pm ROOM 236
KATHY ROERING \$30

All cooking classes include hands-on and demo. Bring your apron and your taste-buds!

DO-IT-YOURSELF / JEWELLERY

JEWELLERY MAKING: INTRODUCTION

Students will learn the basic skills in jewellery making. Bending, shaping, hammering, texturing and saw piercing. You will also learn to do soldering. The work will be done in sterling silver, which can be purchased for a minimal sum on the first night of class. Approximately \$5 - \$10. We will try to make a ring, a pendant and a pair of earrings, depending on how quickly each student learns the skills. The instructor will bring basic tools to get students started on their projects. If they become more interested he will direct them in purchasing their own tools.

No class April 13 and May 18.

#LJ10 8 Mondays starting Apr. 6

6:30-9:30pm

ROOM 155

JIM KERR

\$84

JEWELLERY MAKING: INTERMEDIATE

If you have taken the beginner's course, or have previous experience, you might want to continue with this class, which teaches advanced techniques. Students decide on their own projects. The instructor will bring basic tools to get students started on their projects. Costs vary depending on your individual projects.

#LJ68 8 Tuesdays starting Apr. 7

6:30-9:30pm

ROOM 155

JIM KERR

\$84

#LJ70 8 Wednesdays starting Apr. 8

6:30-9:30pm

ROOM 155

JIM KERR

\$84

WIRE AND BEAD FASHION JEWELLERY

Like to make and create your own gifts. This class is for you. Put your creativity to work using wire and beads. In this class you will learn the techniques to shape wire into coils and loops and then, adding beads, use your new skills to create a beautiful necklace and earrings. Your imagination will be the only limit to the stylish jewellery you can fashion. All tools and materials supplied. Additional tools and materials will be available for purchase.

#LJ07 1 Wednesday starting May 13

7:00-10:00pm

ROOM 163

SUSAN ALBERT

\$48

WIRE & BEAD FASHION JEWELLERY: CONTINUATION

This class is a continuation of Wire and Bead Fashion Jewellery. Building on the skills you have already learned you will continue to explore the world of wire and bead jewellery creating two pendants and three pairs of earrings. Please feel free to bring any 6-8 mm beads that you may want to incorporate into your designs. All tools and materials supplied. Additional tools and materials will be available for purchase. Prerequisite is Wire and Bead Fashion Jewellery.

#LJ90 1 Thursday starting May 28

7:00-10:00pm

ROOM 163

SUSAN ALBERT

\$48

GLASS BEADMAKING LEVEL 1

Glass rods are melted in a torch and wound onto a steel rod to form the beads. It is an ancient art that is seeing a revival in this century. The proper term for this art is Lampworking. The basic tools we use are: a single fuel Hot Head torch that we run on propane, Italian glass rods, stainless steel bead mandrels coated in bead release, graphite shaping paddle and marver. Join Tamara for an evening workshop creating handmade glass beads using a simple flame working technique (using a torch). This introductory session will cover the basics of glass beadmaking using coloured glass rods, frit and murini. Please wear natural fibers and tie long hair back. You can check out Tamara's work and more @ www.sunlightglass.com.

#LJ22 1 Thursday starting May 14

6:30-9:30pm

ROOM 155

TAMARA GARLAND

\$52

GLASS BEADMAKING LEVEL 2

Prerequisite: Glass Beadmaking - Level 1. You will learn 3 specific bead patterns using more advanced techniques. Techniques covered: silver foil, stringer, reduction frit, decorating techniques.

#LJ26 1 Thursday starting May 21

6:30-9:30pm

ROOM 155

TAMARA GARLAND

\$60

MONKEY SEE – MONKEY DO!

Remember those adorable hand made monkeys made from the grey wool socks with the red heels that made the monkeys big red lips. The kids love them! Join Jan for this one evening of fun making the traditional MONKEY. Please bring thread, needles, scissors and thimble to class.

All other supplies are included.

#K51C 1 Monday starting Apr. 27

6:30-9:30pm

ROOM 163

JAN TRUBER

\$40

RECYCLED GROCERY BAG HANDBAG

Show your appreciation to the good earth and find out how to put those plastic grocery bags to good use. Join Jan for this awesome lesson in making a plastic handbag out of grocery bags. You will learn this easy technique by using a hook. Please bring about 20 grocery bags (preferably from the same store) and sharp scissors.

#K51D 1 Monday starting Apr. 20

6:30-9:30pm

ROOM 234

JAN TRUBER

\$26

DEFINE YOUR LIFE JOURNAL

A wonderful journal to record your thoughts. Each page is stamped with a definition (from A-Z) and the cover is decorated with rubber stamps and other embellishments. You'll also make a matching bookmark.

#KR58 1 Monday starting May 4

7:00 -9:00pm

ROOM 169

ALISON SOLVEN

\$35

FANTASY GIFT BOX

This is a lovely box that opens to reveal four origami boxes inside to hide treasures/gifts. Perfect for any occasion. Supplies included.

#KR54 1 Monday starting May 11

7:00 -9:00pm

ROOM 169

ALISON SOLVEN

\$35

GENERAL OCCASION GIFT CARDS

Join Alison for a fun evening. You will make a variety of cards in this class. Mother's Day, Father's Day, Birthday and Thank You.

#KR60 1 Monday starting May 25

7:00 -9:00pm

ROOM 169

ALISON SOLVEN

\$35

DO-IT-YOURSELF / CRAFTS

SIMPLE SCRAP BOOKING

Join us for a fun day of Scrap booking, get some new ideas, try different techniques, get some inspiration and have some fun! We will cover some basic up to some more advanced tips and tricks. Need some ideas on organizing your projects to just get them done...this will be the workshop for you! Workshop will include make n'take ideas, displays, information on organizing your digital photos and what digital StoryBooks are all about. **Bring a project to work on along with your supplies.** This full day workshop includes a gift for attending, as well as draw prizes throughout the day. Additional supplies available to purchase from the instructor. Bring your own lunch.

Class held in the Massey Cafeteria.

#KR21 1 Saturday starting May 23

9:00am -4:00pm

Massey Cafeteria

LEAH HOEVE

\$36

DIGITAL

STORYBOOK ALBUMS

So you have a digital camera and have more photos on your computer than you know what to do with??? Want to share them with friends and family but don't always take your computer with you?? Join us at this informative session on how to make Digital Storybooks with your photos off your computer and into an amazing book. Class includes information handout and demonstration on easy to use downloadable software. There will be samples of Digital albums available at this session. Instructor will demo on computer and show DVD. This will be Windows based. website www.mycmsite.com/sites/leahs.

#KR10 1 Tuesday, May 5

7:00-9:00 pm

ROOM 169

Leah Hoeve

\$18

SIMPLY SENSATIONAL SLIPCOVERS

Too scared - try the hottest look in home decor? Get an overview of how to cover any couch or armchair, and find out it's easier than you think with a technique that is impossible to fail. Learn to cover piping with one 36 yard length of bias strip using only 1 yard of fabric. You'll take Susan home with you with a one hour professional video and book (supply fee \$25). Bring scissors to class. (2 sessions)

#L64 Wed. May 20 and Thurs. May 21

6:45-9:45pm

ROOM 235

SUSAN WELLS

\$45

CREATE YOUR OWN HEADBOARDS & HIP HOTEL BEDROOM

Re-create those stunning headboards seen on HGTV. You'll learn five easy styles, from adults, teens, to children's themes - some headboards can be made and mounted in just an hour! Also, Duvet Cover, Pillow Shams and the easiest Bed Skirt ever! Susan has drawn on her background in the professional industry, and then adapted an easier, quicker, less expensive way that's perfect for the novice sewer or first-time decorator. This is a great class for mothers & daughters as well. For pictures on what you'll learn see www.TheDecoratingCoach.com/headboards course. Instruction book available \$14 payable to the instructor.

#L74 1 Monday starting Apr. 27

6:45-9:45pm

ROOM 235

SUSAN WELLS

\$28

STAGING AND RE-DECORATING WITH SUSAN WELLS

Anyone can turn a drab home into a show home! Professional stager and re-decorator, Susan Wells ISRP, will reveal the systems she uses for realtor listings, and personal clients. Learn to stage your home for sale and get optimum effect for maximum price with 5 rules for fast-track success to set your property apart. You may want to copy those fabulous designer looks and get the home you've always dreamed of for YOURSELF. With Susan's taste can be acquired, style can be learned approach, you'll discover principles of furniture layout, decorating flow from room to room, colour palette for walls and fabrics, wall accents - learn how to hang perfectly aligned pictures with no-effort measuring. Also, smart solutions for stylish storage, how to avoid the biggest decorating mistakes, and more. For more pictures on what you'll learn see www.TheDecoratingCoach.com.

Instruction book available (\$15) payable to the instructor. (2 sessions)

#L81 Mon. April 6 and Tues. April 7

6:45-9:45pm

ROOM 235

SUSAN WELLS

\$45

MAKE A QUILT QUICK AND EASY!

Make a special, personalized gift! There will be three quick and easy projects to choose from. You can make a Doubled Season Quilted Table Runner great for your dining room table which could be flipped over to use for a second season (Winter, Spring, Fall, Christmas, Halloween, Easter etc). Kit cost \$25. The second project a themed "Friendship Star Quilt" (size 19 in x 19 in). Kit cost is \$20. The third project is a pair of placemats, kit cost is \$25.00. Learn how to quilt your selected project. Basic sewing experience is all that is required. Bring 2 spools of neutral coloured thread, scissors, seam ripper and measuring tape. Kit cost is payable to the instructor. Please request your choice when registering. Please bring a bag lunch.

#W41 1 Saturday starting May 23

9:00am-4:00pm

ROOM 237

BEAU GABINIEWICZ

\$37

PATCHWORK BED-SIZED QUILT

This course is for all levels. Discover how easy it is to make a beautiful, personalized, bed-sized patchwork quilt in just 6 weeks. If you have a specific idea for a quilt the instructor will help you design a pattern just for you. You will learn to design your own quilt using cut blocks, use a rotary cutter, piece an entire quilt together including binding and tie, hand or machine quilt. Only basic sewing skills required. Supply list will be given at first class.

No class April 13 and May 18

#W40 6 Mondays starting Apr. 6

7:00-9:00pm

ROOM 237

BEAU GABINIEWICZ

\$74

DINNER TIME NEW! WIND CHIMES

Get ready for the Summer! This wind chime with beaded accents is a great way to recycle your odd pieces of cutlery into a unique work of art. Just a ripple of wind is all it takes to create "music of the wind". No two chimes will look or sound alike. All supplies included.

#KR89 1 Wednesday starting Apr. 15

7:00-10:00pm

ROOM 163

CINDY ROWELL

\$29

DO-IT-YOURSELF / WELLNESS

BATH & BEAUTY

IN HOUSE SPA TREATMENTS

Treat cellulite and lymphatic drainage! In this hands-on class, make gratifying spa treatments at home. Students will make a Himalayan body scrub, dead sea mineral mud body wrap, cellulite lotion, and toning body oil. Recipes for creams, foot scrubs and nail salves.

All supplies included in course fee.

#LB72 1 Monday starting May 18
6:30 -9:00pm ROOM 235
CHERYL THEILADE \$54

LOTIONS, SKIN and HAIR CARE

Struggling with eczema, psoriasis or dermatitis? Improve the look of skin and hair naturally by creating a balancing body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Recipes on hair rinses, detanglers, conditioners, dandruff control treatment, and deep conditioners.

All supplies included in course fee.

#LB77 1 Wednesday starting Apr. 22
6:30 -9:00pm ROOM 235
CHERYL THEILADE \$54

SKINCARE FOR SUMMERTIME

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: topical sun lotion, aloe after sun spray, chamomile hair treatment and lip balm. Recipes on hair rinses and deep conditioners.

All supplies included in course fee.

#LB79 1 Wednesday starting June 3
6:30 -9:30pm ROOM 235
CHERYL THEILADE \$54

FOR YOUR FUR ONLY

Pamper your pet with homemade natural products! Discover the simplicity and affordability in creating your own pet care treatments; make herbal shampoo, deodorizing soap, powder, tooth polish and an aloe ear cleanser. Recipes on deodorizing spray, flea collars and healthy baked snacks.

All supplies included in course fee.

#LB75 1 Monday starting May 4
6:30 -9:00pm ROOM 235
CHERYL THEILADE \$54

AROMATHERAPY

A PAIN FREE AROMATHERAPY WORKSHOP

Learn about essential oils that naturally and easily assist with pain management and relief. Discover essential oils with anti-inflammatory, analgesic and antispasmodic properties to stimulate circulation, ease inflammation and reduce pain.

#KB94 1 Thursday starting Apr. 23
7:30 -9:30pm ROOM 119
AMY REEDMAN \$32

INTRO TO FRESHLY SQUEEZED AROMATHERAPY

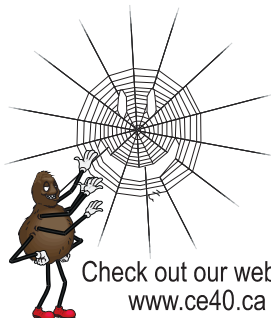
Explore the Ancient Science and Art is using 100% Pure Essential Oils to Inspire the Mind, Heal the Body and Stir the Soul. Learn how to incorporate essential oils into your life easily and naturally at this fresh, fun, and informative workshop.

#KB92 1 Tuesday starting Apr. 21
7:30 -9:30pm ROOM 119
AMY REEDMAN \$32

ENERGY HEALING STRAIGHT UP

Learn how to feel your own energy system and cleanse your aura in this group energy healing and chakra balancing class incorporating a unique combination of Reiki, Healing Touch and other energy healing techniques. A mix breath awareness, guided energy movement and trusting your intuition creates a synergy that makes the connection between the body, mind and soul. Students will leave with their own personalized aromatherapy blend.

#LB84 1 Tuesday starting Apr. 28
7:30-9:30pm ROOM 119
AMY REEDMAN \$32



Check out our website
www.ce40.ca

ESSENTIAL OILS FOR A RESTFUL SLEEP **NEW!**

Discover how essential oils can assist you in having a restful and complete sleep tonight. Explore the powerful connection between the olfactory system and memory as well as breath awareness and relaxation techniques. Learn how some essential oils offer sedative properties while others have a grounding effect that support the body and mind to fall asleep quickly and easily and stay asleep through the night.

#LB86 1 Thursday starting May 21
7:30 -9:30pm ROOM 163
AMY REEDMAN \$32

GENTLE DETOX WITH FRESHLY SQUEEZED AROMATHERAPY

Gently drawing toxins out of the body is vital for treating common complaints such as exhaustion, stress, skin conditions, digestive disturbances, muscular pain and tension, energy levels, sleep disruption, hormonal imbalance. Discover how to gently cleanse and detoxify the body easily with essential oils to support and heal many complaints and ailments. Students will leave with their own personalized aromatherapy blend.

#LB80 1 Thursday starting Apr. 16
7:00-9:00pm ROOM 119
AMY REEDMAN \$32

DR. BACH FLOWER REMEDIES

10 Best Selling Remedies. Internationally recognized as a Bach Foundation Practitioner, Mary Jane is qualified to professionally assist others in their quest for a stress-free life. The Homeopathic remedies discovered by Dr. Bach, in Harley England during the 1930's, are 38 different plant based remedies that can help you manage the emotional demands of everyday life. Come and learn what the 10 Best selling Dr. Bach Flower Remedies are. Let's see how the majority of people have learned to cope with stress. The last session will include you preparing your own personal de-stress remedy. (Supply fee \$7 payable to the instructor)

#LB54 1 Tuesday starting May 26
6:30-9:30pm ROOM 119
MARY JANE GOTTSCHLAG \$25

ESL / FOODSAFE / GROOMING

ESL CLASSES

ENGLISH AS A SECOND LANGUAGE

Evening Classes Beginner / Intermediate Conversation

**Monday, Wednesday and
Thursday Evenings**

This course is geared towards those students who have sound English knowledge but lack practical conversational skills. Learn to speak English more clearly and confidently **with correct pronunciation.**

Students should attend ***in person*** at the Registration and Placement session where their English fluency is assessed.

**Wednesday, April 8th 2009
6:30-8:30 pm. in Room 164**

Course #R54C (8 weeks)

Classes start: Wed. April 15th 2009
Classes end: Mon. June 10th 2009
7:00-9:00 pm ROOM 164
Instructor: SYDNEY DEAN
Fee: \$260

NO REFUNDS AFTER THE FIRST WEEK

GRAMMAR & PUNCTUATION

See page 10 for complete description.

#DW31 4 Tuesdays starting Apr. 21
7:00-9:00pm ROOM 112
ANITA SMITH \$60

AMERICAN SIGN LANGUAGE FOR BEGINNERS

NEW!

Join Ryan as he provides the student with an opportunity to learn basic sign language skills and vocabulary. ASL (American Sign Language) is used by our Deaf community. This course will help you to communicate with your family, friends and community members. Acquisition of approximately 600 signs, finger-spelling, intro to deaf culture and history of deafness. Text included.

#R33 8 Thursdays starting April 9
6:30-9:30 pm ROOM 160C
RYAN OLLIS \$105

FOODSAFE CLASSES



FOODSAFE – LEVEL 1

Age 15+. Newly revised program! Designed for those who are employed or seeking employment as restaurant staff, caterers, vendors or anyone handling food. This course covers procedures for preventing food-borne illnesses. Topics include: receiving, storing, preparing and serving of potentially hazardous foods; hygiene; cleaning/sanitizing equipment and workplace safety content. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a Foodsafe certificate recognized by the B.C. Hotel & Restaurant Association. Handbook included.

#EF16 2 Thursdays starting April 9
6:00-10:00 pm Room 187
DEAN SCOVILL \$88

FOODSAFE – LEVEL 1

#EF17 1 Saturday May 23
8:00 am -4:00 pm Room. 187
DEAN SCOVILL \$88

HENNA BODY ART

ARTISTIC HENNA BODY ART

Henna, called "Mehndi" in the Hindi language, is a traditional art that dates back thousands of years. Henna powder is made from the leaves of a red plant, the leaves are dried and ground into a powder. The powder is mixed with water and certain oils. This paste is then applied to the body in a fancy design. The henna dye stays on the skin for one to three weeks. The course will incorporate a combination of lecture, demonstration and hands-on training. A kit fee of \$30 is payable to the instructor the first evening.

#P16 2 Wednesdays starting April 29
6:00-9:00 pm ROOM 119
Khadijah Suleman \$42



MAKE-UP 101

MAKE-UP 101

***These classes are held offsite at:
Head To Toes Spa, 618-6th Street,
New Westminster***

Learn about the techniques of applying make-up with a Professional Make Up Artist. Find out what make up will enhance your natural beauty.

Please pre-register at 604-517-6345.

#P101 1 Monday, April 20
7:00-9:00 pm Head To Toes \$26
#P102 1 Monday May 11
7:00-9:00 pm Head To Toes \$26

HAIR CUTTING

BASIC HAIR CUTTING

***Classes are held offsite at:
Hair To Dye For Salon,
810A 20th Street,
New Westminster.***



A money-saver course! Learn the basic techniques for cutting hair: styles for men, women and children; blunt, layered and feathered cuts. How to keep your hair healthy and looking good. Emphasis will be on hair cutting for family use. No supplies needed for the first session. Bring a model for your second, third and final class.

Pre-register at 604-517-6345.

P13 4 Tuesdays starting May 5
7:00-9:00 pm
GEORGE CHRISTODOULOU \$70

ETIQUETTE CLASSES

ETIQUETTE CLASSES FOR THE PRE-TEENS & TEENS AGE 11-17 YRS

Pre-teens and Teens - ages 11-17 years.

A foundation of good manners is integral to the development of good leadership skills in young people, not only for today but for the future. Etiquette is an essential life skill that will remain with them forever. Topics include: First Impressions, Body Language, Conversation and Listening Skills and Table Etiquette are put into practice.

#D128 1 Wednesday starting Apr. 8
7:00-9:00pm ROOM 148
ANN ELIZABETH \$20

FITNESS / RECREATION

AEROBOX CARDIO BOX & KICK

High energy and motivating aerobic class with basic boxing and kickboxing moves (non contact). Workout includes great cardio component, body conditioning and stretches. Class is suitable for all fitness levels - just go at your own pace! Your instructor is also a personal trainer (BCRPA) with a passion for the body conditioning portion of the class. If you are looking for a great full body workout, this is the class for you.

Bring your energy and let's have fun!

No class Mon April 13 and May 18.

#M03 8 Mondays starting Apr. 6

7:00-8:00pm Small Massey Gym
MARGARET MAXIM \$63

AEROBOX CARDIO BOX & KICK

#M92 8 Thursdays starting Apr. 9

7:00-8:00pm Large Massey Gym
MARGARET MAXIM \$63

LET'S GET ON THE BALL

Enjoy an effective workout targeting all areas of the body using the most versatile piece of exercise equipment around - the stability ball!! You will learn proper form and technique for a variety of fun and effective exercises in a group atmosphere. Each week we will work on balance, strengthen core muscles, and challenge the upper and lower body. Please bring your ball and energy and let's have fun!

#M94 8 Wednesdays starting Apr. 8

7:30-8:30pm Large Massey Gym
MARGARET MAXIM \$62

GOLF

Develop your fundamental golf skills and positive outlook with the help of Canadian PGA Teaching Professional, Keith Westover. Full-swing exercises, ball striking, putting, chipping and pitching skills form the content of this five-session series. If you have golf clubs, please bring a putter to the first session.



#M12 5 Thursdays starting Apr. 16

7:00-8:00pm Small Massey Gym
KEITH WESTOVER \$64

#M13 5 Thursdays starting Apr. 16

8:15-9:15pm Small Massey Gym
KEITH WESTOVER \$64

LADIES FLOOR HOCKEY SHE SHOOTS - SHE SCORES.

Ladies only floor hockey. Join in on the latest craze. Have lots of fun and laughs and get a workout at the same time. NON-COMPETITIVE. Equipment provided. Please wear soft soled shoes. Eye guards, mouth guards and shinpads optional.

#M666 8 Tuesdays starting Apr. 7

7:00-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$65

#M667 8 Wednesdays starting Apr. 8

7:00-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$65

MODERN FENCING: BEGINNER (OLYMPIC SPORT)

Capture the excitement of the past in a flashing blade of steel while developing agility, coordination and poise. Covers the basic moves, footwork, offence and defence. Taught by an international master. All equipment provided. Please wear gym attire. Maitre Bac has extensive experience as a competitive fencer and coach. He holds the Brevet d'Etat de Maitre d'Esclime & Education Physique et des Sports from the Institut National de Sport et de J'Education Physique in Paris, France. Bac has coached at the national and international level in Finland, Canada and the United States. He has also written several acclaimed instruction books on sport fencing.

#M77 8 Mondays starting Apr. 6

7:00-8:30pm Large Massey Gym
BAC TAU \$120



BOOTCAMP

Tired of the same old fitness routine? Our bodies get used to the same training program and we cease to see results. This hour long class will challenge your body in a variety of ways. You will work on speed, agility, muscle strength and endurance. Come prepared to work!

No class April 13 and May 18.

#M09A 8 Mondays starting Apr. 6

6:30-7:30pm Massey Cafeteria
CLS FITNESS \$74

BOOTCAMP WITH LORENA – TWIST & SHOUT! **NEW!**

A workout has never been so much fun! Join Lorena for a full hour working out to music of the 50's, 60's etc. Working on cardio, strengthening and incorporating weights, Lorena will whip those abs into summer shape! Come on out and twist and shout into shape.

#M101 8 Wednesdays starting Apr. 8

6:00-7:00pm Massey Cafeteria

NORDIC URBAN POLLING

Nordic Walking aka Urban Polling is back. Join the new craze introduced in New Westminster, last spring, by Gayle Hryciw, a certified Urban Poling/Nordic Walking instructor. There are many benefits to Nordic Walking, you burn 20 to 46 per cent more calories than regular walking. Rubber boot tips on Urban Poles absorb impact, making it easier on the joints. Weight from your lower body is offloaded into the poles, making it gentler on knees and hips. Ergonomic, strapless handles allow a loose grip, ideal for arthritic hands and wrists. Get a better cardiovascular workout, regardless of your fitness level, no special clothing is required, just comfortable walking/running shoes and your Urban 300 series Poles (don't purchase poles till class is confirmed with enrollment). First night you will be shown a DVD about Nordic Walking, introduced to the poles and there will be a question and answer period. Other classes will involve walking around Mercer Stadium.

#M901 6 Wednesdays starting Apr. 15

7:00-8:00pm ROOM 160C
GAYLE HRYCIW \$39

PILATES WITH CAROLLYN

Age 16+. Experience the latest body conditioning work-out! These beginner classes will assist students in learning proper posture and body alignment. To also instruct pupils on how to use muscles correctly for added flexibility. Pilates is about patterned breathing, abdominal and shoulder girdle stabilization and restoration of the natural curves of the spine. Pilates mat classes are not recommended for individuals with disk injury. Students need to bring a mat, no more than 1 inch thick for these sessions. Students with previous neck injury should also bring a small pillow.

#M055 8 Tuesdays starting Apr. 7

6:30-7:30pm Large Massey Gym
CAROLLYN GUY \$70

#M056 8 Tuesdays starting Apr. 7

7:35-8:35pm Large Massey Gym
CAROLLYN GUY \$70

LORENA MAST

\$74

FITNESS / YOGA / TAI CHI

HATHA YOGA

Michele combines her experience of working with breathing in a formal setting with teaching Hatha Yoga. She is devoted to being safe, grounded and peaceful. Hatha Yoga is a classic form of yoga that includes a series of postures and breathing techniques that will revitalize the body physically, mentally and spiritually. Benefits of doing yoga are numerous, to name a few; improved concentration, increased strength and restful sleep. Please bring a yoga mat, a small blanket, towel and water. Good for all levels as a way to improve balance, flexibility and peace of mind. Check out her website at www.azuryoga.net.

#MY98 8 Mondays starting Apr. 6

No class April 13 and May 18.

6:30-8:00pm NWSS Dance Studio
MICHELE LABELLE \$72

#MY99 8 Mondays starting Apr 6

No class April 13 and May 18.

8:05-9:35pm NWSS Dance Studio
MICHELE LABELLE \$72

#MY95 8 Wednesdays starting Apr. 8

8:00 -9:30pm NWSS Dance Studio
MICHELE LABELLE \$72

YOGA AND MEDITATION

Yoga is an excellent way to release stress in the body and the mind. Learn how to use Hatha Yoga postures and the breath to ease tension and bring your focus to a more relaxed and restive place. Whether you are approaching yoga for the first time or are a seasoned practitioner, you will be encouraged to work at your level as variations are offered. Enjoy increased flexibility, strength and balance and a mind better able to cope with the challenges of life. Each class ends with 15 minutes of guided meditation. Bring a light blanket and small pillow; yoga mats provided if you don't have your own. Optional: eye pillow, yoga strap.

#MY61 8 Tuesdays starting **March 31**

6:30-8:00pm NWSS Dance Studio
MARY VICKARS \$72



YOGA FLEX PILATES

Do you love your Pilates class but sometimes wish you got as much stretching work as you get core work? If so, this class is for you. This class will teach the core strengthening principles of Pilates which will be incorporated into yoga poses. We will end with deep stretching and relaxation.

#MY02 8 Wednesdays starting Apr. 8

6:30-7:45pm NWSS Dance Studio
JESSICA ACA \$74

YOGA PLUS

Finally - a class for women like us!! A yoga class tailored to accommodate larger bodies to keep fit and flexible. Our certified Hatha yoga instructors will be sensitive to those who have challenges with living large. Participants will make the most of their bodies and this class will help them to discover the many physical and mental benefits of yoga. Please bring your yoga mat.

#MY06 8 Wednesdays starting Apr. 8

7:35-8:35pm Massey Cafeteria
CLS FITNESS \$74

YOGA WITH ROSE MARIE

Gentle exercise to keep you healthy and agile - safely and easily - no matter what your age. Basic yoga and breathing exercises, concentration and relaxation techniques. Participants are asked to wear loose comfortable clothing and to bring a small blanket to class.

#MY31 8 Thursdays starting Apr. 9

6:30-8:00pm NWSS Dance Studio
ROSE MARIE PRESTON \$72

#MY42 8 Thursdays starting Apr. 9

8:00-9:30pm NWSS Dance Studio
ROSE MARIE PRESTON \$72

SELF DEFENSE FOR WOMEN

Please note: Self Defense classes are held at the Dance With Me Dance Studio 535 Front Street, New Westminster.

An opportunity for women to learn some basic self-defense moves. It will include awareness and mental rehearsal as well as a practical component, introducing targets on the body, strikes and releases. Minimum of 12 years of age.

#XM66 1 Sunday, April 5

3:00-5:30pm \$35

#XM60 1 Sunday, May 2

3:00-5:30pm \$35

TAI CHI: BEGINNERS LEVEL

Originally a Martial Art, Tai Ji Chuen (Tai Chu Chuen) has evolved into a gentle exercise practiced around the world by millions in order to improve their health. Doing Tai Ji will exercise the joints, tendons, muscles and spine and also provide for some cardiovascular activity. Furthermore, it will build up one's Chi (Live/Universal Energy) and improve one's focus and concentration. The first stage or segment of the Yang Style long set will be taught, along with the basic Push Hands exercise. The only requirements are that one is able to stand on and move about with bent knees, move one's arms and legs and slow occasionally bend forward at the waist.

#MY03 9 Tuesdays starting Apr. 7

6:30-7:30pm Massey Cafeteria
KENNETH WONG \$70

An instructional video (DVD), which covers the entire Tai Ji set, is available for purchase in class for \$25.

TAI CHI: BEGINNERS LEVEL

#MY66 9 Thursdays starting Apr. 9

6:30-7:30pm Massey Cafeteria
KENNETH WONG \$70

BELLYDANCING

Please note: Bellydance classes are held at the Dance With Me Dance Studio – 535 Front Street, New Westminster.

A gentle way to exercise, a beautiful way to express yourself and a great way to have fun! Classes cover the basic movements and isolations necessary for an excellent foundation in the art of Egyptian Belly Dance. Aerobic wear is recommended.

#XM15 10 Thursdays starting April 9

5:15-6:30 pm \$75

#XM16 10 Wednesdays starting April 8

7:00-8:30 pm \$75

BELLYDANCING: LEVEL 2

This class is perfect for those students who have completed a beginner bellydance program and wish to continue.

#XM17 6 Fridays starting April 17

5:15-6:30 pm \$62

FITNESS / DANCE LESSONS

ALL Dance Classes held at:

Dance With Me Studio
535 Front Street
New Westminster



NOTE: All dance registrations must be done through the Continuing Education Office, For registration information please call 604-517-6345

Social Dancing - Beginners

Learn the basic steps in the elegant Waltz, the romantic Rumba, Jive and more. Partners not required.

#XM2 10 Mondays starting April 8
8:00-9:30 pm \$75

Social Dance: Level 2

Designed for students who have completed a Social-Beginner Dance Program and are wanting to review and add on. Leading, following and floorcraft are reinforced.

#XM3 10 Wednesdays starting April 8
7:30-9:00 pm \$75

#XM4 6 Saturdays starting April 18
1:00-2:30 pm \$62

Social Dancing - Mixed

Swing, Foxtrot, Waltz and Rumba.

#XM52 4 Mondays starting April 20
6:30-7:45 pm \$45

Salsa Dancing - Introduction

Learn the basics of this very popular playful and sexy dance style. Singles and couples welcome.

#XM11 10 Mondays starting April 20
6:30-7:45 pm\$75

Salsa, Merengue & Jive

Wild and wonderful music is hot, hot, hot so get into the swing of things by learning Merengue & Salsa. Single jive will also be taught with the latest music.

#XM62 6 Mondays starting April 20
8:00-9:15 pm \$62

A Taste Of Latin! - Beginners

Cha Cha, Rumba & Samba.

#XM5D 1 Saturday, April 18
9:00 am -11:00 am \$20

Traditional Slow Waltz: Introduction

#XM6D 1 Saturday, May 23
9:00 am -11:00 am \$20

Bolero & Tango

Passion & Romance! Re-ignite the flames! The Dramatic Tango has been featured in films such as Shall We Dance & Scent Of A Woman. The Bolero is one of the most romantic dances and combines the sensuous sway of the Waltz with the soft movements of the Rumba.

#XM2D 4 Mondays starting June 1
8:00-9:15 pm \$47

Jive & Swing Workshop: Introduction

#XM7D 1 Saturday, June 13
9:00 am -11:00 am \$20

Jive & Swing Workshop: Level 2

Rock and Roll is Here to Stay!

Join us for the continuation of all those Jive & Swing steps you learned in the Introduction level. Get ready for (6) weeks of fun as we add on to the basics, a must for every Jive dancer. An introduction to the West Coast Swing will also be featured.

XM94 6 Saturdays starting June 6
1:00-2:30pm \$62

Funky Hip Hop

#XM50 6 Saturdays starting April 18
11:00-12:00 pm \$62

Cardio Dance

This is a Low impact cardio class using 4 types of dance styles. Absolutely NO dance experience is required. This class is all about having fun while you sweat. The time will fly by as you learn Latin, Hip Hop, Broadway and Disco moves that you never believed could be so easy.

#XM27 6 Saturdays starting April 18
9:30-10:30 am \$62

Get Ready For Latin

Samba, Merengue and the Cha Cha!

#XM12 6 Mondays starting April 20
8:00-9:15 pm \$62

Cha Cha: Introduction

Get prepared for an exciting evening as you discover CHA CHA!

#XM3D 1 Sunday May 31
3:00-4:30 pm \$15

Viennese Waltz: Introduction

#XM1D 1 Sunday April 26
3:00-4:30 pm \$15

Wedding Mix – Getting Married??

Featuring Rumba, Jive & Waltz.

#XM6 6 Sundays starting April 19
1:15-2:45 pm \$62

#XM7 6 Sundays starting June 7
1:15-2:45 pm \$62

Country Line Dancing

#XM2A 1 Sunday, June 14
3:00-4:30 pm \$15

Mambo: Introduction

#XM3A 1 Sunday, June 28
3:00-4:30 pm \$15

Jive & Swing

Underarm turns, left hand up and sweetheart are just some of the patterns taught in this program.

#XM13 6 Mondays starting May 25
6:30-7:45 pm \$62

Swing, Swing, Swing

These sessions will cover 3 variations: swing, jive and west coast swing.

#XM61 6 Saturdays starting June 6
9:30-10:30 pm \$62

Adult Jazz & Hip Hop:

Beginner/Advanced Beginner

Learn to use that body! Skills can be applied to nightclub dancing. Work on rhythm and coordination. Full body warm up, traveling steps and combinations to groovy beats old and new!

#XM10 8 Tuesdays starting May 5
6:30-7:40 pm\$69

Adult Tap Dancing: Beginners/Advanced

Drawbacks, buffalos, time steps and more. Learn foundation steps and how to link them together. Great exercise for your body and brain.

#XM23 8 Tuesdays starting May 5
7:45-8:55 pm \$69

Adult Tap - 25+

Beginners welcome! Get active by tapping your toes in this fun class. Excellent for keeping your brain sharp.

#XM1B 8 Tuesdays starting May 5
2:15-3:15 pm \$69

Tap Dance for Adults

Beginners welcome! Get active by tapping your toes in this fun class. Excellent for keeping your brain sharp.

#XM2B 4 Saturdays starting June 6
12:00-1:00 pm \$45

Brain Dance: Workshop

Calling all ballet dancers, lyrical jazz dancers, hip hoppers, breakdancers, ballroom dancers....any dancers! Incorporating the fundamental movement patterns and elements of dance, the Brain

#XM30 1 Sunday, April 19
3:00-5:30 pm \$35

#XM31 1 Sunday, May 24
3:00-5:30 pm \$35

Check us out! Register on-line: www.ce40.ca

FITNESS / DANCE LESSONS

Bellydancing: Workshop

Interested in trying this dance form but reluctant to take a full session? This is a brief introduction to some of the basic moves. No dance experience necessary.

#XM8D 1 Sunday, April 5

1:00-3:00 pm \$20

Bellydancing

A gentle way to exercise, a beautiful way to express yourself and a great way to have fun! Classes cover the basic movements and isolations necessary for an excellent foundation in the art of Egyptian Belly Dance. Aerobic wear is recommended.

#XM15 10 Thursdays starting April 9

5:15-6:30 pm \$75

#XM16 10 Wednesdays starting April 8

7:00-8:30 pm \$75

Bellydancing: Level 2

This class is perfect for those students who have completed a beginner bellydance program and wish to continue.

#XM17 6 Fridays starting April 17

5:15-6:30 pm \$62

Beginner Ballet: 18+

Improve your balance and posture through basic ballet technique. This slow paced class promotes flexibility and muscle tone through skill repetition.

#XM7B 8 Tuesdays starting May 5

5:30-6:25 pm \$65

Lyrical Jazz: Adult

Lyrical dance is a dance style that blends ballet and jazz dance. The choreography interprets the story and emotions of the music. It is a passionate, expressive dance style conveying strong emotions such as love, joy, despair and anger, through movement and facial expressions.

#XM76 4 Saturdays starting June 6

11:00am-11:55am \$45

Highland Dance: Adult

Highland dancing is a form of dance that originated in Scotland. It is classified as a national dance, specific to a country and culture. Originally, Highland Dancing was restricted to men only; as such, its movements characterize the dancer's athleticism, power, and strength. Today, Highland dancing is popular among female dancers as well, and is danced all around the world. This class will teach you the lively basic dances known by Highland dancers all around the world.

#XM78 6 Saturdays starting April 18

12:00 Noon -12:55 \$62

Walking & Strengthening **NEW!**

Start your class with a mild warm-up and stretch followed by a beautiful walk along the waterfront properties along the New Westminster Quay. After returning to the studio, we will concentrate on conditioning one core group of muscle each week.

#XM93 6 Tuesdays starting April 14

6:30-8:00pm \$50

Lunchtime Power **NEW!**

This class will allow you that much needed break during your busy workplace day. Take time out to treat yourself to a modified fitness program. This class will then work on strengthening and conditioning exercises using weights and bands. Bands provided.

#XM96 6 Thursdays starting April 16

12:10-12:45pm \$40

Self Defense For Women

An opportunity for women to learn some basic self-defense moves. It will include awareness and mental rehearsal as well as a practical component, introducing targets on the body, strikes and releases. Minimum of 12 years of age.

Wear comfortable loose-fitting clothes.

#XM66 1 Sunday, April 5

3:00-5:30 pm \$35

#XM60 1 Sunday, May 3

3:00-5:30 pm \$35

Beginner Ballet: 9-16 Yrs.

The foundation for all dance styles. Improve your balance and posture through basic ballet technique. Will improve your performance in your other interests; sports and other dance styles.

#XM5B 8 Tuesdays starting May 5

4:30-5:25 pm \$55

Beginner Tap Dance For Teens

(11-16 Yrs) Learn how to make music with your feet through rhythm exercises. Learn the basic foundation steps, and put them together to make combinations. This class is great for strengthening leg muscles and giving the brain a work out!

#XM3C 10 Saturdays starting April 18

4:00-5:00 pm \$75

Teen Ballroom: Beginner

#XM40 10 Saturdays starting April 18

11:30-12:30 pm \$75

Teen Ballroom: Level 2

Pre-requisite: Beginner program.

#XM41 10 Saturdays starting April 18

10:30-11:30 am \$75

Teen Salsa: Beginner

XM3E 4 Saturdays starting May 2

4:00-5:00pm \$45

Jazz & Hip Hop: 6-12 Yrs.

Make a connection from your brain to your feet. High energy warm up, stretches, travelling steps & combinations to beats.

#XM3B 8 Tuesdays starting May 5

3:30-4:25 pm \$55

Parent & Toddler Dance: 2-3 Yrs.

This class uses parent/caregiver participation to encourage the little ones to learn about their bodies through music and dance, fine tuning basic motor skills.

#XM4A 8 Tuesdays starting May 5

1:00-1:30 pm \$35

Creative Ballet & Hip Hop: 3-5 Yrs.

Learn some ballet basics through imaginative play, jump up high and wiggle those hips! Focus is on fine tuning motor skills, listening and classroom behavior.

#XM6A 8 Tuesdays starting May 5

1:30-2:15 pm \$40

Kids Ballroom: 5-7 Yrs.

This class will teach the basic foundations of ballroom dance, frame, posture, lead & follow. The following dances will be covered, Rumba, Waltz & Merengue.

#XM85 6 Saturdays starting April 18

12:30-1:00 pm \$35

Demi-character: 5-8 Yrs.

This style of ballet explores the fun of acting and dancing at the same time! For kids aged 5-8, this program teaches the beauty, artistry and elegance of ballet, with the fun aspect of acting out a character! Students will learn to use the bottom half of their body with grace, and the top half with great expression!

#XM75 4 Saturdays starting April 18

10:00 am -10:45 am \$37

Family Nite @ Dance With Me Studio

Friday April 17th: Fabulous Fifties

A Tribute to Rock & Roll. Throw on that poodle skirt and blue jeans or just come as you are. Introduce your children to the wonderful dances featured in the 50's. Jive & Swing will be the featured dances of the evening. Children under 5 free

XM98 Friday April 17th

7:00-8:30pm Family (4) rate \$10

Friday May 29th Cha Cha Cha!

Toss on your favorite latin skirt and get ready to Cha Cha Cha! This night will feature all the best in Latin dancing. Learn the Merengue in style as the staff of Dance Me With provide you with a wonderful evening of fun. Spot dances, great door prizes!

XM99 Friday May 29th

7:00-8:30pm Family (4) rate \$10

FREE FORUMS

**Registration required for
Free Forums 604-517-6345
or you can now register
on-line www.ce40.ca**

GLORIOUSLY IMPERFECT

Today's society places tremendous pressure on women to conform to an often unrealistic and potentially harmful "norm". Deanne offers a perspective for living that emphasizes the value of holism and promotes care of the whole person. Women are invited to hear Deanne's view on creating balance, the importance of spirit and how to develop a complete and loving acceptance of one's self and one's body despite this constant pressure to be perfect.

#N62 1 Wednesday starting Apr. 15
7:00-9:00pm School Library
DEANNE RAPACIOLI *Free*

HOLISTIC WELLBEING FOR WOMEN

What exactly is wellness? How do we define it? Wellness can be elusive and is more than simply the absence of disease or being fit or thin. Wellness is not the exclusive domain of the young either - women can enjoy high levels of wellbeing through midlife and into old age. Deanne discusses the concepts of wellness and holism, she will answer questions, offer reminders and give new ideas to get you started on a rewarding journey that brings more vitality and an energetic joy of life throughout the advancing years.

#N72 1 Wednesday starting May 27
6:30-8:30pm ROOM 161
DEANNE RAPACIOLI *Free*

ENERGY – NEED MORE OF IT?

Did you notice how suddenly your 'get up and go' just got up and went? Would you like to feel more energetic? Would you like to feel lighter, more motivated - more positive? Well, there's a lot you can do to boost your energy and although it starts with attitude it doesn't end there. This session offers very real practical steps you can take to boost your energy levels, regain your sense of fun, keep you healthy and get you started towards a more energetic joy for life.

#N213 1 Wednesday starting May 20
6:30-8:30pm ROOM 163
DEANNE RAPACIOLI *Free*

HELPFUL MARKETING STRATEGIES FOR SELLING YOUR HOME WITH A REALTOR

Let a local realtor share her tips, advice and proven marketing strategies with you! Tracey's goal is to assist you with selling your home with the least amount of stress or inconvenience. Come to this welcoming, no pressure information session and take away with you many helpful tips and ways to achieve your real estate goals!

#N873 1 Thursday starting May 14
7:00-9:00pm ROOM 149
TRACEY DAVIES *Free*

NOT READY TO RETIRE?

Are you looking for work and don't know where to start? This workshop is for you! Many mature British Columbian workers would love to stay connected to the workplace, but may need a little assistance with the basics. This session will provide a career expert's insights on today's economy and how to make the transition back to employment. The Workshop will include: Tips on how to access the hidden job market; internet and local employment resources; current 'hot' demand occupations; interview preparation, resume presentation. Session offered by RDK Career Services Inc., an organization offering employment services since 1987. Facilitator: Sandy Liles

#N400 1 Wednesday starting Apr. 29
7:00-9:00pm ROOM 149
RDK CAREER SERVICES *Free*

WHAT EVERY LANDLORD & TENANT NEEDS TO KNOW

What Every Landlord and Tenant Need to Know - Rights and Responsibilities. Have you ever wondered how and why a landlord can retain a tenant's security deposits? How many times a landlord can enter a tenant's unit? Or who is responsible for washing the windows? In this workshop we will review the rights and responsibilities of both landlords and tenants from before you rent to after the tenancy ends. You will have the opportunity to share your experiences and ask questions using your real life examples. Instructors: Residential Tenancy Branch, BC Government.

#N303 1 Wednesday starting May 20
7:00-9:00pm School Library
Residential Tenancy Branch
BC GOVERNMENT *Free*

PLANNING AND ADMINISTERING AN ESTATE

Estate planning includes legal and tax consequences of transferring your property including why you should execute a Will and a Power of Attorney. Administration planning means knowing your legal and tax responsibilities as an Executor and a Trustee - including your obligations to the beneficiaries. Your instructor is an experienced lawyer in the field.

#N24 1 Thursday starting May 7
7:00-9:00pm School Library
KEVIN WESTWOOD *Free*

CANCER PREVENTION AND PESTICIDES

Changing the way we think about lawns and gardens. Presented by the Canadian Cancer Society and expert Gardner Emma Baker. Cancer Prevention & Pesticides will provide you with information on the non-essential use of pesticides and their links to cancer. With the City of New Westminster considering implementing a Pesticide Use Bylaw, be prepared and come and learn about the health impact of pesticides and some simple steps and tips you can use to reduce or eliminate exposure to pesticides and manage a lawn or garden without the use of pesticides. Emma Baker is a landscaper specializing in conservation biology, soil management, plant health and chemical free lawns. She is active in working with different communities, businesses and professionals throughout the region to encourage environmentally sound gardening practices.

#N500 1 Thursday starting Apr. 30
7:00-9:00pm ROOM 149
CANADIAN CANCER SOCIETY *Free*

UNDERSTANDING MORTGAGES

An independent mortgage broker explains the ins and outs of getting the right mortgage. Both first time home buyers and long-time homeowners will learn about mortgage types and features, credit scores, managing debts and developing home financing strategies.

#N03 1 Tuesday starting Apr. 21
7:00-9:30pm ROOM 148
INGRID FAISAL *Free*

GARDENING / GUITAR / PET CARE

GARDENING



PRUNING TO ENHANCE YOUR GARDEN

Keep your plants in good health by knowing when and how to prune. A look at different scenarios to increase yield in your edible plants.

#Q04 1 Thursday starting Apr. 2

7:00 -9:00pm ROOM 169
CONWAY LUM \$19

AFTER YOU HARVEST YOUR CROP

Ever wondered what to put in after you have harvested your crop? Conway will examine different methods to extending your vegetable growing season.

#Q94 1 Wednesday starting May 13

7:00 -9:00pm ROOM 169
CONWAY LUM \$19

FRUIT TREES

Bountiful of fruits to harvest from your trees. A look at different fruit trees to be successfully grown here on the coast.

#Q76 1 Thursday starting May 28

7:00 -9:00pm ROOM 169
CONWAY LUM \$19

GET THE DIRT ON GROWING YOUR SOIL

Ways to enhance your soil quality towards a more productive garden.

#Q90 1 Thursday starting Apr. 30

7:00 -9:00pm ROOM 169
CONWAY LUM \$19

HERBS GALORE IN CONTAINERS

Parsley, Sage, Rosemary & Thyme, plus other herbs. Learn how to grown these herbs successfully in containers. Conway covers aspects of patio and balcony gardening from what kind of containers to use and what type of exposure.

#Q89 1 Wednesday starting Apr. 15

7:00 -9:00pm ROOM 169
CONWAY LUM \$19

GUITAR LESSONS

Acoustic Guitar 1

This course is for absolute beginners who have never played guitar before. Learn basic chords, strumming patterns and finger picking patterns along with the fundamentals of music theory for guitar (such as how to read guitar tablature and chord music). Students will also learn several folk and rock songs by artists like Bob Dylan, Johnny Cash and Jack Johnson to get them started on their new found musical journey. How to re-string and maintain your guitar will also be covered.



(Enter from back of Massey Wing - gym)

#GU1 8 Tuesdays starting April 7

6:00-7:00 pm Guitar Room 203
Peter Zaenker \$96

#GU2 8 Tuesdays starting April 7

7:00-8:00 pm Guitar Room 203
Peter Zaenker \$96



For registration
information
call 604-517-6345

PET CARE

Animal Massage & Energy Work

Animal Massage Practitioners, Dayna Major and Lynn Bekkers bring you a fun, interactive informational presentation that tells the things you should know about Animal Massage and Energy Work. They will join you, along with demo dog "Whidbey", to explain about the benefits of Animal Massage, Therapeutic Touch and other Energy Work modalities. See first-hand, a sample of what Animal Massage looks like.

PLEASE DO NOT BRING YOUR DOG.

#SP92 1 Saturday, May 23

11:00 am -1:00 pm ROOM 172
Dayna Major \$22

Pet First Aid

St. John Ambulance Pet First Aid provides life-saving education which encourages safety in emergency situations, preparing students to respond to life threatening emergencies for domestic animals. A 6-hour course designed specifically for first aid and healthy lifestyle for your dogs and cats. This course covers procedures dealing with choking, CPR, bone and joint injuries, environmental illness and much more. A certificate will be issued upon completion of the course.

#SP89 1 Saturday, May 23

9:00 am -4:00 pm ROOM 122
St. John Ambulance \$46

DOG TRAINING



Beginner Dog Training

Dogs should be 6 months or older. A beginner's course designed to teach you to train your own dog and understand how dogs learn.

This course covers: on leash; heeling; sits; downs; staying; coming when called as well as basic canine "good manners". The first session held at New Westminster Secondary on Monday, April 20th 2009 at 7:00-8:30 pm in Room 182. Please do not bring your dog the first night.

Remaining sessions are held out doors at ROOM. All dogs must be vaccinated. Please bring vaccination certificate on information night. Aggressive dogs will be asked to leave the course.

(1 Info night plus 6 Saturdays)

To contact the instructor his website is www.k9assistance.com

#SP48 6 Saturdays starting April 25

9:00 am -10:00 am
Instructor: Todd Kier \$102

HEALTH AND SAFETY



STANDARD FIRST AID WITH CPR AND AED

Offered in co-operation with St. John Ambulance Association. This is a new course offering the use of the AED, a machine that provides a shock of electrical energy to re-start the heart. This course is designed to provide comprehensive first aid and CPR training for all ages which can be applied in an emergency. Topics include: artificial respiration, CPR, severe bleeding, bone and joint injuries and more. Upon completion of the course students will receive: a St. John Ambulance Standard First Aid with CPR-C and AED (3 year) certificate and a CPR-C with AED certificate. No class May 18

#E12 6 Mondays starting May 4
6:30-9:30pm School Library
ST. JOHN AMBULANCE \$125

BABYSITTING COURSE

What every Babysitter should know. This course is designed to teach young people ages 11 and older how to baby-sit children and infants. The course will enhance knowledge of safety, responsible babysitting and will develop skills to cope with common emergencies. Students who successfully complete the program will be issued a certificate of completion.

(1/2 hour lunch break. Pack a lunch.)

#E25 1 Saturday starting May 23
9:00am-3:30pm ROOM 123
ST. JOHN AMBULANCE \$46

EMERGENCY CHILD CARE COURSE

Course designed for people working in the childcare facilities and is approved by the Provincial Childcare Facilities Licensing Board of the Ministry of Health for Licensed Child Care and Day Care workers. Topics include: choking, CPR, shock, severe bleeding, bone and joint injuries and more. Upon successful completion of the course, students will receive a 3-year St. John Ambulance Emergency First Aid Child Care Certificate.

#E54 1 Tues April 28 & Thurs April 30
6:30-10:00pm School Library
ST. JOHN AMBULANCE \$78

CPR-C FOR HEALTH CARE PROVIDERS

This advanced CPR course designed for those working in the health care field. This course is needed for medical and nursing students. This course is designed to provide comprehensive CPR-C training for all ages which can be applied in an emergency. Topics include: artificial

respiration, CPR for all ages, Bag-Valve-Mask, and AED. At the end of the course successful students will receive a St. John Ambulance CPR-C for Health Care Provider certificate.

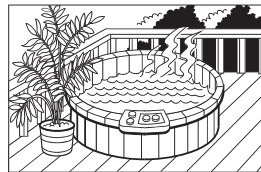
#E83 1 Saturday starting May 23
9:00am-4:00pm ROOM 180
ST. JOHN AMBULANCE \$69



SAVE THAT CHILD

Learn how to handle common emergencies involving children and infants: how and when to call an ambulance; save a choking baby or child; restore breathing and circulation; control bleeding; treat poisons and manage cuts and burns.

#E82 1 Saturday starting May 23
9:00am-1:00pm School Library
ST. JOHN AMBULANCE \$44



HOT TUBS: HEALTH PROTECTION & MAINTENANCE

STOP! Before you purchase a hot tub or are frustrated with the one you have - sign up for this course. You will save hundreds of dollars spent unnecessary chemicals and repairs. Why pay someone else to take care of your hot tub and analyze your water when you can do it yourself. Come away feeling that you are in control. This course is presented in an easy to understand format. Bring hot tub water sample for analysis. Manual included.

#EF76 1 Thursday starting May 7
6:30 -9:30p ROOM 163
DEAN SCOVILL \$49

THERAPEUTIC TOUCH: BASIC LEVEL 1

Marie Preissl is a registered nurse who has been teaching Therapeutic Touch for over 26 years. Marie trained in Therapeutic Touch in workshops with Dr. Delores Krieger and Dora Kunz. Therapeutic touch is currently being practiced in hospitals to induce deep relaxation and re-balancing of a persons energy field and back to wellness. Use your hands to help and heal physical and emotional pain. This ability is a natural potential in all human beings. You will experience sending and receiving energy. This is not a massage course but works well as an adjunct with massage. A certificate will be issued at the end of the 4th session (12 hours).

#V36 4 Wednesdays starting Apr. 8
7:00-10:00pm ROOM 133B
MARIE PREISSEL \$72

THERAPEUTIC TOUCH: BASIC LEVEL 2

Pre-requisite - Level 1. The overall goal of these workshops is to assist practitioners in deepening their understanding of Therapeutic Touch and themselves as healers. Will include meditation to create centered experience, use of intention, safety for self and healer, using imagery with T.T., some specifics for working on very sick people. Current research will be discussed. Ample time will be allowed for practice. Marie trained in Therapeutic Touch at workshops with Dr. Delores Kruger and Dora Kuntz.

#V35 4 Wednesdays starting May 6
7:00-10:00pm ROOM 133B
MARIE PREISSEL \$72

THERAPEUTIC TOUCH: LEVEL 3

Prerequisite: students must have Level 1 and Level 2. This in-depth course will integrate all phases of Therapeutic Touch and their relationship between energy centres and human energy fields. We will focus on the intuitive processing for healing. Current research will be discussed. Ample time will be allowed for practice. Marie trained in Therapeutic Touch at workshops with Dr. Delores Krieger and Dora Kunz.

#V33 4 Thursdays starting May 7
7:00-10:00pm ROOM 133B
MARIE PREISSEL \$72

LANGUAGES

AMERICAN SIGN LANGUAGE FOR BEGINNERS

Join Ryan as he provides the student with an opportunity to learn sign language skills and vocabulary. ASL (American Sign Language) is used by our Deaf community. This course will help you to communicate with your family, friends and community members. Acquisition of approximately 600 signs, finger-spelling, intro to deaf culture and history of deafness. Text included. This is not a Certification course.

#R33 8 Thursdays starting Apr. 9
6:30-9:30pm ROOM 160C
RYAN OLLIS \$105

JAPANESE

This course is designed for adult students who have an interest in Japanese language and culture and for people who are planning a trip to Japan. As well, this course will be helpful for students who are planning or preparing to further study at a college or university. This course will be presented using many visual and easy to understand materials and handouts as well as role plays that simulate real life situations.

#R17 8 Mondays starting Apr. 6
7:00 -9:00pm ROOM 117
RIKA KNOX \$59

CHINESE: MANDARIN: LEVEL 1

Mandarin is the official language of China and Taiwan and is the official language of Hong Kong now. Come and learn the Roman alphabet as a basis for reading. This alphabet will help students with pronunciation and conversation.

#R18 8 Thursdays starting Apr. 9
7:00-9:00pm ROOM 268
YAN SUN \$62

CHINESE: MANDARIN: LEVEL 2

Continue to study Mandarin, the official language of China, Taiwan and Hong Kong. You will improve your pronunciation and gain more knowledge of the culture.

#R21 8 Tuesdays starting Apr. 7
7:00-9:00pm ROOM 268
YAN SUN \$62

FRENCH: LEVEL 1

These sessions will cover basic conversational skills, pronunciation, and beginner vocabulary. For those who have no French or very basic French. Useful for travel in French-speaking country, and conversing with neighbours and friends. Text included in course fee.

#R12 8 Tuesdays starting Apr. 7
6:00-7:30pm ROOM 123
BEAU GABINIEWICZ \$85

FRENCH: LEVEL 2

This course is for those who have some knowledge of French and want to learn more. Students will be using the same text from level 1. Approximately 70% of the course is devoted to oral, listening and conversation skills. Text not included but may be purchased (\$22) first night of class..

#R16 8 Tuesdays starting Apr. 7
7:35-9:05pm ROOM 123
BEAU GABINIEWICZ \$64

GERMAN: BEGINNERS

Learn basic conversation to get along in everyday situations. This class will help with business, travel or pleasure - understand basic grammar and vocabulary, sounds and letters. Instructor will provide lesson material (included in course fee).

#R27 8 Wednesdays starting Apr. 8
7:00-9:30pm ROOM 126
URSULA UHLMANN \$89

ITALIAN: LEVEL 1

A beginners course in conversational Italian that allows you to carry on a conversation with neighbours, family or when travelling. Join James for this 8-week class where you will better understand the basics of Italian.

Text included.
#R26 8 Thursdays starting Apr. 9
6:30-8:00pm ROOM 121
JAMES STOCCO \$85

ITALIAN: LEVEL 2

A continuation of Level 1 Italian using the same text. It is recommended that students have taken an introductory Italian class, some degree of fluency and understanding is required for participation in this class. Text not included but may be purchased (\$22) when registering.

#R26A 8 Thursdays starting Apr. 9
8:00-9:30pm ROOM 121
JAMES STOCCO \$66

PORTUGUESE: LEVEL 1

These classes will provide an introduction to the language spoken in Portugal, Brazil and parts of Africa. If you are planning to travel to these countries, this course is ideal for you! You will learn to exchange greetings and make simple conversation useful in many parts of the world.

#R20 8 Mondays starting Apr. 6
7:30-9:30pm ROOM 123
MARIA NAZARETH DE MIRA \$64

PORTUGUESE: CONTINUATION

Students should have taken a Beginner Level Portuguese class before enrolling in this Continued/ Intermediate course. This course will have more emphasis on grammar which is necessary to improve your speaking skills.

#R20A 8 Wednesdays starting Apr. 8
7:30-9:30pm ROOM 123
MARIA NAZARETH DE MIRA \$64

SPANISH: LEVEL 1

Achieve a basic degree of fluency and understanding. Your visit to a country where Spanish is spoken will be greatly enhanced by your ability to converse with the native people.



Text included.
#R43 8 Mondays starting Apr. 6
6:30-9:00pm ROOM 160C
MAGDALENA HANSEN \$96

#R15 8 Tuesdays starting Apr. 7
6:30-8:00pm ROOM 121
JAMES STOCCO \$86

#R91 8 Wednesdays starting Apr. 8
6:30-9:00pm ROOM 121
MAGDALENA HANSEN \$96

#R19A 8 Thursdays starting Apr. 9
6:30-9:00pm ROOM 161
MAGDALENA HANSEN \$96

SPANISH: LEVEL 2

A continuation of level I Spanish using the same text. It is recommended that students have taken an Introductory Spanish class - some degree of fluency and understanding is required for participation in this class. Text not included but may be purchased (\$22) first night of class.

#R22 8 Tuesdays starting Apr. 7
8:00-9:30pm ROOM 121
JAMES STOCCO \$64

LEISURE ACTIVITIES

BRIDGE : ABSOLUTE BEGINNER



Everybody's playing bridge - but you? Join Sally for 2 weeks of no bidding bridge. Total beginners welcome. Learn the basics of bridge play in a fun and relaxing atmosphere. For students wanting to learn more, a book will be available for purchase.

#S82 2 Thursdays starting Apr. 23
6:30-8:30pm ROOM 265
SALLY CRAIG \$28

FLY FISHING

Learn to fly cast and save yourself years of frustration with our Certified Casting Instructor. This fundamental class covers the science, equipment and application of good casting. Your own rod set up with a floating line is required.

#S08 2 Thursdays starting May 7
7:00-9:30pm ROOM 118
Aaron Goodis \$31

INTRODUCTION TO DIGITAL PHOTOGRAPHY



If you are confused on how to use your digital camera, this course is for you. This is a beginner's course for digital cameras only. Please bring cameras, cables and instruction book.

#SH22 1 Saturday starting May 23
9:30am-12:30pm ROOM 161
STEVE SENDECKI \$42

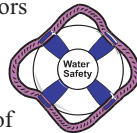
READY, AIM, SHOOT

This is a four session class. includes three classroom sessions and one field trip. An introductory, but comprehensive and fun approach to improving your digital, SLR, or instamatic photography skills. Emphasis will be on learning simple procedures and lighting composition. You'll also learn skills such as time exposures, multiple exposures, use of filters, abstracts, improving your landscape compositions and much more.

#SH84 3 Thursdays starting May 28
7:00-10:00pm ROOM 262
FRANK TOWNSLEY \$59

COAST GUARD PLEASURE CRAFT OPERATORS CARD

The Pleasure Craft Operators Card (PCOC) is issued by Canadian Coast Guard accredited providers.



Burnaby Squadron of Canadian Power and Sail Squadrons will hold a one day course in co-operation with New Westminster Night School Programs to provide the PCOC. No pre-requisites are needed. The 50 question multiple choice test is in English and will be administered by the end of the day. Suitable for motivated students ages 12 to 82+. This PCOCard is good for life and is also valid in the USA. Registration is the official application for the PCOC. At the beginning of class, students must show the instructor photo ID with date of birth. (Drivers License is Okay, School ID card is also okay) The PCOC must be carried like a car driver's license by anyone operating a powered vessel in Canada. "Power" means any motor, including small electric motors. All boat operators born after March 1983 and all operators of vessels under 4m must carry the PCOC now. All other boat operators will need the PCOC by 2009. The fine for not producing it to enforcing officers is \$250.00

#S04 1 Saturday starting May 23
8:00 am-4:00pm ROOM 133B
JACK WAINWRIGHT \$82

CHINESE ASTROLOGY- BAZI

Learn how this ancient Chinese method of showing the way of a person of a given birth time works. It is based on I-Ching, and it is the most studied predictive technique known in ancient Chinese. Bazi shows the general personalities at different stages of life, the ups and downs of one's desire, drive, and possible downfalls. It not only can hint at who you are, and how you will carry yourself, but also those you live with and how they will be affecting your life. Bazi captures the meaning of life in only 8 characters and reflects the various relationships one develops.

#S07 1 Tuesday starting June 2
6:30 -9:30pm ROOM 231
SAN CHANG \$25

CHINESE FACE READING

Face Reading has been popular amongst the Chinese people since the beginning of time. It is not just the face, but palms, bones, behaviour, voice and even the body hairs. After accumulating thousands of people's outward features and behaviours, some ancient Chinese have written summary books on their findings and use those findings as ways of predicting future events, fortunes, health, accidents, etc. and many Chinese have benefited from these findings when choosing mates, when hiring employees, when partnering in business, or just when choosing "right" friends. This in-depth course doesn't teach you to be prejudiced, but teaches you what those findings are. Prerequisite: an open and active mind.

#S08A 1 Tuesday starting Apr. 7
6:30 -9:30pm ROOM 269
SAN CHANG \$25

INTRO TO FENG SHUI

Feng Shui has been popular in the west as more and more people are finding the benefits of using the Feng Shui to enhance their prosperity or to maximize their return on investments. Feng Shui teaches us where the best place is at a given "time", what direction is a good direction for "You" for a given period of time. In this intro course you will learn the secrets of your primary directions for the years in question so that you can get help from the "Nature" for reaching the goal in your life.

#S07A 1 Tuesday starting Apr. 21
6:30 -9:30pm ROOM 269
SAN CHANG \$25

ANGELS AND GUIDES

Every human has a Guardian Angel and Guides. We will discuss the ways in which they relate to each other and help us humans through, for example, coincidences and direction in emergencies. The class will be encouraged to share and discuss their experiences of angels, Guides and unexplainable events.

#S88F 1 Tuesday starting Apr. 28
7:00-9:00pm ROOM 148
MALCOLM SMITH \$24

Check out our website and register online www.ce.ca

LEISURE ACTIVITIES

INTUITION & THE HIGHER SELF & SPIRIT GUIDES

Connect and receive messages from your Spirit Guides in this experimental workshop. You will learn the deep impact intuition plays in your daily life and how to expand upon it, broadening the base of knowledge, divine wisdom, guidance and assistance that you have access to.

#V17 1 Monday starting May 18

6:30-9:30pm

ROOM 133B

CHERYL BREWSTER

\$28

BASICS OF WICCA

Join us for a 3 hour workshop detailing the basics of Wicca. During the course of the event we will dispel common misconceptions and myths about this intriguing religion, as well cover it's history, practices, and beliefs. This is a course designed to educate, not convert. All are welcome!

#S70 1 Saturday starting May 23

1:00-4:00pm

ROOM 162

JENNIFER THRASHER-STROUDE

\$25

ASTROLOGY WORKSHOP

Astrology is a symbolic language based upon the movement of the stars. This language is a wonderful tool for developing personal insight into yourself and your "soul purpose" in this lifetime. This fun course will take you through the 12 Zodiac Signs; Moon Signs and your Ascendant. Brenda is a practicing Astrologer with over 20 years experience. Each student will have their chart done for this course. *Please phone in and give date, time and place of birth.*

Call 604-517-6345

#S98 2 Thursdays starting May 7

7:00 -9:30pm

ROOM 267

BRENDA SCHAUER

\$48

REINCARNATION.... FACT OR FICTION

Have you ever wondered about "Other Life Experiences?" Have you actually lived in another time in the past? Could you also be experiencing a parallel existence...or are you able to link with an existence in projected future time? Come and join Barbara Leonard and have "the adventure of your present lifetime."

#S59A 1 Saturday starting May 23

9:00 am-12:00 Noon

ROOM 148

BARBARA LEONARD

\$22

THE KENNEDY ASSASSINATIONS NEW!

Join Brian and study the murder mystery of the century which changed the direction of the 60s. More evidence is in to make some conclusions about who was behind it, in a high level conspiracy. DVD presentations, recommended readings and You Tube viewings, plus lots discussions, theories will be conducted. The instructor is an author and aficionado of the subject. Bring your theories to class and get ready for discussions.

#S650 1 Tuesday starting June 2

7:00 -9:30pm

ROOM 149

BRIAN RUHE

\$18

THE SOURCE OF CREATIVITY

An exploration of the process of co-creation with your Guides. Topics covered include: Coincidence; Inspiration for artists and scientists; Creative problem solving, research and invention; Your personal quantum field and the Cosmic Lattice; Reality co-creation, imagination, prayer and manifestation; Indigo and Crystal children and their gifts.

#S88S 1 Tuesday starting May 26

7:00-9:00pm

ROOM 148

MALCOLM SMITH

\$24

PENDULUM DOWSING

Three methods of working with your pendulum are explored. Testing environmental energy; various ways to get a "yes" or "no" answer; conversations with your Guides. A simple pendulum and charts will be provided.

#S88G 1 Tuesday starting May 12

7:00-9:00pm

ROOM 148

MALCOLM SMITH

\$24

PAST LIFE REGRESSION

Are you curious about the possibility of past lives? Come along and participate in an interesting and insightful look into your past lives through hypnotherapy. This is an opportunity for you to explore the existence of past lives bringing a clearer understanding to present day conditions such as health problems, relationship conflicts, phobias, fears, patterns and beliefs. Includes group Past Life Regressions & post regression discussions.

#V26 6 Wednesdays starting Apr. 15

6:30-8:30pm

ROOM 167

JACQUELINE WALKER

\$72

UFOS

NEW!

(UNIDENTIFIED FLYING OBJECTS)

Have you always wondered - are you a believer? The truth is out there. Take a look at the substantial evidence that unidentified flying objects are real. Learn at home from selected You Tube documentaries, Internet readings and government documents. This class covers local sightings, current ufology, the history going back to Rosell, alien abductions and the secrecy suppressing this valuable advanced technology. Brian Ruhe is an author and UFO aficionado and Martin Jasek has investigated sighting for ten years with UFOBC. Got a story to tell?

#S600 1 Wednesday starting May 13

7:00 -9:30pm

ROOM 112

BRIAN RUHE

\$18

THE CREATIVE, INTUITIVE YOU!

With Cheryl Brewster (clairvoyant) and Cheryl Catherine Smith (artist, performer) Let 2009 be the year you bring your creative, intuitive aspirations to life. Whether it's completing that book or ongoing project or discovering more of your creative self, the intention setting exercises and visualizations in this class produce results.

#V08 1 Monday starting Apr. 27

6:30-9:30pm

ROOM 133B

CHERYL BREWSTER

\$28

LEARN ABOUT YOUR COLOUR, CHAKRA, & AURA

Colour is energy! Each colour has its own frequency and wave length, which produces a specific energy and can affect us emotionally, mentally and physically. Every person has seven major energy centres (chakras) and each centre is governed by one of the seven colours. Learn how to absorb colour nutrition from the sun, sound, clothing, food, essential oils and gemstones All students receive a photo of their aura in colour. (Please bring \$5 for workbook)

Students should bring a bag lunch.

#V21 1 Saturday starting May 23

9:30am -4:00pm

ROOM 121

MARY JANE GOTTSCHLAG

\$36

LEISURE ACTIVITIES

WALK THE CONCORD & THE NEW FUTURE OF FLIGHT CENTRE

Venture down to Seattle to marvel in the new 28,000 sq. ft. Aviation Gallery with interactive



exhibits and displays plus the expanded Boeing Tour that showcases the construction of the 747, 767, and 777. As part of the tour, we will be in the largest building in the world by volume (472,000,000 cubic feet). On the Boeing flight line, we will see airplanes in various stages of flight test and manufacture for airline customers around the world. After this, we'll journey further south to the Museum of Flight to see many antique aircraft plus their prized acquisition, a Concord. Price includes the admissions and a private docent at the Museum. Lunch and docent tip not included. Passport recommended. Minimum of 8 participants is required. Day excursion provided by Bell Tours, Inc. Registrants will meet in the front of the school 6:00 am April 2nd. Please register at least 2 days before excursion.

#ST98 1 Thursday starting Apr. 2

6:00 am -6:30pm

GEORGE BELL

\$170

TRAVEL ON SOMEONE ELSE'S DIME

Would you like to change the way you travel forever? If you think travelling for free and getting paid for it sounds impossible, guess again! Every day, thousands of savvy travellers all over the world take advantage of these opportunities. Would you like to be next? In this seminar, Tony will show you, step-by-step, how you can do this without a lot of effort. Learn proven, easy-to-follow methods and strategies to travel the world without paying a dime, guaranteed! Special report included.

#ST02 1 Thursday starting Apr. 30

6:30-9:30pm

ROOM 163

TONY DRAGUN

\$47

AWESOME AUSTRALIA

After many trips down under, George still comes home feeling that he has experienced an exciting and wondrous country that still holds much to fascinate. Join George as he introduces you to one of his favourite places to wander within and learn how to make your visit to Australia one you will never forget. Whether it's the people, the scenery, the flora and fauna, this country will surely fascinate you. Sample itineraries and traveling tips included.

#ST64 1 Tuesday starting Apr. 7

7:00-9:00pm

ROOM 161

GEORGE BELL

\$20

BOATING ON THE WATERWAYS OF EUROPE

Rare is the vacation that offers it all, from fantastic scenery and historical sites to cultural experiences and wonderful people. The rivers and canals of the UK and Europe offer exceptional vacations for family and friends. Whether you choose to drive yourself in a chartered narrow boat, a cabin cruiser or Penichette or have the luxury of being pampered while aboard a comfortable 10 passenger barge or 150 passenger river ship, you will come home with wonderful memories and experiences. Choose from England, Scotland, Ireland, Holland, France, Italy and many other countries to tantalize your taste buds, sample local wines & cheeses, experience history and meet new friends. Come and learn about this very popular vacation experience. It is one of my favourite experiences.

#ST65 1 Wednesday starting Apr. 8

7:00-9:00pm

ROOM 161

GEORGE BELL

\$20



WINE WORKSHOP

WINE APPRECIATION 101

Age 19+.

Buying wine can be confusing with the vast array of choices. Find the wines that suit your tastes and begin a lifelong journey exploring wines of the world. This beginner class takes an easy and fun approach to understanding wine. Students will learn wine terminology, wine tasting techniques, wine styles and types, food and wine pairing and finding value wines. A new wine scents aroma kit will be introduced to help students identify the different smells in wine. Wine regions of the world will be discussed with a spotlight on B.C. wines.



#SW60 4 Tuesdays starting Apr. 7

7:00-9:00pm

ROOM 149

JOHN GERUM

\$165

"BLENDING SUMMER WINES" WORKSHOP

Age 19+.

Enjoy a summer evening with local Wine Expert, John Gerum, and discover how to blend your ideal summer sipper. In this workshop we will use three different wines, learn something new about each one, and then you decide which wines and wine percentages will be used to make your own blend. You will leave this workshop with a bottle of your very own wine!

#SW68 1 Wednesday starting June 3

7:00 -9:00pm

ROOM 149

JOHN GERUM

\$62

UNCORKED ORGANIC WINES FROM AROUND THE GLOBE

NEW!

Age 19+.

Organic wines are growing in popularity and sales as consumer search for eco friendly alternatives to regular bottlings. We will discuss what makes an organic wine organic and sample some of the best selections available in BC. This is a great way to lessen your carbon footprint this year and explore earth friendly wines!

#SW67 1 Thursday starting May 7

7:00 -9:00pm

ROOM 149

JOHN GERUM

\$48

MONEY MATTERS

AUTOMOTIVE PURCHASING ADVICE

Before you buy that next car or truck join Edgar, with 25 years experience in all aspects of automotive purchase advice, for this up-to-date information session. Learn how to take total control of the car buying process and save yourself thousands of dollars. Become well-informed before you make your major purchase, and when this class is over, you'll find yourself waltzing through the showroom, the trade-in, and the pre-owned department with all the skill and confidence of a real pro.

#T122 1 Thursday starting May 7
7:00-9:30pm ROOM 122
EDGAR ULHMANN \$23

MAXIMIZING RETIREMENT INCOME & LOWER TAX

THE TOP 5 STRATEGIES TO GET YOU THERE!

1. The new Tax Free Savings Account- How to use the new tool in your toolbox.
2. RRSPs, are they right for you?
3. Asset Allocation- Make sure that you have a plan to get you through the tough times and come out ahead
4. Retirement Income- How much money are you going to need to be happy in retirement?
5. Insured Retirement Strategy- Create your own pension plan.

Join Mike Preto, CFP, to learn about how to best prepare you for retirement. This course is highly recommended for anyone who does not feel that they are ready for the biggest holiday of their life.

#T22 1 Wednesday starting May 6
7:00-9:00pm ROOM 148
MICHAEL PRETO \$25

KEEPING THE FAMILY COTTAGE IN THE FAMILY

If you have a cottage in your family, it is time to look at the tax consequences! With the rise in property values in B.C. and across Canada most people are unaware of the Capital Gains cost on these properties. Ultimately, this might mean that the much loved family cottage will have to be sold; as the taxes may be unaffordable for your heirs. This course is a must for any one owning recreation property.

#T15 1 Wednesday starting May 20
7:00-9:00pm ROOM 148
MICHAEL PRETO \$25

REAL ESTATE SEMINAR FOR FIRST TIME BUYERS

A house or apartment purchase may likely be the most important purchase you will make. The mortgage industry is an increasingly complex one with numerous lender, many of who do not work directly with the public. Additionally, a myriad of mortgage products are available in the marketplace. Are you aware of and understand all of these options? We will cover a variety of topics including mortgage comparisons, selecting a realtor, mortgage advisor and a home inspector, valuable money saving tips as well as pitfalls to avoid. This course can save you money and provide you with useful information to help with your purchase.

#T50 1 Thursday starting May 7
7:00-9:30pm ROOM 123
RANDY JOHNSON \$25

MAKING SENSE OF RETIREMENT & RRSP'S

Get answers to your retirement questions at our retirement planning seminar. One day you will have to depend on the retirement plans you make today. If it's time to give your goals the attention they deserve, sign up for our "Making Sense of Retirement" seminar. You will learn everything from the ways to save and invest for retirement to getting the most from the choices you make. After all, retirement is just too important to make up as you go along.

#T69 1 Monday starting Apr. 20
7:00-9:00pm ROOM 148
NICK CHENG \$25

ESTATE PLANNING - BUILDING YOUR LEGACY

Estate Planning - Building Your Legacy is intended for people who are interested in learning about the key elements of a successful estate plan. More than just investments, it's about caring for family, friends and special organizations through some simple preplanning. Following the four key building blocks of an effective estate plan, this seminar touches on important aspects to consider when creating or updating an estate plan.

#T84 1 Monday starting May 11
7:00 -9:00pm ROOM 133B
NICK CHENG \$25

MAKING SENSE OF STOCK INVESTING

Do individual stocks make sense for your portfolio? 'Making sense of Stock Investing' can help you find out. Join us for a Stock Investing workshop and explore:

1. Why you should own stocks and different ways to own stocks.
2. Ten Golden Rules for investing.
3. What you should know about asset allocation and the potential for rising dividends.
4. Why our approach to owning stocks may help you achieve your financial goals.

#T74A 1 Monday starting Apr. 27
7:00-9:00pm ROOM 148
NICK CHENG \$25

SOLVE YOUR RETIREMENT INCOME PUZZLE

Canada Pension Plan and Old Age Security play an important role in your retirement, but it isn't a complete solution. The presentation will help make sense about the eligibility requirements for CPP and OAS benefits. It will also provide you with strategies to maximize your retirement income, and possibly lower your taxes. Together, we can piece together your own retirement puzzle.

#T68 1 Monday starting May 25
7:00-9:00pm ROOM 149
NICK CHENG \$25

STRATEGIES TO PROTECT YOUR INVESTMENTS SEGREGATED FUNDS & ANNUITIES

Let Nick share a variety of investment ideas to preserve your savings today and help you pass them on to your loved ones tomorrow. In this workshop, we will discuss:

1. The benefit of segregated funds and annuities in your portfolio.
2. How annuities and segregated funds differ from other types of investments.
3. Ways to quickly and privately pass investments directly to your beneficiaries
4. The potential for creditor protection.

#T77A 1 Monday starting May 4
7:00-9:00pm ROOM 149
NICK CHENG \$25

PERSONAL ENRICHMENT

SELF-HYPNOSIS

Learn self-hypnosis and use your mind in a positive way to focus, relax and visualize the outcomes you want to see. Obtain the goals that you want, ie (weight loss, unhealthy habits, etc.)

#V167 2 Wednesdays starting May 6
7:00-9:30pm NWSS Library
JANYSE HRYNKOW, MA \$56

BUDDHIST PHILOSOPHY AND MEDITATION

Learn the main doctrines common to all forms of Buddhism, such as mindfulness, meditation, karma and the round of rebirth, cosmology, impermanence, reducing stress and anger, creating happiness, plus we'll examine Buddhist social teaching. Expect some fun too! Includes a short period of meditation. Instructor is a former monk and his book and CD will be available.

#V94A 3 Thursdays starting Apr. 30
7:00-9:00pm ROOM 127
BRIAN RUHE \$50

KARMA AND REBIRTH

The overarching ultimate view of reality in Buddhism is karma and rebirth. Learn how karma-the mental intention that initiates any action, affects your happiness and the process of rebirth. Discover astonishing scientific cases of rebirth stories which illuminate the ultimate questions concerning human destiny after death.

#V231 2 Tuesdays starting May 26
7:00 -9:00pm ROOM 127
BRIAN RUHE \$42

VIPASSANA (INSIGHT) MEDITATION DAY

Vipassana (insight) Meditation can reduce stress and enhance well-being. The instructor will guide students to develop mindfulness using a clear, step-by-step practice. This life-affirming course in conscious living teaches essential Buddhist meditation techniques in sitting and walking postures as well as an antidote to anger with the contemplation on loving-kindness. Compliments Buddhist course. Instructor is a former Theravadin Buddhist monk. Info: theravada.ca

#V96 1 Saturday starting May 23
9:30am-4:00pm ROOM 127
BRIAN RUHE \$39

CLEAR THE CLUTTER AND SIMPLIFY YOUR LIFE

Too much of everything (plates, glasses, etc) you don't use, clothes you don't wear, magazines you don't read, finances you can't manage, job that's too busy, health that needs better care, personal life that's off track, too fast or going nowhere? Develop an action plan to simplify your life & have more time to enjoy and get in touch with what really matters to you. Clear the Clutter is all about getting rid of stuck energy; it is about getting organized and being able to have more time for yourself and family. Clutter holds us back, too much of it causes stress as well as anger. Includes a new workbook.

Bring paper/pen.
#V51 1 Saturday starting May 23
9:00am-3:30pm ROOM 163
LYNNE DAVIDSON \$58

CREATIVE VISUALIZATION

Since the advent of bio-feedback, it has become obvious that visualization works as a force for change. Learn the rules for effective visualization and how and why it works. The applications are many: problem solving, stress reduction, non-smoking, goal setting, health problems, weight control, self-esteem, etc.

#V01 1 Saturday starting May 23
12:30pm-3:30pm ROOM 164
MARIE PREISSL \$28

DEALING WITH PANIC ATTACKS

Thousands of North Americans are affected by panic attacks to some degree. Learn excellent self-help tools to understand and cope with this problem and to take control of your life again. By changing the inner attitudes of our minds we can change the outer aspects of our minds. A suggestion: affirm before you come to class that you will be in a safe environment and that you will be in marvelous control of your personal self. Classes held in safe environment.

#V42 1 Saturday starting May 23
9:30am-11:30am ROOM 164
MARIE PREISSL \$25

EMOTIONAL RESCUE

The only negative emotions that exist are those that we do not express. All emotions from anger, fear and repulsion to happiness, love and excitement must be acknowledged, expressed appropriately and released in order for us to continue to grow and learn in our human experience. In this course you will learn techniques to begin the process of recognizing and acknowledging your emotions and discover ways to express yourself that are both appropriate for the situation and unique to your needs and comfort level. Through guided meditation to heighten sensory awareness, Neuro-Linguistic Programming to uncover core beliefs and automatic writing to allow for freedom of expression, you will focus on the discovery of your own emotional body, how the world looks, sounds and, most importantly, feels to you. Please bring paper and pen.

#V651 1 Wednesday starting May 13
6:30-8:30pm ROOM 127
ALISON LONGLEY \$24

PERFECTIONISM – NEW! GETTING YOU INTO TROUBLE WITH OTHERS?

Come discover the benefits and change beliefs in order to relax and discover the perfectly way of being imperfect and gaining comfort. Gain humor and learn to re-program yourself into shape.

#V315 2 Tuesdays starting May 19
7:00 -9:00pm ROOM 149
JANYSE HRYNKOW, MA \$56

PREPARING OUR NEW! LIFESTYLE CHANGE BEFORE RETIREMENT

Come and learn to prepare for the next phase of life. Through a combination of exercises and discussion go away informed and with a plan that helps you ease through the change.

#V314 2 Mondays starting Apr. 6
7:00 -9:30pm ROOM 148
JANYSE HRYNKOW, MA \$54

PERSONAL ENRICHMENT

PROCRASTINATE NO MORE!

It happens to the best of us. For whatever reason, we are more prone to distractions when we most need to focus. We start something, the phone rings and an hour later we realize we wanted to get that same project done. Join us, in following a simple plan that helps one focus, prioritize & get what we need &...want to do...done!
#V312 2 Wednesdays starting Apr. 8
 7:00 -9:30pm ROOM 112
 JANYSE HRYNKOW, MA \$56

THE BODY HEARS EVERY WORD YOU SAY

This workshop is about the language of the Body/Mind Connection. Learn new ways not to sabotage your health. Learn how to reprogram dramatically for the better to increase wellness. Course includes exercises to promote self reflection and healing. We will draw up your personal plan you can use to keep your body healthy.
#V313 2 Thursdays starting Apr. 23
 7:00 -9:30pm ROOM 163
 JANYSE HRYNKOW, MA \$56

SELLING THE FAMILY HOME CAN BE A VERY TRAUMATIC DECISION!

The time eventually comes when we begin to think about selling the family home and move into a condo, co-op, facility or any other type of multi-family dwelling. This is a very big decision, how should we plan, what do we need to know, in general how do we make the huge transition? We will discuss the grief and loss of the family home; the coping strategies for life in a multi-family complex. This evening is suitable for all family members and neighbours; bring your questions and concerns. We will review how condos function, rental rules and regulations, low co-ops function and questions to ask if moving to a facility. You will leave with information to help you make the decision to move and know what questions to ask when entering a multi-family complex.
#V63 1 Tuesday starting Apr. 14
 6:30 -9:30pm ROOM 148
 ANGELA SEALY \$21

THE ALCHEMY OF PERSONAL EFFECTIVENESS

What is image to you? What makes your life and work interesting, fun and fulfilling? How do you keep it that way when life surprises you with unexpected events that don't feel like magic? The cycles and seasons of relationships, work and home can create gaps between your current experience and the one you really want to have. What do you do when that happens? How do you bridge the gap between your highest aspirations and your deepest concerns? The Alchemy of Personal Effectiveness incorporates the power of intuition to bridge that gap in meaningful ways.
#V02 1 Monday starting Apr. 20
 6:30 -9:30pm ROOM 133B
 CHERYL BREWSTER \$28



See back page
for registration
information

SEWING / QUILTING / KNITTING

BASIC SEWING

This class is designed for the new sewer as well as for those with some experience. Learn to adjust a pattern to your own measurements and to construct a simple skirt or blouse. Please bring a tape measure, pencil and paper to the first class.
#W16 9 Tuesdays starting Apr. 7
 6:45-9:15pm ROOM 237
 JEAN ANN MARKS \$110

EASY KNIT BABY BLANKET

Join Sarah for the day and learn how to create a precious baby blanket. Participants must know how to cast on, knit, and cast off. The ability to purl is an asset, but not a necessity. By the end of the session, participants will be well on their way to finishing a beautiful new baby blanket. Please bring \$25 materials fee, which includes knitting needles yarn, and a tapestry needle. Let the office know what colour. (Pink, Blue, Yellow, Green)
#W802 1 Saturday starting May 23
 9:00am-3:30pm ROOM 167
 SARAH WETHERED \$45

KNITTING FOR BEGINNERS

Knitting is both creative and therapeutic. Give yourself the gift of learning to knit the basics while making small samples and ending with a simple project. Bring a 3 ring binder with protection sheets: two different colours of Worsted Weight yarn; one pair of 4.5 mm and one pair of 6 mm knitting needles. Instructor will have yarn and needles at first class if required.
#W73 7 Tuesdays starting Apr. 14
 7:00-9:00pm ROOM 234
 SHIRLEY MOORE \$84

KNITTING WITH BEADS

Learn to give your knitted projects style by adding beads to accessories and garments. Begin by making an accessory in first class and continue on to a more challenging project. Participants must have basic knitting skills. Instructor will have supplies available to purchase at the first session.
#W78 2 Thursdays starting Apr. 23
 7:00-9:00pm ROOM 234
 SHIRLEY MOORE \$54

MAKE A QUILT QUICK AND EASY!

See page 15 for complete course description.
#W41 1 Saturday starting May 23
 9:00am-4:00pm ROOM 237
 BEAU GABINIEWICZ \$37

PATCHWORK BED-SIZED QUILT

This course is for all levels. Discover how easy it is to make a beautiful, personalized, bed-sized patchwork quilt in just 6 weeks. If you have a specific idea for a quilt the instructor will help you design a pattern just for you. You will learn to design your own quilt using cut blocks, use a rotary cutter, piece an entire quilt together including binding and tie, hand or machine quilt. Only basic sewing skills required. Supply list will be given at first class. No class April 13 and May 18
#W40 6 Mondays starting Apr. 6
 7:00-9:00pm ROOM 237
 BEAU GABINIEWICZ \$74

FIVE WAYS TO REGISTER



ON-LINE

You may now register ON-LINE
www.ce40.ca
 with **VISA** or **MASTERCARD**

OR WALK-IN
CONTINUING EDUCATION
 New Westminster Secondary
 835 Eighth Street,
 New Westminster, B.C. V3M 3S9

Pre-registration is advised but registrations are accepted the first night of the course if space is available.



PHONE-IN

You may phone in your registration by using

VISA or MASTERCARD

Have credit card number and expiration date ready when you call.

CONTINUING EDUCATION OFFICE

604-517-6345

Your receipt will be issued by your instructor at the first class.



MAIL-IN

Simply complete the registration form and enclose cheque payable to:

NEW WESTMINSTER SCHOOL BOARD

and mail with completed registration form(s) to:
Continuing Education
 835 Eighth Street
 New Westminster, B.C.
 V3M 3S9

Your receipt will be issued by your instructor at the first class.



FAX-IN

Please complete the registration form with your **VISA or MASTERCARD**

number printed clearly on the form.

Please FAX to:
CONTINUING EDUCATION OFFICE

604-517-6302

Your receipt will be issued by your instructor at the first class.



OFFICE HOURS

Registration starts Monday, March 23rd 2009
 ongoing Monday - Thursday
 9:00 a.m. - 4:00 p.m. & 6:30 p.m. - 8:00 p.m.
 Friday 9:00 a.m. - 3:30 p.m.

WITHDRAWALS, REFUNDS and COURSE CANCELLATIONS

REFUNDS ARE SUBJECT TO AN ADMINISTRATIVE CHARGE OF \$10. Refunds must be requested in writing **before the second class commences. Sorry NO credits.** Requests for refunds must state reasons and be accompanied by your original receipt. **For one and two session classes, refunds must be requested two days before the start date of the class.** Please allow three weeks for processing any refunds. Fee payments made by charge card are refunded by means of a credit to your account. **All other refunds are made by cheque.**

Continuing Education reserves the right to cancel courses due to unavailability of instructors, facilities or insufficient enrollment. Each course has a minimum enrollment requirement and is subject to cancellation if this number is not met. Register early to avoid disappointment. Should Continuing Education cancel a class, every effort is made to contact all the students enrolled. Students from a cancelled class, who wish to transfer to another class may do so at this time or receive a FULL refund.

Our night school classes are offered to adult learners 16 years of age or older. Classes allowing younger learners are indicated in the course description. GST included when applicable.

Open parking is available in the evening in front of the school.

REGISTRATION FORM

Use form for Mail-In or Fax-In

 Last Name

 First Name

 Address

 City

 Postal Code

 Home Phone

 Cell or Work Phone

Note: We do not mail out confirmations. Mark dates on your calendar.
 Please phone to confirm at 604-517-6345.

| COURSE # | COURSE NAME | FEE |
|-----------------|-------------|-----|
| | | |
| | | |
| | | |
| TOTAL \$ | | |

Cheque Visa Mastercard

 Card #

 Expiry

 Name on the card