

NEW WESTMINSTER SCHOOL DISTRICT #40

Continuing Education



**FALL
2010**

Registration starts Wednesday, Sept. 8th 2010

Call 604-517-6345 or

Register Online: www.ce40.ca

ACADEMIC OPTIONS FOR ADULTS

- Register in Person Only -

Please bring proof of Canadian and B.C. Residency and current Transcript.

- Upgrade your English skills (Adult Foundations)
- Complete your grade 12
- Prepare yourself for post-secondary training

Pearson

Adult Learning Centre

835 8th Street
New Westminster, BC
New Westminster Secondary
Portable Complex on 10th Avenue
Phone: 604-517-6286
Fax: 604-517-6294

Continuous Weekly Fall Registration

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

Fall Hours

Monday to Thursday
8:30 a.m. to 9:30 p.m.
Friday
8:30 a.m. to 4:00 p.m.

Fall Registration

Wednesday September 8th
and
Thursday September 9th
starting at
9:30 a.m., 1:00 p.m., 4:00 p.m.
or 7:00 p.m.

**Portable Complex – Room 2
On 10th Avenue**

Visit our website or phone
604-517-6286

Check us out!
<http://www.palc.net>

Columbia Square

Adult Learning Centre

1001 Columbia Street
New Westminster, BC
Phone: 604-517-6191
Fax: 604-517-6169

Continuous Fall Registration at Columbia Square

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

Fall Hours

Monday to Thursday
9:00 a.m. to 9:00 p.m.
Friday
9:00 a.m. to 3:00 p.m.

Fall Orientation Sessions 1:00 pm or 7:00 pm

Wednesday September 8th
Thursday September 9th
Friday, September 10th * 1:00 pm only
Monday, September 13th
Tuesday, September 14th
Wednesday, September 15th

For the most up-to-date information on:

- ◆ classroom and online courses
- ◆ hours of operation

Visit our website or phone
604-517-6191

Check us out!
<http://www.virtualschoolbc.com>

 **All courses tuition - FREE - for B.C. residents.**

ACCESS NEW WESTMINSTER

*Do you need a school that's open when you're ready to study?
We're always open! Take high school credit courses on-line.*

Achieve your educational goals

- ✓ Complete Grade 10,11 and 12 courses
- ✓ Upgrade your English, Math, Social Studies and Science
- ✓ Open to High School students and adults
- ✓ Finish High School.....Tuition – FREE

Year Round!

GRADE 10

- ◆ ENGLISH 10
- ◆ INFORMATION TECHNOLOGY 10
- ◆ Pre-Apprenticeship & Workplace MATH 10
- ◆ Foundations & Pre-Calculus MATH 10
- ◆ PLANNING 10
- ◆ SCIENCE 10
- ◆ SOCIAL STUDIES 10

GRADE 11

- ◆ BIOLOGY 11
- ◆ CHEMISTRY 11
- ◆ ENGLISH 11
- ◆ MATH 11 ESSENTIALS
- ◆ MATH 11 PRINCIPLES
- ◆ PHYSICS 11
- ◆ SCIENCE & TECHNOLOGY 11
- ◆ SOCIAL STUDIES 11

GRADE 12

- ◆ BIOLOGY 12
- ◆ CHEMISTRY 12
- ◆ COMMUNICATIONS 12
- ◆ ENGLISH 12
- ◆ FAMILY STUDIES 12
- ◆ FIRST NATIONS STUDIES 12
- ◆ HISTORY 12
- ◆ LAW 12
- ◆ MATH 12 PRINCIPLES
- ◆ PHYSICS 12

To find out more call us at 604-517-6191 or visit us online at: www.virtualschoolbc.com for adults or www.nwvss.ca for students under 19

All courses tuition – FREE for B.C. residents.

HOME LEARNERS PROGRAM

Looking to play an active, hands-on role in your child's education?

Ever thought of Home Schooling but not sure how?

Why not investigate your options with the School District #40 Home Learners Program

Campuses in:

New Westminster call: 604-517-5917

Bowen Island call: 604-947-0700

Please call 604-517-5917 or visit www.sd40.bc.ca/nwhl for more information

URBAN FIRST NATIONS LEARNING SUPPORT CENTRE

A supportive environment for First Nations, Metis and Inuit adults taking high school completion courses at Columbia Square.

1001 Columbia Street
New Westminster BC

604-517-6191

ACADEMIC CREDIT COURSES

➔ For Information / Registration call 604-517-6286 or online www.ce40.ca

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

COURSE NAME	COURSE#	DAYS	TIME	DATES 10/11	LOCATIONS
Accounting 11	C01S-2	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
	P01S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P02S-2	Tue & Thurs	12:00 - 2:30 PM	Sep 14 – Jan 20	Pearson ALC - NWSS
Accounting 12	P02S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Biology 11	D07V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P07S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Biology 12	BC14-2	Mon & Wed	6:45 - 9:30 PM	Sep 13 – Jan 19	New West Secondary
	BC12-2	Tue & Thurs	6:45 - 9:30 PM	Sep 14 – Jan 20	New West Secondary
	P081-2	Mon & Wed	9:00 AM -11:30 AM	Sep 13 – Jan 19	Pearson ALC - NWSS
	D08V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Business Computer Applications 11	C103-2	Mon/Tue/Thurs	2:45 - 4:30 PM	Sep 20 – Jan 20	ALC Columbia Square
	C10S-2	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
Calculus 12	P12S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Chemistry 11	BC21-2	Tue & Thurs	6:45 - 9:15 PM	Sep 14 – Jan 20	New West Secondary
	D15V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P15S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P153-2	Tue & Thurs	3:45 – 6:15 PM	Sep 14 – Jan 20	Pearson ALC - NWSS
Chemistry 12	BC22-2	Mon & Wed	6:45 - 9:30 PM	Sep 13 – Jan 19	New West Secondary
	D16V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P16S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Civics 11	P902-2	Mon & Wed	12:00 - 2:30 PM	Sep 13 – Jan 19	Pearson ALC - NWSS
	C902-2	Mon to Thurs	12:00 - 2:30 PM	Nov 15 – Jan 24	ALC Columbia Square
Communications 11	BC01-2	Tue & Thurs	6:30 – 9:00 PM	Sep 14 – Jan 20	New West Secondary
	C212-2	Tue/Thurs/Fri	12:30 – 3:00 PM	Sep 21 – Jan 21	ALC Columbia Square
Communications 12	BC02-2	Mon & Wed	6:30 - 9:15 PM	Sep 13 – Jan 19	New West Secondary
	C221-2	Mon/Wed/Fri	9:30 AM -12:00	Sep 20 – Dec 17	ALC Columbia Square
	P221-2	Tue & Thurs	9:00 AM -11:30 AM	Sep 14 – Jan 20	Pearson ALC - NWSS
	P224-2	Mon & Tues	6:30 - 9:00 PM	Sep 13 – Jan 18	Pearson ALC - NWSS
	D22V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P22S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Data Management 12	C253-2	Mon/Tues/Thur	2:45 – 4:30 PM	Sep 20 – Jan 20	ALC Columbia Square
	C25S-2	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
	P252-2	Mon to Fri	12:00 - 2:30 PM	Sep 13 – Jan 17	Pearson ALC - NWSS
Drama 12 (FILM/TELEVISION)	C492-2	Mon to Thurs	12:00 - 2:45 PM	Sep 15 – Nov 10	ALC Columbia Square
English/Math/ Social Studies Science Upgrading	P11	Mon to Fri	9:00 AM -11:30 AM	Sep 13 – Jan 20	Pearson ALC - NWSS
	P11	Mon to Fri	12:00 - 2:30 PM	Sep 13 – Jan 20	Pearson ALC - NWSS
	P11	Mon to Thurs	6:30 - 9:00 PM	Sep 13 – Jan 20	Pearson ALC - NWSS
	CE1-7	Mon to Thurs	9:00 - 11:30 AM	Sep 15 – Jan 24	ALC Columbia Square
	CE1-7	Mon to Thurs	12:00 - 2:30 PM	Sep 15 – Jan 24	ALC Columbia Square
	CE1-7	Mon to Thurs	6:30 - 9:00 PM	Sep 15 – Jan 24	ALC Columbia Square
English 10	D35V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P35S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P351-2	Tue & Thurs	9:00 - 11:30 AM	Sep 14 – Jan 20	Pearson ALC - NWSS
	P354-2	Mon & Wed	6:30 - 9:00 PM	Sep 13 – Jan 19	Pearson ALC - NWSS
English 11	BC44-2	Mon & Wed	6:45 - 9:15 PM	Sep 13 – Jan 19	New West Secondary
	BC41-2	Tue & Thurs	6:45 - 9:15 PM	Sep 14 – Jan 20	New West Secondary
	P372-2	Wed & Fri	12:00 - 2:30 PM	Sep 15 – Jan 19	Pearson ALC - NWSS
	C372-2	Mon & Wed	12:30 - 3:00 PM	Sep 20 – Jan 19	ALC Columbia Square
	D37V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
English 12	BC47-2	Mon & Wed	6:45 - 9:30 PM	Sep 13 – Jan 19	New West Secondary
	BC42-2	Tue & Thurs	6:45 - 9:30 PM	Sep 14 – Jan 20	New West Secondary
	BC45-2	Mon & Wed	6:15 - 9:00 PM	Sep 13 – Jan 19	New West Secondary
	P391-2	Wed & Fri	9:00 AM -11:30 AM	Sep 15 – Jan 19	Pearson ALC - NWSS
	P39S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D39V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	C391-2	Mon/Wed/Fri	9:00 AM -11:30 AM	Sep 20 – Jan 21	ALC Columbia Square
Family Studies 12	P43S-2	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D43V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual

ACADEMIC CLASSROOM CREDIT COURSES

First Nations Studies 12	D40V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
History 12	D51V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Info Tech 10	D13V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Law 12	D54V-1 P543-2	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	ALC Columbia Square Pearson ALC - NWSS	Virtual
Math 10 Foundations and Pre-Calculus Math 10	D62V-1 P62S-2 P622-2	Available Mon to Fri Tue & Thurs	24/7 Online 8:30 AM – 9:30 PM 12:00 - 2:30 PM	Continuous Intake Continuous Intake Sep 14 – Jan 20	ALC Columbia Square Pearson ALC - NWSS Pearson ALC - NWSS	Virtual
Math 10 Pre-Apprenticeship & Workplace Math 10	D61V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Math 11 (Essentials)	P65S-2 D65V-1	Mon to Fri Available	8:30 AM – 8:30 M 24/7 Online	Continuous Intake Continuous Intake	Pearson ALC - NWSS ALC Columbia Square	Virtual
Math 11 (Principles) Graphing calculator required for Math 10 , Math 11, Math 12 Principles	BC51-2 BC55-2 D66V-1 D66V-1 P66S-2 P663-2	Mon & Wed Tue & Thurs Mon/Tue/Thurs Available Mon to Fri Mon & Wed	6:45 - 9:15 PM 6:45 - 9:15 PM 1:00 - 3:00 PM 24/7 Online 8:30 AM – 9:30 PM 2:30 - 5:00 PM	Sep 13 – Jan 19 Sep 14 – Jan 20 Sep 20 – Jan 20 Continuous Intake Continuous Intake Sep 13 – Jan 19	New West Secondary New West Secondary Columbia Square Columbia Square Pearson ALC - NWSS Pearson ALC - NWSS	Virtual
Math 12 (Principles) Graphing calculator required	BC52-2 BC56-2 D70V-1 P70S-2	Mon & Wed Tue & Thurs Available Mon to Fri	6:45 - 9:30 PM 6:45 - 9:30 PM 24/7 Online 8:30 AM – 9:30 PM	Sep 13 – Jan 19 Sep 14 – Jan 20 Continuous Intake Continuous Intake	New West Secondary New West Secondary ALC Columbia Square Pearson ALC - NWSS	Virtual
Physics 11	BC31-2 D80V-1 P80S-2	Tue & Thurs Available Mon to Fri	6:45 - 9:15 PM 24/7 Online 8:30 AM – 9:30 PM	Sep 14 – Jan 20 Continuous Intake Continuous Intake	New West Secondary ALC Columbia Square Pearson ALC - NWSS	Virtual
Physics 12	BC32-2 D81V-1	Mon & Wed Available	6:45 - 9:30 PM 24/7 Online	Sep 13 – Jan 19 Continuous Intake	New West Secondary ALC Columbia Square	Virtual
Planning 10	D03V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Science 10	D88V-1 P882-2 P884-2	Available Thur & Fri Tue & Thurs	24/7 Online 12:00 - 2:30 PM 6:30 - 9:00 PM	Continuous Intake Sep 16 – Jan 20 Sep 14 – Jan 20	ALC Columbia Square Pearson ALC - NWSS Pearson ALC - NWSS	Virtual
Science & Technology 11	D89V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Social Studies 10	D74V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Social Studies 11	D91V-1 P91S-2	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	ALC Columbia Square Pearson ALC - NWSS	Virtual
Writing 12	P933-2 C932-2 C93S-2	Thursdays Fridays Mon to Fri	2:30 - 5:00 PM 12:00 - 2:30 PM 9:00 AM – 9:00 PM	Sep 15 – June 16 Sep 17 – June 17 Continuous Intake	Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square	Self-paced

REGISTRATION INFORMATION:

- ▶ **To Register for BC 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 C and P courses** please refer to page 2 Adult Learning Centres.
- ▶ **To Register for D (virtual or on-line) courses** please refer to page 3 for registration info.

CREDIT 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.
- Students must be born before July 1st 1994.
- 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 course.
- CANCELLATION FEE: \$50 will be charged on any cancellation.
Cancellation for Visa students - 20% of course fee will be charged on cancellation.
Visa 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 courses.
Pay by
Cash,
Interac,
Visa or
Mastercard only**

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
- ◆ Online courses offered
- ◆ 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 2010-2011 will be accepted starting **Tuesday, August 24th, 2010** between the hours of
9:00 a.m. and 12 NOON and daily thereafter from 9:00 a.m. – 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.



School opens at 8:00 a.m. on Tuesday, September 7th 2010.

Students will attend grade assemblies in the Massey Theatre at the time indicated below:

8:30 a.m. Grade 12 Assembly 9:30 a.m. Grade 11 Assembly
10:15 a.m. Grade 10 Assembly 11:00 a.m. Grade 9 Assembly 11:45 a.m. Grade 8 Assembly

Students will be in attendance on September 7th for grade assemblies only.

Wednesday, September 8th, 2010 is a full regular day of instruction.

ART

Art students please wear old clothes or painting smock.

INTRODUCTION TO ACRYLICS

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, 18x24, 16x20 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 matte or both (sm. jar), modeling paste (sm. jar).

#AP14 8 Tuesdays starting Sep. 28
7:00pm-9:00pm ROOM 210
SHELLEY ROTHENBURGER \$128

PORTRAIT DRAWING

Have fun drawing a friend or family member in class while learning 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 aid in creating a likeness and expression. An appreciative tip for the model will be suggested after each class. Supplies needed for class: •White cartridge drawing paper pad 18x20 Conte: black •Vine Charcoal •Workable fixative •Graphite Pencils: 2B 3B •Kneadable Eraser •Clips •Portfolio or cardboard folder at least 18x20 •Drawing board

#AP13 5 Thursdays starting Sept. 30
7:00pm-9:00pm ROOM 209
SHELLEY ROTHENBURGER \$83

PORTRAIT DRAWING: CONTINUATION

NEW!

This course is a continuation of Portrait Drawing that will include a more intensive focus on composition, expression and creating a likeness. No class November 11.

#AP31 5 Thursdays starting Nov. 4
7:00pm-9:00pm ROOM 209
SHELLEY ROTHENBURGER \$83

DRAWING WITH CHARCOAL

Learn the basic elements of drawing with the oldest medium -- charcoal. Students will explore line, tone, texture and composition, drawing interesting still-lives with a variety of charcoal mediums.

#AP76 3 Wednesdays starting Oct. 6
7:00pm-9:00pm ROOM 118
SHELLEY ROTHENBURGER \$62

DRAWING & SKETCHING: Level 1

Drawing reduced to its basic elements of line and shape. Build on techniques from there, and you too can learn to draw. Bring pencil and standard white paper (8 1/2 x 11) to your first class.

#AP35 6 Mondays starting Sept. 27
7:00pm-9:00pm ROOM 172
SUE DYER \$50

COLLAGE/MIX MEDIA ART

Get in touch with your creative side with this abstraction and collage painting class. Using acrylic, gel mediums and collage items brought from home, students will explore composition, colour mixing, paint application and textured surfaces with collage techniques on canvas.

Ask for supply list when registering.

Please bring a bag lunch.

#AP18 1 Saturday starting Oct. 16
9:00am-3:30pm ROOM 210
SHELLEY ROTHENBURGER \$62

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. Please bring: 1 sheet (22"x30") 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 (15mL. tube "Daler Rouney"), mixing tray (accommodating about 10-20 fairly deep spaces - white plastic ice cube tray may be substituted), two 15-25 oz. plastic cups - a 750mL. yogurt or cottage cheese container works well, one old toothbrush, small plastic squeeze bottle or ear syringe, 1" tape (recommend Painter's Mate delicate tape, #152), X-acto knife with #11 blade, HB pencil and good eraser. Note - Watercolour paper is to be cut into 9 pieces about 7"x10", one of which is to be cut into about 1" strips for colour testing. Paint, paper, brushes and plastic bottle can be purchased at first class.

#AP87 8 Wednesdays starting Oct. 20
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$139

PAINTING WORKSHOP: GETTING STARTED

NEW!

This "non-painting" workshop is directed at all painters of any medium having difficulty with line drawing and composition. Using a variety of supplied photographs you will come to understand what elements to edit out, rearrange or add to arrive at a winning composition. Bring in some of your own samples if you wish and discover how to make them work better for you. No prerequisites.

#AP51 1 Thursday starting Nov. 25
6:45pm-9:45pm ROOM 210
FRANK TOWNSLEY \$27

WATERCOLOUR WORKSHOP: AUTUMN LANDSCAPE

NEW!

Ever wondered how to capture those wonderful Fall colours in watercolour? Share in Frank's favourite season with countryside images of maples that will astound you. No prerequisites.

All supplies are included.

#AP42 2 Tuesdays starting Nov. 16
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$42

WATERCOLOUR WORKSHOP: BARN

NEW!

There is always something rustic and melancholy about the rural countryside, and this is no better depicted than in an image of an old barn or farmhouse. Bring your own snapshot or use one of several images supplied. No prerequisites.

All supplies are included.

#AP46 2 Tuesdays starting Nov. 30
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$42

OIL PAINTING: TRADITIONAL LANDSCAPE

No experience necessary! Paint a colourful landscape in oil glazes. Bring your brushes from Darla's previous classes (large 1" landscape, 1" flat, 1/2" flat, 1" foam, fan, liner, palette knife) and canvas (16x20) or bring \$25 for brushes and \$7.50 for canvas (cash only). Paint must be purchased in class for \$6 (cash only).

#AP02 1 Wednesday starting Oct. 27
7:00pm-10:00pm ROOM 210
DARLA ZARY \$34

more Art classes.....

ART / PHOTOGRAPHY

Art students please wear old clothes or painting smock.

OIL PAINTING: HYDRANGEAS

No experience necessary! With step-by-step instruction amaze yourself and your friends! Bring your own soft artist brushes (1" flat, 1/2" filbert, 1/2" flat, liner, palette knife) and stretched canvas from Michaels or Opus (16x20) or bring \$25 for brushes and \$7.50 for canvas (cash only). Paint must be purchased in class for \$10 (cash only). This class is one of the prerequisite choices for Darla's Red Poppies, Firebird Tulips and Sunflowers.

#AP09 1 Wednesday starting Sep. 29
7:00pm-10:00pm ROOM 210
DARLA ZARY \$34

OIL PAINTING: LILACS & DAISIES

NEW! No experience necessary! With step-by-step instruction you will create this stunning, soft painting of lilacs and daisies. Bring your brushes from Darla's previous classes (1" flat, 1/2" filbert, 1/2" flat, liner, palette knife) and stretched canvas from Michaels or Opus (16x20) or bring \$25 for brushes and \$7.50 for canvas (cash only). Paint must be purchased in class for \$10 (cash only). This class is one of the prerequisite choices for Red Poppies, Sunflowers and Firebird Tulips classes.

#AP86 1 Wednesday starting Oct. 6
7:00pm-10:00pm ROOM 210
DARLA ZARY \$34

OIL PAINTING: SUNFLOWERS

Absolutely stunning! This is a favourite. Prerequisites are Lilacs & Daisies or Hydrangeas - no exceptions. Bring your brushes from Darla's previous classes and canvas (16x20) or bring \$7.50 for canvas (cash only). Paint must be purchased in class for \$14. This class is a prerequisite for Red Poppies and Firebird Tulips.

#AP71 1 Wednesday starting Oct. 20
7:00pm-10:00pm ROOM 210
DARLA ZARY \$34

OIL PAINTING: FIREBIRD TULIPS

A more advanced painting of gorgeous parrot tulips. Definitely worth the challenge. Students must have taken Lilacs & Daisies, Hydrangeas, Sunflowers or Red Poppies to take this class. Bring your brushes from Darla's previous classes and canvas (16x20) or bring \$7.50 for canvas (cash only). Paint must be purchased in class for \$12 (cash only).

#AP70 1 Wednesday starting Nov. 10
7:00pm-10:00pm ROOM 210
DARLA ZARY \$34

OIL PAINTING:

CONTEMPORARY LANDSCAPE

No experience necessary! Paint a colourful landscape in oil glazes. Bring your brushes from Darla's previous classes (1" foam, 1" flat, liner, fan, palette knife) and stretched canvas from Michaels (16x20) or bring \$25 for brushes and \$7.50 for canvas (cash only). Paint must be purchased in class for \$6 (cash only).

#AP03 1 Wednesday starting Oct. 13
7:00pm-10:00pm ROOM 210
DARLA ZARY \$34

OIL PAINTING: RED POPPIES

HOT HOT HOT! Bring your brushes from Darla's previous classes (1" flat, 1/2" flat, 1/2" filbert, liner, palette knife) and canvas (16x20) or \$7.50 for canvas (cash only). Paint must be purchased in class for \$14 (cash only). Prerequisite: Sunflowers, Hydrangeas and/or Lilacs & Daisies.

#AP38 1 Wednesday starting Nov. 3
7:00pm-10:00pm ROOM 210
DARLA ZARY \$34

DESIGNER UMBRELLA

You'll turn heads and be the talk of the town when you leave class with your "designer umbrella" that you have painted and embellished using block painting techniques. No previous painting experience is necessary. Please bring to class a blow dryer and any paint brushes you have on hand. All other supplies will be provided in class.

#CR11 1 Tuesday starting Nov. 9
7:00pm-10:00pm ROOM 172
CINDY ROWELL \$52

PENCIL CRAYONS:

BEGINNER'S EXPERIENCE

A beginner's course, no experience necessary. Pencil crayons are a versatile medium one can work with anywhere and are excellent to introduce yourself to colour. They are very controllable and easy to carry around. Lessons include: layering, hatching, impressed line, shading and form, colour and theory, burnishing, space, depth, composition, etc. Individual attention given. Bring HB pencil, eraser, ruler, set of pencil crayons (approx. 24), 1 sketch book for drawing (approx. 11"x14") and a supply of scrap paper. No class October 11.

#AP33 8 Mondays starting Sep. 27
7:00pm-9:00pm ROOM 161
MIMI KEMBALL \$102

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 approx. 6" 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 provided. A supply fee of \$10 (cash only) is payable to the instructor the first night of class.

#AP72 6 Tuesdays starting Sept. 28
7:00pm-8:30pm ROOM 154
MARK GAUTHIER \$80

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 discussed & 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 and supplies will be available during the first class. No class November 11th.

#AP74 8 Thursdays starting Sept 30
7:00pm-9:00pm ROOM 154
MARK GAUTHIER \$123

INTRO TO DIGITAL PHOTOGRAPHY

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

#PH22 1 Saturday starting Oct. 16
9:30am-12:30pm ROOM 161
STEVE SENDECKI \$48

READY, AIM, SHOOT

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.

(2 weekend fieldtrips TBA)
#PH84 6 Tuesdays starting Oct. 19
6:45pm-9:45pm ROOM 261
FRANK TOWNSLEY \$98

BUSINESS / VOCATIONAL

RECRUITING & SELECTING EMPLOYEES

You will learn how to prepare job descriptions and form behavioral questions, setting the stage for conducting interviews, legalities and how to select employees. There will be an opportunity to practice what you have learned and to ask questions. Those wanting practical information, such as managers and business owners, should take the class. Please bring pen and paper to classes. Dalton Grady, MBA, CHRP (Certified Human Resources Professional) has over 15 years experience as a human resource management consultant for a variety of industries.

#BV78 2 Thursdays starting Nov. 25
6:30pm-9:30pm ROOM 225
DALTON GRADY \$68

ACCOUNTING & BOOKKEEPING

This could be the most important business course for the small- and medium-sized business. Understand basic accounting and the rules of accounting. Know how to record financial transactions and how to prepare the financial statements. The recording process starts with simple recording to preparation of the financial statements. This course will also cover recording on the journal, the ledgers, the preparation of the trial balance and the worksheet. This course will show you the process of the full accounting cycle. Handouts included in course fee. Bring a binder and calculator.

#BV68 9 Tuesdays starting Sept. 28
7:00pm-9:30pm ROOM 263
NEDILA YU \$165

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. No class November 11.

#BV34 7 Thursdays starting Sept 30
7:00pm-9:30pm ROOM 263
NEDILA YU \$129

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, or 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 19 years old and have strong English skills. Monday – Thursday for 5 weeks.

#BV44 Mon – Thurs starting Sept. 27
6:00pm-10:00pm ROOM 176
BARRY DALLAS \$340

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 and insurance & bonding requirements. Students will learn up-to-date techniques in designing their own marketing material and learning what customers look for when hiring a cleaning service. (4 sessions)
Course manual included.

#BV45 Mon -Thurs starting Nov. 1-4
6:30pm-9:30pm ROOM 176
BARRY DALLAS \$150

HOW TO START A SMALL BUSINESS

Got a dream? Want to break away from the employee rut? Learn how to start your own business. 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 you to venture out on your own. If you have a business plan started or just a great idea, bring it along with you.

#BV07 1 Saturday starting Oct. 16
9:00am-1:00pm ROOM 227
ANITA SMITH \$50

HOW TO APPRAISE YOUR HOME **NEW!**

What is a Real Estate Appraisal?

Who does Real Estate Appraisals?

When is a Real Estate Appraisal required?

Where can you find an accurate Appraisal?

This seminar could well save you money. Join Chris Dumfries, a retired AACI, and learn how you can research many of the appraisal components yourself. This short seminar-type course is not based on a textbook. It is written in plain English, and is meant for the homeowner, the small business owner and the small investor. It is for people who deal with real estate issues in their professional life: brokers, real estate managers, lawyers and all those who have become frustrated with the jargon that some appraisers use.

#BV82 3 Tuesdays starting Oct. 12
7:00pm-9:00pm ROOM 225
CHRIS DUMFRIES \$48

BUYING A FRANCHISE **NEW!**

If you're thinking about a buying a franchise, this course is for you. Buying a franchise can be tricky because you are dealing with emotions and in the excitement, it can be very easy to be pressured into signing an agreement you may not understand. Some of the topics we will cover include: basic terminology, understanding the Franchise Agreement, determining the true start-up and ongoing costs, breakeven analysis and how to assess the odds of success or failure of the franchise you want to buy.

#BV86 4 Mondays starting Oct. 18
7:00pm-9:00pm ROOM 133B
DAN RUIIMY \$59

WRITING REPORTS & PROPOSALS **NEW!**

You write to explain things, to smooth relationships and to convince others of the value of some course of action. Your writing must be clear, concise, complete, and correct. It must also convey your message in a courteous tone. This course will help you to identify the range of this kind of writing, the forms it takes, and the persuasive techniques it requires. You will learn the value of good written communications and how to prepare reports and proposals that inform, persuade, and provide information.

#BW72 2 Tuesdays starting Oct. 19
7:00pm-9:00pm ROOM 133B
DAN RUIIMY \$39

BUSINESS / VOCATIONAL

BULLYING IN THE WORKPLACE **NEW!**

Let's recognize it! What is the difference between difficult behavior and bullying? Learn how to identify it, call it by confronting it and take care of it yourself by handling the matter assertively and strategically.

#BV92 1 Thursday starting Sept 30
7:00pm-9:30pm ROOM 164
JANYSE HRYNKOW, MA \$42

ARE YOU SUFFERING FROM BURNOUT? **NEW!**

Symptoms of burnout and fatigue occur as a result of continual and unrelenting stress. If this class caught your eye, then you know it is time to take action that feeds you instead of depleting you. Burnout prevention and recovery involves making meaningful changes in a supportive environment. Join us in learning to make changes that aren't just more things to add to your to-do list but are changes that keep you on a path of doing your life and your work well.

#PE92 2 Wednesdays starting Oct. 6
7:00pm-9:00pm ROOM 223
JUDI CLARK M.Ed,PCC \$51

RESOURCEFUL YOU! **NEW!**

Join us for a fun series of exercises intended to put you in touch with all that you have to offer. Experiment with different forms of written and artistic expression and see that creativity is an approach to life not a learned skill. In a positive, motivating group environment dare to say No to perfectionism and instead, embrace what inspires you. Learn to take small steps to get in touch with a fully satisfying way of life instead of the old patterns that imprison.

#PE95 6 Wednesdays starting Oct. 20
7:00pm-9:00pm ROOM 223
JUDI CLARK M.Ed,PCC \$83

MANAGING DIFFICULT PEOPLE

This course focuses on how to handle difficult employees, supervisors and customers. Strategies and techniques discussed can be used for professional and personal application. A great course for anyone dealing directly with others or involved in conflict situations.

#BV14 2 Tuesdays starting Oct. 5
6:30pm-9:30pm ROOM 227
ANGELA SEALY \$49

LEADERSHIP DEVELOPMENT

A great leader must be dedicated and committed to their organization or team in order to ensure success. There are many requirements of an ideal leader and this course will give you a balanced approach to those requirements. Strategize and map a plan for you and your team, learn better communication skills and conflict resolution strategies, how to reward employees and give motivating appraisals and how to effectively delegate tasks.

#BV80 2 Thursdays starting Oct. 28
7:00pm-9:30pm ROOM 112
JANYSE HRYNKOW, MA \$59

MOTIVATION

Understand motivation and identify the factors which motivate people at work, and apply them to yourself and your team in the workplace. Students will explore how to understand motivation and gain knowledge about the characteristics of goal setting and discipline in the achievement of success.

#BV95 2 Wednesdays starting Oct. 13
7:00pm-9:00pm ROOM 227
ANITA SMITH \$59

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.

#BV13 2 Wednesdays starting Oct. 6
6:30pm-9:30pm ROOM 160C
ANGELA SEALY \$49

PRESENTING WITH CONFIDENCE & STYLE

Join Anita and learn how to command the audience's attention by creating a powerful presentation. Develop and deliver presentations that exude confidence, credibility and integrity. We will learn about the parts of a presentation and script-outlines and practice each area.

#BV41 2 Wednesdays starting Sept 29
7:00pm-9:00pm ROOM 227
ANITA SMITH \$40

BOOST YOUR COMMUNICATION SKILLS

Communication skills are some of the most important skills that we need to succeed in life. We talk to people face to face and we listen when people talk to us. We write emails and reports, and we read the documents that are sent to us. Communication, therefore, is a process that involves at least two people and we all recognize when the process is not working. Participants will discuss strategies to handle these situations and explore some preventative measures.

#BV27 2 Thursdays starting Oct. 7
6:30pm-9:30pm ROOM 261
ANGELA SEALY \$49

TAKING THE FEAR OUT OF PUBLIC SPEAKING

Expressing yourself well positively impacts career success. Improve your credibility and confidence in job interviews, presentations, business meetings, negotiations and conversations. Participate and interact in a fun learning environment based on the proven techniques of Toastmasters International. You will be able to communicate with confidence and poise by the end of this course

#BV65 8 Thursdays starting Sept 30
7:00pm-9:00pm ROOM 123
LYDIA BURCHELL/DAVID HASTINGS \$69

TAKING THE FEAR OUT OF PUBLIC SPEAKING: **NEW!**CONTINUATION

Part Two of the popular "Taking the Fear out of Public Speaking" basic course. Communication skills are like muscles - use them or lose them. If you have taken the basic course or believe you are ready to move to the next level with your communicating skills then this is the class for you. You will be instructed in how to persuade, to inspire and to motivate. You will be guided through the principles of speaking with humour, giving a toast or just speaking for fun. At the end of this eight-week course, you will be transformed. Your instructor is Tom Jones, Distinguished Toastmaster and business management consultant.

No class November 11.
#BV66 8 Thursdays starting Sept 30
7:00pm-9:00pm ROOM 127
TOM JONES \$70

BUSINESS / VOCATIONAL

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. Engage in discussion with handouts on how you might increase your self-esteem.

#BV19 2 Tuesdays starting Oct. 26
6:30pm-9:30pm ROOM 163
ANGELA SEALY \$52

CONFLICT RESOLUTION

Conflict is everywhere -- in the office, in the home and on the streets. Some of us avoid it and most of us try to handle it but wouldn't you like some ideas on how to handle it better. If this is you, may we invite you come explore, discuss and share ideas on how to not only resolve conflict but transform it. Through exercises and examples and a toolkit you will be able to apply your new skills in most conflict situations.

#BV15 2 Wednesdays starting Oct. 6
6:30pm-9:30pm ROOM 164
ANGELA SEALY \$49

CONTROL YOUR EMOTIONS

This course will help you stay calm, productive, powerful and effective in any given situation, especially in the workplace. Learn to respond with a level head, THINK before you get upset with tears, lose your temper and say things you shouldn't. Learn to improve yourself, your self-control and approach conflict positively. Janyse will show you the tools you need to improve your relationships at home or at work.

#BV91 1 Thursday starting Nov. 18
7:00pm-9:30pm ROOM 164
JANYSE HRYNKOW, MA \$42

ANGER MANAGEMENT

Anger is a natural part of our emotional responses and it is important that we pay attention to it. How we recognize our anger and what we do with it influences the outcome and changes patterns of intimate relationships with ourselves and others.

#BV05 2 Tuesdays starting Nov. 2
6:30pm-9:30pm ROOM 164
ANGELA SEALY \$49

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! Will benefit students of all abilities in Grades 4-12.

#BV90 1 Wednesday starting Oct. 6
7:00pm-8:30pm SCHOOL LIBRARY
TERRY SMALL \$42

TRIPLE YOUR READING SPEED

Do you have enough time to read? Have you ever reached the bottom of the page and asked yourself, "What did I just read?" Chances are, you are reading far below your capabilities. Whether you are a student, business person or recreational reader, you can quickly, easily and dramatically improve your level of performance and enjoyment in this vital area. In addition, vocabulary enrichment will be stressed.

#BV73 1 Thursday starting Nov. 4
7:00pm-10:00pm SCHOOL LIBRARY
TERRY SMALL \$42

ETIQUETTE CLASS FOR PRE-TEENS & TEENS (11-17 YRS)

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. Topics including first impressions, body language, conversation and listening skills and table etiquette are put into practice.

#BV12 1 Wednesday starting Oct. 20
7:00pm-9:00pm ROOM 148
ANN ELIZABETH BURNETT \$27

MODERN BUSINESS & SOCIAL ETIQUETTE

Does the very thought of a business or social event put you on edge? Although formal etiquette may appear to have lost favour in today's casual business environment, the teamwork, cooperation and marketing so prized by the corporate world depends on people with great social skills.

#BV83 1 Wednesday starting Oct. 13
7:00pm-9:00pm ROOM 123
ANN ELIZABETH BURNETT \$27

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 two 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 in work, school and relationships. Your brain is the supercomputer that runs your life. This session has two 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.

#BV71 1 Tuesday starting Nov. 30
7:00pm-10:00pm ROOM 163
TERRY SMALL \$42



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 out : www.memory-learning.com.

#BV52 1 Saturday starting Oct. 16
9:00am-12:00pm ROOM 149
GRAHAM BEST \$39

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. Workbook included.

#BV43 1 Saturday starting Oct. 16
12:30pm-3:30pm ROOM 149
GRAHAM BEST \$42

BUSINESS / VOCATIONAL

THE POWER OF JOURNALING: AN ADVENTURE IN SELF-DISCOVERY

Journaling allows us to absorb information more effectively. It also helps us be more focused and creative. This course brings in an additional element by using images with words to bring balance to your right and left brain thinking. Course Objectives: Understand WHY journaling works, explore the power of different journaling tools, experience new ways of thinking, provide a journaling strategy. Diane has been journaling for over 30 years and developed and created Sketchajournals for the right/left brain thinker.

SketchaJournal included with fee.

#PE41 1 Tuesday starting Oct. 19

6:30pm-9:30pm ROOM 149

DIANE DOYLE \$42

DISCOVER YOUR LIFE PURPOSE THROUGH JOURNALING

Do you know why you are here? Each of us has two unique life purposes. Delight in exploring your personal mission at this life purpose workshop. Align with your life purpose and you'll find your passion and personal power. Watch your energy, health and peace of mind improve. Course objectives: develop life purpose ideas from various approaches, learn about levels of life purpose, create a life purpose statement and provide a relaxing and reflective environment for exploring. SketchaJournal included in fee.

#PE43 1 Tuesday starting Oct. 26

6:30pm-9:30pm ROOM 164

DIANE DOYLE \$42

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.

#BW31 2 Mondays starting Nov. 15

7:00pm-9:00pm ROOM 227

ANITA SMITH \$41

WRITING FOR CHILDREN

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

#BW21 2 Wednesdays starting Oct. 27

7:00pm-9:00pm ROOM 127

ANITA SMITH \$41

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 to get started or to work through writing blocks. All genres of fiction, non-fiction and journal/memoir writers will benefit. No class October 11.

#BW10 6 Mondays starting Sept 27

7:00pm-9:00pm ROOM 227

ANITA SMITH \$81

THE SCIENCE OF GETTING RICH

In this fun and enlightening class you'll discover a science that has helped thousands of people become rich. Whether you just want to make more money or are someone who is struggling to get by each month this course is for you. There are certain laws that govern wealth and anyone can learn them. Find out what may be holding you back from true prosperity. This course could be the financial turning point in the life you've been looking for. Taught by millionaire entrepreneur and Amazon Best Selling Author of: "101 Reasons Why You Must Write A Book", Bob Burnham.

#BV58 1 Tuesday starting Nov. 9

6:30pm-9:30pm ROOM 148

BOB BURNHAM \$47

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 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.

#BW41 1 Wednesday starting Nov. 10

6:30pm-9:30pm ROOM 163

BOB BURNHAM \$47

TUTORS, INC

In this workshop you will learn how to start and successfully run your ESL tutoring business. You will learn the basics of what makes you a successful ESL tutor and entrepreneur. Topics include: marketing your service, teaching methods, setting your prices, lesson plans, resources, motivating your students, adding value to your service, common mistakes and problems, challenging your students, time-management and many more.

Students please bring a bag lunch.

#BV87 1 Saturday starting Oct. 16

9:00am-3:30pm ROOM 160C

TEDDY PARVANOVA \$52

MARKETING FOR TUTORS NEW!

In this workshop you will learn in detail how to plan, produce and distribute your marketing materials in an effective way. Choose your marketing materials and create your first tutoring service ad, flier, business cards, blog, etc. Learn how to set your prices and use them to offer attractive deals for your potential students.

#BV25 1 Wednesday starting Oct. 20

7:00pm-10:00pm ROOM 160C

TEDDY PARVANOVA \$28

METHODOLOGY FOR TUTORS

Grammar & Writing: Learn how to teach grammar and what it takes to significantly improve your students' grammar.

Speaking & Conversation: Learn methods to effectively correct mistakes during a conversation, how to start a conversation, ask questions to make the conversation flow, and let the student initiate the next one. Reading & Pronunciation: Learn how to effectively teach reading and pronunciation. Learn methodology that will help you improve your students' reading skills and pronunciation as well as techniques for accent reduction.

#BV21 1 Wednesday starting Oct. 27

7:00pm-10:00pm ROOM 160C

TEDDY PARVANOVA \$28

RESOURCES FOR TUTORS NEW!

Find out about valuable resources. Learn how to find ready materials as well as how to create your own. Learn how to search for resources and carefully select the ones that are effective. Discuss materials that fit the format of your tutoring: online, face-to-face or both.

#BV20 1 Wednesday starting Nov. 3

7:00pm-10:00pm ROOM 160C

TEDDY PARVANOVA \$28

COMPUTER TRAINING

COMPUTER KEYBOARDING

Mondays & Wednesdays. 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.. No class October 11.

#CO93 4 Mon & 4 Wed starting Sept 27
7:00pm-9:00pm ROOM 266
WANDA MADOKORO \$74

COMPUTER KEYBOARDING: FAST & ACCURATE

Mondays & Wednesdays 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 skills are recommended before taking this course.

#CO96 4 Mon & 4 Wed starting Nov. 1
7:00pm-9:00pm ROOM 266
WANDA MADOKORO \$74

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 of MS Office - Word and Excel. The emphasis is on developing a level of understanding and comfort. No prerequisite.

#CO81 3 Mondays starting Oct. 18
6:45pm-9:45pm ROOM 255 \$136

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. Prerequisite: basic working knowledge of Windows.

#CO88 2 Mondays starting Sept 27
6:45pm-9:45pm ROOM 257 \$75

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.

#CO62 4 Mondays starting Nov. 15
6:45pm-9:45pm ROOM 257 \$148

EXCEL: LEVEL 1

Learn how to easily manipulate your data and calculate formulas. Enter the data into a spreadsheet, enhance it, print it and create a graph/chart from the data. Prerequisite: knowledge of Windows.

#CO35 4 Tuesdays starting Sept 28
6:45pm-9:45pm ROOM 257 \$148

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

#CO39 4 Tuesdays starting Oct. 26
6:45pm-9:45pm ROOM 257 \$148

EXCEL: FUNCTIONS & FORMULAS

Learn how to create worksheets that update automatically, use cell references, create and/or edit a formula, use a built-in function, use the autoscanner button, use screen tips to enter function arguments, copy formulas to other cells, understand relative and absolute references, create logical (if/then) statements and use column headings in formulas.

Prerequisite: basic Excel capabilities.
#CO33 2 Tuesdays starting Nov. 23
6:45pm-9:45pm ROOM 257 \$75

BUILD A WEBSITE

Wonder how to make money using the internet? This introductory course shows you what it takes to build an e-commerce website on your home PC and how to charge and get paid for products on your website. Get tips on internet marketing, free tools and software and samples to start your first 24/7 online business. Prerequisite: Create Web Pages.

No class November 11. *No refunds.*
#CO22 4 Thursdays starting Oct. 28
6:45pm-9:45pm ROOM 257
SAN CHANG \$209

CREATE WEB PAGES

Learn how to create 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, ActiveX components, Javascripting & Applets, free html editor tools will be provided without needing Dreamweaver or WebExpression.

Prerequisite: Windows XP. *No refunds.*
#CO21 4 Thursdays starting Sept 30
6:45pm-9:45pm ROOM 257
SAN CHANG \$195

PHOTOSHOP & DIGITAL CAMERA

Want to restore old pictures, enhance underexposed or blurry pictures? Learn to use powerful digital image manipulation software that's compatible to Photoshop and FREE! You will learn the basics of digital photography, image correction, enhancement and manipulation to create panorama pictures, remove wrinkles & blemishes, etc. Fun intro to DIY Greeting Cards, Calendars and Photo Albums. Prerequisite: Windows. *No refunds.*

#CO67 4 Mondays starting Oct. 18
6:45pm-9:45pm ROOM 257
SAN CHANG \$209

QUICKBOOKS: LEVEL 1

Easy accounting software to manage your finances? This course teaches you how to configure & enter account types, journal entries, backing up files, generate inventory reports, accounts payable, receivables, invoicing, purchase orders, employee payroll and year end procedures. Prerequisite: basic accounting. *No refunds.*

#CO55 4 Wednesdays starting Sept 29
6:45pm-9:45pm ROOM 257
SAN CHANG \$209

QUICKBOOKS: LEVEL 2

Create and customize QuickBooks reports, export data to Excel, create financial data with graphs, set up and track inventory, manage sales tax, track payroll issues, estimate and progress invoicing with ongoing jobs, invoice for time and mileage tracking, customize layouts for forms and letters. *Free 2010 QuickBooks Premier Student Edition CD (quantity limited).* Prerequisite: QuickBooks 1. *No refunds.*

#CO56 4 Wednesdays starting Oct. 27
6:45pm-9:45pm ROOM 257
SAN CHANG \$209

COOKING CLASSES

FESTIVE FINGER FOODS

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.

#CK66 1 Tuesday starting Oct. 5
7:00pm-10:00pm ROOM 236
CINDY ROWELL \$38

FIRST-CLASS FRENCH **NEW!**

Come and enjoy an evening of fabulous French food. You will be preparing a complete meal featuring Escargot Baked in Herb Garlic Sauce, Fall Greens with Goat Cheese & Dijon Shallot Vinaigrette, Chicken a l'Orange and Warm Cinnamon Spiced Apple Clafoutis. Delicieux!

#CK33 1 Tuesday starting Oct. 19
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

FUNKY CHICKEN

Need some new ideas for preparing your favourite bird? Tonight we will be preparing several dishes designed to add excitement to your family's lunches and dinners.

#CK16 1 Thursday starting Oct. 14
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

LAMB COOKERY

Learn how to purchase lamb and cook it to perfection. We'll be using various cuts to prepare a selection of delicious dishes, including Savory Lamb Stew, Minty Meatballs, Wine Braised Lamb Shanks.

#CK10 1 Tuesday starting Oct. 26
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

MORE GREAT GREEK **NEW!**

Learn how easy it is to make your favourite Greek dishes at home. The menu tonight will include Moussaka, Greek Meatballs with Tzatziki Sauce, Greek Style Rice, Prawns with Feta and more. Come prepared to cook up a Greek feast and bring your appetite.

#CK50 1 Thursday starting Oct. 7
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

INCREDIBLE ITALIAN **NEW!**

Tonight we will prepare a delicious multi-course Italian dinner featuring Crostini with Olivada, Insalada Caprese, Pasta Bolognese & Ricotta Cheesecake.

#CK64 1 Tuesday starting Nov. 9
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

MORE SENSATIONAL SOUPS **NEW!**

Chilly winter nights call for something warm and comforting like a bowl of homemade soup. In tonight's session you will be preparing a selection of new recipes like Thai Style Chicken Soup, Puréed Celery Root & Potato Soup, Classic French Onion Soup, Tuscan White Bean and Bread Soup and more.

#CK51 1 Thursday starting Nov. 18
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

PUFF PASTRY & PHYLLO APPETIZERS

Just in time for the holiday season learn to work with puff and phyllo pastries and create some delicious appetizers like Tiny Roasted Tomato & Onion Tartlets, Palmiers with Honey Mustard, Ham & Gruyere and Mini Mushroom Phyllo Bites.

#CK63 1 Tuesday starting Nov. 30
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

SINGAPORE & MALAYSIAN **NEW!**

Come and learn how to make the hot and spicy signature dishes from Singapore and Malaysia. Don't miss out on taking part in this hands-on food preparation experience. Menu items include Malaysian Coconut Chicken, Prawn Laksa, Chicken Satay, Singapore Rice Noodles and Singapore Spare Ribs. Please bring a container.

#CK87 1 Wednesday starting Nov. 10
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

TERRIFIC THAI

Learn how to prepare Pad Thai Noodles, Green Curries, Tom Yam Kung Soup and Thai Sweet Corn Patties. This course will give you a hands on experience. Impress your friends and family when you are able to prepare Thai food in your own home. Please bring an apron and some containers and be prepared to have some fun!

#CK97 1 Thursday starting Nov. 25
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

#CK79 1 Thursday starting Dec. 2
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

SIMPLY SALMON

Without a doubt the kings of BC's coastal waters are its several species of salmon. Join us for a three-hour class that will reel in some beautiful recipes incorporating a wide range of cooking methods. Whether poached, baked, cured or pan-fried, we rule the salmon world. Come and see why!

#CK90 1 Thursday starting Sep. 30
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

MORE PASTA PRONTO **NEW!**

Tonight we'll be preparing a selection of new pasta dishes that will soon become family favourites like Lasagna with Spinach, Sausage & Ricotta, Linguine with Pesto Sauce,



Spicy Penne Pasta with a Creamy Sausage & Paprika Sauce and more. Come join us and bring your appetite!

#CK09 1 Tuesday starting Nov. 16
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

CREATIVE CREPES

Crepes make great additions to your menus as appetizers, main courses and desserts and they are fun to make! Tonight you will learn the secrets of successful crepe making and prepare a selection of sweet and savory recipes like Chicken & Mushroom with White Wine Sauce, Ham & Asparagus with Cheese Sauce, Strawberry Cream Crepes and Crepes Suzettes with Grand Marnier Sauce.

#CK54 1 Wednesday starting Nov. 24
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38



For registration
information
call 604-517-6345

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

COOKING CLASSES

BISCOTTI BAKE WITH SPECIALTY COFFEES

Get a head start on your Christmas baking by learning how to bake these delicious dunking delights: Orange Pistachio, Apricot Almond, Cranberry Pecan and more. You will also learn how to make a selection of specialty coffees without any expensive equipment.

#CK78 1 Monday starting Nov. 29
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

BREAD & BUNS

Nothing smells and tastes as good as homemade bread! Learn to make whole grain, white & rye bread and buns, as well as Spiced Fruit Bread, Cinnamon Coffee Cake, Hot Cross Buns, Sourdough Bread and Buns. Take home your own homemade loaf of bread and a pan of Cinnamon Buns. Bring an aluminum foil loaf pan and a large zip-lock bag to the first class.

#CK91 2 Mondays starting Nov. 8
6:45pm-9:45pm ROOM 236
KATHY ROERING \$45

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 for all to taste.

#CK29 1 Monday starting Oct. 18
7:00pm-10:00pm ROOM 236
KATHY ROERING \$38

CHRISTMAS PUDDING AND SAUCES

The special finish to any Christmas feast is a rich Christmas pudding. Learn how to make and steam a rich but simple carrot pudding and go home with a variety of recipes from the original recipe that Charles Dickens was served for his Christmas dinner. Please come to the class with a sharp knife and a clean empty 796mL can. You will go home with a pudding ready to be steamed at home and the skills and confidence to make many more to give as gifts.

#CK92 1 Monday starting Oct. 25
7:00pm-10:00pm ROOM 236
KATHY ROERING \$32

GOURMET GIFTS (DIPS, DRESSINGS, SEASONINGS AND SAUCES)

A gift from the kitchen is a gift from the heart. In this class students will create a variety of different gourmet items. Take home a collection of delicious items perfect for holiday entertaining and gift giving. Students will prepare items such as salsa mix in a jar, stir-fry seasoning mix, dip mixes and flavoured vinegars and dressings. After preparing these items, students will learn techniques for wrapping up and embellish these gourmet gifts in unique packaging, ready for gift giving. These make truly unique gifts.

Recipes for all projects are included.
#CK21 1 Tuesday starting Oct. 12
7:00pm-10:00pm ROOM 236
CINDY ROWELL \$41

INCREDIBLE EDIBLE SWEETS

Create an assortment of incredible edible gifts to give to that special someone, friends and family. In this class you will make a gourmet collection of sweets and treats that include old fashioned fudge, peanut brittle, truffles and rumballs, to name a few. Your collection of sweet treats will be wrapped up using a variety of unique packaging ideas, gift tags, and then placed in a unique Christmas tin with recipes included. A wonderful old fashioned home made gift that everyone will love!

#CK31 1 Thursday starting Oct. 28
7:00pm-10:00pm ROOM 236
CINDY ROWELL \$41

EDIBLE GIFTS FOR CHOCOHOLICS

This is the sweetest gift you'll ever give. Students will make a wonderful assortment of tasty treats in white chocolate, milk chocolate, and flavoured chocolate. This chocolate lovers collection is irresistible for any chocoholic on your gift list. In this class you will make a variety of different chocolate delicacies, then uniquely package your collection so that it is ready for that special chocolate lover. Recipes for all projects are included, as well as festive containers for packaging these sweet treats.

#CK26 1 Thursday starting Oct. 21
7:00pm-10:00pm ROOM 236
CINDY ROWELL \$41

CANDY WREATH

This unique all festive wreath is loaded with your favourite candy, and accented with a bow. Tradition says that if you snip a piece of candy from the wreath, you'll have good luck throughout the New Year. Surprise your sweetheart with this candy wreath. Great for his office!

#CK95 1 Thursday starting Dec. 2
7:00pm-9:00pm ROOM 169
CINDY ROWELL \$43

CAKE DECORATING: BEGINNER

Join Doni for this beginner class in 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.
#CK62 3 Wednesdays starting Sep. 29
6:30pm-9:30pm ROOM 236
DONI PERALTA \$52

CAKE DECORATING: ADVANCED

Participants will be able to watch and experience the instructor demonstrate the art of decorating cakes and mixing butter cream icing. Decorate for one of any special occasions: birthdays, Easter, Thanksgiving, Valentine's Day, Christmas, etc. Participation is necessary. Supply fee of \$24 payable to the instructor on the first evening. Please bring a cake pan, cookie sheet, piping bags, spatula, and decorating kit to the first class.

#CK60 3 Wednesdays starting Oct. 20
6:30pm-9:30pm ROOM 236
DONI PERALTA \$52



Check out our website:
www.ce40.ca

DO-IT-YOURSELF / BATH & BEAUTY / CRAFTS

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 session will include you preparing your own personal de-stress remedy. Supply fee of \$10 is payable to the instructor.

#BB54 1 Thursday starting Oct. 7
6:00pm-8:30pm ROOM 149
MARY JANE GOTTSCHLAG \$27

GO FOR THE GLOW

Exfoliate, hydrate, nourish. In this hands-on class, using techniques to enhance the beauty and healing of the skin on the face, neck and legs, you'll create a Papaya Face Scrub, Honey 'n Clay Facial Mask, Seaweed Salt Scrub, Peppermint Foot Prep and a Cuticle Nail Oil. Plus discussion on sit baths and dry brushing for circulation and toning. Receive recipes on Toning Massage Oil and Nail Salve.

#BB33 1 Tuesday starting Nov. 23
6:30pm-9:00pm ROOM 235
CHERYL THEILADE \$62

MINERAL MAKE ME UP **NEW!**

Are you currently using a mineral makeup and want to make your own for a fraction of the cost? Using an array of earth elements, butters, oils, waxes and pre-blended bases make and take home a Foundation Powder, Concealer Stick, Mascara, Eye Shadow, Lip Gloss, Cosmetic Pencil, a Moisturizing Lipstick and handouts with instructions from the class. Plus discussions on blending colours, mineral makeup benefits and ingredient knowledge. Also receive recipes on Liquid Foundation and Makeup Remover.

All supplies included in course fee.

#BB30 2 sessions
Thursday Oct. 14 6:30pm - 9:30pm
Thursday ROOM 235
Saturday Oct. 16 11:00am - 4:00pm
Saturday ROOM 236
CHERYL THEILADE \$145

SOAP MAKING PURE AND SIMPLE

Soap from scratch! In this class make a long-lasting Herbal Floral Soap and a batch of Citrus Explosion Soap. Explore different ingredients, methods and various techniques that you can use to create exciting soaps. Learn about troubleshooting, history and packaging/decorating your soaps. Also receive a finished bar soap and recipes for pet soap, laundry soap and herbal shampoo. Please bring a hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). Supplies included in course fee.

#BB60 1 Thursday starting Sept 30
6:30pm-9:30pm ROOM 235
CHERYL THEILADE \$62

ESSENTIALS OF AROMATHERAPY

Aromatic essences derived from portions of plants - discover the alternative form of healing! Learn the top ten essential oils with their therapeutic properties and discuss creating your own essential oil medicine cabinet. In class you will create blends for lymphatic drainage, scarring, acne and other ailments. Create a personal synergy (blend), a roll-on, massage oil, a solid scent perfume and a body spray. Recipes and blends provided. All supplies included in course fee.

#BB32 1 Wednesday starting Nov. 3
6:30pm-9:30pm ROOM 172
CHERYL THEILADE \$62

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

#GR13 4 Tuesdays starting Oct. 5
7:00-9:00pm Hair To Dye For Salon
GEORGE CHRISTODOULOU \$74



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

#GR20 1 Monday, Nov. 1
7:00-9:00pm Head To Toes \$29
#GR10 1 Monday, October 4
7:00-9:00pm Head To Toes \$29

DO-IT-YOURSELF - CRAFTS -

SWEET BEE CANDLES **NEW!**



To learn more about working with beeswax and making beeswax candles, join us for this fun workshop. You will learn to make tea lights, votives, floating candles and a square pillar. Beeswax is natural, non-toxic, non-polluting and non-allergenic. Beeswax candles burn with a beautiful light, a warm honey scent, burn cleanly and freshen the air in your home. They burn longer than any other type of candle. 100% beeswax candles are the finest candle to burn and make a lovely gift. Please bring a box to class. (www.sweetbeecandles.com)

#CR83 1 Monday starting Oct. 4
7:00pm-9:30pm ROOM 236
LAURA MURRAY \$32

GRAPEVINE WREATH **NEW!**

Grapevine wreaths are versatile and lend themselves to many seasonal looks. Decorate it for the Fall and then with a few quick changes then make it into a stunning Christmas wreath. Artificial flowers and greens will be used in the class but we will discuss how to incorporate fresh flowers. For those who like to have a wreath for every season tips will be demonstrated and discussed for the many varieties of textures and colours one can employ. Please bring a sharp pair of scissors, a glue gun (if available), wire cutters (if available) and a large bag to carry your wreath home. Wreath & supplies included in course fee.

#CR43 1 Wednesday starting Sept 29
7:00pm-10:00pm ROOM 172
KATHY ROERING \$48

DO-IT-YOURSELF / CRAFTS / SEWING

CREATIVE WIRE WORKING FOR HOLIDAY ENTERTAINING

Beautiful accessories for your holiday entertaining can be easy and fun to create. In this class you will learn techniques for crafting with wire and beads and create two pieces of wrapped cutlery, some very unique wine glass markers and a bead and wire wrapped wine glass that works wonderfully as a candle holder. Use of tools and all materials supplied. Tools may be purchased from the instructor for \$30.

#CR01 1 Monday starting Oct. 25
6:30pm-9:30pm ROOM 161
SUSAN ALBERT \$52

WIRE AND BEAD CHRISTMAS ORNAMENTS

If you enjoy unique, handcrafted Christmas ornaments then this class is for you. Using wire ornament techniques, beads and crystals you will create a beautiful, petite angel ornament and a prism ornament with matching hanger. These would make wonderful holiday gifts. Use of tools and all materials supplied. Tools may be purchased from the instructor for \$30.

#CR02 1 Thursday starting Nov. 4
6:30pm-9:00pm ROOM 161
SUSAN ALBERT \$52

GLASS ETCHING ON MARTINI GLASSES **NEW!**

Great Christmas idea! Learn several methods of etching mirrors, windows, glasses, mugs, vases and other glass items. You will learn how to transfer and etch custom designs (such as company logos or personalized writing) onto martini glasses. Techniques are fast and easy to learn. Students will complete at least four etched martini glasses in class. No previous crafting experience is necessary to create professional looking results. Create personalized glassware that costs a fraction of the price you would pay for these items in gift stores. Please bring to class an x-acto knife and a box to carry your projects home in.

#CR41 1 Thursday starting Oct. 7
7:00pm-10:00pm ROOM 172
CINDY ROWELL \$52

HAND PAINTED WINE GLASSES

Christmas Gift anyone? Here is the perfect gift - a set of four hand painted wine glasses hand painted by you. Using enamel glass paints you will learn simple painting techniques (the designs and techniques do not even require a paint brush!) and learn the secrets to painting on all types of glassware. This is an easy, fun class that requires no previous painting experience. All supplies are included. Please bring a box to carry your projects home in.

#CR87 1 Tuesday starting Nov. 16
7:00pm-10:00pm ROOM 172
CINDY ROWELL \$52

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.

#SK16 8 Tuesdays starting Sept 28
6:45pm-9:15pm ROOM 237
KAREN HARBICK \$118

BASIC CROCHET

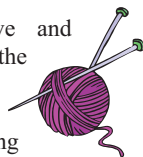
One crochet hook, yarn or thread and a few basic stitches can produce magic. In this introductory class you will gain the knowledge to either create further items in crochet or merely use a combination of the basic stitches to create embellishments to knitted or pre-made items. Supply fee of \$10 is payable to the instructor at first class (cash only).

#SK89 3 Thursdays starting Oct. 7
7:00pm-9:00pm ROOM 234
SHIRLEY MOORE \$58

BASIC KNITTING

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 protective sheets and two different colours of worsted weight yarn. Supply fee of \$10 is payable to the instructor at first class (cash only). Please bring a size 4.5 needle if you have one.

#SK73 7 Tuesdays starting Oct. 5
7:00pm-9:00pm ROOM 232
SHIRLEY MOORE \$91



KNIT A WINTER SCARF

No experience is necessary. Join Sarah for this full day of fun! Learn to knit a beautiful chunky weight scarf to keep for yourself or give as a gift for a friend. Once you learn this simple and quick knit, you will be making scarves all winter long. You will be able to choose one of six beautiful colours for your scarf. Kits will be distributed at the start of the class. Intermediate knitters welcome!

All supplies included in course fee.

Please bring a lunch.

#SK82 1 Saturday starting Oct. 16
9:00am-3:30pm ROOM 167
SARAH WETHERED \$63

MAKE A QUILT QUICK AND EASY!

What a great Christmas gift!!!!

Make a special, personalized gift!

There will be four quick and easy projects to choose from.

1st project: Double-Season Quilted Table Runner, which can be flipped over to use for a second season (Winter, Spring, Fall, Christmas, Easter, etc). Kit cost is \$20.

2nd project: Themed Milky Way Quilt (19'x19'). Kit cost is \$20.

3rd project: is a pair of placemats. Kit cost is \$20.

Fourth project: 'I Spy' child's quilt. Kit cost is \$30.

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 (cash only). **Please request your choice when registering.**

Please bring a lunch.

#SK41 1 Saturday starting Oct. 16
9:00am-4:00pm ROOM 237
BEAU GABINIEWICZ \$48

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 quilting.

Only basic sewing skills required.

Supply list will be given at first class.

No class October 11th.

#SK40 6 Mondays starting Sept 27
7:00pm-9:00pm ROOM 237
BEAU GABINIEWICZ \$80

DO-IT-YOURSELF / HOME DECORATING

INTRO TO FENGSHUI: INTERIOR DESIGN

Harness the power of being balanced with nature in your home and rooms. This fun introduction of Fengshui offers you an insight to the theory and application of I-Ching in reaching a harmonious balance with your spouse and family with the use of colour, auspicious ornament placement and orientation to achieve the maximum absorption of Qi, the energy of your living surroundings. Knowing your birth time before class helps instructor to personalize your Chinese Bazi astrology energy chart.

#HD07 1 Tuesday starting Oct. 12
6:30pm-9:30pm ROOM 269
SAN CHANG \$27

MAKE YOUR OWN LO-SEW, NO-SEW WINDOW COVERINGS

No-Sew, Lo-Sew and Velcro techniques... Learn the newest draperies and valances with designs for every room and every major drapery style, including the HOTTEST look -- Deco Grommet Draperies. Sewing experience not necessary. Learn easy tips guaranteed to cut 80% off production time: how to measure and press ten feet of hem in under 2 minutes, how to ensure perfectly straight curtains, how to substitute professional workroom equipment with items from your own home. \$14 fee for instruction book payable to the instructor. (2 sessions)

#HD20 Tues Oct 12 and Wed. Oct. 13
6:45pm-9:45pm ROOM 235
SUSAN WELLS \$49

STAGING AND REDECORATING WITH SUSAN WELLS

Professional stager and re-decorator Susan Wells reveals 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 to set your property apart. Discover principles of furniture layout, decorating flow from room to room, colour palette for walls and fabrics, smart solutions for stylish storage, how to avoid the biggest decorating mistake and how to hang perfectly aligned pictures with no-effort measuring. \$15 payable to the instructor for instruction book with online e-book.

#HD81 Mon Oct 4 and Tues Oct 5
6:45pm-9:45pm ROOM 235
SUSAN WELLS \$49

DO-IT-YOURSELF / JEWELLERY

WIRE AND BEAD JEWELLERY: LOOPED, COILED AND HAMMERED **NEW!**

Come and join Susan for two fun evenings creating wire and bead jewellery. You will learn how to make loops and coils and then create a glass bead bracelet and natural stone pendant. You will also get an introduction to the traditional technique of hammering wire and design a simple pendant and earrings. Once you have the equipment and basic techniques mastered, you can go on to make many different and unique pieces of jewellery for yourself and for gift giving. All tools and materials supplied. Additional tools and materials will be available for purchase.

#JB08 2 Thursdays starting Oct. 7
6:30pm-8:30pm ROOM 161
SUSAN ALBERT \$58

JEWELLERY MAKING: INTRODUCTION

This class is for BEGINNERS ONLY!

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 \$10-\$15. 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.

No class October 11.
#JB10 8 Mondays starting Sept. 27
6:30pm-9:30pm ROOM 155
JIM KERR \$96

JEWELLERY MAKING: INTERMEDIATE

If you have taken the beginner's course, or have previous experience, you might want to continue on 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.



Students - please choose Tuesday OR Wednesday not both.

#JB68 8 Tuesdays starting Sept. 28
6:30pm-9:30pm ROOM 155
JIM KERR \$96
#JB70 8 Wednesdays starting Sept. 29
6:30pm-9:30pm ROOM 155
JIM KERR \$96

PRECIOUS METAL CLAY (PMC): INTRODUCTION

Learn the basics of PMC in this one-day workshop. This exciting clay, when fired, is 99.9% fine silver. Learn how to form, texture, cut, dry, finish and kiln-fire a pair of earrings and a pendant or a few charms. No experience necessary. All supplies included in the fee. Limited to 15 adults for personal attention.

Go to instructor's website (www.PMCartisan.com) for class tips and jewellery inspiration. Please bring a lunch.

#JB85 1 Saturday starting Oct. 16
10:00am-4:00pm ROOM 209 LIZ MCDONALD \$140

PRECIOUS METAL CLAY (PMC): ADVANCED

This advanced class will continue your skills working with PMC. You will also learn how to transfer photos onto your silver. Beautiful black and white or colour images, provided in your kit, will make your charms or pendant one-of-a-kind. In addition to your PMC piece with a photo, you will learn how to mix metal and glass paints with powdered pigments. This permanent colour looks like enamel. All supplies included in your class. You will be very excited about this keepsake silver jewellery. Prerequisite: Introduction to Precious Metal Clay or on instructor's agreement.

#JB86 2 Mondays starting Nov. 22
6:30pm-9:30pm ROOM 209 LIZ MCDONALD \$174

FITNESS / DANCE LESSONS

All dance classes offered on pages 19-20 are held onsite at the Dance With Me Studio
535 Front Street, New Westminster For registration call 604-517-6345 or www.ce40.ca

Dance With Me Studio – Open House –

Saturday September 11th
12:00 Noon to 2:00 pm

with FREE dance lessons and
dance demonstrations. Join us!

Salsa Dance: Introduction

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

#DA11 8 Mondays starting Sep. 13
6:30-7:30 pm \$75

Pop Music Dance Performance Team Workshop

This is a fun class! No prior dance training is necessary – the choreography will be fairly easy and fun. All ages above 9, both genders, families are welcomed and encouraged! You'll dance to a classic pop song.

#DA97 1 Wednesday Sep. 15
6:30-8:00 pm \$25

Teen & Pre-Teen International Ballroom

This class will introduce you to the basic steps of seven different dances: Foxtrot, Waltz, Tango, Cha Cha, Rumba, Samba and Jive.

#DA40 8 Saturdays starting Sep 18
10:00-11:00 am \$75

Disco Dance

This class will teach you the basic steps and variations - a great introduction to a very fun dance!

#DA69 2 Saturdays starting Sep. 18
11:00-12:00 pm \$25

Waltz Workshop

Learn to Waltz for any occasion. This beautiful, elegant dance will allow you to glide around the floor.

#DA65 1 Saturday Sep. 18
5:00-6:15 pm \$20

Adult Ballet Intro Workshop: Ages 17+

Absolute beginners welcome! Using basic ballet technique – barre and centre floor work – we will increase our ease in movement by developing strength and greater flexibility. Our focus will be on enjoying our adult bodies, with ballet as another tool to improve our posture, balance and stamina.

#DA55 1 Sunday Sep. 19
2:00-3:30 pm \$20

#DA72 1 Tuesday Sep. 21
6:45-8:00 pm \$20

Adult Ballet: Ages 17+

(see course description above)

#DA77 4 Tuesdays starting Sep. 28
6:45-8:00 pm \$45

#DA49 4 Tuesdays starting Nov. 2
6:45-8:00 pm \$45

Dance Rhythms Intro Workshop **NEW!**

Absolute beginners welcome! We will incorporate music of popular social dances (Cha Cha/Swing, etc.) and Jazz Dance to learn basic movement patterns and steps. All movement will be broken down and then built upon. This class can be a challenging for both absolute beginners and more experienced students as variations will be taught and freedom given to those with the desire to create their own patterns. Our focus will be on hearing the beat of the music – so, leaders, it's a great class for you.

#DA79 1 Sunday Sep. 19
3:30-5:00 pm \$20

#DA80 1 Tuesday Sep. 21
8:00-9:15 pm \$20

Dance Rhythms **NEW!**

(see course description above)

#DA73 4 Tuesdays starting Sep. 28
8:00-9:00 pm \$40

#DA74 4 Tuesdays starting Nov 2
8:00-9:00 pm \$40

Introduction to Social Dance

This class introduces you to the beginner dances of Foxtrot, Waltz, Cha Cha, Samba and Jive. This is where it all begins.

#DA02 8 Mondays starting Sep. 20
8:00-9:15 pm \$75

Latin Dance

Wild and wonderful music is hot, hot, hot - so get into the swing of things by learning the Cha Cha, Rumba, Samba, Merengue and Jive.

#DA62 8 Tuesdays starting Sep. 21
8:00-9:15 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.

#DA03 8 Wednesdays starting Sep. 22
7:30-8:30 pm \$75

Jive & Swing

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

#DA13 4 Wednesdays starting Nov. 3
6:25-7:25 pm \$40

Foxtrot / Swing

Foxtrot is considered the social conversation dance – a time to get to know who you are dancing with – often the first one played at social gatherings. This course also introduces you to the fun, playful dance of swing. Learn the similarities between these two dances and enjoy the music.

#DA25 4 Wednesdays starting Sep. 22
5:20-6:20 pm \$40

Special Occasion

Are you getting married, going on a cruise, heading for a warmer climate where Latin dance is the thing to do? This class is for you! In this 6-week program you'll learn the Jive, Rumba and Waltz to prepare for any social evening that includes dance.

#DA06 6 Wednesdays starting Sep. 22
6:25-7:25 pm \$60

Country Two Step

Bring your partner and learn the basic steps in this class. Lots of fun!!

#DA68 2 Saturday starting Oct. 2
11:00 am -12:00 pm \$25

Country Line Dance Workshop

This popular class will challenge you physically and mentally as we learn some unique patterns.

#DA12 1 Sunday Oct. 3
4:00-5:30 pm \$20

Quickstep Workshop

Join us as we take you through the beginner steps of this very fun dance: left and right turns, quarter turns and chasse.

#DA71 1 Saturday Oct. 16
5:00-6:15 pm \$20

Mambo & Cha Cha

This program focuses on only two dances: the Latin dances of Mambo and Cha Cha.

#DA63 6 Wednesdays starting Oct. 20
5:20-6:20 pm \$60

West Coast Swing: Beginner

The basic steps of West Coast Swing are taught including left and right side passes with variations.

#DA67 2 Saturdays starting Oct. 23
11:00 am – 12:00 pm \$25

Cha Cha Workshop

This fast Latin dance will keep you moving the entire time. Designed to flirt with your partner.

#DA21 1 Saturday Nov. 20
5:00-6:15 pm \$20

FITNESS / DANCE LESSONS

Belly Dance: Intro 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.

#DA08 1 Sunday Sep. 12

1:00-3:00 pm \$25

Belly Dance

A gentle way to exercise. Classes cover the basic movements and isolations necessary for an excellent foundation in the art of Egyptian Belly Dance.

Aerobic wear is recommended.

#DA15 8 Tuesdays starting Sep 21

5:00-6:30 pm \$90

#DA16 8 Wednesdays starting Sep. 22

7:00-8:30 pm \$90

Belly Dance: Level 2

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

#DA17 8 Fridays starting Sep. 24

5:15-6:30 pm \$75

Senior's Belly Dance 55+

NEW!

This low impact class is designed for all fitness levels. You will be lead through a gentle warm-up and learn some of the graceful movements and intriguing rhythms while getting a gentle full body workout that will strengthen and improve your flexibility.

#DA19 8 Fridays starting Sep. 24

4:00-5:00 pm \$60

Dance to a Live Drummer

Attention Belly Dancers! This is a unique opportunity to dance to LIVE drumming. Join Ayanna and Mike as they take you through basic drumming rhythms and how you can interpret them through dance. Learn to "play" with your musician and how to encourage and "feed" off each other as you improvise your dance together! Must have completed at least one session of Belly Dance: Level 1.

#DA09 1 Sunday Oct. 17

1:00-3:00 pm \$20

Shimmy & Shake Your Tail Feathers!

Have you ever wanted to know how to shake it up? This is an opportunity for you to learn at least a dozen shimmies, plus how to layer them with Belly Dance moves. Must have completed at least one session of Belly Dance: Level 1.

#DA48 1 Sunday Nov. 14

1:00-3:00 pm \$25

Cardio Dance Fit

This is a low impact cardio class using five 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. Come on out and shake that thang!

#DA27 5 Saturdays starting Sep. 18

9:00-10:00 am \$55

#DA28 5 Saturdays starting Oct. 30

9:00-10:00 am \$55

Core Training Workshop

Learn how to strengthen your core using a variety of exercises that you will be able to continue on your own. A comprehensive hand-out, including the exercises completed in the class, and complete descriptions will be given out.

#DA59 1 Sunday Sep. 19

11:00 am -12:15 pm \$20

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.

#DA66 1 Sunday Sep. 19

2:00-4:30 pm \$40

Lunchtime Power – Get Back in Shape

Take time out to treat yourself to a modified fitness program. This class will work with strengthening/conditioning exercise bands. Bands provided.

#DA96 8 Tuesdays starting Sep. 21

12:10-12:45 pm \$50

Walking & Strengthening Program

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, you will concentrate on conditioning one core group of muscle each week. Students meet at the dance studio.

#DA93 8 Wednesdays starting Sep. 22

5:30-7:00pm \$70

Shimmy Fit

NEW!

This is a fantastic low impact cardio workout that is fun! Take what you learn in Belly Dance class and take it up a notch by adding and maintaining various shimmies to dance isolations and techniques.

#DA98 8 Saturdays starting Sep. 25

1:00-2:00 pm \$75

African Dance Fit

NEW & EXCITING!

Try out this new class – move to the beats of African music while getting fit. This class is unique in its dance movements and while some of the moves can look wildly out of control, each placement is deliberate and precise. A whole new look at fitness and dance!

#DA95 2 Saturdays starting Dec. 4

9:00-10:00 am \$25

Registration starts
Wednesday September 8th

www.ce40.ca

604-517-6345

BODY REBUILD PROGRAM FOR WOMEN

This 8-week **BODY REBUILD PROGRAM FOR WOMEN** takes a holistic lifestyle change approach, small healthy steps each week to improve health, lose weight, increase energy, decrease stress and risk of disease, and really learn how the body works. You will begin to rebuild your body from the inside, recharge your energy, revitalize your life, renew and rediscover yourself. This journey of discovery has you learning about nutrition, how your body processes food & how we gain/lose weight; sample healthy recipes & store-bought foods while learning how to create your own healthy eating plan. Learn how to incorporate fitness activities into your daily life and have fun getting fit with a 30-minute circuit training each class; design a train-at-home program. Discuss important health & lifestyle topics and how to successfully set and achieve all your goals. See & feel your body change, from the inside out! Join us for fun, motivating, supportive and educational classes jam-packed with great info to get you healthy, fit and living your best life. Is \$5.00 a day for a healthier body and life too much to invest in yourself? Program designed and facilitated by a Certified Personal Trainer and Holistic Nutrition Consultant. No class October 11 and November 11.

Classes held at the Taylor'd Bodies Training Studio: 480 E. Columbia Street, New Westminster.

Penny Taylor, CPT, NC, BA.cs, Health Educator, Personal Trainer, Nutrition Consultant. Full program details at www.taylordbodies.com

#FS32 8 Mondays and 8 Thursdays starting Sept 27 (16 sessions)

7:30pm-9:30pm

Taylor'd Bodies Studio

PENNY TAYLOR

.....

Course fee: \$355

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!

#FS03 8 Mondays starting Sept 27

No class Mon. Oct. 11th

7:00pm-8:00pm Small Massey Gym
MARGARET MAXIM \$74

#FS92 8 Thursdays starting Sept 30

No class Thurs. Nov. 11th

7:00pm-8:00pm Small Massey Gym
MARGARET MAXIM \$74

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 October 11.

www.clstevensfitness.com

#FS09 8 Mondays starting Sept 27

6:30pm-7:30pm Large Massey Gym
CLS FITNESS \$82

C.O.R.E.

NEW!

Core Originated Rebalancing Exercise.

This class will get you in touch with the much talked about core. You will get a balanced workout while learning how to build the core from a strong base foundation. There is no point in building a house if the foundation is weak! The same is true with your body. Learn the proper techniques to give you the greatest benefit from your exercise efforts. In this class we will strengthen the entire core girdle in balance so you will be strong and effective! No class November 11th.

www.clstevensfitness.com

#FS08 8 Thursdays starting Sept 30

6:30pm-7:30pm Large Massey Gym
CLS FITNESS \$82

FAB ABS, BUTT & THIGHS

Here's a class to help you shape and tone the most troublesome areas. This is a super workout which combines muscle strength, endurance and flexibility and is suitable for all levels of fitness. You will leave knowing that you have worked out!

Please bring a mat. No class October 11.

www.clstevensfitness.com

#FS06 8 Mondays starting Sept 27

7:45pm-8:45pm Large Massey Gym
CLS FITNESS \$82

HEALTHY BACK – STRETCH & STRENGTHEN

Stretch and strengthen the muscles that contribute to back pain. A large percentage of back pain is due to muscle strain and poor back habits and a larger percentage of all back injuries are cumulative damage over an extended period of time. Strengthening will help increase muscle tone and improve the quality of muscles. Muscle strength and endurance will provide energy and a feeling of wellness to help you perform daily, routine activities while stretching will help improve your flexibility. Come and take control of your back pain by learning exercises that will improve and maintain normal, comfortable back function. www.clstevensfitness.com

#FS02 8 Wednesdays starting Sep. 29

6:30pm-7:30pm School Dance Studio
CLS FITNESS \$82

GOLF CLINIC FOR ADULTS



This popular 2-1/2 hour session hosted by Canadian PGA Teaching Professional Keith Westover will have you swinging like a pro by the end of the class! Simple swing-building exercises and ball-striking drills make up the core content of information presented. Dress comfortably and wear flat-soled shoes. If you have your own equipment, please bring a #5 iron and sand wedge. Keith will provide summary reference notes at the end of the class, and you may also purchase his 100-page instruction manual for \$15.

#FS80 1 Saturday starting Oct. 16

9:00am-11:30am Small Massey Gym
KEITH WESTOVER \$30

#FS81 1 Saturday starting Oct. 16

12:30pm-3:00pm Small Massey Gym
KEITH WESTOVER \$30

LADIES FLOOR HOCKEY



SHE SHOOTS – SHE SCORES!

Ladies only.

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.

#FS66 10 Tuesdays starting Sept 28

7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$89

#FS67 10 Wednesdays starting Sept 29

7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$89

PILATES WITH ANITA

These beginner level classes will assist participants in learning proper posture and body alignment and add flexibility. Pilates is about patterned breathing, core strength and muscle sculpting. 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 and back injuries should consult with their physician before starting a Pilates program. Anita has 30 years in the fitness industry and will instruct on how to modify the exercises to your individual needs. No class November 11.

#FS55 8 Thursdays starting Sept 30

8:00pm-9:30pm NWSS Yoga Studio
ANITA SMITH \$81

RUNNING FOR BEGINNERS

The Fall is a great time to start running. This class is for people that are absolute beginners or trying to start up again. We will start with a run one minute and walk one minute...very slow, and easing into this great fitness trend.

#FS04 8 Sundays starting Sept 26

9:30am-10:30am NWSS Front Door
LISA FALBO \$54

#FS05 8 Tuesdays starting Sept 28

6:30pm-7:30pm NWSS Front Door
LISA FALBO \$54

SELF DEFENSE FOR WOMEN

Age 12+ An opportunity for women to learn some basic self-defense moves. It will include awareness, mental rehearsal as well as practical component, introducing targets on the body, strikes & releases

#DA66 1 Sunday Sep. 19

2:00-4:30 pm \$40

* Class held at Dance With Me Studio

FITNESS / YOGA / MEDITATION / 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 Michele's website at www.azuryoga.net. No class October 11.

#YO98 8 Mondays starting Sept 27
6:30pm-8:00pm School Dance Studio
MICHELE LABELLE \$81

#YO99 8 Mondays starting Sept 27
8:05pm-9:35pm School Dance Studio
MICHELE LABELLE \$81

YOGA & 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.

#YO61 8 Tuesdays starting Sept 28
6:30pm-8:00pm School Dance Studio
MARY VICKARS \$81

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.

No class Nov. 11.
#YO31 8 Thursdays starting Sept 30
6:30pm-8:00pm School Dance Studio
ROSE MARIE PRESTON \$81

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.

#YO60 8 Wednesdays starting Sept 29
7:35pm-8:45pm School Dance Studio
CLS FITNESS \$81

INTRO TO MEDITATION

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 many Buddhist practices such as Vipassana, breath, walking meditation as well as an antidote to anger with loving-kindness contemplation.

#YO82 4 Tuesdays starting Sept 28
7:00pm-9:00pm ROOM 127
BRIAN RUHE \$71

STRESS REDUCTION WITH MEDITATION

In this workshop you will learn to reduce stress and ill will. You will be guided through breath meditation and the contemplation on loving-kindness, which is an antidote to anger and aversion. This life-affirming course in conscious living includes guided instruction in mindfulness meditation practices, inquiry exercises to enhance awareness in everyday life, loving kindness contemplation to reduce anger, group dialogue and ongoing support.

#YO81 1 Saturday starting Oct. 16
9:30am-3:30pm ROOM 127
BRIAN RUHE \$52

BUDDHIST PHILOSOPHY & VIPASSANA 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 new Buddhist social teaching. Expect some fun too!

Includes a short period of meditation.
#YO94 4 Tuesdays starting Oct. 26
7:00pm-9:00pm ROOM 127
BRIAN RUHE \$71

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 and post regression discussions.

#PE26 6 Thursdays starting Sept 30
6:30pm-8:30pm ROOM 167
JACQUELINE KERR \$80

TAI CHI: BEGINNER LEVEL

Originally a Martial Art, Tai Ji Chuen (Tai Chi 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 (Life/Universal Energy) and improve one's focus and concentration. The first section or stage of the Yang Style long set will be taught, along with the Single Push Hands exercise. The only requirements are that one is able to stand and move about with bent knees, move one's arms and legs and occasionally bend forward at the waist. An instructional DVD, which covers the entire Tai Ji set, is available for purchase in class for \$25.

#YO44 9 Wednesdays starting Sept 29
7:00pm-8:00pm Massey Cafeteria
KENNETH WONG \$80

#YO66 9 Thursdays starting Sept 30
6:30pm-7:30pm Massey Cafeteria
KENNETH WONG \$80

TAI CHI: ADVANCED

This course is a continuation of the Yang Style Tai Ji Chuen (Tai Chi Chuen) long set. The first and second sections or stages will be reviewed, along with the Single and Double Push Hands exercises, and then the third (final) section will be taught. Only students who have completed Tai Chi "Beginner Level" and "Intermediate Level" or the equivalent courses should register for this course.

#YO33 9 Tuesdays starting Sept 28
6:30pm-8:00pm Massey Cafeteria
KENNETH WONG \$83

FOODSAFE / GARDENING / PARENT EDUCATION WORKSHOPS



FOODSAFE: LEVEL 1

Age 15+. 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.

#FO16 2 Thursdays starting Sept. 30
6:00-10:00 pm Room 187
DEAN SCOVILL \$90

#FO17 1 Saturday October 16
Please bring a bag lunch.
8:00 am-3:30 pm Room. 187
DEAN SCOVILL \$90

FOODSAFE: LEVEL 2

Prerequisite Level 1. Gain a competitive edge in the Hospitality & Food Industries in B.C. Many students have gone on to find enjoyable employment. For those already employed, this is a great opportunity to seek promotions/raises. Join those who have benefited from this cutting edge information on advanced procedures of safe food handling. We explore emerging pathogenic microorganisms, procedures for handling a food poisoning complaint, infestation control, economics of a sanitary premises, design and maintenance, hazard analysis critical control points (safety measures incorporated in high risk food recipes), etc. Upon successful completion, participants will receive an Advanced Foodsafe Certificate issued by the Ministry of Health. Manual is included.

#FO90 3 Thursdays starting Oct. 21
6:30pm-10:00pm ROOM 187
DEAN SCOVILL \$90

LANDSCAPE DESIGN & INSTALLATION

If you are considering renovating your garden or starting from scratch, this course is for you. Spring is a good time to get started. Join Vern as he talks about sidewalks, patios, retaining walls and other landscaping features. Trees and shrubs, fences vs. hedging, and planting for colour and design. Brief look at water features. Please bring pencil, eraser, ruler, paper and colour pencils.

#GL44 2 Thursdays starting Oct. 7
7:00pm-9:30pm ROOM 169
VERN STAPLES \$56



ANNUAL EDIBLE PLANTS FOR CONTAINER GARDENING

Did you know that some annual vegetables and fruits can be grown in containers? Join Conway this evening and find out which ones and how to grow them.

#GL21 1 Thursday starting Oct. 7
7:00pm-9:00pm ROOM 175
CONWAY LUM \$21

PERENNIAL VEGETABLES & FRUITS

There are some perennial vegetables and fruiting plants you could grow in pots that will keep producing year after year. Come find out from Conway which ones.

#GL31 1 Wednesday starting Oct. 13
7:00pm-9:00pm ROOM 169
CONWAY LUM \$21

FRAGRANT PLANTS FOR LATE SEASON

Aaaaah...the smell of flowers. Have you considered using fragrant plants in your garden for late season interest? Join Conway for an informative evening.

#GL41 1 Wednesday starting Oct. 27
7:00pm-9:00pm ROOM 169
CONWAY LUM \$21

PARENT EDUCATION WORKSHOPS

Goals: To help parents understand and identify youth issues and to help youth and their families become aware of resources available to them.

WORKSHOP: ANXIETY

- What is teen anxiety?
- How does it differ from normal behavior?
- What can you do as a parent?
- Where to get help
- Other resources

#PW10 1 Wednesday starting Sept. 29
7:00pm-9:00pm ROOM 164
BROOKE LEWIS \$25

WORKSHOP: DEPRESSION

- What is teen depression?
- How does it differ from normal behavior?
- Signals of suicide ideation
- What can you do as a parent?
- Where to get help
- Other resources

#PW12 1 Thursday starting Oct. 14
7:00pm-9:00pm ROOM 164
BROOKE LEWIS \$25

WORKSHOP: TECHNOLOGY

- Social networking sites
- Cyber-bullying
- Video Games
- Tips on how to regulate use of technology
- Where to get help
- Other resources

#PW14 1 Wednesday starting Oct. 27
7:00pm-9:00pm ROOM 164
BROOKE LEWIS \$25

WORKSHOP: DRUG AWARENESS

- Uppers, downers, all arounders
- How to bring the subject up to your child
- Where to get help
- Other resources

#PW16 1 Thursday starting Nov. 4
7:00pm-9:00pm ROOM 164
BROOKE LEWIS \$25

WORKSHOP: EATING DISORDERS

- The different disorders
- How to raise the issue with your child
- Signs
- Where to get help
- Other resources

#PW18 1 Wednesday starting Nov. 17
7:00pm-9:00pm ROOM 164
BROOKE LEWIS \$25

FREE COMMUNITY FORUMS

Please Register for FREE classes call 604-517-6345 or online www.ce.40.ca

WOMEN'S WELLNESS SERIES

STANDING UP AGAINST OSTEOPOROSIS

What every women needs to know from what, who, when and why, as well as how to stack the odds in your favour and ways to reduce the impact of osteoporosis on your life.

#CF02 1 Thursday starting Oct. 14
6:30pm-8:30pm SCHOOL LIBRARY
DEANNE RAPACIOLI **FREE**

MOVING SAFELY WITH OSTEOPOROSIS

All women need to live a healthy active lifestyle but with Osteoporosis this can be a challenge. Certain types of movement can increase the risk of injury, and some movements may need to be avoided or modified in some way to minimize risk.

#CF35 1 Thursday starting Oct. 21
6:30pm-8:30pm SCHOOL LIBRARY
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? This session offers very real practical steps you can take to boost your energy levels, regain your sense of fun and keep healthy.

#CF13 1 Thursday starting Nov. 18
6:30pm-8:30pm SCHOOL LIBRARY
DEANNE RAPACIOLI **FREE**

CRIME & CONSEQUENCES

Would you like to learn more about the Criminal Justice System, how it works and how it can affect you? During the workshop you will learn about the impact of crime on businesses, individuals, families and communities. Workshop topics include exploring the Criminal Justice System, the consequences of a criminal record and how to receive a pardon. Also covered is the relationship between alcohol and/or drug abuse and crime and the criminal lifestyle. Criminal justice personnel participating include a police officer, defense lawyer, small business owner and an ex-offender.

#CF54 1 Wednesday starting Oct. 20
7:00pm-9:00pm SCHOOL LIBRARY
ELIZABETH FRY SOCIETY **FREE**

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.

#CF87 1 Thursday starting Oct. 14 7:00pm-9:00pm ROOM 149 TRACEY DAVIES **FREE**

CHOOSING THE RIGHT PET FOR YOU & YOUR FAMILY

Sharing your life with a pet has many benefits and can bring you great joy if you choose the right one for you and your family. Learn about the advantages and disadvantages of different types of pets. Nina comes with valuable information to help you find the pet that best suit your lifestyle. Nina is a humane educator with the BC SPCA since 1992.

#PT63 1 Monday starting Oct. 4
7:00pm-9:00pm ROOM 149
NINA HOBBS **FREE**

BACK TO LIFE: MAINTAINING A HEALTHY BACK

21 tips for achieving and maintaining a healthy back and spine. Learn what to do and what not to do so back pain won't ruin your life. Information and practical action steps are provided by a local chiropractor.

#CF78 1 Wednesday starting Nov. 3
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN **FREE**

REAL ESTATE FOR INVESTMENT

Learn the ins and outs of buying an investment property from industry experts. This to the point presentation guides you through the steps involved in finding and buying the right investment property, qualifying for a mortgage, how your credit scores are calculated and other helpful home buyer information for the purpose of investment and reselling.

#CF93 1 Wednesday starting Oct.13
7:00pm-9:30pm ROOM 148
PAULINE PROBYN, B.A. **FREE**

REAL ESTATE FOR WOMEN

Are you a single woman still trying to decide if you should rent or purchase a new home? In this course you will learn in a supportive environment about the home buying process, how to secure your financial future by building your equity and the most common areas for legal disputes with an experienced Realtor, Mortgage Broker and Legal Professional. Pauline Probyn, B.A., Isabelle Bertrand, B.B.A., Jamie Wood B.A., LLB.

#CF92 1 Tuesday starting Oct. 19
7:00pm-9:30pm ROOM 164 **FREE**

WHAT EVERY LANDLORD AND TENANT NEEDS TO KNOW

What Every Landlord and Tenant Needs 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. Bring your questions. Residential Tenancy Branch, BC Government.

#CF30 1 Tuesday starting Oct. 26
7:00pm-9:00pm SCHOOL LIBRARY
RESIDENTIAL TENANCY **FREE**

IMMIGRATION

Certified Immigration Consultant, Liz McDonald, will present information on study permits, work permits and permanent residence options. Extra information on the CEC (Canada Experience Class) will be covered.

#CF39 1 Monday starting Oct. 18
7:00pm-9:00pm SCHOOL LIBRARY
LIZ MCDONALD **FREE**

NOT READY TO RETIRE?

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 and resume presentation.

#CF40 1 Thursday starting Oct. 21
7:00pm-9:00pm ROOM 149
RDK Career Services Inc. **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.

#CF24 1 Thursday starting Oct. 21
7:00pm-9:00pm ROOM 164
KEVIN WESTWOOD **FREE**

HEALTH / SAFETY / WELLNESS

EMERGENCY FIRST AID - COMMUNITY CARE

This course is designed for people working in a licensed child and adult care facilities or for anyone providing care for infants, children and adults. This course meets the first aid requirements under the Ministry of Healthy Living and Sport - Community Care Licensing Branch, Canada Labour Code Basic First Aid. this course is not recognized as an equivalent to Work Safe BC Occupational Level 1 First Aid. Upon successful completion of this course participants will receive a 3-year St. John Ambulance Emergency First Aid - Community Care Certificate.

#HS54 Mon Nov. 22 & Wed Nov. 24
6:00pm-10:00pm ROOM 164
ST. JOHN AMBULANCE \$95

BABYSITTING COURSE

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. Please bring a lunch.

#HS25 1 Saturday starting Oct. 16
9:00am-3:30pm ROOM 125
ST. JOHN AMBULANCE \$55

STANDARD FIRST AID WITH CPR & AED

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. 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.

#HS12 6 Mondays starting Nov. 1
6:30pm-9:30pm SCHOOL LIBRARY
ST. JOHN AMBULANCE \$135

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.

#HS82 1 Saturday starting Oct. 16
9:00am-1:00pm SCHOOL LIBRARY
ST. JOHN AMBULANCE \$48

WEIGHT LOSS MADE SIMPLE

Knowing how the body processes food helps in understanding how the body gains and loses weight/body fat. Learn how to design a healthy weight loss plan. Learn how to control blood sugar, cravings, bingeing, increase energy and how to identify food sensitivities and possible allergies.

#HS94 1 Tuesday starting Oct. 19
7:00pm-9:00pm ROOM 161
PENNY TAYLOR \$27

TO CLEANSE OR NOT TO CLEANSE

An informative discussion on cleanse/detox programs and answering the questions: Do we need to cleanse? Is it safe? What products are available? Do you need to buy a product to cleanse? How will I feel during/after a cleanse?

#HS98 1 Tuesday starting Oct. 5
7:00pm-9:00pm ROOM 161
PENNY TAYLOR \$27

WE ARE WHAT WE EAT

We are What We Eat...What is Your Body Telling YOU? Introduction to nutrition basics, digestion/absorption of nutrients and listening for signals/symptoms of what the body needs.

#HS96 1 Tuesday starting Oct. 12
7:00pm-9:00pm ROOM 161
PENNY TAYLOR \$27

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.

#PE01 1 Thursday starting Nov. 13
6:30pm-9:30pm ROOM 133B
MARIE PREISSL \$30

DEALING WITH ANXIETY

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.

#PE42 1 Thursday starting Nov. 4
7:00pm-9:00pm ROOM 133B
MARIE PREISSL \$27

LIFTING YOUR DEPRESSION

If you suffer from depression or are depressed or even out of sorts, then this class is invaluable to you! Do you feel tired all the time? Sometimes fatigue and a lack of energy can be a subtle symptom of depression. Learn about the various strategies for overcoming the lack of energy associated with depression. A 6-step program to wellness, Each step, thoroughly researched, is and of itself highly effective in treating depression.

#PE74 1 Thursday starting Oct. 28
6:30pm-9:30pm ROOM 133B
MARIE PREISSL \$30

THERAPEUTIC TOUCH: LEVEL 1

Marie Preissl is a registered nurse who has been teaching Therapeutic Touch for 27 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 person's 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).

#PE36 4 Wednesdays starting Oct. 20
7:00pm-10:00pm ROOM 133B
MARIE PREISSL \$75

THERAPEUTIC TOUCH: LEVEL 2

Prerequisite - 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 a centered experience, use of intention, safety for self and healer, using imagery with T.T., some specifics for working on very sick people.

#PE35 4 Wednesdays starting Nov. 17
7:00pm-10:00pm ROOM 133B
MARIE PREISSL \$75

THERAPEUTIC TOUCH: LEVEL 3

Prerequisite: Level 1 and Level 2. This in-depth course will integrate all phases of Therapeutic Touch and their relationship between energy centers and human energy fields. We will focus on the intuitive processing for healing. No class Nov. 11th. Current research will be discussed.

#PE33 4 Thursdays starting Nov. 25
7:00pm-10:00pm ROOM 133B
MARIE PREISSL \$75

LANGUAGES AND ESL

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.**

Course #LN54 (8 weeks)

Classes start: Monday Sept. 27

Classes end: Wednesday Nov. 24

7:00-9:00 pm ROOM 186

No class October 11 & November 11.

Instructor: SYDNEY DEAN

Fee: \$270

NO REFUNDS AFTER THE FIRST WEEK

AMERICAN SIGN LANGUAGE FOR BEGINNERS

Join Ryan as he provides students 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 but students will receive a certificate of attendance. No class November 11.

#LN33 8 Thursdays starting Sept 30

6:30pm-9:30pm ROOM 160C

RYAN OLLIS \$150

GERMAN: LEVEL 1

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).

#LN27 8 Wednesdays starting Oct. 6

7:00pm-9:30pm ROOM 128

URSULA UHLMANN \$88

JAPANESE: LEVEL 1

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 study further at a college or university. This course will be presented using visual and easy-to-understand materials. Text included.

No class November 11.

#LN17 8 Thursdays starting Sept 30

7:00pm-9:00pm ROOM 117

AKIYO HORIE \$88

CHINESE: MANDARIN LEVEL 1

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

No class November 11.

#LN18 8 Thursdays starting Sept 30

7:00pm-9:00pm ROOM 268

YAN SUN \$65

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.

#LN21 8 Tuesdays starting Sept 28

7:00pm-9:00pm ROOM 268

YAN SUN \$65

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 countries and conversing with neighbours and friends. Text included in course fee.

#LN12 8 Tuesdays starting Sept 28

6:00pm-7:30pm ROOM 123

BEAU GABINIEWICZ \$88

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. Textbook is available for purchase (\$22) first night of class.

#LN16 8 Tuesdays starting Sept 28

7:35pm-9:05pm ROOM 123

BEAU GABINIEWICZ \$68



ITALIAN: LEVEL 1

A beginner's course in conversational Italian that allows you to carry on a conversation with neighbours, family or when traveling. Join James for this 8-week course where you will better understand the basics of Italian. Text included.

No class November 11.

#LN26 8 Thursdays starting Sept 30

6:30pm-8:00pm ROOM 121

JAMES STOCCO \$88

ITALIAN: LEVEL 2

A continuation of Level 1 Italian. It is recommended that students have taken an introductory Italian class; some degree of fluency and understanding is required for participation in this class. Textbook is available for purchase (\$22) first night of class. No class November 11.

#LN29 8 Thursdays starting Sept 30

8:00pm-9:30pm ROOM 121

JAMES STOCCO \$68

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.

#LN43 8 Mondays starting Sept 27

No class October 11.

6:30pm-9:00pm ROOM 160C

MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting Sept 28

6:30pm-8:00pm ROOM 121

JAMES STOCCO \$88

#LN92 8 Wednesdays starting Sept 29

6:30pm-9:00pm ROOM 161

MAGDALENA HANSEN \$99

SPANISH: LEVEL 2

A continuation of Level 1 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 evening.

#LN22 8 Tuesdays starting Sept 28

8:00pm-9:30pm ROOM 121

JAMES STOCCO \$68

LEISURE / PERSONAL ENRICHMENT

BRIDGE: BASIC BIDDING LEVEL 1

Geared for students who know the mechanics and need to review bidding. Emphasis will be on learning/updating your bidding. Review the basics and play for fun. The Audrey Grant book is available for purchase (\$15)



#LA82 5 Tuesdays starting Oct. 5

6:30pm-8:30pm

ROOM 265

SALLY CRAIG

\$59

BRIDGE: BASIC BIDDING LEVEL 2

A continuation of Basic Bidding Level 1.

#LA84 5 Wednesdays starting Oct. 6

6:30pm-8:30pm

ROOM 265

SALLY CRAIG

\$59

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.

Classes held in Large Massey Gym.

#LA08 2 Tuesdays starting Nov. 23

7:00pm-9:30pm

Large Massey Gym

ADRIENNE COMEAU

\$37

FLY TYING

Come down and learn how to tie the flies you fish with. Aaron Laing, internationally recognized fly tier and former competitor in the Canadian Fly Fishing Championships, hosts a four-week introduction to fly tying. Participants will learn all about basic terminology, equipment, materials and techniques used in fly tying. By the end of the course students will have mastered at least six basic patterns tailored to their preferred fishery. Also included will be a discussion of local fishing opportunities and how to fish with the flies tied.

All tools and materials provided.

#LA10 4 Wednesdays starting Oct. 6

8:00pm-10:00pm

ROOM 154

AARON LAING

\$62

INTRODUCTION TO TAROT CARDS

The Tarot can tell us what we are thinking and feeling and what goes on around us. Together we follow the journey of the fool through the major arcana, meet the "Children of the Rota" and define the meanings of the "Pip" cards. You will learn different layouts, how to shuffle, bless, protect and handle your cards. Samples will be available to view and work with, but bring yours along if you have them.

#LA44 2 Mondays starting Oct. 18

7:00pm-9:00pm

ROOM 149

JULLIN

\$30

STAND UP COMEDY **NEW!**

Do you think you have what it takes to be a standup comedian? Now is the time to step out of your comfort zone. Join Janice for 7 weeks and learn the art of performing stand up comedy. You will learn how to write stand up comedy material, develop your timing, adding act outs and how to use the mic and work the stage. Learn how to develop your own unique comedy persona by turning your life experiences into to authentic comedy material. At the end of the course you will perform a showcase at a live Comedy Club.

No class October 11.

#LA66 7 Mondays starting Sept 20

7:00pm-9:30pm

ROOM 164

JANICE BANNISTER

\$95

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 cooperation with New Westminster Night School Programs to provide the PCOC. No prerequisites 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 (driver's license or school ID cards are 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 must carry the PCOC now. The fine for not producing it to enforcing officers is \$250. **Please bring photo ID, pen, pencil with eraser and a lunch.**

#LA04 1 Saturday starting Oct. 16

8:00am-4:00pm

ROOM 164

JACK WAINWRIGHT

\$88

ANGELS & 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. Participants will be encouraged to share and discuss their experiences of angels, guides and unexplainable events.

#LA86 1 Tuesday starting Nov. 9

7:00pm-9:00pm

ROOM 149

MALCOLM SMITH

\$27

BASICS OF PALM READING

"The Map of a Palm" will tell us of your basic personality traits. We learn where to find the will, the inner and exterior natures, relationships, children, strengths and weaknesses. You will learn all the lines, the mounts, the ten regions and their meanings. It's fun and very enlightening.

#LA43 2 Thursdays starting Oct. 21

7:00pm-9:00pm

ROOM 172

JULLIN

\$30

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 its history, practices and beliefs. This is a course designed to educate, not convert.

#LA70 1 Saturday starting Oct. 16

1:00pm-4:00pm

ROOM 148

JENNIFER THRASHER-STROUDE

\$27

INTRO TO NUMEROLOGY

Numerology is any of many systems, traditions or beliefs in a mystical or esoteric relationship between numbers and physical objects or living things. Join Jullin as she unravels the secrets of numerology.

#LA96 1 Monday starting Oct. 4

7:00pm-9:00pm

ROOM 172

JULLIN

\$25

PENDULUM DOWSING

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

#LA87 1 Tuesday starting Nov. 16

7:00pm-9:00pm

ROOM 148

MALCOLM SMITH

\$27

LEISURE / PERSONAL ENRICHMENT

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 body hairs. After accumulating thousands of peoples' 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

#LA18 1 Saturday starting Oct. 16
12:30pm-3:30pm ROOM 269
SAN CHANG \$27

CHINESE

FORTUNE TELLING

NEW!

Chinese culture is the oldest surviving civilization in the world and retains much ancient knowledge on foretelling one's future events. This course introduces various Chinese fortune telling methods, including I-Ching divination and philosophy, as well as how to harness nature's energy to enhance fortune and reduce troubles and ways to improve relationships, careers, etc. Your Chinese Fortune Chart may be done if birth time is known to enhance your learning experience.

#LA19 1 Saturday starting Oct. 16
9:00am-12:00pm ROOM 269
SAN CHANG \$27

CREATING WITH STAR ENERGY

The origin of star energy and its devolution through stars, sun and planets to Earth will be described. Star energy feeds the cosmic lattice that artists, musicians and inventors go to for inspiration and with which all humans connect for creation of their day-to-day existence via the law of attraction.

#LA91 1 Tuesday starting Nov. 30
7:00pm-9:00pm ROOM 148
MALCOLM SMITH \$27

THE MAGIC OF RUNES

Runes are an ancient Germanic alphabet, used for writing, divination and magic. Join Anthea and have a good time while learning more about the symbols' meaning, divination with runes and a bit about Norse mythology.

#LA73 1 Thursday starting Oct. 14
6:30pm-8:30pm ROOM 125
ANTHEA \$27

THE DUAL HUMAN

NEW!

Out of body trips are cited as evidence that the human spirit is a sentient being that plans, thinks & remembers independently of the body. In this talk the human quantum field will be described as the home of the spirit which acts as the "driver" of the body.

#LA90 1 Tuesday starting Nov. 23
7:00pm-9:00pm ROOM 149
MALCOLM SMITH \$27

HEALING POWER OF CRYSTALS

Crystals have been used by ancient healers for ages and are just being rediscovered. What is a crystal? Who can benefit from crystal therapy? What can crystals help with? Does crystal therapy work from a distance? Join Anthea as she explains the principles behind using crystals as a therapeutic method.

#LA34 1 Thursday starting Oct. 21
6:30pm-9:30pm ROOM 161
ANTHEA \$27

THE PARANORMAL

UFOs, Ghosts, Psychic Phenomenon. Please share your own ghost or UFO story. This is a fascinating interactive course covering the other side of reality with UFOs, psychic powers, and ghosts - which have been known in every culture throughout history. Other topics include out of body experiences, other realms and legendary creatures.

#LA61 1 Wednesday starting Oct. 27
7:00pm-9:30pm ROOM 148
BRIAN RUHE \$27

LEARN ABOUT YOUR COLOUR, CHAKRA AND AURA

Includes colour aura picture, chakra analysis and reference material. This class teaches about Auras and Colour. Mary Jane is a Holistic Colour Consultant, using colour therapy to teach students what the colours of their aura mean. By incorporating the Biopulsar-Reflexograph, which is the newest in European computerized biofeedback aura testing, it is possible to see your energy in colour and you can learn how to improve your health, your mind and your spirit by understanding the aura colours you are vibrating out into the world. Please bring \$5 for workbook - payable to the instructor. Please bring a lunch.

#PE21 1 Saturday starting Oct. 16
9:30am-4:00pm ROOM 123
MARY JANE GOTTSCHLAG \$53

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, i.e., weight loss, ridding yourself of unhealthy habits, etc.

#PE16 1 Thursday starting Oct. 7
7:00pm-9:30pm SCHOOL LIBRARY
JANYSE HRYNKOW, MA \$45

CLEAR THE CLUTTER & SIMPLIFY YOUR LIFE

Take a deep breath...let's develop an action plan to simplify your life so you have more time to enjoy and get in touch with what really matters to you. "Clear the Clutter" is about getting rid of the stuck energy, getting organized, simplifying and having more time for yourself, your friends and your family. Clutter holds us back and causes stress as well as anger. Come and join us to learn how you can save TIME, SPACE and MONEY. Includes workbook. Please bring pen and paper.

#PE51 3 Wednesdays starting Oct. 13
7:00pm-9:00pm ROOM 121
LYNNE DAVIDSON \$63

EMOTIONAL FREEDOM TECHNIQUE

EFT, or Tapping, is an exciting new self-healing technique that is based on the principles of acupressure. By using your fingertips to tap on specific acupressure points you can gain relief from dozens of physical and emotional issues. In this introduction to the basics of EFT, you will learn to tap on yourself and learn how to relieve your own physical pains, food cravings and unpleasant memories or worries. EFT has been used in thousands of cases to relieve the symptoms associated with fears, phobias, panic, anxiety, stage fright as well as physical issues like headaches & physical pains.

#PE45 2 Thursdays starting Oct. 14
7:00pm-9:30pm ROOM 148
JANYSE HRYNKOW, MA \$63

FOOT REFLEXOLOGY

Learn reflexes on the feet to help you and family to relieve pain and stress. Learn visual cues in the feet that help you understand and evaluate health. Eliminate many of your symptoms and concerns you have about your health right from the start. You may bring someone to work with you as a guest.

#PE87 3 Tuesdays starting Sept 28
7:00pm-9:30pm ROOM 172
YVETTE EASTMAN \$53

LEISURE: WINE WORKSHOPS / PET CARE

PORT - WINE WORKSHOP

Discover and explore different Ports and gain an understanding of what makes these fortified wines one of the most underrated wine values in the world. We will discuss food-friendly Ruby and Tawny styles and pair these wines with some interesting cheese samples.

#WB87 1 Wednesday starting Nov. 17
7:00pm-9:00pm ROOM 148
JOHN GERUM \$56

WINES OF CHILE NEW!

Carmenere is the signature red grape of Chile. Find out the unique history of this grape and sample some outstanding examples. We discuss the wine regions of Chile and how they impact the different varietals and styles that emerge.

#WB10 1 Thursday starting Sep. 30
7:00pm-9:00pm ROOM 148
JOHN GERUM \$56

SPARKLING WINES FROM AROUND THE WORLD NEW!

Sparkling wines from around the world are rivaling Champagne for quality but at a much lower price. Learn the different methods of creating sparkling wine and how to taste and judge these wines for quality. Five different sparkling wines will be sampled and discussed during this workshop...just in time for the holidays!

#WB40 1 Tuesday starting Dec. 7
7:00pm-9:00pm ROOM 148
JOHN GERUM \$67

WINES OF ARGENTINA NEW!

Malbec continues to be the number one growing varietals in the marketplace. Explore the flavour profile and interesting facts about Malbec and three unique Argentina wines. Find out why most of the vineyards of Argentina are organic and understanding of their wine regions.

#WB20 1 Tuesday starting Oct. 19
7:00pm-9:00pm ROOM 148
JOHN GERUM \$56

WINES OF CALIFORNIA NEW!

California wine comes in hundreds of different varietals and styles. Wine regions range from the cool Pacific coastal to the hot interior with a variety of different climates and soils that impact the final wine. You will sample four wines from the different areas of California and learn which grapes are grown where and why.

#WB30 1 Tuesday starting Nov. 2
7:00pm-9:00pm ROOM 148
JOHN GERUM \$56

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. 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. Please bring a bag lunch.

#PT89 1 Saturday starting Oct. 16
9:00am-4:00pm ROOMS 128
ST. JOHN AMBULANCE \$52

ANIMAL MASSAGE & ENERGY WORK

Animal Massage Practitioner, Daynna Major brings you a fun, interactive informational presentation that tells the things you should know about Animal Massage and Energy Work. She will join you, along with demo dog Willow, 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 PET.
#PT92 1 Saturday starting Oct. 16
11:00am-1:00pm ROOM 172
DAYNNA MAJOR \$27

LEARN TO GROOM YOUR DOG AT HOME

Save money by learning how to groom your dog at home. In this basic dog grooming course you will be shown the best tips and tricks to grooming your dog at home and maintaining their coat between groomings. This course is taught by Certified Master Groomer Tera Teng, who operates her own grooming school and online training program. She has written a book on the grooming business and has trained over 120 groomers. Also included in this course is a handout of your specific-to-breed cut.

#PT53 1 Saturday starting Oct. 16
9:30am-12:30pm ROOM 169
TERA TENG \$52

ANIMAL COMMUNICATION

"Do you ever wonder what your pet is thinking or feeling? Now you can learn to communicate with him/her in way they will understand. Practice techniques to access your intuition and enjoy a deeper relationship with your pet. Please leave your wonderful pets at home, and bring photos (or photocopies) of animals you know well. Bring a packed lunch

#PT60 1 Saturday starting Oct. 16
9:00am-4:00pm ROOM 163 DALTON GRADY \$58

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, September 20th from 7:00-8:30 pm in Room 182. Please do not bring your dog the first night. Remaining sessions are held outdoors. All dogs must be vaccinated. Please bring vaccination certificate on information night. Aggressive dogs will be asked to leave the course.

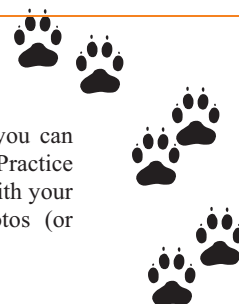
(1 Info night plus 6 Saturdays)
#PT48 6 Saturdays starting Sep. 25
9:00am-10:00am NWSS OUTDOORS
TODD KIER \$112

Dog Training Beginner and Level 2
The first session held at New Westminster Secondary on Monday, September 20th at 7:00-8:30 pm in Room 182.
Please do not bring your dog the first night.
Instructor contact: www.k9assistance.com.

BASIC OBEDIENCE: LEVEL 2

Basic Obedience Level 2 is designed to take your skills and those of your dog to the next level. Distraction training is emphasized. The "stay", "focus" and "leave it" commands, as well as walking on a loose lead skills are honed. Level 2 will focus on improving your dog's attention and response time to the commands while working in higher distraction environments. Field trips to local off-leash parks and various New Westminster neighbourhoods will take place to strengthen the recall and honing skills while working on- and off-leash. Teams (person and dog) are expected to have completed a basic obedience course Level 1. Aggressive dogs will be asked to leave the course.

#PT65 6 Saturdays starting Sep. 25
10:15am-11:15am NWSS OUTDOORS
TODD KIER \$112



LEISURE: GUITAR / TRAVEL

AWESOME AUSTRALIA

After many trips Down Under, George still comes home feeling that he has experienced an exciting and wondrous country that 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. Sample itineraries and traveling tips included.

#TR64 1 Tuesday starting Oct. 19
7:00pm-9:00pm ROOM 163
GEORGE BELL \$24

CRUISING THE RIVERS & CANALS OF THE UK & EUROPE

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. Come and learn about this very popular vacation experience.

#TR65 1 Monday starting Oct. 18
7:00pm-9:00pm ROOM 163
GEORGE BELL \$24

NEWFOUNDLAND

One of my many favourite places to visit in Canada is Newfoundland & Labrador. There you find the most wonderful people living a life influenced by music and the sea. I never tire of visiting this wonderful land and hope I can spark some interest in you to enjoy a vacation there some time soon.

#TR68 1 Wednesday starting Oct. 20
7:00pm-9:00pm ROOM 163
GEORGE BELL \$24

SEE THE BEST OF SCOTLAND & ENGLAND NEW!

From fantastic scenery to history we learnt about in school, Scotland and England are important to Canadians. If you are considering a visit to the UK, join me this evening to learn what you must see with hints of others. From beautiful twisty country roads wide enough for one car to relaxing canals and rivers to cruise in comfort, there is so much to enjoy while traveling in this historic and ancient land. Come, dream and plan your visit to Scotland and England.

#TR66 1 Monday starting Oct. 25
7:00pm-9:00pm ROOM 163
GEORGE BELL \$24

TRAVELING ON THE CHEAP: TIPS FOR SAVING ON FLIGHTS

Are you wanting to save \$\$\$ on travel? You'll leave this fun and informative workshop equipped with dozens of easy, practical ways to cut costs on future trips. Learn about timing it right for flight deals, scoring hotel bargains, dozens of little-known websites which help you save big, asking key questions to keep cash in your wallet, money-saving tips for cruises, budget accommodation alternatives, and keeping costs down on car rentals, dining, tourist attractions and more. Taught by a seasoned globetrotter and former travel industry insider, this workshop is a must for any traveler.

#TR99 1 Wednesday starting Oct. 6
7:00pm-9:30pm ROOM 163
ANDREA PERCHOTTE \$30

TOP TIPS FOR PACKING, TRIP PLANNING, FLYING & CRUISING



This fun and informative workshop is packed with loads of practical tips. Learn must-know websites you've likely never heard of, key tips for packing light and right, effective travel planning, flying in comfort, buying the right insurance and luggage, choosing the best cruise ship, cruise line, itinerary, cabin and more!

#TR89 1 Thursday starting Oct. 14
7:00pm-9:30pm ROOM 163
ANDREA PERCHOTTE \$30

TOP TIPS FOR ACCOMMODATION, SAFETY, HEALTH & CAR RENTALS

Learn top tips during this fun and informative workshop on combating jet lag, staying safe and healthy on the road, avoiding common scams, dealing with car rentals, key questions to ask when booking accommodation, reducing the likelihood of seasickness, avoiding/knowning how to deal with problems travelers often face, sleeping well on the road and more. You'll never travel the same again!! This workshop is taught by a former flight attendant, hotel inspector and cruise line crew member.

#TR79 1 Thursday starting Oct. 28
7:00pm-9:30pm ROOM 163
ANDREA PERCHOTTE \$30

ACOUSTIC GUITAR: LEVEL 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 folk and rock songs to get them started. How to re-string and maintain your guitar will also be covered. Practicing throughout the week will ensure further growth, but is not required for participation in course.

#GU10 8 Tuesdays starting Sep. 28
6:00pm-7:00pm Guitar Room 203
PETER ZAENKER \$96

#GU20 8 Tuesdays starting Sep. 28
7:00pm-8:00pm Guitar Room 203
PETER ZAENKER \$96

ACOUSTIC GUITAR: LEVEL 2

Prerequisite: Acoustic Guitar: Level 1 or its equivalent. Students will continue with basic chords and learn songs with different strumming patterns. Single-note playing will also be introduced.

#GU30 8 Tuesdays starting Sep. 28
8:00pm-9:00pm Guitar Room 203
PETER ZAENKER \$96

ELECTRIC GUITAR: LEVEL 1

This course is for absolute beginners who are interested in learning the electric guitar, as well as students with some acoustic guitar experience interested in playing electric guitar style. Student will learn various components of electric guitar playing such as power chords, barre chords, scales, riffs, & basic improvisation. Focus mostly on Rock music, but may also branch out into other territories such as blues, jazz, country, and alternative music.

#GU50 8 Thursdays starting Sep. 30
7:00pm-8:00pm Guitar Room 203
DANIEL KARRASCH \$96

ELECTRIC GUITAR: LEVEL 2

This course is for those with some experience on electric guitar, looking to further their abilities and understanding. It is an ideal course for those electric guitarists who have just joined a band and are seeking mentorship, or more playing options. We will cover more intermediate guitar technique, as well as riffs in various styles important to the electric guitar, and a thorough overview of electric guitar improvisation. Theory, jamming etiquette, and various other topics may be covered.

#GU60 8 Thursdays starting Sep. 30
8:00pm-9:00pm Guitar Room 203
DANIEL KARRASCH \$96

MONEY MATTERS

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.

#MM84 1 Monday starting Nov. 8
7:00pm-9:00pm ROOM 123
NICK CHENG \$28

MAKING SENSE OF RETIREMENT

Get answers to your retirement questions at our retirement planning seminar. One day you'll 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'll 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.

#MM69 1 Monday starting Sept 27
7:00pm-9:00pm ROOM 123
NICK CHENG \$28

ROAD TO RETIREMENT 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.

#MM22 1 Wednesday starting Oct. 20
7:00pm-9:00pm ROOM 123
MICHAEL PRETO \$28

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.

#MM74 1 Monday starting Oct. 4
7:00pm-9:00pm ROOM 123
NICK CHENG \$28

STRATEGIES TO PROTECT YOUR INVESTMENTS

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.

#MM77 1 Thursday starting Oct. 21
7:00pm-9:00pm ROOM 125
NICK CHENG \$28

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 anyone owning recreation property.

#MM15 1 Wednesday starting Oct. 27
7:00pm-9:00pm ROOM 123
MICHAEL PRETO \$28

- * Real Estate for Investment
 - * Real Estate for Women
 - * Planning & Administering an Estate
- See page 24

MAKING YOUR MONEY LAST

At this course, you will learn: the 10 proven principles to help you reach your goals in retirement, a systematic process to develop and maintain a strategy for managing your income throughout retirement, answers to common questions such as: How much will I need? How much can I withdraw? How long will I need it for? and How do I make it last?

#MM83 1 Monday starting Nov. 1
7:00pm-9:00pm ROOM 123
NICK CHENG \$28

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 lenders, many of whom 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.

#MM50 1 Wednesday starting Sept 29
7:00pm-9:30pm ROOM 163
RANDY JOHNSON \$28

HOW TO APPRAISE **NEW!** YOUR HOME

*What is a Real Estate Appraisal?
Who does Real Estate Appraisals?
When is a Real Estate Appraisal required?
Where can you find an accurate Appraisal?*
This seminar could well save you money. Join Chris Dumfries, a retired AACI, and learn how you can research many of the appraisal components yourself. This short seminar-type course is not based on a textbook. It is written in plain English, and is meant for the homeowner, the small business owner and the small investor. It is for people who deal with real estate issues in their professional life: brokers, real estate managers, lawyers and all those who have become frustrated with the jargon that some appraisers use.

#BV82 3 Tuesdays starting Oct. 12
7:00pm-9:00pm ROOM 225
CHRIS DUMFRIES \$48

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.

ALL CLASSES, EXCEPT WHERE INDICATED, ARE HELD AT NEW WESTMINSTER SECONDARY SCHOOL.



OFFICE HOURS

Registration starts: Wednesday, September 8th

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. HST 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