

**NEW WESTMINSTER SCHOOL DISTRICT #40**

# **Continuing Education**

**SPRING  
2012**



Photo supplied by Steve Sendeki

**Registration starts Monday, March 26th 2012**

**Call 604-517-6345 or**

**Register Online: [www.ce40.ca](http://www.ce40.ca)**

# ACADEMIC OPTIONS FOR ADULTS

**- Register In-Person Only -**

Please bring proof of status in Canada, residency in B.C. and



- ➡ Upgrade your English skills (Adult Foundations)
- ➡ Complete your Grade 12
- ➡ Prepare for post-secondary training
- ➡ All courses tuition – FREE for B.C. residents

## **Pearson**

### **Adult Learning Centre**

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

#### **Continuous Weekly Winter/Spring Registration**

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

#### **Winter/Spring Hours**

Monday to Thursday  
8:30 a.m. to 9:30 p.m.  
Friday  
8:30 a.m. to 3:00 p.m.



#### **Summer Registration**

Wednesday, July 4<sup>th</sup> 2012  
Thursday, July 5<sup>th</sup> 2012  
9:30 a.m., 1:00 p.m., 4:00 p.m.  
or 6:30 p.m. or  
Thursday, July 12<sup>th</sup> 2012  
1:00 p.m. or 6:30 p.m.

#### **Summer Hours**

Monday and Friday  
8:45 a.m. - 3:00 p.m.  
Tuesday, Wednesday, Thursday  
8:45 a.m. - 8:30 p.m.

Check us out! [www.palc.net](http://www.palc.net)

## **Columbia Square**

### **Adult Learning Centre**

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

#### **Continuous Winter/Spring Registration at Columbia Square**

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

#### **Winter/Spring Hours**

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



#### **Summer Registration**

Returning students: July 3<sup>rd</sup> 2012  
New students: July 4<sup>th</sup>, 5<sup>th</sup>, and 9<sup>th</sup> 2012  
9:00 a.m., 1:00 p.m., 6:30 p.m.

#### **For Summer Lab Hours**

Visit our website or phone

**604-517-6191**

for the most up-to-date  
information on:

- ◆ classroom and online courses
- ◆ hours of operation, and
- ◆ summer hours and courses

Check us out! [www.virtualschoolbc.com](http://www.virtualschoolbc.com)



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

# ENGLISH LANGUAGE LEARNING

## ESL ALL LEVELS Registration / Assessment

Assessments are designed to enroll students at the correct level of language ability.

**All new students must complete an assessment.**

Teachers will help students register for the appropriate classes.

Students have a choice of two locations for study: NWSS Pearson ALC or Columbia Square ALC.

Please register in person and bring proof of status in Canada and Residency in BC.

No Registration Fee. **FREE Tuition**

**Pearson Adult Learning Centre**  
835 8<sup>th</sup> Street, New Westminster, BC  
Portable Complex on 10<sup>th</sup> Avenue Room #2  
604-517-6286

Assessments are held  
Wed. July 4<sup>th</sup> or Thurs. July 5<sup>th</sup> at  
9:30 a.m., 1:00 p.m., 4:00 p.m. & 6:30 p.m.  
or Thurs. July 12<sup>th</sup> at 1:00 p.m. or 6:30 p.m.

**Columbia Square Adult Learning Centre**  
1001 Columbia Street  
New Westminster, BC  
604-517-6191

Assessments are held  
Wed. July 4<sup>th</sup>, Thurs. July 5<sup>th</sup>  
and Mon. July 9<sup>th</sup>  
9:00 a.m., 1:00 p.m., 6:30 p.m.

### ESL Beginner Classes Foundations 1-2

These classes are for beginners who speak little English. The focus is on listening, speaking, reading and writing. Learn to speak English more clearly and confidently with correct pronunciation.

**Course #PE22-1 Afternoon classes: Monday - Friday**

Date: Monday July 9<sup>th</sup> 2012 to Friday August 17<sup>th</sup> 2012

Class time: 12:30 pm – 3:30 pm Pearson ALC NWSS

**Course #PE23-1 Late Afternoon classes: Tues, Wed, Thurs**

Date: Tuesday July 10<sup>th</sup> 2012 to August 16<sup>th</sup> 2012

Class time: 4:00 pm – 6:15 pm Pearson ALC NWSS

### ESL Intermediate Classes Foundations 3-4

These classes are for intermediate speakers. The focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

**Course #PE41-1 Morning classes: Monday – Friday**

Date: Monday July 9<sup>th</sup> 2012 to August 17<sup>th</sup> 2012

Class time: 8:45 am – 11:45 am Pearson ALC NWSS

**Course #PE42-1 Afternoon classes: Monday - Friday**

Date: Monday July 9<sup>th</sup> 2012 to August 17<sup>th</sup> 2012

Class time: 12:30 pm – 3:30 pm Pearson ALC NWSS

**Course #PE44-1 Evening classes: Tues, Wed, Thurs**

Date: Tuesday July 10<sup>th</sup> 2012 to August 16<sup>th</sup> 2012

Class time: 4:00 – 8:30 pm Pearson ALC NWSS

### ESL Advanced Classes Foundations 5/6/7

Students may study all week long. These classes are for advanced speakers. The focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

**Course #PE51-1 Morning classes: Monday - Friday**

Date: Monday July 9<sup>th</sup> 2012 to August 17<sup>th</sup> 2012

Class time: 8:45 am – 11:45 am Pearson ALC NWSS

**Course #PE52-1 Afternoon classes: Monday-Friday**

Date: Monday July 9<sup>th</sup> 2012 to August 17<sup>th</sup> 2012

Class time: 12:30 pm – 3:30 pm Pearson ALC NWSS

**Course #PE54-1 Evening classes: Tues, Wed, Thurs**

Date: Tuesday July 10<sup>th</sup> 2012 to August 16<sup>th</sup> 2012

Class time: 4:00 pm – 8:30 pm Pearson ALC NWSS

### ESL Beginner Classes Foundations 1-2

These courses are for beginners who speak little English. The focus is on listening, speaking, reading and writing. Learn to speak English more clearly and confidently with correct pronunciation.

**Course #CE11-1 Morning classes: Monday- Thursday**

Date: Tuesday July 3<sup>rd</sup> to Thursday August 9<sup>th</sup> 2012

Class time: 8:20 am – 12:00 noon Columbia Square ALC

**Course #CE14-1 Evening classes: Monday - Thursday**

Date: Tuesday July 3<sup>rd</sup> to Thursday August 9<sup>th</sup> 2012

Class time: 5:20 pm – 9:00 pm Columbia Square ALC

**Course #CE22-1 Afternoon classes: Monday - Thursday**

Date: Tuesday July 3<sup>rd</sup> to Thursday August 9<sup>th</sup> 2012

Class time: 12:30 pm – 4:10 pm Columbia Square ALC

### ESL Intermediate Classes Foundations 3-4

This course is for intermediate speakers where the focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

**Course #CE32-1 Afternoon classes: Monday - Thursday**

Date: Tuesday July 3<sup>rd</sup> to Thursday August 9<sup>th</sup> 2012

Class time: 12:30 pm – 4:10 pm Columbia Square ALC

**Course #CE34-1 Evening classes: Monday - Thursday**

Date: Tuesday July 3<sup>rd</sup> to Thursday August 9<sup>th</sup> 2012

Class time: 5:20 pm – 9:00 pm Columbia Square ALC

### ESL Advanced Classes Foundations 5/6/7

Students may study all week long. This course is for advanced speakers where the focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

**Course #CE51-1 Morning classes: Monday- Thursday**

Date: Tuesday July 3<sup>rd</sup> to Thursday August 9<sup>th</sup> 2012

Class time: 8:20 am – 12:00 noon Columbia Square ALC

**Course #CE54-1 Evening classes: Monday - Thursday**

Date: Tuesday July 3<sup>rd</sup> to Thursday August 9<sup>th</sup> 2012

Class time: 5:20 pm – 9:00 pm Columbia Square ALC

**Please call 604-517-6286 for more information.**

# SUMMER SCHOOL 6 WEEK CREDIT COURSES

CREDIT courses start Tuesday, July 3<sup>rd</sup> 2012

Registration begins Monday, March 26<sup>th</sup> 2012

Register IN PERSON at Academic Programs Office (across from Room 183)

New Westminster Secondary School

835 Eighth Street, New Westminster V3M 3S9.

Monday to Friday 8:30 AM – 4:00 PM



Courses are held Monday to Friday at New Westminster Secondary

For more details call 604-517-6286.

To register for on-line academic courses see page 6

All students will be assessed and assigned to appropriate classes as necessary.

Documents needed to register for courses: Proof of Canadian Status, Proof of BC Residency & Photo ID

COURSE NAME	COURSE #	DAYS	TIME	DATE 2012	PROV. EXAM	LOCATIONS
<b>Biology 12</b>	BA14-1 BA12-1	Mon to Fri Mon to Fri	8:15 – 11:45 AM 12:15 - 3:45 PM	July 3 - Aug 10 July 3 - Aug 10	N/A	New West Secondary New West Secondary
<b>Chemistry 11</b>	BA21-1	Mon to Fri	8:15 - 11:30 AM	July 3 - Aug 10	N/A	New West Secondary
<b>Chemistry 12</b>	BA22-1	Mon to Fri	8:15 - 11:45 AM	July 3 - Aug 10	N/A	New West Secondary
<b>Communications 11</b>	BA01-1	Mon to Fri	12:15 - 3:30 PM	July 3 - Aug 10	N/A	New West Secondary
<b>Communications 12</b>	BA02-1	Mon to Fri	8:15 - 11:45 AM	July 3 - Aug 10	Aug 14 9:00 AM	New West Secondary
<b>English Upgrading</b> Recommended for students who have successfully completed ELSA level 3.	P11-1 P11-1 P11-1 C13-1 C13-1 C13-1	Mon to Fri Mon to Fri Tue/Wed/Thur Mon to Thurs Mon to Thurs Mon to Thurs	8:45 - 11:45 AM 12:30 - 3:30 PM 4:00 - 8:30 PM 8:30 - 12:15 PM 12:30 - 4:00 PM 5:30 - 9:00 PM	July 3 - Aug 17 July 3 - Aug 17 July 3 - Aug 16 July 3 - Aug 11 July 3 - Aug 11 July 3 - Aug 11	N/A	Pearson ALC - NWSS Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square ALC Columbia Square
<b>English 10</b>	BA40-1 BA43-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 – 3:30 PM	July 3 - Aug 10 July 3 - Aug 10	Aug 13 9:00 AM Aug 13 1:00 PM	New West Secondary New West Secondary
<b>English 11</b>	BA41-1 BA49-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 3 - Aug 10 July 3 - Aug 10	N/A	New West Secondary New West Secondary
<b>English 12</b>	BA42-1 BA45-1 BA46-1	Mon to Fri Mon to Fri Mon to Fri	8:15 - 11:45 AM 8:15 - 11:45 AM 12:15 - 3:45 PM	July 3 - Aug 10 July 3 - Aug 10 July 3 - Aug 10	Aug 14 9:00 AM Aug 14 1:00 PM Aug 14 1:00 PM	New West Secondary New West Secondary New West Secondary
<b>Math 10</b> Foundations of Mathematics and Pre-Calculus 10	BA50-1 BA58-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 3 - Aug 10 July 3 - Aug 10	Aug 13 9:00 AM Aug 13 1:00 PM	New West Secondary New West Secondary
<b>Pre-Calculus 11</b> Graphing calculator required	BA51-1 BA55-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 3 - Aug 10 July 3 - Aug 10	N/A	New West Secondary New West Secondary
<b>Foundations of Mathematics 11</b> Graphing calculator required	BA53-1	Mon to Fri	8:15 - 11:30 AM	July 3 - Aug 10	N/A	New West Secondary New West Secondary
<b>Math 12 (Principles)</b> Graphing calculator required	BA52-1 BA56-1	Mon to Fri Mon to Fri	8:15 - 11:45 AM 12:15 - 3:45 PM	July 3 - Aug 10 July 3 - Aug 10	N/A	New West Secondary New West Secondary
<b>Physics 11</b>	BA31-1 BA33-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 – 3:30 PM	July 3 - Aug 10 July 3 - Aug 10	N/A	New West Secondary New West Secondary
<b>Physics 12</b>	BA32-1	Mon to Fri	12:15 - 3:45 PM	July 3 - Aug 10	N/A	New West Secondary
<b>Science 10</b>	BA25-1	Mon to Fri	8:15 - 11:30 AM	July 3 - Aug 10	Aug 15 9:00 AM	New West Secondary
<b>Social Studies 10</b>	BA95-1	Mon to Fri	12:15 - 3:30 PM	July 3 - Aug 10	N/A	New West Secondary
<b>Social Studies 11</b>	BA91-1 BA94-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 3 - Aug 10 July 3 - Aug 10	Aug 15 9:00 AM Aug 15 1:00 PM	New West Secondary New West Secondary

# SUMMER SCHOOL 4 WEEK REMEDIAL COURSES

## SUMMER SCHOOL FOR GRADES 8 and 9 (4 weeks)

REMEDIAL courses start Tuesday, July 3<sup>rd</sup>, 2012 and end Friday July 27<sup>th</sup>, 2012.

Register IN PERSON at New Westminster Secondary School (across from Room 183).  
Monday to Friday 8:30 AM - 4:00 PM For details call 604-517-6286



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

**For more details call 604-517-6286.**

Remedial courses are for students who have previously taken the course but not completed successfully. Upon completion students will receive a "P" (pass) or "F" (fail) grade only. See page below for remedial course fees.

English 8	JEN8-1	Mon to Fri	10:45 AM - 1:00 PM	July 3 - July 27	New West Secondary
English 9	JEN9-1	Mon to Fri	10:45 AM - 1:00 PM	July 3 - July 27	New West Secondary
Math 8 \$12 workbook purchase for Math 8	JMA8-1	Mon to Fri	8:15 AM - 10:30 AM	July 3 - July 27	New West Secondary
Math 9	JMA9-1	Mon to Fri	8:15 AM - 10:30 AM	July 3 - July 27	New West Secondary
Science 8	JSC8-1	Mon to Fri	10:45 AM - 1:00 PM	July 3 - July 27	New West Secondary
Science 9	JSC9-1	Mon to Fri	10:45 AM - 1:00 PM	July 3 - July 27	New West Secondary
Social Studies 8	JSS8-1	Mon to Fri	8:15 AM - 10:30 AM	July 3 - July 27	New West Secondary
Social Studies 9	JSS9-1	Mon to Fri	8:15 AM - 10:30 AM	July 3 - July 27	New West Secondary

### REGISTRATION INFORMATION:

- ▶ **To Register for B and J courses** please register in person or telephone 604-517-6286.  
New Westminster Secondary School 835 8<sup>th</sup> Street, New Westminster, B.C. V3M 3S9  
(across from room 183) Monday to Friday 8:30 a.m. – 4:00 p.m.
- ▶ **To Register for P and C courses** please refer to page 2 Adult Learning Centres.
- ▶ **To Register for on-line courses** please refer to page 6 for registration information.



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

### CREDIT AND REMEDIAL COURSE FEES:

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

**Registration  
Information  
604-517-6286**

**or check our  
website:  
www.ce40.ca**

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

# VIRTUAL SCHOOL BC: ACCESS NEW WESTMINSTER



**Tuition FREE!**

*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
- ✓ Student-paced or teacher-paced models



**Year Round!**

## GRADE 10

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

## GRADE 11

- ◆ BIOLOGY 11
- ◆ CHEMISTRY 11
- ◆ ENGLISH 11
- ◆ Apprenticeship & Workplace MA 11
- ◆ Foundations of MA 11 (Sept 2012)
- ◆ Pre-Calculus MA 11
- ◆ 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
- ◆ Pre-Calculus MA 12 (Sept 2012)
- ◆ PHYSICS 12
- ◆ PLANNING 12

To find out more call us at 604-517-6191 or visit us online at:

[www.virtualschoolbc.com](http://www.virtualschoolbc.com) for adults or

[www.nwvss.ca](http://www.nwvss.ca) for students under 19

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

## NEW WESTMINSTER SD#40 HOMELEARNERS' PROGRAM

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

- Ever thought of Home Learning but not sure how?
- Why not investigate your options with the HomeLearners Program?
- Fully-funded, community-based Kindergarten through Grade 9 program.

### HomeLearner Campuses operate in:

**New Westminster call: 604-517-5917**

314 Sixth Street, New Westminster BC V3L 3A6  
Check out our website: [www.sd40.bc.ca/nwhl](http://www.sd40.bc.ca/nwhl)

**Bowen Island call: 604-947-0700**

889 Cowan Point Drive, Bowen Island BC V0N 1G2  
Check out our website: [www.islanddiscovery.ca](http://www.islanddiscovery.ca)

*If the notion of home learning piques your interest,  
please call 604-517-5917 or  
email [homelearners@sd40.bc.ca](mailto:homelearners@sd40.bc.ca) for more information.*

## SUMMER LEARNING



**Vacations are overrated!**

*This is your big chance to improve your marks,  
get closer to graduation or at least get caught  
up to your friends.*

**Course offerings available this  
Summer to help you:**

- \* complete or upgrade courses for post secondary education
- \* catch up or work ahead on your secondary school program
- \* pass a course you have failed



**All classes held at New Westminster Secondary  
835 Eighth Street, New Westminster  
this July and August.**

**See pages 4 and 5 for additional details.**

**Call 604-517-6286 for more information.**

**New!**

# MICROSOFT IT ACADEMY

Classes held at New Westminster Secondary School, 835 Eighth Street, New Westminster  
For more information or registration please call 604-517-6345

New Westminster Continuing Education is excited to announce that we are now a member of the Microsoft IT Academy Program. New Westminster Continuing Education has joined the elite group of educational institutions in Canada, and become a Microsoft IT Academy member and a Microsoft Certified Exam provider.

New Westminster has become the place to upgrade computer skills and provide our learners with the opportunity to take part in official Microsoft courses and to achieve Microsoft certifications.

## WHAT IS MICROSOFT IT ACADEMY?

It's a subscription-based membership program designed to help schools offer students and faculty learning solutions for IT skills training and certification as well as technology essentials for professionals. Access to these resources can help students build a successful future with the skills that employers demand. Microsoft IT Academy curriculum will help you obtain the hands-on skills and practice that you need to succeed in your career. The New West IT Academy will offer classroom and E-Learning, both with hands-on labs and valuable Microsoft Certifications, which can increase your chances of getting the job you want in today's economy and the credentials you need to impress employers.

## MICROSOFT OFFICE SPECIALIST



A Microsoft Office Specialist (MOS) is globally recognized for demonstrating advanced business skills in using Microsoft Office 2010 and highly developed skills in other Microsoft

desktop software. Microsoft certifications bring valuable, measurable rewards to students, IT professionals, their managers, and the organizations that employ them. These certifications are designed to provide the recognition you need to help you excel in your career and provide employers with validation of your skills. For employers, the Microsoft Office Specialist certifications prove you have the skills to succeed.

## MICROSOFT OFFICE SPECIALIST EXAM CERTIFICATE

Exams and certification are now available through Continuing Education at our New Westminster Secondary School, 835 Eighth Street, New Westminster.

Classes are held in New Westminster Secondary School.

To earn certification students must pass (MOS) exams in either Word 2010, Excel 2010, PowerPoint 2010.

(Excel Levels 1 & 2 = one exam = certificate)

**Exam Tuesday, June 12**

(Word Levels 1 & 2 = one exam = certificate)

**Exam Thursday, June 14**

(Powerpoint )

**Exam Wednesday, June 13**

*Let our MOS 2010 Certification Training Courses maximize your potential allowing you to accomplish more by becoming a Microsoft Office Specialist today!*

## MICROSOFT OFFICE SPECIALIST CERTIFICATE

**Register separately for Microsoft IT certification exams.**

Exams are not required if students do not wish Microsoft IT certification.

**All Microsoft IT classes held at:**

New Westminster Secondary School  
835 Eighth Street, New Westminster, BC



### Course #MS10 WORD 2010 LEVEL 1

Microsoft Word 2010 Level 1 teaches the information worker how to work with different types of documents using a variety of core and intermediate features to create and format business documents such as letters, forms, newsletters. It teaches students how to create and edit documents, save, open and close documents, apply formatting options, and more. The course includes a participant workbook.

4 THURSDAYS starting April 19

6:45 – 9:45 pm Room 257 Fee: \$175

### Course #MS11 WORD 2010 LEVEL 2

This course is intended for participants who are familiar with Microsoft Office Word 2010. It is an intermediate level course for individuals that are interested in learning certain advanced concepts of word processing by using Word 2010.

4 THURSDAYS starting May 17

6:45 – 9:45 pm Room 257 Fee: \$175

### Course #MS33 WORD 2010 EXAM

1 THURSDAY June 14

6:45 – 9:45 pm Room 257 Fee: \$80

### Course #MS12 EXCEL 2010 LEVEL 1

In this course, you will use MS Office Excel 2010 to create, edit, format and print basic spreadsheets. Explore the MS Office Excel 2010 environment and create a basic worksheet; perform calculations; modify a worksheet; format a worksheet; print workbook contents.

4 TUESDAYS starting April 17

6:45 - 9:45 pm Room 257 Fee: \$175

### Course #MS13 EXCEL 2010 LEVEL 2

In Microsoft Excel level 2, students will use advanced formulas and work with various data analysis tools. You will also organize table data, present data as charts, and enhance the look and appeal of complex workbooks by integrating graphical objects.

4 TUESDAYS starting May 15

6:45 - 9:45 pm Room 257 Fee: \$175

### Course #MS44 EXCEL 2010 EXAM

1 TUESDAY June 12

6:45 – 9:45 pm Room 257 Fee: \$80

### Course # MS14 POWERPOINT 2010

In PowerPoint 2010 learn to create and edit simple presentations; enhance presentations by formatting; use the drawing tools to create and edit logos and pictures; insert objects; apply slide design; set up presentations for printing purposes and learn to create and automate screen shows.

4 WEDNESDAYS starting May 16

6:45 – 9:45 pm Room 257 Fee: \$175

### Course # MS55 POWERPOINT 2010 EXAM

1 WEDNESDAY June 13

6:45 – 9:45 pm Room 257 Fee: \$80

# ART

Art students please bring newspaper and wear old clothes or painting smock.

## DRAWING AND SKETCHING: LEVEL 1

Drawing reduced to its basic elements of line and shape and form. Build on techniques from there and you too can learn to draw like the classical masters! Bring drawing paper, HB pencil, kneaded eraser to the first class.

#AP35 8 Thursdays starting April 19  
5:30pm-7:00pm ROOM 169  
MARK ANTHONY \$80

## DRAWING IN THE FOOTSTEPS OF THE GREAT MASTERS

This program is an in-depth look at two great masters from the Baroque period, Rembrandt and Vermeer. Enjoy viewing hundreds of examples. Learn to analyze masterworks and the great minds who shaped the definition of classical beauty and poetic realism. Through a tactile method, you will learn to copy these masters like an apprentice in the old master's studio. Solid principles teach you how to draw poetic visual expression with confidence. Bring 28"x24" quality drawing paper, HB pencil, kneaded eraser to the first class.

#AP46 8 Thursdays starting April 19  
7:10pm-9:40pm ROOM 169  
MARK ANTHONY \$104

## QUILL AND INK DRAWING OLD RENAISSANCE MASTERS DRAWING

ALL LEVELS WELCOME.

In this course you will be introduced to making hand-made Renaissance-period drawing materials, including hand-carved quills and manuscript inks from the medieval period. From these materials you will recreate several corresponding masterworks from the likes of Leonardo da Vinci, Michelangelo, Botticelli and others. Come and create your own masterworks just the way the great Renaissance masters did. Mark Anthony is the Director of the Portrait Workshop School of Classical Drawing.

#AP36 4 Wednesdays starting May 2  
7:00pm-9:30pm ROOM 169  
MARK ANTHONY \$59



## PENCIL CRAYONS: A 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), one sketch book for drawing (approx. 11"x14") and a supply of scrap paper.

*No class May 21 - Victoria Day.*

#AP33 8 Mondays starting April 16  
7:00pm-9:00pm ROOM 161  
MIMI KEMBALL \$104

## SOAPSTONE CARVING: INTRODUCTION

This carving workshop is designed for adults with no previous carving experience. In this course, you will complete a sculpture of a bear approximately 6" 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 April 17  
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 techniques of older sculptures will also be discussed and demonstrated. Tools and supplies will be provided by the instructor but students will be encouraged to purchase their own tool kits. A list of tools and supplies will be available at the first class.

#AP74 8 Thursdays starting April 19  
7:00pm-9:00pm ROOM 154  
MARK GAUTHIER \$125

## 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: - 8 sheets heavy Bristol or Mayfair paper or primed paper pad or canvas pad 18"x24" - 2 or more 16"x20" or larger primed canvas boards or stretchers - Brushes: (synthetic) #6 round, #4 bright, #10 flat, 2" flat - Palette - Palette knife - Spray bottle - Rags - Water containers - Paint: Titanium White, Ultramarine Blue, Cadmium Red, Cadmium Yellow, Mars Black - Glazing medium, glossy or matte or both (small jar) - Gel medium, glossy or matte or both (small jar) - Modeling paste (small jar)  
#AP14 8 Tuesdays starting April 10  
7:00pm-9:00pm ROOM 209  
SHELLEY ROTHENBURGER \$129

## 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") 140 lb. medium (cold press) watercolour paper (Opus Watermedia Paper), reasonably good quality round watercolour brushes: #2 and #8; Winsor & Newton Cotman water colour paints (8 mL tubes) - no substitutes: Ivory or Lamp Black, Cadmium Red Deep Hue, Cadmium Yellow Hue, Intense (Phthalo) Blue, Burnt Umber, White Gouache (15 ml tube "Daler Rowney"), mixing tray (accommodating about 10-20 fairly deep spaces - white plastic ice cube tray may be substituted), two 15-25 oz. plastic cups - a 750 mL yogurt or cottage cheese container works well, one old toothbrush, small plastic squeeze bottle or ear syringe, 1" 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 in class.

#AP87 9 Wednesdays starting April 18  
6:45pm-9:45pm ROOM 209  
FRANK TOWNSLEY \$162

**Register Now for Spring courses. Call 604-517-6345**

# ART

Art students please bring newspaper and wear old clothes or painting smock.

## WATERCOLOUR WORKSHOP: LAKE MIST **NEW!**

Have you ever wanted to capture that mist enshrouded lake with an overhanging willow or a giant maple tree? Add a canoe, waterfowl or fisherman on the shore to compliment the scene. Photos and all supplies will be provided and there are no prerequisites.

Please bring a bag lunch.

#AP76 1 Saturday May 12

9:00am-3:30pm

FRANK TOWNSLEY

ROOM 209

\$50

## WATERCOLOUR WORKSHOP: BIRCH BARK **NEW!**

This workshop differs from Frank's previous birch tree workshop in that it is more devoted to painting the peeled bark of the paper birch tree. The background will be kept fairly simple and loose so as to allow more time to render the trees in more detail. Images and all supplies are included and there are no prerequisites.

#AP75 2 Tuesdays starting June 5

6:45pm-9:45pm

FRANK TOWNSLEY

ROOM 209

\$50

## OIL PAINTING WITH DARLA: BASIC HOW-TO-FLOWERS **NEW!**

This is a basic "how-to" class for technique. Learn how (or get extra practice) to paint a basic flower, daisy, flower cluster, leaf, tapered leaf, filler leaves and a cluster of daisies on clusters of leaves. For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 - cash only) or purchase from Michaels the "Simply Simon's" brushes: 1" or 3/4" flat wash, 1/2" flat angle, #12 filbert, 1/2" flat wash, liner brush and palette knife, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

**THESE BRUSHES AND TECHNIQUES ARE REUSED IN ALL OF DARLA'S CLASSES.**

Wear old clothes/painting smock and bring newspaper for tables.

#AP50 1 Tuesday April 17

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: HYDRANGEAS

No experience necessary! With step-by-step instruction amaze yourself and your friends! For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 - cash only) or purchase from Michaels the "Simply Simon's" brushes: 1" flat wash, 1/2" flat angle, #10 filbert, liner and palette knife, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP90 1 Wednesday April 18

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: LILACS AND DAISIES

No experience necessary! With step-by-step instruction amaze yourself and your friends! For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 - cash only) or purchase from Michaels the "Simply Simon's" brushes: 1" flat wash, 1/2" flat angle, #10 filbert, liner and palette knife, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP86 1 Tuesday April 24

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36



Please bring newspaper for tables.  
Please wear old clothes or  
a painting smock.

## OIL PAINTING WITH DARLA: MORNING GLORY **NEW!**

Prerequisite: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers (one class). A vertical grey gesso painting with a trellis and blue morning glories. Bring your brushes from the prerequisite class and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 (CASH ONLY).

PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP51 1 Wednesday April 25

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: NIGHT BLOOMING CEREUS

Prerequisite: Hydrangeas or Lilacs & Daisies (one class). This floral painting on black gesso captures the Cereus Cactus, whose flowers bloom for only 3 hours one day a year! Bring your brushes from the prerequisite classes and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas-NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 (cash only). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY). Wear old clothes/painting smock and bring newspaper for tables.

#AP03 1 Tuesday May 1

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: WHITE AMARYLLIS **NEW!**

Prerequisite: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers (one class). A vertical soft black gesso painting with diamond striped wall and tall potted Amaryllis. Bring your brushes from a prerequisite class and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas-NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY). Wear old clothes/painting smock and bring newspaper for tables.

#AP52 1 Wednesday May 2

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36



or register on online at  
[www.ce40.ca](http://www.ce40.ca)  
- General Interest Classes -

# ART

**Art students please bring newspaper and wear old clothes or painting smock.**

## OIL PAINTING WITH DARLA: SUNFLOWERS

Prerequisite: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers (one class). This is a class favourite. Absolutely stunning! Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$14 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP71 1 Tuesday May 8

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: FANTASY FLOWERS

Prerequisites: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers AND Night Blooming Cereus or Sunflowers (two classes). This painting combines multiple flower and leaf styles on grey gesso. Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase the canvas from Darla for \$10 (cash only). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP04 1 Wednesday May 9

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: RED POPPIES

Prerequisite: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers (one class). HOT HOT HOT! Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$14. (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP38 1 Wednesday May 16

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: IRIS **NEW!**

Prerequisites: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers AND Sunflowers or Night Blooming Cereus AND Red Poppies or Mixed Poppies (three classes). Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase the canvas from Darla for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY). Wear old clothes/painting smock and bring newspaper for tables.

#AP53 1 Tuesday May 22

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: SPRING TULIPS **NEW!**

No experience necessary but Basic How-To Flowers class is an advantage. With step-by-step instruction amaze yourself and your friends! For ease, purchase supplies in class from instructor (brushes \$10, canvas \$10 - cash only) or purchase from Michaels the "Simply Simon's" brushes: 1" or 3/4" flat wash and 1/2" flat angle, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY). Wear old clothes/painting smock and bring newspaper for tables.

#AP54 1 Wednesday May 23

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: SPRING SUNFLOWERS **NEW!**

Prerequisite: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers (one class). A summer version of sunflowers done on a light background, NOT black gesso like the original sunflower class. Bring your brushes from a prerequisite class and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$12 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP55 1 Tuesday May 29

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: MIXED POPPIES

Prerequisites: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers AND Sunflowers (two classes). Paint a beautiful collection of different-coloured poppies in a vase on a light background. Bring your brushes from Darla's previous classes and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$12 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP02 1 Wednesday May 30

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: WATERFALL **NEW!**

No experience necessary!

For ease, purchase supplies in class from instructor or purchase from Michaels the "Simply Simon's" brushes: 1" or 3/4" flat, medium-size fan brush and palette knife. Bring your landscape brushes as well, or purchase a 1" landscape brush from instructor (total 3 brushes and palette knife: \$17 or separate \$5 for landscape brush, \$10 for canvas) and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$8 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP56 1 Tuesday June 5

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

## OIL PAINTING WITH DARLA: **NEW!** LOTUS FLOWER & DRAGONFLY

Prerequisite: Hydrangeas or Lilacs & Daisies or Basic How-To Flowers (one class). Create this zen-like lotus flower and optional dragonfly on grey gesso. Bring your brushes from a prerequisite class and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$8 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP57 1 Wednesday June 6

6:30pm-10:00pm

ROOM 210

DARLA ZARY

\$36

# ART

Art students please bring newspaper and wear old clothes or painting smock.

## OIL PAINTING WITH DARLA: CHERRY BLOSSOMS

**NEW!**

No experience necessary! With step-by-step instruction paint this beautiful summer painting of cherry blossoms on branches with a blue sky background. For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 - CASH ONLY) or purchase from Michaels the "Simply Simmon's" brushes: 1" or 3/4" flat wash, 1/2" flat angle, #10 filbert, liner brush and palette knife, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP58 1 Tuesday June 12

6:30pm-10:00pm ROOM 210 DARLA ZARY \$36



## OIL PAINTING WITH DARLA: FIELD OF WILDFLOWERS LANDSCAPE

**NEW!**

No experience necessary! With step-by-step instruction paint this field of wildflowers. For ease, purchase supplies in class from instructor (brushes \$15, canvas \$10 - CASH ONLY) or purchase from Michaels the "Simply Simmon's" brushes: 1" flat, 1/2" angle and #10 filbert and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

Wear old clothes/painting smock and bring newspaper for tables.

#AP59 1 Wednesday June 13

6:30pm-10:00pm ROOM 210 DARLA ZARY \$36

# BATH AND BEAUTY

## IN HOUSE SPA TREATMENTS

Treat cellulite and lymphatic drainage! In this hands-on class make gratifying spa treatments at home. Make a Himalayan Body Scrub, Dead Sea Mineral Mud Body Wrap, Cellulite Lotion, and Toning Body Oil. Recipes for creams, foot scrubs and nail salves will also be provided. **SUPPLIES INCLUDED IN COURSE FEE.**

#BB74 1 Monday April 30

6:30pm-9:00pm ROOM 236 CHERYL THEILADE \$62

## CLEAN N' GREEN HOUSE PRODUCTS

Eliminate nasty toxins in your home! Create environmentally-friendly household cleaners and have fun while cleaning! Make and take home a Citrus Cleaning Powder, Window n' Glass Shine, Room Fresh and Oven Cleaner. Recipes for Bug Repellent, Disinfectant Room Spray, Bed Bug Sheet Spray and a Microwave Clean-up will also be provided. **SUPPLIES INCLUDED IN COURSE FEE.**

#BB75 1 Thursday May 17

6:30pm-9:00pm ROOM 235 CHERYL THEILADE \$62

## NATURAL SUN PROTECTION SKINCARE

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a Tropical Sun Lotion, Aloe After-Sun Spray, Chamomile Hair Treatment and an SPF Lip Balm. Recipes for hair rinses and deep conditioners will also be provided. **SUPPLIES INCLUDED IN COURSE FEE.**

#BB77 1 Wednesday June 6

6:30pm-9:30pm ROOM 236 CHERYL THEILADE \$62

## DO-IT-YOURSELF **NEW!**

### MANICURE AND PEDICURE

Join this class and learn the basics of doing



manicures and pedicures in the comfort of your home.

You will learn how to prepare the hands and feet, how to cut, shape, buff and

paint the nails, push back the cuticles and how to soften the skin. We'll finish off with a relaxing massage. Some nail diseases and disorders, hygiene, sanitizing, soft nails and nail fissures will also be discussed. You will learn to put on regular nail polish, and on the last class students will get an opportunity to try a gel product. **Please bring: For hands (first 2 classes) - a small plastic bowl large enough to dip one hand, 3 hand towels, a 4-way buffer, a few nail colours, a base coat and a top coat. For feet (classes 3 and 4) - a large plastic basin for feet immersion, 2 large towels, 2 hand towels and a dry/wet foot file.**

#BB87 4 Wednesdays starting May 30

7:00pm-9:00pm ROOM 126  
TARANJEET DHALIWAL \$54

# BUILDING SERVICE WORKER PROGRAM

## 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 at least 19-years-old and have strong English skills. Monday to Thursday for 5 weeks.

#BV44 Monday - Thursday starting April 16

6:00pm-10:00pm

ROOM 176

BARRY DALLAS

Fee: \$340



# BUSINESS / VOCATIONAL

## 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. You will be able to communicate with confidence and poise by the end of this course.

**#BV65** 8 Thursdays starting April 19  
7:00pm-9:00pm ROOM 127  
TOM JONES \$74

## HOW TO BECOME MORE ASSERTIVE AND CONFIDENT: LEVEL 1

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** 4 Tuesdays starting April 17  
6:30pm-9:30pm ROOM 149  
WENDY LAWSON \$82

## HOW TO BECOME MORE ASSERTIVE AND CONFIDENT: LEVEL 2

Prerequisite: How to Become More Assertive and Confident Level 1.

You've been practicing boundary-setting and speaking assertively, which has helped to improve your self-esteem, confidence, relationships with others and the way you manage conflict, but some situations are harder than others to set limits and express what you really want to say. This refresher course will help you look at your stumbling blocks and work on ways to remove them so you can continue to communicate assertively and stand up for yourself in your personal and professional life. This is an interactive class so come prepared to share some examples.

**#BV18** 2 Wednesdays starting May 2  
6:30pm-9:30pm ROOM 164  
WENDY LAWSON \$49

## VOICEOVER ANNOUNCING: INTRODUCTION

With increasing employment in the film industry and local radio and TV markets, job opportunities in voiceover announcing are on the rise. Learn basic breathing techniques, vocal exercises and pronunciation and articulation skills used in this profession. The instructor will focus on script editing and the importance of preparing a demo CD. Also covered in this course will be ideas on where to look for voiceover work, how to self market your new skills and whether or not you need an agent. The instructor is a full-time voice actor/producer and has worked in the business for 13 years. Students should expect to perform outside their normal comfort zones -- practice reading scripts will be done in front of classmates. Who knows? This may be the beginning of a new career for you!

**#BV86** 6 Thursdays starting April 19  
6:30pm-9:30pm ROOM 163  
PAM WILLMER \$112

## VOICEOVER ANNOUNCING: ADVANCED

In this advanced class focus will be on timing, character work, advanced script editing, delivery methods and following direction. Students MUST be willing to work outside their comfort zones and try new voices. Students must also have an email address.

No class Monday May 21 - Victoria Day.

**#BV88** 6 Mondays starting April 16  
6:30pm-9:30pm ROOM 163  
PAM WILLMER \$112

## CASHIER TRAINING

Designed for those wanting to learn basic cashiering skills using a manual cash register, this hands-on course focuses on the use of a manual cash register in restaurants or retail stores. Learn how to process items, handle cash and credit card transactions, balance cash and do a shift closing. Cash registers will be shared. English fluency is a prerequisite for this course. Pre-registration is required.

Please bring a lunch.  
**#BV42** 1 Saturday May 12  
9:00am-3:00pm ROOM 148  
IQBAL LALANY \$150



## ACCOUNTING AND BOOKKEEPING

This could be the most important business course for the small- and medium-sized business. Understand basic accounting and the rules of accounting. Learn 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.

**#BV68** 9 Tuesdays starting April 17  
7:00pm-9:30pm ROOM 263  
BALJIT SINGH \$167

## PAYROLL

Learn how to calculate payroll cheques and remittances. Discussions include BC Labour Law, Employment Standards and WCB as they affect payroll.

Class exercises will cover:

Federal & Provincial Income Tax, CPP, EI as deducted/remitted, T4. ROE and other payroll related forms will also be discussed. Other alternatives (through payroll service company) in processing payroll and its procedures will be covered.

**#BV34** 7 Thursdays starting April 19  
7:00pm-9:30pm ROOM 263  
BALJIT SINGH \$130

## 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 a millionaire entrepreneur and Amazon Best-Selling Author of: "101 Reasons Why You Must Write A Book".

**#BV58** 1 Wednesday May 9  
6:30pm-9:30pm ROOM 163  
BOB BURNHAM \$48

# BUSINESS / VOCATIONAL

## 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 to the class.

**#BV07** 2 Thursdays starting May 3  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$49

## 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. *Classes run 4 evenings, Monday - Thursday.* Course manual included.

**#BV45** Mon - Thurs. starting May 28  
6:30pm-9:30pm ROOM 176  
BARRY DALLAS \$150

## INTRO TO MARKETING AND SALES

A small marketing budget doesn't mean you can't meet your goals and business objectives - you just have to be more creative in your marketing tactics. This workshop will show you how to get maximum exposure at minimum cost. Learn effective, low-cost, and no-cost strategies to improve sales, develop your company's image and build your bottom line. This workshop will familiarize you with marketing terms, SWOT analysis and how to develop marketing plans/marketing campaigns.

**#BV85** 2 Tuesdays starting May 8  
7:00pm-9:00pm ROOM 123  
DAN RUIMY \$40



## CONFLICT RESOLUTION

Conflict is everywhere -- in the office, in the home and on the streets. Some of us avoid it and some of us try to handle it the best we are able, but many would like some ideas on how to handle it better. If this is you, may we invite you to come explore, discuss and share ideas on how to resolve conflicts. Through exercises, examples and a toolkit, you will be able to apply your new skills in many conflict situations.

**#BV15** 2 Tuesdays starting May 22  
7:00pm-9:30pm ROOM 160C  
DAN RUIMY \$40

## MEDICAL OFFICE ADMINISTRATOR

**NEW!**

This is an intensive program that prepares students for jobs in medical and medically-related offices. Topics include: medical terminology, reception, scheduling, written and verbal communication, infection control, and the Canadian health care system. Course handbook (\$40) payable to the instructor on the first evening. A certificate is awarded on successful completion of the course. 10 sessions

(Tuesday and Thursday evenings)  
**#BV94** 5 Tues & 5 Thurs starting April 17  
6:30pm-9:30pm ROOM 220  
SALLY EVANS \$350

## MOA INFORMATION NIGHT

**Course #BV06.** This information night workshop is intended for people who are interested in taking the MOA course but need more information or have questions.

Please register 604-517-6345  
**Monday April 2 at 8:00 pm.**  
**Held at NWSS in ROOM 123.**

## DEMENTIA CARE

This course introduces geriatric psychiatry with exploring delirium, depression and dementia. We cover the nature of dementia with a focus on Alzheimer disease. The final part of the course covers strategies for caring for people who have dementia. It covers all aspects of psychosocial care, including communication skills and assisting with activities of daily living. The course is ideal for those who want to work with clients with dementia. It is also well suited to the person who already is looking after a person with dementia, whether as a family caregiver or a paid care aide. Please bring a lunch.

**#BV57** 1 Saturday May 12  
9:00am-3:30pm ROOM 123  
SALLY EVANS \$50

## 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!

This course will benefit students of all abilities in Grades 4-12.

**#BV90** 1 Wednesday May 2  
7:00pm-9:00pm SCHOOL LIBRARY  
TERRY SMALL \$42

## 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 May 15  
7:00pm-10:00pm ROOM 161  
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 Wednesday May 23  
7:00pm-10:00pm SCHOOL LIBRARY  
TERRY SMALL \$42

# BUSINESS / VOCATIONAL

## ACADEMIC ESSAY WRITING NEW!

Writing an essay can be frustrating. Take the stress and complexity out of academic writing by learning the basics of the process and organization of common types of essays. By using a few simple steps and some tips, your writing can improve dramatically and you will present your ideas in a logical and cohesive order.

**#BW43** 2 Thursdays starting May 24  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$49

## ACCENT REDUCTION / SPEAKING SKILLS

Join Anita and improve your Canadian accent in the most effective way. Improve your language skills such as sounds, stress patterns, rhythm and intonation patterns as well as overall speaking skills. Accent reduction may help you to advance your career and function more effectively in your job. Gain confidence.

Learn to speak more fluently and naturally.

**#BV77** 4 Mondays starting April 16  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$98

## GRAMMAR AND PUNCTUATION

This is a basic grammar and punctuation refresher course to help you recognize and correct common writing errors. You will learn about the parts of speech, capitalization, punctuation, and sentence structure. Great for adult students, business people and ESL students.

**#BW31** 2 Mondays starting May 28  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$49

## BUSINESS WRITING: JUMPSTART

This is a 3-hour entry level course to help you jumpstart your writing. Learn rules to polish your writing for business. Excellent for new business owners, office assistants and managers who need to write more professionally.

**#BW12** 1 Saturday May 12  
9:00am-12:00pm ROOM 227  
ANITA SMITH \$28

## CREATIVE WRITING: JUMPSTART

This is a three-hour session to help the novice writer jumpstart and maintain his or her 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.

**#BW10** 1 Saturday May 12  
12:30pm-3:30pm ROOM 227  
ANITA SMITH \$28

## WRITING FOR CHILDREN JUMPSTART

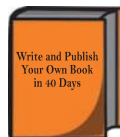
An introduction to writing books and stories for children. Basic fiction writing techniques will be discussed, with particular application to writing for a younger audience.

**#BW21** 1 Thursday May 17  
7:00pm-9:30pm ROOM 227  
ANITA SMITH \$26

## WRITE AND 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 a millionaire entrepreneur and Amazon Best-Selling Author of: "101 Reasons Why You Must Write a Book". A complete workbook included -- extra material available for purchase from instructor.

**#BW41** 1 Thursday May 24  
6:30pm-9:30pm ROOM 161  
BOB BURNHAM \$48



## 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 more at [www.memory-learning.com](http://www.memory-learning.com).

**#BV52** 1 Monday June 4  
6:30pm-9:30pm ROOM 265  
GRAHAM BEST \$42

## BIBLE MEMORY COURSE

In this seminar you will be trained in strategies to remember extended passages from the Gospels word-perfectly (you will be amazed at how easy this is), recall favourite verses and have the content of entire books of the Bible at your fingertips. These strategies are tried and true and leave people wondering why they weren't taught these things years ago. The results are instant and amazing!!! You will also be taught to read so that your mind does not wander so you get the details and remember them, and so you see the story and get the big picture. This amazing course will also teach you how to write personal reflections and to meditate on Scripture. Course fee includes online lessons to enable you to gain mastery of the systems. The course is open to adults and teens. A comprehensive course binder is available at the course for \$20.

Please bring a lunch.  
**#PE55** 1 Saturday May 12  
9:00am-3:30pm ROOM 161  
GRAHAM BEST \$59

# COMPUTER KEYBOARDING

## COMPUTER KEYBOARDING

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.

**#CO93** 4 Mon & 4 Wed starting April 16 (Mon & Wed)  
7:00pm-9:00pm ROOM 266 WANDA MADOKORO \$74

## KEYBOARDING FAST & ACCURATE

Designed for those familiar with typing basics but who need more time to build up skills. Students will improve speed and gain accuracy by using diagnostic software and corrective drills. Basic typing skills are recommended before taking this course. Please bring a lunch.

**#CO96** 1 Saturday May 12  
9:00am-3:30pm ROOM 266 WANDA MADOKORO \$50

# COMPUTER TRAINING

## COMPUTERS MADE EASY



Designed for the new user, this course begins with the basics of the Windows operating system, then moves on to basic functions of MS Word word processing, Excel spreadsheets and Internet browsing. This course is particularly suited to those who would like to develop a solid foundation in computer use and gain exposure to the most popular applications.

**#CO81** 4 Mondays starting April 16  
6:45pm-9:45pm ROOM 255 CCI \$150

## 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. No class May 21.

**#CO62** 4 Mondays starting May 14  
6:45pm-9:45pm ROOM 255 CCI \$175

## MS OFFICE 2010 OVERVIEW

Working with the 2010 version of the Microsoft Office suite, you will gain basic skills in Word, Excel and PowerPoint. Learn how to create, edit, enhance, manage and print simple documents using this software. It is recommended that students have a working knowledge of Windows and are confident with computer fundamentals prior to taking this course.

**#CO76** 4 Wednesdays starting April 18  
6:45pm-9:45pm ROOM 257 CCI \$175

## MARKETING AND SOCIAL MEDIA

The immense popularity of social networking sites like Twitter, Facebook, and YouTube have opened up new marketing and promotional avenues for small business, personal, corporate, and non-profit organizations. Through this one-day introduction, discover strategies for effective marketing using these media, as well as some of the common pitfalls. Please bring a lunch.

**#CO86** 1 Saturday May 12  
9:00am-3:30pm ROOM 257 CCI \$75

## BUILD E-COMMERCE WEBSITES

Online purchasing continues to grow. Customers want fast and easy. Join San and learn how to create and design an e-commerce website to be unique and eye-catching for your business. Watch your sales increase. *No refunds.*

**#CO49** 4 Thursdays starting May 17  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$250

## WORD 2010: LEVEL 1

Students learn how to create and edit documents, save, open and close documents, apply formatting options, and more.

**#MS10** 4 Thursdays starting April 19  
6:45 – 9:45 pm Room 257 CCI \$175

## WORD 2010: LEVEL 2

Continuation of Level 1. Students learn certain advanced concepts of word processing By using Word 2010.

**#MS11** 4 Thursdays starting May 17  
6:45 – 9:45 pm Room 257 CCI \$175

## EXCEL 2010: LEVEL 1

Learn to use Excel 2010 to create, edit, format and print basic spreadsheets. Excellent for budgets, inventory reports, invoices and charting.

**#MS12** 4 Tuesdays starting April 17  
6:45 – 9:45 pm Room 257 CCI \$175

## EXCEL 2010: LEVEL 2

Continuation of Level 1. You will also organize table data, present data as charts plus learn how to enhance the look and appeal of complex workbooks.

**#MS13** 4 Tuesdays starting May 15  
6:45 – 9:45 pm Room 257 CCI \$175

## POWERPOINT 2010

Learn to create and share dynamic presentations whether it be at home or office.

**#MS14** 4 Wednesdays starting May 16  
6:45 – 9:45 pm Room 257 CCI \$175

## SIMPLY ACCOUNTING 2011

Learn how to navigate in each of the windows, create, setup, and customize a company, and record common journal entries for a business. You will experience processing day-to-day transactions such as: sales invoices, customer payments, bills and expenses, bill payments, credit cards, sales tax payments, banking, receivable and payables management, and financial statement reporting. Basic accounting knowledge required.

**#CO11** 5 Tuesdays starting April 17  
6:45pm-9:45pm ROOM 266 CCI \$200

## WINDOWS 7: LEVEL 1

Are you struggling with your new PC and want to know how best to use it? This course starts from the very beginning -- basic jargon, keys, shortcuts, how to navigate around, how to customize and optimize your Windows, copy and move files around, basic maintenance, emails and use of the internet. No prerequisites.

*No refunds.*

**#CO64** 4 Mondays starting April 16  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

## WINDOWS 7: LEVEL 2

Learn how to backup and restore files, set up administrative tasks and optimize your PC performance. Topics will also include firewalls, internet security, adding new users, remote desktop to work from home, file sharing, network drives and speech control set-up. Prerequisite: Windows 7 for Beginners. No refunds. No class May 21.

**#CO68** 3 Mondays starting May 14  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$200

## QUICKBOOKS: LEVEL 1

QuickBooks is the easiest accounting system to manage your personal and business finances. This course will equip you with the necessary skills needed in computerized accounting jobs to work with invoicing, billing, payables/receivables, reconciliations, depreciation, amortization, etc. Free QuickBooks CD (limited quantity). Must be familiar with Windows and basic accounting. *No refunds.*

**#CO55** 4 Wednesdays starting April 18  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$250

## QUICKBOOKS: LEVEL 2

Advanced topics cover setting up inventories, understanding and customizing financial reports, sales tax, payroll, time and mileage based transaction tracking and billing. Prerequisites: QuickBooks: Level 1. *No refunds.*

**#CO56** 2 Wednesdays starting May 16  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$150

## ADOBE FLASH ANIMATIONS

This course teaches you how to quickly create a basic animation using tweens, squashing & stretching and character construction to produce a flash file that can be used on webpages as a banner ad, or infomercial to enhance your presentation. Must be familiar with Windows. *No refunds.*

**#CO43** 2 Wednesdays starting May 30  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$150

## WEBPAGE CREATION

Learn to create webpages for your small business or personal website from scratch using colourful text and pictures, animations, tables and framed pages. Topics include HTML coding, CSS, dynamic content, sound, music, video streaming, bookmarks, links, ActiveX & Java Applets. Must have knowledge of Windows. *No refunds.*

**#CO21** 4 Thursdays starting April 19  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$250

# COMPUTER TRAINING

## \* HANDS-ON EXCEL 2007: LEVEL 1

Excel is an essential spreadsheet skill to organize related calculation results in a 2D fashion and then present the results either graphically or in a document. Topics include: cells, references, grouping, format, sorting, how to cross-link multiple sheets to generate charts, etc. Must be familiar with Windows. *No refunds.*

**#CO35** 3 Tuesdays starting April 17  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$200

## \* HANDS-ON EXCEL 2007: LEVEL 2

Advanced topics cover more print/view setup, applying powerful functions, protecting, conditional formatting, what-if analysis, subtotaling, data validation, filtering, grouping, etc. Prerequisites: Excel 2007: Level 1. *No refunds.*

**#CO39** 3 Tuesdays starting May 8  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$200

*\* Excel Expert User Certificate  
issued if all 3 Excel levels are taken!*

## \* HANDS-ON EXCEL 2007: FUNCTIONS AND STATISTICS

We will continue to explore more advanced features in Excel: functions, formulas, import/export to databases, decision-making from sampling data using statistical functions and StatPro add-ins. Prerequisites: Excel 2007: Level 2.

*No refunds.*  
**#CO42** 2 Tuesdays starting May 29  
6:45pm-9:45pm ROOM 255  
SAN CHANG \$150

# COMMUNITY FREE FORUMS

## UNDERSTANDING INFLAMMATORY ARTHRITIS

Inflammatory types of arthritis like Rheumatoid Arthritis, Ankylosing Spondylitis, Psoriatic Arthritis and Lupus are severely crimping the lives of many people of all ages. What is inflammatory arthritis? How to better understand and manage your arthritis. Adapting exercise and activities to protect your joints.

**#CF53** 1 Monday May 14  
7:00pm-9:00pm ROOM 164  
THE ARTHRITIS SOCIETY **FREE**

## NUTRITION AND ARTHRITIS

The Arthritis Society invites you to a free information session to learn how the food you eat might affect your arthritis, get advice on the most sensible diet to follow and answers to the most common questions which people ask about food and arthritis.

**#CF56** 1 Monday May 28  
7:00pm-9:00pm ROOM 148  
THE ARTHRITIS SOCIETY **FREE**

## MUSCLES IN THEIR PRIME – A GUIDE FOR WOMEN

Here is an uncomplicated approach to understanding how your muscles work and what they can do for you when you use them well on a daily basis. Your magnificent muscles can keep you upright, balanced and mobile, and when you treat them right they will serve you well as you get older. Whether you exercise or not this change can start immediately - you can eat for energy and maintain your healthy weight.

**#CF82** 1 Wednesday April 18  
6:30pm-8:30pm ROOM 163  
DEANNE RAPACIOLI **FREE**

## BETTER POSTURE.....NEW! BETTER HEALTH FOR WOMEN

Posture affects everything – it impacts how we breathe, how we balance and how well we feel and function on a daily basis. Poor posture brings a host of problems like fatigue, aches and pains and possible injury. Whether you are standing, sitting or sleeping Deanne will help you understand what good posture is and how to achieve better posture for better health.

**#CF06** 1 Wednesday April 25  
6:30pm-8:30pm SCHOOL LIBRARY  
DEANNE RAPACIOLI **FREE**

## PEOPLE CAN LIVE A HEALTHY LIFE WITH A CHRONIC CONDITION

Come and learn about self-management workshops available for adults of all ages experiencing chronic health conditions. The various programs provide participants with the knowledge, skills and confidence to better manage their health. Family members, friends and caregivers are also welcome. At the workshops, you will learn: - How to understand and manage your health symptoms - Build practical skills - Discover useful tips to maintain an active lifestyle - Communicate effectively with your health care team - Perform daily tasks with greater ease - Take action and get more out of life! For more information about our programs please check out our website [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca).

**#CF44** 1 Thursday April 19  
6:30pm-7:30pm SCHOOL LIBRARY  
UVIC CENTRE ON AGING **FREE**  
CHRONIC DISEASE SELF-MANAGEMENT

**PLEASE REGISTER  
FOR FREE CLASSES  
CALL 604-517-6345**

## ESTATE PLANNING AND ADMINISTRATION

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

**#CF24** 1 Thursday April 26  
7:00pm-9:00pm SCHOOL LIBRARY  
KEVIN WESTWOOD **FREE**

## PERSONAL INJURY CLAIMS - WHAT DO YOU NEED TO KNOW?

As the innocent victim of a car crash in BC, you will find yourself dealing with the Insurance Corporation of British Columbia (ICBC). This lecture is presented in a simple and straightforward way to help you understand the complicated legal relationship between yourself and ICBC. In order to ensure you are treated fairly, you require an objective explanation of the motor vehicle compensation system in BC. You need to know your rights and responsibilities as well as those of ICBC. The decisions you make may cost you thousands of dollars. This lecture will help you develop an understanding of the roles played by ICBC's adjusters, investigators and lawyers, as well as that of the careless driver and the legal system. You will also learn practical tips to help you prove your claim.

**#CF22** 1 Thursday May 10  
7:00pm-9:00pm ROOM 164  
CAMPBELL, RENAUD **FREE**

# COMMUNITY FREE FORUMS

## THE INS AND OUTS OF BUYING A CONDO OR TOWNHOUSE

Find out the top mistakes that buyers make when purchasing a strata property. Learn about strata rules/bylaws, financial statements and the home buying process. Understand buyer's responsibilities before and after the sale. Should you buy a previously leaky condo? In a building with rental restrictions? Pets? Learn how to secure your financial future by building your equity and the most common areas for strata legal disputes.

#CF91 1 Tuesday April 17

7:00pm-9:30pm

ROOM 164

PAULINE PROBYN, B.A.,

**FREE**

ISABELLE BERTRAND, B.B.A.,

JAMIE WOODS, B.A.,LLB

## UNDERSTANDING MORTGAGES AND YOUR CREDIT HISTORY

An independent mortgage broker explains the ins and outs of getting the right mortgage and the importance of your credit history. Both first time home buyers and long-time homeowners will learn about mortgage types and features, managing debts and developing sound financing strategies. Attendees will also learn how to check their credit history, how credit scores are calculated and how to reestablish credit.

#CF03 1 Wednesday April 18

7:00pm-9:30pm

ROOM 164

INGRID FAISAL

**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. You will learn how to find an ideal investment property and where are the most profitable areas to invest.

#CF93 1 Tuesday June 5

7:00pm-9:30pm

ROOM 164

PAULINE PROBYN, B.A.,

**FREE**

MARGARET DRON &

CYNTHIA HAMILTON, CGA, BACCS

# WILTON CAKE DECORATING



## WILTON CAKE DECORATING CERTIFICATE PROGRAM

The Wilton Certificate Program consists of three separate courses- Levels 1, 2, 3

### CAKE DECORATING: LEVEL 1

The Wilton Method® Decorating **BASICS COURSE 1** is the perfect place to start! Your instructor will show you the right way to decorate, step-by-step, so that you experience the excitement of successfully decorating your first cake. You'll understand how to bake a great cake, see how to make and color icing and learn the best way to ice the cake. You will also practice the three fundamentals of decorating, enabling you to approach each technique the right way for great results. Along the way, you'll learn to create icing drop flowers, rosettes, shells, pompom flowers, leaves, shaggy mums, and the ribbon rose. You'll also decorate cookies, cupcakes ... and of course cakes!

*Please request a list of required supplies when registering.*

Decorating kit and book included in course fee.

#CK01 2 Mon & 2 Wed starting April 16

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

### CAKE DECORATING: LEVEL 2 FLOWERS AND CAKE DESIGN

In Flowers and Cake Design, you'll explore sophisticated ways to bring your cakes and desserts to life! Your Wilton Method® instructor will teach you to create breathtaking icing flowers such as pansies, lilies and the famous Wilton Rose. Then, you'll discover the secrets of arranging them in a beautifully balanced cake-top bouquet. Your amazing flowers will be framed by an impressive border treatment or basket-weave design. With the skills you learn here and your ability to make flowers in advance using gum paste and fondant or royal icing, you can create beautiful blooms at your convenience, ready to place on any cake.

*Please request a list of required supplies when registering.*

Decorating kit and book included in course fee.

#CK02 2 Mon & 2 Wed starting April 30

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

### CAKE DECORATING: LEVEL 3 GUM PASTE AND FONDANT

In Gum Paste & Fondant you'll discover one of the most exciting and satisfying ways to decorate a cake. Kimberley will lead you every step of the way as you create amazing hand shaped flowers, beautiful borders and bold accents using these easy-to-shape icings. As you learn each technique – an artful bow, mum, rose, carnation, calla lily, rosebud, daisy and embellished borders – you'll be closer to your crowning achievement: A Final Course Cake that showcases your skills. The confidence you'll gain as you decorate with gum paste and fondant will enable you to create cakes that will add excitement to your family celebrations for years to come. *Please request a list of required supplies when registering.* No class May 21.

Decorating kit and book included in course fee.

#CK03 2 Mon & 2 Wed starting May 14

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

### WILTON CAKE DECORATING: TALL CAKES **NEW!**

Cake Decorating Level 1 Basics is a prerequisite. Students will learn how to support and stack a cake with *two or more layers* using different techniques with the use of pillars and dowels. Stacking fondant-covered vs. butter cream-covered. Please bring all your cakes (*two or more*) to this class. Students will then assemble and decorate in class. *Please ask for supply list when registering.*

#CK09 1 Saturday May 12

11:00am - 2:00pm

ROOM 235

KIMBERLEY MARCHUK

\$30

### WILTON CAKE DECORATING: LEVEL 4 ADVANCED GUM PASTE AND FONDANT

Students must have taken Gum Paste & Fondant Level 3 or equivalent to take this advanced Level 4. Students will continue to learn how to make amazing, life-like flowers and unique blooms. *Please ask for supply list when registering.*

#CK05 2 Mon & 2 Wed starting June 4

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105



# COOKING CLASSES

## BERNARDIN **NEW!** CANNING WORKSHOP



This workshop is intended for all canning enthusiasts who want to learn the most current methods for safe, enjoyable home canning. The workshop includes a complete demonstration of the boiling-water-bath method of canning, as well as a discussion of pressure canning. Participants will be able to sample at least three products which will be made during the workshop and they will each receive one jar of product plus canning recipes.

**#CK12** 1 Wednesday May 23  
6:30pm-9:00pm ROOM 236  
DARLENE TANAKA \$25

## SAY CHEESE PLEASE **NEW!**

Cheese lovers unite! Tonight you'll prepare a selection of delicious starter, main course and dessert dishes using a variety of cheeses including Cheddar, Mozzarella, Gruyere, Brie, Feta and more. Come hungry!

**#CK30** 1 Thursday April 19  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## ASIAN APPETIZERS

A great way to entertain is with a selection of appetizers, especially when many can be prepared in advance. Tonight we'll prepare a variety of Asian-inspired bites including Phyllo Samosas, Vietnamese Salad Rolls, Gyozas, Satays w/Peanut Sauce, Pork Wonton Foldovers and more.

**#CK32** 1 Tuesday April 24  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## MEXICAN FIESTA

Entertain your guests this summer with a Mexican theme party. Celebrate Cinco de Mayo by preparing a Mexican meal from appetizers to dessert. Join Kathryn for a fun evening with lots of new ideas. Ole!

**#CK65** 1 Tuesday May 1  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## SENSATIONAL SEAFOOD

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

**#CK61** 1 Thursday May 24  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## SUMMER BBQ BUFFET

Summer entertaining is a breeze when you use your BBQ to cook a variety of marinated kabobs. Each group will prepare one kind of kabob plus a salad and a dessert or appie so there will be plenty to choose from. Most recipes will be make-ahead items to set you on your way to a relaxing stress-free evening.

**#CK63** 1 Thursday May 31  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## CLASSIC GREEK

Enjoy an evening of classic Greek cooking. We'll prepare Humous, Souvlaki, Spanokopita, Baklava and many more delicious dishes.

**#CK50** 1 Tuesday June 5  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38



## SOURDOUGH AND SPONGE STARTER

Come and learn how to make sponges for breads such as Ciabatta, Country French and Danish Rye and Amish Friendship Starter and Sourdough Starter that take up to two weeks to create. We will discuss in detail how to create and care for the starters. Each student will take home a pan of Sourdough biscuits and some Sourdough Starter. Other recipes will include Focaccia, Bauernbrot, and Ekmek -- a Turkish flatbread. *Please bring to class a 9"x13" foil baking pan and a 500ml plastic container with a secure lid.*

**#CK19** 1 Monday June 4  
7:00pm-10:00pm ROOM 236  
KATHY ROERING \$38

## EASY AS PIE!

Having trouble making pastry? No problem! Come to this class and learn to make tasty, flakey pastry. 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.

*Please bring a paring knife to class.*  
**#CK29** 1 Monday April 23  
7:00pm-10:00pm ROOM 236  
KATHY ROERING \$38

## BREAD AND 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 home-made loaf of bread and a pan of cinnamon buns. *Please bring an aluminum foil loaf pan and a large zip-lock bag to the first class.*

**#CK91** 2 Mondays starting May 7  
7:00pm-10:00pm ROOM 236  
KATHY ROERING \$45

## SINGAPORE AND MALAYSIAN

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. *Bring a container to take home leftovers and let's have fun!*

**#CK87** 1 Thursday April 26  
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. *Bring a container to take home leftovers.*

**#CK79** 1 Thursday May 3  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$38

## DIVINE VIETNAMESE

Come and learn traditional Vietnamese cooking. Recipes include Lemon Grass Pork Chop, Beef Soup, Spring Rolls and Chicken. Impress your friends and family. *Bring a container to take home leftovers.*

**#CK11** 1 Thursday May 10  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$38

## SENSATIONAL SUSHI

Join this popular class! Learn how to make basic sushi. Recipes include California Roll, Teriyaki Beef & Chicken Roll, Vegetarian Roll, Tempura Prawn & Vegetables, Tamago, etc. Impress your family and friends with these healthy recipes. *Bring your apron and containers to take home leftovers.*

**#CK98** 1 Thursday May 17  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$38

# FOODSAFE / GARDENING / GUITAR

## 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. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a **FOODSAFE CERTIFICATE**. Handbook included. Please bring a lunch.

**#FO16** 2 Wednesdays starting May 30  
6:00pm-10:00pm ROOM 148  
DEAN SCOVILL \$90

**#FO17** 1 Saturday May 12  
8:00am-3:30pm ROOM 133B  
DEAN SCOVILL \$90

## FOODSAFE: LEVEL 2

Prerequisite: Level 1. 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 Wednesdays starting May 23  
6:30pm-9:30pm ROOM 149  
DEAN SCOVILL \$90

## HOME STAGING & REDESIGN

Simplify your life and get comfortable with do-it-yourself home staging and redesign. Topics include:

- de-cluttering
- home staging
- redesign & colour
- move-in set up
- interior awareness



This course includes hands-on projects which explore these topics in an informative but relaxed atmosphere.

**#HD29** 6 Thursdays starting April 19  
7:00pm-8:30pm ROOM 149  
BRENDA SINCLAIR \$90

## GARDENING

### PRUNING 101: TAMING THE BEAST

Don't know where to start with an overgrown garden or just a new plant? A look at some basic principles, tools for the job and examples.

**#GL30** 1 Wednesday April 25  
7:00pm-9:00pm ROOM 172  
CONWAY LUM \$20

### CONTAINER VEGETABLE GARDENING

Even with a small balcony you can still have a vegetable garden throughout the year. Conway will provide simple guidelines for starting and maintaining your container vegetable garden.

**#GL31** 1 Thursday May 3  
7:00pm-9:00pm ROOM 172  
CONWAY LUM \$20



### BRIGHTEN UP YOUR SHADE GARDEN!

Want to add some colour to your shade garden? Come discover different plant materials to enhance and brighten up the shady parts of your garden or patio.

**#GL32** 1 Wednesday May 23  
7:00pm-9:00pm ROOM 172  
CONWAY LUM \$20

### LAWN CARE 101

Conway will discuss ways to rejuvenate your weedy, tired lawn with little or no chemicals and with minimal effort.

**#GL33** 1 Thursday May 31  
7:00pm-9:00pm ROOM 172  
CONWAY LUM \$20

## ELECTRIC GUITAR

### ELECTRIC GUITAR: BEGINNERS

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. Throughout the 8-week course students will learn various components of electric guitar playing, such as power chords, barre chords, scales, riffs and basic improvisation. The course will focus mostly on rock music, but may also branch out into other territories such as blues, jazz, country and alternative music where the electric guitar has also had an important role.

*Please bring your guitar and amp.*

**#GU50** 8 Thursdays starting April 19  
8:05pm-9:05pm ROOM 203  
DANIEL KARRASCH \$96

## ACOUSTIC GUITAR

### 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 by artists like Bob Dylan and Neil Young to get them started on their new-found musical journey. 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.

(Enter from back of Massey Wing – gym.)  
**#GU10** 8 Tuesdays starting April 17  
6:00pm-7:00pm ROOM 203  
PETER ZAENKER \$96

**#GU20** 8 Tuesdays starting April 17  
7:05pm-8:05pm ROOM 203  
PETER ZAENKER \$96

### ACOUSTIC GUITAR: LEVEL 2

This course is for those who have taken 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 April 17  
8:05pm-9:05pm ROOM 203  
PETER ZAENKER \$96

### INTRO TO READING MUSIC AND GENERAL MUSICIANSHIP

This course is designed for individuals interested in enriching their lives with an

increased knowledge of and appreciation for music. It is designed for the absolute beginner, no previous knowledge necessary, with the intention of building basic musicianship skills. Over the course of 8 weeks, various musicianship topics will be covered, including learning to read notes, understanding different keys, basic music theory, and fundamental oral and aural (ear training) exercises. It should be noted that this course is not designed to teach you any instrument in particular (though examples will be given on piano or guitar). Instead, you will be learning valuable musical skills that can be translated to any instrument or simply enjoyed from the perspective of the music listener.

**#GU78** 8 Thursdays starting April 19  
6:30pm-8:00pm ROOM 203  
DANIEL KARRASCH \$160



# FITNESS / RECREATION

Large Massey Gym, Small Massey Gym, Yoga/Dance Studio and Massey Cafeteria are located inside New Westminster Secondary. Please enter from the back of the school across from the skating rink.

## 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 April 16  
7:00pm-8:00pm Small Massey Gym  
MARGARET MAXIM \$75

*No class Monday May 21 - Victoria Day.*

## SHORT CIRCUIT WITH MARGARET **NEW!**

This fun and fast paced 40- minute workout challenges the entire body by circuit training. No routines here, this class changes every workout to keep your muscles guessing and your mind challenged. Your instructor is a personal trainer full of creative ways to work you hard while having fun!

**#FS05** 8 Mondays starting April 16  
8:05pm-9:05pm Small Massey Gym  
MARGARET MAXIM \$75

## BHANGRA WORKOUT **NEW!**

Bhangra is an energetic and vigorous dance all about celebration and happiness for all ages. You don't need a partner to enjoy this heart pumping experience. Students are welcome to come to this class to become fit, have fun and learn Bhangra moves. The classes' focus will be to get you moving and get you sweating. Your legs, gluts, quads, arms and core will thank you.

**#FS02** 8 Wednesdays starting April 18  
7:00pm-8:00pm Large Massey Gym  
TARANJEET DHALIWAL \$75

## BOLLYWOOD DANCE

Bollywood is a fun, lively and animated dance that anyone can do. This dance combines classical Indian pop and jazz. Warm-up and stretch techniques are also incorporated in a fun and informative style to give students a full rounded workout with tons of fun!

Classes held in high school dance studio.

**#FS85** 8 Tuesdays starting April 17  
8:15pm-9:15pm Yoga/Dance Studio  
SOPHIA SOO \$75

## 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! This is a great intro to golf. Simple swing-building exercises and ball-striking drills make up the core content of information presented. Keith will demonstrate the ease of developing fundamentally sound putting, chipping, and pitching techniques as well as strategy. Dress comfortably and wear flat-soled shoes. If you have your own equipment, please bring a #9 and #7 iron and sand wedge.

**#FS80** 1 Saturday May 12  
9:00am-11:30am Small Massey Gym  
KEITH WESTOVER \$35  
**#FS81** 1 Saturday May 12  
12:30pm-3:00pm Small Massey Gym  
KEITH WESTOVER \$35

## LADIES FLOOR HOCKEY SHE SHOTS - SHE SCORES!

Ladies only. Join in on the latest craze. Have lots of fun and laughs and get a workout at the same time. This class is geared towards beginners. **NON-COMPETITIVE.** Equipment provided. Please wear soft soled shoes. Eye guards, mouth guards and shinpads optional. Sportsmanlike conduct and fair play are expected.

**#FS67** 8 Wednesdays starting April 18  
7:00pm-8:30pm Small Massey Gym  
BERTHA LANSDOWNE \$79

## LADIES FLOOR HOCKEY

She shoots - she scores! Ladies only. Tuesday night classes are recommended for those players with prior floor hockey **EXPERIENCE.** Please wear soft soled shoes. Eye guards, mouth guards and shin pads optional. Sportsmanlike conduct and fair play are expected.

**#FS66** 8 Tuesdays starting April 17  
7:00pm-8:30pm Small Massey Gym  
BERTHA LANSDOWNE \$79

## AWESOME ABS, BUTTS, **NEW!** HIPS AND THIGHS

Get ready for summer bathing suit season. A class designed to improve abdominal muscles, tone your thighs and boost your butt. *No class May 21 - Victoria Day.*

**#FS61** 6 Mondays starting April 16  
6:00pm-6:45pm Massey Cafeteria  
MELISA CROSBY \$50

## SIMPLE HOME EXERCISE PROGRAM

You do not need a gym membership to do an effective workout! This fitness class will teach exercises that you can take home and do on your own. By the end of the class, you will have a full workout program you can do at home that will meet your fitness goals, whether it is overall fitness, toning or weight loss. This class is open to any level of fitness. Melisa will provide special exercises for those with chronic pain, but it is also directed to people who have no injury at all or a mild injury. Take charge of your health! Melisa is a Registered Rehabilitation Professional and Personal Trainer RRP,MBA,CRTWC. Please bring a mat to class.

*No class Monday May 21 - Victoria Day.*  
**#FS76** 6 Mondays starting April 16  
7:00pm-8:30pm Massey Cafeteria  
MELISA CROSBY \$60

## RUNNING AND ENDURANCE PREPARATION **NEW!**

Improve endurance and leg strength. For those who just want to improve their running endurance and fitness or those who are training to participate in the Sun Run or other marathon. Get ready with a fun class combining strength training with running and interval training.

(Be prepared to do some running outside.)  
**#FS63** 6 Tuesdays starting April 17  
7:45pm-9:00pm Massey Cafeteria  
MELISA CROSBY \$65

## YOGA-LATES

Can't decide between Yoga and Pilates? This class is a unique combination of basic Yoga and Pilates exercises to target muscle tone, core, balance and relaxation all in one workout! Achieve a leaner, toned, more flexible and youthful body with the effects of core-strengthening Pilates and Yoga. Pilates mat classes are not recommended for individuals with disk injury. Students need to bring a mat no more than 1" thick for these sessions. Students with previous neck and back injuries should consult 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.

**#FS55** 8 Wednesdays starting April 18  
7:45pm-9:15pm Yoga/Dance Studio  
ANITA SMITH \$81

# FITNESS / ZUMBA / TAI CHI / YOGA

## ZUMBA GOLD®: GENTLE WORKOUT

Zumba Gold® modifies the moves and pacing to suit the needs of the active older participant, those just starting their journey to a fit and healthy lifestyle or those who are just coming back to fitness. This class is filled with many options with low to no impact moves and is perfect for those who are wanting a gradual return to being fit. Zesty Latin music, like salsa, merengue, cumbia and reggaeton are exhilarating. **#FS75** 8 Wednesdays starting April 18  
6:30pm-7:30pm Yoga/Dance Studio  
JANICE STEVENS \$75

## ZUMBA® FITNESS

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. **#FS70** 8 Mondays starting April 16

*No class Monday May 21 - Victoria Day.*  
7:00pm-8:00pm Large Massey Gym  
RACHEL WOO \$75

**#FS72** 8 Tuesdays starting April 17  
7:00pm-8:00pm Large Massey Gym  
JANICE STEVENS \$75

**#FS78** 8 Thursdays starting April 19  
7:00pm-8:00pm Small Massey Gym  
RACHEL WOO \$75

## ZUMBA® FITNESS ON SATURDAY

**DA99** 8 Saturdays starting April 21  
10:05-11:05 am \$75  
*Saturday classes held at Dance With Me Studio See page 23 for more details.*



**INTRODUCING  
ZUMBATIC  
FITNESS**

**for ages 7-12 - see page 23**

## BREAKDANCING

**NEW!**

Breakdance or breaking is a street-based dance that incorporates body movements, coordination, style, and aesthetics. Style, fashion, and technique are also vital aspects of breakdancing.

**#FS65** 8 Thursdays starting April 19  
8:05pm-9:05pm Small Massey Gym  
DUSTIN LEE HOMAGE \$75

## TAI CHI: BEGINNER

Originally a Martial Art, Tai Ji Chüen (Tai Chi Chüen) 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 on 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 Tuesdays starting April 17  
6:30pm-7:30pm Massey Cafeteria  
KENNETH WONG \$81

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

## TAI CHI: INTERMEDIATE

This course is a continuation of the Yang Style Tai Ji Chüen (Tai Chi Chüen) long set. The first section or stage will be reviewed and then the second stage will be taught, along with the Double Push Hands exercise. Only students who have completed Tai Chi: Beginner Level or an equivalent course should register for this course. An instructional DVD, which covers the entire Tai Ji set, is available for purchase in class for \$25.

**#YO55** 9 Wednesdays starting April 18  
6:30pm-8:00pm Massey Cafeteria  
KENNETH WONG \$86

## 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 Thursdays starting April 19  
6:30pm-8:00pm Massey Cafeteria  
KENNETH WONG \$86

## 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 [azuryoga.net](http://azuryoga.net). Don't miss these sessions.

**#YO98** 8 Mondays starting April 16  
6:30pm-8:00pm Yoga/Dance Studio  
MICHELE LABELLE \$82

*No class Monday May 21 - Victoria Day.*

**#YO99** 8 Mondays starting April 16  
8:05pm-9:35pm Yoga/Dance Studio  
MICHELE LABELLE \$82

## YOGA AND MEDITATION



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

*Mary's website at [www.yogawithmary.ca](http://www.yogawithmary.ca)*

**#YO61** 8 Tuesdays starting April 17  
6:30pm-8:00pm Yoga/Dance Studio  
MARY VICKARS \$82

## 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.

**#YO31** 8 Thursdays starting April 19  
6:30pm-8:00pm Yoga/Dance Studio  
ROSE MARIE PRESTON \$82

# FITNESS / DANCE LESSONS

All dance classes offered on pages 24-25 are held at the Dance With Me Studio  
Suite 230 - 50 Lorne Street, New Westminster For registration call 604-517-6345 or www.ce40.ca

## Dance With Me Studios



Suite #230  
50 Lorne Street  
New Westminster

### Free Day!

Saturday  
March 24<sup>th</sup>, 2012  
12:00 NOON to 2:00 PM

Try out a FREE dance lesson:  
Burlesque, Belly Dance, Zumba®,  
Breakdance...we've got it all!  
All ages welcome.

### PUSSYCAT DOLL-STYLE BURLESQUE

Learn to work those curves and dance some sexy moves to the latest hits! Dress to impress; heels (non-marking) are optional.

DA76 6 Sundays starting April 22  
11:40 am-12:40 pm \$75

### COUNTRY-STYLE BURLESQUE

Get out your cowgirl/cowboy boots and strut your stuff to some great country tunes.

DA77 6 Sundays starting April 22  
12:45-1:45 pm \$75

### ROCK N ROLL-STYLE BURLESQUE

Pair your favourite sexy burlesque moves with classic rock and the latest rock n roll hits!

DA78 6 Sundays starting April 22  
1:50-2:50 pm \$75

### BURLESQUE: LEVEL 1

A little bit naughty is a little bit nice.... Experience a full body workout while learning to shimmy and strut in this sexy and sizzling workshop. Learn to tantalize and tease with class. Footwear can be flat shoes or high heels — and dress to impress.

DA36 6 Sundays starting April 22  
2:55-3:55 pm \$75

### BURLESQUE: LEVEL 2

A sassy and sensual class that is a level up from the intro class. If you've taken the intro class and are ready for something more or you've had prior training in a dance form then this class is perfect for you. A great work out that improves confidence through sophisticated and sexy moves. Footwear can be flat shoes or high heels — and dress to impress!

DA37 6 Sundays starting April 22  
4:00-5:30 pm \$93

### SALSA DANCE: INTRODUCTION

Salsa is by far the most popular Latin dance today! Fast, playful, spicy are just a few words to describe this rhythmical spot dance which is characterized by subtle hip action, turns & spins. This dance originated from the Latin dance of Mambo and Cha Cha and is fun to dance.

DA11 8 Mondays starting April 16  
6:30-7:30 pm \$75

### JUST TANGO

Learn the basics of this dance and begin to understand the passion generated by the dramatic dance of Tango.

DA14 5 Mondays starting April 16  
6:45-7:45 pm \$50

### BALLROOM & LATIN FOR BEGINNERS

This class introduces you to the world of social dance! Foxtrot, Waltz, Tango, and the Latin dances of Cha Cha, Rumba & Samba are introduced slowly over the next few weeks giving you an opportunity to learn how to lead and follow, timing to music, origins of each dance and why they are danced the way they are.

DA02 8 Tuesdays starting April 17  
8:00-9:15 pm \$75

### JUST LATIN

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 10 Mondays starting April 16  
8:00-9:15 pm \$79

### LATIN DANCE FOR SINGLES

Tired of going to dance class by yourself and never having a partner to dance with? This class is designed for SINGLES ONLY and will allow you to meet others who share a genuine interest in learning to dance. Have fun while learning the Latin dances of Salsa, Swing, Cha Cha and Merengue, as well as how to ask for the dance, lead your partner to the floor and engage in conversation.

DA83 6 Saturdays starting April 21  
1:30-2:30 pm \$65

### SPECIAL OCCASION/WEDDING MIX

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 six-week program you will learn the Jive, Rumba and Waltz to prepare for any social evening.

DA06 8 Wednesdays starting April 18  
6:25-7:25 pm \$75

DA07 8 Sundays starting May 27  
3:00-4:00 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 Thursdays starting April 19  
6:45-7:45 pm \$75

### MAMBO & BOLERO

Ah, the sexy but fascinating Mambo is a must for every dancer. Combine that with the smooth and romantic Bolero and you have a dance combination made for anyone.

DA71 4 Saturdays starting June 9  
1:30-2:30 pm \$40

### SIMPLY SWING!

This class features two dances: Jive & East Coast Swing! Basic steps to a variety of underarm turns for both the lady and the man will be taught.

DA82 6 Mondays starting May 28  
6:45-7:45 pm \$65

### WALTZ & JIVE WORKSHOP

Get ready for Grad! Learn the beautiful dance of Waltz and the fun and exciting Jive.

DA65 1 Sunday May 27  
3:00-5:00 pm \$25

### BEGINNER BELLY DANCE

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

DA20 8 Wednesdays starting April 18  
10:30 am-12:00 NOON \$75

DA16 8 Wednesdays starting April 18  
7:00-8:30 pm \$75

### BELLY DANCE BRIDGING CLASS

Have you taken a Level 1 Belly Dance class but do not yet feel ready for Level 2? This class will help you to "bridge" the gap so you feel comfortable and confident moving up. It will review everything from Level 1 while adding layers and movement. This class will also focus on stylization and combinations.

DA22 8 Wednesdays starting April 18  
8:45-9:45 pm \$75

### BELLY DANCE: LEVEL 2

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

DA17 8 Fridays starting April 20  
5:15-6:15 pm \$75

### SENIOR'S BELLY DANCE 55+

A low impact class designed for all fitness levels. Start with a gentle warm-up and learn some of the graceful movements and intriguing rhythms for a gentle full body workout that will strengthen and improve your flexibility.

DA19 8 Mondays starting April 16  
3:30-4:30 pm \$65

### INTRODUCTION TO VEILS

Tap into your inner belly dance goddess and float like a butterfly. Find the "voice" of your veil as you explore veil techniques and patterns. Please bring your own veil, if possible; a limited supply will be available to use during the workshop.

DA72 1 Sunday April 15  
1:00-3:00 pm \$25

### INTRODUCTION TO ZILLS

Learn some of the basics to these fabulous little "finger cymbals". This is your opportunity to learn some basic zilling patterns used in Middle Eastern music. Be your own musician as you dance or add to the music played. It is best to bring your own set of zills, but some will be available for use in class and for sale.

DA73 1 Sunday May 13  
1:00-3:00 pm \$25

### PROPS, PROPS, PROPS!

Learn about some of the amazing props that can be used while belly dancing: veils, fans, candles, shamadan, trays, canes, baskets, etc. This is an opportunity to learn more about the use of such props and some of the techniques.

DA74 1 Sunday June 3  
1:00-3:00 pm \$25

**BREAKDANCING**  
SEE PAGE 21 FOR MORE DETAILS

# FITNESS / DANCE LESSONS

All dance classes offered on pages 24-25 are held at the Dance With Me Studio  
Suite 230 - 50 Lorne Street, New Westminster For registration call 604-517-6345 or [www.ce40.ca](http://www.ce40.ca)

## SATURDAY ZUMBA® FITNESS

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Classes held at Dance With Me Studio

DA99 8 Saturdays starting April 21

10:05-11:05 am \$75

## CARDIO DANCE FIT

This is a low impact cardio class using several types of dance styles: Latin, Hip Hop, Broadway, African and Disco. No dance experience required. This class is all about having fun while you sweat.

The time will fly! Classes held at Dance With Me Studio

DA27 8 Saturdays starting April 21

9:00-10:00 am \$75

## ZUMBATOMIC® FITNESS (AGES 7-12)

Designed exclusively for kids! These classes are rockin', high-energy, fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic® because of the effects it has on kids -- increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic® rounds out family fitness goals by giving parents a great reason to head to the gym -- for themselves, for their kids, for a totally fun family experience.

Classes held at Dance With Me Studio

DA75 8 Saturdays starting April 21

11:15 am-12:00 NOON \$55



## \* ZUMBA GOLD®: GENTLE WORKOUT

Zumba Gold® modifies the moves and pacing to suit the needs of the active older participant, those just starting their journey to a fit and healthy lifestyle or those who are just coming back to fitness. This class is filled with many options with low to no impact moves and is perfect for those who are wanting a gradual return to being fit. Zesty Latin music, like salsa, merengue, cumbia and reggaeton are exhilarating.

\* Classes held at New Westminster Secondary, 835 Eighth Street

#FS75 8 Wednesdays starting April 18

6:30pm-7:30pm NWSS Yoga/Dance Studio

JANICE STEVENS \$75

## \* ZUMBA® FITNESS

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

\* Classes held at New Westminster Secondary, 835 Eighth Street

#FS70 8 Mondays starting April 16

No class Monday May 21 - Victoria Day.

7:00pm-8:00pm NWSS Large Massey Gym

RACHEL WOO \$75

#FS72 8 Tuesdays starting April 17

7:00pm-8:00pm NWSS Large Massey Gym

JANICE STEVENS \$75

#FS78 8 Thursdays starting April 19

7:00pm-8:00pm NWSS Small Massey Gym

RACHEL WOO \$75

# DOG TRAINING AND GROOMING

## **BEGINNER DOG TRAINING**



Dogs should be 5 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 is held at New Westminster Secondary School on Monday, April 16, from 7:00-8:30 p.m. in Room 182 (no dogs please).* 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.

#PT48 6 Saturdays starting April 21

9:00am-10:00am NWSS OUTDOORS  
TODD KIER \$112

Note: Dog Training Beginner and Level 2 the first session (information night) is held at New Westminster Secondary on

Monday, April 16<sup>th</sup> 2012

7:00-8:30 pm in Room 182.

Please do not bring your dog the first night.  
Instructor contact: [www.k9assistance.com](http://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. *The first session is held at New Westminster Secondary School on Monday, April 16, from 7:00-8:30 p.m. in Room 182 (no dogs please).*

Visit Todd's website at

[www.k9assistance.com](http://www.k9assistance.com).

#PT65 6 Saturdays starting April 21

10:15am-11:15am NWSS OUTDOORS  
TODD KIER \$112

## **ANIMAL MASSAGE AND 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 May 12

11:00am-1:00pm ROOM 163  
DAYNNA MAJOR \$27

## **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, online training program, written a book on the grooming business & has trained over 120 groomers.

#PT53 1 Thursday April 26

6:30pm - 9:30 pm ROOM 161  
TERA TENG \$52

**Call 604-517-6345 for more information or registration.**

# HEALTH AND WELLNESS

## SUPPORTING SENIORS **NEW** IN TRANSITION

Helping and supporting seniors (parents) in transition. This class is for people coping with changes in aging parents, who are adjusting to disabilities, care homes or sudden diagnosis of Alzheimer's. Learn ways to not just cope but deal with events.

**#HS67** 1 Tuesday April 17  
7:00pm-9:30pm ROOM 123  
JANYSE HRYNKOW, MA, CCC \$42

*Janyse Hrynkow MA CCC is a psychotherapist, a wellness speaker in Vancouver and also coordinates the Health and Wellness Seminars in North Vancouver for Canadian Mental Health Association. Janyse spends much of her time promoting mental and emotional wellness in many communities.*

## RELAXATION METHODS – **NEW** SELF HYPNOSIS

Mindfulness Exercises for Self Regulation. A hands-on course to learn to change your physiological state and enhance calmness to enable you to think more clearly and release tension.

**#HS68** 1 Thursday April 26  
7:00pm-9:30pm ROOM 123  
JANYSE HRYNKOW, MA, CCC \$42

## COPING/DEALING WITH **NEW!** FAMILY DYNAMICS

Find support as you deal with family members diagnosed or not with mental illness. Taking care of yourself and the worry and stress that accompanies care taking or coping with unusual behaviors can be challenging. Learn ways to protect your energy and still be supportive.

**#HS69** 1 Thursday May 17  
7:00pm-9:30pm ROOM 123  
JANYSE HRYNKOW, MA, CCC \$42

## REALISTIC BOUNDARIES **NEW** TO ENHANCE SELF-CARE

Creating Respectful Realistic Boundaries to Enhance Self Care. DeStress Yourself! Many of us go along with things until our needs are not being met and then wonder why. Speaking up to take care of ourselves requires not only awareness but the ability to say more no's than yeses. We basically teach others, in essence, the way people continue to treat us. So how do we change this when we don't like it? Come learn ways to deal with new found behaviors.

**#HS70** 1 Thursday May 24  
7:00pm-9:30pm ROOM 123  
JANYSE HRYNKOW, MA, CCC \$42

## DREAMS, DAYDREAMS, **NEW!** METAPHORS

Learn how to understand yourself and interpret your dreams. A practical method anyone can use to learn more.

Bring a journal and recent dreams.

**#HS71** 1 Thursday May 31  
7:00pm-9:30pm ROOM 123  
JANYSE HRYNKOW, MA, CCC \$42

## EMOTIONAL FREEDOM TECHNIQUE (EFT)

EFT, or Tapping, is an exciting new self-healing technique that is based on the principles of acupuncture. By using your fingertips to tap on specific acupuncture 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 and other physical pains. This workshop will explore tapping technique.

**#HS46** 2 Thursdays starting May 3  
7:00pm-9:30pm ROOM 161  
JANYSE HRYNKOW, MA, CCC \$63

## VIPASSANA MEDITATION WITH BUDDHIST PHILOSOPHY

Are you burned-out, agitated, unable to concentrate or sleep? Learn clinically shown effective Vipassana practices in a step-by-step way. Practice breath, walking and loving-kindness meditation. Results experienced by many include: an ability to relax and decreases in insomnia. Learn the principles and practices of Buddhism, such as karma & the round of rebirth, ethics, plus how to live in the world. Expect some humour too! The instructor has taught Buddhism for 15 years. He is the author of 2 books and a CD, which will be available. Info: theravada.ca. Please bring a lunch.

**#YO94** 1 Saturday May 12  
10:00am-3:30pm ROOM 123  
BRIAN RUHE \$45

## WEIGHT LOSS PROGRAM

Basic, easy workout combined with nutrition lessons and coaching to help people get started in a weight loss program. Designed not to be intimidating and give people a foundation to take charge of their health.

**#HS75** 6 Tuesdays starting April 17  
6:30pm-7:30pm ROOM 118  
MELISA CROSBY \$50

## WHAT EVERY BABYSITTER NEEDS TO KNOW

Age 11 and older. Offered in cooperation with St. John Ambulance Association. What every Babysitter should know. This course is designed to teach young people ages 11 and older how to babysit 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 May 12  
9:00am-3:30pm SCHOOL LIBRARY  
ST. JOHN AMBULANCE \$62

## MINDFULNESS: INTRODUCTION

Mindfulness is about living consciously rather than living on autopilot. This class will introduce you to the basics of mindfulness.

**#CF28** 1 Thursday May 3  
7:00pm-8:00pm ROOM 228  
YANG SUNG **FREE**

## MINDFULNESS: LEVEL 1

In this class you will learn mindfulness techniques with step-by-step, easy to follow processes, as well as learn the basic mindfulness concepts and principles. Please bring a lunch.

**#HS32** 1 Saturday May 12  
9:00am-4:00pm ROOM 228  
YANG SUNG \$59

## STRESS REDUCTION WITH MINDFULNESS

Are you burned-out, agitated, irritable, unable to concentrate or sleep? Learn mindfulness techniques that are scientifically and clinically shown effective in reducing stress and protect yourself from the damaging effects of stress like heart disease, high blood pressure, accelerated aging, anxiety, anger, depression, forgetfulness and sleep disorders. Mindfulness techniques include breath awareness, body awareness, sight awareness, as well as other simple techniques which you can easily apply to your daily activities, such as walking, eating and other daily activities.

**#PE56** 5 Thursdays starting May 17  
7:00pm-9:00pm ROOM 228  
YANG SUNG \$59

**Register now to avoid disappointment!**  
**Courses that do not reach the**  
**minimum enrolment will be cancelled**  
**before the start date.**

# HEALTH AND WELLNESS

## 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. Let's get your energy back!

**#HS72** 1 Tuesday April 24  
6:30pm-9:30pm ROOM 133B  
MARIE PREISSEL, RN \$30

## PAIN MANAGEMENT

This is a workshop for those who suffer with chronic and acute pain and also for those who have someone in their life suffering with chronic pain. Learn about the physical and emotional consequences of chronic pain along with an overview of a variety of coping techniques.

**#HS14** 1 Thursday April 26  
7:00pm-9:00pm ROOM 133B  
MARIE PREISSEL, RN \$27

## DEALING WITH ANXIETY ATTACKS

Thousands of North Americans are affected by panic attacks to some degree. Learn excellent self-help tools to understand and cope with this problem and to take control of your life again. By changing the inner attitudes of our minds we can change the outer aspects of our lives. 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. After one session with Marie people are able to control their anxiety despite upcoming stressful events.

Classes held in safe environment.

**#HS42** 1 Tuesday May 8  
7:00pm-9:00pm ROOM 133B  
MARIE PREISSEL, RN \$27

## RELEASING PAST TRAUMAS

Often following physical trauma our bodies hold onto their pain, swelling, stiffness, etc. Despite ongoing various therapies these physical traumas could be the result of an industrial accident, car accident, sport injury or even abuse. The techniques presented in this course have also been effective for emotional trauma and for people who have had pain for 20 years.

**#HS19** 1 Tuesday May 22  
7:00pm-9:00pm ROOM 133B  
MARIE PREISSEL, RN \$27

## CREATIVE VISUALIZATION

Visualization is a powerful tool for manifesting what you want. 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. Marie's teaching technique with patient has had excellent results.

**#HS01** 1 Tuesday May 29  
6:30pm-9:30pm ROOM 133B  
MARIE PREISSEL, RN \$30

## ALLERGIES: YES! THERE IS A SOLUTION! **NEW!**

Allergies or sensitiveness effect many of us in different ways. Foods, seasonal, pets, and dust are just some examples of the sensitivities that can affect us on a day to day basis. Naturopathic medicine can offer alternatives that can help with these sensitivities. If there was a way to help you function without the daily hassle of the symptoms produced by the sensitivity, would you want to know? This is the class for you to be informed of the alternatives that can help you live a life that is free from the daily symptoms produced by the sensitivity without the use of over-the-counter meds.

**#HS02** 1 Tuesday May 15  
6:30pm-8:30pm ROOM 133B  
SHYROSE KARIM N.D.,BSc \$27

## BACK TO LIFE: MAINTAINING A HEALTHY BACK

Come learn what is needed for achieving and maintaining a healthy back, spine and nervous system. Discover why a back problem may also be a "health problem". Learn what to do and what not to do so back pain or neck pain won't ruin your life.

**#CF78** 1 Tuesday May 1  
7:00pm-9:00pm ROOM 148  
WAYNE JAKEMAN **FREE**

## HORMONAL, ADRENAL AND THYROID CONNECTION **NEW!**

Hormones, Adrenals and Thyroid - What is the connection? Why should you be interested? If you are in menopause or peri menopausal and experiencing fatigue, increase in hot flashes, and your memory is not as good as it used to be, this is the talk for you. Attend and see how these three are connected in producing the symptoms that crept up on you as you entered a life free of your menses.

**#HS09** 1 Tuesday June 5  
6:30pm-8:30pm ROOM 133B  
SHYROSE KARIM N.D.,BSc \$27

## EAT WELL TO LIVE WELL

Tonight we'll explore nutrition, weight loss and eating for maximum health and performance. By eating the right foods at the right time in the right combinations and amounts -- for you specifically -- you can be ensured a vibrant life. Find out what research is telling us about diet and the chronic diseases that are killing us, specifically diabetes, cancer, arthritis, heart disease and Alzheimer's disease.

**#HS79** 1 Tuesday April 17  
7:00pm-9:00pm ROOM 148  
WAYNE JAKEMAN \$25

## DIET AND NUTRITION = GOOD HEALTH

Come hear some of the latest ideas about nutrition and how your health can benefit from simple changes to your diet and supplementation program. Learn ways to minimize the symptoms and ill effects associated with arthritis, cardiovascular disease, diabetes and general stress. Bring questions and Dr. Jakeman will help you find the answers.

**#HS38** 1 Tuesday May 29  
7:00pm-9:00pm ROOM 149  
WAYNE JAKEMAN \$25

## HOT AND COLD THERAPY FOR HEALING **NEW!**

Dr Jakeman will tell you what you need to know about how hot and cold can dramatically affect healing of your body. Come discover the old wisdom and new technologies that use the principles of hot and cold therapy to help with fibromyalgia, arthritis, skin conditions, injury healing, insomnia, depression, detoxification, slow the process of aging and improve overall wellbeing.

**#HS66** 1 Tuesday May 15  
7:00pm-9:00pm ROOM 148  
WAYNE JAKEMAN \$25

Therapeutic Touch  
with Marie Preissl see page 31



# JEWELLERY MAKING

## 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 \$15-\$20. 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. No class May 21 – Victoria Day.

**#JB10** 8 Mondays starting April 16

6:30pm-9:30pm ROOM 155

JIM KERR \$98

## 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 April 17

6:30pm-9:30pm ROOM 155

JIM KERR \$98

**#JB70** 8 Wednesdays starting April 18

6:30pm-9:30pm ROOM 155

JIM KERR \$98

## WIRE AND BEAD CREATIONS FOR YOUR HOME

Let Susan show you how to jazz up your salad spoons or your plain wine glasses using wire and beads. Your dinner table will never look better. Course includes a set of wine glass markers plus wire and bead wrapped serving spoons and wine glasses - which also make wonderful candle holders. Once you're hooked on this craft your imagination will be the only limit to what you can design. Please bring a shoe box to carry home your creations. No experience is necessary. Use of tools and all materials are supplied. Additional supplies will be available for purchase (cash only).

**#JB09** 1 Tuesday May 1

6:30pm-9:30pm ROOM 163

SUSAN ALBERT \$50

## WIRE AND BEAD JEWELLERY

Come join Susan for a fun evening creating wire and bead jewellery. You will get an introduction to the traditional technique of hammering wire and also learn how to make loops and coils. Your finished creation is a beautiful necklace. Having the equipment and basic techniques mastered, you can now go on to make many different and unique pieces of jewellery for yourself and for gift giving. No experience is necessary.

Use of tools and all materials are supplied.

**#JB07** 1 Wednesday May 23

6:30pm-9:30pm ROOM 163

SUSAN ALBERT \$50

*Please bring a micro torch and butane if you have them to BrendaLee's classes.*

*If you need to reserve one, please contact the instructor at ([bee@silverbee.ca](mailto:bee@silverbee.ca)) and visit BrendaLee's website ([www.silverbee.ca](http://www.silverbee.ca))*

## BRENDALEE DESIGNS: **NEW!** COPPER AND BRASS PENDANT

Not Your Momma's Rivets Copper & Brass Pendant – All Levels welcome.

Join BrendaLee for a 3D adventure in cold connections (no soldering) and metal etching. Learn how easy and fun it is to use micro-fasteners to create this delightful multi-layered pendant. You will be introduced to creating fun etched designs in copper and brass and learn how to make a simple tab setting. Put it all together, hang it on a chain and be amazed what an awesome designer you are. **Supply fee of \$40** payable to the instructor in cash at the time of the class. Instructor will provide all necessary tools but please bring an apron.

**#JB76** 2 Thursdays starting April 19

6:30pm-9:30pm ROOM 155

BRENDALEE ASTELLS \$62

## BRENDALEE DESIGNS: **NEW!** ELEGANT CHAIN BRACELET SILVERSMITHING - BRACELET

**Beginners.** Imagine the possibilities after this 3-hour class where you will discover the basics of silversmithing. Learn what it takes to successfully solder by creating a beautiful chain bracelet. We'll discuss different techniques for texturing and antiquing. You'll leave the classroom with curiosity to learn more, and illustrated instructions to help you along the way. **Supply fee of \$50** payable to the instructor in cash at the time of the class.

**#JB78** 1 Thursday May 3

6:30pm-9:30pm ROOM 155

BRENDALEE ASTELLS \$49

## BRENDALEE DESIGNS: **NEW!** FAUX BONE WITH ETCHED METAL BRACELET

**All Levels welcome.** Take a walk on the wild side with BrendaLee as we explore the versatility of Faux Bone. It's an amazing design material which can be filed, hammered, drilled, formed and patinated! You'll learn about etching a design into copper or brass. Then move on to cold connections using micro-fasteners – a great way to connect your pieces and add some cool design elements. Add some heat to create the bracelet and then a little more heat to give it flare. Now you have a one-of-a-kind bracelet that you brought back from the wild side. **Supply fee of \$55** payable to the instructor in cash at the time of the class. Instructor will provide all necessary tools but if you can bring a coarse metal. Bring an apron and lunch.

**#JB69** 1 Saturday May 12

9:00am-3:30pm ROOM 155

BRENDALEE ASTELLS \$68

## BRENDALEE DESIGNS: **NEW!** STACKING RINGS – SILVERSMITHING

**Beginners.** If rings are your thing and you like to wear more than one at a time then you won't want to miss this class. As you learn about the process of soldering you'll be making lovely, stylish, stackable rings. You'll learn all the ring things, like sizing, shaping, texturing and filing. Add a couple of decorative elements -- maybe a little antiquing -- and you will have a stack of rings that is fun to wear. You will be able to take what you learn from this class and translate it into bigger rings for the future. **Supply fee of \$45** payable to the instructor in cash at the time of the class.

**#JB65** 1 Thursday May 17

6:30pm-9:30pm ROOM 155

BRENDALEE ASTELLS \$49

## BRENDALEE DESIGNS: ENAMEL ON COPPER

**Beginners.** Discover how to use a micro torch to hand fire enamel onto copper discs. Learn some basics of enameling with a few design techniques and soon you will be creating a variety of fun, colourful pieces you can use to make charms, earrings or pendants. After an introduction to this brand of enameling you'll have time to experiment with what you have learned and take home several pieces you can wear.

**Supply Fee: \$65** payable in cash to the instructor at the time of class.

**#JB77** 1 Thursday May 24

6:30pm-9:30pm ROOM 155

BRENDALEE ASTELLS \$49

register online: [www.ce40.ca](http://www.ce40.ca)

# LANGUAGES

## 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.

*No class May 21 – Victoria Day.*

#LN12 8 Mondays starting April 16  
7:00pm-9:00pm ROOM 123  
NICOLE PAOLI \$75

## 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 April 16  
6:30pm-9:00pm ROOM 160C

*No class Monday May 21 – Victoria Day.*

MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting April 17  
6:30pm-8:00pm ROOM 121

JAMES STOCCO \$89

#LN92 8 Wednesdays starting April 18  
6:30pm-9:00pm ROOM 161

MAGDALENA HANSEN \$99

## SPANISH: LEVEL 2

A continuation of Level 1 Spanish using the same text.

Text available to purchase (\$22).

#LN22 8 Tuesdays starting April 17  
8:00pm-9:30pm ROOM 121

JAMES STOCCO \$68

## ITALIAN: LEVEL 1

A beginner's course in conversational Italian that allows you to carry on a conversation with neighbours, family or when travelling. Text included in course.

#LN26 8 Thursdays starting April 19  
6:30pm-8:00pm ROOM 121

JAMES STOCCO \$88

## ITALIAN: LEVEL 2

A continuation of Level 1 Italian using the same textbook.

Text available to purchase (\$22).

#LN29 8 Thursdays starting April 19  
8:00pm-9:30pm ROOM 121

JAMES STOCCO \$68

## 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. This is not a certification course.

#LN33 8 Wednesdays starting April 18  
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 materials (included in course fee).

#LN27 8 Thursdays starting April 19  
7:00pm-9:30pm ROOM 128

URSULA UHLMANN \$75

## 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.

#LN18 8 Thursdays starting April 19  
7:00pm-9:00pm ROOM 268

YAN SUN \$70

## CHINESE MANDARIN: LEVEL 2

Continue to study Mandarin. You will improve your pronunciation and gain more knowledge of the culture.

#LN21 8 Tuesdays starting April 17  
7:00pm-9:00pm ROOM 268

YAN SUN \$70

## JAPANESE: LEVEL 1

This course is designed for those who have an interest in the Japanese language and culture, as well tourists visiting Japan. You will learn greetings, basic conversation, grammar, vocabulary and an introduction to Hiragana characters. The material will be presented using visual aids & using the textbook "Ganbatte! Vol. 1" is included.

#LN17 8 Tuesdays starting April 17  
7:00pm-9:30pm ROOM 117

AKIYO HORIE \$99

## JAPANESE: LEVEL 2

A continuation for those who have completed Level 1 or the equivalent.

LN37 8 Mondays starting April 16  
7:00pm-9:30pm ROOM 117

AKIYO HORIE \$99

## PUNJABI: LEVEL 1

This course will provide an introduction to conversation in Punjabi. It is appropriate for people working with Punjabi-speaking clients and those who have an interest in Punjabi culture and language. Basic vocabulary and common sentence patterns used in daily conversation will be taught.

#LN87 6 Wednesdays starting April 18  
7:00pm-8:30pm ROOM 267

TARANJEET DHALIWAL \$59

## RUSSIAN: LEVEL 1

This course is intended for students who have no previous knowledge of the Russian language. This course emphasizes reading, writing, speaking, listening skills and Russian culture and traditions. Grammar will be presented as a necessary tool for communication. All levels are welcome -- if you speak Russian and want to improve, you are invited to register.

#LN85 8 Wednesdays starting April 18  
7:00pm-8:30pm ROOM 127

LIUDMILA RODOVA \$65

## TAGALOG: LEVEL 1

Filipino (Tagalog) is the national language of the Philippines and the cultural thread that keeps Filipinos all over the world in touch with their roots. Tagalog is the lingua franca of Filipinos anywhere in the world. Most Southeast Asian scholars use Tagalog as a tool for research in the Philippines.

#LN41 8 Thursdays starting April 19  
7:00pm-9:30pm ROOM 229

FE ANDAYA \$75

## PORTUGUESE: LEVEL 1

This course is for those who want to expand their horizons by visiting a Portuguese-speaking country such as Brazil, Portugal or parts of Africa. During our fun and dynamic course you will learn how to greet people and make simple conversations, which will make your trip so much better.

#LN68 6 Wednesdays starting April 11  
6:30pm-9:00pm ROOM 148

FLAVIA MARTINS \$65

## PORTUGUESE: LEVEL 2 NEW!

Prerequisite: Level 1 or those who have already some knowledge of the Portuguese language. In Level 2 you will learn how to ask directions, describe and identify things and talk about actions in the past tense as well as daily routine activities.

#LN78 6 Tuesdays starting April 10  
6:30pm-9:00pm ROOM 127

FLAVIA MARTINS \$65



Travel to our website

[www.ce40.ca](http://www.ce40.ca)

# LEISURE ACTIVITIES

## JOURNALING

### THE POWER OF JOURNALING: ADVENTURE IN SELF-DISCOVERY



Journaling allows us to absorb information more effectively. It also helps us be more focused and creative. It awakens a new level of awareness. It creates more space for deeper thoughts to come through. Our minds work at about 1000 words per minute. When we write, the mind slows down to about 100 words a minute. 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 the Sketchajournal for the right/left brain thinker. SketchaJournal included with fee. Check out Diane's website at [www.sketchajournal.com](http://www.sketchajournal.com).

#JR10 1 Monday May 14

6:30pm-9:30pm ROOM 149  
DIANE DOYLE \$42

### DISCOVER HOW JOURNALING CAN EXPAND YOUR CREATIVITY

Enhance your creativity through this amazing practical and experiential session. Creativity and answers are within you, you need only learn how to draw them out. Experience 6-8 practical tools that will help you think in new and exciting ways. Unlock creativity within you and enrich your life. Find the right tools that work for you. Develop more self-trust and self-confidence.

#JR40 1 Tuesday May 15

6:30pm-9:30pm ROOM 149  
DIANE DOYLE \$42

### THE POWER OF JOURNALING: EMPOWERING WOMEN

We all need a confidence boost now and again. Learn and practice seven strategies to transform the way you think and feel about yourself. Struggles involving employment, family, friends or strangers can all be handled by developing a few simple skills. This is a fun and interactive workshop that will have you writing, speaking and walking with confidence.

#JR30 1 Wednesday May 16

6:30pm-9:30pm ROOM 149  
DIANE DOYLE \$42

### THE POWER OF JOURNALING: TIME MANAGEMENT 101 NEW!

Think you're too busy or don't have enough time? Change your perception of time and have more of it! Learn five new strategies to manage your time and the concrete steps you can take to reclaim it. Once you discover the "Why" of your decision-making and the "What" of your scheduling, you will be able to balance your commitments and have more free time.

#JR20 1 Thursday May 24

6:30pm-9:30pm ROOM 148  
DIANE DOYLE \$42

## PHOTOGRAPHY

### HOW TO USE SLR DIGITAL CAMERAS

This course is designed for people with their first Single Lens Reflex Digital Camera. Topics include basic functions of the camera, shutter speeds, F-stops, modes, flash, lenses, exposure, downloading images to your computer and many other topics.

#PH22 5 Mondays starting April 16

7:00pm-9:00pm ROOM 127  
WAYNE MCCARTNEY \$76

### DIGITAL SLR HANDS-ON PHOTOGRAPHY

This course will be a combination of theory and actual use of your Digital S.L.R. Camera. Weather permitting, we practice what we discuss and will take photographs outdoors. Topics include basic functions of the camera, using flash and fill flash, exposure compensation, depth of field, lenses, plus many other topics.

#PH45 3 Mondays starting May 28

7:00pm-9:00pm ROOM 164  
WAYNE MCCARTNEY \$56

### 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 more. 6 sessions

*4 Tuesday evenings and 2 Sunday outdoor field trips (April 29th and May 6th)*

#PH84 4 Tuesdays starting April 17

6:45pm-9:45pm ROOM 261  
FRANK TOWNSLEY \$69

### CROPPING PHOTOGRAPHS NEW!

How many times have you looked at your photos with disappointment and said, "I can't believe I cut off the top of his head", or "I didn't even notice that when I took the picture"? Well, you're not alone. If you have ever said 'yes' to either of these, or have just been unhappy with the composition or positioning of your subject matter, then this single session on cropping might steer you in the right direction. Please feel free to bring in up to ten 4"x6" photos you are unhappy with and I will offer some helpful tips that should help you in the future. This class is suitable for photographers of all abilities.

#PH82 1 Tuesday May 15

6:45pm-9:45pm ROOM 261  
FRANK TOWNSLEY \$30

### PHOTOGRAPHING KIDS NEW!

This 3-session course will deal with flash photography indoors, candid shots of kids at play or nuzzled up with a family member, lighting and a proper setting for posed pictures, as well as capturing those unexpected shots that always seem to get away. This course will also deal with composition, cropping and backgrounds, as well as familiarize you with helpful camera settings. A Sunday fieldtrip to the park (with a loved one), will allow you to learn better ways to photograph them. A hand-out booklet of useful tips is included.

#PH85 2 Tuesdays starting May 22

(plus one field trip Sunday May 27)  
6:45pm-9:45pm ROOM 261  
FRANK TOWNSLEY \$59

### TABLE ETIQUETTE FOR PRE-TEENS AND TEENS

Give your pre-teens and teens the gift of good table manners. This class will incorporate introductions and greeting people, setting the table, the correct use of cutlery, eating at the table, conversation and communication.

#BV02 1 Wednesday May 9

7:00pm-8:30pm ROOM 123  
ANN ELIZABETH BURNETT \$22

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

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.

#BV12 1 Wednesday May 16

7:00pm-9:00pm NWSS 123  
ANN ELIZABETH BURNETT \$27

# LEISURE ACTIVITIES



**Students are advised to use public transit or arrange for alternative transportation.**

## BBQ WINES WORKSHOP

**Students must be 19 years of age.**

Enjoy an evening discovering, discussing and sampling amazing wines. You'll learn to find your own wines that can be enjoyed on the patio this spring and summer, and at the same time learn some tricks on how to match them to your favourite BBQ foods. This workshop will focus on Australian and Californian red wines with recommendations for your smokiest outdoor recipes.

#WB41 1 Wednesday May 9

7:00pm-9:00pm

ROOM 149

JOHN GERUM

\$56

## TOP RATED WINERIES OF THE OKANAGAN

**Students must 19 years of age.**

Taste and explore rare and exclusive wines of the Naramata Bench and South Okanagan. Learn what makes these small regions the premier wine producing areas in B.C. and Canada. A total of two white wines and two red wines will be featured and matched with gourmet cheeses to enhance your tasting experience.

#WB42 1 Monday June 4

7:00pm-9:00pm

ROOM 149

JOHN GERUM

\$64

## UNIQUE

### SCOTCH WORKSHOP **NEW!**

**Students must be 19 years of age.**

This is the perfect workshop for you or the scotch lover in your life. Whether they are an aficionado of scotch, or someone who wants to discover more about this unique beverage, this event is the perfect fit. Join our local scotch expert for an informative and interesting session exploring single malt scotches. You will learn about various scotch regions, and how that influences the final taste and aromas of the different scotches. Our expert will guide you through the tasting experience, so you can appreciate the subtle differences between each sample. A total of four unique scotches will be tasted and explored in this fascinating look at single malts.

#WB43 1 Thursday April 19

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$64

## STAND-UP COMEDY

**Yes! It's Back!!!!**

Do you think you have what it takes to be a stand-up comedian? Now is the time to step out of your comfort zone. Join Janice for 6 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 authentic comedy material. **At the end of the course you will perform a showcase at a live comedy club.**

Please bring a pen and notebook.

#LA66 6 Tuesdays starting May 8

7:00pm-10:00pm

ROOM 163

JANICE BANNISTER

\$125



## BRIDGE: STANDARD AMERICAN YELLOW CARD

Calling all bridge players. These 6 sessions are geared for bridge players with experience. Standard American-Yellow Card is a standardized bidding system based on the Standard American system. It has strict rules about what conventions are used and not used, with only one or two choices allowed. Because of the level of standardization, it is one of the most common conventions played online. Join Sally as she explains the "biddy systems".

#LA85 3 Tues & 3 Thurs starting May 22

6:30pm-8:30pm

ROOM 265

SALLY CRAIG

\$62



## 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 the Pearson Gym.**

#LA08 2 Tuesdays starting May 1

7:00pm-9:30pm

Pearson Gym

ADRIENNE COMEAU

\$38

## GODDESS, THE MOON AND INTUITION

What is goddess energy? How does it tie into the moon and its cycles? This is a workshop for women wanting to harness the power of mystical, magical moon energy in their intuitive process. Cheryl's unique style of making information practical and effective contributes to ongoing intuitive development whether used personally or in business.

#LA61 1 Monday April 16

6:30pm-9:30pm ROOM 133B

CHERYL BREWSTER

\$28

## INTRO TO NUMEROLOGY

Everything in life is veiled in numbers! Find out why you are here on earth, what is in a name, what your purpose or mission is and how far through a cycle you are. Join Jullin as she unravels the secrets of numerology and learn to apply it to the everyday.

#LA96 1 Tuesday April 24

7:00pm-9:00pm

ROOM 265

KIM TYLOR

\$24

## INTRODUCTION TO THE TAROT

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 3 Thursdays starting April 5

7:00pm-9:00pm

ROOM 265

JULLIN

\$45

## INTERMEDIATE TAROT **NEW!**

This class is for those who wish to investigate the Tarot even further. Join Jullin as she delves deeper into this "Divine Science".

#LA45 1 Thursday April 26

7:00pm-9:00pm

ROOM 265

JULLIN

\$24

## TAKE YOUR STAND – **NEW!** LIVE THE LIFE YOU'VE IMAGINED!

Introductory workshop to the 12 Pillars of Intuition – the art of intuitive follow-through. Gut instinct and intuitive hunches are great...but only if you follow through on them and use discernment to ensure you're working with the highest quality of information possible. Lots of practice and clearing techniques in this experiential workshop. You'll come away with powerful new tools.

#LA62 1 Monday June 4

6:30pm-9:30pm

ROOM 133B

CHERYL BREWSTER

\$28

# LEISURE / MONEY

## INTUITION, THE HIGHER SELF AND SPIRIT GUIDES

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

**#LA17** 1 Monday April 30  
6:30pm-9:30pm ROOM 133B  
CHERYL BREWSTER \$28

## INTUITION AND DREAMS

We open our minds to many different levels of unconsciousness in the dream state. We have access to a storehouse of resources that rarely come to conscious awareness. Understanding our dreams helps us with self-knowledge, provides practical guidance and awareness of the psychic realms we are connected to. Learn techniques to enhance dream recall, record, interpret and incubate your dreams and create your own personal dream dictionary.

**#LA09** 1 Monday May 14  
6:30pm-9:30pm ROOM 133B  
CHERYL BREWSTER \$28

## INTUITION IN BUSINESS

Intuition in business is FUN! Bring this sense of creativity and visioning into your career for increased clarity and confidence. Intuition is powerful! Attract better results, greater income, the right contacts, support and promotions, create your dream job using your intuition, the law of attraction & the power of intention.

**#LA72** 1 Monday April 23  
6:30pm-9:30pm ROOM 133B  
CHERYL BREWSTER \$28

## THE POWER OF THE PAUSE – PRESENTATION SKILLS RE-DEFINED

This is a FUN, hands-on learning experience that is fresh, unique and effective. Combining traditional presentation skills with the innovative art of "intuitive connecting," Cheryl is absolutely masterful in teaching presentation skills that leave participants totally empowered, confident and successful in their approach to public speaking and presentation skills in small and large groups. Learning Objective: empower, inspire and equip participants with the skills needed for powerful, memorable, results-oriented presentations.

**#LA63** 1 Monday May 28  
6:30pm-9:30pm ROOM 133B  
CHERYL BREWSTER \$28

## FUN WITH MAHJONG!



Learn the basic rules and strategies to play this ancient Chinese game of patience and thinking ahead. Great for keeping minds active and sharp even after old age or at 2:00 a.m., or both, and without coffee! Bring your set, if available, and a playful heart. Please bring a lunch.

**#LA18** 1 Saturday May 12  
10:00am-3:00pm ROOM 269  
SAN CHANG \$50

## MONEY MATTERS

### GUARANTEED INCOME FOR YOUR RETIREMENT



You could live to be 90. Can you say the same for your retirement savings? Retirement can be an incredible time of your life — but it can also last 20 or more years. So it's important to consider if your retirement income will last as long as your retirement. When it comes to generating retirement income, two options to explore are segregated funds and annuities. Join us for our Guaranteed Income for Your Retirement seminar to learn about: - Retirement uncertainties that could impact your long-term strategy - Segregated funds, annuities and their features - How segregated funds and annuities can supplement your retirement income.

**#MM82** 1 Monday April 16  
7:00pm-9:00pm ROOM 121  
NICK CHENG \$28

*"Nick Cheng, Financial Advisor,  
Edward Jones, Member –  
Canadian Investor Protection Fund"*

### FOCUS ON FIXED INCOME

Taking an Interest in Bonds May Help Provide Interest for Your Future. Owning investments that may provide you with a regular income can be a smart decision. That's why it's a good idea to learn how fixed-income investments such as bonds may help you reach your financial goals. At Focus on Fixed Income seminar, you'll learn more about:

- Bond characteristics and features
- The relationship between interest rates and bond prices
- How bonds may help you weather fluctuating market

**#MM73** 1 Monday April 23  
7:00pm-9:00pm ROOM 121  
NICK CHENG \$28

## TAKE STOCK IN THE MARKET

Learn Common-Sense Rules for Common Stocks. Investing in stocks can be easier than you think. At our Take Stock in the Market seminar, you'll learn basic stock terminology, as well as time-proven strategies created to help you reach your financial goals.

**#MM87** 1 Monday April 30  
7:00pm-9:00pm ROOM 121  
NICK CHENG \$28

## MAKING YOUR MONEY LAST:

**10 PRINCIPLES FOR LIVING IN RETIREMENT**  
Will your money last through retirement? Whether you are nearing retirement or have already retired, you know saving money was just the first step. You also have to make it last. 10 Principles for Living in Retirement provides you with practical ways to manage your money in retirement with the goal of providing a reliable income. As you may spend more than 20 years in retirement, it's our goal to help ensure your money lasts as long as you need it.

**#MM83** 1 Monday May 7  
7:00pm-9:00pm ROOM 121  
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 April 18  
7:00pm-9:00pm ROOM 149  
MICHAEL PRETO \$28

## BUILDING YOUR RETIREMENT PAY CHEQUE

How are you going to carry on when your pay cheque stops? We will review what the government will contribute, Canada Pension Plan (CPP), Old Age Security (OAS), RRSP's and what happens when you retire. We'll discuss how you can use the new Tax Free Savings Account (TFSA) and how the TFSA compares to the RRSP. This course is ideal for those who are within 15 years of retirement or who has retirement as their financial goal.

**#MM22** 1 Wednesday April 25  
7:00pm-9:00pm ROOM 123  
MICHAEL PRETO \$28

# PERSONAL ENRICHMENT / SEWING

## THERAPEUTIC TOUCH: LEVEL 1

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 April 18  
7:00pm-10:00pm ROOM 133B  
MARIE PREISSEL, RN \$75

*Marie Preissel is a registered nurse who has been teaching Therapeutic Touch for 29 years. Marie trained in Therapeutic Touch in workshops with Dr. Delores Krieger and Dora Kunz.*

## 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. Current research will be discussed. Ample time for practice.

**#PE35** 4 Wednesdays starting May 16  
7:00pm-10:00pm ROOM 133B  
MARIE PREISSEL, RN \$75

## THERAPEUTIC TOUCH: LEVEL 3

Prerequisite: Levels 1 and 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. Current research will be discussed. Ample time for practice.

**#PE33** 4 Thursdays starting May 3  
7:00pm-10:00pm ROOM 133B  
MARIE PREISSEL, RN \$75

## CRYSTALS, GEMS AND CHAKRAS

Join rock hound and colour therapist Mary Jane for a new moon night of fun as you explore the world of gemstones. Discover the holistic healing properties of 10 chakra gems that will be discussed in this workshop. Bring a yoga mat and your favorite stone as the class will practice a crystal lay-out.

Reference materials will be provided.

**#PE76** 1 Tuesday May 29  
7:00pm-9:00pm ROOM 148  
MARY JANE GOTTSCHLAG \$20

## MAKE A SOCK MONKEY!

Remember those adorable hand made monkeys made from the grey wool socks with the red heels that made the monkey's big red lips? Join Jan for a fun evening making the traditional MONKEY. The kids love them! Please bring thread, needles, scissors and thimble to class. All other supplies are included.

**#CR51** 1 Wednesday May 2  
6:30pm-9:30pm ROOM 163  
JAN TRUBER \$48

## LEARN ABOUT YOUR COLOUR, CHAKRA & 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. Have fun and learn more about you and see your own aura energy. Please bring \$5 for workbook (paid to instructor). Please bring a yoga mat, if possible, and a lunch.

**#PE21** 1 Saturday May 12  
9:30am-4:00pm ROOM 117  
MARY JANE GOTTSCHLAG \$54

## CROCHET - BEYOND BEGINNER

While exploring more techniques in crochet, such as shaping through increase and decrease, pattern formations and clusters, you will be making a shawl or capelet to take you into Spring. Supplies available at first class (approximately \$20 - cash only). Basic crochet skills required.

**#SK75** 4 Thursdays starting April 19  
7:00pm-9:00pm ROOM 234  
SHIRLEY MOORE \$58

## KNITTING - BEYOND BEGINNER

Take your knitting skills a step further and explore cables, lace, modular knitting and more. Learn to demystify patterns and understand "knit speak". The result of the samples made will be made into a unique item, such as shawl, purse or cushion - your choice. Supplies available at first class (approximately \$20 - cash only). Basic knitting skills required.

**#SK55** 6 Tuesdays starting April 17  
7:00pm-9:30pm ROOM 234  
SHIRLEY MOORE \$91

## 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 April 17  
6:45pm-9:15pm ROOM 237  
KAREN HARBICK \$119

## SEWING: ALTERATIONS 101 **NEW!**

Customize your fit! Come and learn the industry's tips and tricks to find and fix problem areas in your clothes and get that great fit! There is nothing more flattering than clothes that fit well. Student please bring a piece of clothing that you wish to alter. Please bring a seam ripper, chalk, measuring tape and pins to every class.

**#SK25** 8 Thursdays starting April 19  
6:45pm-9:15pm ROOM 237  
SOPHIA SOO \$119

## INTRO TO PATTERN DRAFTING

Learn pattern drafting at its most basic level. This includes learning what the correct measurements are, how to take measurements, understanding your pattern pieces and how they are put together. Students will learn a viable formula of pattern drafting that they can use in their daily lives and apply to manipulating and sizing commercial patterns, as well as creating their own designs from scratch. Students must bring to class scissors, notepaper, calculator, measuring tape and a ruler (18"). All other supplies included. No class May 21 - Victoria Day.

**#SK33** 8 Mondays starting April 16  
6:30pm-9:30pm ROOM 237  
SOPHIA SOO \$89

## EASY KNIT BABY BLANKET

Join Sarah for the day and learn how to create a precious baby blanket. Participants must know how to cast on, knit, and cast off. The ability to purl is an asset, but not a necessity. By the end of the session participants will be well on their way to finishing a beautiful new baby blanket. Please bring \$25 (cash only) materials fee, which includes knitting needles, yarn and a tapestry needle. **Let the office know what colour (pink, blue, yellow or green).** Please bring a lunch.

**#SK22** 1 Saturday May 12  
9:00am-3:30pm ROOM 167  
SARAH WETHERED \$45



# FIVE WAYS TO REGISTER

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



## ON-LINE

You may now register ON-LINE

[www.ce40.ca](http://www.ce40.ca)

with **VISA** or **MASTERCARD**

## OR WALK-IN

**CONTINUING EDUCATION**

New Westminster Secondary

835 Eighth Street,

New Westminster, B.C. V3M 3S9

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



## PHONE-IN

You may phone in your registration by using

**VISA** or **MASTERCARD**

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

**CONTINUING EDUCATION**

**OFFICE**

**604-517-6345**

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



## MAIL-IN

Simply complete the registration form and enclose cheque payable to:

**NEW WESTMINSTER SCHOOL BOARD**

and mail with completed registration form(s) to:

**Continuing Education**

835 Eighth Street

New Westminster, B.C.

V3M 3S9

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



## FAX-IN

Please complete the registration form with your **VISA** or **MASTERCARD** number printed clearly on the form.

**Please FAX to:**  
**CONTINUING EDUCATION OFFICE**

**604-517-6302**

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

## OFFICE HOURS

**Registration starts: Monday, March 26<sup>th</sup> 2012**

ongoing Monday - Thursday

9:00 a.m. - 4:00 p.m. & 6:30 p.m. - 8:00 p.m.

Friday office hours 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 confirmation receipts. Mark your course date and time on your calendar. Please phone to confirm at 604-517-6345.**

COURSE #	COURSE NAME	FEE
<b>TOTAL \$</b>		

Cheque

Visa

Mastercard

Card #

Expiry

Name on the card