

NEW WESTMINSTER SCHOOL DISTRICT #40

Continuing Education



SPRING

2013

Registration starts Monday, March 25th 2013

Call 604-517-6345 or

Register Online: www.ce40.ca

ACADEMIC OPTIONS FOR ADULTS



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

Pearson
Adult Learning Centre

835 8th Street New Westminster, BC
New Westminster Secondary
Portable Complex - Room 2 on 10th Avenue
Phone: 604-517-6286 Fax: 604-517-6294

Continuous Weekly Registration
Register every Thursday
1:00 p.m. or 7:00 p.m.

Winter/Spring Hours
Monday to Thursday: 8:30 am to 9:30 pm
Fridays
8:30 am to 3:00 pm

 **Summer Registration**
Wednesday, July 3rd 2013
Thursday, July 4th 2013
9:30 am, 1:00 pm, 4:00 pm or 6:30 pm or
Thursday, July 11th 2013
1:00 pm or 6:30 pm

Check out our website www.palc.net
or phone **604-517-6286**

Columbia Square
Adult Learning Centre

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

Continuous Weekly Registration
Register every Wednesday
1:00 p.m. or 7:00 p.m.

Winter/Spring Hours
Monday to Thursday: 10:00 am to 9:00 pm
Friday: 10:00 am to 3:00 pm

 **Summer Registration**
Returning students:
July 2nd 2013 drop-in: 9:00 am-7:00 pm
New students:
July 3rd, 4th, and 8th 2013 9:00 am, 1:00 pm or 7:00 pm

Check out our website www.virtualschoolbc.ca
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

 **IMPORTANT – Documentation Required for Registration**

School Act Section 82 and Ministry of Education Policy requires that students whose courses are funded by the Ministry of Education must prove their status in Canada, residency in British Columbia and provide current photo identification.

Students are required to provide documents from each of the columns below.

1. Proof of Status in Canada (provide one)	2. Proof of Residency in BC (provide two)	3. Photo Identification (provide one)
<ul style="list-style-type: none"> ▪ Canadian Birth certificate ▪ Canadian passport ▪ Canadian citizenship card ▪ Confirmation of permanent residence ▪ Refugee (<i>convention or claimant</i>) documentation ▪ Canadian work permit valid for one year or more ▪ First Nation's status card <i>or</i> Metis card 	<ul style="list-style-type: none"> ▪ BC driver's license ▪ Property purchase agreement ▪ Income tax statement (T4) ▪ Property tax statement ▪ ICBC registration ▪ Statements of insurance ▪ Utility bill for home or residence (<i>not mobile phone</i>) ▪ Tenancy agreement ▪ Bank statements (<i>name and address</i>) ▪ Recent BC transcripts 	<ul style="list-style-type: none"> ▪ BC driver's license ▪ BC identification (BCID) ▪ Passport

Please note: It is important to provide documents from each of the columns above.

* students are responsible for ensuring that work permit conditions allow for study in Canada and should contact permit authorities for further information before taking any courses at a Canadian educational institution. .

If enrolling in a course that exceeds six (6) months of study, all temporary residents must obtain a study permit.

ENGLISH LANGUAGE LEARNING

ENGLISH LANGUAGE LEARNING ALL LEVELS REGISTRATION

All new students must complete an assessment.

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

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. **See page 2.**

No Registration Fee. **FREE Tuition for BC Residents.**



Pearson Adult Learning Centre
835 8th Street, New Westminster, BC
Portable Complex on 10th Avenue Room #2
Pearson ALC: 604-517-6286

Assessments are held

Wednesday July 3rd or Thursday July 4th
9:30 am, 1:00 pm, 4:00 pm & 6:30 pm
or Thursday July 11th
1:00 pm or 6:30 pm

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

Assessments are held

Wednesday July 3rd or Thursday July 4th
and
Monday July 8th
9:00 am, 1:00 pm or 6:30 pm

ELL 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 8th to Friday August 16th 2013
Class time: 12:30 pm – 3:30 pm Pearson ALC NWSS

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

Date: Tuesday July 9th to Thursday August 15th 2013
Class time: 4:00 – 6:15 pm Pearson ALC NWSS

ELL 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 8th to Friday August 16th 2013
Class time: 8:45 am – 11:45 am Pearson ALC NWSS

Course #PE42-1 Afternoon classes: Monday-Friday

Date: Monday July 8th to Friday August 16th 2013
Class time: 12:30 pm – 3:30 pm Pearson ALC NWSS

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

Date: Tuesday July 9th to Thursday August 15th 2013
Class time: 4:00 pm – 8:30 pm Pearson ALC NWSS

ELL 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 8th to Friday August 16th 2013
Class time: 8:45 am – 11:45 am Pearson ALC NWSS

Course #PE52-1 Afternoon classes: Monday-Friday

Date: Monday July 8th to Friday August 16th 2013
Class time: 12:30 pm – 3:30 pm Pearson ALC NWSS

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

Date: Tuesday July 9th to Thursday August 15th 2013
Class time: 4:00 pm – 8:30 pm Pearson ALC NWSS

ELL 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 2nd to Thursday August 8th 2013
Class time: 8:20 am – 12:00 Noon Columbia Square ALC

Course #CE14-1 Evening classes: Monday-Thursday

Date: Tuesday July 2nd to Thursday August 8th 2013
Class time: 5:20 pm – 9:00 pm Columbia Square ALC

Course #CE22-1 Afternoon classes: Monday-Thursday

Date: Tuesday July 2nd to Thursday August 8th 2013
Class time: 12:30 pm – 4:10 pm Columbia Square ALC

ELL 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 2nd to Thursday August 8th 2013
Class time: 12:30 pm – 4:10 pm Columbia Square ALC

Course #CE34-1 Evening classes: Monday-Thursday

Date: Tuesday July 2nd to Thursday August 8th 2013
Class time: 5:20 pm – 9:00 pm Columbia Square ALC

ELL 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 2nd to Thursday August 8th 2013
Class time: 8:20 am – 12:00noon Columbia Square ALC

Course #CE54-1 Evening classes: Monday-Thursday

Date: Tuesday July 2nd to Thursday August 8th 2013
Class time: 5:20 pm – 9:00 pm Columbia Square ALC

Please call 604-517-6286 for more information.

SUMMER LEARNING 6 WEEK CREDIT COURSES

CREDIT courses start Tuesday, July 2nd 2013

Registration begins Monday, March 25th 2013

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 2013	PROV. EXAM	LOCATIONS
Biology 12	BA14-1 BA12-1	Mon to Fri Mon to Fri	8:15 – 11:30 AM 12:15 - 3:30 PM	July 2 - Aug 9 July 2 - Aug 9	N/A	New West Secondary New West Secondary
Chemistry 11	BA21-1	Mon to Fri	8:15 - 11:30 AM	July 2 - Aug 9	N/A	New West Secondary
Chemistry 12	BA22-1	Mon to Fri	8:15 - 11:30 AM	July 2 - Aug 9	N/A	New West Secondary
Communications 12	BA02-1	Mon to Fri	8:15 - 11:30 AM	July 2 - Aug 9	Aug 13 9:00 AM	New West Secondary
English Upgrading 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 8:20 - 12:00 NOON 12:30 - 4:10 PM 5:20 - 9:00 PM	July 8 - Aug 16 July 8 - Aug 16 July 9 - Aug 15 July 2 - Aug 8 July 2 - Aug 8 July 2 - Aug 8	N/A	Pearson ALC - NWSS Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square ALC Columbia Square
English 10	BA40-1 BA43-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 – 3:30 PM	July 2 - Aug 9 July 2 - Aug 9	Aug 13 9:00 AM Aug 13 1:00 PM	New West Secondary New West Secondary
English 11	BA41-1 BA49-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 2 - Aug 9 July 2 - Aug 9	N/A	New West Secondary New West Secondary
English 12	BA42-1 BA45-1 BA46-1	Mon to Fri Mon to Fri Mon to Fri	8:15 - 11:30 AM 8:15 - 11:30 AM 12:15 - 3:30 PM	July 2 - Aug 9 July 2 - Aug 9 July 2 - Aug 9	Aug 12 9:00 AM Aug 12 9:00 AM Aug 12 1:00 PM	New West Secondary New West Secondary New West Secondary
Math 10 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 2 - Aug 9 July 2 - Aug 9	Aug 14 1:00 PM Aug 14 1:00 PM	New West Secondary New West Secondary
Pre-Calculus 11 Graphing calculator required	BA51-1 BA55-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 2 - Aug 9 July 2 - Aug 9	N/A	New West Secondary New West Secondary
Foundations of Mathematics 11 Graphing calculator required	BA53-1	Mon to Fri	8:15 - 11:30 AM	July 2 - Aug 9	N/A	New West Secondary New West Secondary
Math 12 (Pre-Calculus) Graphing calculator required	BA52-1 BA56-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 2 - Aug 9 July 2 - Aug 9	N/A	New West Secondary New West Secondary
Physics 11	BA31-1 BA33-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 – 3:30 PM	July 2 - Aug 9 July 2 - Aug 9	N/A	New West Secondary New West Secondary
Physics 12	BA32-1	Mon to Fri	12:15 - 3:30 PM	July 2 - Aug 9	N/A	New West Secondary
Science 10	BA25-1	Mon to Fri	8:15 - 11:30 AM	July 2 - Aug 9	Aug 13 1:00 PM	New West Secondary
Social Studies 10	BA95-1	Mon to Fri	12:15 - 3:30 PM	July 2 - Aug 9	N/A	New West Secondary
Social Studies 11	BA91-1 BA94-1	Mon to Fri Mon to Fri	8:15 - 11:30 AM 12:15 - 3:30 PM	July 2 - Aug 9 July 2 - Aug 9	Aug 14 9:00 AM Aug 14 9:00 AM	New West Secondary New West Secondary

SUMMER LEARNING 4 WEEK REMEDIAL COURSES

SUMMER LEARNING FOR GRADES 8 and 9 (4 weeks)

REMEDIAL courses start Tuesday, July 2nd, 2013 and end Friday July 26th, 2013.



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 2 - July 26	New West Secondary
English 9	JEN9-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 26	New West Secondary
Math 8 \$15 workbook purchase for Math 8	JMA8-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 26	New West Secondary
Math 9	JMA9-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 26	New West Secondary
Science 8	JSC8-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 26	New West Secondary
Science 9	JSC9-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 26	New West Secondary
Social Studies 8	JSS8-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 26	New West Secondary
Social Studies 9	JSS9-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 26	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 8th Street, New Westminster, B.C. V3M 3S9
(across from room 183) Monday to Friday 8:30 a.m. – 4:00 p.m.
- ▶ **To Register for P and C courses** please refer to page 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 B.C. Residents who have graduated from high school.
- NO COURSE FEE for high school students with a permission slip.
- NO COURSE FEE for ADULT B.C. Residents 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*)
- 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.
- NO WITHDRAWALS after July 26th 2013 (Academic).

**Registration
Information
604-517-6286**

**For more information
check out our
website
www.ce40.ca**

**Documentation
Requirements for
Registration
Come prepared!
Please refer to page 2.**

PAYMENT IN FULL is required to register for Summer School courses. Pay by Cash, Interac, Visa or Mastercard. Please NO personal cheques.

VIRTUAL SCHOOL BC: ACCESS NEW WESTMINSTER

Do you need a school that's open when you're ready to study?

We're always open!

Take high school credit courses on-line.

- ✓ 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
- ✓ Student-paced or teacher-paced models



Tuition FREE!



Year Round!

GRADE 10

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

GRADE 11

- ◆ BIOLOGY 11
- ◆ CHEMISTRY 11
- ◆ ENGLISH 11
- ◆ FRENCH 11
- ◆ Apprenticeship & Workplace MA 11
- ◆ Pre-Calculus MA 11
- ◆ PHYSICS 11
- ◆ SCIENCE & TECHNOLOGY 11
- ◆ SOCIAL STUDIES 11

GRADE 12

- ◆ BIOLOGY 12
- ◆ CHEMISTRY 12
- ◆ COMMUNICATIONS 12
- ◆ ENGLISH 12
- ◆ ENTREPRENEURSHIP 12
- ◆ FAMILY STUDIES 12
- ◆ FIRST NATIONS STUDIES 12
- ◆ HISTORY 12
- ◆ LAW 12
- ◆ Pre-Calculus MA 12
- ◆ PHYSICS 12
- ◆ PLANNING 12

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

www.virtualschoolbc.com for adults or

www.nwvss.ca for students under 19.

ALL courses tuition – FREE for B.C. residents

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

Bowen Island call: 604-947-0700
889 Cowan Point Drive, Bowen Island BC V0N 1G2
Check out our website: www.islanddiscovery.ca

If the notion of home learning piques your interest,

please call 604-517-5917 or

email 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 OFFICE SPECIALIST

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

New Westminister Continuing Education is excited to announce that we are now a Microsoft Office Specialist Authorized Testing Center. New Westminister Continuing Education has joined the elite group of educational institutions in Canada, and become a Microsoft Certified Exam provider.

New Westminister 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.

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 Westminister Secondary School, 835 Eighth Street, New Westminister. To earn certification, students must pass (MOS) exams in either Word 2010, Excel 2010, PowerPoint 2010.

Register separately for Microsoft certification exams. Students are advised to register with Certiport (www.certiport.com) before coming to take the exam. Exam(s) time approx. 50 minutes.

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

All Microsoft classes held at:
New Westminister Secondary School
835 Eighth Street, New Westminister, BC

MICROSOFT OFFICE PRE-TEST EXAMS

Pre-test exams for Word, Excel and PowerPoint are now available to purchase through Continuing Education. Pre-test exams can help you prepare for the Microsoft Certification Exam. The pre-test exams can be loaded on any PC and can be used for up to a year. Order today! Pre-test exams cost \$38 per exam.

Course #MS87	MS POWERPOINT 2010	Fee: \$38
Course #MS88	MS WORD 2010	Fee: \$38
Course #MS89	MS EXCEL 2010	Fee: \$38

MS WORD 2010: LEVEL 1

You will learn 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, how to create and edit documents, save, open and close documents, apply formatting options and more. The course includes a participant workbook.

Course #MS10 4 TUESDAYS starting April 16

6:45 – 9:45 pm Room 257 Fee: \$175

MS 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. The course includes a participant workbook.

Course #MS11 4 TUESDAYS starting May 14

6:45 – 9:45 pm Room 257 Fee: \$175

MS WORD 2010 EXAM Microsoft IT Certification

Course #MS33 1 WEDNESDAY June 12

6:45 – 9:45 pm Room 257 Fee: \$80

MS 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 and print workbook contents. The course includes a participant workbook.

Course #MS12 4 THURSDAYS starting April 18

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

Course #MS16 4 WEDNESDAYS starting May 15

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

MS 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. The course includes a participant workbook.

Course #MS13 4 THURSDAYS starting May 16

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

MS EXCEL 2010 EXAM Microsoft Certification

Course #MS44 1 WEDNESDAY June 12

6:45 – 9:45 pm Room 257 Fee: \$80

MS 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. The course includes a participant workbook.

Students please bring a bag lunch

Course # MS14 1 SATURDAY May 11

9:00am – 3:30 pm Room 266 Fee: \$100

MS POWERPOINT 2010 EXAM Microsoft Certification

Course # MS55 1 WEDNESDAY June 12

6:45 – 9:45 pm Room 257 Fee: \$80

Check out our website: www.ce40.ca or call 604-517-6345 for more information

ART

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

CLASSICAL DRAWING OBSERVATIONAL REALISM - DRAWING AND SKETCHING

Classical Drawing - Observational Realism - Drawing With Accuracy Level 1. Join Mark Anthony in an introductory core drawing study based on works of the classical masters. You will learn to capture portraits and figures with accuracy and skill. Each person advances at his/her own rate. All levels welcome. Bring drawing paper, HB pencil, kneaded eraser to the first class.

#AP35 8 Thursdays starting April 18
7:00pm-9:30pm ROOM 187
MARK ANTHONY \$80

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.

#AP33 8 Mondays starting April 15
7:00pm-9:00pm ROOM 161
MIMI KEMBALL \$105

LANDSCAPE WATERCOLOUR PAINTING

This watercolour course for beginners will offer demonstrations and individual assistance needed to learn basic techniques in colour mixing and washes. Students will also learn about composition and a variety of skills necessary to easily paint skies, clouds, trees, water, mountains, rocks and shorelines, mist and fog. Join in the fun to learn this rewarding hobby.

Please request a supply list when registering or go online www.ce40.ca to check out the supply list from the course description.

#AP87 9 Wednesdays starting April 17
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$162



WATERCOLOUR WORKSHOP: FERNS

Often overlooked when we trod through the forest floor, but occasionally one will stand out and catch your attention. I feel that way about the Licorice, and particularly the Maidenhair fern, which will be the focus of this workshop.

There are no pre-requisites and all supplies will be provided.

#AP77 1 Saturday May 11
9:00am-3:30pm ROOM 209
FRANK TOWNSLEY \$52

WATERCOLOUR WORKSHOP: WINTER BARN

This workshop is a take-off on my 'Barns' workshop in that it is done as a Winter theme with snow-covered fields, cloudy sky, and yes... even snow falling if you dare! Photos will be provided, but if you have a favourite barn image you are certainly welcome to bring it. There are no pre-requisites - all supplies will be provided.

#AP79 2 Tuesdays starting May 14
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$52

MIXED MEDIA WITH DARLA

No experience necessary. With step by step instruction, you will use a combination of acrylics, oil glazes, collage, photo transfers, modeling paste and pastel to create a minimum of four works of art! Please bring \$25 CASH for shared paint, \$35 CASH for TWO 16x20 buzz slim canvases, one deep 8.5x11 wood panel, ONE 12x12 canvas and \$15 CASH for brushes. (1 inch flat wash, liner, Richardson palette knife, 1.5 inch flat angle), or bring your own supplies though some may not be appropriate.

#AP14 5 Mondays starting April 15
6:30pm-10:00pm ROOM 210
DARLA ZARY \$135

INTRODUCTION to ACRYLICS

This class is great for the beginner and intermediate painter. With step-by-step instruction, you will use multiple techniques and mediums to create a minimum of 4 16x20 paintings. Please bring \$25 CASH for shared paint, \$35 CASH for 4 16x20 buzz slim canvases and \$25 CASH for brushes, or bring your own supplies although some may not be appropriate.

#AP15 5 Thursdays starting April 18
6:30pm-10:00pm ROOM 210
DARLA ZARY \$135

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 Simmon'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).

#AP90 1 Tuesday April 16
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA LANDSCAPE-MOUNTAIN RETREAT

No experience necessary. With step-by-step instruction, you will create this peaceful painting of mountain and cabin in the woods. Bring your brushes from Darla's previous landscape classes or purchase new (\$25 CASH). Bring \$6 CASH for shared paint and \$10 for 16"x20" canvas.

#AP21 1 Wednesday April 17
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA LANDSCAPE - SPRING AWAKENING

No experience necessary. With step-by-step instruction, you will create this beautiful spring painting with trees and flowing stream. Bring your brushes from Darla's previous landscape classes or purchase new (\$25 CASH). Bring \$6 CASH for shared paint and \$10 for 16"x20" canvas.

#AP23 1 Tuesday April 23
6:30 p-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA LILACS AND DAISIES

No experience necessary! For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 - CASH) or purchase from Michaels the "Simply Simmon'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).

#AP86 1 Wednesday April 24
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

ART AND TRAVEL

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

OIL PAINTING WITH DARLA LANDSCAPE - TUSCANY

No experience necessary. With step-by-step instruction, you will create this beautiful Tuscany landscape. Bring your brushes from Darla's previous landscape classes or purchase new (\$25 CASH). Bring \$6 CASH for shared paint and \$10 for 16"x20" canvas.

#AP25 1 Wednesday May 1
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

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 of your choice and \$10 CASH for shared paint. *Option - students may purchase canvas and paint for \$20 CASH from instructor.

#AP71 1 Tuesday starting May 7
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA 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. PAINT MUST BE PURCHASED IN CLASS FOR \$8 CASH.

#AP57 1 Wednesday May 8
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA RED POPPIES

Prerequisite: Sunflowers AND Hydrangeas OR Lilacs & Daisies OR Basic How-To Flowers (two classes). 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. *PAINT MUST BE PURCHASED IN CLASS FOR \$14. CASH.

#AP38 1 Wednesday May 29
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA FIELD OF WILDFLOWERS

No experience necessary! With step-by-step instruction, paint this field of wildflowers. Students can bring brushes from the prerequisite classes (or \$10 from Darla) and an artist quality 16"x20" canvas of your choice and \$10 CASH for shared paint. PAINT MUST BE PURCHASED IN CLASS (Brushes can be purchased from Michaels the "Simply Simmon's: 1" flat, 1/2" angle and #10 filbert) *Option - for this class, students may purchase canvas and paint for \$15 CASH from instructor.

#AP59 1 Thursday May 30
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

SOAPSTONE CARVING

This carving workshop is designed for adults with no previous carving experience. In this course, you will complete a sculpture of a bear approximately 6" 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 is payable to the instructor the first night of class.

#AP72 6 Tuesdays starting April 16
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. 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 18
7:00pm-9:00pm ROOM 154
MARK GAUTHIER \$125

BOATING ON THE WATERWAYS OF EUROPE

Whether you choose to drive yourself in a chartered narrowboat, a cabin cruiser or Pénichette or have the luxury of being pampered while aboard a comfortable 10-passenger barge or 150-passenger river ship, you will come home with wonderful memories and experiences. Choose from England, Scotland, Ireland, Holland, France, Italy and many other countries to tantalize your taste buds, sample local wines & cheeses, experience history and meet new friends.

#TR65 1 Wednesday starting May 1
7:00pm-9:00pm ROOM 164 GEORGE BELL \$24

WINE APPRECIATION WITH JOHN GERUM

ORGANIC WINE WORKSHOP

Age 19+. Organic wines are growing in popularity as consumers search for eco-friendly alternatives to traditional wine selections. We will discuss what makes a wine organic and sample some of the best selections available in BC and around the world. This is a great way to lessen your carbon footprint this year and explore earth friendly wines.

#WB50 1 Thursday April 25
7:00pm-9:00pm ROOM 148
JOHN GERUM \$48

WINES OF ITALY

Age 19+. Enjoy an evening sampling four different styles of wine and learning what makes them great wines of Italy. The selections will be from various regions that are highly respected for producing trademark wines. The unique wines will be matched with gourmet cheese samples to enhance your tasting experience.

#WB81 1 Wednesday May 15
7:00pm-9:00pm ROOM 148
JOHN GERUM \$48



SPARKLING SUMMER WINES

Age 19+. Sparkling wines around the world are rivaling Champagne for quality but at a much lower price. Learn the different methods of creating sparkling wine and how to taste and judge these wines for quality. Five different sparkling wines will be sampled and discussed during this workshop it's the perfect way to help you get ready for any special occasion!

#WB40 1 Thursday June 6
7:00pm-9:00pm ROOM 148
JOHN GERUM \$48

ART HISTORY

Alexandra Lezo is an Art Historian specializing in Asian Art and the Classical world. She obtained her MA in Art History from the University of London in 2000 and has been teaching within the Los Angeles Community College District since 2001.

INTRO TO CHINESE CERAMICS

In the Chinese tradition, ceramics are regarded as a high art form, like painting or sculpture in the Western world. The class explores the reasons behind the elevated status of ceramics in China as well as the manufacturing process and evolution of popular styles such as Blue and White and enamel ware.

#AP93 1 Monday May 13
7:00pm-9:30pm ROOM 149
ALEXANDRA LEZO \$20

A TOUR OF THE FORBIDDEN CITY (IMPERIAL PALACE)

The Imperial Palace in Beijing was given the nickname of the "Forbidden City" by Western observers fascinated by the secretive existence of its inhabitants. Explore the history, architecture and tales of intrigue from Beijing's Imperial Palace with art historian, Alexandra Lezo, from the Yuan dynasty-1911.

#AP96 1 Thursday May 16
7:00pm-9:30pm ROOM 149
ALEXANDRA LEZO \$20

GREAT WESTERN ARCHAEOLOGIST AND THEIR DISCOVERIES

The tales behind the discoveries of some of the world's greatest archaeological finds are almost as fascinating as the treasures unearthed. Would Tutankhamen be a household name were it not for the tenacity of Howard Carter? Imagine that Troy would have remained a place of imagination if Heinrich Schliemann had not believed in the accuracy of a book written almost 3,000 years ago. This class explores Troy, The Palace at Knossos, The Tomb of Tutankhamen and sites from Ancient Mesopotamia.

#AP91 1 Thursday May 2
7:00pm-9:30pm ROOM 149
ALEXANDRA LEZO \$20

INTRO TO BUDDHIST ART

Explore the differences between the Mahayana, Hinayana and Vajrayana forms of Buddhism and their artistic manifestations.

#AP94 1 Tuesday May 21
7:00pm-9:30pm ROOM 163
ALEXANDRA LEZO \$20

THE HISTORY OF THE SILK ROAD

The first connection between East and West was made over the Silk Road more than 3,000 years ago. Developing as a trade route between Rome, China and India, the oasis towns which dotted the silk road were melting pots of religion, languages and art. This class will explore the history of the silk road through an examination of the art produced at various sites and the impact of this area on world history.

#AP92 1 Thursday May 9
7:00pm-9:30pm ROOM 149
ALEXANDRA LEZO \$20

INTRO TO CLASSICAL SCULPTURE

Did you know that the ancient Greeks and Romans painted their sculptures? The elegant, stark white marbles that we associate with the ancient Classical world were originally painted in bright primary colors.

#AP95 1 Tuesday May 28
7:00pm-9:30pm ROOM 148
ALEXANDRA LEZO \$20

BATH AND BEAUTY CARE

CLEAN N' GREEN HOUSE PRODUCTS

Eliminate nasty toxins in your home! Create environmentally-friendly household cleaners: 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. ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB75 1 Monday April 22
6:30pm-9:00pm ROOM 236
CHERYL THEILADE \$62

MOTHER'S DAY BATH N' BEAUTY

Unique gifts for that special Mom! From pampering bath treats to nourishing night cream, make and take home beautiful body care gifts for Mom. In this fun and informative class, create tantalizing tub fizzers in a variety of scents and shapes, an aromatherapy purse size roll-on, massage oil, body spray, wrinkle rescue night cream, and a vegetable based almond oatmeal soap. Plus recipes on bath salts and pillow sachets and discussion on essential oils and their therapeutic properties. Tips on gift giving and packaging, too! Please bring a shoebox to class!

ALL SUPPLIES INCLUDED IN COURSE FEE.
#BB72 1 Thursday May 9
6:30pm-9:30pm ROOM 235
CHERYL THEILADE \$62

SOAP MAKING: PURE AND SIMPLE

Soap from scratch! In class, learn the basics of cold process soap making from scratch! Make a long lasting herbal floral soap and a batch of citrus explosion. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about trouble-shooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Recipes for pet soap, laundry soap and herbal shampoo. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB60 1 Wednesday May 29
6:30pm-9:30pm ROOM 175
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 pool side 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.

ALL SUPPLIES INCLUDED IN COURSE FEE.
#BB77 1 Wednesday June 5
6:30pm-9:30pm ROOM 236
CHERYL THEILADE \$62

Registration starts Monday March 25th, 2013. Register now to avoid disappointment!
Courses that do not reach the minimum enrolment will be cancelled before the start date.

BUSINESS AND VOCATIONAL

THE ART OF PERFORMING COMEDY

Are you interested in learning how to make your sense of humour pay off? This one day workshop will give you a taste of what's involved in **stand-up comedy**, improv, and sketch comedy. You will learn the differences between these comedy formats and you will get to try them all out. You will learn the basic skills of comedy writing, & performing on stage. You will also learn how to develop your own unique comedy persona, by turning your life experiences into authentic comedy material. Ongoing feedback will be provided in the workshop, and you will be given an overview of the venues that will give you stage time with your new talent & you may be invited to perform at a local comedy show. Dress comfortably and bring a notebook, pen & a bag lunch.

#BV66 1 Saturday May 11
9:30am-3:30pm Massey Cafeteria
JANICE BANNISTER \$70

VOICEOVER ANNOUNCING

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, 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. This may be the beginning of a new career for you!

#BV86 6 Tuesdays starting April 16
6:30pm-9:30pm ROOM 161
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 e-mail address.

#BV88 6 Thursdays starting April 18
6:30pm-9:30pm ROOM 161
PAM WILLMER \$112

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 18
7:00pm-9:00pm ROOM 160C
TOM JONES \$76

ACCENT REDUCTION AND 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 22
7:00pm-9:00pm ROOM 227
ANITA SMITH \$98

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. A letter of participation will be issued. Please bring a lunch.

#BV42 1 Saturday May 11
9:00am-2:00pm ROOM 148
IQBAL LALANY \$150



PAYROLL

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

#BV34 7 Thursdays starting April 18
7:00pm-9:30pm ROOM 263
BALJIT DHALIWAL \$130

ACCOUNTING & BOOKKEEPING

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

#BV68 9 Tuesdays starting April 16
7:00pm-9:30pm ROOM 263
BALJIT DHALIWAL \$167

ACCOUNTING AND BOOKKEEPING: LEVEL 2

Prerequisite Level 1. In Level 2 of accounting & bookkeeping, students will learn advanced methods of Inventory and Merchandising recordings in journals, how to set up and understand specialized journals like computers to improve efficiency, different types of inventory methods for the many commercial activities in today's economy, and Internal Controls on Cash which emphasizes the importance of reconciling your bank statements and credit cards.

No class May 20 – Victoria Day.

#BV69 8 Mondays starting April 15
7:00pm-9:00pm ROOM 263
BALJIT DHALIWAL \$167

INTUITION AND BUSINESS

Use your intuition to enlighten your life's needs and desires. We are all intuitive. This class is designed to nurture our capabilities so that we no longer feel as though we are pulling on push doors. Your energies will be aligned so that your truth, and therefore healing, will increase to its natural level through visualization and imagination to coordinate the left and right brain hemispheres.

#BV98 1 Tuesday April 16
6:30pm-9:30pm ROOM 133B
CHERYL BREWSTER \$28

ANGER MANAGEMENT

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

#PE05 2 Thursdays starting June 13
7:00pm-9:30pm ROOM 123
JANYSE HRYNKOW, MA, CCC \$63

BUSINESS AND VOCATIONAL

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. Certificate issued upon successful completion (theory, practical and teamwork skills). Minimum of 90% attendance is required. Participants must be at least 19 years old and have strong English skills. *Classes run Monday to Thursday for 5 weeks.*

#BV44 Classes starting Monday April 15
6:00pm-10:00pm ROOM 176
BARRY DALLAS \$350

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 27
6:30pm-9:30pm ROOM 176
BARRY DALLAS \$150

HOW TO START A SMALL BUSINESS

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

#BV07 2 Mondays starting May 27
7:00pm-9:00pm ROOM 227
ANITA SMITH \$49

HOW TO SELL THROUGH FARMERS' MARKETS *NEW!*

Turn your passion into a second income. Selling at Farmers' Markets is a low-risk way to try a fun business venture, with low initial investment and a friendly community. Topics Include: introduction to Farmers' Markets and the application process, product labeling and presentation, banners and business cards, product pricing and financials, business licensing and local health authority guidelines, promotion – facebook and twitter, and knowing your competitors. Make your business venture profitable and still have fun.

#BV84 1 Saturday May 11
9:00am-3:00pm ROOM 160C
BEV KOMORI \$49

BECOME MORE ASSERTIVE AND CONFIDENT

Discover your true self, set limits and express what you really want to say. Learn how to get out of your own way so you can 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 Thursdays starting April 18
6:30pm-9:30pm ROOM 127
WENDY LAWSON \$82

BUSINESS COMMUNICATIONS

This course is designed for new business people, those in pursuit of management or wanting to improve their business communication. Business writing, leadership, meetings and team skills will also be discussed.

#BV50 2 Wednesdays starting May 22
7:00pm-9:00pm ROOM 227
ANITA SMITH \$48

CAREER SEARCH

This course will help you make a great first impression on employers. It will give you the knowledge and confidence. Topics include research techniques/resources for job search, interview preparation/practice, cover letter/resumé writing. You will practice role playing interview situations and finish the course with a professional cover letter and resumé. Bring the postings with you to class so you can tailor your cover letter/resumé.

#BV41 2 Wednesdays starting May 8
7:00pm-9:00pm ROOM 227
ANITA SMITH \$48

MANAGING DIFFICULT PEOPLE

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

#BV14 2 Thursdays starting May 16
7:00pm-9:00pm ROOM 227
ANITA SMITH \$48

UNDERSTANDING MOTIVATION

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

#BV95 1 Wednesday May 1
7:00pm-9:00pm ROOM 227
ANITA SMITH \$24

THE INDISPENSABLE LIFE BINDER

The Indispensable Life Binder - Getting Your Documents (and your life) in Order. You've been meaning to get more organized. Now is the time. If you are sick, your partner is sick, or there has been a death, you need this binder to make sure things run smoothly. The binder is a handy reference about you, your family and friends, your property, your travel, your medications, finances, wills, power of attorney, and lots more. You will receive a list of how to organize your binder and a list of the contents that should go in your binder. Students may purchase a "ready to go" binder from the instructor for \$20.

#BV53 1 Tuesday April 30
6:00pm-8:30pm ROOM 148
DIANA CRUCHLEY \$20

WHAT I LEARNED ABOUT DOWNSIZING – THE INSIDE STORY

Imagine 30 years of stuff, 6 weeks to stage, sell and empty the house, going from 3000 square feet to 1750 square feet. Learn what Diana Cruchley learned about mental attitude, staging, pricing, bargaining, garage sales, selling to friends, Craig's List, Kijiji, three auction houses, consignment stores, renting lockers, dumps and charity donations, selling old gold and silver and more. Not a general to-do list but real local "naming names" information on "how it works" in the Lower Mainland.

#LA53 1 Wednesday May 1
7:00pm-9:15pm ROOM 163
DIANA CRUCHLEY \$20

BUSINESS AND VOCATIONAL

CANADIAN UNIVERSITY ADMISSIONS 101



Calling all parents of students in Grades 10, 11 and 12! Admission to post-secondary institutions in Canada is becoming increasingly difficult, and each institution has its own set of specific requirements. This interactive and open forum explores academic planning for post-secondary options and provides an overview of admission requirements at various types of institutions. Topics include: the admissions "game," academic scheduling, career planning, finding the right university "fit," and scholarships/financing. The session will also provide effective strategies for families to navigate this process with patience, humor, and grace. Please bring a copy of your student's school schedule.

#BV61 1 Wednesday May 22

7:00pm-9:30pm

ROOM 164

EDWIN LIEW

\$26

US UNIVERSITY ADMISSIONS 101



If your student is interested in attending university in the United States, this session is a must. Each year the US admissions cycle is more competitive than the previous one. Furthermore, the US admissions process is very different than the Canadian admissions process in its approach, and timelines occur much earlier. Come explore the process and its elements in this interactive and informative session. Topics include: course planning, admissions essays, letters of recommendation, the SAT/ACT exam, summer planning, and many more. An interactive "admissions game" will provide objective insight into the process.

#BV62 1 Wednesday May 8

7:00pm-9:30pm

ROOM 148

EDWIN LIEW

\$26

ACADEMIC WRITING

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

#BW62 2 Wednesdays starting April 17

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$49

HOW TO GET BETTER GRADES IN SCHOOL



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

#BV90 1 Thursday May 2

7:00pm-9:00pm SCHOOL LIBRARY

TERRY SMALL

\$42

TRIPLE YOUR READING SPEED

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

#BV73 1 Thursday May 9

7:00pm-10:00pm 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 Thursday May 23

7:00pm-10:00pm

ROOM 163

TERRY SMALL

\$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; as a result, you get the details and remember them, as well 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.

#BV55 1 Saturday May 11

9:00am-3:30pm

ROOM 182

GRAHAM BEST

\$59

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 the 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 Wednesday May 22

6:30pm-9:30pm

ROOM 149

BOB BURNHAM

\$48

WRITING FOR CHILDREN

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

#BW21 1 Thursday May 9

7:00pm-9:30pm

ROOM 227

ANITA SMITH

\$26

BUSINESS AND VOCATIONAL

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 Thursdays starting April 25
7:00pm-9:00pm ROOM 227
ANITA SMITH \$49

ACCENT REDUCTION AND 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 22
7:00pm-9:00pm ROOM 227
ANITA SMITH \$98



BUSINESS GRAMMAR AND 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 11
9:00am-12:00 Noon 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 11
12:30pm-3:30pm ROOM 227
ANITA SMITH \$28

JOURNALING

SKETCH TO JOURNAL *NEW!*

Do you know the power of journaling but have not included sketches or visuals in your journal? Do you want to include sketching in your journal entries but don't know how to start? Try out this fun and easy beginner class. You will learn how easy it is to sketch. This is a very hands-on class where teaching is minimal & creativity is maximized. *SketchaJournals are available for purchase for \$10.*

#JR16 1 Tuesday April 16
6:30pm-9:30pm ROOM 149
DIANE DOYLE \$42

JOURNALING: JOURNEY TO THE CHRISTIAN HEART

Do you know the power of journaling but have not included sketches or visuals in your journal? Do you want to include sketching in your journal entries but don't know how to start? Try out this fun and easy beginner class. You will learn how easy it is to sketch. This is a very hands on class where teaching is minimal and creativity is maximized. Find out the three most common mistakes Christians make that cause them to feel drained, discouraged and disconnected to God. Learn why faith sharing is so important to your own growth. Find out the five simple steps to hope and happiness. Most importantly, practice how to incorporate scripture into your own life through journaling so you feel refreshed and renewed. Please bring your own bible. *SketchaJournals are available for purchase for \$10.*

#JR25 1 Tuesday April 23
6:30pm-9:30pm ROOM 149
DIANE DOYLE \$42

JOURNALING: THE THREE BIGGEST MISTAKES

Did you know that your mind works at about 1,000 words per minute? When you write, your mind slows down to about 100 WPM. You've heard that journaling helps you to achieve clarity, balance and healing, but do you know the three mistakes that will keep you from achieving your goals? By the end of this session, you will know the top five reasons to journal, the four-step process to journaling and the three best journaling techniques to achieve your goals. *SketchaJournals are available for purchase for \$10.*

#JR15 1 Tuesday starting April 30
6:30pm-9:30pm ROOM 149
DIANE DOYLE \$42

JOURNALING: TRANSITION THROUGH CHANGE, LOSS AND GRIEF

Learn about three common myths that keep you struggling with sadness and the number one secret to emotional healing. At the end of this session, you'll learn the function of the right and left brain in the healing process, and how to transform feelings of uncertainty, fear and loneliness to clarity and wellness. *SketchaJournals are available for purchase \$10.*

#JR35 1 Thursday April 25
6:30pm-9:30pm ROOM 149
DIANE DOYLE \$42

ETIQUETTE CLASS

TABLE ETIQUETTE FOR PRE-TEENS AND TEENS (11-17 YRS)

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; communication – Social aspects of a well-mannered dining experience to be proud of!

#BV02 1 Saturday May 11
9:00am-11:00am ROOM 127
ANN BURNETT \$22

ETIQUETTE FOR PRE-TEENS AND TEENS (11-17 YRS)

A foundation of good manners is integral to the development of good leadership skills in young people, not only for today but for the future. Topics including first impressions, body language, conversation, listening skills and table etiquette are put into practice.

#BV12 1 Saturday May 11
11:30am-1:30pm ROOM 127
ANN BURNETT \$22

MODERN BUSINESS AND SOCIAL ETIQUETTE

Does the very thought of a business or social event put you on edge? What to say? What to wear? How to make that quick exit – politely. Although formal etiquette may appear to have lost favour in today's casual business environment, the teamwork, cooperation and marketing so prized by the corporate world depends on people with great social skills. Confident and comfortable networking is an essential element in your career success and in life!

#BV83 1 Saturday May 11
2:00pm-4:00pm ROOM 127
ANN BURNETT \$22

BUSINESS AND VOCATIONAL

BANKS SKANKS

"If the American people ever allow private banks to control the issuance of their currency, first by inflation and then by deflation, the banks and corporations that will grow up around them will deprive the people of all their property until their children will wake up homeless on the continent their fathers conquered (Thomas Jefferson)." Is Jefferson correct? If so, why were banks bailed out at the expense of government coffers? This course critically examines economic aspects of banks and debt.

#BV60 3 Thursdays starting April 18

7:00pm-9:00pm

GUY A. DUPERRAULT BGS ASCT

ROOM 265

\$54

ECONOMICS DEBUNKED

Confusing economic language often limits our ability to understand the many challenges that confront society at all levels, from federal to municipal governance, to big versus small business practices, and national versus international trade agreements. "Economics Debunked" is an introduction to economic language and critical thinking skills that can help the concerned individual pierce the veil of economic jargon and strengthen broad economic discernment, argument and action.

google.com/site/economicsdemystified.

#BV59 3 Tuesdays starting Apr. 16

7:00pm-9:00pm

GUY A. DUPERRAULT BGS ASCT

ROOM 228

\$54

COMPUTER TRAINING

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.

Classes run Mondays & Wednesdays.

#CO93 4 Mon & 4 Wed starting April 15

7:00pm-9:00pm

ROOM 266

WANDA MADOKORO

\$74

KEYBOARDING

COMPUTER KEYBOARDING: FAST & ACCURATE IN A DAY

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

#CO96 1 Saturday May 11

9:00am-3:30pm

ROOM 255

WANDA MADOKORO

\$50

GETTING STARTED WITH COMPUTERS

For those who are new to computers. Learn about computers in a fun, hands-on environment. Start with a brief overview of the computers, followed by exercises to learn how to use a mouse to access pull-down menus and manage the desktop. Create folders, copy and delete files.

A resource book is included.

#CO62 3 Tuesdays starting April 16

6:45pm-9:45pm

ROOM 255 \$120

WINDOWS 7: LEVEL 1

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.

#CO64 3 Thursdays starting April 18

6:45pm-9:45pm

ROOM 266 \$120

WINDOWS FILE MANAGEMENT

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

#CO88 2 Tuesdays starting June 4

6:45pm-9:45pm

ROOM 255 \$100

COMPUTERS MADE EASY

(WINDOWS, WORD, EXCEL & INTERNET BASICS) 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. Great for the home user.

#CO81 4 Wednesdays starting May 8

6:45pm-9:45pm

ROOM 255 \$175

ACCESS 2010 FOR BUSINESS

Access is a powerful business organizer and record keeper. Learn how to use this easy database program to manage data, find specific information, sort the data and create reports. Prerequisite: Windows - or equivalent.

#CO37 1 Saturday May 11

9:00am-3:30pm

ROOM 257 \$100

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.

#CO27 2 Wednesdays starting April 24

6:45pm-9:45pm

ROOM 257 \$100

MS WORD 2010: LEVEL 1

You will learn 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, how to create and edit documents, save, open and close documents, apply formatting options and more. The course includes a participant workbook.

#MS10 4 Tuesdays starting April 16

6:45pm-9:45pm

ROOM 257 \$175

MS WORD 2010: LEVEL 2

A continuation of Level 1. 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. The pre-requisite for this course is Microsoft Word 2010: Level 1 or equivalent knowledge.

The course includes a participant workbook and hands-on exercises.

#MS11 4 Tuesdays starting May 14

6:45pm-9:45pm

ROOM 257 \$175

COMPUTER TRAINING

MS POWERPOINT 2010

Microsoft PowerPoint 2010 is a powerful presentations application, which allows users to create intuitive presentations for paper, screen or web output. 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. *Please bring a bag lunch.

#MS14 1 Saturday May 11
9:00am-3:30pm ROOM 266 \$100

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.

#CO86 1 Saturday May 11
9:00am-3:30pm NWSS PORTABLE \$100

WORDPRESS: LEVEL 1

Learn about WordPress.com and how to create a blog; add photos, clippings, sound, and videos. Learn about themes, adding pages, and widgets. Learn the ten tips for good blog writing. Manual included.

#CO40 4 Thursdays starting May 9
6:45pm-9:45pm ROOM 266 \$175

MS EXCEL 2010: LEVEL 1

In this course, you will use MS Office Excel 2010 to manage, edit and print data. You will 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 and print workbook contents.

#MS12 4 Thursdays starting April 18
6:45pm-9:45pm ROOM 257 \$175
#MS16 4 Wednesdays starting May 15
6:45pm-9:45pm ROOM 257 \$175

SIMPLY ACCOUNTING 2011:

LEVEL 1 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 16
6:45pm-9:45pm ROOM 266 \$200

SIMPLY ACCOUNTING 2011:

LEVEL 2 A continuation from Level 1, providing a more in-depth experience of Simply Accounting. Create a company by setting up accounts, employees, historical data for GL, AR, AP, as well as multi-currency transactions and inventory.

#CO13 5 Tuesdays starting May. 21
6:45pm-9:45pm ROOM 266 \$200

MS EXCEL 2010: LEVEL 2

In Microsoft Excel: Level 2 students will organize table data, present data as charts, and enhance the look and appeal of complex workbooks by integrating graphical objects. The prerequisite course is Excel 2010: Level 1 or equivalent.

#MS13 4 Thursdays starting May 16
6:45pm-9:45pm ROOM 257 \$175

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.

#CO55 5 Mondays starting April 15
6:45pm-9:45pm ROOM 257
DEBORHA MacINTYRE \$200

IPAD FOR BEGINNERS

After an overview of iPad fundamentals, you will learn how to manage and edit your photos and videos. We will also explore some of the ways you can use your iPad as an e-book reader and discover how to get various types of media on and off of your iPad. We will take a look at iCloud and make sure that it is working effectively on your iPad and that your iPad is safe and secure. Please bring a bag lunch. **Be sure to bring your iPad.**

#CO45 1 Saturday May 11
9:00am-3:30pm NWSS PORTABLE \$100

DOG TRAINING AND ANIMAL COMMUNICATION

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". 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 20th
9:00am-10:00am NWSS OUTDOORS
TODD KIER \$112

The first session for Level 1 & Level 2 is Monday, April 15th 2013

New Westminster Secondary School

*7:00-8:30 p.m. in Room 182
(no dogs please).*

Instructor contact: www.k9assistance.com.

BASIC OBEDIENCE: LEVEL 2

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 West neighbourhoods will take place to strengthen the recall and honing skills while working on- and off-leash. Teams (person & dog) are expected to have completed Basic Obedience Level 1. **Aggressive dogs will be asked to leave the course.**

*** Please attend April 15 session.**

PT65 6 Saturdays starting April 20th
10:15am-11:15am NWSS OUTDOORS
TODD KIER \$112

ANIMAL COMMUNICATION

NEW!

Do you ever wonder what your pets are thinking? Now you can learn to communicate in ways they will understand. Practice techniques to access your intuition and enjoy a deeper relationship with your pet. Please leave your wonderful pets at home, and bring multiple photographs or photocopies of animals you know well. Taught by Dalton Grady, first generation civilian controlled remote viewer mentored by Lyn Buchanan (portrayed in the movie Men Who Stare At Goats). There will be a 30-minute lunch break. Please bring a bag lunch.

#PT60 1 Saturday May 11
9:00am-4:00pm ROOM 173
DALTON GRADY \$59

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

COMMUNITY FREE FORUMS

DYNAMIC FUNCTIONS OF THE CORE

"What's at the core of all this core strength talk?" Ahh, the elusive core - where is it and what does it do? How can core strength benefit me? Isn't there a lot of hard work involved? Let Deanne help you out, she will explain the role of core strength and some easy ways to re-connect with those important core muscles.

#CF68 1 Wednesday May 8
6:30pm-8:30pm SCHOOL LIBRARY
DEANNE RAPACIOLI **FREE**

HOLISTIC FITNESS AND WELL BEING

This forum with Deanne will include Q and A's. Learn what holism means, the benefits of the holistic approach to all aspects of your life in and how you can introduce holism into activity and fitness pursuits.

#CF69 1 Wednesday April 17
6:30pm-8:30pm SCHOOL LIBRARY
DEANNE RAPACIOLI **FREE**

EASIER GARDENING WITH ARTHRITIS

Have you dreamed of creating your own garden utopia but worried that your arthritis would slow you down or hurt too much? If so, The Arthritis Society has a forum for you! Presented by an occupational therapist, the Easier Gardening with Arthritis forum is designed to educate you about ways that you can enjoy this popular leisure activity without putting additional stress on your joints.

#CF54 1 Monday April 22
7:00pm-9:00pm ROOM 164
TRISH SILVESTER-LEE **FREE**

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. The Arthritis Society invites you to a free information session to learn about inflammatory arthritis: What is inflammatory arthritis? How to better understand and manage your arthritis. Adapting exercise and activities to protect your joints. Strategies and techniques to improve your lifestyle.

#CF53 1 Monday May 13
7:00pm-9:00pm ROOM 164
THE ARTHRITIS SOCIETY **FREE**

BACK TO LIFE: MAINTAINING A HEALTHY BACK

Come and learn why the health of your back is so critical to living a healthy life. Discover what causes back pain and most illnesses. You may be surprised. Then learn what you can do to make all the difference.

#CF78 1 Thursday June 6
7:00pm-9:00pm SCHOOL LIBRARY
WAYNE JAKEMAN **FREE**

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 25
7:00pm-9:00pm ROOM 133B
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 16
7:00pm-9:00pm SCHOOL LIBRARY
CAMPBELL, RENAUD **FREE**

**Please Register for
FREE Forums.
Call 604-517-6345**

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. Thinking of flipping or buying and renting for investment? Looking for ways to increase capital for your children's education or your retirement?

#CF93 1 Tuesday May 14
7:00pm-9:30pm ROOM 164
PAULINE PROBYN, B.A., REALTOR®,
ISABELLE BERTRAND, B.B.A.,
CYNTHIA HAMILTON, CGA, BAAccS **FREE**

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 with an experienced REALTOR®, Mortgage Broker and Lawyer.

#CF91 1 Tuesday May 28
7:00pm-9:30pm SCHOOL LIBRARY
PAULINE PROBYN, B.A., REALTOR®,
ISABELLE BERTRAND, B.B.A. AND
ROBERT HALIFAX, LAWYER **FREE**

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 re-establish credit.

#CF03 1 Thursday April 25
7:00pm-9:30pm ROOM 164
INGRID FAISAL **FREE**

COOKING

ARTISAN CHEESE MAKING

Learn to make your own delicious artisan cheeses. Learn about milk composition, cheese ripening bacteria, coagulation processes and aging of cheese, and sourcing of supplies and ingredients. Debra and her family own a small dairy farm in the Fraser Valley and is an award winning artisan cheese maker.

Students, please bring a bag lunch.

#CK47 1 Saturday May 11
10:00am-3:00pm ROOM 236
DEBRA AMREIN-BOYES \$59

BERNARDIN CANNING

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 29
6:30pm-9:00pm ROOM 236
DARLENE TANAKA \$25

A DINNER IN MEXICO CITY *NEW!*

Mexico City is where you will find the best food in the country, but not your standard fare. This is Mexican food at its finest. Kathryn will share with you a wonderful three-course menu using Mexican ingredients and techniques she learned in her recent culinary studies there.

#CK66 1 Thursday April 11
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

ANOTHER DINNER IN PARIS *NEW!*

This class was so popular last term that we are doing it again with a brand new menu. We will prepare creamy asparagus soup, duxelle stuffed beef tenderloin with port sauce and lavender creme brullee with cinnamon sugar palmiers.

#CK76 1 Thursday April 25
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

GLUTEN FREE DINNER

In tonight's class, you will prepare a three-course gluten free meal as well as discuss products to avoid and alternatives.

#CK42 1 Thursday May 9
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

CINCO DE MAYO PARTY *NEW!*

Come and celebrate this Mexican holiday with some new dishes that are designed for fun. Kathryn will again share with you some new cooking methods and recipes she learned in her recent culinary studies in Mexico.

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

FLAVOURS OF THE CARIBBEAN *NEW!*

Tonight we will combine tropical fruits and vegetables and Caribbean spices with local ingredients to create an exotic Caribbean meal you won't have to leave home to enjoy.

#CK69 1 Tuesday May 14
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

ITALIAN PIZZA PARTY *NEW!*

All of us love a good pizza. Tonight we will prepare our own Italian style crust from scratch and garnish our pizzas with our favourite toppings. While our dough rises, we will prepare an Italian appie to curb our appetite and an Italian dessert to complete our meal.

#CK78 1 Thursday April 18
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

SALADS AS A MEAL *NEW!*

With summer just around the corner, it's time to get some new ideas for salads -- salads as main courses, salads for picnics and BBQs, salads that can be made ahead and more. You'll also learn the basics of making your own salad dressings with tips for all kinds of variations.

#CK72 1 Tuesday May 21
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

SENSATIONAL FISH AND SEAFOOD

We'll prepare a selection of fabulous seafood recipes designed for family meals and entertaining this summer. You'll learn how to shop for fish and seafood and how to store it. Included will be dishes using our own fresh Wild BC Salmon, Prawns, Halibut, Sea Scallops and whatever else the marketplace has to offer.

#CK61 1 Tuesday May 28
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

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 your apron and containers.

#CK87 1 Thursday May 2
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. You will impress your friends and family when you are able to prepare Thai food in your own home. Bring your apron and containers.

#CK79 1 Thursday May 16
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

INDONESIAN

Come and learn how to make the hot, spicy, and exotic signature dishes from Indonesia. Recipes include Indonesian Fried Rice, Vegetable Salad, Baked Fish and Dry Meat Curry. Impress your friends and family! Please bring an apron & some containers.

#CK13 1 Thursday May 23
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

DIM SUM

Enjoy cooking and tasting traditional Chinese Dim Sum in this class. Recipes include Sui Mai, Bean Curd Sheet Roll, Spring Roll and Steamed Sticky Rice with Chicken. You will impress your friends and family when you prepare Dim Sum in your home! Bring your apron and containers for leftovers.

#CK14 1 Thursday starting May 30
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.

#CK98 1 Thursday June 13
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

COOKING

INTRODUCTION TO RAW LIVING CUISINE

Demo. Any meal that you enjoy cooked can be made RAW! All foods are organic, dairy-free, vegan and gluten-free. They contain no sugar and - most important – they are uncooked! Come meet the Chef, interact with the raw food community and sample delicious culinary creations! Bring your questions. What you will learn and sample: green cocktail, how to make almond milk and green tea mocha latte, kale chips, cheese dip, chocolate balls, zucchini pasta with marinara sauce, avocado chocolate cream with fruit salad, and more surprises. Lovena will talk about the basic equipment and supplies used in a raw food kitchen: food processors, dehydrators, and the use of other important culinary equipment.

#CK43 1 Monday May 6
6:30pm-9:30pm ROOM 236
LOVENA GALYIDE \$64

MAKE YOGURT AND CHEESE WITHOUT DAIRY

Demo. Do you want the benefit of live enzymes in your food? Love cheese but don't like to have milk? Raw mozzarella is possible! In this demonstration by Lovena Galyide from Indigo Raw Food, learn the process for making raw, vegan cheese and yogurt from raw, organic coconuts, nuts and seeds. Unlike traditional cheese recipes, the cheese is never heated much beyond a 115 degree F temperature, so you get succulent cheese with all the nutritional benefits of the original raw nuts and seeds. Learn how to make (and sample) raw coconut kefir, coconut sour cream and yogurt, almond cheese, macadamia pesto cheese, goat and feta cheese, macadamia mozzarella, onion-garlic cheese, garlic bread.

#CK45 1 Monday May 13
6:30pm-9:30pm ROOM 236
LOVENA GALYIDE \$70

** Always bring a container to the cooking classes for leftovers.*

HOW TO MAKE RAW ORGANIC DESSERT

Demo. NO Animal Products, NO Sugar and Gluten Free. Any Dessert that you enjoy cooked can be made RAW! All Raw desserts are organic, dairy-free, vegan and gluten-free. They contain no sugar and - most important – they are uncooked! Imagine eating cheese cakes, ice cream, chocolate, cookies, cakes and pies every day. In this class you will discover how to make cheesecakes, raw chocolates, cookies, pies, and even ice-cream using nothing but raw ingredients. Delicious, Gourmet, Raw Food meal included! What you will learn and sample: How to make Raw tempered chocolate; cacao crackers; Raw cheesecake; ice cream sandwiches; coconut cream pie; green tea ice cream from green tea mocha; strawberry romanoff and more.

#CK44 1 Monday May 27
6:30pm-9:30pm ROOM 236
LOVENA GALYIDE \$70



Wilton Cake Decorating Certificate Program

CAKE DECORATING: BASIC

The Wilton Method® Decorating Basics Course level 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.

#CD01 4 Mondays starting April 15
6:30pm-8:30pm ROOM 235
KIMBERLEY MARCHUK \$105

CAKE DECORATING: 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:

Please request a list of required supplies when registering.

Decorating kit and book included in course fee.

#CD03 4 Wednesdays starting May 8
6:30pm-8:30pm ROOM 235
KIMBERLEY MARCHUK \$105

CAKE DECORATING: ADVANCED GUM PASTE AND FONDANT

Students must have taken Gum Paste & Fondant Level 3 or equivalent. Students will continue to learn how to make amazing, life-like flowers and unique blooms. **Please request a list of required supplies when registering.**

#CD05 4 Wednesdays starting June 5
6:30pm-8:30pm ROOM 235
KIMBERLEY MARCHUK \$105

CAKE DECORATING: TALL CAKES

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. buttercream-covered. Please bring all your cakes to Saturday's class. Students will then assemble and decorate in class. **Please request a list of required supplies when registering.**

#CD09 1 Saturday May 11
10:00am-12:00 NOON ROOM 235
KIMBERLEY MARCHUK \$28

SPRING CUPCAKES **NEW!**

Celebrate the arrival of spring with fun and unique decorating ideas for cakes, cupcakes. Decorate delicious cupcakes for your sweetheart, family and friends. Student's please bring 8-12 cupcakes, 2 1/2 cups of icing, icing colours, 1 spatula, 4 piping bags, 4 couplers, Tip 21 or 22, Tip 10 or 12, toothpicks, dish cloth, ziplock bag, 3 styrofoam cups and a container to take cupcakes home in.

#CD11 1 Saturday May 11
1:00pm-3:00pm ROOM 235
KIMBERLEY MARCHUK \$28

COOKING

SUMMER DESSERTS

NEW!

Tonight you will prepare a selection of summer desserts your family and friends will love. Selections will include Banana Split Cheesecake, Summer Berry Trifle, Peaches and Cream Shortcakes and more.

#CK71 1 Monday June 3

6:30pm-9:30pm ROOM 236 KATHRYN HUNTER-TATE \$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 Wednesday April 24

7:00pm-10:00pm ROOM 236 KATHY ROERING \$38

BREAD AND BUNS

Nothing smells and tastes as good as home-made 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 Wednesdays starting May 1

7:00pm-10:00pm ROOM 236 KATHY ROERING \$45

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. 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 Wednesday starting May 22

7:00pm-10:00pm ROOM 236 KATHY ROERING \$38

Please bring a bag lunch
for the Saturday classes.

FIRST AID

STANDARD FIRST AID AND CPR

Canadian Red Cross. In this comprehensive **two-session** course, participants will learn: Red Cross History, Preparing to Respond Emergency Medical Services, Check, Call, Care, Airway Emergencies, Breathing and Circulation Emergencies, First Aid for Respiratory & Cardiac Arrest, Head and Spine Injuries, Bone, Muscle and Joint Injuries, Wound Care, Sudden Medical Emergencies, Environmental Emergencies.

#FA31 Saturday May 11 8:00am-4:00pm School Library

Monday May 13 6:00pm-9:30pm School Library

FIRST AID HERO \$180

EMERGENCY CHILD CARE AND CPR B

Canadian Red Cross. Childcare providers will learn Emergency First Aid techniques, including how to deal with life-threatening emergencies. Emphasis is placed on Airway, Breathing and Circulation, as well as critical interventions for each. In this course, we will deal with special considerations regarding child-oriented first aid situations.

#FA21 1 Saturday May 11 8:00am-4:00pm

SCHOOL LIBRARY FIRST AID HERO \$90

CPR C AND AED

Canadian Red Cross. In this course, Cardio Pulmonary Resuscitation and Automated External Defibrillation lifesaving techniques are taught. Course content: Preparing to Respond, Emergency Medical Services, Check, Call, Care, Adult/Child/Baby CPR - 1 Rescuer, Adult/Child/ Baby Choking, Barrier Device, Automated External Defibrillator (AED) and Adult/Child CPR - 2 Rescuer.

#FA35 1 Saturday May 11 8:00am-2:00pm

SCHOOL LIBRARY FIRST AID HERO \$120

EMERGENCY FIRST AID /CPR C/AED

NEW!

This one day course introduces skills on how to deal with life threatening emergencies. Emphasis is placed on Airway, Breathing and Circulation as well as critical interventions for each. ❖ Check, Call, Care ❖ Airway Emergencies

❖ Breathing & Circulation Emergencies ❖ First Aid for Respiratory & Cardiac Arrest ❖ Wound Care

#FA43 1 Saturday May 11 8:00am-4:00pm

SCHOOL LIBRARY FIRST AID HERO \$120

HEALTH CARE PROVIDER CPR

Canadian Red Cross. This course is designed to meet requirements for physicians, nurses, paramedics and those in the health care field interested in knowing CPR C skills plus use of the Bag Valve Mask. Course Content: Preparing to Respond, Emergency Medical Services, Check, Call, Care, Adult/Child/Baby CPR- 1 Rescuer, Adult/Child/ Baby Choking, Barrier Device, Automated External Defibrillator (AED), Adult/Child CPR - 2 Rescuer, Bag Valve Mask.

#FA42 1 Saturday May 11 8:00am-3:00pm

SCHOOL LIBRARY FIRST AID HERO \$130

INFANT FIRST AID WORKSHOP (NON-CERTIFICATION)

Canadian Red Cross. This basic first aid workshop covers Airway, Breathing and Circulation problems and how to recognize them in infants 12 months and younger. Learn skills that can save your child's life with experienced Canadian Red Cross instructors in a relaxed atmosphere. Parents welcome to bring their infants!

#FA19 1 Wednesday May 8 7:00pm-9:00pm

ROOM 164 FIRST AID HERO \$44

WHAT EVERY BABYSITTER NEEDS TO KNOW

Age 11+. Offered in co-operation with St. John Ambulance Association. What Every Babysitter Needs To 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 bag lunch.

#FA25 1 Saturday May 11 9:00am-3:30pm

ROOM 123 ST. JOHN AMBULANCE \$62

FOODSAFE AND GARDENING

FOODSAFE: LEVELS 1 AND 2

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 recognized by the B.C. Hotel & Restaurant Association. Handbook included.

#FO17 1 Saturday May 11 *(Please bring a lunch)*

8:00am-3:30pm ROOM 187

DEAN SCOVILL \$90

#FO16 2 Wednesdays starting April 24

6:00pm-10:00pm ROOM 187

DEAN SCOVILL \$90

FOODSAFE: LEVEL 2 Prerequisite: FoodSafe: Level 1.

Age 15+. Gain a competitive edge in the hospitality and food industries in B.C. Many students have gone on to find enjoyable employment. For those already employed, this is a great opportunity to seek promotions/ raises. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a FOODSAFE CERTIFICATE recognized by the B.C. Hotel and Restaurant Association. Manual is included.

#FO90 1 Tuesdays May 7 - Room 184 6:00pm-10:00pm

and 1 Saturday May 11 - Room 184 8:00am - 4:00pm

DEAN SCOVILL \$160

GARDENING

PLANNING YOUR FIRST VEGETABLE GARDEN

Learn the basics of starting a backyard or container vegetable garden. Even with a small balcony you can still have a vegetable garden throughout the year. Conway will provide simple steps and guidelines like choosing the proper site, preparing the soil, plant selection, harvesting, cultural tips and how to start and care for your new veggie plants.

#GL31 1 Thursday May 2

7:00pm-9:00pm ROOM 169 CONWAY LUM \$20

GET THE DIRT ON SOIL

The fundamental building block to a successful healthy garden. We will look at soil types, fertility, soil management and solutions to enhance your soil quality towards a more productive garden.

#GL90 1 Thursday May 16

7:00pm-9:00pm ROOM 169 CONWAY LUM \$20

HERBS GALORE

Parsley, Sage, Rosemary and Thyme, plus other herbs to garden. Learn what makes a successful herb garden from different types of herbs, growing conditions, harvesting plus how to grow these herbs successfully in containers. Conway covers aspects of patio and balcony gardening from what kind of containers to use and what type of exposure.

#GL89 1 Thursday May 30

7:00pm-9:00pm ROOM 169 CONWAY LUM \$20



PHOTOGRAPHY

BEGINNER DIGITAL SLR PHOTOGRAPHY

This course will instruct you on the use and operation of your digital S.L.R. camera. Topics include basic functions of the camera, modes, shutter speeds, f-stops, depth of field, using flash and fill flash, exposure compensation, lenses, plus many other topics. No "point-and-shoot" cameras, please.

#PH45 5 Thursdays starting May 23

7:00pm-9:00pm ROOM 228 WAYNE McCARTNEY \$76

HOW TO USE YOUR DIGITAL COMPACT AND DSLR CAMERA

This course is designed for people who would like to know more about how to use their compact digital camera (SLR cameras are welcome as well). We will discuss basic functions of the camera, modes, flash, lenses, exposure, plus other topics.

Bring your camera and a lunch to class.

#PH92 1 Saturday May 11

9:00am-2:00pm ROOM 228 WAYNE McCARTNEY \$50

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.

(4 Tuesday evenings and 2 Sunday outdoor field trips).

#PH84 4 Tuesdays starting April 16 6:45pm-9:45pm Room 261

plus April 28 and May 5 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 will be suitable for photographers of all abilities.

#PH82 1 Tuesday May 28

6:45pm-9:45pm ROOM 261 FRANK TOWNSLEY \$29

PHOTOGRAPHING FLOWERS

NEW!

The purpose of this one-session course is to improve your ability to capture flowers, both garden & wildflowers in a manner that will make you proud to show them off. Such things as composition, cropping, lighting, backgrounds, and depth of field will be addressed. This will greatly assist you no matter what your camera type, but basic understanding of camera functions is required. You are welcome to bring in some of your flower photographs, both good and bad, for critique.



#PH76 1 Tuesday June 4

6:45pm-9:45pm ROOM 261 FRANK TOWNSLEY \$29

FITNESS AND 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.

AWESOME ABS, BUTTS, HIPS AND THIGHS

This is an exercise class designed to improve your abdominal muscles, tone your thighs and boost your butt.

We'll target exercises to firm and lift.

#FS61 6 Wednesdays starting April 17

6:15pm-7:15pm School Massey Cafeteria
MELISA CROSBY \$50

AEROBOX CARDIO BOX AND KICK

High energy and motivating aerobic class with basic boxing and kickboxing moves (non-contact). Workout includes great cardio component, body conditioning and stretches. Class is suitable for all fitness levels - just go at your own pace! Your instructor is also a personal trainer (BCRPA) with a passion for the body conditioning portion of the class. If you are looking for a great full-body workout, this is the class for you. Bring your energy and let's have fun! No class May 20th.

#FS03 8 Mondays starting April 15

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

AEROBOX CARDIO BOX AND KICK

#FS92 8 Thursdays starting April 18

7:00pm-8:00pm Small Massey Gym
KRISTAL MAXIM \$75

WORKING OUT WITH BALL AND BANDS

Enjoy an effective workout targeting all areas of the body using the most versatile piece of exercise equipment around - the stability ball!!! You will learn proper form and technique for a variety of fun and effective exercises in a group atmosphere. Each week we will work on balance, strengthening core muscles, and challenging the upper and lower body. Please bring your ball and energy and let's have fun! No class May 20-Victoria Day.

#FS94 8 Mondays starting April 15

8:05pm-9:05pm Small Massey Gym
MARGARET MAXIM \$75

Check out page 25.....

Running for Beginners

Self Defense for Teens

Yoga for Men

Tai Chi and more.....

BHANGRA WORKOUT

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, gluteus, quads, arms and core will thank you. No class May 20-Victoria Day.

#FS02 8 Mondays starting April 15

7:15pm-8:15pm School Massey Cafeteria
TARANJEET DHALIWAL \$75

LADIES FLOOR HOCKEY

SHE SHOOT - 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, shin pads optional. Sportsmanlike conduct and fair play are expected.

#FS66 8 Tuesdays starting April 16

7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$79

LADIES FLOOR HOCKEY

SHE SHOOT - SHE SCORES!

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 17

7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$79

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 your putter, #7 iron, and pitching wedge.**

#FS80 1 Saturday May 11

9:00am-11:30am Small Massey Gym
KEITH WESTOVER \$35

#FS81 1 Saturday May 11

12:30pm-3:00pm Small Massey Gym
KEITH WESTOVER \$35

HULA HOOP EXERCISE ROUTINE

The most fun you will have burning fat. Don't let this workout throw you for a loop. The hula hoop is a serious piece of workout equipment that can strengthen your muscles, tone your thighs, abdominals, gluteus and your arms. Janice will start off with a 15 min. gentle stretching then add in the hoops. Class size is limited - so don't wait to try this amazing new workout.

#FS88 8 Thursdays starting April 18

6:40pm-7:45pm Dance/Yoga Studio
JANICE STEVENS \$75

ZUMBA GOLD®: A 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. Easy-to-follow moves make this dance-fitness class friendly, and most of all fun!

#FS75 8 Wednesdays starting April 17

6:30pm-7:30pm Dance/Yoga 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. The goal is simple: Work out, love working out & get hooked. 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. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

#FS72 8 Tuesdays starting April 16

7:00pm-8:00pm Large Massey Gym
JANICE STEVENS \$75

#FS78 8 Thursdays starting April 18

7:00pm-8:00pm Large Massey Gym
RACHEL WOO \$75

FITNESS AND RECREATION

BURLESQUE WORKOUT *NEW!*

Bring out the fun, tantalizing, flirty you in this class & indulge your alter ego! This dance style incorporates the Fosse-eque styling's of Broadway theater & dance that hints at being scandalous. No matter your size, age, or shape, this will bring out that secret vivacious side of you. What other dance work out encourages you to play with glamour in a fun classy and elegant way. Join Sophia for an hour of fun!

#FS85 8 Tuesdays starting April 16
8:15pm-9:15pm Dance/Yoga Studio
SOPHIA SOO \$75

HATHA YOGA 101

Cindy's yoga classes focus on working with integrating breath, mind and body. The classes incorporate breathing exercises, back strengthening, hip openers, mantras and tapping into personal power. Please bring a yoga mat, a small blanket, towel, water and a yoga block (optional). www.anahatayogachakra.com.

#YO98 8 Mondays starting April 15
6:30pm-8:00pm Yoga/Dance Studio
CINDY COUTURIER \$82

No class May 20-Victoria Day.

PRANAYAMA *NEW!*

BREATHING EXERCISES FOR RELAXATION
Pranayama means "breathing techniques" or "breath control". It consists of series of exercises especially intended to meet the body's needs and keep it in vibrant health. Ideally, this practice of opening up the inner life force is not merely to take healthy deep breaths. This class is a great foundation for yoga beginners. www.anahatayogachakra.com.

#YO99 8 Mondays starting April 15
8:05pm-9:35pm Yoga/Dance Studio
CINDY COUTURIER \$82

SIMPLE HOME EXERCISE PROGRAM

This class is for people who want to get started exercising again. You will learn exercises and basic principles to safely exercise in your own home. By the end, you will have several different workouts targeted to reach your goals. It is safe for people with chronic pain or those cleared to exercise again following an injury. Melissa is a Registered Rehabilitation Professional and Personal Trainer RRP,MBA,CRTWC. Please bring a mat to class.

#FS76 6 Wednesdays starting April 17
7:35pm-8:45pm Yoga/Dance Studio
MELISA CROSBY \$60

YOGA AND MEDITATION

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
#YO61 8 Tuesdays starting April 16
6:30pm-8:00pm Yoga/Dance Studio
MARY VICKARS \$82

VIPASSANA MEDITATION WITH BUDDHIST PHILOSOPHY

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

#YO94 3 Wednesdays starting May 15
7:00pm-9:00pm ROOM 127
BRIAN RUHE \$50

MINDFUL QIGONG

Maintain optimal health of body and mind with gentle yet energizing movements, which are easy to learn and enjoyable for all age groups. Practicing qigong and mindfulness (mindful qigong) reduces stress, anxiety, worries, depression and chronic pain while improving attention and strengthening body's internal systems. It also promotes stamina, balance, coordination, strength, flexibility, calmness and healing. LearnMindfulness.org.

No class May 9th.

#HS57 7 Thursdays starting April 25
7:00pm-8:30pm ROOM 117
SUNG YANG \$72

MINDFULNESS IN ONE MINUTE

This class introduces basics of mindfulness. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. Learn mindfulness and enhance your life at home and at work.

#HS59 1 Thursday April 18
7:00pm-9:00pm ROOM 117
SUNG YANG \$18

KRAV MAGA SELF DEFENSE *NEW!*

Students must be 16 years of age and older. The class is open to every male and female. Krav Maga (Hebrew for close combat) is a hand-to-hand combat system that was developed in Israel with a focus on personal self defense. It is considered one of the world's most effective self-defense systems and is used by police and military around the world. Do not let its lineage fool you; with today's chaotic world, it applies perfectly to civilian personal self defense. Unlike other systems, it is based on simple and natural biomechanical and human instinctive reactions, giving it one of the fastest learning curves around. Whether you are a beginner who just wants to learn to defend yourself or are experienced martial artists looking to expand your horizons, Krav Maga is perfect for you. It is especially ideal for women and teens who may feel more vulnerable. What makes our instructors different than other self-defense instructors is our military background. Head instructor BorHan Jiang is a current 11 year Canadian Forces reservist with 10+ years of martial arts experience. Instructor Jonathan Fader has 5-years Krav Maga experience and served for 2 years in the Israeli Defense Force infantry. We are passionate about teaching people how to defend themselves, so that they may go home safely to their families. We look forward to teaching you. Please bring a mouth guard and groin protection (males). **Check out our website: www.urbantacticscanada.com**

#FS99 8 Wednesdays starting April 24
7:00pm-8:00pm

Large Massey Gym

URBAN TACTICS

\$150

FITNESS AND DANCE CLASSES

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 Studio
230 - 50 Lorne Street
New Westminster BC
Tel: 604-521-2772

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 15
6:45pm-7:45pm JANICE \$75

CHA CHA! LEARN ONE DANCE

One of the most well known latin dances, the Cha Cha is a great dance to learn. Used in smaller dance floors, it is perfect for night clubs and cruise ships. From the beginner steps of this dance to dancing the night away.

DA41 5 Mondays starting April 15
7:50pm-8:50pm HEATHER \$55

THE WALTZ

Wonderful to dance and elegant to watch, this is a must take dance for graduations, weddings, and social functions. Once again the instructor will take you from the beginner steps to feeling confident enough to moving around the floor!

DA85 5 Mondays starting May 27
7:50pm-8:50pm HEATHER \$55

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 16
8:00pm-9:15pm RAMONA \$75

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

DA06 6 Wednesdays starting April 17
6:30pm-7:30pm CHERYL \$65

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 13
12:00 pm-1:00pm JANICE \$65

SOCIAL DANCE: LEVEL 2

Designed for students who have completed a Social Dance: Beginner program and are wanting to review and add on. Leading, following and floor craft are reinforced.

DA04 8 Wednesdays starting April 17
7:35pm-8:35pm CHERYL \$75

MINI SOCIAL DANCE CLASS

Join us for this brand new workshop of partnered dance. In this class you will begin to understand the importance of leading and following any dance, the difference between ballroom and Latin dances and will try out Bachata, Rumba & Waltz. This class covers only the basics but allows you the opportunity to do something fun together!

DA25 1 Saturday, June 1
1:00pm-3:00pm JANICE \$25

QUICKSTEP

This flashy, fast-moving dance will get you off your seats and onto the dance floor. The basics and how to move on the dance floor will be covered. Be ready for a whole lot of fun.

DA29 1 Sunday, June 2
1:00pm-3:00pm JANICE \$25

VIENNESE WALTZ

A beautiful dance to learn. Basic steps to start With turns and more. Take this dance and glide around the floor.

DA82 5 Saturdays starting June 1
12:00pm-1:00pm JANICE \$55

DAYTIME BALLROOM: FOXTROT & WALTZ

This class will introduce you to the basics to both these beautiful social dances. Lead, follow, frame and fun are the focus of this class.

DA89 6 Fridays starting April 12
11:00am-12:00pm MELODY \$50

DAYTIME BALLROOM: JIVE & RUMBA

This class gives you the opportunity to experience the liveliness of the jive and the romantic sultriness of the Rumba.

DA87 6 Fridays starting May 24
11:00am-12:00pm MELODY \$50

BEGINNER LINE DANCE

Come out and enjoy a foot-stomping good time! Learn a variety of styles of line dance set to modern music, including some country.

No partner required.
DA40 4 Sundays starting April 7
11:00am-12:00pm MELODY \$45

DA42 4 Sunday starting May 5
11:00am-12:00pm MELODY \$45

SHIMMIES THAT RAQ !

This technique and drilling class is an excellent opportunity for students who have some experience to perfect their shimmies and layers while getting a full-body workout.

DA10 1 Sunday June 9
1:00pm-3:00pm MELODY \$25

CRAZY 8'S BELLY DANCE WORKSHOP

We will work on an infinite number of 8's on any plane of movement you can imagine and maybe some you can't. An opportunity to help increase your flexibility and technique.

DA18 1 Sunday May 26
1:00pm-3:00pm MELODY \$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.

DA16 8 Wednesdays starting April 17
7:00pm-8:30pm SHAY \$75

DAYTIME 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 17
11:30am-1:00pm SHAY \$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 17
8:35pm-9:35pm SHAY \$75

BELLY DANCE: LEVEL 2

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

DA17 5 Fridays starting April 12
DA21 5 Fridays starting May 17
5:15pm-6:15pm MELODY \$55

SMOOTH MOVEMENTS & UNDULATIONS

Learn how to create those sweeping movements & sensual curves. Each movement will be broken down while exploring the transition to take you smoothly through the dance..

DA14 1 Sunday April 14
1:00pm-3:00pm MELODY \$25

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 5 Mondays starting April 8
3:30pm-4:30pm MELODY \$45

DA23 5 Mondays starting May 13
3:30pm-4:30pm MELODY \$45

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.

DA09 1 Sunday May 5
1:00pm-3:00pm \$25



FITNESS AND DANCE CLASSES

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

TWO LEFT FEET

Do you feel that you are doomed to be klutzy, uncoordinated and always a step behind the group? We will break it down to the most basic foundational fitness/zumba moves and show you all the tricks to keep you moving with the crowd.

DA01 1 Sunday April 14
1:00pm-3:00pm KELLY \$25

TUMMIES FOR MUMMIES

This 60-minute class is designed to retrain your mind-core connection using techniques to help you strengthen your pelvic floor and other core muscles. Handouts with daily exercises are included in this class. This class is also suitable for women with abdominal separation.

DA51 1 Sunday May 12
1:00pm-3:00pm KELLY \$25

CARDIO DANCE FIT

Classes held at Dance With Me Studio.

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!

DA27 8 Saturdays starting April 13
9:00am-10:00am JANICE \$75

RUNNING FOR BEGINNERS

Spring is a great time to start running. This class is for people that are absolute beginners or trying to start up again. We will start with a run one minute and walk one minute...very slow easing into this great fitness trend. *Students will meet at Dance With Me Studio.*

DA52 8 Sundays starting April 14
9:30am-10:30am JANICE \$58

DANCER'S CORE TRAINING WORKSHOP

All forms of dance require balance, and balance comes from a strong core. You will learn to identify your core as well as how to strengthen it and use it effectively. A handout is included. Bring your yoga mat or a towel.

DA59 1 Sunday April 28
1:00pm-3:00pm KELLY \$25

SELF DEFENSE FOR WOMEN & TEENS

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

DA91 1 Saturday May 25th
1:00pm-4:00pm INGRID \$50

TAI CHI

Classes held at Dance With Me Studio.

This is a simplified form of Yang-style Tai Chi used as exercise. It can also be used to channel your "chi" energy to help find your center balance and as meditation. Tai Chi can be done at any age and at any fitness level. We'll begin with a small warm-up then move into learning two sets of moves (or postures) each week and finish with a calming meditation.

DA48 12 Thursdays starting April 18
6:30pm-8:00pm SHAY \$95

GENTLE RELAXING YOGA WITH MEDITATION

Classes held at Dance With Me Studio.

Slow moving with breath work; unwind; let go of stress. Find your bliss; relax the body and the mind. Suitable for everybody.

DA61 8 Saturdays starting April 13
4:00pm-5:15pm CINDY \$75

FAMILY YOGA

Classes held at Dance With Me Studio.

A great way for parents and kids to enjoy time together doing something fun and healthy. Some gentle poses, some more challenging, lots of smiling. Suitable for kids age 4 and up, no limit on age of parents.

DA64 8 Sundays starting April 21
11:00am-12:15pm \$75
Children 6 & Up CINDY \$35

YOGA FOR MEN (Men only)

Classes held at Dance With Me Studio.

Many athletes are discovering the benefits of adding yoga to their practice: More flexibility in range of motion, greater focus, and overall balance. This class is designed to open the tight muscles of shoulders and hips and to help align the knees.

DA62 8 Tuesdays starting April 16
7:00pm-8:15pm CINDY \$75

Please note: re: Fitness and Dance classes
#DA classes are held at the Dance With Me Studio
to confirm class location - please call 604-517-6345



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 11 – Victoria Day.

#JB10 8 Mondays starting April 15
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 16
6:30pm-9:30pm ROOM 155 JIM KERR \$98

#JB70 8 Wednesdays starting April 17
6:30pm-9:30pm ROOM 155 JIM KERR \$98

WIRE AND BEAD CREATIONS FOR YOUR HOME

Beginners welcome. 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. Use of tools and all materials are supplied.

Additional supplies will be available for purchase (cash only).

#JB09 1 Thursday May 9
6:30pm-9:30pm ROOM 163 SUSAN ALBERT \$50

CREATIVE WIRE AND BEAD NECKLACE

Beginners welcome. Come join Susan for an evening creating a beautiful wire and bead necklace. Starting with plain wire you will learn how to loop and hammer it into a variety of shapes and then add beads to make your necklace an exceptional one-of-a-kind creation. Wire is very versatile and with the techniques learned in this class, you can go on to create many more pieces of fabulous hand-crafted jewellery. All tools and materials supplied. Additional tools and materials will be available for purchase.

#JB87 1 Thursday May 16
6:30pm-9:30pm ROOM 163 SUSAN ALBERT \$50

GUITAR AND MUSIC

ACOUSTIC GUITAR FOR BEGINNERS

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.

#GU10 8 Tuesdays starting April 16

7:00pm-8:00pm ROOM 203 DANIEL KARRASCH \$96

ELECTRIC GUITAR FOR 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. Course will focus mostly on rock music, some 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 18

8:05pm-9:05pm ROOM 203 DANIEL KARRASCH \$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 with 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. Examples will be given on piano or guitar. Students will learn valuable musical skills that can be translated to any instruments or simply enjoyed from the perspective of the music listener.

#GU78 8 Thursdays starting April 18

6:30pm-8:00pm ROOM 203 DANIEL KARRASCH \$160

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 16

8:05pm-9:05pm ROOM 203 DANIEL KARRASCH \$96

CREATING ELECTRONIC MUSIC FOR BEGINNERS

This is a course for musicians, technology lovers, or anyone who loves the sounds a Computer can make. We will be exploring the power of a laptop computer to make interesting music and sounds in a fun and hands-on environment. *No previous knowledge necessary; the only requirement would be that each student brings a laptop or appropriate portable computer device (Mini PC, Tablet PC, etc).* This class will be focused on how to use free, open source, computer programs to explore the possibilities of computer music. Topics we will explore will include recording and manipulating sounds with our computer, synthesizing new sounds, and organizing those sounds into Electronic Music.

Come have fun with the endless ways a computer can make sounds!

#GU61 8 Wednesdays starting April 17

6:30pm-8:00pm ROOM 203 DANIEL KARRASCH \$160

INTRODUCTION TO MUSIC COMPOSITION

Learn the skills to begin expressing yourself through Creative Musical Composition! This class is for anyone who has some experience with playing music, or for those who have taken the introduction to Reading Music and Musicianship course. We will discuss various ways to creatively approach writing Music, beginning with a series of simple exercises in melody, chord, and rhythm construction, and eventually work our way up to a final project which would be a free composition by each student. Some understanding of Music or experience playing music will be assumed; however, all concepts will be explained and broken down in a fun and approachable manner.



#GU60 8 Wednesday starting April 17

8:00pm-9:30pm ROOM 203 DANIEL KARRASCH \$160

HEALTH AND WELLNESS

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).

#HS36 2 Wed and 2 Thurs starting May 8
(May 8, 9 and May 15 and 16th)

7:00pm-10:00pm ROOM 133B

MARIE PREISSEL, RN \$75

THERAPEUTIC TOUCH: LEVEL 2

Prerequisite: Level 1. The overall goal of these workshops is to assist practitioners in deepening their understanding of Therapeutic Touch and themselves as healers. Will include meditation to create a centered experience, use of intention, safety for self and healer, using imagery with T.T., some specifics for working on very sick people. Current research will be discussed. Ample time for practice.

#HS35 2 Wed and 2 Thurs starting May 22
(May 22, 23 and May 29 and 30th)

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 will be allowed for practice. Marie trained in Therapeutic Touch at workshops with Dr. Delores Krieger and Dora Kunz, the co-founders of Therapeutic Touch.

#HS33 4 Thursdays starting June 6

7:00pm-10:00pm ROOM 133B

MARIE PREISSEL, RN \$75

HEALTH AND WELLNESS

THE THREE SECRETS *NEW!* TO STRESS MANAGEMENT

Modern society has resulted in exposure to STRESSORS that chronically affects us 24 hours per day, 7 days per week, 365 days a year. Come learn the 3 Keys to minimizing those stressors, building a stronger mind and body that will adapt and resist those stressors more effectively and result in a HAPPIER LONGER LIFE.

#HS73 1 Thursday April 18
7:00pm-9:00pm ROOM 163
WAYNE JAKEMAN \$25

BRAIN FITNESS: HOW TO AVOID ALZHEIMER'S DISEASE

Alzheimer's Disease: the epidemic of the next 30 years. This disease process is horrible for the sufferer and the entire family and caregivers. Find out what you need to do today to avoid losing your mind and stay sharp well into your 100's.

#HS81 1 Thursday April 25
7:00pm-9:00pm ROOM 163
WAYNE JAKEMAN \$25

REVERSING DISEASE AND LIVING WELL BEYOND YOUR 80'S

The reality is that 75-95% of all diseases are the result of the Lifestyle choice we make. When we make the appropriate changes, we will begin providing our body/mind with what it needs to be healthy. In doing so, the adaptive responses that we have made to an unhealthy life (= Disease) will change & we will live a higher quality of life which will potentially extend our life beyond our 80's.

#HS77 1 Thursday May 9
7:00pm-9:00pm ROOM 164
WAYNE JAKEMAN \$25

PAIN MANAGEMENT

In this course, coping techniques, as well as what pain can teach us of life, will be presented while learning how to release emotional and physical pain. It will help you to learn how to be free of acute and chronic pain.

#HS24 1 Tuesday June 11
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$25

YOU DO NOT HAVE TO DIET TO LOSE WEIGHT!

There is so much misinformation about what we need to do to regain our health and ideal weight. Thirty years of research have led to this amazingly simple program that will reset your metabolism, help you release unwanted weight and change your life.

#HS88 1 Thursday May 16
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN \$25

SUSTAINED CHANGE *NEW!*

How often do our plans for our new year's resolutions get lost in life and then we just get frustrated and feel bad? Well, this is an opportunity to learn how you can get yourself to "do the things you know you need and want to do". Science has discovered how and why we make decisions, and they have figured out what you need to do to make the right decision and then keep making the right choices in order to sustain the change and live a more healthy life.

You will walk away changed forever.
#HS75 1 Thursday May 30
7:00pm-9:00pm ROOM 163
WAYNE JAKEMAN \$25

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 perimenopausal 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 MAY 28
6:30pm-8:30pm ROOM 163
SHYROSE KARIM, N.D. \$25

GLUTEN FREE LIFESTYLE *NEW!*

Gluten Free Lifestyle -- is there truth to it or is it hype? Join Dr. Karim in a round table discussion to get to the heart of the Gluten Free Lifestyle. Be informed to help you decide if Gluten Free is for you.

#HS02 1 Tuesday May 14
7:00pm-9:00pm ROOM 163
SHYROSE KARIM, N.D. \$25

CREATIVE VISUALIZATION

Visualization is a powerful tool for manifesting what you want. Creative Visualization is one of most effective methods for behaviour modification. When physicians were finding their treatments weren't effective, by coaching their patients to visualize creatively, they enhanced their healing rapidly and effectively. Creative Visualization can also be used for sports goals or manifesting your desires materially (your new vehicle, home, job, etc.) Whatever you desire.

#HS01 1 Tuesday May 28
6:30pm-9:30pm ROOM 133B
MARIE PREISSEL, RN \$25

HO O'PONOPONO

A practice from ancient Hawaii, of extended family members meeting for conflict resolution and forgiveness. Ho'oponopono corrects, restores and maintains good relationships among family members and with their gods or God by getting to the causes and sources of trouble. A modern version for "making things right again", this course will follow Dr. I. Hew Len's philosophy for holism -- any error that a person clears in their own consciousness should be cleared for everyone. That could include your cranky aunt, boss, child, wayward teenager, mother-in-law, etc., wherein you could actually help and heal them.

#HS41 1 Tuesday May 14
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$25

HO O'PONOPONO *NEW!* CONTINUATION

As we continue with Dr. Hew Len's philosophy of holism (we are all One), we will have a brief review of basics and then expand on salient points, like setting ourselves free through forgiveness. Forgiveness opens the door to countless possibilities. It is the possibility of a new start, like back to zero. When we're at zero, it's like being a young child -- open, flexible, curious, without expectations, worries, resentment. As we do our inner work, we'll expand our knowledge of various levels of consciousness, including our Inner Child to Superconsciousness. All the situations in our lives are blessing. An opportunity to begin clearing ourselves, setting ourselves free, attaining peace and happiness and healing others at the same time.

#HS40 1 Tuesday May 21
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$25

RELEASING PAST TRAUMAS

The techniques presented in this course are effective for emotional and physical traumas. Physical traumas can be the result of sports injuries, car accidents, industrial accidents or even abuse. Often, following physical traumas, our bodies hold onto their pain, stiffness, swelling, etc., for years, despite ongoing various therapies. Marie has taught many people to successfully release their traumas, emotional and physical, even after decades of suffering.

#HS19 1 Tuesday June 4
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$25

LANGUAGE

AMERICAN SIGN LANGUAGE

Age 16+. Join Ryan as he provides students with an opportunity to learn sign language skills and vocabulary. ASL (American Sign Language) is used by our deaf community. This course will help you to communicate with your family, friends and community members. Acquisition of approximately 600 signs, finger-spelling, intro to deaf culture and history of deafness. This is not a certification course but students will receive a certificate of attendance.

#LN33 8 Wednesdays starting April 17
6:30pm-9:30pm ROOM 161
RYAN OLLIS \$150

SIGNING CLASS FOR CHILDREN

My Smart Hands™ Level I: *NEW!*

Signing class for deaf and hearing children. Newborn & up. In a playful, educational & language-rich environment, caregivers and children will build their American Sign Language (ASL) vocabulary through instruction, interactive games and songs. You will learn recommended first 100 signs; we will discuss the benefits of using ASL with infants and demonstrate easy techniques for successfully integrating signs into everyday life. Each class includes a full color MSH™ curriculum book with a CD of the songs we teach. The book has colour pictures of the signs learned along with clear descriptions for easy reference long after the class is over!

Come on out for some fun while learning.
#LN76 1 Saturday May 11
9:00am-2:00pm ROOM 265
AARON TURNBULL \$120 per family

CHINESE MANDARIN: LEVEL 1

Mandarin is the official language of China, Taiwan, and 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 18
7:00pm-9:00pm ROOM 268
YAN SUN \$70

CHINESE MANDARIN: LEVEL 2

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

#LN21 8 Tuesdays starting April 16
7:00pm-9:00pm ROOM 268
YAN SUN \$70

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.

#LN12 8 Mondays starting April 15
6:30pm-8:00pm ROOM 123
BEAU GABINIEWICZ \$89

No class May 20 – Victoria Day.

FRENCH: LEVEL 2

This course is for those who have some knowledge of French and want to learn more. Students will be using the same text from Level 1. Approximately 70% of the course is devoted to oral, listening and conversation skills. Textbook is available for purchase (\$22) first night of class.

#LN16 8 Mondays starting April 15
8:05pm-9:35pm ROOM 123
BEAU GABINIEWICZ \$68

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 18
7:00pm-9:30pm ROOM 229
FE ANDAYA \$75

ITALIAN: LEVEL 1

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

#LN26 8 Thursdays starting April 18
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$88

ITALIAN: LEVEL 2

A continuation of Level 1 Italian. It is recommended that students have taken an introductory Italian class; some degree of fluency and understanding is required for participation in this class. Textbook is available for purchase (\$22) first night of class.

#LN29 8 Thursdays starting April 18
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$68

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 and real-life situation role plays in a fun atmosphere. Textbook "Ganbatte! Vol. 1" is included.

#LN17 8 Tuesdays starting April 16
7:00pm-9:30pm ROOM 117
AKIYO HORIE \$99

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. All levels welcome!

#LN68 8 Wednesdays starting April 17
7:00pm-9:00pm ROOM 265
FLAVIA MARTINS \$69

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.
#LN85 8 Wednesdays starting April 17
7:00pm-8:30pm ROOM 123
LIUDMILA RODOVA \$65

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 15
No class May 20 – Victoria Day.
6:30pm-9:00pm ROOM 160C
MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting April 16
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$89

#LN92 8 Wednesdays starting April 17
6:30pm-9:00pm ROOM 160C
MAGDALENA HANSEN \$99

SPANISH: LEVEL 2

A continuation of Level. Text not included but may be purchased (\$22) first evening.

#LN22 8 Tuesdays starting April 16
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$68

LEISURE ACTIVITIES

BRIDGE: STANDARD AMERICAN YELLOW CARD

NEW!

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 14
6:30pm-8:30pm ROOM 265
SALLY CRAIG \$62

FUN WITH MAHJONG!

NEW!

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 11
10:00am-3:00pm ROOM 269
SAN CHANG \$50

INTRO TO GENEALOGY

NEW!

Who Are Your Ancestors? How and where did they live? Ever considered learning more about your family history? Techniques and ideas which will hopefully get you started on your way to a fulfilling lifetime of tracing your family tree. This class will help you learn how to begin your hunt, introducing you to the resources available for performing genealogical research. Join Diane for questions and answers in an effort to demystify genealogy. Please bring a lunch.

#LA93 1 Saturday May 11
9:00am-3:30pm ROOM 149
DIANE ROGERS \$47

ASTROLOGY AND ROMANCE COMPATIBILITY

Is he/she the right partner for you? How compatible are you with your friends, family, children, co-workers, boss, etc.? Astrology will give you a better understanding of yourself and others. Through the 12 Zodiac signs, you will discover your/their strengths and weaknesses and have a greater appreciation of the unique qualities we all have to offer.

When registering please provide the following information: birth date, time of birth and place of birth.

#LA81 Mon. May 13 and Tues. May 14
7:00pm-9:00pm ROOM 148
BRENDA SCHAUER \$48

INTRODUCTION TO CLASSIC SWEDISH MASSAGE

NEW!

Couples massage. Are you interested in learning and experiencing massage therapy.? Want to help your life partner unwind after a stressful day or reduce a pounding headache? This fun, relaxed and hands-on class will teach you the general principals of classic Swedish Massage, the basics of anatomy, hydrotherapy and therapeutic exercises. Benefits of massage therapy include increased circulation of the blood and lymph systems, increase joint mobility as well as decrease over firing of the nervous system. Body areas that will be treated are the back, shoulders neck, hands and feet. *There will be no disrobing.* Dennis is a Registered Massage Therapist and college instructor with 26 years of clinical practice.

#LA32 1 Saturday May 11
10:00am-3:00pm ROOM 163
DENNIS CAOUCETTE, RMT \$98 per couple

CHANNELLING

NEW!

These two evening sessions will include develop the skill of automatic writing (a style of channelling), learn, practice and channel your own guardian and healing angels. In addition to call forth your mentors and the higher beings that guide you in life. You will learn how to protect yourself during and while in a channelling mode, how to develop your own style of channelling. Your enthusiasm, note book & pen are a requirement. Lots of interaction; lots of opportunity for group discussion.

#LA65 Tue May 7 and Wed May 8
7:00pm-9:00pm ROOM 119
JAQUIE RYANE \$58

ANGELS, GUIDES AND ORBS

Every human has guardian angels and spirit guides. We will discuss the ways in which they relate to each other and help us humans through, for example, coincidences and direction in emergencies. Participants will be encouraged to share & discuss their experiences of angels, guides and unexplainable events.

#LA86 1 Tuesday May 7
7:00pm-9:00pm ROOM 149
MALCOLM SMITH \$27

PENDULUM DOWSING

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

#LA87 1 Tuesday May 14
7:00pm-9:00pm ROOM 149
MALCOLM SMITH \$27

EMPIRE OF ATLANTIS

Topics covered: refugees from the destruction of Lemuria; life in Atlantis and the spiritual characteristics of the people; classes of Atlantean society; the scientific projects of the technician class; the worldwide Atlantean empire; the destruction of Atlantis--how it was foretold, how it happened and what happened to the survivors; the second Atlantis; and the impact of the destruction of Atlantis on our lives today.

#LA88 1 Tuesday May 21
7:00pm-9:00pm ROOM 149
MALCOLM SMITH \$27

THE SOURCE OF CREATIVITY

An exploration of the process of co-creation with your Guides. Topics covered include: coincidence; inspiration for artists and scientists; creative problem solving; research and invention; your personal quantum field; and the Cosmic Lattice and reality co-creation.

#LA98 1 Tuesday May 28
7:00pm-9:00pm ROOM 149
MALCOLM SMITH \$27

INTRO TO TAROT CARDS

NEW!

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

#LA44 2 Mon & 2 Wed starting May 6
7:00pm-9:00pm ROOM 163
JULLIN \$59

THE ART OF CEROMANCY

NEW!

Scrying with wax is also known as candle reading or ceromancy. Candle reading is one of the oldest forms of divination...even older than tea cup readings. Instead of reading symbols and messages formed by wet tea leaves inside a teacup, candle drippings formed in water are interpreted to deliver messages from the other realms. A beautiful candle meditation will be performed to help you relax and open your third eye to receive answers to questions you are seeking. Candles and bowls will be supplied for the workshop.

#LA90 1 Monday May 27
7:00pm-9:00pm ROOM 169
SHARRON \$20

LEISURE AND MONEY MATTERS

NUMEROLOGY: *NEW!*

DISCOVER YOUR SOUL'S PURPOSE

Each number represents a material and spiritual evolutionary process that begins with the number 1 and ends with the number 9. You do not have to be a math expert to learn the ancient art of numerology. You will learn how to use numerology to find your soul's purpose and understand yourself better. You will also discover what numbers are the most compatible for you as friends, business and romantic partners.

#LA95 1 Wednesday May 29

7:00pm-9:00pm

ROOM 148

SHARRON

\$20

THE ART OF TEA CUP READING

NEW!

Tea cup reading is an art of divination handed down through the generations - often many times without realization. How many times have you heard the words "My grandma use to read tea leaves." Even if your grandma did not read tea cups, please join us for one of the most relaxing workshops you will attend. Tea cups, a light dessert, and tea will be supplied for the workshop. In this workshop you will learn the following: origins of tea cup reading, what kind of tea to use; rituals and methods of preparation; how to interpret symbols intuitively and analytically; anatomy of a tea cup for timing and direction; how to deliver messages from the other realms.

#LA94 1 Wednesday May 22

7:00pm-10:00pm

ROOM 169

SHARRON

\$20

LEARN ABOUT YOUR COLOUR, CHAKRA AND AURA

Includes colour aura picture, chakra analysis and reference material. This class teaches about Auras, Colour and Sound. 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 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. Have fun and learn more about yourself. Please bring \$5 for workbook (paid to instructor) and a lunch.

LA23 1 Saturday May 11

9:30am-4:00pm

ROOM 161

MARY JANE GOTTSCHLAG

\$54

THE KENNEDY ASSASSINATIONS: THEORIES

Join Brian and study the murder mystery of the century which changed the direction of the 60's. More evidence is in to make some conclusions about who was behind it, in a high-level conspiracy. DVD presentations, recommended readings and You Tube viewings, plus lots of discussions, theories will be conducted. The instructor is an author and aficionado of the subject. Bring your theories to class and get ready for discussions. June 6th is the anniversary of Bobby Kennedy's assassination.

#LA56 1 Wednesday June 5

7:00pm-9:00pm

ROOM 149

BRIAN RUHE

\$18

UFO'S..... IT'S BAAAACK

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

#LA91 1 Thursday May 2

7:00pm-9:00pm

ROOM 148

BRIAN RUHE

\$18

MONEY MATTERS

RETIREMENT: READY OR NOT HERE IT COMES!

Are you 48+ and don't yet have a solid retirement plan in place?

In this seminar you will learn:

- Framework to determine how much money you need to avoid having to make drastic lifestyle changes.
- What to expect from Government Pensions and how to income split with your spouse so you can maximize your tax savings.
- How to structure your portfolio in retirement so you can pull money from your portfolio and survive the next market crash. • Top 6 mistakes that people make in preparing for retirement and how to avoid them.
- The 10 success factors that will prepare you emotionally and psychologically for your biggest life transition yet.

#MM16 1 Wednesday May 8

7:00pm-9:00pm

ROOM 148

MICHAEL PRETO

\$20

Michael Preto, CFP and Certificate in Retirement Planning, is passionate about helping people make the biggest transition of their lives. He takes a comprehensive look at his clients' financial situation to make sure that they are prepared to retire on their terms. Michael has been practicing for 10 years and is working on his Certificate in Estate Planning.

KEEPING THE FAMILY CABIN IN THE FAMILY

Do you or your parents have a cabin that you want to keep in the family but are worried that you won't be able to afford the tax bill when it comes time to pass it on to the next generation?

This workshop will cover:

- How the principle residence exemption works and how you can use it to your advantage.
- How to accurately estimate the eventual tax liability & whether or not there will be enough to cover it.
- How Capital Gains work and what you can do to minimize them so that you can reduce the amount of taxes owing.
- How to best save for the tax bill and whether or not life insurance is a useful tool for you.
- Whether or not joint ownership is a good idea and what it means for everyone involved.

#MM15 1 Wednesday May 15

7:00pm-9:00pm

ROOM 149

MICHAEL PRETO

\$20

WHAT EVERY WOMEN *NEW!* NEEDS TO KNOW ABOUT RETIREMENT

Are you a financially independent woman who wants to know more about how to plan and prepare for your retirement?

This workshop will cover:

- The challenges facing the growing number of women who will be retiring in the next 15 years & how to overcome them so you don't have to worry about running out of money.
- What to expect from the Government pensions and what you need to know about the recent rule changes to get the most of your Canada Pension Plan.
- How to structure your portfolio in retirement so you can pull money from your portfolio and not have to worry about the next market crash.
- How to account for your increased life expectancy and what can be done today to finance future Long Term Care needs.
- Top 6 mistakes that people make approaching retirement-how to avoid them.

#MM32 1 Wednesday April 17

7:00pm-9:00pm

ROOM 149

MICHAEL PRETO

\$20

PERSONAL DEVELOPMENT AND SEWING

EMOTIONAL FREEDOM

TECHNIQUE (EFT) WITH HYPNOSIS

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

#PE45 3 Thursdays starting April 18
7:00pm-9:30pm ROOM 123
JANYSE HRYNKOW, MA, CCC \$65

CHANGE YOUR BRAIN *NEW!* CHANGE YOUR FUTURE

Learn how to change your beliefs and perceptions in just about any area of your reality! Learn about you, your thinking, your feelings and how this keeps you where you are. Creating new future experiences requires you to change your thoughts, feelings and memorize new ones, so you can co-create your new you. Learn to enjoy this process, meditate, and create new energy and enthusiasm around you so your life gets unstuck and you are having the life you wish! Bring a bag lunch.

#PE86 1 Saturday May 11
9:30am-1:30pm ROOM 133B
JANYSE HRYNKOW, MA, CCC \$55

HIGHLY SENSITIVE PEOPLE AND ANXIETY

Have you always felt that you were a highly sensitive person? People have said to you, "You are so sensitive, or too shy, or you need to not take things so seriously"? Learn new strategies to feel more confident to cope with others who seem difficult, judgmental or less sensitive.

#PE67 1 Thursday May 30
7:00pm-9:00pm ROOM 123
JANYSE HRYNKOW, MA, CCC \$42

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 16
6:45pm-9:15pm ROOM 237
KAREN HARBICK \$120

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 scissors, notepaper, calculator, measuring tape and a ruler (18") to class. All other supplies included. No class May 20th - Victoria Day.

#SK33 8 Mondays starting April 22
6:30pm-9:30pm ROOM 237
SOPHIA SOO \$95

PATTERN DRAFTING AND *NEW!* DRAPING ON A MANNEQUIN

This is a demo class with the opportunity for your questions and answers. Sophia will demonstrate how 3 dimensional patterns can be made using a mannequin instead of a flat 2 dimensional pattern. Sophia will also demonstrate draping and its usage and methodology.

#SK35 1 Monday April 15
6:30pm-8:00pm ROOM 237
SOPHIA SOO \$18

SEWING: ALTERATIONS 101

Customize your fit! Come and learn the industry's tips and tricks to find and fix problem areas in your clothes and create that great fit! There is nothing more flattering than clothes that fit well. Students, please bring a piece of clothing that you wish to alter. Please bring a seam ripper, chalk, measuring tape and pins to every class. Students are welcome to bring their serger machine if they have one.

#SK25 8 Thursdays starting April 18
6:30pm-9:30pm ROOM 237
SOPHIA SOO \$120

KNIT A RUFFLED SCARF *NEW!*

Ruffle scarves are a very fashionable accessory this year. Join Sarah in learning to knit one of these quick and easy projects. No knitting experience is necessary, although some previous knowledge would be helpful. Students should have a completed project by the end of the session. Needles and a selection of yarn will be distributed in the class. All materials included in course fee.

#SK82 1 Saturday May 11
9:00am-3:30pm ROOM 167
SARAH WETHERED \$60

MAKE A SOCK MONKEY!

Kids and adults love them! Please bring thread, needles, scissors and thimble to class. All other supplies are included.

#SK51 1 Wednesday April 17
6:30pm-9:30pm ROOM 163
JAN TRUBER \$48

RECYCLED GROCERY BAG HANDBAG

Join Jan for this awesome lesson in making a plastic handbag out of grocery bags. You will learn this easy technique by using a hook. Please bring 20 grocery bags (preferably from the same store) and sharp scissors.

#SK52 1 Wednesday April 24
6:30pm-9:30pm ROOM 163
JAN TRUBER \$26

INTRODUCTION *NEW!*

TO QUILTING Quilting is "fun sewing". In this beginner class, you will make a cushion (or it can be a bag) using a very simple design but giving you the essence of how to sew pieces together matching points perfectly. A straight stitch on a sewing machine is the only one used throughout. You will learn to use a rotary cutter and mat for cutting out the pieces. Some supplies are available to use during the class, such as the rotary cutter and mat and a sewing machine if needed. A variety of "kits" of fabrics will be available at the first class. Approximate cost \$25.

#SK76 6 Wednesdays starting April 17
6:30pm-9:00pm SHIRLEY MOORE \$99

**#SK76 and #SK74 - classes are held onsite at Shan's Needleworks
#101-624 Columbia Street New West
Call: 604-517-6345 to register**

KNITTING THE SHORTIE CARDIGAN *NEW!*

Make a cardigan with all of the techniques used in a full-sized sweater but less knitting and more time to explore a stitch pattern within your design. If you are a beginner and this is your first sweater, the same design will be made using all knit (garter stitch) or a stocking stitch (knit on right side; purl on wrong side). Learn how to follow a pattern, shaping buttonholes as well as picking up stitches for the collar. Block and finish the sweater in a professional way and have a garment you will be proud to wear. Basic knitting skills required. Supplies available at first class. Cost determined by your choice of yarn - approximately \$30 to \$60.

#SK74 6 Tuesdays starting April 16
6:30pm-9:00pm SHIRLEY MOORE \$99

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

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 25th 2013

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. TAX 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
TOTAL \$		

Cheque Visa Mastercard

Card #

Expiry

Name on the card