

NEW WESTMINSTER SCHOOL DISTRICT #40

Continuing Education



Registration starts Monday, March 31st 2014

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 2014

Monday to Thursday: 8:30 am to 9:30 pm
 Fridays



8:30 am to 3:00 pm

Summer Registration

Wednesday, July 2nd 2014 and
 Thursday, July 3rd 2014

9:30 am, 1:00 pm, 4:00 pm or 6:30 pm or
 Thursday, July 10th 2014
 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

12:30 p.m. or 7:00 p.m.

Winter/Spring Hours 2014

Monday to Thursday: 10:00 am to 9:00 pm
 Friday: 10:00 am to 3:00 pm



Summer Registration

Wednesday July 2nd 2014 and
 Thursday July 3rd 2014
 9:00 am, 12:30 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 <u>or</u> 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 2nd or Thursday July 3rd
9:30 am, 1:00 pm, 4:00 pm & 6:30 pm
or Thursday July 10th
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 2nd or
Thursday July 3rd
9:00 am, 12:30 pm **or 7:00 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 7th to Friday August 15th 2014

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

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

Date: Tuesday July 8th to Thursday August 14th 2014

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 7th to Friday August 15th 2014

Class time: 9:00 am – 12:00 noon Pearson ALC NWSS

Course #PE42-1 Afternoon classes: Monday-Friday

Date: Monday July 7th to Friday August 15th 2014

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

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

Date: Tuesday July 8th to Thursday August 14th 2014

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 7th to Friday August 15th 2014

Class time: 9:00 am – 12:00 noon Pearson ALC NWSS

Course #PE52-1 Afternoon classes: Monday-Friday

Date: Monday July 7th to Friday August 15th 2014

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

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

Date: Tuesday July 8th to Thursday August 14th 2014

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: Wednesday July 2nd to Thursday August 7th 2014

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

Course #CE24-1 Evening classes: Monday-Thursday

Date: Wednesday July 2nd to Thursday August 7th 2014

Class time: 5:20 pm – 9:00 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: Wednesday July 2nd to Thursday August 7th 2014

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

Course #CE34-1 Evening classes: Monday-Thursday

Date: Wednesday July 2nd to Thursday August 7th 2014

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: Wednesday July 2nd to Thursday August 7th 2014

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

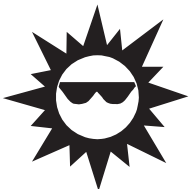
Course #CE54-1 Evening classes: Monday-Thursday

Date: Wednesday July 2nd to Thursday August 7th 2014

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



**Summer
Learning**

CREDIT courses start Wednesday, July 2nd 2014.

Registration begins Monday, April 7th 2014

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 9:00 AM – 3:45 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 and Photo ID.

COURSE NAME	COURSE #	DAYS	TIME	DATE 2014	PROV. EXAM	LOCATIONS
Biology 12	BA12-1	Mon to Fri	12:15 - 3:30 PM	July 2 - Aug 7	N/A	New West Secondary
Chemistry 11	BA21-1	Mon to Fri	8:30 - 11:45 AM	July 2 - Aug 7	N/A	New West Secondary
Chemistry 12	BA22-1	Mon to Fri	8:30 - 11:45 AM	July 2 - Aug 7	N/A	New West Secondary
Communications 12	BA02-1	Mon to Fri	8:30 - 11:45 AM	July 2 - Aug 7	Aug 12 9:00 AM	New West Secondary
English Upgrading Recommended for students who have successfully completed ELSA level 3.	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	June 30-Aug 15 June 30-Aug 15 July 2 - Aug 14 July 2 - Aug 11 July 2 - Aug 11 July 2 - Aug 11	N/A	Pearson ALC - NWSS Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square ALC Columbia Square
ELL Level 1-2	BA84-1	Mon to Fri	8:15 -10:30 AM	July 2 - July 25	N/A	New West Secondary
ELL Level 2.5-3	BA83-1	Mon to Fri	10:45 AM -1:00 PM	July 2 - July 25	N/A	New West Secondary
English Language Development	BA89-1	Mon to Fri	8:30 - 11:45 AM	July 2 - Aug 7	N/A	New West Secondary
English 10	BA43-1	Mon to Fri	12:15 – 3:30 PM	July 2 - Aug 7	Aug 12 9:00 AM	New West Secondary
English 11	BA41-1 BA49-1	Mon to Fri Mon to Fri	8:30 - 11:45 AM 12:15 - 3:30 PM	July 2 - Aug 7 July 2 - Aug 7	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	8:30 - 11:45 AM 8:30 - 11:45 AM 12:15 - 3:30 PM	July 2 - Aug 7 July 2 - Aug 7 July 2 - Aug 7	Aug 11 9:00 AM Aug 11 9:00 AM Aug 11 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	8:30 - 11:45 AM 12:15 - 3:30 PM	July 2 - Aug 7 July 2 - Aug 7	Aug 12 1:00 PM Aug 12 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	8:30 - 11:45 AM 12:15 - 3:30 PM	July 2 - Aug 7 July 2 - Aug 7	N/A	New West Secondary New West Secondary
Foundations of Mathematics 11 Graphing calculator required	BA53-1	Mon to Fri	8:30 - 11:45 AM	July 2 - Aug 7	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	8:30 - 11:45 AM 12:15 - 3:30 PM	July 2 - Aug 7 July 2 - Aug 7	N/A	New West Secondary New West Secondary
Physics 11	BA31-1	Mon to Fri	8:30 - 11:45 AM	July 2 - Aug 7	N/A	New West Secondary
Physics 12	BA32-1	Mon to Fri	12:15 - 3:30 PM	July 2 - Aug 7	N/A	New West Secondary
Science 10	BA25-1	Mon to Fri	8:30 - 11:45 AM	July 2 - Aug 7	Aug 13 1:00 PM	New West Secondary
Social Studies 10 Transitional IDS	BA85-1	Mon to Fri	12:15 - 3:30 PM	July 2 - Aug 7	N/A	New West Secondary
Social Studies 10	BA95-1	Mon to Fri	12:15 - 3:30 PM	July 2 - Aug 7	N/A	New West Secondary
Social Studies 11	BA94-1	Mon to Fri	12:15 - 3:30 PM	July 2 - Aug 7	Aug 13 9:00 AM	New West Secondary

SUMMER LEARNING 4 WEEK REMEDIAL COURSES

SUMMER LEARNING FOR GRADES 8 and 9 (4 weeks)

REMEDIAL courses start Wednesday, July 2nd, 2014 and end Friday July 25th, 2014

Registration begins Monday April 7th, 2014



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

Monday to Friday 9:00 AM - 3:45 PM For details call 604-517-6286

Courses are held Monday to Friday at New Westminster Secondary School

835 Eighth Street, New Westminster BC

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.

ELL Level 1-2	BA84-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 25	New West Secondary
ELL Level 2.5-3	BA83-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 25	New West Secondary
English 8	JEN8-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 25	New West Secondary
English 9	JEN9-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 25	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 25	New West Secondary
Math 9	JMA9-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 25	New West Secondary
Science 8	JSC8-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 25	New West Secondary
Science 9	JSC9-1	Mon to Fri	10:45 AM - 1:00 PM	July 2 - July 25	New West Secondary
Social Studies 8	JSS8-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 25	New West Secondary
Social Studies 9	JSS9-1	Mon to Fri	8:15 AM - 10:30 AM	July 2 - July 25	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 9:00 a.m. – 3:45 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 and 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 25th 2014 (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
- ◆ Foundations & Pre-Calculus MA 10
- ◆ PHYSICAL EDUCATION 10
- ◆ PLANNING 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

521 Fader 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.**

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. Please bring drawing paper, HB pencil and kneaded eraser to class.

#AP35 5 Thursdays starting April 17
7:00pm-9:30pm ROOM 187
MARK ANTHONY \$52
#AP36 5 Thursdays starting May 22
7:00pm-9:30pm ROOM 187
MARK ANTHONY \$52

ZANTANGLE® - ART FOR BEGINNERS **NEW!**

If you like to doodle, sketch, or want to develop your creative drawing skills, then come and learn the basics to create beautiful images by drawing structured pattern designs. Zantangle drawing is a relaxing, therapeutic, and meditative activity for artists of all skill levels. This one-day workshop will introduce you to basic Zantangle patterns. We will then use them to create a finished piece of art, adding colour to enhance the images. Bring an HB pencil, 2 - 4 black fineliner pens (fine and medium point, excellent for this are MICRON, PIGMA or PITT Artist brands with archival ink), eraser, ruler, set of pencil crayons (approx. 24), several sheets of white paper, and thin colour felt pens (optional). *Please bring a bag lunch.

#AP41 1 Saturday May 10
9:30am-3:30pm ROOM 161
PERI-LAINE NILAN \$60

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. Lessons include layering, hatching, impressed line, shading and form, colour and theory, burnishing, space, depth, composition, etc. Individual attention given. Bring HB pencil, eraser, ruler, set of pencil crayons (approx. 24), one sketch book for drawing (approx. 11"x14") and a supply of scrap paper. No class May 19.

#AP33 8 Mondays starting April 14
7:00pm-9:00pm ROOM 161
MIMI KEMBALL \$106

CHINESE BRUSH PAINTING WORKSHOP FOR BEGINNERS

Enjoy Spring's beautiful blossoms with the unique expressions of Chinese watercolour paintings. This course will introduce you to drawing and painting with brushstrokes. This special watercolour technique on rice paper blends the East and the West. Learn many forms of brushstrokes to create images of blossoms and trees in autumn, including chrysanthemums, bamboo, maple and birch trees. Supplies included. Please bring a bag lunch.

#AP82 1 Saturday May 10
9:00am-3:30pm ROOM 210
EILEEN FONG \$98

LANDSCAPE WATERCOLOUR PAINTING WITH FRANK

This watercolour course for beginners will offer demonstrations and individual assistance needed to learn basic techniques in colour mixing and washes. Students will also learn about composition and a variety of skills necessary to easily paint skies, clouds, trees, water, mountains, rocks and shorelines, mist and fog. *Please request supply list when registering or visit the course online for supplies - www.ce40.ca.*

#AP87 9 Wednesdays starting April 16
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$163

UNDERSTAND THE LANGUAGE OF OIL PAINT

Beginner/Intermediate. Remove your limitations and understand the structure of the language of oil paint. This course is a step-by-step approach to learning the fundamentals which will allow you to infinitely build in your own time. The first 3 sessions are dedicated to understanding the language: brushstroke, colour, contrast, texture and format. The 4th session is a recap and a practice run at a landscape painting, the 5th session puts the language into sentences and paragraphs as you paint a landscape from a photographic reference. If you cannot attend the entire course, consider attending one of the stand-alone courses on brushwork, colour or contrast. Brushes are loaned to students and returned to teacher for cleaning and reuse. Materials cost of \$80 CASH for 5 nights (paper, charcoal, paint, canvas 16"x20") is payable to Leanne the first evening.

#AP61 5 Thursdays starting May 1
7:00pm-10:00pm ROOM 210
LEANNE CHRISTIE \$135

COLOUR MIXING IN OILS

Beginner level. You will learn the fundamentals of colour mixing in oils by setting up a limited palette, mixing basic colours on the palette and by painting a still life subject so that you can understand how oils continue to mix on the canvas. You will learn how colours enhance or detract from each other and how to play with the eye. Brushes are loaned to students and returned to teacher for cleaning and reuse. Materials cost of \$20 CASH (paper, charcoal, paint, canvas board 12"x16") payable to Leanne.

#AP62 1 Thursday May 1
7:00pm-10:00pm ROOM 210
LEANNE CHRISTIE \$38

ACHIEVING CONTRAST IN OILS

Beginner/Intermediate. The key to creating emotional content in an oil painting and one of the hardest things to control. You will start with quick charcoal drawings, set up a limited palette in oils, blend neutral colours and work on a still life subject. This course is designed to help you understand how oil paint continues to blend throughout the painting and how to control the light and dark areas to create a visually interesting painting. Brushes are loaned to students and returned to teacher for cleaning and reuse. Materials cost of \$20 CASH (paper, charcoal, paint, canvas board 12"x16") payable to Leanne.

#AP63 1 Thursday May 8
7:00pm-10:00pm ROOM 210
LEANNE CHRISTIE \$38

THE MYSTERY OF THE OIL BRUSHSTROKE

Beginner/Intermediate. One of the pillars of the oil painting language and the most fundamental. Good brushwork can compensate for poor composition and is the essential tool for emotional content in a painting. We will talk through the various aspects of brushwork, understand how to hold a brush and work together on a still life subject which requires the use of the brushstrokes we have discussed. This course is designed to help you understand how to impart expression into your painting. Brushes are loaned to students and returned to teacher for cleaning and reuse. Materials cost of \$20 CASH (paper, charcoal, paint, canvas board 12"x16") payable to Leanne.

#AP64 1 Thursday May 15
7:00pm-10:00pm ROOM 210
LEANNE CHRISTIE \$38

ART

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

WATERCOLOUR WORKSHOP: GOLDEN ASPEN

No pre-requisite. This is a slight deviation from my Aspen Grove workshop in that it details a few Aspens set against a darkened, shaded background which makes the trunk and leaves stand out. A photo for line drawing and reference will be provided, as will all supplies. *Please bring a bag lunch.

#AP77 1 Saturday May 10

9:00am-3:30pm ROOM 209
FRANK TOWNSLEY \$55

WATERCOLOUR WORKSHOP: SPRING CROCUS

No pre-requisite. A slight deviation from my traditional flower workshops, this is an image de-picting the petals, stamens and pistil of the crocus. It more resembles a macro photograph as it does not depict all the petals, and certainly not the leaves or background. All supplies are included.

#AP79 2 Tuesdays starting May 27

6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$55

MIXED MEDIA WITH DARLA

No pre-requisite. 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 2 16x20 buzz slim canvases, one deep 8.5x11 wood panel, 1 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.

*No class May 19 – Victoria Day.

#AP14 5 Mondays starting May 5

7:00pm-10:00pm ROOM 210
DARLA ZARY \$135

LILACS AND DAISIES WITH DARLA

No pre-requisite. 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 a Richardson palette knife, and 16x20 artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

#AP86 1 Monday April 28

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

HYDRANGEAS WITH DARLA

No pre-requisite. 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, Richardson palette knife, and 16x20 artist quality canvas (please no Artist Loft or dollar store canvas) NO EXCEPTIONS. PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH).

#AP90 1 Tuesday April 15

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

#AP89 1 Tuesday May 13

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

SPRING TULIPS WITH DARLA

No experience necessary. For ease, purchase supplies in class from instructor (brushes \$10, canvas \$10 CASH) or purchase from Michaels the "Simply Simmon's" brushes: 1" or 3/4" flat wash and 1/2" flat angle, and 16"x20" artist quality canvas (please no Artist Loft or dollar store canvas) NO EXCEPTIONS. PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH).

#AP54 1 Tuesday April 22

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

SUNFLOWERS WITH DARLA

No pre-requisite needed but taking Hydrangeas or Lilacs and Daisies would be recommended but not required. Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas of your choice and \$10 (CASH ONLY) for shared paint. *Option - students may purchase canvas and paint for \$20 (CASH).

#AP71 1 Wednesday April 23

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

FANTASY FLOWERS WITH DARLA

A good class for beginners. Complete a floral painting while being guided with the basic leaf and floral shapes and techniques that will be used in all of Darla's Floral classes. Purchase from Michaels, the "Simply Simmons" brushes: 3/4" flat wash, 1/2" flat angle, #12 filbert, Richardson palette knife and a 16x20 canvas. (please no Artist Loft or dollar store canvas) NO EXCEPTIONS. \$8 CASH for shared paint. You may also buy the brushes from instructor for \$25 and professional buzz slim 16x20 canvas for \$10.

#AP04 1 Wednesday April 30

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

HIBISCUS WITH DARLA

No pre-requisite needed but taking Fantasy Flowers, Hydrangeas or Lilacs is recommended but not required. A brilliantly sweet yellow hibiscus flower on a soft background. Bring your brushes from Darla's previous floral class. Bring \$10 (CASH) for a 16x16 buzz slim canvas and \$8 (CASH) for shared paint.

#AP24 1 Wednesday May 14

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

RED POPPY WITH DARLA

No pre-requisite needed but taking Sunflowers or Night Blooming Cereus is recommended but not required. A large loose contemporary style painting of a single red poppy. Bring your 1" flat and filbert brushes. Plus, your own 16x20 canvas (or purchase from instructor for \$10) and \$8 (CASH ONLY) for shared paint.

#AP02 1 Tuesday May 27

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

A ROSE WITH DARLA

No pre-requisite needed but taking Magnolia, Fantasy Flowers, Hydrangeas or Lilacs and Daisies is recommended but not required. A stunning single rose on a 16x16 square black gesso canvas is what you will be creating tonight! Bring your brushes from previous floral classes and \$10 for 16x16 buzz slim canvas and \$8 (CASH) for shared paint.

This one is a stunner, so sign up early!

#AP07 1 Wednesday May 28

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

FIELD OF WILDFLOWERS LANDSCAPE WITH DARLA

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

#AP59 1 Tuesday June 3

6:45pm-10:00pm ROOM 210
DARLA ZARY \$38

ART AND ART HISTORY

SOAPSTONE CARVING: BEGINNER

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

#AP72 6 Tuesdays starting April 22

7:00pm-8:30pm

MARK GAUTHIER

ROOM 154

\$80

SOAPSTONE CARVING: NEXT LEVEL

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

#AP74 8 Thursdays starting April 24

7:00pm-9:00pm

MARK GAUTHIER

ROOM 154

\$125

A TOUR OF THE ACROPOLIS, ATHENS

The Acropolis of Athens is a surviving testament to the cultural and artistic achievements of 5th c. B.C. Athens. This class will explore the art and architecture of the Classical period in Greece as demonstrated by the surviving sculptures and structures on the Acropolis. The collection of the Acropolis museum will also be covered. Alexandra has just come back from excavating in Crete and has lots to tell.

#AP94 1 Thursday May 15

7:00pm-9:30pm

ROOM 164

ALEXANDRA LEZO

\$20

NUDITY IN CLASSICAL ART

NEW!

Why were the Greeks the only civilization in the ancient world to depict the human form in the nude? In this class, we will explore the origins of nudity in ancient Greek art and the influence of these ideas on later Hellenistic and Roman art.

#AP81 1 Thursday May 29

7:00pm-9:30pm

ROOM 164

ALEXANDRA LEZO

\$20

THE MYSTERY CULTS IN

ANCIENT GREECE AND ROME

NEW!

Did you know that the early Christians were considered members of a Mystery cult by the Roman authorities? This class will examine the origins and practices of the Mystery Cults in the Classical world through a look at associated works of art from the period. The fresco paintings from the Villa of the Mysteries in Pompeii as well as sculpture from the Hellenistic world will be explored.

#AP85 1 Thursday May 22

7:00pm-9:30pm

ROOM 164

ALEXANDRA LEZO

\$20

BATH AND BEAUTY CARE

SOAP MAKING: PURE AND SIMPLE

Soap from scratch! In this 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 April 30

6:30pm-9:30pm

CHERYL THEILADE

ROOM 175

\$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 Tuesday May 13

6:30pm-9:00pm

CHERYL THEILADE

ROOM 170

\$62

PAMPERING BODY CARE FOR EVERYONE!

Create natural and luxurious products for everyone in the house – including the family pet and the garden! Discover the simplicity and affordability in creating your own environmentally friendly house and home products. Make and take home an Herbal Pet Shampoo, Shaving Soap, Baby Barrier Cream, Soapy Marigold Insecticide (*great for mites, aphids, white flies and many other insects*), Aloe Body Moisturizer and an Almond Orange Facial Wash. Plus receive recipes on Relaxing Pillow Spray and Sugar Body Polish. *ALL SUPPLIES INCLUDED IN COURSE FEE.

* Please bring a bag lunch.

#BB53 1 Saturday May 10

10:00am – 2:00pm

CHERYL THEILADE

ROOM 236

\$75

GO FOR THE GLOW

NEW!

Exfoliate, Hydrate, Nourish. In this hands-on class, using techniques to enhance the beauty and healing of the skin on the face, neck, legs and feet, you'll create a papaya face scrub, honey n' clay facial mask, seaweed salt scrub, peppermint foot prep and a cuticle nail oil. Plus discussion on sit baths and dry brushing for circulation and toning. Receive recipes on toning massage oil and nail salve. *ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB71 1 Thursday May 29

6:30pm-9:00pm

CHERYL THEILADE

ROOM 236

\$62

BUSINESS AND VOCATIONAL

HOW TO START A SMALL BUSINESS

Got a dream? Want to break away from the employee rut? Learn how to start your own business. This workshop will help you assess and develop your entrepreneurial 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, please bring it along with you to the class.

#BV07 2 Tuesdays starting May 6
7:00pm-9:00pm ROOM 227
ANITA SMITH \$49

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 start Monday April 14
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 and marketing, bidding and estimating, creating a proposal, hiring and retaining employees and insurance and 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. Course manual included. (4 consecutive evenings)

*Classes run Monday - Thursday.
#BV45 Classes run Monday - Thursday
starting Monday May 26 to May 29
6:30pm-9:30pm ROOM 176
BARRY DALLAS \$150

START AND OPERATE A NEW! FAMILY CHILD CARE CENTRE

The Childcare Program is recognized by Fraser Health Region Licensing Department and the BC Family Child Care Association. This "Good Beginnings" course is recognized by licensing officers and equips you with the information and skills needed to start your own family child care business. The Good Beginnings: is divided into 12 lessons, for a total of 36 hours of training. The Good Beginnings Course will also guide you to create the policies and procedures necessary to develop your business, introduce you to a network of Family Child Care Providers, and provide you with resources and contacts specific to your family child care business. Fluency in written and spoken English is necessary. Students must attend all the sessions. A certificate will be issued following satisfactory completion of this course. Workbook included in course fee.

#BV79 10 Tuesdays starting April 15
6:30pm-9:30pm ROOM 123
PLUS 1 Saturday May 10 9:30am-3:30pm
VICKI LEPPER \$325

ACCOUNTING AND BOOKKEEPING: LEVEL 1

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 22
7:00pm-9:30pm ROOM 263
BALJIT DHALIWAL \$189

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 24
7:00pm-9:30pm ROOM 263
BALJIT DHALIWAL \$130

HOW TO START A SUCCESSFUL CONSULTING BUSINESS NEW!

Whether it be a full-time or part time consultancy practice, there are some basic measures to be taken to ensure success; a business plan has to be created and implemented, a marketing strategy to be applied, and time management to be arranged. How to protect your personal assets has to be addressed by choosing between a sole proprietorship and a LTD company, both of which will reflect upon the amount of personal income tax you will pay. And of course how to register the business and choosing a business name. A Business Plan is included in the handouts. Bryan is a practicing consultant.

#BV11 3 Wednesdays starting April 23
7:00pm-9:00pm ROOM 121
BRYAN DOYLE \$89

CASHIER TRAINING WORKSHOP

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

*Please bring a bag lunch.

#BV42 1 Saturday May 10
9:00am-2:00pm ROOM 148
IQBAL LALANY \$150

HOW TO SELL THROUGH FARMERS' MARKET

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 2 Tuesdays starting May 6
6:30pm-9:30pm ROOM 148
BEV KOMORI \$49

BUSINESS AND VOCATIONAL

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 and pronunciation and articulation skills used in this profession. The instructor will focus on script editing and the importance of preparing a demo CD. Also covered in this course will be ideas on where to look for voiceover work, how to self market your new skills and whether or not you need an agent. The instructor is a full-time voice actor/producer and has worked in the business for 13 years. Students should expect to perform outside their normal comfort zones -- practice reading scripts will be done in front of classmates. Who knows? This may be the beginning of a new career for you! * No class May 19.

#BV86 6 Tuesdays starting April 15
6:30pm-9:30pm ROOM 161
PAM WILLMER \$115

#BV96 6 Mondays starting May 5
6:30pm-9:30pm ROOM 163
PAM WILLMER \$115

WHAT ABOUT ME?

Do you feel shy, soft spoken or by-passed in conversations? Does your voice go unheard? Increase your self esteem by understanding yourself, finding your voice and expressing your ideas based on what it is important to you. Develop your strong foundation and bring this into relationships both personally and professionally. This is a fun, experience-based workshop that will change the way you think and speak.

#BV19 2 Wednesdays starting April 16
6:30pm-9:30pm ROOM 149
DEB LITTLE \$49

WHAT YOU HEARD ME SAY IS NOT WHAT I MEANT: CLEAR COMMUNICATION

Has what you said to someone ever been misinterpreted? Are you able to express your ideas clearly and be understood? The words we use often mean different things to different people and as a result can cause problems in our relationship both at work and at home. This playful, experience-based workshop will recalibrate your ability to listen and communicate with intention to building stronger relationships.

#BV27 2 Wednesdays starting April 30
6:30pm-9:30pm ROOM 149
DEB LITTLE \$49

ANGER MANAGEMENT AND PROBLEM SOLVING

Have you said things that you regret? Anger is a normal part of our emotional response system that provides us information about what is not working. It is our understanding of this emotional response system and how we communicate our needs that can take the fuel out our response. Learn strategies that will change how you engage in conflict and keep your relationships intact.

#BV04 2 Wednesdays starting May 14
6:30pm-9:30pm ROOM 149
DEB LITTLE \$48

SPEAK ASSERTIVELY AND SET BOUNDARIES

It is because we are uncertain about what our boundaries are and how they can serve us that we don't express them clearly. When we don't speak clearly we can feel hurt, disappointed pushed beyond our own comfort zone. Communication is key to be able to stand up for yourself in your personal and professional life.

You will understand more clearly what your boundaries are and how to set them.

#BV13 2 Wednesdays starting May 28
6:30pm-9:30pm ROOM 149
DEB LITTLE \$49

ACCESSING THE HIDDEN JOB MARKET NEW!

In today's job market the competition is great when looking for jobs. The internet has replaced the newspapers with posting of job opportunities and competition is far greater than it has been at any other point in history. Find out how you can open doors and opportunities in your desired field and beat out the competition for the work that you deserve.

#BV33 1 Thursday April 17
7:00pm-9:00pm ROOM 149
DEB LITTLE \$25

RESUMES AND COVER LETTERS NEW!

Attend this workshop to learn to write resumes and cover letters that will get you seen by today's employers. Learn about the different styles of resumes and use the one that best fits the opportunity you are looking for in today's job market.

#BV43 1 Thursday April 24
6:30pm-9:30pm ROOM 149
DEB LITTLE \$25

BULLYING IN THE WORKPLACE: TOOLS IN YOUR POCKET NEW!

Good grief! How many of us have met that person who wants to bully his way through life and use you as the target. That's why they have harassment policies now. Some of these bullies hold positions of power and can't wait to misuse it. Join us to talk and get the tools for dealing with those individuals who need help in becoming effective in a helpful way. What stops a bully doesn't just have to be another bully, it could be you!

#BV92 1 Monday May 12
7:00pm-9:30pm ROOM 148
JANYSE HRYNKOW, MA, CCC \$42

KIDS MESSIN WITH YA! NEW! PARENTING SOLUTIONS

Dealing with today's children can be somewhat dangerous. Learn to develop a reasonable approach to parenting where you can have fun, find insight, set limits and not fragment yourself, your needs and your energy. Parenting today's children requires effective strategies and tools! How many times are you going to disagree with your husband! Join together to develop your philosophy that assists your family to balance the needs of everyone.

#BV54 1 Thursday May 15
7:00pm-9:30pm ROOM 161
JANYSE HRYNKOW, MA, CCC \$42

TUTORS, INC.

In tough economic times, we try to find sources of extra income. In this workshop, you will learn how to start and successfully run your ESL tutoring business. You will learn the basics of what makes you a successful ESL tutor and entrepreneur. By the end of the workshop, you will have valuable ready-to-use tools in the form of a portfolio that you can use directly with your students. Topics include marketing your service, teaching methods 1:1, setting your prices, lesson plans, resources, motivating your students, adding value to your service, common mistakes and problems, challenging your students, time management and many more.

* Please bring a bag lunch.

#BV87 1 Saturday May 10
9:00am-3:30pm ROOM 160C
TEDDY PARVANOV \$58

BUSINESS AND VOCATIONAL

TAKING THE FEAR OUT OF PUBLIC SPEAKING

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

#BV65 8 Thursdays starting April 24

7:00pm-9:00pm

ROOM 160C

TOM JONES

\$76

HOW TO MAKE YOUR BOOK NUMBER 1 ON AMAZON **NEW!**

Whether you are just thinking of writing a book or are currently a published author, you'll want to discover this Simple strategy to make your book a # 1 Best Seller on Amazon. Being a Best Selling Author has its many privileges such as the higher profile of Celebrity author, more speaking engagements and attracting better clients just to name a few. It is a system any author can use and is being taught by Multiple # 1 Amazon Best Selling Author Bob Burnham. Bob has not only used this strategy for several of his books but has also helped countless other authors achieve a coveted # 1 spot.

#BW42 1 Tuesday May 27

6:30pm-9:30pm

ROOM 123

BOB BURNHAM

\$48

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 Tuesday May 13

6:30pm-9:30pm

ROOM 163

BOB BURNHAM

\$48



HOW TO GET BETTER GRADES IN SCHOOL

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

#BV90 1 Wednesday May 7

7:00pm-9:00pm

ROOM 164

TERRY SMALL

\$42

TRIPLE YOUR READING SPEED

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

#BV73 1 Wednesday May 28

7:00pm-10:00pm

ROOM 164

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.

#BV71 1 Wednesday June 11

7:00pm-10:00pm

ROOM 164

TERRY SMALL

\$42

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 Tuesday April 29

7:00pm-9:30pm

ROOM 227

ANITA SMITH

\$26

ACCENT REDUCTION / SPEAKING SKILLS

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

#BV77 4 Thursdays starting April 24

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$98

GRAMMAR AND PUNCTUATION

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

#BW31 2 Thursdays starting May 22

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$49

ACADEMIC ESSAY WRITING

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

#BW43 2 Tuesdays starting May 20

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$49

BUSINESS GRAMMAR AND WRITING: JUMPSTART

This is a three-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 10

9:00am-12:00 noon

ROOM 227

ANITA SMITH

\$28

CREATIVE WRITING: JUMPSTART

This workshop is 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 10

12:30pm-3:30pm

ROOM 227

ANITA SMITH

\$28

COMPUTER TRAINING

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 Computer Keyboarding.

#CO93 3 Mon and 5 Wed starting April 23
7:00pm-9:00pm ROOM 266
WANDA MADOKORO \$75

COMPUTER KEYBOARDING: FAST & ACCURATE IN A DAY

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 10
9:00am-3:30pm ROOM 266
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 22
6:45pm-9:45pm ROOM 255 \$120

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.

#CO81 4 Thursdays starting May 15
6:45pm-9:45pm ROOM 255 \$175

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.

#CO64 3 Mondays starting April 28
6:45pm-9:45pm ROOM 257 \$120

EXPLORING TOPICS IN MS EXCEL 2010

Working with lookup tables, create pivot tables, create macros and explore many more of Excel's advanced features.

#CO26 2 Mondays starting May 26
6:45pm-9:45pm ROOM 257 \$100

WINDOWS FILE MANAGMENT

Prerequisite: Basic knowledge of Windows. 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.

#CO88 2 Wednesdays starting May 28
6:45pm-9:45pm ROOM 266 \$100

SOCIAL MEDIA BASICS

An introduction to social media networking. Discover how platforms like Facebook, Twitter and Pinterest can help you stay in touch with friends and family, network with people in your industry, or how to use social media marketing in your business. We will work through setting up your profile on some of these accounts so you will need access to your email in the class.

#CO86 2 Thursdays starting May 8
6:45pm-9:45pm ROOM 266 \$100

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. Manual included.

#CO55 5 Wednesdays starting April 16
6:45pm-9:45pm ROOM 257
DEBORAH MacINTYRE \$200

QUICKBOOKS: LEVEL 2

Prerequisite: QuickBooks Level 1.

Advanced topics cover setting up inventories, understanding & customizing financial reports, sales tax, payroll, time and mileage based transaction tracking and billing. Manual included.

#CO56 5 Wednesdays starting May 21
6:45pm-9:45pm ROOM 257
DEBORAH MacINTYRE \$200

QUICKBOOKS: LEVELS 1/2 COMBINED

Manuals for Level 1 and Level 2 included.

#CO58 10 Wednesdays starting April 16
6:45pm-9:45pm ROOM 257
DEBORAH MacINTYRE \$380

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.

#CO10 4 Thursdays starting April 24
6:45pm-9:45pm ROOM 257 \$175

#CO18 4 Tuesdays starting May 20
6:45pm-9:45pm ROOM 266 \$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.

#CO21 4 Thursdays starting May 22
6:45pm-9:45pm ROOM 257 \$175

MS POWERPOINT 2010

Microsoft PowerPoint 2010 is a powerful presentations application. 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.

#CO14 1 Saturday May 10
9:00am-3:30pm ROOM 257 \$100

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.

#CO12 4 Tuesdays starting April 22
6:45pm-9:45pm ROOM 257 \$175

#CO16 4 Thursdays starting May 22
6:45pm-9:45pm ROOM 266 \$175

MS EXCEL 2010: LEVEL 2

Prerequisite: Excel Level 1 or equivalent.

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.

#CO23 4 Tuesdays starting May 20
6:45pm-9:45pm ROOM 257 \$175



COMPUTER TRAINING

INTRODUCTION TO IPAD

NEW!

(For iPad mini, iPad 2 or higher, running iOS7) Thinking of replacing your computer with the iPad? Or you just want to learn how to use the iPad more effectively? Come and join us for a fun-filled and educational course using the most popular tablet in the world! Learn how to create documents, edit and share photos, and use iPad apps such as Mail, Contacts, and Calendar, etc.

#CO32 2 Wednesdays starting May 14

7:00pm-9:00pm ROOM 182 INDRASANI MURSALIM \$60

INTRODUCTION TO MAC

NEW!

This class is designed for the new Mac user, running operating system version 10.7 or higher. Learn how to navigate the desktop, discover the bundled applications such as Contacts, Calendar, iPhoto, manage your files and folders, and more. Please bring your Mac along to the class.

#CO34 2 Wednesdays starting May 28

7:00pm-9:00pm ROOM 182 INDRASANI MURSALIM \$60

COMMUNITY FREE FORUMS (Please Register)

MY FIRST PLACE - WHAT I WILL NEED TO KNOW AS A RENTER?

How much can a landlord charge for a security deposit? How do you get it back when you move out? What do you do when something in the suite isn't working and your landlord isn't fixing it? Do I move out on the last day of the month or the first day? School is finished; I'm ready to go home for the summer, but I didn't give notice...what now? Get the answers to these questions, as well as learning about all of your rights and responsibilities under the law. A senior information officer from the Residential Tenancy Branch will lead the two-hour sessions which will include time for your questions.

#CF57 1 Wednesday starting Apr. 23

7:00pm-9:00pm SCHOOL LIBRARY

#CF58 1 Wednesday starting April 30

7:00pm-9:00pm SCHOOL LIBRARY

#CF59 1 Wednesday starting May 7

7:00pm-9:00pm SCHOOL LIBRARY

RESIDENTIAL TENANCY BRANCH **FREE**

SO YOU WANT TO BE A LANDLORD

Are you thinking of building a rental suite in your home? Do you have a rental suite and have experienced problems with your tenants? Have you had a suite in your home for years and never had a problem? As with any business, it pays to know your rights and responsibilities under the law. The Residential Tenancy Branch would like to help you become a successful landlord! Come and join us for this two-hour session that will provide you with information, materials and best practice ideas.

#CF60 1 Thursday April 24

7:00pm-9:00pm ROOM 164

#CF61 1 Thursday May 1

7:00pm-9:00pm SCHOOL LIBRARY

#CF62 1 Thursday May 8

7:00pm-9:00pm SCHOOL LIBRARY

RESIDENTIAL TENANCY BRANCH **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® and Mortgage Broker.

#CF91 1 Monday May 12

7:00pm-9:30pm ROOM 164

PAULINE PROBYN, B.A., REALTOR®,

ISABELLE BERTRAND, B.B.A. and

ROBERT HALIFAX, LAWYER **FREE**

REAL ESTATE FOR INVESTMENT

Learn the ins and outs of buying an investment property from industry experts. This to-the-point presentation guides you through the steps involved in finding and buying the right investment property, qualifying for a mortgage, how your credit scores are calculated and other helpful home buyer information for the purpose of investment and reselling. You will learn how to find an ideal investment property and where are the most profitable areas to invest. 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 27

7:00pm-9:30pm ROOM 163

PAULINE PROBYN, B.A., REALTOR®,

ISABELLE BERTRAND, B.B.A., and

CYNTHIA HAMILTON, CGA, BAccS **FREE**

BACK TO LIFE:

MAINTAINING A HEALTHY BACK

Easy step-by-step actions that you can do every day to build and maintain a healthy back and body.

#CF78 1 Thursday April 24

7:00pm-9:00pm

WAYNE JAKEMAN

ROOM 148

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 24

7:00pm-9:00pm SCHOOL LIBRARY

KEVIN WESTWOOD **FREE**

UNDERSTANDING OSTEOARTHRITIS

The Arthritis Society invites you to a free information session to learn about this degenerative form of arthritis: how it affects your joints, adapting exercise and activities to protect your joints, nutrition and weight management for healthy joints. Osteoarthritis is the most common form of arthritis. Early intervention is the key to managing osteoarthritis.

#CF84 1 Monday June 2

7:00pm-9:00pm SCHOOL LIBRARY

THE ARTHRITIS SOCIETY **FREE**

NAVIGATING THROUGH MENTAL ILLNESS

Are you struggling to understand or cope with individuals who are also struggling with mental health issues, whether diagnosed or undiagnosed, in the home, workplace or community. Join us to learn how to take care of yourself and yet be supportive to individuals who may need other resources that can address their needs. Janyse Hrynkow, MA, CCC is a psychotherapist, a wellness speaker and spends much of her time promoting mental and emotional wellness in the many communities.

#CF42 1 Thursday May 1

7:00pm-9:00pm

JANYSE HRYNKOW, MA

ROOM 164

FREE

WOMEN'S WELLNESS SERIES

WITH DEANNE RAPACIOLI
SEE PAGE 19 **FREE**

COOKING

LET'S COOK ITALIAN

Tonight you will prepare a delicious Italian dinner featuring Minestrone with Pancetta, Creamy Chicken Marsala, and decadent Tiramisu Cheesecake.

#CK52 1 Tuesday April 15

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

AN EVENING IN THE CARIBBEAN

You'll experience a taste of the islands with tonight's Caribbean flavoured menu - a seafood appetizer followed by savory Spiced Caribbean Chicken with Citrus Mango Sauce and to finish a delicious dessert featuring tropical fruit and coconut.

CK25 1 Thursday April 24

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

CINCO DE MAYO PARTY

Celebrate Cinco de Mayo by joining Kathryn in the kitchen to prepare casual Mexican fare. Tonight's menu includes soft tacos with a meat filling, tangy salsa and salad as well as a Mexican influenced dessert. In addition you'll learn about tequila as Kathryn demonstrates how she makes Margaritas. Bonus!!!

#CK65 1 Monday May 5

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

SENSATIONAL SEAFOOD

Tonight's class will feature some of Kathryn's favourite fish and seafood recipes from over the years and will include tips for picking, purchasing and storing. Make sure you come hungry to enjoy your creations.

#CK61 1 Thursday May 22

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

SALADS- SOMETHING FOR EVERYONE

A variety of vegetables and fruit, grain products and protein will be used to create a selection of salads, some to accompany barbequed meats and others that can stand alone as the main course. Healthy never tasted so good.

#CK22 1 Tuesday June 3

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

CHINESE CUISINE

Increase of your culinary knowledge and delight your friends with some traditional Chinese dishes. This hands on course will focus on the basic methods of stir-frying, deep-frying and braising so that you can make the classic meals such as sweet and sour pork, lemon chicken, ginger beef and chow mein. Bring containers for leftovers.

#CK87 1 Tuesday April 22

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

FRUIT & VEGETABLE CARVING

Learn the art of Fruit and Vegetable Carving. Mickey invites you to an evening class on Fruit and Vegetables Carving and Food Garnishing. You will watch and learn the basic fruit carving techniques and food garnishing methods. You'll also become familiar with the carving tools.

#CK96 1 Tuesday April 29

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

SENSATIONAL SUSHI

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

#CK98 1 Thursday May 1

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

DIABETIC COOKING 101

Whether you have diabetes or simply want to learn healthy cooking, come and learn how to prepare and make healthy food including hummus, pizza, home-made salad dressing, stir-fried chicken with tofu, baked salmon with quinoa, etc.

#CK97 1 Tuesday May 13

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. Please bring an apron and some containers and be prepared to have some fun!

#CK79 1 Thursday May 15

6:30pm-9:30pm ROOMS 236

MICKEY TSE \$38

BERNARDIN

CANNING WORKSHOP

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

#CK12 1 Monday May 12

6:30pm-9:00pm ROOM 236

DARLENE TANAKA \$32



WHOLE SOME ORGANIC COOKING

LACTOSE-FREE AND GLUTEN-FREE CHEESE MAKING AND FERMENTATION

With Raw Food Chef and Instructor, Lovenia B Galyide, Owner of Indigo Food Cafe, this two-hour class includes cheese, kefir, yogurt making and fermentation, plus food tasting. You will learn and sample: raw coconut kefir, coconut sour cream and yogurt, almond cheese, macadamia pesto cheese and cheese cake. Dairy-free, Gluten-free, Diabetic friendly, fun-filled activity!

#CK40 1 Monday April 28

6:30pm-8:30pm ROOM 236

LOVENA GALYIDE \$48

ORGANIC DESSERT: NO GLUTEN, NO MILK, NO SUGAR

Satisfy your sweet tooth with the most delicious and incredibly nutritious desserts. In this class you will discover how to make raw plant-based cakes, pies and ice-cream using nothing but raw ingredients. You will never feel guilty eating a cake again!

#CK41 1 Monday May 26

6:30pm-8:30pm ROOM 236

LOVENA GALYIDE \$48

COOKING

BREAD AND BUNS

Nothing smells and tastes as good as home-made bread! Learn to make whole grain, white and 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 Tuesdays starting May 20

7:00pm-10:00pm

KATHY ROERING

ROOM 236

\$45

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 Tuesday May 6

7:00pm-10:00pm

KATHY ROERING

ROOM 236

\$38



Wilton Cake Decorating

WILTON CAKE DECORATING: THE BASICS

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

Please request a list of required supplies when registering.

#CD01 4 Thursdays starting Apr. 24

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

WILTON CAKE DECORATING: GUM PASTE AND FONDANT

Pre-requisite: Basics Cake Decorating. In Gum Paste & Fondant, you'll discover one of the most exciting and satisfying ways to decorate a cake. Your Wilton Method instructor will lead you every step of the way as you create amazing hand-shaped flowers, beautiful borders and bold accents using these easy-to-shape icings. As you learn each technique – an artful bow, mum, rose, carnation, calla lily, rosebud, daisy and embellished borders – you'll be closer to your crowning achievement: A Final Course Cake that showcases your skills. The confidence you'll gain as you decorate with gum paste and fondant will enable you to create cakes that will add excitement to your family celebrations for years to come. Decorating kit and book included in course fee. *Please request a list of required supplies when registering.*

#CD03 4 Thursdays starting May 22

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

WILTON CAKE DECORATING: ADVANCED GUM PASTE AND FONDANT

Students must have taken Gum Paste & Fondant Level 3 or equivalent to take this advanced Level 4. Students will continue to learn how to make amazing, life-like flowers and unique blooms. Please ask for supply list from the office when registering. Kit and booklet are included in the course fee. Please bring Wilton extra large flower formers and a flower drying rack--approx. \$10 each at Michaels.

Pre-coloured gum paste can be purchased from Kimberley for \$15 CASH in the class.

* Please bring a bag lunch.

#CD05 1 Saturday May 10

9:00am-4:00pm

ROOM 235

KIMBERLEY MARCHUK

\$105



WINE APPRECIATION WITH JOHN GERUM

B.C. CRAFT BEER WORKSHOP

Students must be 19 years of age.

Craft beer is becoming more and more popular every year. If you are a beer lover yourself, or want to bring someone special, this is the perfect workshop for you! During the evening we will discuss and learn about four different styles of BC beer and match them with some basic foods to help bring out the flavour profiles.

#WB51 1 Wednesday June 4

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$56

AN EVENING OF PORT

Students must be 19 years of age.

Discover and explore different Ports and gain an understanding of what makes these fortified wines one of the most underrated wine values in the world. We will discuss food friendly Ruby and Tawny styles and pair these wines with some interesting cheese samples. You will leave this class with a better understanding and appreciation of Port and all the interesting tastes they have to offer.

#WB87 1 Wednesday April 23

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$65

UNIQUE SCOTCH WORKSHOP

Students must be 19 years of age.

This is the perfect workshop for you or the scotch lover in your life. Whether they are an aficionado of scotch, or someone who wants to discover more about this unique beverage, this event is the perfect fit. You will learn about various scotch regions, and how that influences the final taste and aromas of the different scotches. Scotches will be examined and matched with bacon and other savory mini cupcakes.

#WB43 1 Wednesday May 7

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$65

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

FITNESS AND DANCE CLASSES

All dance and fitness classes offered on page 17 are held at the Dance With Me Studio
Suite 230 - 50 Lorne Street, New Westminster For registration call 604-517-6345 or online www.ce40.ca

* Students are required to bring clean, dry shoes to dance in. NO wet shoes on the hardwood floor. Thank you.



DANCE WITH ME STUDIO

#230 – 50 Lorne St.
New Westminster
604-521-2772

dancewithmenewwest.com

SALSA DANCE: INTRO BEGINNER

Salsa--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 28
7:30pm-8:30pm \$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? In this program, you will learn the Jive, Rumba and Waltz to prepare for any social evening.

DA06 8 Mondays starting April 28
6:30pm-7:30pm \$75

BALLROOM AND LATIN FOR BEGINNERS

Foxtrot, Waltz, Tango, and the Latin dances of Cha Cha, Rumba and 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 22
8:00pm-9:15pm \$79

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 23
8:00pm-9:00pm \$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 Tuesdays starting April 22
11:30am-1:00pm \$75

EVENING

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 23
7:00pm-8:30pm \$75

INTERMEDIATE EGYPTIAN/INTRO TO FUSION BELLY DANCE

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 23
8:35pm-9:35pm \$75

BELLY DANCE 55+

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

DA19 8 Mondays starting April 28
3:30pm-4:30pm \$75

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 8 Sundays starting April 27
11:00am-12:00pm \$75

ADULT TAP (AGE 16+)

A high energy class, where you'll build rhythm, musicality and precision. In this class, a range of steps in various styles will be taught. Tap shoes required. All levels welcome.

DA13 8 Mondays starting April 28
5:45pm-6:45pm \$80

LATIN MIX

A great combination of Mambo, Cha Cha and Merengue. This class will teach you the basics of these latin dances, dance partnership and how to move with the latin rhythms.

DA05 8 Sundays starting April 27
3:00pm-4:00pm \$75

GENTLE FITNESS CLASS **NEW!**

This 60-minute class will be packed with all your favorite moves and music. Designed with a traditional warm-up to ease you into your cardio portion, this class is suitable for anyone. Followed by a cool down and stretch, we add weights into the strengthening portion allowing you to firm and tone those hard to get areas.

This is a low-impact class but never low intensity! Take it high or low in this cardio & weights class at your own personal intensity. Bring a towel, water bottle and a clean pair of running shoes to wear inside the studio. If you have a mat and weights, please bring those with you. They may be stored at the studio until the completion of the program. No class May 19.

DA43 8 Mondays starting April 28
6:30pm-7:30am \$75

GENTLE RELAXING YOGA WITH MEDITATION **NEW**

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

*Children ages 12 and over are welcome.
DA61 8 Sundays starting April 27
9:30am-10:45am \$79

RUNNING FOR BEGINNERS

#FS28 8 Sundays starting April 27
9:00am-10:15am \$75

*Students meet at Dance With Me Studio,
230 - 50 Lorne Street, New Westminster.*

- See page 18 for course descriptions -

CARDIO DANCE FIT

#FS27 8 Saturdays starting April 26
9:00am-10:00am \$75

*Classes held at Dance With Me Studio,
230 - 50 Lorne Street, New Westminster.*

To register call 604-517-6345 or
register online at www.ce40.ca
- General Interest classes -

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.

AEROBOX CARDIO BOX & KICK

High-energy and motivating aerobic class with basic boxing and kickboxing moves (non-contact). Workout includes great cardio component, body conditioning and stretches. Class is suitable for all fitness levels - just go at your own pace! Your instructor is also a personal trainer (BCRPA) with a passion for the body conditioning portion of the class. If you are looking for a great full-body workout, this is the class for you. Bring your energy and let's have fun! *No class May 19 - Victoria Day.*

#FS03 7 Mondays starting May 5

7:00pm-8:00pm SMALL MASSEY GYM
MARGARET MAXIM \$65

LADIES FLOOR HOCKEY

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

#FS66 8 Tuesdays starting April 22

7:00pm-8:30pm SMALL MASSEY GYM
BERTHA LANSLOWNE \$80

LADIES FLOOR HOCKEY

SHE SHOOTS - SHE SCORES! Ladies only. Join in on the latest craze. Have lots of fun and laughs and get a workout at the same time. This class is geared towards beginners. NON-COMPETITIVE.

Equipment provided. Please wear soft-soled shoes. Eye guards, mouth guards and shin-pads optional. Sportsmanlike conduct and fair play are expected.

#FS67 8 Wednesdays starting April 23

7:00pm-8:30pm SMALL MASSEY GYM
BERTHA LANSLOWNE \$80

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 April 21 and May 19.

#FS02 7 Mondays starting April 14

6:30pm-7:30pm MASSEY CAFETERIA
TARANJEET DHALIWAL \$70

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 24

6:30pm-7:30pm SCHOOL DANCE STUDIO
JANICE \$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 23

6:30pm-7:30pm SCHOOL DANCE STUDIO
JANICE & PAT \$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 22

7:00pm-8:00pm LARGE MASSEY GYM
FLO \$75

#FS78 8 Thursdays starting April 24

7:00pm-8:00pm SMALL MASSEY GYM
RACHEL \$75

SATURDAY ZUMBA® FITNESS

#FS65 8 Saturdays starting April 26

10:30am-11:30am \$75

Classes held at Dance With Me Studio,
230 - 50 Lorne Street, New Westminster.

PILATES

Experience the latest body conditioning workout! These Level 1 classes will assist participants in learning proper posture and body alignment and add flexibility. Pilates is about patterned breathing, core strength and muscle sculpting. Pilates mat classes are not recommended for individuals with disk injury. Students need to bring a mat no more than 1" thick for these sessions. Students with previous neck and back injuries should consult their physician before starting a Pilates program.

#FS55 8 Wednesdays starting April 23

7:45pm-8:45pm SCHOOL DANCE STUDIO
CINDY COUTURIER \$75

KRAV MAGA – SELF DEFENSE

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. 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 who may feel more vulnerable. 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 of Krav Maga experience and served for 2 years in the Israeli Defense Force infantry. Optional: Please bring a mouth guard and groin protection (males).

#FS99 8 Thursdays starting April 24

7:00pm-8:00pm LARGE MASSEY GYM
URBAN TACTICS \$170

KRAV MAGA – SELF DEFENSE

PRE-TEENS & TEENS BOY'S (12-15)

Every child should learn some self-defense skills. Give your teen the tools to stay safe, motivate and build confidence.

#FS98 1 Saturday May 10

9:00am-12:00 noon LARGE MASSEY GYM
URBAN TACTICS \$28

KRAV MAGA – SELF DEFENSE

PRE-TEENS & TEENS GIRL'S (12-15)

#FS97 1 Saturday May 10

1:00pm-3:00pm LARGE MASSEY GYM
URBAN TACTICS \$28

FITNESS AND RECREATION

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 10
1:30pm-4:00pm SMALL MASSEY GYM
KEITH WESTOVER \$35

RUNNING FOR BEGINNERS

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 slowly easing into this great fitness trend.

#FS28 8 Sundays starting April 27
9:00am-10:15am \$75

Students meet at Dance With Me Studio,
230 - 50 Lorne Street, New Westminster.

BURLESQUE WORKOUT

Bring out the fun, tantalizing, flirty you in this class and indulge your alter ego! This dance style incorporates the Fosse-eque stylings of Broadway theater and 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.

#FS85 8 Wednesdays starting April 23
7:30pm-8:30pm LARGE MASSEY GYM
SOPHIA SOO \$75

BOLLYWOOD DANCE

Bollywood is a happy and fun dance style that anyone can do. This expressive dance is the Indian version of musicals and integrates a variety of dance styles, such as some Classical Indian, Bhangra, Hip-Hop, Fosse style Jazz, etc. Come and let your personality shine through as you have a fun workout. Warm-up, stretch and body alignment are also integrated into this class in a fun and informative way.

#FS86 8 Wednesdays starting April 23
8:35pm-9:35pm LARGE MASSEY GYM
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). Open to all levels as a way to improve balance, flexibility and peace of mind. Check out Cindy's website www.anahatayogachakra.com

#YO98 8 Mondays starting April 14
6:30pm-8:00pm SCHOOL DANCE STUDIO
CINDY COUTURIER \$84
**No class Monday May 19 - Victoria Day.*

YIN YOGA

Yin yoga, so named because of its correspondence to the Taoist concept of yin, is a very distinct style of Chinese yoga similar to Hatha yoga. Yin Yoga is a slow-paced style of yoga with postures or asanas that are held for comparatively long periods of time--five minutes or longer per pose is typical. Yin Yoga poses apply moderate stress to the connective tissues--the tendons, fascia, and ligaments--with the aim of increasing circulation in the joints and improving flexibility. Yin Yoga poses are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved flow of qi is hypothesized to improve organ health, immunity, and emotional well-being.

#YO99 8 Mondays starting April 14
8:05pm-9:35pm SCHOOL DANCE STUDIO
CINDY COUTURIER \$84

YOGA AND MEDITATION

Yoga and Meditation are two complimentary practices. The Hatha yoga poses help the body to release the accumulation of stress and tension not only in the muscles but in the central nervous system as well. Standing, twisting, bending forward and backward and slight inversions all help the back and body to relax, build strength, flexibility and balance. Variations are offered to accommodate a variety of body types and fitness levels. After the asana practice, your body and mind are receptive to exploring inner stillness. 15 minutes is allocated to meditation in a variety of forms. Leave feeling relaxed and refreshed. *Bring a light blanket and yoga strap. Check out Mary's website: yogawithmary@hotmail.com Mary has been teaching Yoga in the Burnaby/New Westminster area since 2003.

#YO61 8 Tuesdays starting April 22
7:00pm-8:30pm SCHOOL DANCE STUDIO
MARY VICKARS \$84

TAI CHI TRADITIONAL 24 FORM

Tai Chi is a gentle exercise practiced around the world by millions in order to improve their health. 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. Furthermore, it will build up one's Chi (Life/Universal Energy) and improves one's focus and concentration. 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.

#YO29 10 Thursdays starting April 17
7:35pm-8:35pm SCHOOL DANCE STUDIO
SHAY \$89

CARDIO DANCE FIT

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

#FS27 8 Saturdays starting April 26
9:00am-10:00am \$75

Classes held at Dance With Me Studio,
230 - 50 Lorne Street, New Westminster.

WOMEN'S WELLNESS: THE "HOW TO" SERIES

Deanne presents a 'HOW TO' body guide for women in three parts to address many of the uncomfortable and annoying issues that arise as a result of day-to-day living - aches and pains, sleeplessness, fatigue, etc., the kinds of things that make us feel older than we are and get in the way of our having fun and enjoying life. Q&A's.

Part 1 'Getting to Know You'

Deanne will help you understand in simple terms how things go wrong or stop working, with guidance on ways in which we can feel better fast and often even fix ourselves.

Part 2 'Help!'

Deanne gives you the information you need to relieve a tired achy back, ease sciatica, improve sleep hygiene, reduce fatigue, etc. Deanne will introduce you to myofascial release (safe use of a roller / small ball rolling) for tender spots. Includes stretching, arthritis, posture (Alexander), breathing etc.

Part 3 'Better Over Time'

Deanne offers best bang for the buck exercises so you avoid wasting your precious time. Long term strategies designed to help women maintain independence and autonomy, move easily, stay youthful.

***Please register at 604-517-6345.**

#CF63 3 Wednesdays starting May 7
6:30pm-8:00pm ROOM 117
DEANNE RAPACIOLI **FREE**

**Please bring a bag lunch
for the Saturday classes.**

FIRST AID

STANDARD FIRST AID AND CPR /AED

Canadian Red Cross. In this comprehensive **three-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 1 Saturday May 10 (8:00 am -4:00 pm) **plus**
Monday May 12 **and** Wednesday May 14 (6:00-9:00pm)
SCHOOL LIBRARY FIRST AID HERO \$178

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 10 8:00am-4:00pm
SCHOOL LIBRARY FIRST AID HERO \$120

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 10 8:00am-2:00pm
SCHOOL LIBRARY FIRST AID HERO \$98

EMERGENCY FIRST AID /CPR C/AED

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 and more.

#FA43 1 Saturday May 10 8:00am-3:00pm
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 10 8:00am-3:00pm
SCHOOL LIBRARY FIRST AID HERO \$98

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 14 7:00pm-9:00pm
SCHOOL LIBRARY FIRST AID HERO \$42

RED CROSS BABYSITTING COURSE **NEW!**

Age 11+. So you want to be a babysitter? Or, do your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning first aid and other real life scenarios. Covered in this course:

- ❖ Exploring the Business of Babysitting,
- ❖ Creating Safe Environments,
- ❖ Safely Caring for ages 0-12 and First Aid Skills.

* Please bring a bag lunch.

#FA25 1 Saturday May 10 8:30am-3:30pm
ROOM 121 FIRST AID HERO \$65



FOODSAFE

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 and Restaurant Association. Handbook included.

* Please bring a bag lunch to Saturday's class.

#FO16 2 Tuesdays starting April 15
6:00pm-10:00pm ROOM 187 DEAN SCOVILL \$98

#FO17 1 Saturday May 10
8:00am-4:00pm ROOM 187 DEAN SCOVILL \$98



FOODSAFE: LEVEL 2

Prerequisite: FoodSafe: Level 1.

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. (2 sessions)

* Please bring a bag lunch to Saturday's class.

#FO90 Tuesday May 6 6:00pm-10:00pm
Saturday May 10 8:00am-4:00pm
ROOM 184 DEAN SCOVILL \$169

Registration starts Monday March 31st, 2014 at 9:00 am

Call 604-517-6345 or register online: www.ce40.ca

FLORAL DESIGN / GARDENING / GUITAR

FRESH FLORAL DESIGNS: BEGINNERS **NEW!**

Learn the basics of fresh flower arranging. This course covers types of flowers, flower handling, bows, etc. Weekly basic designs include round, symmetrical, horizontal, crescent and asymmetrical. A \$40 student material kit, and \$20 per lesson for floral materials, is payable to the instructor.

Please bring scissors, a sharp knife and a cutter.

#GL54 5 Tuesdays starting April 22 ROOM 175
7:00pm-9:00pm KATHY GOH \$70

FRESH FLORAL: VASE ARRANGEMENTS **NEW!**

An evening dedicated to fresh flowers and different vase arrangements. Instructor will demonstrate several techniques of vase arrangements including construction, decoration, etc. Student will take home a small vase arrangement. Please bring scissors, a sharp knife and a cutter. All materials are included in course fee.

#GL55 1 Thursday May 8 ROOM 175
7:00pm-9:00pm KATHY GOH \$55

HERBS GALORE

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 29 ROOM 169
7:00pm-9:00pm CONWAY LUM \$22

FRUIT TREES AND OTHER EDIBLES

Nothing beats home grown, fresh fruit. And here in Vancouver we can grow so many different kinds! Have you ever heard of honeyberries, wolfberries or pink blueberries? Learn all about these and other edible plants we can grow here, and how to care for them.

#GL61 1 Monday April 28 ROOM 169
7:00pm-9:00pm JULIA ALARDS-TOMALIN \$22

PLANNING YOUR FIRST VEGGIE GARDEN

Growing your own vegetables can be extremely rewarding. You can grow a wide variety of veggies that you could never buy in stores, plus the taste of home-grown goodies can't be beat! But, getting started can be intimidating. This talk will cover all the basics and help get you started on the right track.

#GL62 1 Monday May 12 ROOM 169
7:00pm-9:00pm JULIA ALARDS-TOMALIN \$22

ORGANIC GARDENING FOR BEGINNERS **NEW!**

Going organic may seem like a daunting idea, but by following a few basic principles you can easily eliminate the use of pesticides and synthetic fertilizers in your garden. Learn how to use a variety of organic gardening techniques like composting and mulching in order to get the most out of your garden the natural way.

#GL63 1 Monday May 26 ROOM 169
7:00pm-9:00pm JULIA ALARDS-TOMALIN \$22

ROSES: SELECTION AND CARE **NEW!**

Roses are one of the most fantastic flowers out there. They come in such a wide variety of colours, fragrances and forms. But they need proper care in order to flourish. This talk will cover how to select and care for your roses so that they are the highlight of your garden!

#GL64 1 Monday June 9 ROOM 169
7:00pm-9:00pm JULIA ALARDS-TOMALIN \$22

ACOUSTIC GUITAR: LEVEL 1

This course is for beginners who have never played the guitar before or might have dabbled in the past. Learn single-note playing, basic chords, strumming and finger-style patterns, and read tablature and chord diagram. Students will apply what they learn by working on a few popular songs."

Room 203 - Please enter from back of the school.

(Massey Wing – gym doors - second floor.)

#GU10 8 Tuesdays starting April 22 ROOM 203
7:00pm-8:00pm INDRASANI MURSALIM \$96



ACOUSTIC GUITAR: LEVEL 2

This course is for those who have taken Acoustic Guitar Level 1 or its equivalent. We will explore solo and group playing, and the fundamentals of theory and musicianship.

Room 203 - Please enter from back of the school.

(Massey Wing – gym doors - second floor.)

#GU30 8 Tuesdays starting April 22 ROOM 203
8:05pm-9:05pm INDRASANI MURSALIM \$96

ETIQUETTE CLASSES

MODERN BUSINESS AND SOCIAL ETIQUETTE

Make the Best Impression. 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. Being confident and comfortable networking is an essential element in your career success and in life!

#BV83 1 Saturday May 10 ROOM 127
9:00am-11:00am ANN ELIZABETH BURNETT \$22

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

Give your Pre-Teens and Teens the gift of good table manners. Register for Elizabeth's Table Etiquette Class. 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 10 ROOM 127
11:30am-1:00pm ANN ELIZABETH 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. Etiquette is an essential life skill that will remain with them forever. Topics including: first impressions, body language, conversation, listening skills and table etiquette are put into practice.

#BV12 1 Saturday May 10 ROOM 127
1:30pm-3:00pm ANN ELIZABETH BURNETT \$22

HEALTH AND WELLNESS

INTRODUCTION TO REIKI

NEW!

Introduction to Reiki will be precursor for the Level I, II & III. The Introduction to Reiki is open to anyone who is interested in Reiki and would like to understand more about it before taking the courses. Reiki is a form of stress reduction with many health benefits. It is a natural healing practice that can promote and accelerate healing of the body/mind/spirit through the use of gentle touch. Reiki is a simple transfer of energy that facilitates the body's ability to heal physical and emotional ailments and opens the mind and spirit to the causes of disease and pain.

#HS51 1 Thursday April 17

6:30pm-9:30pm ROOM 163 CRESS SPICER \$25

REIKI: LEVEL I

NEW!

The focus of Level One is on self-healing and helping others. After the student completes the required training, they are able to practice Reiki and do self-healings. At this level, the student learns the history of Reiki, the energy system, the nature of the Reiki energy, the Reiki Ethics, the five principles or precepts, the three pillars of Reiki, the hand positions, how to do a self-healing and how to provide a session for others.

#HS52 2 Thursdays starting April 24

6:30pm-9:30pm ROOM 163 CRESS SPICER \$65

REIKI: LEVEL II

NEW!

At Level Two, the focus is on learning the Japanese healing symbols and on sending Reiki from a distance (we must always get permission to send a distant healing). There is an in-depth discussion on clearing unwanted habits, empowering personal goals, and manifesting permanent change in the student's life.

The Japanese healing techniques are introduced and practiced.

Distant sending is practiced.

#HS53 2 Thursdays May 8

6:30pm-9:30pm ROOM 163 CRESS SPICER \$65

REIKI: LEVEL III

NEW!

Level Three: In some lineages, the levels of training are taught in four instead of three levels. This level can include meditation techniques, a Healing Attunement, the Hui Yin, the Violet Breath, Aura Clearing, and Reiki Crystal Grids. The Master symbol is given but the student is not taught how to attune others or teach Reiki.

#HS54 2 Thursdays starting May 22

6:30pm-9:30pm ROOM 163 CRESS SPICER \$65

COUPLES SOLUTIONS **NEW!**

Are you in a relationship and wonder if it will continue? Do you take time to develop the relationship rather than think it will just happen? Well, come and learn some great communication skills, lessen arguments, increase understanding and take care of the needs of both of you! It's worth the time because when you spend time creating what you want, good things happen. Yours needs get met. Learn effective tools today and have a relationship of quality where you can comfortably know your partner is as happy as you are because you are doing it together. *Janyse Hrynkow, MA, CCC is a psychotherapist, a wellness speaker.*

#BV53 1 Tuesday May 20

 7:00pm-9:30pm ROOM 163
JANYSE HRYNKOW, MA, CCC \$42

KIDS MESSIN WITH YA! **NEW!** PARENTING SOLUTIONS

Dealing with today's children can be somewhat dangerous. Learn to develop a reasonable approach to parenting where you can have fun, find insight, set limits and not fragment yourself, your needs and your energy. Parenting today's children requires effective strategies and tools! How many times are you going to disagree with your husband! Join together to develop your philosophy that assists your family to balance the needs of everyone.

#BV54 1 Thursday May 15

 7:00pm-9:30pm ROOM 161
JANYSE HRYNKOW, MA, CCC \$42

EMOTIONAL FREEDOM (EFT) TECHNIQUE 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.

#HS91 1 Tuesday May 6

 7:00pm-9:30pm ROOM 165
JANYSE HRYNKOW, MA, CCC \$42

POSTIVE THINKING: ENERGY PSYCHOLOGY

Scientific studies have proven the value of positive thinking. Learning how to create positive statements that support your present and future path towards your dreams takes practice in pairing the statements by raising vibrational energy. Learn to improve your master affirmations and focus to create your future as you dispel your old beliefs and create new ones that take you further.

#HS90 1 Tuesday May 13

 7:00pm-9:00pm SCHOOL LIBRARY
JANYSE HRYNKOW, MA, CCC \$42

FINDING REALISTIC SOLUTIONS TAMING THE DRAGONS©

How do I change my thinking when I work in an environment that isn't conscious of themselves. Many people go to work, dislike it but don't do anything to change it and we are working around these people. Negative energy is everywhere. The good news is so is positive energy and knowing how to switch to a higher vibrational level is helpful. So first we need to increase our own awareness of our own thinking and how it can or cannot create our feelings and then our behavior. Join us to become more conscious and increase your ability to think well, be creative and find solutions to your own situations.

#HS92 1 Thursday May 8

 7:00pm-9:00pm ROOM 148
JANYSE HRYNKOW, MA, CCC \$42

BIRTH ORDER **NEW!**

An influence in the Development of Personality. Birth order influence can be significant in surprising ways. What role does your birth order play in your life and how does it affect the family dynamics, your career, your marriage or your management or parenting style? Join us have some fun and to discover ways to move beyond chosen scripts for you and those you work with.

#HS93 1 Wednesday May 21

 7:00pm-9:00pm ROOM 148
JANYSE HRYNKOW, MA, CCC \$42

HEALTH AND WELLNESS

THERAPEUTIC TOUCH: LEVEL I

Marie Preissl is a registered nurse who has been teaching Therapeutic Touch for 31 years.

Marie trained in Therapeutic Touch in workshops with Dr. Delores Krieger and Dora Kunz. Therapeutic touch is currently being practiced in hospitals to induce deep relaxation and re-balancing of a person's energy field and back to wellness. Use your hands to help and heal physical and emotional pain. This ability is a natural potential in all human beings. You will experience sending and receiving energy. This is not a massage course but works well as an adjunct with massage.

#HS36 4 Wednesdays starting April 16
7:00pm-10:00pm ROOM 133B
MARIE PREISSEL, RN \$75



THERAPEUTIC TOUCH: LEVEL II

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

#HS35 Tuesdays and Wednesdays
June 10, June 11, June 17 and June 18
7:00pm-10:00pm ROOM 133B
MARIE PREISSEL, RN \$75

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 12
7:00pm-9:30pm ROOM 133B
MARIE PREISSEL, RN \$25

CREATIVE VISUALIZATION

Visualization is a powerful tool for manifesting what you want. Creative Visualization is one of most effective methods for behavior 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.

#HS01 1 Monday June 16
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 (memory) that a person clears in their own consciousness is 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 April 22
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$25

HO O'PONOPONO: 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 Super consciousness. 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 April 29
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$25

MINDFULNESS MEDITATION FOR STRESS AND YOUR WELL BEING

Are you burned-out, agitated, and unable to concentrate or sleep? Learn clinically shown effective mindfulness practices in a step-by-step way, which you can bring to daily life. Practice breath, walking meditation, loving-kindness contemplation to protect you from the harmful effects of stress, such as heart disease, high blood pressure, anxiety and depression. Results experienced by many include an ability to relax, decreases in insomnia and greater energy and enthusiasm for life.

#HS55 3 Wednesdays starting May 28
7:00pm-9:00pm ROOM 127
BRIAN RUHE \$48

KEEPING YOUR MEMORY SHARP HOW TO AVOID ALZHEIMER'S DISEASE

As we grow older, we all start to notice some changes in our ability to remember things. Come learn easy steps you can do every day to make sure your mind stays sharp through your 70's, 80's and 90's right up until the day you die. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds

#HS64 1 Thursday May 1
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN \$25

HOW TO LIVE A LONG AND HEALTHY LIFE

Come learn what is required to live life to its best. Science continues to discover new things which help us understand what it takes to live well. Come and learn the simple things you can do that will make all the difference.

#HS74 1 Thursday May 8
7:00pm-9:00pm ROOM 149
WAYNE JAKEMAN \$25

MANAGING STRESS - THE SILENT KILLER

Stress is a fact of daily life and is the result of both the good and bad things ... there are many ways of dealing with stress that can reduce your risk. Come learn what causes it, how it affects your body and how you can manage it.

#HS65 1 Thursday May 15
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN \$25

HEALTH AND WELLNESS

CANCER PREVENTION AND HEALING

Learn natural strategies for cancer prevention and optimum health and understand how and why emotions and diet play a role. Some time will be spent discussing breast health as well.

#HS67 1 Thursday April 24
7:00pm-9:00pm ROOM 161
DOREEN HILL, R. AC \$25

INTRODUCTION TO HERBAL MEDICINE AND FOOD CURES

An introductory session into understanding medicinal herbs. Learn how the four temperatures and five flavours can affect organs in the body. Become familiar with local plants and see how easy it is to use them in daily life.

#HS63 1 Thursday May 22
7:00pm-9:00pm ROOM 148
DOREEN HILL, R. AC \$25

STRESS REDUCTION WITH MINDFULNESS

Learn simple stress reduction techniques that are clinically shown effective in reducing stress. Also learn how to free yourself from anxiety, anger, worries, frustration, sadness, unhappiness, discontentment, burnout, agitation, and other negativities, and how to deal with challenges of life with balance and peace of mind. Also discover how to become calm and happy in the stressed world. More info: LearnMindfulness.org

#HS56 1 Saturday May 10 9:00am-4:00pm ROOM 215 SUNG YANG \$48

KNOWING MORE ABOUT DIABETES

Diabetes means you have too much glucose, also called sugar, in your blood. Learn how sugars hidden in your food are impacting your ability to control your blood sugar levels.

#HS02 1 Tuesday May 13
7:00pm-9:00pm ROOM 133B
SHYROSE KARIM, N.D. \$25

HORMONAL, ADRENAL AND THYROID CONNECTION

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 June 10
6:30pm-8:30pm ROOM 148
SHYROSE KARIM, N.D. \$25

MINDFUL QIGONG FOR HEALTH AND VITALITY

This is level 1. Improve health of body and mind with gentle healing movements, which are easy to learn and enjoyable for all age groups. Practicing qigong and mindfulness (mindful qigong) reduces stress, worries, depression, anxiety and chronic pain while promoting stamina, healing, balance, coordination, strength, flexibility, concentration and inner peace. In addition, it may slow aging. Also learn how to develop qi (energy) and mindfulness. Suitable for those who are new to mindful qigong. Also welcome those who want to deepen their practice..

Info: LearnMindfulness.org/mq
#HS57 6 Thursdays starting April 24
6:30pm-8:00pm ROOM 215
SUNG YANG \$67



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 on their projects. If they become more interested, he will direct them in purchasing their own tools.

* No class April 21 and May 19 Victoria Day.

#JB10 8 Mondays starting April 14
6:30pm-9:30pm ROOM 155 JIM KERR \$100

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.

#JB68 8 Tuesdays starting April 22
6:30pm-9:30pm ROOM 155 JIM KERR \$100

#JB70 8 Wednesdays starting April 23
6:30pm-9:30pm ROOM 155 JIM KERR \$100

WIRE AND BEAD JEWELLERY MAKING 101

Have you ever wanted to make your own jewellery but didn't know where to start? Let Susan show you how in this fun and inspiring class. She will take you through the basics of wire working, hammering and stringing beads, including what kind of tools and materials you will need. You will be making a beautiful necklace with matching earrings and 2 bracelets. After taking this class, you will have all the skills needed to craft beautiful jewellery on your own. No experience is necessary. Use of tools and all materials are supplied. Additional supplies will be available for purchase.

#JB07 2 Wednesdays starting May 7
6:30pm-9:30pm ROOM 163 SUSAN ALBERT \$65

CREATIVE WIRE AND BEAD NECKLACE

Come join Susan for an inspiring class 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. Use of tools and all materials are supplied. Additional tools and materials will be available for purchase.

#JB87 1 Wednesdays June 4
6:30pm-9:30pm ROOM 163 SUSAN ALBERT \$50

LANGUAGE

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 Tuesdays starting April 22
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 Thursdays starting April 24
7:00pm-9:00pm ROOM 268
YAN SUN \$70

FILIPINO ELEMENTARY LEVEL

The Filipino (formerly Tagalog) language course is offered to students who will learn the language for academic, professional and/or personal use. This course will generally enable students to speak, listen, read and write the Filipino language at the first elementary level.

#LN41 8 Tuesdays starting April 22
6:30pm-9:00pm ROOM 231
FE ANDAYA \$85

FILIPINO INTERMEDIATE LEVEL

Designed for those who have taken the first level and have learned to write and talk grammatically correct sentences. Grammar, vocabularies and "real-life" conversations demonstrating how the language is spoken in Manila today will be covered. This course is for students who wish to achieve greater fluency in speaking, reading and writing standard Filipino--the national language of the Philippines.

#LN42 8 Thursdays starting April 24
6:30pm-9:00pm ROOM 231
FE ANDAYA \$85

FRENCH FOR TRAVELLERS IN ONE DAY

Salut, tout le monde! Let Beau help you communicate effectively with a few French words and phrases that may help you during your trip. Learn some of the basics when meeting people, finding accommodation, travelling and eating out. Practice with the class in fun, real-life travel situations, as if you were really there in France. *Please bring a bag lunch.

#LN14 1 Saturday May 10
9:00am-3:30pm ROOM 224
BEAU GABINIEWICZ \$49

FRENCH: LEVEL 1

These sessions will cover basic conversational skills, pronunciation and beginner vocabulary. This course is 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 14
6:30pm-8:00pm ROOM 123
BEAU GABINIEWICZ \$89
*No class Monday May 19 - 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 conversational skills. Textbook is available for purchase (\$22) first night of class.

#LN16 8 Mondays starting April 14
8:05pm-9:35pm ROOM 123
BEAU GABINIEWICZ \$68

ITALIAN: LEVEL 1

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

Text included.
#LN26 8 Thursdays starting April 24
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$89

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 24
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 22
7:00pm-9:30pm ROOM 117
AKIYO HORIE \$99

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.

#LN85 8 Wednesdays starting April 23
7:00pm-8:30pm ROOM 123
YULIYA BERKUT \$65

RUSSIAN: LEVEL 2

A continuation of Level 1 Russian. It is recommended that students have taken an introductory Russian class; some degree of fluency and understanding is required for participation in this class.

#LN89 8 Thursdays starting April 24
7:00pm-8:30pm ROOM 123
YULIYA BERKUT \$65

SPANISH FOR TRAVELLERS IN ONE DAY

Join Magdalena and immerse yourself in our highly interactive one-day workshop. This workshop will help you achieve maximum results in a minimum amount of time, while enjoying a relaxed, yet stimulating, classroom setting!

* Please bring a bag lunch.

#LN88 1 Saturday May 10
9:00am-3:30pm ROOM 164
MAGDALENA HANSEN \$49

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.

*No class Monday May 19 - Victoria Day

#LN43 8 Mondays starting April 14
6:30pm-9:00pm ROOM 160C
MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting April 22
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$89

#LN92 8 Wednesdays starting April 23
6:30pm-9:00pm ROOM 160C
MAGDALENA HANSEN \$99

SPANISH: LEVEL 2

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

#LN22 8 Tuesdays starting April 22
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$68

LEISURE

WHAT I LEARNED ... ABOUT DOWNSIZING

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. Not from a real estate person or anyone selling a service, but a "regular person" who went through the firestorm and came out the other side with a cheery smile.

#LA53 1 Monday May 5
7:00pm-9:00pm ROOM 164
DIANA CRUCHLEY \$22

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. If your life goes ON FIRE, your binder is invaluable for those trying to keep everything going. Even if you have a different system, this workshop will remind you of items you may have forgotten to include. Students may purchase a "ready to go" binder from the instructor for \$20 (CASH PLEASE).

#LA54 1 Tuesday May 6
7:00pm-9:15pm ROOM 164
DIANA CRUCHLEY \$22



ANIMAL MASSAGE AND ENERGY WORK

Animal Massage Practitioner, Daynna Major, brings you a fun, interactive, informational presentation that tells the things you should know about Animal Massage and Energy Work. She will join you, along with demo dog, Willow, to explain about the benefits of Animal Massage, Therapeutic Touch and other Energy Work modalities. See first-hand a sample of what Animal Massage looks like. PLEASE DO NOT BRING YOUR PET.

#PT92 1 Saturday May 10
11:00am-1:00pm ROOM 163 DAYNNA MAJOR \$27

THE POWER OF JOURNALING: AN ADVENTURE IN SELF-DISCOVERY

Journaling allows us to absorb information more effectively. It also helps us be more focused and creative. It creates more space for deeper thoughts to come through. Our minds work at about 1000 words per minute. When we write, the mind slows down to about 100 words a minute. This course brings in an additional element by using images with words to bring balance to your right and left brain thinking. Course Objectives: Understand WHY journaling works, explore the power of different journaling tools, experience new ways of thinking, provide a journaling strategy. Diane has been journaling for over 30 years and developed and created the Sketchajournal for the right/left brain thinker.

Diane's website: www.sketchajournal.com.
#JR10 1 Tuesday May 6
6:30pm-9:30pm ROOM 133B
DIANE DOYLE \$42

BRIDGE: ABSOLUTE BEGINNER

Everybody's playing bridge - but you? Join Sally for a three-hour workshop of no bidding bridge. Total beginners welcome. Learn the basics of bridge play in a fun and relaxing atmosphere. Handouts included.

#LA83 1 Tuesday May 6
6:30pm-9:30pm ROOM 265
SALLY CRAIG \$27

BRIDGE: BASIC BIDDING LEVEL 1 WITH STANDARD AMERICAN

Join Sally as she helps you redefine your bidding system. These classes are geared for students who know the mechanics and need to review bidding. Emphasis will be on learning/updating your bidding. Review the basics and play for fun. Sally will also incorporate the Standard American bidding system. (6 sessions)
Tuesday and Thursday twice a week.

#LA82 3 Tues and 3 Thurs starting May 13
6:30pm-8:30pm ROOM 265
SALLY CRAIG \$62

HOME STAGING & REDESIGN

NEW!

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

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



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

#HD29 6 Thursdays starting May 1
7:00pm-8:30pm ROOM 232
BRENDA SINCLAIR \$90

CHINESE FACE READING

Features on a face can tell you a lot about a person's personality, outlook and what future awaits you. Based on traditional Chinese face reading (Mian-Xiang), this course introduces a few techniques often used in choosing friends, mates, partners in business or employees. Get to know yourself even better.

#LA20 1 Wednesday May 7
7:00pm-9:30pm ROOM 161
SAN CHANG \$25

CHINESE FORTUNE TELLING

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

#LA19 1 Wednesday May 14
7:00pm-9:30pm ROOM 265
SAN CHANG \$25

FUN WITH MAHJONG!

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

#LA18 1 Saturday May 10
10:00am-3:00pm ROOM 265
SAN CHANG \$49

MIND, BODY AND SOUL WELLNESS

INTUITION: INTUITIVE KNOWING

Do you trust your 'gut' feeling? Do you feel disconnected from what is known as your intuitive knowing? Spend an enjoyable evening learning the art and skill of knowing your own intuition. You will be pleasantly surprised to learn how easy it is to trust your own intuition.

#MB63 1 Wednesday May 21

6:30pm-9:30pm ROOM 119
JAQIE RYANE \$28

CHANNELLING

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. Classes will begin with quieting of the mind and emotions. This is a real opportunity to grow and develop one's own abilities to be a clear channel. Your enthusiasm, notebook & pen are a requirement. Lots of interaction; lots of opportunity for group discussion and a lot of useful tools to practice will be offered by facilitator, Jaqie Ryane. Jaqie is a well known psychic, channel, spiritual mentor/life skills coach and workshop developer and presenter. (2 sessions)

#MB65 Wed May 7 and Thurs May 8

7:00pm-9:00pm ROOM 119
JAQIE RYANE \$59

THE ART OF GRATITUDE A SIMPLE TRICK FOR LIFE AND WORK

Join Jaqie for a two evening presentation that will offer positive and life affirming solutions to day-to-day issues. The classes will be all about a "attitudinal" change in our personal and work lives. Journals are recommended for this course. (2 sessions)

#PE21 Tues May 27 and Wed May 28

7:00pm-9:00pm ROOM 119
JAQIE RYANE \$59



Call 604-517-6345

ANGEL TAROT: A GENTLE APPROACH TO ANCIENT TAROT WISDOM

Angel Tarot is based on the ancient wisdom of the Tarot; however, the images on the cards are gentle, safe and easy to work with. You will learn conventional tarot spreads, as well as creating your own, to intuitively give readings for yourself and others. This workshop is mostly hands-on and you are required to have your own Angel Tarot cards for the workshop. Informational handouts are included in the workshop. *Please note that the workshop is scent-free. Students please bring a bag lunch. Maria Jensen, Ph.D. is an Angel Therapy Practitioner and Metaphysician with over 13 years experience in intuitive guidance. Maria's website is www.angelwisdom.ca

* Please bring a bag lunch.

#MB79 1 Saturday May 10

9:00am-3:30pm ROOM 117
MARIA JENSEN (Ph.D.) \$49

FAIRIES AND THE NATURE KINGDOM: A personal Connection for Enhanced Daily Living.

In this magical workshop, you will learn how to connect with fairies, elementals and other beings of the Nature Kingdom. From helping your garden grow to manifesting abundance, these beings are eager to help. Meditations and various exercises including working with Fairy Oracle cards are part of the workshop. Although not mandatory, you are encouraged to bring your fairy Oracle cards.

* Please bring pen and paper.

* Please note this workshop is scent free.

#MB80 1 Thursday June 12

6:30pm-9:00pm ROOM 163
MARIA JENSEN (Ph.D.) \$23

ASTROLOGY WORKSHOP

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

* Please bring a bag lunch.

#MB41 1 Saturday May 10

9:00am-3:30pm ROOM 176
BRENDA SCHAUER \$49

INTUITIVE PALM READING

This class will teach how to pick up someone's palm and complete a mini reading. After taking this class, you should have a basic understanding on the three basic life lines (Heart/Mind/Health). You will learn what circles in these lines mean or forks. This can help you identify problems that need to be worked on and improved. You will also learn which lines refer to stress. You will learn how to understand the different levels of stress in the palm and some helpful advice on how to better handle this stress. This course will also teach you how to read financial wealth-- if it is important to them or if this is a problem for them. Bonnie is an intuitive palm reader so she will end the class with tips on how to read a palm intuitively. She believes the palm only assists you in a reading but the true magic happens when messages come through beyond the palm.

#MB99 1 Tuesday May 13

6:30pm-9:30pm ROOM 164
BONNIE B. \$22

EXPLORE YOUR PAST LIVES

Are you drawn to exploring your past lives to understand your present life? Have you ever wondered if past lives exist? After the workshop, you will be able to understand the meaning, influence, and significance that your past lives play in your present life. You will be guided through two different styles of past life regressions as a group. Thus, you will get an opportunity to explore and recall two past lives. You will also have a chance to share your experiences with the group to help bring your past lives into perspective - voluntary.

#MB81 1 Tuesday May 20

7:00pm-9:00pm ROOM 149
SHARRON \$22

CONNECT WITH YOUR NEW! ROOT CHAKRA

Excellent workshop for healers, yoga enthusiasts or anyone interested in learning about the 1st chakra, the Root. You will learn what types of essential oils, foods, chant, crystals and crystal grids to use to connect with your Root Chakra. You will also be guided through a Root Chakra meditation to help you ground and center. The evening will end with a beautiful Tibetan Sound Bowl meditation focused on the Root Chakra.

#MB32 1 Tuesday May 13

7:00pm-9:00pm ROOM 149
SHARRON \$22

MIND, BODY AND SOUL WELLNESS

NUMEROLOGY:

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 discover what numbers are the most compatible for you as friends, business and romantic partners. In addition, you will learn to calculate your personal year number to understand what cycle you are in. *Please bring with you a calculator and a pencil.

#MB95 1 Tuesday May 6

7:00pm-9:30pm

SHARRON

ROOM 169

\$22

THE ART OF

CANDLE WAX READING

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 made by wet tea leaves, 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. *Note: scented candles are used.

#MB90 1 Tuesday June 3

6:30pm-9:00pm

SHARRON

ROOM 169

\$26

THE ART OF TEA CUP READING

Tea Cup Reading is an art of divination handed down through the generations - often many times without realization. Tea cups, a light snack, 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 open your third eye to deliver messages from the other realms.

#MB94 1 Tuesday June 10

6:30pm-9:30pm

SHARRON

ROOM 169

\$26

TIBETAN

SOUND BOWL MEDITATION

Come and listen to the peaceful music from the Tibetan singing bowls. The magnificent sounds will help clear your 'chakras' and raise your vibrations. Physical sensations during singing bowl sessions are common. As blocked energy is finally released, it begins to move, resulting in pleasure or pain that may suddenly arise and subside. You will learn how to breathe and sit during a meditation in order to maximize your experience. You will also learn the history of the Tibetan singing bowls and what sounds are connected with the different chakras. Please bring a journal, pen and a yoga mat or blanket for the meditation.

#MB31 1 Tuesday April 22

7:30pm-9:00pm

SHARRON

ROOM 215

\$22

DAILY DIVINE GUIDANCE FROM

TAROT AND ORACLE CARDS **NEW!**

Learn to use tarot and oracle cards for daily guidance by building a connection with Spirit and your Higher-Self. You will learn quick, easy spreads to connect to your intuition and to help you find solutions to challenges that you might be experiencing. You can bring with you any tarot or oracle card deck that you would like to work with, but Sharron will also a few decks on hand.

#MB54 1 Tuesday April 29

7:00pm-9:00pm

SHARRON

ROOM 149

\$22

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 CASH for workbook (paid to instructor).

*Please bring a bag lunch.

#MB23 1 Saturday May 10

9:30am-4:00pm

MARY JANE GOTTSCHLAG

ROOM 149

\$54

EMPIRE OF ATLANTIS

Topics covered include:

- 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.

#MB88 1 Tuesday April 22

7:00pm-9:00pm

MALCOLM SMITH

ROOM 149

\$27

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 and discuss their experiences of angels, guides and unexplainable events.

#MB86 1 Tuesday May 6

7:00pm-9:00pm

MALCOLM SMITH

ROOM 163

\$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.

#MB87 1 Tuesday May 13

7:00pm-9:00pm

MALCOLM SMITH

ROOM 165

\$27

CURIOUS ABOUT WICCA

Perfect for all seekers curious to learn more about the religion of Wicca and our practice of the craft. In this introductory class, you will come away with a better understanding of the faith, as we explore the common misconceptions, the history, why and how we work with the Earth's energy, within our craft and the theology behind the religion, including the God and Goddess aspects and the sacred elements. Chrystal Jinjoe is an initiated Wiccan Priestess with over a half a decade of experience with the Earth religion of Wicca.

#MB92 1 Thursday May 15

7:00pm-9:30pm

CHRYSTAL

ROOM 133B

\$26

MONEY MATTERS

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 Tuesday May 27

7:00pm-9:00pm

ROOM 148

MICHAEL PRETO

\$20

WHAT EVERYONE NEEDS TO KNOW ABOUT RETIREMENT

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 June 4

7:00pm-9:00pm

ROOM 161

MICHAEL PRETO

\$20

WHAT EVERY WOMEN 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 Tuesday June 10

7:00pm-9:00pm

ROOM 163

MICHAEL PRETO

\$20

DOG OBEDIENCE WITH TODD KIER

PUPPY KINDERGARTEN 101

This course is designed for puppies between 12-20 weeks old. The focus is on socialization, handling and good manners. Learn how to develop a positive relationship with your puppy using positive reinforcement work with your puppy to learn basic commands. Puppies must have had their 2nd vaccination, and be under 20 weeks at start of class. *The first session (orientation) is held at New Westminster Secondary School on Thursday, April 24th from 7:00-8:30 p.m. in Room 182 (no dogs please).* Remaining sessions are held outdoors.

#PT47 6 Saturdays starting April 26

11:30am-12:30pm

NWSS OUTDOORS

TODD KIER

\$114

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". All dogs must be vaccinated. Please bring vaccination certificate on information night. Aggressive dogs will be asked to leave the course. *The first session is held at New Westminster Secondary School on Thursday, April 24th from 7:00-8:30 p.m. in Room 182 (no dogs please).* Remaining sessions are held outdoors.

#PT48 6 Saturdays starting April 26

9:00am-10:00am

NWSS OUTDOORS

TODD KIER

\$114

BASIC DOG OBEDIENCE: LEVEL 2

Basic Obedience Level 2 is designed to take your skills and those of your dog to the next level. Distraction training is emphasized. The "stay", "focus" and "leave it" commands, as well as walking on a loose lead skills are honed. Level 2 will focus on improving your dog's attention and response time to the commands while working in higher distraction environments. Field trips to local off-leash parks and various New Westminster neighbourhoods will take place to strengthen the recall and honing skills while working on- and off-leash. Teams (person and dog) are expected to have completed a basic obedience course Level 1. Aggressive dogs will be asked to leave the course. *The first session is held at New Westminster Secondary School on Thursday, April 24th from 7:00-8:30 p.m. in Room 182 (no dogs please).*

#PT65 6 Saturdays starting April 26

10:15am-11:15am

OUTDOORS TODD KIER

\$114

DOG OBEDIENCE: WALK IN THE PARK



This outing is for dogs and their people. We meet at the school or areas throughout New West and head out for a 1 hour walk. Working on having fun, building trust and confidence, recall (in appropriate areas) skills, leash work, urban agility and manners etc. Registrants are welcome to bring a cup of coffee/tea for themselves but

should understand this is a fun, working walk. Any unruly, ill-mannered or aggressive dog/owner will be asked to leave.* use of certain collars, harnesses, head halter, leads are not accepted.

#PT66 1 sessions May 10 1:00pm-2:00pm TODD KIER \$30

#PT67 1 sessions June 7 1:00pm-2:00pm TODD KIER \$30

Check out Todd Kier's website at
www.k9assistance.com.

PHOTOGRAPHY

DIGITAL SLR FOR BEGINNERS

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 4 Tuesdays starting April 22

7:00pm-9:00pm

ROOM 228

WAYNE MCCARTNEY

\$65

BASIC

DIGITAL CAMERA OPERATION

If you don't want to get into the techie side of photography but would like to know a little more about the basic controls, then this class is for you. Camera modes, flash and tips will be explained. Emphasis on what the control does and not how it does. It is designed for the person who just wants to improve on everyday pictures. 33-page, full-colour booklet is included with the course. Please bring your camera and manual to the class.

#PH93 1 Tuesday April 29

7:00pm-9:00pm

ROOM 266

GLENN GRANGER

\$35

INTERMEDIATE

DIGITAL PHOTOGRAPHY

If you have taken basic photography course or have mastered the basics on your own, this course is designed to add technical tips and composition components. Topics include understanding exposure of special subjects such as glassware, jewellery, children, sports and architecture. Elements of composition will be explained as well as the proper use of the flash. Also included is how to choose and shoot projects such as a newsletter, booklet, vacation pictures, children, pets, sports and how to create personalized calendars. A good basic understanding of your camera and computer are essential. A full-colour course booklet, with over twenty pages of tips and tricks, will be included. Please bring your camera with manual and a jump drive with some of your pictures to each class.

#PH87 5 Wednesdays starting April 23

7:00pm-9:00pm

ROOM 255

GLENN GRANGER

\$89

MAKE YOUR OWN

GREETING CARDS

Use your own pictures to make personalized greeting cards for all occasions--family birthday, seasonal, funny, serious and thoughtful. Using MS Publisher, Glen will explain how to add pictures and text to each page, using your own photos. Other resources such as poems, humor and thoughtful words will be demonstrated. * Please bring a jump drive with some of your pictures on it.

#PH94 1 Tuesday May 6

7:00pm-9:00pm

ROOM 266

GLENN GRANGER

\$28

PHOTOGRAPHING

YOUR PET

Shoot your pet ... in a nice way. Learn how to get great shots of your pet. Whether your pet is the standard four-legged household pet or a lizard, or parrot or in a glass enclosure, the instruction will be tailored to include your pet. Composition and camera settings will be included with tips and tricks. A full-colour booklet is included with the course. Please bring your camera and manuals to each class.

#PH95 2 Tuesdays starting May 13

7:00pm-9:00pm

ROOM 255

GLENN GRANGER

\$55

CROPPING

PHOTOGRAPHS

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 June 10

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, back-grounds, 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 April 15

6:45pm-9:45pm

ROOM 261

FRANK TOWNSLEY

\$29

READY, AIM, SHOOT

An introductory and fun approach to improving photography skills for both novice and intermediate photographers with SLR or power-point cameras. Basics on composition, lighting and depth-of-field for photographing landscapes, people, flowers and wildlife will be taught. You will also learn some tips on night photography, time exposures, tripod use, flash photography, and a few special techniques that will enhance your photography skills. It is recommended that you have a basic understanding of your camera operations (such as aperture and shutter speed settings), which will be explained in the first class. This six session course includes four classroom sessions and two fieldtrips. Attendance will be limited to 12 students for more hands-on assistance on the fieldtrips. (6 sessions) 4 Tuesday evenings and 2 Sunday outdoor field trips (May 4th and May 11th)

#PH84 4 Tuesdays starting April 22

plus 2 Sunday field trips

6:45pm-9:45pm

ROOM 261

FRANK TOWNSLEY

\$69



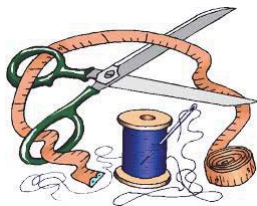
Registration starts Monday March 31st, 2014. Register now to avoid disappointment!
Courses that do not reach the minimum enrolment will be cancelled before the start date.

SEWING / KNITTING / QUILTING

BASIC SEWING

This class is designed for the new sewer, as well as for those with some experience who want to progress beyond where they currently are. Students will learn and/or improve their stitching skills and learn more about controlling their sewing machine, as well as industry tips and tricks to create their project with fine finishes. Bring your pattern, pencil/pen, measuring tape, pins and fabric to the first class. *Please keep project simple for this class as there will only be minor adjustments done on patterns as focus is mostly on the sewing itself.

#SK16 8 Tuesdays starting April 22
6:45pm-9:15pm ROOM 237
SOPHIA SOO \$120



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 Mondays starting April 14
6:30pm-9:30pm ROOM 237
SOPHIA SOO \$120

PATTERN DRAFTING: BEYOND BEGINNERS

This class takes you past the very basics and lets you expand on the basic shift dress. *Students should have some sewing skills. For example: change the neckline, and add sleeves, or draft and add a collar. Learn different variations and techniques to create that one of a kind garment. You are the designer. For the first class, please wear formfitting clothes with seams positioned correctly on all the sides and shoulders.

#SK36 8 Thursdays starting April 24
6:30pm-9:30pm ROOM 237
SOPHIA SOO \$95

KNITTING FOR BEGINNERS

Knitting is both creative and therapeutic. Give yourself the gift of learning to knit the basics while making small, simple projects. Students will learn how to cast on, the knit stitch, and casting off while making a simple scarf. Next, students will progress to simple increases and decreases with a dishcloth. Finally, students will learn how to knit in the round and purl while completing a simple hat.

*Price of class includes all yarn, knitting needles, and notions.

#SK73 6 Thursdays starting April 24
6:30pm-9:00pm ROOM 234
SARAH WETHERED \$99

KNITTING: BEYOND BEGINNER

Take your knitting skills a step further and explore cables, lace and modular knitting. Learn to demystify patterns and understand "knit speak". Make a hat with cables, a lacy scarf and a pair of fingerless gloves. Supply list can be picked up at the office. Supplies available at first class (approximately \$20 CASH per project payable to the instructor at the beginning of each project).

*Basic knitting skills required.
#SK55 6 Wednesdays starting April 23
6:30pm-9:00pm ROOM 234
SARAH WETHERED \$79

KNIT A RUFFLED SCARF

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. Material included in course fee.



#SK82 1 Saturday May 10
9:00am-3:30pm ROOM 165
SARAH WETHERED \$60



QUILTING 101 – IT'S BACK!

Discover how easy it is to make a lifelong treasure by creating a sample wall quilt or a patchwork-bed-sized quilt. A good introduction to quilting, this course will cover patchwork theory, fabric selection, cutting and piecing techniques to produce a unique piece of your own. Those who have a quilt already in progress can also use this course to finish that project you never get around to.

*Only basic sewing skills required.
* Supply list will be given at first class.
#SK39 6 Wednesdays starting April 23
7:00pm-9:00pm ROOM 237
BEAU GABINIEWICZ \$75

MAKE A SOCK MONKEY!

Remember those adorable hand-made monkeys made from the grey wool socks with the red heels (discontinued) that made the monkey's big red lips? Join Jan for this fun evening. Everybody love them!

*Please bring thread, needles, scissors and thimble to class.

All other supplies are included.
#SK51 1 Wednesday May 14
6:30pm-10:00pm ROOM 161
JAN TRUBER \$52

RAG RUGS

Join Jan for this two-night workshop to recycle and make an attractive rug. Learn the prairie art of making something out of nothing. During this hands-on class, you will have the opportunity to make a round and an oval rug. Materials are provided by the instructor and included in the course fee. Jan will give you lots of extra ideas.

#SK50 2 Wednesdays starting May 21
6:30pm-9:30pm ROOM 163
JAN TRUBER \$60

Registration starts Monday March 31st at 9:00 am.

For information or registration please call 604-517-6345.

Check us out online www.ce40.ca - General Interest classes.

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 31ST 2014

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