

NEW WESTMINSTER SCHOOL DISTRICT #40

Continuing Education



**WINTER
2012**

Photo supplied by Cypress Mountain
Photo: Joffery Koeman

Registration starts Tuesday, January 3rd 2012

Call 604-517-6345 or

Register Online: www.ce40.ca

ACADEMIC OPTIONS FOR ADULTS

- Register in Person Only -

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



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

Pearson

Adult Learning Centre

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

**Continuous *WINTER* 2012
Orientation / Registration
at Pearson Adult Learning**

Orientation every Thursday

1:00 p.m. **or** 7:00 p.m.



Winter Hours 2012

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

Winter Registration

Thursday, January 5, 2012
Thursday January 12, 2012
1:00 p.m. **or** 7:00 p.m.

or

Wednesday, January 25, 2012
Thursday, January 26, 2012
9:30 a.m., 1:00 p.m., 4:00 p.m. **or** 7:00 p.m.

Portable Complex – Room 2
on 10th Avenue

Visit our website or phone

604-517-6286

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

Columbia Square

Adult Learning Centre

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

**Continuous *WINTER* 2012
Orientation / Registration
at Columbia Square**

Orientation every Wednesday

1:00 p.m. **or** 7:00 p.m.



Winter Hours 2012

Monday to Thursday
10:00 a.m. **to** 9:00 p.m.
Friday
10:00 a.m. **to** 3:00 p.m.

For the most up-to-date information on:

- ◆ classroom and online courses
- ◆ hours of operation

Visit our website or phone

604-517-6191

Check us out!

<http://www.sd40.bc.ca/alc>

URBAN FIRST NATIONS LEARNING SUPPORT CENTRE

A supportive environment for First Nations,
Metis and Inuit adults taking high school
completion courses at Columbia Square.
1001 Columbia Street New Westminster BC
Call 604-517-6191 for more information

ENGLISH AS A SECOND LANGUAGE

ESL ALL LEVELS Registration / Assessment

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

All new students must complete an assessment.

Teachers will help students register for the appropriate classes.

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

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

No Registration Fee. **FREE Tuition**

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

Assessments are held every Thursday
Thurs. January 5 or Thurs. January 12
1:00 p.m. or 7:00 p.m. and
Wed. January 25 or Thurs. January 26
9:30 a.m., 1:00 p.m., 4:00 p.m. or 7:00 p.m.

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

Assessments are held every Wednesday
starting
Wednesday January 4
1:00 p.m. or 7:00 p.m.

Orientation / Registration Ongoing

ESL Beginner Classes Foundations 1-2

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

Course #PE22-2 Afternoon classes: Mon, Wed, Friday

Date: Monday, January 30 to Friday, June 15

Class time: 12:00 Noon – 2:30 pm Pearson ALC NWSS

Course #PE23-2 Afternoon classes: Monday-Thursday

Date: Monday, January 30 to Thursday June 14

Class time: 2:30 – 4:00 pm Pearson ALC NWSS

Course #PE24-2 Late Afternoon classes: Monday-Thursday

Date: Monday, January 30 to Thurs, June 14

Class time: 3:45 – 6:15 pm Pearson ALC NWSS

ESL Intermediate Classes Foundations 3-4

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

Course #PE41-2 Morning classes: Monday – Friday

Date: Monday, January 30 to Friday, June 15

Class time: 9:00 am – 11:30 am Pearson ALC NWSS

Course #PE44-2 Afternoon classes: Monday - Thursday

Date: Monday, January 30 to Thursday, June 14

Class time: 6:30 – 9:00 pm Pearson ALC NWSS

ESL Advanced Classes Foundations 5/6/7

Students may study all week long. These classes are for advanced speakers. The focus is on conversation, grammar, reading and writing.

Course #PE51-4 Morning classes: Monday - Friday

Date: Monday, January 30 to Friday, June 15

Class time: 9:00 am – 11:30 am Pearson ALC NWSS

Course #PE52-4 Afternoon classes: Monday & Tuesday

Date: Monday, January 30 to Tuesday, June 12

Class time: 12:00 Noon – 2:30 pm Pearson ALC NWSS

Course #PE54-4 Evening classes: Monday - Thursday

Date: Monday, January 30 to Thursday, June 14

Class time: 6:30 pm – 9:00 pm Pearson ALC NWSS

ESL Beginner Classes Foundations 1-2

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

Course #CE11-4 Evening classes: Monday - Friday

Date: Monday, February 6 to Friday, June 15

Class time: 9:00 am – 11:30 am Columbia Square ALC

Course #CE14-4 Evening classes: Monday - Thursday

Date: Monday, February 6 to Thursday, June 14

Class time: 7:00 pm – 8:30 pm Columbia Square ALC

ESL Intermediate Classes Foundations 3-4

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

Course #CE32-4 Afternoon classes: Monday - Thursday

Date: Mon, Feb 6 to Apr 17 & Wed, Apr 18 to Jun 14

Class time: 12:00 pm – 2:30 pm Columbia Square ALC

Course #CE34-4 Evening classes: Monday & Wednesday

Date: Monday, February 6 to Wednesday, June 13

Class time: 6:00 pm – 9:00 pm Columbia Square ALC

ESL Advanced Classes Foundations 5/6/7

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

Course #CE51-4 Morning classes: Monday - Friday

Date: Mon Feb 6 to April 17 & Wed, April 18 to June 15

Class time: 9:00 am – 11:30 am Columbia Square ALC

Course #CE54-4 Evening classes: Tuesday & Thursday

Date: Monday, February 6 to Thursday, June 14

Class time: 6:00 pm – 9:00 pm Columbia Square ALC

Please call 604-517-6286
for more information

ACADEMIC CREDIT COURSES

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

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

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

COURSE NAME	COURSE#	DAYS	TIME	DATE 2012	LOCATIONS
Accounting 11	P01S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	CO12-4	Mon & Wed	12:00 - 2:30 PM	Feb 6 – June 13	ALC Columbia Square
	C01S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
Accounting 12	P02S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	P022-4	Tues & Thurs	12:00 - 2:30 PM	Jan 30 – June 14	Pearson ALC - NWSS
Biology 11	P07S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D07V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Biology 12	BJ14-4	Mon & Wed	6:30 - 9:30 PM	Feb 6 – June 13	New West Secondary
	BJ12-4	Tues & Thurs	6:30 - 9:15 PM	Feb 7 – June 14	New West Secondary
	P081-4	Mon & Wed	9:00 AM -11:30 AM	Jan 30 – June 13	Pearson ALC - NWSS
	P08S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	P084-4	Tues & Thurs	6:30 - 9:30 PM	Jan 31 – June 14	Pearson ALC – NWSS
	D08V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Business Computer Applications 11	C103-4	Mon/Tue/Thurs	2:45 - 4:30 PM	Feb 6 – June 14	ALC Columbia Square
	C10S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
Calculus 12	P12S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Chemistry 11	BJ21-4	Tues & Thurs	6:30 - 9:00 PM	Feb 7 – June 14	New West Secondary
	P15S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P153-4	Tues & Thurs	4:00 – 6:30 PM	Jan 31 – June 14	Pearson ALC – NWSS
	D15V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Chemistry 12	BJ22-4	Mon & Wed	6:30 - 9:30 PM	Feb 6 – June 13	New West Secondary
	P16S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D16V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Communications 11	BJ01-4	Tue & Thurs	6:30 - 9:00 PM	Feb 7 – June 14	New West Secondary
Communications 12	BJ02-4	Mon & Wed	6:30 - 9:30 PM	Feb 6 – June 13	New West Secondary
	C221-4	Mon/Wed/Fri	9:30 AM -12:00	Feb 6 – June 15	ALC Columbia Square
	P221-4	Tues & Thurs	9:00 AM -11:30 AM	Jan 31 – June 14	Pearson ALC - NWSS
	P224-4	Mon & Wed	6:30 - 9:00 PM	Jan 30 – June 13	Pearson ALC - NWSS
	P22S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	D22V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Data Management 12	C253-4	Mon/Tues/Thur	2:45 – 4:30 PM	Feb 6 – June 14	ALC Columbia Square
	P252-4	Mon & Fri	12:00 - 2:30 PM	Jan 30 – June 13	Pearson ALC – NWSS
	P255-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	C25S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
Drama 12 (FILM/TELEVISION)	C492-4	Tues & Thurs	12:00 - 2:45 PM	Feb 7 – June 14	ALC Columbia Square
	P493-4	Thursdays	2:30 – 5:00 PM	Feb 2 – June 15	Pearson ALC - NWSS
English/Math/ Social Studies Science Upgrading (for adults 19+)	P11	Mon to Fri	9:00 AM -11:30 AM	Jan 30 – June 15	Pearson ALC - NWSS
	P11	Mon to Fri	12:00 - 2:30 PM	Jan 30 – June 15	Pearson ALC - NWSS
	P11	Mon to Thurs	6:30 - 9:00 PM	Jan 30 – June 15	Pearson ALC - NWSS
	CE1-7	Mon to Friday	9:00 - 11:30 AM	Feb 6 – June 15	ALC Columbia Square
	CE1-7	Mon to Friday	12:00 - 2:30 PM	Feb 6 – June 15	ALC Columbia Square
	CE1-7	Mon to Thurs	6:30 - 9:00 PM	Feb 6 – June 14	ALC Columbia Square
English 10	PE71-4	Tue & Thurs	9:00 - 11:30 AM	Jan 31 – June 14	Pearson ALC - NWSS
	PW72-4	Mon & Tue	12:00 - 2:30 PM	Jan 30 – June 15	Pearson ALC - NWSS
	PE74-4	Mon to Thurs	6:30 - 9:00	Jan 30 – June 15	Pearson ALC - NWSS
	D35V-1	Available	PM24/7 Online	Continuous Intake	ALC Columbia Square Virtual
English 11	BJ44-4	Mon & Wed	6:30 - 9:15 PM	Feb 6 – June 13	New West Secondary
	BJ41-4	Tues & Thurs	6:30 - 9:00 PM	Feb 7 – June 14	New West Secondary
	P372-4	Wed & Fri	12:00 - 2:30 PM	Feb 1 – June 13	Pearson ALC - NWSS
	D37V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
English 12	BJ47-4	Mon & Wed	6:30 - 9:30 PM	Feb 6 – June 13	New West Secondary
	BJ42-4	Tues & Thurs	6:30 - 9:15 PM	Feb 7 – June 14	New West Secondary
	BJ45-4	Mon & Wed	6:30 - 9:30 PM	Feb 6 – June 13	New West Secondary
	P391-4	Wed & Fri	9:00 AM -11:30 AM	Feb 1 – June 13	Pearson ALC - NWSS
	P39S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	C391-4	Mon/Wed/Fri	9:00 AM -11:30 AM	Feb 6 – June 15	ALC Columbia Square
	D39V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Family Studies 12	P43S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P432-4	Tues & Thurs	12:00 – 2:30 PM	Jan 31 – June 14	Pearson ALC - NWSS
	D43V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual

ACADEMIC CLASSROOM CREDIT COURSES

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

First Nations Studies 12	D40V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
History 12	D51V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Info Tech 10	D13V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Law 12	P542-4 D54V-1	Mon & Wed Available	12:00 - 2:30 PM 24/7 Online	Jan 30 – June 13 Continuous Intake	Pearson ALC - NWSS ALC Columbia Square	Virtual
Math 10 Foundations and Pre-Calculus Math 10	C622-4 D62V-1	Tues & Thurs Available	12:30 - 3:00 PM 24/7 Online	Feb 7 – June 14 Continuous Intake	ALC Columbia Square ALC Columbia Square	Virtual
Math 10 Apprenticeship & Workplace Math 10	D61V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Math 11 Apprenticeship & Workplace Math 11	D65V-1 P65S-1	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	ALC Columbia Square Pearson ALC - NWSS	Virtual
Math 11 (Pre-Calculus) Graphing calculator required for Math 10, Math 11, Math 12 Principles	BJ51-4 BJ55-4 P66S-4 P663-4 C662-4 D66V-1	Mon & Wed Tues & Thurs Mon to Fri Mon & Wed Tues & Thurs Available	6:30 - 9:15 PM 6:30 - 9:00 PM 8:30 AM – 9:30 PM 2:30 - 5:00 PM 12:30 - 3:00 PM 24/7 Online	Feb 6 – June 13 Feb 7 – June 14 Continuous Intake Jan 30– June 13 Feb 6 – June 14 Continuous Intake	New West Secondary New West Secondary Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square	Virtual
Math 12 (Principles) Graphing calculator required	BJ52-4 BJ56-4 P70S-4 D70V-1	Mon & Wed Tues & Thurs Mon to Fri Available	6:30 - 9:30 PM 6:30 - 9:15 PM 8:30 AM – 9:30 PM 24/7 Online	Feb 6 – June 13 Feb 7 – June 14 Continuous Intake Continuous Intake	New West Secondary New West Secondary Pearson ALC - NWSS ALC Columbia Square	Virtual
Physics 11	BJ31-4 P80S-4 D80V-1	Tues & Thurs Mon to Fri Available	6:30 - 9:00 PM 8:30 AM – 9:30 PM 24/7 Online	Feb 7 – June 14 Continuous Intake Continuous Intake	New West Secondary Pearson ALC - NWSS ALC Columbia Square	Virtual
Physics 12	BJ32-4 D81V-1	Mon & Wed Available	6:30 - 9:30 PM 24/7 Online	Feb 6 – June 13 Continuous Intake	New West Secondary ALC Columbia Square	Virtual
Planning 10	D03V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Planning 12 (Adults only)	D97V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Science 10	D88V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Science & Technology 11	D89V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Social Studies 10	D74V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
Social Studies 11	P91S-4 D91V-1	Mon to Fri Available	8:30 AM – 9:30 PM 24/7 Online	Continuous Intake Continuous Intake	Pearson ALC - NWSS ALC Columbia Square	Virtual
Writing 12	P933-4 C931-4	Tues & Thurs Tues & Thurs	4:00 – 6:30 PM 9:00 AM -11:30 AM	Jan 30 – June 14 Feb 7 – June 14	Pearson ALC - NWSS ALC Columbia Square	

REGISTRATION INFORMATION

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

CREDIT COURSE REGISTRATION FEES AND DEPOSITS

- NO COURSE FEE for students who have graduated from high school.
- NO COURSE FEE for high school students with a permission slip.
- NO COURSE FEE for ADULT students working towards their graduation.
- Special fee structure for Visa students – please consult Academic Programs staff.
- Students must be born before July 1st 1995.
- Personal Education Number and transcript are required for registration.
- Written permission is required from your school counselor if you are a high school student.
- \$100 book deposit (*refundable within one year*).
- \$145 calculator deposit (*refundable within 6 months*).
- \$25 workbook purchase for Chemistry 11 & 12 (*non-refundable*).
- \$25 workbook purchase for Math 11 Pre-Calculus (*non-refundable; textbook deposit not required*).
- Registrations are official when book deposit/workbook purchase has been processed.
- Classes with insufficient enrollment will be cancelled.

**Registration
Information
604-517-6286
OR on our
website
www.ce40.ca**

**PAYMENT IN FULL
is required to
register for courses.**

**Pay by:
Cash
Interac,
Visa or
Mastercard only**

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.

Achieve your educational goals!

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

Tuition FREE!

Year Round!

GRADE 10

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

GRADE 11

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

GRADE 12

- ◆ BIOLOGY 12
- ◆ CHEMISTRY 12
- ◆ COMMUNICATIONS 12
- ◆ ENGLISH 12
- ◆ FAMILY STUDIES 12
- ◆ FIRST NATIONS STUDIES 12
- ◆ HISTORY 12
- ◆ LAW 12
- ◆ MATH 12 PRINCIPLES
- ◆ PHYSICS 12
- ◆ 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 Schooling but not sure how?
- Why not investigate your options with the HomeLearners Program?
- Fully-funded, community-based Kindergarten through Grade 9 program.

HomeLearner Campuses operate in:

New Westminster call: 604-517-5917
314 Sixth Street, New Westminster BC V3L 3A6
Check out our website: www.sd40.bc.ca/nwhl

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

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

THE EVOLUTION OF ACADEMIC NIGHT SCHOOL

New Westminster
Community Education



*Are you looking for a way to
finish high school?*

*Upgrade your marks to apply
for post-secondary education?*

*Are you looking for a way to learn
what you want, when you want?*

Why not enroll in newly-created hybrid academic night school courses with New Westminster School District? Hybrid means you get all the best elements of the new world of learning – Ministry of Education courses with the flexibility of working online **plus** weekly face-to-face instruction from a teacher. Sound intriguing?

Call us now! 604-517-6191

Courses are FREE to residents of British Columbia.

<u>COURSE</u>	<u>DAY</u>	<u>TIME</u>	<u>DATES</u>
English 12	Tuesday	6:30 – 9:00 pm	Feb. 7
Math 11	Wednesday	6:30 – 9:00 pm	Feb. 8
Biology 12	Thursday	6:30 – 9:00 pm	Feb. 9

**Classes held at Columbia Square
Adult Learning Centre**

**1001 Columbia Street, New Westminster
For registration & information call 604-517-6191**

MICROSOFT IT ACADEMY

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

New!

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

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

WHAT IS MICROSOFT IT ACADEMY?

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

MICROSOFT OFFICE SPECIALIST



A Microsoft Office Specialist (MOS) is globally recognized for demonstrating advanced business skills in using Microsoft Office 2010 and highly developed skills in other Microsoft desktop software. Microsoft certifications bring valuable, measurable rewards to students, IT professionals, their

managers, and the organizations that employ them. These certifications are designed to provide the recognition you need to help you excel in your career and provide employers with validation of your skills. For employers, the Microsoft Office Specialist certifications prove you have the skills to succeed.

MICROSOFT OFFICE SPECIALIST EXAM CERTIFICATE

Exams and certification are now available through Continuing Education at our New Westminster Secondary School, 835 Eighth Street, New Westminster. Classes are held in New Westminster Secondary School. To earn certification students must pass (MOS) exams in either Word 2010, Excel 2010, PowerPoint 2010.

(Excel Levels 1 & 2 = one exam = certificate) Exam Thursday, March 15

(Word Levels 1 & 2 = one exam = certificate) Exam Tuesday, March 13

(Powerpoint) Exam Wednesday, February 22

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

MICROSOFT OFFICE SPECIALIST CERTIFICATE



Register separately for Microsoft IT certification exams.

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

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

Course # MS10 WORD 2010 LEVEL 1

4 Tuesdays starting January 17
6:45 – 9:45 pm Room 257 Fee: \$175

Course # MS11 WORD 2010 LEVEL 2

4 Tuesdays starting February 14
6:45 – 9:45 pm Room 257 Fee: \$175

Course # MS33 WORD 2010 EXAM

1 Tuesday March 13
6:45 – 9:45 pm Room 257 Fee: \$80

Course # MS12 EXCEL 2010 LEVEL 1

4 Thursdays starting January 19
6:45-9:45 pm Room 257 Fee: \$175

Course # MS13 EXCEL 2010 LEVEL 2

4 Thursdays starting February 16
6:45-9:45 pm Room 257 Fee: \$175

Course # MS44 EXCEL 2010 EXAM

1 Thursday March 15
6:45 – 9:45 pm Room 257 Fee: \$80

Course # MS14 POWERPOINT 2010

4 Wednesdays starting January 25
6:45 – 9:45 pm Room 257 Fee: \$175

Course # MS55 POWERPOINT EXAM

1 Wednesday February 22
6:45 – 9:45 pm Room 257 Fee: \$80

ROBOTICS / CASHIER TRAINING

ROBOTICS ENGINEERING 3.1 (LEGO® MINDSTORMS 1)

Students aged 9-14+ learn to design, program and control fully-functioning models.

They use software to plan, test and modify sequences of instructions for a variety of life-like robotic behaviours, and they learn to collect and analyze data from sensors using data logging functionality embedded in the software. Activity packs are developed by a variety of programs and provide a series of real-life activities, covering topics with science, technology, engineering and mathematics. Learning outcomes include understanding pre-programmed locomotion, simple linear programming, engineering process, thresholds, sensor usage and much more. This course is required to enter into Robotics Engineering 3.2. There are no prerequisites for this class.

#LA31 6 Wednesdays starting February 1

7:00pm-9:00pm ROOM 175 GATEWAYS LEARNING CENTRE \$144

CASHIER TRAINING

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

#BV42 1 Saturday February 25

9:00am-3:00pm ROOM 148
IQBAL LALANY \$150

For more computer classes see pages 14 & 15

ART

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

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 January 19
7:00pm-9:00pm ROOM 154
MARK GAUTHIER \$125

INTRODUCTION TO ACRYLICS

Learn to paint an abstract with acrylics, exploring colour mixing, acrylic mediums and paint application techniques. You will soon grasp the potential of this exciting medium in the creation of an abstract painting. Materials needed: - 8 sheets heavy Bristol or Mayfair paper or primed paper pad or canvas pad 18"x24" - 2 or more 16"x20" or larger primed canvas boards or stretchers - Brushes: (synthetic) #6 round, #4 bright, #10 flat, 2" flat - Palette - Palette knife - Spray bottle - Rags - Water containers - Paint: Titanium White, Ultramarine Blue, Cadmium Red, Cadmium Yellow, Mars Black - Glazing medium, glossy or matte or both (small jar) - Gel medium, glossy or matte or both (small jar) - Modeling paste (small jar)

#AP14 8 Tuesdays starting January 17
7:00pm-9:00pm ROOM 210
SHELLEY ROTHENBURGER \$129

ACRYLICS: CONTINUATION

This class is a continuance of Introduction to Acrylics for Shelley's advanced students. Students will explore colour, composition and surface as they further develop their skills with this versatile medium.

#AP16 8 Thursdays starting January 19
7:00pm-9:00pm ROOM 210
SHELLEY ROTHENBURGER \$129

DRAWING & SKETCHING: LEVEL 1

Drawing reduced to its basic elements of line and shape. Build on techniques from there and you too can learn to draw! Bring a pencil and standard white paper (8½"x11") to your first class.

#AP35 8 Tuesdays starting January 17
5:30pm-7:00pm ROOM 169
MARK ANTHONY \$80

DRAWING IN THE FOOTSTEPS OF THE GREAT MASTERS **NEW!**

ALL LEVELS WELCOME. Learn drawing skills from the great masters. This program analyzes masterworks of two great artists and their contributions to the definition of classical beauty and poetic realism. Through a tactile method of learning master-copy drawing each student becomes an apprentice in the old master's studio. Solid principles teach the student how to create poetic visual expression with skill and confidence. Hosted by Mark Anthony (*Director of the Portrait Workshop School of Classical Drawing*).

#AP46 8 Tuesdays starting January 17
7:10pm-9:40pm ROOM 169
MARK ANTHONY \$104

QUILL & INK DRAWING **NEW!** OLD RENAISSANCE MASTERS DRAWING WORKSHOP

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

#AP36 8 Wednesdays starting January 18
7:00pm-9:30pm ROOM 169
MARK ANTHONY \$105

WATERCOLOUR WORKSHOP: WINTERSCAPE **NEW!**

Join Frank for this innovative, new workshop which will teach you how to paint a wonderful winter scene. All supplies are included. No prerequisites. Please bring a lunch.

#AP88 1 Saturday February 25
9:00am-3:30pm ROOM 209
FRANK TOWNSLEY \$50

PENCIL CRAYONS: A BEGINNER'S EXPERIENCE

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

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

LANDSCAPE WATERCOLOUR PAINTING

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

Please request supply list or check online.
#AP87 9 Wednesdays starting January 18
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$162

WATERCOLOUR WORKSHOP: WINDOWS **NEW!**

This workshop was inspired by Frank's Barns workshop, with the principle aim to address that truly rural icon -- the farmhouse or barn window. Frank will show you how to enhance your window with either lace curtains, an overhanging branch of cherry blossoms, a sparrow perched on the window frame or a flower pot sitting on the window sill. Photos and all supplies will be provided, and there are no prerequisites.

#AP91 2 Tuesdays starting February 21
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$50



ART

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

OIL PAINTING WITH DARLA HYDRANGEAS

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

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

#AP90 1 Tuesday January 17

6:30pm-10:00pm ROOM 209
DARLA ZARY \$36

OIL PAINTING WITH DARLA **NEW!** BEACH SUNSET LANDSCAPE

Prerequisite: Any of Darla's previous classes. You asked for it -- you got it! Paint a black gesso beach scene in oils. Bring your brushes from Darla's previous classes and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY). Please wear old clothes or a painting smock. Please bring newspaper for tables.

#AP01 1 Wednesday January 18

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

OIL PAINTING WITH DARLA: LILACS AND DAISIES

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

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

#AP86 1 Tuesday January 24

6:30pm-10:00pm ROOM 209
DARLA ZARY \$36

OIL PAINTING WITH DARLA MIXED POPPIES **NEW!**

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

#AP02 1 Wednesday January 25

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

OIL PAINTING WITH DARLA **NEW!** NIGHT BLOOMING CEREUS

Prerequisites: Hydrangeas or Lilacs & Daisies. This floral painting on black gesso captures the Cereus Cactus, whose flowers bloom for only 3 hours one day a year! Bring your brushes from the prerequisite classes and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 (CASH ONLY).

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

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

#AP03 1 Wednesday February 1

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

OIL PAINTING WITH DARLA FANTASY FLOWERS **NEW!**

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

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

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

#AP04 1 Wednesday February 8

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

OIL PAINTING WITH DARLA FIREBIRD TULIPS

Prerequisites: Lilacs & Daisies or Hydrangeas AND Sunflowers or Night Blooming Cereus AND Red Poppies or Mixed Poppies (3 classes). This is a more advanced painting of gorgeous parrot tulips -- definitely worth the challenge. Bring your brushes from the prerequisite classes and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$12 (CASH ONLY). Please wear old clothes or a painting smock. Please bring newspaper for tables.

#AP70 1 Wednesday February 29

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

OIL PAINTING WITH DARLA ROSES **NEW!**

Prerequisites: Lilacs & Daisies or Hydrangeas AND Sunflowers or Night Blooming Cereus AND Red Poppies AND Fantasy Flowers (4 classes). Bring your brushes from the prerequisite classes and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 (CASH ONLY). PAINT MUST BE PURCHASED IN CLASS FOR \$14 (CASH ONLY).

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

#AP07 1 Wednesday March 7

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

OIL PAINTING WITH DARLA SUNFLOWERS

Prerequisites: Hydrangeas or Lilacs & Daisies. This is a class favourite. Absolutely stunning! Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 (CASH ONLY).

PAINT MUST BE PURCHASED IN CLASS FOR \$14 (CASH ONLY).

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

#AP71 1 Wednesday March 14

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

ART / PHOTOGRAPHY / BUSINESS

CONTEMPORARY OILS: **NEW!**

TOM THOMSON

"THE WEST WIND WINTER"

Prerequisite: Any of Darla's previous classes. Bring your brushes from Darla's previous classes and an artist quality 11"x14" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase the canvas from Darla for \$8 (CASH ONLY).

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

#AP05 1 Wednesday February 15

6:30pm-10:00pm ROOM 210

DARLA ZARY \$36

Please wear old clothes / painting smock.

Please bring newspaper for tables.

CONTEMPORARY OILS: **NEW!**

LAUREN HARRIS "MOUNT TEMPLE"

Prerequisite: Any of Darla's previous classes. Bring your brushes from Darla's previous classes and an artist quality 11"x14" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase the canvas from Darla for \$8 (CASH ONLY).

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

#AP06 1 Wednesday February 22

6:30pm-10:00pm ROOM 210

DARLA ZARY \$36

PHOTOGRAPHY

HOW TO USE

SLR DIGITAL CAMERAS



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

#PH22 5 Mondays starting January 16

7:00pm-9:00pm ROOM 127

WAYNE MCCARTNEY \$76

READY, AIM, SHOOT

An introductory, but comprehensive and fun approach to improving your digital, SLR or instamatic photography skills. Emphasis will be on learning simple procedures and lighting composition. You'll also learn skills such as time exposures, multiple exposures, use of filters, abstracts, improving your landscape compositions and more.

#PH84 4 Tuesdays starting January 17

PLUS 2 Sunday outdoor field trips

(January 29 & February 5)

6:45pm-9:45pm ROOM 261

FRANK TOWNSLEY \$69

PHOTOGRAPHING

FLORA AND FAUNA

This evening session is aimed at helping you pursue your ambitions for photographing both flora and fauna. Learn some useful tips to achieve better results when composing images of garden flowers, wildflowers, or those brilliant Fall leaves, as well as how to capture those often elusive wildlife opportunities, whether capturing birds, butterflies or mammals. Understand related camera functions, use of filters, and learn a few fun tricks that will have you excited to put yourself out in the world of nature.

#PH76 1 Tuesday February 14

6:45pm-9:45pm ROOM 261

FRANK TOWNSLEY \$30

ACCOUNTING

ACCOUNTING AND BOOKKEEPING

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



#BV68 9 Tuesdays starting January 17

7:00pm-9:30pm ROOM 263

BALJIT SINGH \$167

PAYROLL

Learn how to calculate payroll cheques and remittances. Discussions include: BC Labour Law, Employment Standards & 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 January 19

7:00pm-9:30pm ROOM 263

BALJIT SINGH \$130

INCOME TAX PREPARATION

Learn in one day how to prepare your basic tax return with confidence. A thorough step-by-step explanation will be provided to help you save taxes, increase benefits, split incomes between spouses, maximize refunds with RRSP planning, child care expenses, caregiver amounts, HST credits, Child Tax Credits and much more. Government programs will be discussed. Bring your own T4's to prepare. Find solutions to your questions. Please bring a lunch.

#BV81 1 Saturday February 25

9:00am-3:30pm ROOM 263

BALJIT SINGH \$52

BUILDING SERVICE WORKER CERTIFICATE PROGRAM

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

Monday - Thursday for 5 weeks.

#BV44 Mon - Thurs starting January 16

6:00pm-10:00pm ROOM 176

BARRY DALLAS \$340

OPERATING A CONTRACT CLEANING BUSINESS

This 12-hour course is designed for those who would like to manage or operate their own cleaning business. Topics include business planning, sales & marketing, bidding & estimating, creating a proposal, hiring & retaining employees and insurance & bonding requirements. Students will learn up-to-date techniques in designing their own marketing material and learning what customers look for when hiring a cleaning service.

4 evenings Monday - Thursday.

Course manual included.

#BV45 Mon - Thurs starting March 5

6:30pm-9:30pm ROOM 176

BARRY DALLAS \$150

BUSINESS / VOCATIONAL

MARKETING AND SALES

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

#BV85 2 Mondays starting February 20
7:00pm-9:00pm ROOM 149
DAN RUIMY \$39

PROJECT MANAGEMENT

FUNDAMENTALS **NEW!**

Project management isn't just for construction engineers & military logistics experts anymore. Today, in addition to the regular duties of your job, you are often expected to take on extra assignments – and to get that additional job done well, done under budget, and done on time. This workshop will familiarize you with the most common terms and current thinking about projects to achieve specific goals.

#BV64 2 Tuesdays starting January 31
7:00pm-9:00pm ROOM 161
DAN RUIMY \$39

TEAMWORK: **NEW!**

BUILDING BETTER TEAMS

Your success as a manager can often depend on how well your team operates. How are their problem-solving skills? Are they enthusiastic and motivated to do their best? Do they work well together? There have been hundreds of studies demonstrating that human beings function better & learn better in groups. If you want to develop your team leadership skills and unleash the talent of your individual team members, this workshop is a practical look at current leadership practices

#BV63 2 Tuesdays starting February 21
7:00pm-9:00pm ROOM 127
DAN RUIMY \$39

MANAGING DIFFICULT PEOPLE

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

#BV14 2 Mondays starting January 30
7:00pm-9:30pm ROOM 149
JANYSE HRYNKOW, MA \$63

HOW TO START A SMALL BUSINESS

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

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

SUPERVISING PEOPLE / LEADERSHIP DEVELOPMENT

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

#BV80 2 Mondays starting January 16
7:00pm-9:30pm ROOM 148
JANYSE HRYNKOW, MA \$63

CONFLICT RESOLUTION

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

#BV15 2 Tuesdays starting January 31
7:00pm-9:30pm ROOM 160C
JANYSE HRYNKOW, MA \$63

CONTROL YOUR EMOTIONS IN THE WORKPLACE

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

#BV91 1 Monday February 27
7:00pm-9:30pm ROOM 148
JANYSE HRYNKOW, MA \$42

ANGER MANAGEMENT

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

#BV05 2 Tuesdays starting January 17
7:00pm-9:30pm ROOM 160C
JANYSE HRYNKOW, MA \$63

BULLYING IN THE WORKPLACE

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

#BV92 2 Mondays starting February 13
7:00pm-9:30pm ROOM 133B
JANYSE HRYNKOW, MA \$63

VERBAL ABUSE: HOW TO DEAL WITH IT

Verbal abuse has no physical signs. Are you a victim that tends to suffer in silence and alone? In order to help you recognize abuse, remember that all forms of verbal abuse are methods of manipulation and the damage is profound and devastating. Let Janyse share her "keys to healing" to this emotional psychological abuse.

#PE88 1 Thursday March 1
7:00pm-9:30pm ROOM 160C
JANYSE HRYNKOW, MA \$42

OVERCOMING PROCRASTINATION

Are you a procrastinator? You'll be happy to know that everybody does it! If you've come to the conclusion that procrastination is a problem for you, then you need this workshop. Get on with the New Year and learn to change your behaviors to feel more productive and accomplished. Attack procrastination with a vengeance and show yourself that you can handle most things.

#PE10 1 Thursday January 26
7:00pm-9:30pm ROOM 160C
JANYSE HRYNKOW, MA \$42

NEGOTIATING A CRISIS

Crises come in many forms and from different directions. What ever crisis you are experiencing, certain techniques can be applied to ease you through it. Janyse will share with you the simple steps you can take to focus on reducing your stress, providing support and improving your coping skills.

#PE81 2 Thursdays starting February 16
7:00pm-9:30pm ROOM 160C
JANYSE HRYNKOW, MA \$63

BUSINESS / VOCATIONAL

CONSIDERING A CAREER MOVE?

Thinking about making a move in your career? Dissatisfied in your current job or looking for the next challenge? This one-day workshop will help you examine some of the drivers behind your career decision-making and provide a springboard for your next steps.

#BV04 1 Saturday February 25
9:00am-4:00pm ROOM 149
WENDY LAWSON \$59

ECONOMICS DEBUNKED

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

#BV59 3 Tuesdays starting February 7
7:00pm-9:00pm ROOM 224
GUY DUPERRAULT BGS ASCT \$54

MODERN BUSINESS AND SOCIAL ETIQUETTE

Although formal etiquette may appear to have lost favour in today's casual business environment, the teamwork, cooperation and marketing so prized by the corporate world depends on people with great social skills.

#BV83 1 Wednesday February 1
7:00pm-9:00pm ROOM 149
ANN ELIZABETH BURNETT \$27

INTRO TO MEDICAL OFFICE PROCEDURES

This is a comprehensive course that introduces the student to the role of the Medical Office Assistant. It provides the student with the skills needed to work in a variety of medical offices. Topics covered include: the Canadian health care system, medical ethics, reception, communication skills, documentation, scheduling, office management and patient records management.

#BV94 8 Mondays starting January 16
6:00pm-9:30pm ROOM 117
SALLY EVANS \$159

INTRO TO MEDICAL TERMINOLOGY

This is an intensive and comprehensive medical terminology course. It begins with word building, which is the central theme of the course. Spelling, pronunciation and abbreviations of medical terms will be covered throughout the course, along with anatomy, physiology and diseases. Upon completion of the course, students will be able to break down and understand medical words and describe common terms related to cells, tissues, organs and body systems. This is an ideal introductory course for health care professionals and an essential component of Medical Office Assistant training. Fluency in English is required to take the course.

#BV62 8 Wednesdays starting January 18
6:00pm-9:30pm ROOM 267
SALLY EVANS \$159

DEMENTIA CARE

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

#BV57 4 Thursdays starting January 19
6:00pm-9:30pm ROOM 123
SALLY EVANS \$79

MEDICAL ENGLISH **NEW!**

This is a preparatory course for ESL students who want to improve their English in order to be able to enroll in further health care courses or programs. An introduction to terminology used in the health care field. Students will gain skills for communicating and working in the health care field in Canada. Each class includes communication skills, medical terminology, anatomy, physiology and pathology. Additional topics covered throughout the course include the Canadian health care system, mental health, pharmacology, nutrition, personal care and written communication skills.

#BV67 4 Thursdays starting February 16
6:00pm-9:30pm ROOM 267
SALLY EVANS \$79

INTRO TO PHARMACOLOGY

This course introduces the student to key terms and concepts related to the field of pharmacology. Topics covered include names of drugs, classifications of drugs and abuse of drugs. Assisting with medication administration for non-licensed professionals is also a course component. Please bring a lunch.

#BV72 1 Saturday February 25
9:00am-3:30pm ROOM 267
SALLY EVANS \$79

PUBLIC SPEAKING 101

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

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

VOICEOVER ANNOUNCING

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

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

#BV47 6 Tuesdays starting January 31
6:30pm-9:30pm ROOM 163
PAM WILLMER \$112

VOICEOVER ANNOUNCING: **ADVANCED** **NEW!**

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

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

BUSINESS / VOCATIONAL

HOW TO BECOME MORE ASSERTIVE AND CONFIDENT

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

#BV13 4 Tuesdays starting January 17
6:30pm-9:30pm ROOM 149
WENDY LAWSON \$79

HOW TO BECOME MORE **NEW!** ASSERTIVE AND CONFIDENT:

LEVEL 2 You've been practicing boundary-setting and speaking assertively, which has helped to improve your self-esteem, confidence, relationships with others and the way you manage conflict, but some situations are harder than others to set limits and express what you really want to say. This refresher course will help you look at your stumbling blocks and work on ways to remove them so you can continue to communicate assertively and stand up for yourself in your personal and professional life. This is an interactive class so come prepared to share some examples. Prerequisite: How to Become More Assertive & Confident.

#BV18 2 Tuesdays starting February 21
6:30pm-9:30pm ROOM 161
WENDY LAWSON \$ 47

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 February 8
7:00pm-10:00pm School Library
TERRY SMALL \$42

GRAB THAT BINDER! **NEW!**

In this workshop you'll learn exactly what to gather in a binder to make sure everything will run smoothly in the event of illness, death or some other catastrophe. It's you, your family, your property, medications, finances, will, personal care provisions, travel information -- everything in one handy reference. Learn what to gather and put in your binder. You'll take home a list of the contents you need and you'll be astonished at how often you refer to it. Binders are available for purchase from the instructor for \$20 (cash only).

#LA50 1 Wednesday Feb 15 6:30pm-9:00pm ROOM 164 DIANA CRUCHLEY \$25

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

#BV90 1 Wednesday February 29
7:00pm-9:00pm 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. 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 Tuesday March 6
7:00pm-10:00pm ROOM 161
TERRY SMALL \$42

ACCENT REDUCTION / SPEAKING SKILLS

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

#BV77 6 Mondays starting January 16
7:00pm-9:00pm ROOM 227
ANITA SMITH \$140

GRAMMAR AND PUNCTUATION

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

#BW31 2 Mondays starting February 27
7:00pm-9:00pm ROOM 227
ANITA SMITH \$49

MEMORY TRAINING

Eight Practical Memory Tips:

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

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

BIBLE MEMORY COURSE **NEW!**

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

#PE55 1 Saturday February 25
9:00am-3:30pm ROOM 161
GRAHAM BEST \$59



BUSINESS / VOCATIONAL

THE SCIENCE OF GETTING RICH

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

#BV58 1 Thursday March 1
6:30pm-9:30pm ROOM 163
BOB BURNHAM \$47

WRITING FOR CHILDREN

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

#BW21 1 Thursday February 2
7:00pm-9:30pm ROOM 227
ANITA SMITH \$26

TUTORS, INC.: HOW TO START YOUR OWN TUTORING BUSINESS

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 lunch.

#BV87 1 Saturday February 25 9:00am-3:30pm NWSS 164 TEDDY PARVANOV \$52

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. A complete workbook included -- extra material available for purchase.

#BW41 1 Thursday March 8
6:30pm-9:30pm ROOM 163
BOB BURNHAM \$48

CREATIVE WRITING:

This is a three-hour session to help the novice writer jumpstart and maintain his or her enthusiasm for writing. The fun writing exercises and group energy will help motivate you to get started or to work through writing blocks. All genres of fiction, non-fiction and journal/memoir writers will benefit.

#BW10 1 Saturday February 25
12:30pm-3:30pm ROOM 227
ANITA SMITH \$28

WRITING REPORTS, GRANTS AND PROPOSALS

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

#BW72 2 Mondays starting February 6
7:00pm-9:00pm ROOM 228
DAN RUIMY \$39

BUSINESS WRITING

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

#BW12 1 Saturday February 25
9:00am-12:00pm ROOM 227
ANITA SMITH \$28

COMPUTERS

KEYBOARDING

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

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

KEYBOARDING

FAST & ACCURATE

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

#CO96 1 Saturday February 25 9:00am-3:30pm
ROOM 266 WANDA MADOKORO \$50

COMPUTER FUNDAMENTALS

This course is intended for those with little or no computer experience.

Its objective is to provide new computer users with the opportunity to learn about computers in a fun, hands-on environment. Topics include a brief overview of computer hardware, Windows basics and capabilities of two of the applications of MS Office Word Excel.

#CO81 3 Mondays starting January 16
6:45pm-9:45pm ROOM 255 \$138

WINDOWS 7 FOR BEGINNERS

This course starts from the very beginning - basic jargon, keys, shortcuts, how to navigate around, how to customize & optimize your Windows, copy and move files around, basic maintenance, emails and use of the internet. *No refunds.*

No prerequisites.

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

WINDOWS 7 MANAGEMENT

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

Prerequisite: Windows 7 for Beginners.

#CO68 2 Mondays starting February 13
6:45pm-9:45pm ROOM 257
SAN CHANG \$150

Did you check out the Microsoft IT Academy computer classes on page 7?

COMPUTER TRAINING

HANDS-ON QUICKBOOKS: LEVEL 1

QuickBooks is the easiest accounting system to manage your personal and business finances. This course will equip you with the necessary skills needed in computerized accounting jobs to work with invoicing, billing, payables/receivables, reconciliations, depreciation, amortization, etc. Free QuickBooks CD (limited quantity - first come, first served).

Must be familiar with Windows. *No refunds.*

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

HANDS-ON QUICKBOOKS: LEVEL 2

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

#CO56 2 Wednesdays starting February 15
6:45pm-9:45pm ROOM 255
SAN CHANG \$150

HANDS-ON PHOTOSHOP

Want to enhance underexposed, blurry or just old pictures to brilliance? Learn the basics of digital photography, image correction, create panorama pictures, remove wrinkles and blemishes. Fun intro to DIY greeting cards, calendars, etc.

Must be familiar with Windows. *No refunds.*

#CO67 4 Thursdays starting January 19
6:45pm-9:45pm ROOM 255
SAN CHANG \$250

SIMPLY ACCOUNTING 2011

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

Basic accounting knowledge required.

#CO11 5 Thursdays starting January 17 6:45pm - 9:45pm ROOM 257 CCI \$185

HANDS-ON WEBPAGE CREATION

Learn to create webpages for your small business or personal website from scratch using colourful text and pictures, animations, tables and framed pages. Topics include HTML coding, CSS, dynamic content, sound, music, video streaming, bookmarks, links, ActiveX and Java Applets.

Must be familiar with Windows. *No refunds.*

Classes run Mondays and Wednesdays.
#CO21 2 Mon & 2 Wed starting Feb 27
6:45pm-9:45pm ROOM 255
SAN CHANG \$250

CREATE FLASH ANIMATIONS

This course teaches you how to quickly create a basic animation using tweens, squashing & stretching and character construction to produce a flash file that can be used on webpages as a banner ad, or infomercial to enhance your presentation.

Must be familiar with Windows. *No refunds.*

#CO43 2 Thursdays starting February 16
6:45pm-9:45pm ROOM 255
SAN CHANG \$150

HANDS-ON MICROSOFT VISIO

Learn Visio to easily generate very professional-looking diagrams that can be used elsewhere in reporting or presentations, such as house floor plans, project schedules, organizational charts, work-flow instruction diagrams, etc.

Must be familiar with Windows. *No refunds.*

#CO44 2 Thursdays starting March 1
6:45pm-9:45pm ROOM 255
SAN CHANG \$150

Excel Expert User Certificate issued if all 3 Excel 2007 levels are taken!

HANDS-ON EXCEL 2007: LEVEL 1

Excel is an essential spreadsheet skill to organize related calculation results in a 2D fashion and then present the results either graphically or in a document. Topics include: cells, references, grouping, format, sorting, how to cross-link multiple sheets to generate charts, etc.

Must be familiar with Windows. *No refunds.*

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

HANDS-ON EXCEL 2007: LEVEL 2

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

Prerequisites: Excel 2007: Level 1.

#CO39 3 Tuesdays starting February 7
6:45pm-9:45pm ROOM 255
SAN CHANG \$200

HANDS-ON EXCEL 2007: FUNCTIONS AND STATISTICS

We will continue to explore more advanced features in Excel: functions, formulas, import/export to databases, decision-making from sampling data using statistical functions and StatPro add-ins. *No refunds.*

Prerequisites: Excel 2007: Level 2.

#CO42 2 Tuesdays starting February 28
6:45pm-9:45pm ROOM 255
SAN CHANG \$150

Registration starts

Tuesday January 3rd 2012

call 604-517-6345

BAKING WITH KATHY

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.

Please bring a paring knife to class.

#CK29 1 Monday February 6
7:00pm-10:00pm ROOM 236
KATHY ROERING \$38



BREAD AND BUNS

Learn to make whole grain, white & rye bread and buns, as well as spiced fruit bread, cinnamon coffee cake, hot cross buns, sourdough bread and buns. Take home your own home-made loaf of bread and a pan of cinnamon buns. Please bring an aluminum foil loaf pan and a large zip-lock bag to the first class.

#CK91 2 Mondays starting February 20
7:00pm-10:00pm ROOM 236
KATHY ROERING \$45



SOURDOUGH!

NEW!

Come and learn how to make sponges for breads such as Ciabatta, Country French and Danish Rye and Amish Friendship Starter and Sourdough Starter that take up to two weeks to create. Each student will take home a pan of Sourdough biscuits and some Sourdough Starter. Other recipes: Focaccia, Bauernbrot, and Ekmek. Bring to class a 9"x13" foil baking pan and a 500ml plastic container w/secure lid.

#CK19 1 Monday March 5
7:00pm-10:00pm ROOM 236
KATHY ROERING \$38

COOKING CLASSES

MORE SOUPS TO SAVOUR

Anytime is soup time, but the chill of winter makes a hot bowl of soup for lunch or dinner even more appealing. Bring your appetites and containers for leftovers as you prepare a selection of new offerings.

#CK51 1 Thursday January 19
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

A LATIN FEAST

You'll prepare a Latin-inspired menu that will include the best Black Bean Soup, Grilled Beef with Chimichurri Sauce and Bananas Tres Leches.

#CK52 1 Tuesday January 31
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

ROMANTIC FRENCH

Valentine's Day is just around the corner! Why not plan a fabulous French dinner for someone special or for a small group of friends? Your meal will include Coquilles St. Jacques, Beef Bourguignon and a Warm Upside-Down Apple Tarte.

#CK53 1 Thursday February 9
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

COOKING WITH SPIRITS

Cook with a variety of alcoholic beverages can add a new dimension to your recipes. You will prepare and enjoy a dinner that will include Bloody Caesar Steamed Mussels, Guinness Irish Stew with Barley Risotto and Grand Marnier Crème Brûlée.

#CK54 1 Tuesday February 21
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

MEDITERRANEAN MADNESS

Journey around the Mediterranean Sea -- stopping at exciting ports along the way to enjoy a progressive dinner. Dishes prepared will include Spiced Chicken Skewers with Mint Yogurt from Morocco, Bouillabaisse from the South of France, Vanilla Bean Panna Cotta from Italy.

#CK55 1 Thursday March 8
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

INCREDIBLE INDIAN DINNER

We'll discuss the role of spices in Indian cuisine and then prepare a delicious meal consisting of Mulligatawny Soup, Spicy Prawn & Coconut Curry, Banana & Pistachio Rice Pudding and more.

#CK56 1 Tuesday March 13
6:30pm-9:30pm ROOM 236
KATHRYN HUNTER-TATE \$38

SINGAPORE & MALAYSIAN

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

#CK87 1 Thursday January 26
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

TERRIFIC THAI

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

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

DIVINE VIETNAMESE

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

#CK11 1 Thursday February 23
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 March 1
6:30pm-9:30pm ROOM 236
MICKEY TSE \$38

WILTON DECORATING:



COOKIES FOR YOUR VALENTINE!

Learn how to make a festive cookie arrangement for your Valentine! Now is your chance to get creative! In just one lesson, our Wilton instructor will help you make a beautiful arrangement that is sure to make your Valentine feel special.

#CK04 1 Tuesday February 7
6:30pm-9:30pm ROOM 236 SILVIA MULLER \$38

INTRO TO RAW FOOD LIFESTYLE

This is the fundamental raw food course that teaches you the basics of the raw food lifestyle. It is perfect for any culinary skill level and even great for those who don't like the hassle of cooking! In this class you will learn: -What raw and living foods are and their benefits -How to make delicious raw food meals for breakfast, lunch, dinner, dessert and snacks, smoothies -The health benefits of common ingredients and how to combat and prevent disease through a whole foods diet. During this course we will make and sample 9 gourmet raw food dishes, so bring your enthusiasm and appetite!

#CK74 1 Saturday February 25
9:00am-1:00pm ROOM 236
Vancouver Natural Gourmets \$65

H.E.A.L. - **NEW!** HEALTHY EATING & LIFESTYLE

The HEAL Series features six, 1½ hour seminars to give students the tools and knowledge to instantly improve their health and lifestyle. Key areas of wellness are addressed and each session includes healthy and easy recipes, a demo and samples of what was created. Topics:

1. Fight off Fatigue for Awesome Energy
2. Stress Busters
3. Sleep Well Tonight
4. Super-Foods for Super-Moods
5. Exercise Nutrition
6. Let's Get Youthing!

#CK75 6 Wednesdays starting Feb 8
7:00pm-8:30pm ROOM 236
Vancouver Natural Gourmets \$89

EAT WELL TO LIVE WELL

This is not a cooking course. Tonight we'll explore nutrition, weight loss and eating for maximum health and performance. By eating the right foods at the right time in the right combinations and amounts -- for you specifically -- you can be ensured a vibrant life. Find out what research is telling us about diet and the chronic diseases that are killing us, specifically diabetes, cancer, arthritis, heart disease and Alzheimer's Disease.

#HS79 1 Thursday January 19
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN \$25

WILTON CAKE DECORATING PROGRAM



WILTON CAKE DECORATING CERTIFICATE PROGRAM

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

CAKE DECORATING: LEVEL 1

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

Please request a list of required supplies when registering.

Decorating kit and book included in course fee.

#CK01 4 Mondays starting January 16
6:30pm-9:30pm ROOM 235
SILVIA MÜLLER \$105

CAKE DECORATING: LEVEL 2 FLOWERS & CAKE DESIGN

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

Please request a list of required supplies when registering.

Decorating kit and book included in course fee.

#CK02 2 Mon & 2 Wed starting Feb 13
7:00pm-9:00 pm ROOM 235
SILVIA MÜLLER \$105

CAKE DECORATING: LEVEL 3 GUM PASTE & FONDANT

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

Decorating kit and book included in course fee.

#CK03 2 Mon & 2 Wed starting Feb 27
7:00pm-9:00 pm ROOM 235
SILVIA MÜLLER \$105

DOG TRAINING / GROOMING

BEGINNER DOG TRAINING

Dogs should be 6 months or older.

A beginner's course designed to teach you to train your own dog and understand how dogs learn. This course covers: on leash, heeling, sits, downs, staying, coming when called, as well as basic canine 'good manners'. Please do not bring your dog the first night. Remaining sessions are held outdoors. All dogs must be vaccinated.

Please bring vaccination certificate on information night. Aggressive dogs will be asked to leave the course.

#PT48 6 Saturdays starting January 21
9:00am-10:00am NWSS OUTDOORS
TODD KIER \$112

Note: Dog Training Beginner and Level 2 the first session (information night) is held at New Westminster Secondary on Monday, January 16th 2012 7:00-8:30 pm in Room 182.

Please do not bring your dog the first night.

Instructor contact: www.k9assistance.com.

ANIMAL COMMUNICATION

Do you ever wonder what your pets are thinking? Now you can learn to communicate in ways they will understand by using your intuition. Practice techniques to access your natural psychic abilities and enjoy a deeper relationship with your pet. Please bring photographs or photocopies of multiple of animals you know well to class and a lunch.

#PT60 1 Saturday March 5 6:30pm-9:30pm ROOM 121 DALTON GRADY \$58

BASIC OBEDIENCE: LEVEL 2

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

#PT65 6 Saturdays starting January 21
10:15am-11:15am NWSS OUTDOORS
TODD KIER \$112

GROOM YOUR DOG AT HOME

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

#PT53 1 Thursday February 16
6:30pm – 9:30 pm ROOM 161
TERA TENG \$52

ANIMAL MASSAGE & ENERGY WORK

Animal Massage Practitioner, Daynna Major brings you a fun, interactive informational presentation that tells the things you should know about animal massage and energy work. Join Daynna as she, along with demo dog Willow, explains 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 February 25
11:00am-1:00pm ROOM 163
DAYNNA MAJOR \$27

DO-IT-YOURSELF / JEWELLERY

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..



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

WIRE & BEAD JEWELLERY: LOOPED, COILED AND HAMMERED

Come join Susan for a fun evening creating wire and bead jewellery. You will get an introduction to the traditional technique of hammering wire and also learn how to make loops and coils. Your finished creation is a beautiful necklace. Once you have the equipment and basic techniques mastered, you can go on to make many different and unique pieces of jewellery for yourself and for gift giving. All tools and materials supplied. Additional tools and materials will be available for purchase.

#JB08 1 Thursday January 26
6:30pm-9:30pm ROOM 161 SUSAN ALBERT \$50

JEWELLERY DESIGN WITH BRENDALEE: **NEW!**

WALK IN THE PARK BRACELET

**Beginners welcome.* Copper Foldforming and Faux Bone Bracelet. Nature is the inspiration for this project. Create a unique bracelet that will be the talk of the town while discovering several wonderful techniques! You start by learning the basics of fold forming metal. Then move on to cold connecting with microfasteners - a great way to connect your pieces and add some cool design elements. Finally, you get to discover the versatility of Faux Bone, a great design material that can be filed, hammered, drilled, bent and patinated! You'll be designing your next project before this one is even completed! Kit fee of \$60 payable to the instructor in cash at the time of the class.

#JB23 1 Thursday February 9
6:30pm-9:30pm ROOM 155 BRENDALEE ASTELLS \$49

Visit BrendaLee's website (www.silverbee.ca) for a list of recommended tools for all her classes. Photos available as well.

JEWELLERY DESIGNS WITH BRENDALEE: **NEW!**

EMBELLISHED VIKING KNIT BRACELET

**Beginners welcome.* Learn the ancient skill of Viking Knit to craft your own beautiful embellished bracelet. As well as silver, you will use lampwork from local artisans and Czech glass beads. A technique used by the Vikings, it dates back to as early as 850 A.D., and is speculated to have been used to make armour, clothing and jewellery. It is a wonderful technique of wire weaving that will soon have you under its spell wanting to create more. Kit fee of \$70 payable in cash to the instructor at the time of class. The kit includes a dowel and drawplate for you to take home so you can continue to create.

#JB25 1 Thursday March 8
6:30pm-9:30pm ROOM 155 BRENDALEE ASTELLS \$49

JEWELLERY MAKING: INTERMEDIATE

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

Students - please choose Tuesday OR Wednesday -- not both.

#JB68 8 Tuesdays starting January 17
6:30pm-9:30pm ROOM 155 JIM KERR \$98
#JB70 8 Wednesdays starting January 18
6:30pm-9:30pm ROOM 155 JIM KERR \$98

PRECIOUS METAL CLAY (PMC) INTRODUCTION

Learn the basics of PMC in this one-day workshop. This exciting clay, when fired, is 99.9% fine silver. Learn how to form, texture, cut, dry, finish and kiln-fire a pair of earrings and a pendant or a few charms. No experience necessary. All supplies included in the fee. Limited to 15 adults for personal attention. Go to instructor's website (www.PMCCartisan.com) for class tips and jewellery inspiration. Please bring a lunch.

#JB85 1 Saturday February 25
9:00am-3:00pm ROOM 210 LIZ MCDONALD \$150

JEWELLERY DESIGN WITH BRENDALEE: **NEW!**

STACKING RINGS

**Not for beginners -- some soldering experience required.*

Do you remember those colourful stacking rings that graduated in size and taught little ones about hand- eye co-ordination? Imagine instead a grown-up version that you stack on your fingers and that's what you will be learning to make in this class. We start by learning to properly measure, saw and file the silver for well-fitting rings, then we add a bezel-set cubic zirconia onto one of the bands, and lastly we learn to add a personal touch to the other rings to complete the set. In addition you will have the opportunity to learn a few time-saving techniques for metalsmithing using a Foredom Drill (Flexshaft). Kit fee of \$95 payable to the instructor in cash at the time of the class.

#JB22 2 Thursdays starting January 19
6:30pm-9:30pm ROOM 155 BRENDALEE ASTELLS \$68

JEWELLERY DESIGNS WITH BRENDALEE: **NEW!**

TRINITY RINGS

**Not for beginners -- some soldering experienced required.*

Learn how to make this elegant and popular ring with its interlocking bands. You will learn about making a ring band which includes sizing and understanding how different gauges of wire affect this. Traditionally made with three different types of gold, we will use half round sterling silver wire with the option of making the ring with three bands of the same gauge half round wire or mixing it up by making multiple bands using smaller gauges of half round. In addition, you will have the opportunity to learn a few time-saving techniques for metalsmithing using a Foredom Drill (Flexshaft). Kit fee of \$65 payable in cash to the instructor at the time of class.

#JB24 1 Saturday February 25
9:00am-3:00pm ROOM 155 BRENDALEE ASTELLS \$68

DO-IT-YOURSELF

BATH & BEAUTY

SOAP MAKING: PURE & SIMPLE

Soap from scratch! In class you'll 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 troubleshooting, history and packaging/decorating your soaps! Also receive a finished soap bar. You'll also receive recipes for pet soap, laundry soap and herbal shampoo. Please bring a hand towel to class. Come to class scent-free and bring an apron (or wear appropriate clothing).

SUPPLIES INCLUDED IN COURSE FEE.

#BB60 1 Wednesday January 25

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

SOAP MAKING: ADVANCED NEW

Are you ready to further explore your soap making skills and kick it up a notch? If so, this advanced cold process class is for you! Discover additional soap making techniques, which include "in-the-pot" creations. Learn to work with micas, oxides, natural colorants and various essential oils to create swirls and layers. Plus discover how to turn soap trimmings and previous soap projects into pieces that are fun and fascinating! Please bring a hand towel to class. Previous soap making experience/knowledge is preferred, however, not a prerequisite. Please come to class scent-free / wear appropriate clothing. SUPPLIES INCLUDED IN COURSE FEE.

#BB45 1 Wednesday February 1

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

CUPID'S SKIN CARE GIFTS

For you or your Valentine!

Create luxurious and high quality products using nourishing butters, organic oils and botanical extracts without the high cost! In this class, make and take home a Mineral Based Body Powder, Papaya Sugar Scrub (giving gentle exfoliation and leaving your skin feeling silky smooth), an Exotic Body Butter (taking care of dry skin), a variety of Tub Fizzers in various scents and shapes and an Almond Oatmeal Soap for the sensitive skin type. Plus, a Valentine body care gift! Also receive recipes for body sprays and tub treats! SUPPLIES INCLUDED IN COURSE FEE.

#BB91 1 Tuesday February 7

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



MINERAL MAKE ME-UP

Are you currently using a mineral make-up and want to make your own for a fraction of the cost? Using an array of earth elements, butters, oils, waxes, and pre blended bases, make and take home a foundation powder, concealer stick, mascara, eye shadow, lip gloss, cosmetic pencil, a moisturizing lipstick and handouts with instructions from the class. Plus discussions on blending colours, mineral make up benefits and ingredient knowledge. Also receive recipes on liquid foundation and makeup remover.

Please note: This class is not about how to apply or use makeup. Some exact formulas are not provided due to copyrights.

Please bring a lunch.

SUPPLIES INCLUDED IN COURSE FEE.

#BB62 1 Saturday February 25

10:00am-4:00pm ROOM 235
CHERYL THEILADE \$139

FACE VALUE



From acne to rosacea, create natural facial care - food for the skin! Customize your own skin care face products to meet individual needs.

Take home a Chamomile Cleanser, Alpha Hydroxy Skin Toner, Papaya Oatmeal Facial Scrub and Aloe Vera Cream. You'll also receive recipes for a Hydrating Facial Spray and a Wholesome Facial Mask.

SUPPLIES INCLUDED IN COURSE FEE.

#BB43 1 Tuesday March 6

6:30pm-9:00pm ROOM 236
CHERYL THEILADE \$56

AROMATHERAPY: SIGNATURE SCENTS

Aromatic essences derived from portions of the plants—discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Discuss creating your own essential oil medicine cabinet. In class, create blends for lymphatic drainage, scarring, acne and other ailments. Create a personal synergy (blend), a roll-on, massage oil, a solid scent perfume and a perfume spray. Recipes and blends provided.

SUPPLIES INCLUDED IN COURSE FEE.

#BB82 1 Monday March 12

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

JOURNALING

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. When we write, the mind slows down to about 100 words a minute. This course brings in an additional element by using images with words to bring balance to your right and left brain thinking. Course Objectives: Understand WHY journaling works, explore the power of different journaling tools, experience new ways of thinking, provide a journaling strategy. Diane has been journaling for over 30 years and developed and created the Sketchajournal for the right/left brain thinker. Sketchajournal included with fee.

#PE41 1 Monday January 23

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

Check out Diane's website:

www.sketchajournal.com

JOURNALING:

EMBRACING TRANSITIONS IN YOUR LIFE

We all go through change, loss and grief in our lives. The most difficult times are when we do not have a choice about how things are unfolding in our lives. Sometimes the most recent change is accumulated with past changes that intensify feelings. Learn to identify what is from your past, where you have healed and how to draw from your past strength to build a strong foundation for your future. Four journaling tools are taught and practiced to build resilience and strength. Transition Sketchajournal included in fee.

#PE44 1 Thursday January 26

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

DISCOVER YOUR LIFE

PURPOSE THROUGH JOURNALING

Feeling lost or unfulfilled? Create a personal vision statement for your life. Identify your motivation, values, qualities and talents. Find out what brings you meaning and fulfillment. Align with your life purpose and you'll find your passion and personal power. Watch your energy, health and peace of mind improve by using journaling tools that create clarity, meaning, and ownership for each decision that you make. Learn and practice four new journaling tools that will make a difference in your life.

Sketchajournal included in fee.

#PE43 1 Tuesday January 31

6:30pm-9:30pm ROOM 127
DIANE DOYLE \$42

DO-IT-YOURSELF / SEWING

BASIC SEWING

This class is designed for the new sewer, as well as for those with some



experience. Learn to adjust a pattern to your own measurements and to construct a simple skirt or blouse. Please bring a tape measure, pencil and paper to the first class.

#SK16 8 Tuesdays starting January 17
6:45pm-9:15pm ROOM 237
KAREN HARBICK \$119

SEWING: THE NEXT LEVEL

This class is a continuation of Basic Sewing. Students must have basic sewing skills to participate in this class. Please bring your project to the first class along with a tape measure, pencil and paper.

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

INTRODUCTION TO PATTERN DRAFTING

Learn pattern drafting at its most basic level. This includes learning what the correct measurements are, how to take measurements, understanding your pattern pieces and how they are put together. Students will learn a viable formula of pattern drafting that they can use in their daily lives and apply to manipulating and sizing commercial patterns, as well as creating their own designs from scratch. Students must bring to class scissors, paper and/or fabric, calculator, measuring tape and a ruler (18").

All other supplies included.

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

CROCHET FOR BEGINNERS



One crochet hook, yarn or thread and a few basic stitches can produce magic. While learning the basics you

will make a cowl to fit nicely around your neck to use as an accessory and to keep the wind out. A hat will follow as you learn to crochet in the round. Lastly, make lacy squares to put together for a shawl, purse, etc. Join Shirley and get "hooked".

#SK89 4 Thursdays starting January 19
7:00pm-9:00pm ROOM 234
SHIRLEY MOORE \$76

MAKE A QUILT QUICK & EASY!

Make a special, personalized gift! There will be four quick and easy projects to choose from.

First choice is a Double-Season Quilted Table Runner great for your dining room table, which can be flipped over to use for a second season (Winter, Spring, Fall, Christmas, Easter, etc). Kit cost is \$20.

The **second project** is a themed Milky Way Quilt (19"x19"). Kit cost is \$20.

The **third project** is a pair of placemats. Kit cost is \$20.

The **fourth project** is an "I Spy" child's quilt. Kit cost is \$30.

Learn how to quilt your selected project. Basic sewing experience is all that is required. Bring 2 spools of neutral coloured thread, scissors, seam ripper and measuring tape. Kit cost is payable to the instructor (CASH ONLY). Please request your choice when registering. Please bring a lunch.

#SK41 1 Saturday February 25
9:00am-4:00pm ROOM 237
BEAU GABINIEWICZ \$48

KNIT

YOUR FIRST SWEATER

Making a sweater is easier than you think. By using heavier yarn and larger needles the knitting is quicker and you see faster results. Pattern stitches within the design will be taught or you can make it as simple as possible. Learn to block and finish your garment for professional results. Basic knit and purl required. Supplies available at first class (approx. \$40-\$60).

#SK74 7 Tuesdays starting January 17
7:00pm-9:00pm ROOM 222
SHIRLEY MOORE \$89

KNIT A WINTER SCARF

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

All supplies included in course fee.

Please bring a lunch.

#SK82 1 Saturday February 25
9:00am-3:30pm ROOM 167
SARAH WETHERED \$63

MAKE A SOCK MONKEY



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

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

RAG RUGS

Join Jan for this 2 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 included in the course fee. Jan will give you lots of ideas.

#CR50 2 Wednesdays starting February 8
6:30pm-9:30pm ROOM 163
JAN TRUBER \$49

HOME STAGING & REDESIGN

Simplify your life and get comfortable with do-it-yourself home staging and redesign. In this course you'll learn about de-cluttering, home staging, redesign, colour, move-in set up and interior awareness. This course includes hands-on projects which explore these topics in an informative but relaxed atmosphere.

#HD29 6 Thursdays starting January 19
7:00pm-8:30pm ROOM 235
BRENDA SINCLAIR \$90

TABLE ETIQUETTE FOR PRE-TEENS & TEENS

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

#BV02 1 Wednesday January 25
7:00pm-8:30pm ROOM 149
ANN ELIZABETH BURNETT \$22

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

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

#BV12 1 Wednesday February 8
7:00pm-9:00pm NWSS 149
ANN ELIZABETH BURNETT \$27

FREE COMMUNITY FORUMS

Please Register for FREE classes call 604-517-6345 or online www.ce40.ca

CHRONIC PAIN MANAGEMENT

Multiple factors contribute to managing chronic pain. Whether it's medications, physical management or mind-body connection strategies -- you can learn what you can do and how to work better with your healthcare professionals.

#CF38 1 Monday February 6
7:00pm-9:00pm School Library
ARTHRITIS SOCIETY FREE

ARTHRITIS AND STRESS

Learn about the causes of stress, the impact that stress can have on the body and how having arthritis fits into the picture & strategies for dealing with stress.

#CF65 1 Wednesday March 7
7:00pm-9:00pm School Library
ARTHRITIS SOCIETY FREE

STANDING UP AGAINST OSTEOPOROSIS

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

#CF02 1 Monday February 27
6:30pm-8:30pm School Library
DEANNE RAPACIOLI FREE

WOMEN'S WELLNESS: ENERGY! - NEED MORE OF IT

Did you notice how suddenly your "get up and go" just got up and went? This session offers very real practical steps you can take to boost your energy levels, regain your sense of fun, keep you healthy and get you started for a more energetic life.

#CF13 1 Wednesday February 29
6:30pm-8:30pm School Library
DEANNE RAPACIOLI FREE

MAINTAINING A HEALTHY BACK

Come learn what is needed for achieving and maintaining a healthy back, spine and nervous system. Discover why a back problem may also be a "health problem". Learn what to do and what not to do.

#CF78 1 Monday January 30
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN FREE

NOT READY TO RETIRE?

Are you looking for work and don't know where to start? This session will provide a career expert's insights on today's economy and how to make the transition back to employment. Offered by an organization offering employment services since 1987.

#CF40 1 Tuesday January 31
7:00pm-9:00pm ROOM 164
RDK Career Services Inc. FREE

CUSTOMIZED MEAL PLAN

Come and join Sydney for a fun and informative evening and learn a menu system that can help you create a flexible personalized schedule/calendar of meals which can make a busy lifestyle just a little easier. Please bring pencil, eraser, and your recipe box (binder).

#CF31 1 Tuesday February 7
7:00pm-9:00pm ROOM 123
SYDNEY MCGILLIS FREE

PLANNING AND ADMINISTERING AN ESTATE

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

#CF24 1 Thursday February 23
7:00pm-9:00pm School Library
KEVIN WESTWOOD FREE

PERSONAL INJURY CLAIMS - WHAT DO YOU NEED TO KNOW?

As the innocent victim of a car crash in BC, you will find yourself dealing with the Insurance Corporation of British Columbia (ICBC). This lecture is presented in a simple and straightforward way to help you understand the complicated legal relationship between yourself and ICBC, and will help you develop an understanding of the roles played by ICBC's adjusters, investigators and lawyers, as well as that of the careless driver and the legal system.

#CF22 1 Thursday January 26
7:00pm-9:00pm ROOM 164
CAMPBELL, RENAUD FREE

UNDERSTANDING MORTGAGES AND YOUR CREDIT HISTORY

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

#CF03 1 Thursday January 19
7:00pm-9:30pm ROOM 164
INGRID FAISAL FREE

THE INS AND OUTS OF BUYING A CONDO OR TOWNHOUSE

Learn about strata rules/bylaws, financial statements and the home buying process. Understand buyer's responsibilities before and after the sale. Should you buy a previously leaky condo? In a building with rental restrictions? Pets? Learn how to secure your financial future by building your equity and the most common areas for strata legal disputes with an experienced Realtor®, Mortgage Broker and Legal Professional

#CF91 1 Tuesday February 7
7:00pm-9:30pm ROOM 164
PAULINE ROBYN, ISABELLE BERTRAND,
JAMIE WOODS 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. Learn how to find an ideal investment property. Thinking of flipping or buying and renting for investment?

#CF93 1 Thursday February 23
7:00pm-9:30pm ROOM 164
PAULINE PROBYN, MARGARET DRON &
CYNTHIA HAMILTON FREE

WHAT EVERY LANDLORD AND TENANT NEEDS TO KNOW

Have you ever wondered how and why a landlord can retain a tenant's security deposits? How many times a landlord can enter a tenant's unit? Or who is responsible for washing the windows? In this workshop we will review the rights and responsibilities of both landlords and tenants from before you rent to after the tenancy ends.

#CF30 1 Wednesday February 15
7:00pm-9:00pm School Library
BC GOVERNMENT
RESIDENTIAL TENANCY FREE

SELLING YOUR HOME WITH A REALTOR

Let a local realtor share her tips, advice and proven marketing strategies with you!

#CF87 1 Wednesday February 22
7:00pm-8:00pm ROOM 149
TRACEY DAVIES FREE

FITNESS / RECREATION

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 January 18
7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$90

LADIES FLOOR HOCKEY

SHE SHOOTS - SHE SCORES!

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

#FS66 8 Tuesdays starting January 17
7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$90

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.

#FS03 8 Mondays starting January 16
7:00pm-8:00pm Small Massey Gym
MARGARET MAXIM \$75

WORKING OUT WITH BALL AND BANDS

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

#FS94 8 Mondays starting January 16
8:05pm-9:05pm Small Massey Gym
MARGARET MAXIM \$75

SKI / SNOWBOARD POWER CONDITIONING

NEW!

Endurance and Power Conditioning: This course is designed to help you get ready for and stay strong during the winter sport season -- focusing on leg strength and overall muscle endurance to be able to ski/snowboard the whole day.

#FS79 6 Tuesdays starting January 17
7:45pm-8:45pm Massey Cafeteria
MELISA CROSBY \$50



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!

Classes held in New Westminster Secondary School Dance Studio.

#FS72 8 Tuesdays starting January 17
7:00pm-8:00pm Large Massey Gym
JANICE STEVENS \$75
#FS78 8 Thursdays starting January 19
7:00pm-8:00pm Small Massey Gym
RACHEL WOO \$75

ZUMBA GOLD: A GENTLE WORKOUT

NEW!

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! *Classes held in New Westminster Secondary School Dance Studio.*

#FS75 8 Wednesdays starting January 18
6:30pm-7:30pm School Dance Studio
JANICE STEVENS \$75

SIMPLE HOME EXERCISE PROGRAM

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

#FS76 6 Mondays starting January 16
7:00pm-8:30pm Massey Cafeteria
MELISA CROSBY \$60

YOGA-LATES

NEW!

Can't decide between Yoga and Pilates? This class is a unique combination of basic Yoga and Pilates exercises to target muscle tone, core, balance and relaxation all in one workout! Achieve a leaner, toned, more flexible and youthful body with the effects of core-strengthening Pilates and Yoga. *Pilates mat classes are not recommended for individuals with disk injury.* Students need to bring a mat no more than 1" thick for these sessions. *Students with previous neck and back injuries should consult their physician before starting a Pilates program.* Anita has 30 years in the fitness industry and will instruct on how to modify the exercises to your individual needs. Classes held at New Westminster Secondary School - Massey Wing Dance Studio.

#FS55 8 Wednesdays starting January 18
7:45pm-9:15pm School Dance Studio
ANITA SMITH \$81

SATURDAY ZUMBA® FITNESS

8 Saturdays starting January 21

10:05 am -11:05 am

Course #DA99 Fee: \$75

Saturday Zumba classes held at

DANCE WITH ME STUDIOS

50 Lorne Street ,

New Westminster BC

Register: 604-517-6345

FITNESS / YOGA / TAI CHI

HATHA YOGA

Alaina's classes are a fusion of energizing movement, deep relaxation and guided meditation that stem from the Hatha tradition. An awareness and connection to breath and body on the mat that extends to community and environment off the mat is the goal of her teaching, and what she hopes students will take from her class. Alaina aspires to consciously find the balance between one's personal desires and one's impact on the web of life. She helps students find a place that reveals this balance; a path of inter-connectedness and love.

#YO98 8 Mondays starting January 16
6:30pm-8:00pm School Dance Studio
ALAINA THEBAULT \$82

#YO99 8 Mondays starting January 16
8:05pm-9:35pm School Dance Studio
ALAINA THEBAULT \$82

YOGA AND MEDITATION



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

#YO61 8 Tuesdays starting January 17
6:30pm-8:00pm School Dance Studio
MARY VICKARS \$82

YOGA WITH ROSE MARIE

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

#YO31 8 Thursdays starting January 19
6:30pm-8:00pm School Dance Studio
ROSE MARIE PRESTON \$82

TAI CHI: BEGINNER



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

#YO44 9 Wednesdays starting January 18
6:30pm-7:30pm Massey Cafeteria
KENNETH WONG \$81

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

TAI CHI: INTERMEDIATE

This course is a continuation of the Yang Style Tai Ji Chüen (Tai Chi Chüen) long set. The first section or stage will be reviewed and then the second stage will be taught, along with the Double Push Hands exercise. Only students who have completed Tai Chi: Beginner Level or an equivalent course should register for this course.

#YO55 9 Thursdays starting January 19
6:30pm-8:00pm Massey Cafeteria
KENNETH WONG \$86

TAI CHI: CONTINUING

This course is the graduate level of the Yang Style Tai Ji Chüen (Tai Chi Chüen) courses and is for students who have completed all three levels (Beginner, Intermediate, Advanced) or the equivalent courses. The entire Tai Ji set will be reviewed and practiced, along with the Single & Double Push Hands exercises, and basic self-defense movements will be introduced. Furthermore, in order to increase and improve Chi or energy flow so that the efficacy of the Tai Ji set is improved, the Shaolin Finger Chi Gong set will also be taught and practiced.

#YO77 9 Tuesdays starting January 17
6:30pm-7:30pm Massey Cafeteria
KENNETH WONG \$81

VIPASSANA MEDITATION WITH BUDDHIST PHILOSOPHY

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

#YO94 2 Thursdays starting March 8
7:00pm-9:00pm ROOM 123
BRIAN RUHE \$40

MEDITATION TO REDUCE PHYSICAL PAIN

Pain killers can't always do the job. For chronic pain or pain that persists, meditation has been successful in reducing this menace. Loving-kindness meditation, if focused and prolonged can shift the mind out of pain. This course also provides guided meditations including breath and movement exercises which can be replayed at on home CD.

#YO95 1 Saturday February 25
9:00am-12:00 Noon ROOM 127
BRIAN RUHE \$30

CRYSTALS, GEMS & CHAKRAS

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

#PE76 1 Tuesday March 6
6:30pm-9:00pm ROOM 164
MARY JANE GOTTSCHLAG \$20

LEARN ABOUT YOUR COLOUR, CHAKRA & AURA

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

#PE21 1 Saturday February 25
9:30am-4:00pm ROOM 117
MARY JANE GOTTSCHLAG \$54

FITNESS / DANCE LESSONS

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

Dance With Me Studio NEW LOCATION!

Suite 230 - 50 Lorne Street,
New Westminster

- Open House -

Saturday
January 14th 2012

11:00 am to 1:00 pm

with FREE dance lessons and
dance demonstrations. Join us!



ADULT BALLET: INTRODUCTION

Absolute beginners welcome! Using basic ballet technique -- barre and centre floor work -- we will increase our ease in movement by developing strength and greater flexibility. Class includes a separate stretching/ strengthening component. Our focus will be on enjoying our adult bodies, with ballet class as another tool to improve our posture, balance and stamina.

DA55 6 Sundays starting January 22
12:00-1:00 pm

\$75

ADULT BALLET: LEVEL 2

Ready to try something a little more challenging than a basic intro to ballet? This is the class for you. Basic technique is focused upon with a new focus on travelling steps and combinations. Students with a background in any form of dance will be well-suited to this class. A comprehensive understanding of basic ballet technique will be offered and an emphasis is placed on posture, balance and developing strength and flexibility.

DA56 6 Sundays starting January 22
1:05-2:20 pm

\$93

BURLESQUE

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

DA36 6 Sundays January 22
2:35-3:35 pm

\$75

BURLESQUE: LEVEL 2

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

DA37 6 Sundays January 22
3:40-4:55 pm

\$93

SALSA DANCE: INTRODUCTION

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

DA11 8 Mondays starting January 23
6:30-7:30 pm

\$75

TANGO & SAMBA

Learn the basics of both these dances and begin to understand the passion that is generated by the dramatic dance of Tango and the exciting dance of Samba.

DA14 5 Mondays starting January 16
6:45-7:45 pm

\$50

BALLROOM & LATIN FOR BEGINNERS

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

DA02 8 Tuesdays starting January 17
8:00-9:15 pm

\$77

LATIN DANCE

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

DA62 10 Mondays starting January 16
8:00-9:15 pm

\$79

LATIN DANCE FOR SINGLES

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

DA83 6 Saturdays starting February 18
1:30-2:30 pm

\$65

SPECIAL OCCASION/WEDDING MIX

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

DA06 8 Wednesdays starting January 18
6:25-7:25 pm

\$75

DA07 8 Sundays starting February 12
3:00-4:00 pm

\$75

SOCIAL DANCE: LEVEL 2

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

DA03 8 Wednesdays starting January 18
7:30-8:30 pm

\$75

NEW DANCER'S CLASS!

This class is for "never before dancers" to introduce them to the rewarding world of dance. These basic lessons are open to men (leads) and women (followers) of any age. We will cover the Latin dances of Jive, Salsa, Cha Cha and the elegant ballroom dance of Waltz. Only the basic steps of each dance will be taught.

DA42 6 Thursdays starting January 19
6:45-7:45 pm

\$65

QUICKSTEP

Step into the world of Ballroom Glitter while learning the basics in Quickstep. A must have class! No experience is needed. Singles or couples welcome!

DA71 4 Saturdays starting January 21
1:30-2:30 pm

\$40

SIMPLY SWING!

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

DA82 6 Mondays starting February 20
6:45-7:45 pm

\$65

WALTZ WORKSHOP

Learn this beautiful, elegant dance and you will glide around the floor.

DA65 1 Saturday January 28
12:30 - 1:30 pm

\$15

BEGINNER LINE DANCE WORKSHOP

If you have always wanted to try line dancing, here is the opportunity for you! This workshop will cover some common basic line dance steps while working on short fun dances. These steps will be broken down so a true beginner will understand and be able to execute the movements and join in the fun of line dance with confidence.

DA84 1 Sunday February 12
10:30-11:30 am

\$15

BEGINNER PLUS LINE DANCE WORKSHOP

If you've already tried some line dance, this workshop will give you the opportunity to try the next level. This is a continuation of the Beginner Line Dance Workshop but with more challenging dance patterns and steps.

DA85 1 Sunday February 12
11:45 AM-12:45 pm

\$15

LEADING & FOLLOWING IN PARTNERSHIP DANCES WORKSHOP

This workshop is excellent for any students taking a dance class. Time will be spent on gathering awareness to lead and to follow. Don't be a passive dancer! Develop and strengthen your skill as a dancer. No partners required.

DA31 1 Saturday February 4
12:30-1:30 pm

\$15

COUNTRY TWO STEP WORKSHOP

Bring your partner and learn the basic steps in this class. Yee Haw! Lot's of fun!

DA68 1 Saturday March 3
12:30-1:30 pm

\$15

JUST JIVE WORKSHOP

Rock and Roll is here to stay. Have fun and learn the basics of this dance.

DA86 1 Saturday March 31
12:30-1:30 pm

\$15

INTRO TO BELLY DANCE WORKSHOP

If you are interested in finding out what Belly Dance is all about this introductory class is for you! This class is for all ages, shapes and sizes. Please wear comfortable workout wear/clothing.

DA08 1 Sunday January 15
1:00-3:00 pm

\$25

BEGINNER BELLY DANCE

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

DA20 8 Wednesdays starting January 18
10:30 am-12:00 pm

\$75

DA16 8 Wednesdays starting January 18
7:00-8:30 pm

\$75

FITNESS / DANCE LESSONS

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

BELLY DANCE BRIDGING CLASS **NEW!**

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 6 Wednesdays starting January 18
8:45-9:45 pm **\$65**

BELLY DANCE: LEVEL 2

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

DA17 8 Fridays starting January 27
5:30-6:30 pm **\$75**

SENIOR'S BELLY DANCE 55+

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

DA19 8 Mondays starting January 23
3:30-4:30 pm **\$65**



*"Some people seem to think that good dancers are born,
but all good dancers I've know are taught and trained."*

.....Fred Astaire

UNDULATE LIKE A SNAKE **SMOOTH MOVEMENTS INTENSIVE**

Each movement will be broken down while exploring the transition to take you smoothly through the dance.

DA09 1 Sunday February 12
1:00-3:00 pm **\$25**

SHIMMY & SHAKE YOUR TAIL FEATHERS! **HIPS & SHIMMIES INTENSIVE**

This is an opportunity for you to learn at least a dozen shimmies, plus how to layer them with basic Belly Dance moves.

DA48 1 Sunday March 11
1:00-3:00 pm **\$25**

CARDIO DANCE FIT

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

DA27 8 Saturdays starting January 21
9:00 am-10:00 am **\$75**

ZUMBA GOLD® FITNESS WORKSHOP

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!

DA66 1 Sunday January 15
3:15-4:15 pm **\$15**

SATURDAY ZUMBA® FITNESS

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

DA99 8 Saturdays starting January 21
10:05-11:05 am **\$75**

THERAPEUTIC TOUCH / WELLNESS (classes held at New West Secondary)

THERAPEUTIC TOUCH: LEVEL 1

Marie Preissl is a registered nurse who has been teaching Therapeutic Touch for 29 years. Marie trained in Therapeutic Touch in workshops with Dr. Delores Krieger and Dora Kunz. Therapeutic touch is currently being practiced in hospitals to induce deep relaxation and re-balancing of a person's energy field and back to wellness. Use your hands to help and heal physical and emotional pain. This ability is a natural potential in all human beings. You will experience sending and receiving energy. This is not a massage course but works well as an adjunct with massage. A certificate will be issued at the end of the 4th session (12 hours).

#PE36 4 Wednesdays starting January 18
7:00pm-10:00pm **ROOM 133B**
MARIE PREISSEL, RN **\$75**

THERAPEUTIC TOUCH: LEVEL 2

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

#PE35 4 Wednesdays starting February 15
7:00pm-10:00pm **ROOM 133B**
MARIE PREISSEL, RN **\$75**

THERAPEUTIC TOUCH: LEVEL 3

Prerequisite: Levels 1 and 2. This in-depth course will integrate all phases of Therapeutic Touch and their relationship between energy centers and human energy fields. We will focus on the intuitive processing for healing.

#PE33 4 Thursdays starting January 26
7:00pm-10:00pm **ROOM 133B**
MARIE PREISSEL, RN **\$75**

DEALING WITH ANXIETY ATTACKS

Learn excellent self-help tools to understand and cope with this problem and to take control of your life again. By changing the inner attitudes of our minds we can change the outer aspects of our lives. A suggestion: affirm before you come to class that you will be in a safe environment and that you will be in marvelous control of your personal self

#PE42 1 Tuesday January 24
7:00pm-9:00pm **ROOM 133B**
MARIE PREISSEL, RN **\$27**

CREATIVE VISUALIZATION

Visualization is a powerful tool for manifesting what you want. Learn the rules for effective visualization and how and why it works. The applications are many: problem solving, stress reduction, non-smoking, goal setting, health problems, weight control, self-esteem, etc. Marie has been teaching this technique to patients with excellent results.

#PE01 1 Tuesday February 28
6:30pm-9:30pm **ROOM 133B** **MARIE PREISSEL, RN** **\$30**

SELF-HELP FOR INSOMNIACS

Up to 40% of all adults have difficulty sleeping. In this class you will learn the underlying causes of insomnia as well as various relaxation and visualization techniques to help you achieve physical comfort and mental security - both essential for a good night's sleep. Techniques work well for those who have been insomniacs for decades.

#PE11 1 Tuesday January 17
7:00pm-9:00pm **ROOM 133B**
MARIE PREISSEL, RN **\$27**

RELEASING PAST TRAUMAS

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

#PE19 1 Tuesday February 7
7:00pm-9:00pm **ROOM 133B**
MARIE PREISSEL, RN **\$27**

FOODSAFE / GARDENING / WINE / MUSIC

FOODSAFE: LEVEL 1

Age 15+. Designed for those who are employed or seeking employment as restaurant staff, caterers, vendors or anyone handling food. This course covers procedures for preventing food-borne illnesses. Topics include: receiving, storing, preparing and serving of potentially hazardous foods, hygiene, cleaning/sanitizing equipment and workplace safety. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a **FOODSAFE CERTIFICATE**. Handbook included. Please bring a lunch.

#FO16 2 Wednesdays starting January 25
6:00pm-10:00pm ROOM 187
DEAN SCOVILL \$90

#FO17 1 Saturday February 25
8:00am-3:30pm ROOM 133B
DEAN SCOVILL \$90

FOODSAFE: LEVEL 2

Prerequisite: Level 1. For those already employed, this is a great opportunity to seek promotions/raises. Join those who have benefited from this cutting-edge information on advanced procedures of safe food handling. We explore emerging pathogenic microorganisms, procedures for handling a food poisoning complaint, infestation control, economics of a sanitary premises, design and maintenance, hazard analysis critical control points (safety measures incorporated in high risk food recipes), etc. Upon successful completion, participants will receive an **ADVANCED FOODSAFE CERTIFICATE** issued by the Ministry of Health. Manual is included.

#FO90 Mon Feb 20, Thurs Feb 23
and Mon. Feb 27 (3 sessions)
6:30pm-9:30pm ROOM 187
DEAN SCOVILL \$90

GARDENING

LANDSCAPE DESIGN AND INSTALLATION

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

#GL44 2 Thursdays starting February 20
7:00pm-9:30pm ROOM 169
VERN STAPLES \$56

THE ABC'S OF PRUNING

Never know where to cut? When to cut? This class will answer your questions about pruning. The where, when, what, how, why, etc.

#GL09 1 Tuesday February 14
7:00pm-9:00pm ROOM 175
CONWAY LUM \$20

START A VEGETABLE GARDEN

A look at the basic steps of starting a vegetable garden -- site selection, soil types, starting new plants, etc. For both backyard and balcony gardeners.

#GL50 1 Thursday March 1
7:00pm-9:00pm ROOM 169
CONWAY LUM \$20

IS YOUR GARDEN READY?

Had problems last season in your garden? Look at some options and methods to improve your successes this coming season. For example: mossy lawn, lack of fruit on fruit trees, etc.

#GL29 1 Tuesday March 13
7:00pm-9:00pm ROOM 175
CONWAY LUM \$20

WINE APPRECIATION

AN EVENING OF PORT

This workshop is the perfect remedy for a winter evening! Discover and explore different ports and gain an understanding of what makes these fortified wines one of the most underrated wine values in the world. We will discuss food-friendly ruby and tawny styles and pair these wines with some interesting cheese samples.

#WB87 1 Thursday January 26
7:00pm-9:00pm ROOM 148
JOHN GERUM \$56

SPARKLING WINES FOR VALENTINE'S DAY

Sparkling wines around the world are rivaling Champagne for quality but at a much lower price. Learn the different methods of creating sparkling wine and how to taste and judge these wines for quality. Five different sparkling wines will be sampled and discussed.

#WB14 1 Monday February 6
7:00pm-9:00pm ROOM 148
JOHN GERUM \$67

CALIFORNIA WINES

California wines come in hundreds of different varieties and styles. During this workshop you will sample four wines from the different areas of California and learn which grapes are grown where and why.

#WB30 1 Wednesday March 1
7:00pm-9:00pm ROOM 148
JOHN GERUM \$56

GUITAR LESSONS

ACOUSTIC GUITAR: BEGINNERS

This course is for absolute beginners who have never played guitar before. Learn basic chords, strumming patterns and finger picking patterns, along with the fundamentals of music theory for guitar (such as how to read guitar tablature and chord music). Learn how to re-string and maintain your guitar will also be covered. Practicing throughout the week will ensure further growth, but is not required.


(Enter from back of Massey Wing - gym.)
#GU10 8 Tuesdays starting January 17
6:00pm-7:00pm ROOM 203
PETER ZAENKER \$96
#GU20 8 Tuesdays starting January 17
7:00pm-8:00pm ROOM 203
PETER ZAENKER \$96

ELECTRIC GUITAR: BEGINNERS

This course is for absolute beginners who are interested in learning the electric guitar, as well as students with some acoustic guitar experience interested in playing electric guitar style. Throughout the 8-week course students will learn various components of electric guitar playing, such as power chords, barre chords, scales, riffs and basic improvisation. The course will focus mostly on rock music, but may also branch out into other territories such as blues, jazz, country and alternative music where the electric guitar has also had an important role. Bring your guitar and amplifier if you have them.

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

INTRO TO READING MUSIC AND GENERAL MUSICIANSHIP

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

#GU78 8 Thursdays starting January 19
6:30pm-8:00pm Room 203
DANIEL KARRASCH \$160

HEALTH / PERSONAL WELLNESS

HEALTHY CLEANSING AND DETOX

Healthy detoxification in the 21st century. We hear a lot these days about cleansing and detox, but what does it all really mean? We are living in a world with more pollution and toxic exposures than any other generation. Why does this matter? What can we do to support our own detoxification processes, and what are some simple ways to decrease the toxins in our systems?

#HS60 1 Thursday January 26
7:00pm-9:00pm ROOM 227
ISIS VAN LOON \$25

PERIMENOPAUSE/MENOPAUSE

Hot flashes, poor sleep, low energy and mood swings? These are some of the common symptoms of hormone imbalances related to perimenopause and menopause. Learn about how your hormones influence how you feel, and how to test for imbalances. Discover your options for restoring balance and improving energy, mood, weight issues and your general sense of well being using natural methods, including Bioidentical Hormones.

#HS57 1 Thursday February 9
7:00pm-9:00pm ROOM 149
ISIS VAN LOON \$25

METABOLIC SYNDROME

This is why some people can't lose weight. Sugar and carb cravings, changes in blood pressure, blood sugar and cholesterol levels, low energy, abdominal weight gain - all of these may be caused by metabolic syndrome, an imbalance in normal body function. Learn what metabolic syndrome is, what causes it and, most importantly, how to support your body in reversing this common problem.

#HS62 1 Thursday February 23
7:00pm-9:00pm ROOM 148
ISIS VAN LOON \$25

BRAIN FITNESS: AVOIDING THOSE SENIOR MOMENTS

Come discover how to look after your brain and keep your memory sharp until the die you die. Find out what all the researchers are saying about protecting and building your brain power. Come learn how to learn better. We will also discuss Alzheimer's Disease - a massive challenge for our society.

#HS81 1 Monday February 6
7:00pm-9:00pm ROOM 121 WAYNE JAKEMAN \$25

STRESS AND DISEASE: STEPS TO PREVENTION

What actually is stress? What happens to our bodies when exposed to it? Many of today's chronic diseases are related to stressors. Come find out what you can do to minimize the risks and reduce your exposure to stress and future illness.

#HS39 1 Thursday February 16
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN \$25

HYDROTHERAPY **NEW!**

What is hydrotherapy and how can you use it at home? In this session, you'll learn simple home care techniques using water in a variety of ways to help alleviate some of the many signs and symptoms of stress. Hydrotherapy can be helpful for insomnia, headaches, poor circulation, constipation, sinus congestion, tired legs and more.

#HS37 1 Thursday February 23
7:00pm-9:00pm ROOM 149
WAYNE JAKEMAN \$25

PROSTATE CANCER **NEW!**

Come discover what science is telling us about prostate cancer. Learn why it happens and how you can intervene to reduce the risk of developing it as you age. Dr Jakeman can give you all the healthy steps to ensure it does not strike you.

#HS44 1 Thursday March 1
7:00pm-9:00pm ROOM 149
WAYNE JAKEMAN \$25

NUTRITION AND HEALTH

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

#HS38 1 Monday March 5
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN \$25

WEIGHT LOSS PROGRAM **NEW!**

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

#HS75 6 Tuesdays starting January 17
6:30pm-7:30pm ROOM 148
MELISA CROSBY \$50

*Melisa Crosby is a Registered
Rehabilitation Professional,
RRP, MBA, CRTWC*

CHRONIC PAIN: HOW TO GET YOUR LIFE BACK

Melisa offers not a cure for chronic pain, but strategies to help you cope and improve overall functioning. Participants will learn how chronic pain develops and the effectiveness of various treatments. The purpose of the course is to show how people suffering from chronic or long-term pain can help themselves in their recovery rather than relying on their doctors and other treatment practitioners. Participants will be shown relaxation strategies and refocusing techniques in further detail. Practice the techniques and learn how to adapt and work with specific limitations.

#HS74 3 Mondays starting February 27
7:00pm-9:00pm ROOM 127
MELISA CROSBY \$50

EMOTIONAL FREEDOM TECHNIQUE (EFT)

EFT, or Tapping, is an exciting new self-healing technique that is based on the principles of acupuncture. By using your fingertips to tap on specific acupuncture points you can gain relief from dozens of physical and emotional issues. In this introduction to the basics of EFT, you will learn to tap on yourself and learn how to relieve your own physical pains, food cravings and unpleasant memories or worries. EFT has been used in thousands of cases to relieve the symptoms associated with fears, phobias, panic, anxiety, stage fright, headaches and other physical pains. **#PE45** 2 Thursdays starting February 2

7:00pm-9:30pm ROOM 161
JANYSE HRYNKOW, MA \$63



IN THE EVENT OF SEVERE WINTER WEATHER. Classes are cancelled only in severe circumstances. Any cancelled classes due to weather will be made up. Please call the Night School office at 604-517-6345

HEALTH / PERSONAL WELLNESS

MINDFULNESS INTRODUCTION

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

#CF28 1 Thursday January 19
7:00pm-8:00pm ROOM 224
SUNG YANG FREE

MINDFULNESS: LEVEL 1

In this class you will learn mindfulness techniques with step-by-step, easy to follow processes, as well as learn the basic mindfulness concepts and principles. (No previous knowledge is required, however feel free to register for our free forum.)

#HS32 3 Thursdays starting January 26
7:00pm-9:00pm ROOM 224
SUNG YANG \$59

STRESS REDUCTION WITH MINDFULNESS

Are you burned-out, agitated, irritable, unable to concentrate or sleep? Learn mindfulness techniques that are scientifically and clinically shown effective in reducing stress and protect yourself from the damaging effects of stress like heart disease, high blood pressure, accelerated aging, anxiety, anger, depression, forgetfulness and sleep disorders.. You will learn simple, mindfulness techniques including breath awareness, body awareness, sight awareness, as well as walking, eating and other daily activities. Attendees will practice mindfulness techniques in a casual and relaxed environment. Please bring a lunch.

#HS33 1 Saturday February 25
9:00am-4:00pm ROOM 224
SUNG YANG \$59

WHAT EVERY BABYSITTER NEEDS TO KNOW

Offered in cooperation with St. John Ambulance Association. What every Babysitter should know. This course is designed to teach young people ages 11 and older how to babysit children and infants. The course will enhance knowledge of safety, responsible babysitting and will develop skills to cope with common emergencies. Students who successfully complete the program will be issued a certificate of completion. Please bring a lunch (½-hour lunch break).

#HS25 1 Saturday February 25
9:00am-3:30pm School Library
ST. JOHN AMBULANCE \$59

EMERGENCY FIRST AID COMMUNITY CARE

Offered in cooperation with St. John Ambulance Association. Effective October 1, 2009, the Emergency First Aid - Child Care and Emergency First Aid - Adult Care courses have been combined into the Emergency First Aid - Community Care course. This course is designed for people working in a licensed child and adult care facilities or for anyone providing care for infants, children and adults. This course meets the first aid requirements under the Ministry of Healthy Living and Sport - Community Care Licensing Branch, Canada Labour Code Basic First Aid. This course is not recognized as an equivalent to Work Safe BC Occupational Level 1 First Aid. Upon successful completion of this course participants will receive a 3-year St. John Ambulance Emergency First Aid - Community Care certificate.

Book included in course fee.

#HS54 1 Tues & 1 Thurs starting Feb. 28
6:00pm-10:00pm ROOM 164
ST. JOHN AMBULANCE \$139

PAST LIFE REGRESSION

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

#PE26 6 Thursdays starting January 19
6:30pm-8:30pm ROOM 167
JACQUELINE KERR \$80

SELF-HYPNOSIS

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

#PE16 2 Tuesdays starting February 28
7:00pm-9:30pm ROOM 167
JANYSE HRYNKOW, MA \$63

PAIN MANAGEMENT

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

#PE14 1 Tuesday February 21
7:00pm-9:00pm ROOM 133B MARIE PREISSEL, RN \$27

COPING WITH A BREAKUP OR DIVORCE

Moving on and recovering from a breakup, divorce or separation is stressful, emotional and difficult. It's a life-changing event which launches us into uncharted territory. There are things you can do to get through this difficult time, learn from the experience and grow into a stronger, wiser person. Remind yourself that you can and will move on. Learn to be patient with yourself.

#PE84 1 Tuesday February 21
7:00pm-9:30pm ROOM 149
JANYSE HRYNKOW, MA \$42

COUPLE POWER **NEW!**

Hundreds of people, most in a "couple" relationship, have benefited from taking this course with Dr. Kaellis. It does NOT deal with alleged motives or childhood circumstances. Entirely prescriptive, with three techniques:

1. To create a positive environment for communication.
2. To express, without blaming, wishes for behavioural change in one's partner.
3. To provide a structured means for negotiating behavioural changes. These can be achieved by careful and persistent practice. **Registration is for couples only.**

#PE54 4 Wednesdays starting February 1
7:00pm-9:00pm ROOM 123
EUGENE KAELLIS, PH.D \$149 *per couple*

LIFTING YOUR DEPRESSION

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

#PE74 1 Tuesday January 31
6:30pm-9:30pm ROOM 133B
MARIE PREISSEL, RN \$30

LANGUAGES

FRENCH: LEVEL 1

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

#LN12 8 Mondays starting January 16
6:30pm-8:00pm ROOM 123
BEAU GABINIEWICZ \$89

FRENCH: LEVEL 2

A continuation of Level 1 French using the same textbook.

Text available to purchase (\$22).

#LN16 8 Mondays starting January 16
8:05pm-9:35pm ROOM 123
BEAU GABINIEWICZ \$69

SPANISH: LEVEL 1

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

#LN43 8 Mondays starting January 16
6:30pm-9:00pm ROOM 160C
MAGDALENA HANSEN \$99
#LN15 8 Tuesdays starting January 17
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$89
#LN92 8 Wednesdays starting January 18
6:30pm-9:00pm ROOM 161
MAGDALENA HANSEN \$99

SPANISH: LEVEL 2

A continuation of Level 1 Spanish using the same text.

Text available to purchase (\$22).

#LN22 8 Tuesdays starting January 17
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$68

ITALIAN: LEVEL 1

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

#LN26 8 Thursdays starting January 19
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$88

ITALIAN: LEVEL 2

A continuation of Level 1 Italian using the same textbook.

Text available to purchase (\$22).

#LN29 8 Thursdays starting January 19
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$68

AMERICAN SIGN LANGUAGE FOR BEGINNERS

Join Ryan as he provides students with an opportunity to learn sign language skills and vocabulary. ASL (American Sign Language) is used by our deaf community. This course will help you to communicate with your family, friends and community members. This is not a certification course.

#LN33 8 Wednesdays starting January 18
6:30pm-9:30pm ROOM 160C
RYAN OLLIS \$150

GERMAN: LEVEL 1

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

#LN27 8 Thursdays starting January 19
7:00pm-9:30pm ROOM 128
URSULA UHLMANN \$75

CHINESE MANDARIN: LEVEL 1

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

#LN18 8 Tuesdays starting January 17
7:00pm-9:00pm ROOM 268
YAN SUN \$70

CHINESE MANDARIN: LEVEL 2

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

#LN21 8 Thursdays starting January 19
7:00pm-9:00pm ROOM 268
YAN SUN \$70

JAPANESE: LEVEL 1

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

#LN17 8 Tuesdays starting January 19
7:00pm-9:30pm ROOM 117
AKIYO HORIE \$99

JAPANESE: LEVEL 2

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

#LN37 8 Thursdays starting January 19
7:00pm-9:30pm ROOM 117
AKIYO HORIE \$99

RUSSIAN: LEVEL 1

NEW!



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

#LN85 8 Wednesdays starting January 18
7:00pm-8:30pm ROOM 127
LIUDMILA RODOVA \$65

PORTUGUESE: LEVEL 1

NEW!

This course is for those who want to expand their horizons by visiting a Portuguese-speaking country such as Brazil, Portugal or parts of Africa. During our fun and dynamic course you will learn how to greet people and make simple conversations, which will make your trip so much better. Even if you are not planning a trip and just want to learn a new language and culture, you are welcome to this course.

#LN68 6 Wednesdays start February 1
6:30pm-9:00pm ROOM 148
FLAVIA MARTINS \$65

TAGALOG: LEVEL 1

NEW!

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

#LN41 8 Thursdays starting January 19
7:00pm-9:30pm ROOM 228
FE ANDAYA \$75

PUNJABI: LEVEL 1

NEW!

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

#LN87 8 Mondays starting January 16
7:00pm-8:30pm ROOM 267
TARANJEET DHALIWAL \$65

LEISURE

STAND-UP COMEDY

Yes! It's Back!!!!

Do you think you have what it takes to be a stand-up comedian? Now is the time to step out of your comfort zone. Join Janice for 6 weeks and learn the art of performing stand-up comedy. You will learn how to write stand-up comedy material, develop your timing, adding act-outs and how to use the mic and work the stage. Learn how to develop your own unique comedy persona by turning your life experiences into authentic comedy material. *At the end of the course you will perform a showcase at a live comedy club.* Please bring a pen and notebook.

#LA66 6 Mondays starting January 30
7:00pm-10:00pm ROOM 164
JANICE BANNISTER \$125



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 year's experience. Each student will have their chart done for this course. *Please phone (604-517-6345) and give date, time and place of birth. Please bring a lunch.*

#LA89 1 Saturday February 25
9:00am-4:00pm ROOM 123
BRENDA SCHAUER \$49

INTRO TO GENEALOGY

WHO ARE YOU?

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

#LA93 1 Saturday February 25
9:00am-3:30pm ROOM 160C
DIANE ROGERS \$47

INTUITION, THE HIGHER SELF AND SPIRIT GUIDES **NEW!**

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

#LA17 1 Monday January 16
6:30pm-9:30pm ROOM 133B
CHERYL BREWSTER \$28

INTUITION AND DREAMS

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

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

ANGELS AND SPIRIT GUIDES

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.

#LA86 1 Monday February 20
6:30pm-9:30pm ROOM 148
CHERYL BREWSTER \$28

INTRO TO NUMEROLOGY

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

#LA96 1 Monday March 5
6:45pm-9:45pm ROOM 133B
CHERYL BREWSTER \$28

OH CARDS

NEW!

OH Cards encourage self-examination and lend themselves to a deeper understanding of synchronicity and intuition. In this session, you will have the opportunity to unleash your creativity and intuition to gain deeper insight in the important areas of your life. OH cards are intended to encourage you to interpret your own cards and speculate on their meaning without adherence to any particular ideology and without the intervention of an expert. Cheryl uses them as an aid to mastering discernment and self-trust - key components to developing intuition.

#LA65 1 Monday March 12
6:30pm-9:30pm ROOM 133B
CHERYL BREWSTER \$28

FUN WITH MAHJONG!

NEW!



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

#LA18 1 Saturday February 25
10:00am-3:00pm ROOM 269
SAN CHANG \$50

THE TAROT

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

#LA44 1 Thursday February 2
7:00pm-9:30pm ROOM 265
MONIQUE WILSON \$28

PENDULUM DOWSING

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

#LA87 1 Thursday February 9
7:00pm-9:30pm ROOM 164
MONIQUE WILSON \$28

Registration starts 9:00 am on Tuesday January 3, 2012
Call 604-517-6345 or register on line at www.ce40.ca

LEISURE / BRIDGE / TRAVEL / MONEY

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.

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

BRIDGE: BASIC BIDDING LEVEL 1

Geared for students who know the mechanics and need to review bidding. Emphasis will be on learning/updating your bidding. Review the basics and play for fun.

#LA82 6 Tuesdays starting January 31
6:30pm-8:30pm ROOM 265
SALLY CRAIG \$62

BRIDGE: BASIC BIDDING LEVEL 2

A continuation of Basic Bidding Level 1 and a refresher for Basic Bridge Level 2 players.

#LA84 6 Wednesdays starting February 1
6:30pm-8:30pm ROOM 265
SALLY CRAIG \$62

AWESOME AUSTRALIA

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

#TR64 1 Tuesday February 7
7:00pm-9:00pm ROOM 163
GEORGE BELL \$24

BE A VANCOUVER TOUR GUIDE

INTRODUCTION Showing people from other countries around Vancouver is a wonderful experience. George has been doing this for 36 years and perhaps you'd like to try it. This introductory session will explain the professional and personal qualifications necessary to enter this satisfying part-time endeavour.

Do you speak another language and would like to use it?

You can by being a City Tour Guide.

#TR67 1 Thursday February 9
7:00pm-9:00pm ROOM 148
GEORGE BELL \$24

BOATING ON THE WATERWAYS OF EUROPE

Rare is the vacation that offers it all -- from fantastic scenery and historical sites to cultural experiences and wonderful people. Come and learn about self-drive boats featuring the narrow-boat, cabin cruiser or Pénichette. If you prefer to be looked after completely with a skipper, a chef and crew then you want to learn about hotel narrow-boats and luxurious barges. The canals and rivers of the UK and Europe are a source of satisfaction and adventure as you cruise along sipping wine and experiencing the region of your choice in the country of your choice.

#TR65 1 Wednesday February 8
7:00pm-9:00pm ROOM 164
GEORGE BELL \$24

MONEY MATTERS

KEEPING THE FAMILY COTTAGE IN THE FAMILY



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

#MM15 1 Wednesday February 15
7:00pm-9:00pm ROOM 149
MICHAEL PRETO \$28

BUILDING YOUR RETIREMENT PAY CHEQUE

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

#MM22 1 Tuesday February 21
7:00pm-9:00pm ROOM 123
MICHAEL PRETO \$28

REAL ESTATE SEMINAR FOR FIRST TIME BUYERS

A house or apartment purchase may likely be the most important purchase you will make. The mortgage industry is an increasingly complex one with numerous lenders, many of whom do not work directly with the public. Are you aware of and understand all of these options? We will cover a variety of topics including mortgage comparisons, selecting a realtor, mortgage advisor and a home inspector, valuable money saving tips as well as pitfalls to avoid.

#MM50 1 Wednesday February 22
7:00pm-9:30pm ROOM 163
RANDY JOHNSON \$28

MAKING YOUR MONEY LAST: 10 PRINCIPLES FOR LIVING IN

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

#MM83 1 Monday January 30
7:00pm-9:00pm ROOM 121
NICK CHENG \$28

TAKE STOCK IN THE MARKET

Learn common-sense rules for common stocks. Investing in stocks can be easier than you think. At this seminar, you'll learn basic stock terminology, as well as time-proven strategies created to help you reach your financial goals.

#MM87 1 Monday February 13
7:00pm-9:00pm ROOM 121
NICK CHENG \$28

WHEN CAN I RETIRE?:

5 STEPS TOWARD A BETTER

RETIREMENT How well you retire depends on how well you plan today. How you prepare can determine when and how well you'll be able to retire. That's why it's important you take time to get the answers to your retirement questions now. The five questions you should ask yourself to prepare for retirement. How much income you'll need in retirement. How much you should be saving today to help you realize your retirement goals.

#MM88 1 Monday February 27
7:00pm-9:00pm ROOM 121
NICK CHENG \$28

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: **Tuesday, January 3rd 2012**

ongoing **Monday - Thursday**

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

Friday office hours 9:00 a.m. - 3:30 p.m.

WITHDRAWALS, REFUNDS and COURSE CANCELLATIONS

REFUNDS ARE SUBJECT TO AN ADMINISTRATIVE CHARGE OF \$10. Refunds must be requested in writing **before the second class commences. Sorry NO credits.** Requests for refunds must state reasons and be accompanied by your original receipt.

For one and two session classes, refunds must be requested two days before the start date of the class.

Please allow three weeks for processing any refunds. Fee payments made by charge card are refunded by means of a credit to your account. **All other refunds are made by cheque.**

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

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

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

REGISTRATION FORM

Use form for Mail-In or Fax-In

Last Name

First Name

Address

City

Postal Code

Home Phone

Cell or Work Phone



Note: We do not mail out confirmation receipts. Mark your course date and time on your calendar. Please phone to confirm at 604-517-6345.

COURSE #	COURSE NAME	FEE
TOTAL \$		

Cheque

Visa

Mastercard

Card #

Expiry

Name on the card