

WINTER 2020



EDMONTON PUBLIC SCHOOLS

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ADULT CONTINUING EDUCATION CALENDAR

Over 55

NEW

classes!

50% off
your
first class!

Details on inside cover

**FIND YOUR NEXT
EXPERIENCE INSIDE:**

**Preparing for
Puppy 13**

**Difficult Desserts?
I Don't Think So! 5**

**American Sign
Language (ASL) 23**

Discover. Experience. Achieve.

 EDMONTON PUBLIC SCHOOLS

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WINTER 2020

ADULT CONTINUING EDUCATION CALENDAR



**BEAUTIFUL BREADS:
CINNAMON BUNS
& MORE 5**



**ESSENTRICS
FITNESS 20**



**INNOVATION &
CREATIVE THINKING 33**

Elevate your skill set

This winter, discover your next passion, uncover a hidden talent and reach new heights in your career with Metro Continuing Education's personal and professional enrichment classes. We're offering more than 215 classes spanning from Cooking, Art and Do-It-Yourself, to Business & Leadership, Computers & Technology and so much more.

NEW classes include:

- Sous Vide for Beginners 5**
- Greek Kitchen Classics 8**
- Figure Drawing for Beginners 9**
- Braiding and Updo Techniques 14**
- General Car Care & Maintenance 17**
- Conversational Ukrainian for Beginners 23**
- Making Extra Money with Side Business 27**
- Understanding Adobe InDesign 29**
- Preventing Workplace Burnout 32**
- Everyday Negotiation 33**

Look inside for many more!

David M. Jones — Director,
Metro Continuing Education

Trisha Estabrooks — Chair,
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 EDMONTON PUBLIC SCHOOLS

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Created by:
Jillian Pedersen

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UNICORN CAKE 5

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Courses begin on page 28

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Cooking



FEATURED CLASS

Fine-Dining Date Night

Dining out is expensive—skip the restaurant and learn to prepare your own gourmet dinner for two! Bring along your plus-one and learn to cook an impressive three-course meal together. The menu will include avocado caprese salad, asparagus risotto, roasted chicken breast stuffed with goat cheese, garlic and creamy mustard sauce, and strawberries romanoff with vanilla ice cream. Register with a partner.

44010207 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef
 Feb 12 Wed 6:30 pm - 9:30 pm 1 session LO

BASIC

Cooking for the Kitchen Rookie

Gain confidence in the kitchen! In each class, you'll learn to prepare a complete meal from savoury start to sweet finish. Toss together Greek salad and Japanese cabbage salad, as well as simple, satisfying favourites like omelettes, corn chowder, spaghetti and meatballs, chicken and potatoes. We'll round out the menus with chocolate chip cookies, cupcakes and brownies.

44010295 / \$195 / Materials: \$50 Jill Shaw
 Feb 5 - 26 Wed 6:30 pm - 9 pm 4 sessions LO

30-Minute Meals

Are you strapped for time, energy and good ideas when it comes to mealtime? This meal preparation course will help rid you of your need for packaged frozen dinners. Learn to create nutritious, quick and easy meals like chicken in mango sauce, sirloin fajitas with greens and savoury spaghetti sauce—ready in 30 minutes or less! For those with basic or no cooking experience.

44010006 / \$99 / Materials: \$20 Jill Shaw
 Feb 24 Mon 6:30 pm - 9:30 pm 1 session LO

Basic Knife Skills

Chop-chop! Ever wondered about kitchen knife varieties and what each knife is meant to be used for? Now you will know! Learn about knife fundamentals, including how to hold different knives and what to use them for, as well as how to sharpen using various stones. Includes chopping and cutting instruction and garnish making.

44010048 / \$99 / Materials: \$10 Pierre Plamondon, Red Seal chef
 Feb 19 Wed 6:30 pm - 9:30 pm 1 session JPP

Figuring Out Fish

A great source of omega-3, fish is a fantastic and healthy option. However, many people are intimidated by the thought of cooking fish at home. Let Chef Vinod make it easy for you as he walks you through the process of buying, storing and cooking fish using a variety of methods so that the end result is not only tasty but beautiful! Learn how to make steamed fresh mussels, grilled fish with fresh asparagus and hollandaise, cod and spinach cassrole and shrimp and broccoli stir-fry.

44010120 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef
 Feb 1 Sat 10 am - 1 pm 1 session JPP

Sensational Soups

DEMONSTRATION COURSE

Put the super into your homemade soups this winter! Chef Sally will share her favourite soup recipes and reveal surprising tips for ratcheting up the flavours. She'll also demonstrate a nutritious vegetable broth base that you can prepare in minutes and store in the freezer so you'll always be ready to whip up a bowl of steaming goodness. The menu will include a non-dairy creamy broccoli almond soup, mushroom barley soup, and spiced chicken and black bean soup.

44010296 / \$99 / Materials: \$20 Sally Vaughan-Johnston, Red Seal chef
 Mar 14 Sat 10 am - 1 pm 1 session MAV

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metrocontinuingeducation.ca/gift

BAKING

Beautiful Breads: Cinnamon Buns & More

Roll up your sleeves and get ready to transform soft, warm dough into fluffy, oversized cinnamon buns. This course will teach you to prepare scrumptious orange rolls, cheese buns, cinnamon rings and more.

44010001 / \$99 / Materials: \$20 Jill Shaw

Mar 2 Mon 6:30 pm - 9:30 pm 1 session LO

Difficult Desserts? I Don't Think So!

Defy the hype! Macarons, chocolate soufflés and crème brûlée—you can do it all. These desserts aren't as finicky as you think and can actually be a lot of fun to whip up!

44010302 / \$99 / Materials: \$20 Justin Gabinet

Feb 22 Sat 10 am - 1 pm 1 session JPP

Perfect Pies from Scratch

Not much beats the irresistible aroma of a made-from-scratch pie baking in the oven! Learn the secrets to making delicious, flaky pie crusts. Then whip up delectable fillings for deep-dish apple, banana cream and blueberry pies. We'll even prepare a meat pie for those who prefer their treats on the savoury side!

44010003 / \$99 / Materials: \$20 Jill Shaw

Mar 14 Sat 10 am - 1 pm 1 session JPP

Marshmallows, Pavlova, Salt Water Taffy & More! NEW

Tackle a trio of sweet treats! Flash back to your childhood, creating homemade taffy in your favourite flavour and colour combination (getting a good arm workout in the process!). Whip up cloud-like marshmallows that make the store-bought kind pale in comparison. And finally, learn the secrets to creating perfect pavlova, the scrumptious fruit-topped meringue famous in New Zealand and Australia!

44010313 / \$99 / Materials: \$20 Justin Gabinet

Mar 7 Sat 10 am - 1 pm 1 session JPP



SPECIALIZED

Sous Vide for Beginners NEW

Would you love to get fork-tender meat every time you cook? Once confined to the world of haute cuisine, sous vide is the new rage among home chefs. Use precise temperature control to deliver restaurant-quality results, transforming everything from delicate seafood to tougher cuts of red meat into melt-in-your-mouth entrées. We'll talk about what's new in home sous-vide devices—and even how to use sous vide without one. If you have a sous-vide thermometer or device, please bring it with you to class.

44010307 / \$99 / Materials: \$20 Megan Wallace, BSc RD

Feb 12 Wed 6:30 pm - 9:30 pm 1 session HA



Created by:
Jillian Pedersen

NEW

FEATURED CLASS

Make Your Own Unicorn Cake

Unleash your inner cake decorator and create something truly magical! Bake, assemble, frost and decorate a three-layer, four-inch mini unicorn cake, complete with sprinkles and fondant accents. Practise baking confetti cake, making and colouring buttercream icing, and piping like a pro. Your friends and family won't believe their eyes! Suitable for beginners as well as those with some experience in cake decorating.

44030266 / \$129 / Materials: \$20 Jillian Pedersen

Feb 8 Sat 10 am - 2 pm 1 session HA

Curing Fish at Home NEW

From Scandinavian gravlax to New York lox to west coast smoked salmon, cured fish is delicious, versatile, and easy to make at home. Whether you are an avid angler or an interested home cook, this class is a primer on the traditional methods of salting, drying, smoking, and pickling fish.

44010304 / \$99 / Materials: \$20 Allan Suddaby, Red Seal chef

Feb 12 Wed 6:30 pm - 9:30 pm 1 session JPP

For Low-Carb Lovers

Curious about a very low-carbohydrate or ketogenic diet? Get the what, why and how of a low-carb lifestyle in this class. Find out which foods fit, and try your hand at a few low-carb recipes! We'll make a delicious cauliflower hashbrown, blueberry muffin and versatile tortilla.

44010284 / \$99 / Materials: \$20 Megan Wallace, BSc RD

Feb 4 Tue 6:30 pm - 9:30 pm 1 session HA

Get Excited About Your Instant Pot

Have an Instant Pot, but not sure how to use it? Thinking about jumping on the latest kitchen craze, but need some convincing? This class is for you! Learn how to use this versatile tool for everything from basics like hard-boiled eggs and steamed spaghetti squash to more advanced recipes like mac and cheese and roasting a whole chicken. Please bring your Instant Pot to class.

44010283 / \$99 / Materials: \$20 Megan Wallace, BSc RD

Feb 20 Thu 6:30 pm - 9:30 pm 1 session HA



FOR MEAT LOVERS

Sausage Making

This class will teach you everything you need to know about making sausage at home from scratch. Discuss how to source great local meat and then learn how to grind, mix and stuff the meat into natural casings. You will make two recipes: classic garlic and spicy Calabrese.

44010174 / \$99 / Materials: \$20	Allan Suddaby, Red Seal chef
Feb 19	Wed 6:30 pm - 9:30 pm
1 session	JPP

Charcuterie at Home

Curing and smoking your own meat at home is much simpler than you might think. Chef Allan Suddaby will walk you through all the ingredients and equipment required. You'll learn how to turn fresh pork belly into the best bacon you have ever eaten and fresh pork leg into amazing holiday ham.

44010183 / \$99 / Materials: \$20	Allan Suddaby, Red Seal chef
Feb 5	Wed 6:30 pm - 9:30 pm
1 session	LO

More Charcuterie at Home NEW

Combine skills from the *Sausage Making* and *Charcuterie at Home* classes to prepare traditional Italian dry-cured pork. Try your hand at two classics: guanciale and a slender, fermented salami called peperone.

44010312 / \$99 / Materials: \$20	Allan Suddaby, Red Seal chef
Mar 4	Wed 6:30 pm - 9:30 pm
1 session	LO

DAY-TIME BAKING WITH THE RUBY APRON

Filled Donut Workshop NEW

Take your love of donuts to a "hole" new level—bake fresh homemade donuts that put their store-bought cousins to shame! We'll work together to make the dough, learning about fresh yeast versus dried yeast, machine versus hand kneading and resting at room temperature versus colder temperatures. Next, we'll shape and prove the dough and fry off the donuts. Finally, we'll fill these heavenly creations with crême patissiere and a surprise filling. You'll take home an extensive recipe pack, including instructions on how to source ingredients.

44010309 / \$129 / Materials: \$20	Kaelin Whittaker
Mar 2	Mon 1 pm - 4 pm
1 session	MAV



Italian Bread Workshop NEW

If the flavours and textures of Italian breads are your idea of perfection, come try your hand at some of the classics! Learn how to bake focaccia, ciabatta, grissini, and filled buns (think pesto and slow-roasted tomatoes!) from scratch. As we make the dough, we'll discuss fresh yeast versus dried yeast, machine versus hand kneading and resting at room temperature versus colder temperatures. Working with various doughs from wet to more firm, learn different shaping techniques. Finally, prove the dough and bake all the breads using different techniques. You'll take home an extensive recipe pack, including instructions on how to source ingredients.

44010310 / \$129 / Materials: \$20	Kaelin Whittaker
Mar 9	Mon 1 pm - 4 pm
1 session	MAV

Puff Pastry & Croissant Workshop NEW

Puff pastry and croissants are two of the most challenging pastries—and also the most delectable! The key to the flaky perfection of both is the technique of alternating layers of dough with layers of butter, known as laminating. In pairs, make your own batch of puff pastry from start to finish and use it to make cheese straws. We'll also work together to make, shape, prove and bake croissants. You'll take home puff pastry for your freezer and an extensive recipe pack, including instructions on how to source ingredients.

44010311 / \$129 / Materials: \$20	Kaelin Whittaker
Mar 16	Mon 1 pm - 4 pm
1 session	MAV

INSTRUCTOR SPOTLIGHT



Kaelin Whittaker

Kaelin Whittaker's inspiration for The Ruby Apron took root in 2015, when she spent 12 weeks cooking on a stunning organic farm in Ireland. She supports local farmers and producers, believes we should eat what's in season and feels that quality ingredients need little tweaking to make a delicious meal—so we can all be great cooks! Kaelin hopes to inspire people to spend time in the kitchen, think about food in a different way, and realize that it can be quick and easy, but healthy too.

GLUTEN-FREE

Gluten-Free Cooking & Baking

Cooking for gluten-free diets is challenging. This course will address common questions and cooking problems, review recipe conversion and discuss available products. You'll see demonstrations and make yeast breads, fresh cinnamon buns, soups, and many other flavoursome gluten-free products.

44010010 / \$129 / Materials: \$30 Marion Kaiser, MEd

Feb 1 Sat 9:30 am - 3 pm 1 session JPP

Gluten-Free Perogies & Fresh Pasta

Do you miss eating delicious perogies and fresh pasta because you follow a gluten-free diet? Learn how to make a fantastic perogy dough with different fillings and tasty pasta dough, including cheese-filled ravioli and gnocchi. This course will keep you engaged as you work through the recipes and then sample and take your gourmet delights home for sharing.

44010149 / \$129 / Materials: \$30 Marion Kaiser, MEd

Mar 7 Sat 10 am - 3 pm 1 session JPP

ETHNIC

Crêpe-o-licious

Bring the flavours of a Parisian crêperie to your home! Learn the techniques for making classic French crêpes and getting them right every time. Once you've mastered the basic method, you will discover versatile sweet and savoury dishes such as cremini mushroom crêpes, chicken and spinach crêpes with roasted red pepper sauce, crêpes Suzette and ice-cream-stuffed crêpes with raspberry coulis. Your guests will flip!

44010107 / \$99 / Materials: \$20 Pierre Plamondon, Red Seal chef

Mar 18 Wed 6:30 pm - 9:30 pm 1 session JPP

Fresh Pastas & Endless Sauces

With a variety of noodles, sauces and cheeses, the options are endless for your next delicious pasta dish. After learning how to make melt-in-your-mouth homemade pasta (regular and spinach flavoured), whip up a number of sauces that you can use over and over again, including basic marinara, carbonara with pancetta and goat cheese, white clam sauce and basil and spinach pesto. From there, you'll discover the brilliance of using different cheeses in pasta dishes to make them absolutely perfect!

44010093 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef

Feb 22 Sat 10 am - 1 pm 1 session JPP



NEW

FEATURED CLASS

Introduction to Meal Planning

Do you hit the grocery store with good intentions, then find yourself eating at the drive-through and throwing out half the stuff in your fridge? Discover how meal planning can change your life! Fall in love with flavours other than salt, cook healthy food you look forward to eating, and save yourself time and money in the process. Take home a meal plan that empowers you to eat well no matter what your week throws at you! Please bring a calendar of a typical week in your life, including extracurricular activities, working late, appointments and so on.

44010308 / \$159 Stacy Westman

Feb 5 - 19 Wed 6 pm - 9 pm 3 sessions LO

Indian Curries: The Basics & Beyond

While sipping on refreshing nimbu pani (traditional lime juice), explore a variety of delectable curries, including coconut chicken curry, sweet and sour chickpea curry, and green pea and paneer curry. Biryani, a delicious aromatic layered rice, will be prepared and served to accompany the curries.

44010280 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef

Feb 19 Wed 6:30 pm - 9:30 pm 1 session LO

Jewish Deli at Home NEW

Love the comfort food served at the delis, appetizer shops and lunch counters of Jewish communities in New York and Montreal? Join Chef Allan Suddaby of June's Delicatessen to talk bagels, lox and pastrami. We'll make (and eat!) matzo ball soup, buckwheat blintzes, Reuben sandwiches and other classic dishes.

44010305 / \$99 / Materials: \$20 Allan Suddaby, Red Seal chef

Mar 14 Sat 10 am - 1 pm 1 session JPP

Dumplings 101 NEW

Try your hand at one of the ultimate comfort foods! Learn to prepare the dough to make wrappers, then fill and seal your own delicious dumplings. We'll make three different fillings (vegetable, chicken and shrimp) and enjoy them three ways: steamed (siu mai), for soup (wontons) and pan-fried (gyoza/potstickers).

44010306 / \$99 / Materials: \$20 Hung Ly

Feb 8 Sat 10 am - 1 pm 1 session STR

YOU MAY ALSO BE INTERESTED IN...

THE ART OF CHINESE TEA &
DISCOVER DIM SUM

See page 22



Perogy Basics

In this class, you will discover your inner baba (or dido) and learn the basics of Ukrainian perogy making: how to make the dough and a variety of fillings, including fruit and vegan options, and how to pinch them perfectly without losing all that filling. We will then cook them up and enjoy! You'll leave with a recipe book and a midnight snack.

44010196 / \$99 / Materials: \$20 Larissa Sawiak
 Feb 19 Wed 6:30 pm - 9:30 pm 1 session MAV

Ukrainian Favourites: Nachynka & Nalysnyky

Impress your friends and family at the next potluck with these tasty and traditional Ukrainian side dishes. Learn how to make nachynka, the perfect egg-based cornmeal casserole, rich in flavour, texture and pure deliciousness. Then, move on to nalysnyky—cream-smothered crêpes stuffed with cottage cheese and dill. Prepare the filling, make the crêpes and learn how to roll. In the process, you'll discover the camaraderie involved in making these Ukrainian dishes—the heart of Baba's kitchen.

44010197 / \$99 / Materials: \$20 Larissa Sawiak
 Mar 11 Wed 6:30 pm - 9:30 pm 1 session MAV

Vietnamese Favourites

Vietnamese cuisine is renowned for combining fresh, fragrant ingredients into perfectly flavour-balanced dishes. In this class, learn to prepare two popular favourites. We'll begin with a hands-on introduction to pho—Vietnamese noodle soup—that showcases its simplicity and versatility. Next, we'll roll the perfect salad rolls and create a savoury lime sauce. A spicy chili oil will also be made. Healthy and delicious!

44010243 / \$99 / Materials: \$20 Hung Ly
 Feb 22 Sat 10 am - 1 pm 1 session STR

Noodle, Noodle, Noodle

Who doesn't love a big bowlful of delicious noodles? Chef Vinod will teach you how to make a few of his favourite noodle dishes—the ever-popular pad Thai and Singapore fried noodles, authentic Shanghai noodle salad and more.

44010187 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef
 Mar 18 Wed 6:30 pm - 9:30 pm 1 session JPP



Greek Kitchen Classics

Is Greek cooking all Greek to you? Learn to prepare the delicious basics! In this class hosted by local restaurant Urban Greek, make Greek salad, keftedes (meatballs), chicken souvlaki, hummus, tzatziki and roasted potatoes. A full menu of fresh, classic dishes for everyday enjoyment—or your next dinner party!

44010314 / \$99 / Materials: \$20 Urban Greek
 Feb 24 Mon 6 pm - 9 pm 1 session UG

The Art of Stir-Frying

Learn how to wield a wok for delicious restaurant-quality meals in minutes with Vinod Lohtia. Discover essential, affordable stir-frying equipment and learn to season your wok for a natural non-stick surface. Master a delectable Kung Pao chicken, beef and vegetable stir-fry, and more!

44010203 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef
 Mar 11 Wed 6:30 pm - 9:30 pm 1 session LO

Thai Cooking

Longing for an escape to a tropical paradise? Join us for an exotic evening of culinary fun—a voyage for the senses! Learn to make some of Thailand's star dishes: spicy som tam (papaya salad), fragrant red curry chicken and sticky rice mango for a sweet finish. You will also learn how to make a spicy chili oil.

44010242 / \$99 / Materials: \$20 Hung Ly
 Mar 7 Sat 10 am - 1 pm 1 session STR



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PAINTING

Acrylic Painting for Beginners NEW

Complete your own acrylic masterpiece every week! In each stand-alone class, we'll focus on a different painting skill, including basic colour mixing, shading, composition, light and types of brush strokes. Designed for beginners.

44030262 / \$329 / Materials: \$20		Mariam Qureshi	
Jan 22 - Mar 18	Wed 6 pm - 9 pm <i>No class Feb 12</i>	8 sessions	HA

Oil Painting for Beginners

Learn to create beautiful oil paintings, working from both still life and photo references. This course will cover basic techniques including design and composition, colour mixing, values, perspective, brush effects and more. During the course you will complete six to eight paintings of still life subjects, landscapes and portraits—as well as gain the confidence to paint in oils.

44030164 / \$249 / Supplies required		Carmella Haykowsky	
Jan 29 - Mar 18	Wed 6:30 pm - 9:30 pm	8 sessions	WM

In the Spirit of Van Gogh

For those who are attracted to art with vibrant colours, heavy texture and expressive mark making, Vincent Van Gogh sets the standard. Using oil or acrylic paint—or both—bring to life exciting floral portrait and landscape paintings in the style of the master. Open to all levels.

44030208 / \$329 / Supplies required		Izabella Orzelski-Konikowski	
Jan 9 - Mar 19	Thu 6 pm - 9:20 pm <i>No class Feb 27 & Mar 12</i>	9 sessions	WM

Advanced Painting

Take your art to the next level! Expand your personal art practices in oil and/or acrylic painting mediums. Your instructor will give you individual guidance in exploring your own style and technique. Intermediate to advanced levels.

44030227 / \$329 / Supplies required		Izabella Orzelski-Konikowski	
Jan 14 - Mar 31	Tue 6 pm - 9 pm <i>No class Feb 18 & Mar 24</i>	10 sessions	WM

DRAWING

Introduction to Coloured Pencils

Explore the versatile medium of coloured pencil through demonstrations and one-on-one guidance. Learn different mark-making and blending techniques and how to layer colours to create depth and richness in your drawings. You will complete a small drawing each week with a photo reference provided by the instructor.

44030234 / \$175 / Supplies required		Susan Casault	
Feb 4 - Mar 17	Tue 6:30 pm - 9 pm <i>No class Feb 18</i>	6 sessions	HA

ART SUPPLY LISTS

Access supply lists online or call Metro at 780.428.1111
metrocontinuingeducation.ca/supply-lists

Introduction to Drawing

Drawing can be a wonderful form of expression and relaxation for anybody looking to pursue a new creative outlet. In this course, you will start with the basics and learn drawing techniques that you can continue to explore for years to come. Line, shading to create form, texture, values and perspective will all be introduced in weekly exercises. No drawing experience is necessary.

44030125 / \$175 / Supplies required		Patrick Higgins	
Jan 14 - Feb 25	Tue 6:30 pm - 9 pm <i>No class Feb 18</i>	6 sessions	WM

Figure Drawing for Beginners NEW

Capture one of the most fascinating, fun and challenging subjects for artists—the human figure! Learn the fundamentals of figure drawing, including how to use gesture drawing for more fluid, dynamic representations, and how to see and interpret human anatomy in terms of primary and secondary structures. We'll begin with photo references and then draw a live model. A relaxed introduction for the beginner.

44030261 / \$175 / Supplies required		Patrick Higgins	
Feb 24 - Apr 6	Mon 6:30 pm - 9 pm <i>No class Mar 23</i>	6 sessions	LO



Created by:
Patrick Higgins

INSTRUCTOR SPOTLIGHT

Patrick Higgins

Patrick Higgins (BFA) maintains a rigorous studio practice from his home in Edmonton and is currently represented by Galerie St-Laurent + Hill and Studio 3 in Ottawa. Patrick's artwork has also been placed in the Alberta Foundation for the Arts permanent collection. He is presently an educator for the Art Gallery of Alberta, where he works primarily with school groups, facilitating gallery tours and studio projects.



Created by: Sally Towers-Sybblis

Watercolour Painting Workshop: Miniature Hand Painted Book NEW

What could be more exquisite than a watercolour book so tiny it fits in the palm of your hand? Paint without inhibition, using pleasing colours and mark making. Once your papers are painted, learn how to fold your book, turning designs into one-of-a-kind pieces of art using assorted pens and doodling. Gift your creation as a special-occasion card, or keep it as an artistic conversation piece. Create joy, and leave feeling balanced. No experience required!

SPECIALIZED

An Adventure With Poured Acrylics

Lose your inhibitions and fear of the blank canvas with poured acrylics! Using only air and gravity to move the paint, you'll create unique and beautiful abstract works of art. Whether you're just starting out or have been painting for a while, you're sure to gain a new perspective.

44030140 / \$99 / Supplies required Tricia Cameron

Feb 20 Thu 6:30 pm - 9:30 pm 1 session HA

Calligraphy: Introduction to Script Lettering

Gain a solid grounding in the calligraphic arts. In this class, you'll learn how to use a pointed pen and bottle ink, as well as how to set up a page properly. As you master these basic skills, you'll also have a chance to explore variations and alterations. By the end of the course, you'll have all the knowledge you need to execute foundational strokes and letters.

44030189 / \$129 / Materials: \$5 / Supplies required LynnAnn Babuk

Feb 12 - 26 Wed 6:30 pm - 9 pm 3 sessions LO

44030265 / \$119 / Supplies required Sally Towers-Sybblis

Mar 14 Sat 9:30 am - 3:30 pm 1 session HA

Sharpie Art Lettering

Do you love beautiful lettering? Learn to letter your own cards with a whimsical alphabet, using assorted sizes of Sharpie marker. Then combine your new skills with the delightful medium of watercolour to decorate amazing cards to take home!

44030253 / \$119 / Supplies required Sally Towers-Sybblis

Feb 8 Sat 9:30 am - 3:30 pm 1 session HA

Soapstone Carving for Beginners

What better way to pay tribute to a beloved Canadian icon than by carving it in stone? Beginner and intermediate carvers are invited to join local soapstone artist Kay McCormack to learn how to carve a grizzly bear. You will plan your bear, practise the correct and safe use of hand tools and tackle the challenge of thinking in three dimensions. Under Kay's guidance, discover the thrill of watching your creation emerge from stone. Tools/materials will be provided.

44030183 / \$195 / Materials: \$60 Kay McCormack

Feb 12 - 26 Wed 6:30 pm - 9:30 pm 3 sessions VRA

STAINED GLASS

Stained Glass: Beginner Copper Foil

Experience the colours, textures and endless possibilities of stained glass with this fun and challenging introduction to the copper foil method. Learn skills like glass scoring and breaking, grinding and shaping, copper foiling and soldering, and finishing. Complete and take home at least two 8" x 8" projects. Tool rental/supply fee: \$100 plus GST (payable to Bissett Stained Glass).

44030016 / \$219 Bissett Stained Glass

Jan 15 - Feb 12 Wed 6:30 pm - 9:30 pm 5 sessions BSG

Stained Glass: Beginner Lead Came Panel

Introduce yourself to the colours and textures of stained glass by building a stained glass panel using the traditional lead came technique. Learn how to score and break, grind, lead, solder and cement your panel. Choose from provided designs and build your own 10" x 15" panel to display in your home. Tool rental/supply fee: \$130 plus GST (payable to Bissett Stained Glass).

44030018 / \$219 Bissett Stained Glass

Jan 16 - Feb 13 Thu 6:30 pm - 9:30 pm 5 sessions BSG



FEATURED CLASS

Pottery Basics: Wheel Throwing Level 1

Love pottery and always wanted to throw on a wheel? Now's your chance! You'll learn the basics of wheel throwing and trimming, as well as how to add glazed surface decorations to your pieces. Create unique pieces to use and display, through a fun process you can really get your hands into. You'll leave this class with at least one food-safe vessel to take home. No previous experience with clay is required. Participants are required to lift up to 40lbs of clay, in addition to tasks that require moving and bending.

44030264 / \$269 / Materials: \$60 Rebecca Harcus & Karly Kulpa

Jan 22 - Feb 19 Wed 6 pm - 9 pm 5 sessions WPW

Feb 26 - Apr 1 Wed 6 pm - 9 pm 5 sessions WPW
No class Mar 25

Fused Glass: Mosaic Plate

Learn to create a beautiful fused glass plate. Choose from a wide variety of shapes, sizes and colours of fusing glass to design a free-form masterpiece that is truly unique. No previous glass experience required. Tool rental/supply fee: \$65 plus GST (payable to Bissett Stained Glass).

44030211 / \$99	Bissett Stained Glass		
Feb 22	Sat 9:30 am - 12 pm	1 session	BSG

Stained Glass: Garden Stone

Create a colourful 12" patio stone for your garden, flower bed or deck. Learn how to cut and grind glass, pour concrete and finish your stone. Choose from various shapes and patterns, and introduce yourself to the world of glass stepping stones. Beginner to intermediate levels. Tool rental/supply fee: \$65 plus GST (payable to Bissett Stained Glass).

44030053 / \$119	Bissett Stained Glass		
Mar 7	Sat 9 am - 4 pm	1 session	BSG

Stained Glass: Mosaic Tabletop

Discover the endless possibilities that mosaics offer by creating a glass mosaic tabletop or wall hanging. Learn to cut and grind for shape, attach the glass to your board, and grout and finish your piece. Choose from one of our pattern ideas or create your own. Your finished piece will be approximately 16" x 16". There may be some homework. Open to students of all levels. Tool rental/supply fee: \$110 plus GST.

44030020 / \$179	Bissett Stained Glass		
Mar 12 - 26	Thu 6:30 pm - 9:30 pm	3 sessions	BSG

TEXTILE ARTS

Basic Sewing Skills for Beginners

So you've always wanted to be able to sew? Now's your chance! In this class, you'll complete a simple garment from start to finish. Learn how to select fabrics, patterns, sewing tools and supplies. We'll also cover how to operate a sewing machine, alter patterns, cut out fabrics, read pattern instruction sheets and understand sewing terminology. If you're a previous beginner student, come try a new project to enhance your sewing skills. Sewing machines will be provided to use in class. Supplies are needed but won't be purchased until after the first class.

44030168 / \$175	Susan Sanders		
Feb 4 - Mar 17	Tue 6 pm - 9 pm No class Feb 18	6 sessions	HA



Quilting for Beginners NEW



Get ready for a new addiction—quilting! Create something beautiful, useful and long-lasting that you'll be proud to show your friends. You'll learn to make all the quilt components, join them into a quilt top, sandwich and quilt the layers, and trim and bind the quilt. Take home a completed lap-sized quilt, and start planning your next masterpiece!

44030260 / \$175 / Supplies required	Lynette Butler		
Feb 5 - Mar 11	Wed 6 pm - 9 pm	6 sessions	HA

Bringing Back Embroidery

Join us for an exciting, fresh, modern spin on an age-old craft that's taking Instagram and Pinterest by storm! Lynette will show you how to combine traditional technique and contemporary composition to create home décor that's both classy and fun. Beginner level.

44030235 / \$159 / Supplies required	Lynette Butler		
Feb 5 - Mar 11	Wed 6:30 pm - 8:30 pm	6 sessions	LO

Knitting Basics

Unwind and learn the simple skill of knitting. Learn to do basic stitches such as knit and purl, cast on and off and pick up stitches. Discover how to read patterns and get tips and tricks for more advanced patterns and stitches. You will have the choice of making a scarf, cowl, dishcloth or baby blanket, or if you have some previous experience, you could start a cellphone cover, hat, doll sweater, slippers or simple wristers (the beginning of mitts).

44030137 / \$109 / Materials: \$40	Marion Kaiser, MEd		
Mar 2 - 30	Mon 6:30 pm - 8:30 pm No class Mar 23	4 sessions	HA

Crocheting for Beginners

Discover a new and inexpensive hobby as you learn to crochet and read patterns to create anything you like! Explore various knots and stitches, such as the slip knot, chain stitch, slipstitch, half-double crochet, double crochet and triple stitch. Then learn how to sew seams together and crochet your pieces into one. Start with a dishcloth or granny square and progress to crocheted bags, an iPod or cellphone pouch, a wedding sachet, a tea cozy or other patterns.

44030136 / \$109 / Materials: \$40	Marion Kaiser, MEd		
Mar 4 - Apr 1	Wed 6:30 pm - 8:30 pm No class Mar 25	4 sessions	HA

FEATURED CLASS

Art Crime & the Uncommon Criminal

Anyone who has been following recent results at high-profile art auctions will have noticed an unprecedented increase in the value of art. This kind of financial payoff attracts shady characters and sets the scene for crime. Learn about some of the best-known and not-so-well known art heists, thefts and frauds perpetuated under the guise of art appreciation.

44030118 / \$89	Johanne Yakula		
Feb 20	Thu 6:30 pm - 9:30 pm	1 session	WM

Passions&Pastimes

HOBBIES & INTERESTS

Stand-Up Comedy

Discover your unique sense of humour! Learn to use it in any situation and as a tool for well-being. You'll also have the opportunity to perform in front of a live audience. As this is an optional activity, you may either observe or participate on that evening.

44150033 / \$199	Paul Sveen
Feb 4 - Mar 10	Tue 7 pm - 9:30 pm No class Feb 18
5 sessions	VRA

The Night Sky

Join us on an informative trip through our night sky in this eight evening observational astronomy class. Learn how to locate and identify planets, stars, constellations, deep-sky objects, and other celestial objects. Explore general sky motions, the celestial co-ordinate sphere, constellation mythology, solar and lunar eclipses, telescopes and astrophotography. The new Zeidler Dome (planetarium), the RASC Observatory and the computer classroom will be used throughout the course. Course fee includes all handouts, a sky chart, a planisphere, the RASC Beginner's Observing Guide and evening snacks.

44150004 / \$249 / Materials: \$45	Frank Florian
Feb 5 - Mar 25	Wed 7 pm - 9:30 pm
8 sessions	TWS

MUSIC

All Together Now: Group Singing

Singing together is one of the oldest human traditions. It's less intimidating than singing alone—and it's a magical experience! Learn about pitch, intervals, harmonies, body percussion and beatboxing while you sing a wide range of songs with a big group of people.

44150211 / \$109	Sean Sonego
Feb 4 - Mar 17	Tue 7 pm - 8 pm No class Feb 18
6 sessions	WM

Join the Choir NEW

Whether you're a seasoned chorister or just love to sing in the shower, this class is for you! Refine your vocal technique in a fun and supportive environment. Learn three to five choir pieces in various styles (classical, folk and contemporary).

44150219 / \$159	Erin Craig
Mar 4 - Apr 15	Wed 7 pm - 9 pm No class Mar 25
6 sessions	HA



FEATURED CLASS

Acoustic Guitar Maintenance & Restringing

Add years to the life of your steel-string acoustic guitar! Join a professional guitar repair technician to learn the correct way to restring, clean, adjust, hydrate and care for your guitar. Bring your guitar, a set of your preferred strings, a string winder (can be purchased at most musical instrument stores for a few dollars) and a large towel.

44150226 / \$89	Michael Chenoweth
Feb 22	Sat 1 pm - 3 pm
1 session	HA

Acoustic Guitar for Non-Musicians

If you've ever wanted to learn to play guitar and not worry about reading notes or learning music theory, then this course is for you. You'll learn how to count the beats, play several strums, form numerous chords and play a variety of songs. So bring your acoustic guitar and pick to class, and prepare to have some fun!

44150227 / \$159	Robert Zukerman
Jan 28 - Mar 17	Tue 7 pm - 9 pm No class Feb 17
7 sessions	VRA

Spanish-Style Guitar for Beginners NEW

No matter what your musical background, add an exciting Spanish flavour to your guitar playing and songwriting! We'll explore chord progressions and strumming patterns, as well as minor and harmonic minor scales to invoke faraway melodies and solos. Note: This is not a flamenco guitar class. There is no prerequisite for the course, but experience playing the Ami, G, F, E and Dmi chords would be helpful.

44150223 / \$159	Justin Khuong
Mar 4 - Apr 15	Wed 7 pm - 9 pm No class Mar 25
6 sessions	HA

Blues Guitar

Come explore this widely influential and uniquely American genre in a practical, hands-on way. In this course you will learn the standard 12-bar blues chord progression and its variations, learn the blues scale, and use it to improvise and perform solos. No prerequisite; however, practical experience playing the 1, 4 and 5-7th chords in the keys of E, A and G would be helpful.

44150208 / \$159	Justin Khuong
Jan 22 - Feb 26	Wed 7 pm - 9 pm
6 sessions	HA

Ukulele Fun for Beginners

With its small size and easy portability, the ukulele is an accessible instrument for everyone! Starting with single-note melodies, learn basic chords and strumming patterns to allow you to play folk and other songs for casual fun and enjoyment. You will need to provide your own ukulele.

44150117 / \$119			Andy Funke
Jan 27 - Mar 9	Mon 7 pm - 8 pm <i>No class Feb 17</i>	6 sessions	HA

Harmonica Fun for Beginners

Play music any time and anywhere with this convenient and portable instrument! Learn to play simple melodies and rhythm patterns on the common, affordable 10-hole harmonica. Thanks to a unique, quick and easy teaching method, you'll be playing basic traditional songs right away. You will need a basic 10-hole diatonic harmonica in the key of C.

44150066 / \$159			Michael Chenoweth
Feb 6 - Mar 19	Thu 7 pm - 9 pm <i>No class Feb 27</i>	6 sessions	MAV

FEATURED PET CLASSES

Preparing for Puppy NEW

If you've recently brought a puppy into your home or are thinking about adding some puppy love into your life, start off on the right paw! Learn how to puppy-proof your home and socialize and train your new puppy. We'll talk about behaviour, grooming, nutrition and other health considerations. All training techniques are force-free and based on positive reinforcement.

44150220 / \$129			Jessica Wynne
Jan 30 - Feb 6	Thu 7 pm - 8:30 pm	2 sessions	WM

Stay Spot Stay: Dog Behaviour Basics NEW

They're our best friends . . . but sometimes even the coolest canines can exhibit some frustrating behaviours! Is unnecessary barking getting on your nerves? Are you tired of finding your favourite shoes ripped to shreds? Do your friends avoid coming over because of constant jumping or licking? We'll cover tips and strategies for managing a wide range of misbehaviour. Topics will include barking, digging, chewing, play biting, stealing items, jumping, licking, separation anxiety, leash aggression and more.

44150222 / \$129			Jessica Wynne
Mar 3 - 10	Tue 7 pm - 8:30 pm	2 sessions	WM

Dog Ownership 101 NEW

Whether you're getting a dog for the first time or have had one for years, come learn some new tricks! Join certified professional dog trainer Jessica Wynne to discuss training, dog-proofing your home, behaviour, enrichment, general nutrition, common health requirements, grooming and dog-park etiquette. All training techniques are force-free and based on positive reinforcement.

44150221 / \$129			Jessica Wynne
Feb 13 - 20	Thu 7 pm - 8:30 pm	2 sessions	WM

WRITING



In Your Own Words: Learn to Write a Memoir

We all have a story worth remembering—are you ready to start writing yours? Learn how to craft your memoir through writing exercises and thought-provoking questions. We'll discuss the memoir genre and share our stories aloud. You'll leave each class with a draft of a story and the tools to continue writing.

44030267 / \$149			Lea Storry
Feb 12 - Mar 18	Wed 6:30 pm - 8:30 pm	6 sessions	L0

An Introduction to Creative Writing

Just setting out on the road to becoming a writer? This course is your opportunity to go on a journey of discovery with writer, editor and former publisher Candas Jane Dorsey. In sessions packed with advice and illuminating anecdotes based on Dorsey's decades of experience in the literary world, you will learn the elements of story, structure, character and setting. You'll also share exercises and participate in a workshop to which each writer contributes one newly completed short piece.

44150205 / \$249			Candas Jane Dorsey
Jan 29 - Mar 18	Wed 7 pm - 9:30 pm	8 sessions	VRA

INSTRUCTOR SPOTLIGHT



Jessica Wynne

Jessica Wynne (CPDT-KA) is accredited through the Certification Council for Professional Dog Trainers and holds an Animal Welfare Certificate through Thompson Rivers University. During her five years working at the Edmonton Humane Society's Canine Enrichment Centre, she completed both the Karen Pryor Dog Trainer Foundations and EHS Dog Behaviour and Training Methodology courses while rediscovering her love of teaching. Jessica is passionate about continuing education and staying current with industry standards. She is enrolled in a Canine Care diploma course and maintains St. John first aid and pet first aid certifications.



YOU MAY ALSO BE INTERESTED IN...
PUP-ILATES See page 21

PHOTOGRAPHY

Fundamentals of Digital SLR Photography

Got a new digital SLR camera? Come learn how to drive it! We'll cover the basics of SLR photography: shutter speed, aperture/f-stop, depth of field, ISO, metering and the exposure triangle. Through in-class demonstrations, explanations and practice assignments, explore how these functions work in your camera, learning the common base modes. You'll come away with a solid understanding of digital SLR photography, as well as the practical skills required to take quality photographs.

Prerequisite(s): The ability to use the buttons, dials and settings on your camera

44150195 / \$199			Ian Scott
Mar 4 - 18	Wed 6:30 pm - 9:30 pm	3 sessions	HA

Create Your Own Photo Book

DEMONSTRATION COURSE

Learn the basics of putting a photo book together, such as choosing a theme, selecting photos, putting them in order, and adding text, along with other tips and tricks. You will also explore the options available for photo books to help you select the book that's right for you and your project. Whether you make them as gifts or for your own use, photo books are a fun and easy way to manage and display your photos.

44150228 / \$89			Jennifer Rush
Feb 22	Sat 10 am - 1 pm	1 session	HA

iPhone Photography

Tired of carrying bulky camera equipment on your holidays? No need—you can take incredible photos with your phone camera! In this fun, informative, hands-on class, you'll learn to use all of your phone's camera features to move beyond simple snapshots and start taking photos with style. Please bring your smartphone to class.

44150218 / \$89			Linda Hoang
Mar 18	Wed 6:30 pm - 9 pm	1 session	LO



FEATURED CLASS

Antiquing Basics

Just what is an antique? What do you have, and how much is it worth? This course will cover the basics of how to buy, sell and collect antiques. We'll discuss china, silver, furniture, artwork and collectibles. You are invited to bring one item to class for discussion.

44150155 / \$89			Johanne Yakula
Feb 13	Thu 6:30 pm - 9:30 pm	1 session	WM



BEAUTY & FASHION

Braiding and Updo Techniques NEW

Create a salon-worthy updo! Build your braiding skills: learn and perfect french, dutch and fishtail braids and more! By the end of this class, you'll be able to easily incorporate these techniques into day-to-day braids. Bring a friend with long hair to practise on, or use mannequins to perfect your technique! Bring a friend with long hair to practise your technique—or simply practise on yourself or one of the mannequins that will be provided.

44150225 / \$89			Natasha Weishaupt
Mar 18	Wed 7 pm - 9 pm	1 session	HA

Salon Styling Made Easy NEW

Create amazing hairstyles easy enough for every day! Whether you're styling your own hair or helping friends and family look fabulous, learn how to create curls, waves and other salon styles. Bring a friend with long hair to practise your technique—or simply practise on yourself or one of the mannequins that will be provided.

44150224 / \$89			Natasha Weishaupt
Feb 19	Wed 7 pm - 9 pm	1 session	HA

TASTINGS

Scotch Tasting

Single malt Scotch is the hottest spirit on the planet right now! Learn to pour, smell and taste Scotch whiskies from various regions of Scotland. Whether you are a whisky enthusiast or just a newbie, you will learn to appreciate the subtleties of different styles and flavours.

44150011 / \$79 / Materials: \$20			Vines Wine Merchants
Feb 20	Thu 7 pm - 9:30 pm	1 session	V

Wine Appreciation

Chardonnay, Merlot, white, red, dry, Chile, California—it's enough to make your head spin! Expand your wine knowledge and learn to select the perfect vintage for every occasion. Learn about the major red and white grape varieties in our market, with a focus on popular wines. Explore food pairing and cellaring, and understand wine quality and how to navigate the selections in a wine store. This course will include a practical tasting of seven wines.

44150013 / \$99 / Materials: \$20			Vines Wine Merchants
Mar 5	Thu 7 pm - 9:30 pm	1 session	V

Floral Design

FLORAL DESIGN

Floral Design Level 1 NEW

Whether you aspire to a career as a floral designer or simply want to handle your own arrangements like a pro, learn the required foundation of skills and knowledge. Explore colour theory, proper fresh flower care and handling techniques, the principles and elements of design, design applications and mechanics, and design styles. We'll cover hand-tied bouquets, table centrepieces, vase arrangement, boutonnieres and corsages, garden-style arrangement, contemporary linear design, vertical arrangement, horizontal arrangement, parallel design and more.

44000047 / \$425 / Materials: \$495 Nicola Lapp
 Feb 24 - Mar 18 Mon & Wed 6:30 - 9:30 pm 8 sessions LO

Contemporary Spring Arrangement NEW

Create a one-of-a-kind spring arrangement using seasonal spring blooms and woodland textures. You'll learn to build a European armature of branches to support your intricate design. This arrangement will look gorgeous in a container or standing on its own in a low dish of water. Perfect for ushering in spring after our long, cold winter!

44000049 / \$89 / Materials: \$50 Nicola Lapp
 Mar 14 Sat 10 am - 1 pm 1 session HA

Flowers for Someone You Love NEW

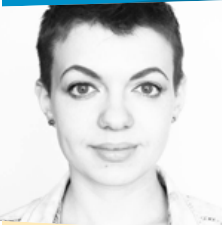
Looking to show your appreciation for a colleague, friend or family member in a special and thoughtful way? Nicola will guide you in putting together a beautiful, unique floral arrangement that you'll be proud to give for any occasion—or just because!

44000048 / \$89 / Materials: \$50 Nicola Lapp
 Feb 11 Tue 6:30 - 9:30 pm 1 session HA



Created by:
SWISH Flowers

INSTRUCTOR SPOTLIGHT



Nicola Lapp

Nicola Lapp is a professional floral designer with a background in fine art and over 12 years of experience in the floral design industry. She has studied floral design both locally and abroad, including with some of the industry's most recognized master florists. A participant in local design competitions such as the Maple Leaf Cup, Fleurs de Villes and WEDmonton, Nicola is passionate about floral design both as a career and a pastime. She can often be found working in her garden, researching plants and discovering new design techniques.



Created by: Nicola Lapp



Created by:
SWISH Flowers

SWISH Flower Bowl NEW

Create a flower arrangement so gorgeous that it's our signature arrangement at SWISH Flowers! Learn the secrets to showcasing fresh-cut flowers in a clear glass fishbowl, to spectacular effect. Take home your creation, then refill your beautiful bowl for every season and occasion.

44000045 / \$89 / Materials: \$60 SWISH Flowers
 Feb 19 Wed 7 pm - 9 pm 1 session LO

Spring Wreath NEW

Bring a breath of springtime to your front door with a lovely handmade wreath! Using permanent flowers, greenery and seasonal accents, design a colourful one-of-a-kind piece that will welcome visitors for years to come.

44000046 / \$89 / Materials: \$65 SWISH Flowers
 Mar 19 Thu 6:30 pm - 9:30 pm 1 session HA

Do-It-Yourself

BEAUTIFUL HOMES

Home Accessorizing 101

Does your home lack personality? Learn how you can take it from monotonous to memorable with a few simple flourishes! We'll cover tips and tricks from the pros to accessorize any space in your home. We'll also explore how to select colour palettes, mix patterns and style your shelving, mantles and tabletops. You'll be amazed to see little touches go such a long way!

44080076 / \$99 Taylor Wise
 Feb 19 Wed 6:30 pm - 9:30 pm 1 session LO

Home Styling Level 1

Want to give your home a makeover, but not sure where to start? Join us for a dose of inspiration and interior know-how! Learn the basic principles and elements of design, as well as how to define your personal style and evaluate your practical needs. Get ready to create a space you can't wait to go home to!

44080075 / \$199 Taylor Wise
 Mar 4 - 18 Wed 6:30 pm - 9:30 pm 3 sessions LO

YARDS & GARDENS

Pruning Trees & Shrubs

Trees and shrubs are often forgotten until they're out of control. Pruning techniques, training young plants and rejuvenating old plants will be discussed. Turn your jungle into your garden retreat.

44080032 / \$129 / Materials: \$5 Kevin Napora
 Mar 3 - 10 Tue 6:30 pm - 9:30 pm 2 sessions HA

Spring Into Gardening

Fall in love with gardening again or for the first time! Whether you're an avid gardener or a beginner, Kevin Napora will enhance your knowledge and inspire you to achieve your perfect garden. He'll take you week by week from spring through summer, discussing all the essential tasks: pruning, soil care, planting, weeding, pest and disease management, and more. This gardening season, you'll spend less time labouring and more time relaxing and enjoying!

44080028 / \$129 Kevin Napora
 Mar 17 - 31 Tue 6:30 pm - 9:30 pm 2 sessions HA
No class Mar 24



FEATURED CLASS

Moving to a Smaller Place

Are you or someone you know, planning to move from a house to a smaller place? This workshop will give you a blueprint for making sure your move goes successfully. From knowing how to prepare for the move, to getting your house in order, and planning what to take with you, this class will uncover many tips to keep you on the right track.

44080015 / \$99 Johanne Yakula
 Mar 5 Thu 6:30 pm - 9:30 pm 1 session WM

SHOP SKILLS

Garage Welding Level 1

Whether you have a welding machine collecting dust in your garage or are thinking about purchasing one, this is the course for you. Learn about brands, models and types of machines—and, critically, how to use them! This introductory course will teach you everything you need to know to get started with basic welding. There will be a materials cost of approximately \$50 (payable directly to CLAC Alberta Training).

44080053 / \$199 CLAC Alberta Training
 Jan 22 - Feb 5 Wed 6:30 pm - 9:30 pm 3 sessions CLA
 Feb 12 - 26 Wed 6:30 pm - 9:30 pm 3 sessions CLA

Garage Welding Level 2

Take your welding skills to the next level! Learn about hand tools and power tools used in a home-based welding shop. We'll cover grinders and grinder safety, making scrolls and hand cutting with a small hand-held plasma cutter, as well as different welding electrodes, basic machine care and maintenance. In the last class, you'll use your new skills to make a welcome sign or number sign for your home or a gift. Materials: \$50 (payable directly to CLAC Alberta Training)

44080056 / \$199 CLAC Alberta Training
 Mar 4 - 18 Wed 6:30 pm - 9:30 pm 3 sessions CLA



Metal Rose Making

Learn about basic hand tools and metal-forming techniques while creating a metal rose. Using thin aluminum sheeting, you will cut, drill, bend and shape your creation from simple materials you can pick up from your local hardware store. At the end of the course, you'll take home a rose that will never wilt! There will be a materials cost of approximately \$20 (payable directly to CLAC Alberta Training).

44080051 / \$99 CLAC Alberta Training

Feb 11 Tue 6:30 pm - 9:30 pm 1 session CLA



Created by:
CLAC Alberta
Training

Weld Your Own Bike Rack NEW

Join CLAC for this special welding project, where students will fit and weld a bike rack that the whole family can use! Students will gain an understanding in the use of hand and power tools, as well as simple finishing techniques for metal. There will be a materials cost of approximately \$50 (payable directly to CLAC Alberta Training).

44080084 / \$99 CLAC Alberta Training

Mar 10 Tue 6:30 pm - 9:30 pm 1 session CLA

Plasma Cutting Basics

Looking to learn how to use your plasma cutter, or thinking of buying one? Whether you aim to cut out a logo or create a custom privacy screen panel for your yard or home, this class will teach you all you need to know about simple home plasma projects. There will be a materials cost of approximately \$50 (payable directly to CLAC Alberta Training).

44080054 / \$99 CLAC Alberta Training

Mar 2 Mon 6:30 pm - 9:30 pm 1 session CLA

Garage Woodworking Level 1

If you'd like to try your hand at woodworking but feel daunted by the equipment, this introductory course is the perfect place to start. Learn how to safely use common woodworking machinery, including table saws, mitre saws, jointers, thickness planers and routers. Through a variety of small projects, you'll practise skills that you can confidently apply to practical uses around the home and garden.

44080072 / \$199 / Materials: \$25 Brent Cox

Feb 6 Thu 6:30 pm - 9:30 pm 1 session HA

FEATURED CLASSES

General Car Care & Maintenance NEW

Ready to take charge of your own routine car maintenance? Learn to check and top up fluids, change the oil and rotate tires using proper torquing techniques. We'll discuss service schedules for these and other maintenance tasks, like radiator flush, transmission flush, wiper replacement, brake rotors and pad replacement. Watch the instructor demonstrate techniques on shop vehicles, then practise the skills yourself on shop vehicles in pairs or small groups.

44080082 / \$129 / Materials: \$15 Neil Mazur

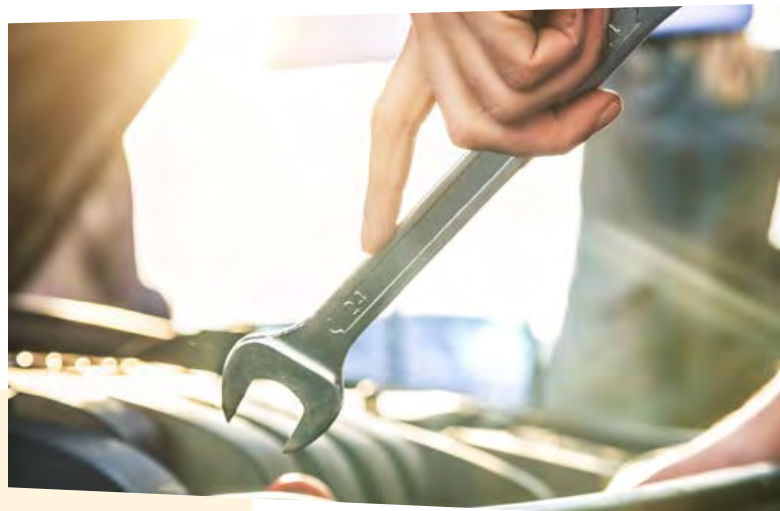
Feb 22 - 29 Sat 9 am - 1 pm 2 sessions HA

Car Detailing & Surface Enhancement Techniques NEW

Whether you're looking to boost the resale value of your car or simply turn heads with a showroom shine, this hands-on detailing course will do the job! Learn the secrets for bringing a professional polish to the vehicle interior and exterior, including hard surfaces, tires, rims, lights, painted surfaces, seats, floors, carpets and mats, windows and trim. Watch the instructor demonstrate techniques, then apply your newly acquired skills to detail your own vehicle. If you don't have a car, one will be provided for practice.

44080083 / \$129 / Materials: \$45 Neil Mazur

Mar 7 - 14 Sat 9 am - 1 pm 2 sessions HA



INSTRUCTOR SPOTLIGHT

Neil Mazur

Neil Mazur has been teaching Career and Technology Studies courses for Edmonton Public Schools for 13 years. He enjoys working with all types of learning styles and sharing his passion for proper maintenance and detailing of vehicles. His friendly and approachable nature make his courses easy to follow and enjoyable for everyone.



Health & Wellness

YOGA

Chair Yoga

Looking for a fun, gentle approach to yoga? Pull up a chair! Practise modified traditional yoga poses to improve your flexibility, strength, mobility and balance. Develop awareness and mindfulness, reduce stress and sleep better. Classes will include a warm-up, a chair flow series and some balance poses (either seated or standing), ending with breathing exercises, a short relaxation and meditation. You'll leave feeling energized, relaxed and joyful!

43160123 / \$125	Carmella Haykowsky
Jan 21 - Mar 17	Tue 7 pm - 8 pm No class Feb 18
8 sessions	WM

Gentle Yoga

Gentle yoga is ideal for anyone seeking the benefits of a relaxing and restorative experience. Intended to rejuvenate and heal the body, this class is held at a slower pace and focuses on improving range of motion and joint mobility, as well as reducing pain and the effects of stress. Students who are new to yoga, or who have medical injuries or concerns such as arthritis or other chronic conditions or limitations, will enjoy this soothing practice.

43160077 / \$105	Annemarie van Oploo
Jan 22 - Mar 18	Wed 7:30 pm - 8:30 pm
9 sessions	SG

Yoga: Mixed Levels

Experience the benefits of improved flexibility, relaxation, enhanced fitness and strength, and relief from stress. Explore breathing exercises, basic meditation and concentration techniques. This course is excellent for beginners and will also challenge advanced students.

43160010 / \$149	Dawn Scott
Jan 6 - Mar 16	Mon 4:45 pm - 6:15 pm No class Feb 17
10 sessions	MAV
Jan 6 - Mar 16	Mon 7 pm - 8:30 pm No class Feb 17
10 sessions	MGG
Jan 8 - Mar 11	Wed 7 pm - 8:30 pm
10 sessions	MK



INSTRUCTOR SPOTLIGHT

Mike Kwok and Veronica Cheng

Mike Kwok and Veronica Cheng are living their dream of becoming top ballroom dancers while sharing their love of dance with others. With over 12 years' experience dancing together, they have won a number of awards, including Hong Kong Amateur Standard Champions and Macau Amateur Standard Champions. They are qualified dance teachers with the Imperial Society of Teachers of Dancing and Hong Kong Ballroom Dancing Council.



DANCE

Ballroom Dance: The Basics

Cha-cha your way to confidence while waltzing towards feeling at ease in any social dance environment. Learn the basic step patterns of the foxtrot, jive/swing, waltz and cha-cha. Register with a partner.

43160100 / \$125 / Price is per person	Mike Kwok & Veronica Cheng
Jan 20 - Mar 16	Mon 7 pm - 9 pm No class Feb 17
8 sessions	SG

Ballroom Dance: Slow Waltz

Elegant and flowing, the waltz is the first and perhaps the most famous of the International Standard dances. Come lose yourself in this soft, smooth, progressive dance characterized by swing movements across the dance floor. Register with a partner.

43170029 / \$125 / Price is per person	Mike Kwok & Veronica Cheng
Feb 6 - Mar 19	Thu 7 pm - 8:30 pm No class Feb 27
6 sessions	MAV

Clogging for Beginners NEW

Looking for a fun way to stay in shape—and get in your daily quota of steps? Welcome to clogging! Similar in style to tap and Celtic step dancing, clogging is influenced by Irish, Scottish, Dutch and English traditions. We'll dance to a variety of music, from country and bluegrass to Celtic and pop. Please wear a comfortable pair of shoes with a non-stick sole.

43160163 / \$125	Adele Brewer
Jan 21 - Mar 10	Tue 6:30 pm - 7:30 pm
8 sessions	MAV

Country Line Dancing

Stomp your feet, kick up your heels and join Dwayne and Jill, our expert country dance instructors, to learn some classic line dances! Line dancing offers a fun and exciting way to exercise and socialize, and you can dance with or without a partner. Whether you are a beginner or an advanced dancer, you'll enjoy learning basic steps and variations that will give you the confidence you need so you're in the front row of the next line dance. Partner not required.

43170038 / \$99 Dwayne Tulik & Jill Thomson
 Feb 12 - Mar 18 Wed 7:30 pm - 8:30 pm 6 sessions VRA

Country Dance Two-Step

Feel left out when you see others having fun doing the two-step? Then this workshop is for you! Bring your partner and explore the fun of country and western dance, including inside and outside turns, sweetheart, cuddle and more! Register with a partner.

43170005 / \$125 / Price is per person Dwayne Tulik & Jill Thomson
 Feb 3 - Mar 16 Mon 7 pm - 9 pm 6 sessions MAV
No class Feb 17

PICKLEBALL



Pickleball for Beginners

Learn to play the fastest-growing sport in North America while enjoying the benefits of social and physical well being! Pickleball combines the elements of badminton, tennis and Ping-Pong, using a paddle and Wiffle ball. Certified instructors will teach you the basics and rules of pickleball and help you build a solid foundation of skills for this exciting game.

43160131 / \$119 In a Pickle

Nellie Carlson School (southwest)

Jan 21 - Feb 11 Tue 7 pm - 9 pm 4 sessions NC
 Feb 25 - Mar 17 Tue 7 pm - 9 pm 4 sessions NC

McKernan School (central)

Jan 22 - Feb 12 Wed 7:30 pm - 9:30 pm 4 sessions MK
 Feb 26 - Mar 18 Wed 7:30 pm - 9:30 pm 4 sessions MK

GET FIT

Fit Over 50

Want to get stronger and fitter, but not quite sure how? Worried about how your body and old injuries will respond? This class is for you! Join your peers for an exercise class that takes into account your needs and goals while still challenging everyone who comes. Be prepared to try a variety of exercises with a variety of equipment. Please bring a yoga mat.

43160137 / \$105 Victoria Twanow
 Feb 4 - Mar 17 Tue 7 pm - 8 pm 6 sessions WM
No class Feb 18

NEW

FEATURED CLASS

Hoop Dance for Beginners

Did you love hula hooping as a child? Reclaim the hoop as a fun and dynamic way to get your body grooving through the winter slump! Learn basic body flow along with tricks and illusions, exploring different styles of movement to find your own mode of expression. Whether you take it easy or challenge yourself, both your body and mind will benefit. Hoops will be provided, but feel free to bring your own.

43160162 / \$105 Stephanie Tostowaryk
 Jan 28 - Mar 10 Tue 7:30 pm - 8:30 pm 6 sessions MK
No class Feb 18



INSTRUCTOR SPOTLIGHT

Stephanie Tostowaryk

Stephanie Tostowaryk (a.k.a. Aurora Flowrealis) has been hoop dancing for eight years. In 2017, she became a certified Hoop Love coach and received sponsorship through Ruby Hoopers, a company focused on community, body/self positivity and dance. Stephanie has performed at many Alberta festivals, such as the Kaleido Family Arts Festival and Astral Harvest. Well known in the flow community for her unique style, she blends hoops, circus, yoga and dance into her movement. Stephanie is always playing with new ideas, and teaching hoop dance is her favourite way to expand her love of dance.

Burlesquerise

Come let your sensual side out to play (or maybe meet her for the first time!) while also getting a great workout. Using choreographed routines, we will dance, laugh and discover a new aspect of ourselves. This class is for women only. No dance experience necessary.

43160090 / \$105 Corina Walker
 Jan 27 - Mar 9 Mon 6:30 pm - 7:30 pm 6 sessions BRM
No class Feb 17

Introduction to Mixed Martial Arts for Women

Step into the octagon and channel your inner Ronda Rousey! Get a taste of four of the main MMA disciplines in this introductory class. Kick-start the first week with striking techniques and defensive drills. Then explore the world of grappling with Brazilian jiu-jitsu, followed by wrestling takedowns. In the final week, combine all the disciplines and revel in your new-found confidence and empowerment! The last class will be held on a Saturday morning at Emily's training spot, the reputable MMA gym Kamikaze Punishment. This class is suitable for all skill levels.

43160153 / \$89 Emily Stanton
 Feb 3 - Mar 7 Mon 7 pm - 8 pm; Sat 9:30 am - 10:30 am 5 sessions ML
No class Feb 17



LOW IMPACT

Pilates Power NEW

Whatever your fitness level, come strengthen your body and mind—from the core outward! Pilates will help you improve flexibility, posture, balance and concentration, all while tightening and toning your muscles. We will focus on Pilates breathing techniques. Please bring a yoga mat to class.

43160167 / \$105 **Darci Macht**
 Jan 21 - Mar 3 Tue 7:30 pm - 8:30 pm 6 sessions MK
No class Feb 18

Resistance Band Tone Up

Change up your strength training routine with a total-body workout using only resistance bands. Burn a little rubber (and a lot of fat!) in this gentle class that targets the upper and lower body, as well as core and balance for a well-rounded compact workout. Suitable for every fitness level!

43160062 / \$105 **Victoria Twanow**
 Jan 23 - Mar 5 Thu 7:30 pm - 8:30 pm 6 sessions WM
No class Feb 27

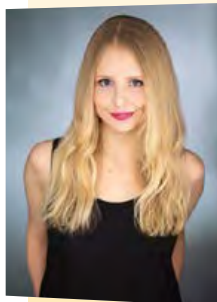
NEW

FEATURED CLASS

Barre for Beginners

If you're looking for a challenging and fun way to build strength and tone without bulking up, barre is for you! Combining ballet-inspired moves with elements of yoga, Pilates and strength training, barre focuses on low-impact, high-intensity movements. No dance experience necessary. Bare feet are fine, but if you want the true barre experience, grip socks are recommended.

43160165 / \$119 **Marie Zydek**
 Feb 4 - Mar 17 Tue 6:30 pm - 7:30 pm 6 sessions HA
No class Feb 18



INSTRUCTOR SPOTLIGHT

Marie Zydek

Marie Zydek is a former dancer who has performed in Canada, the United States, England and France. Certified as a Pilates mat instructor in 2002 and barre instructor in 2014, Marie has taught fitness classes at many studios, gyms and community centres in both Vancouver and Edmonton. She is passionate about sharing the benefits of barre and functional movement with others.

Essentrics Fitness NEW

Torn between a range of different fitness options? Try an age-defying workout that gives you the best of all worlds! Essentrics draws on the principles of tai chi, ballet and physiotherapy. Through flowing movements set to music, you'll increase your strength and flexibility while releasing tension in muscles and joints. Please bring a yoga mat to class.

43160166 / \$105 **Darci Macht**
 Feb 5 - Mar 11 Wed 7 pm - 8 pm 6 sessions HA

Latin Dance Fitness

If you're looking for a low-impact workout with simple, fun steps, then this class is for you! Dance your way to improved health and shake your body to the Latin rhythms of reggaeton, cumbia, salsa and cha-cha. No dancing skills are required as the class is easy-to-follow and comfortably paced.

43160161 / \$105 **Corina Walker**
 Feb 5 - Mar 11 Wed 7 pm - 8 pm 6 sessions MAV

Tai Chi Chih

Tai chi chih is an ancient mind-body art form known for its healing and rejuvenating effect. The series of 20 energizing movements is an effective form of moving meditation that you can do on your own. Benefits include improved mental and physical well-being, improved balance, increased energy and relief from pain and stress. Class is suitable for all ages and abilities.

43160023 / \$99 **Sharon Melvin**
 Jan 21 - Feb 25 Tue 7 pm - 8 pm 5 sessions BRM
No class Feb 18

Dance Tai Chi

Bring mindfulness and relaxed awareness into your life and your movements with this easy, relaxed class that infuses the healing essence of tai chi with the creative fluidity of dance. The class will include warm-up stretches, tai chi chih movements, and a blend of tai chi and dance moves. Improve your flexibility, balance, health and serenity—and have fun while you're at it! No prior dance or tai chi experience needed. This class is meant for all ages and fitness levels.

43160041 / \$99 **Sharon Melvin**
 Mar 10 - Apr 14 Tue 7 pm - 8 pm 5 sessions MN
No class Mar 24

Stretch for Strength

Realign your body to strengthen and lengthen your muscles. Learn how to safely increase your range of motion and energy level by focusing on placement, posture, balance, breath, flexibility and tension release. This class will work on everything from head-to-toes and leave you feeling powerful and rejuvenated! Suitable for all levels. The majority of the class is done on a yoga mat.

43160138 / \$105 **Darci Macht**
 Jan 16 - Feb 20 Thu 7 pm - 8 pm 6 sessions BRM

PET FITNESS

Pup-ilates **NEW**

Get fit while bonding with your pup! Pup-ilates is a unique workout for both you and your dog. Designed by a trainer with expertise in human fitness, canine fitness and canine behaviour, it emphasizes core activation, balance, posture, strength and flexibility. Expect to do plenty of traditional Pilates exercises while your dog jumps over, crawls under and circles around you. We'll also address canine-specific fitness and flexibility training to help protect your dog against muscular imbalances and injuries. Suitable for all friendly dogs; no prior training required. Exercises can be modified for all fitness levels. Please bring a yoga mat to class, plenty of tiny dog treats (for training), as well as a non-retractable leash (important). No choke chains or e-collars please.

43160171 / \$165		Sarah Keller	
Jan 30 - Mar 12	Thu 6 pm - 6:45 pm <i>No class Feb 27</i>	6 sessions	MAV
Feb 12 - Mar 18	Wed 7 pm - 7:45 pm	6 sessions	WM

YOU MAY ALSO BE INTERESTED IN...

DOG OWNERSHIP 101, PREPARING FOR PUPPY & STAY SPOT STAY: DOG BEHAVIOUR BASICS

See page 13

WELL-BEING



Living with Diabetes **NEW**

Struggling to manage diabetes in the real world? Learn practical tips for changing diet to support healthy blood sugars and for incorporating physical activity into a busy schedule. Get a heads-up on the latest and greatest trends for living with diabetes day to day. You'll take home a one-week meal plan full of new ideas for snacks and meals that will help you manage blood sugar.

43160169 / \$129		Megan Wallace, BSc RD	
Jan 20 - 27	Mon 6:30 pm - 9 pm	2 sessions	LO

Living with Heart Disease **NEW**

If you or a loved one have been diagnosed with heart disease, now is the time to figure out how this will affect your lifestyle. Learn how to take charge of well-being and change habits in practical ways that will stick. We'll focus on various eating styles that will help maintain a satisfying diet. You'll take home a one-week meal plan full of new ideas for heart-healthy snacks and meals.

43160170 / \$129		Megan Wallace, BSc RD	
Feb 3 - 10	Mon 6:30 pm - 9 pm	2 sessions	LO

INSTRUCTOR SPOTLIGHT

Sarah Keller

Sarah Keller is the owner of Sit Stay Squat, Human-Canine Fitness Services. With long-standing passions for both animals and bodybuilding, Sarah struggled to find time for both. But then it hit her—she didn't have to choose one or the other! She began replacing her traditional workouts with exercises that could involve her dog, who turned out to be the most motivating workout partner she could ask for. Sarah was thrilled to discover that she could combine her interests into a unique service that would benefit many people and their pets. She has since spent countless hours researching human and canine fitness, obtained multiple certifications and even travelled to Illinois to learn more about canine fitness.



How to Be an Active Listener **NEW**

Communication is the bedrock of every human interaction. But too often, half of this two-way interaction gets lost in the noise! Active listening is a learned skill. To be a good listener, you need to understand the factors that block and encourage open communication—and you also need to know yourself. Whether at work, at home or in your community, becoming a better listener will benefit your relationships and your understanding of the world.

43160164 / \$159		Caroline van Rooyen	
Feb 4 - Mar 10	Tue 7 pm - 9 pm <i>No class Feb 18</i>	5 sessions	VRA

50 Ways to Stop Bad Feelings in Their Tracks

There's no one-size-fits-all instant fix for feelings of trauma, stress, anxiety and depression—but there are lots of strategies that can help. Equip yourself with hands-on, in-the-moment ways to cope with these feelings as they are happening. Whether you're struggling with your own difficult feelings or supporting others who are (as a counsellor, teacher, social worker, colleague, friend or family member), you'll leave with an arsenal of proven tools for feeling better fast.

43160155 / \$99		Kim Silverthorn	
Feb 12 - 19	Wed 6:30 pm - 8:30 pm	2 sessions	LO

Fascinating Fascia

We don't usually think much about fascia until it hurts—plantar fasciitis, IT band syndrome, upper back pain or repetitive strain injury can really get our attention! Engaging your fascia (connective tissue) helps restore flexibility, improve range of motion, and reduce body pain and the stiffness of aging. Try DIY tools and strategies with personalized coaching. We'll also discuss professional options for managing fascia imbalances so you can limber up sooner! Wear stretchy, loose clothes. This class may not be suitable for those with serious systemic illnesses.

43160172 / \$99		Suzanne Belanger, RMT	
Mar 2 - 4	Mon, Wed 6:30 pm - 9 pm	2 sessions	LO

Make Your Own Herbal Medicine

From dandelion and yarrow to stinging nettle, an abundance of plants can be grown or foraged right in your own backyard for medicinal purposes. Clinical herbal therapist Elizabeth Walker will show you the plants and explain their properties and uses. Be prepared to use your senses as you see, taste and transform the herbs into infusions, decoctions, salves, syrups and other plant medicines to add to your health-care toolbox. You'll take home samples of the medicines we make in class.

43160168 / \$119 Elizabeth Walker
 Feb 13 - 20 Thu 6:30 pm - 9:30 pm 2 sessions WM



Healing With Himalayan Singing Bowls

The unique rhythmic sounds and vibrations of the singing bowl have been found to stimulate brain waves and nourish the flow of energy to offer relief from depression, stress—even anger! Explore the fundamentals of sound therapy and learn how to use this alternative healing medium.

43160144 / \$99 Philip Wong
 Mar 5 - 12 Thu 6:30 pm - 9 pm 2 sessions BRM

WE'RE ALWAYS OPEN ONLINE!

Easily **Register** for classes at
metrocontinuingeducation.ca

Discover Chinatown

metrocontinuingeducation.ca/discover-chinatown



Discover Dim Sum

Are you new to dim sum? Overwhelmed by the myriad of choices or the hustle and bustle of a traditional dim sum restaurant? Whether you're a dim sum beginner or a seasoned foodie, this course is the perfect dim sum how-to guide. Embark on a culinary adventure in the heart of Edmonton's Chinatown and learn about the etiquette, history and origins of this popular Cantonese teahouse tradition—over a meal of scrumptious little dishes! You will sample more than a dozen dim sum classics and get a behind-the-scenes look at the art of dim sum. Please note, there will be no cooking in this class.

44010274 / \$79 / Materials: \$25 Megan Tsang
 Mar 7 Sat 11 am - 2 pm 1 session EP

Introduction to Chinese Medicine

Built on over 2,500 years of Chinese medical practice, traditional Chinese medicine (TCM) is one of the most popular forms of alternative medicine in the world. Gain a basic understanding of TCM, from its foundational philosophy to its treatment practices. Learn about the basic tenets and modalities, including herbal medicine, acupuncture and tui na (a form of medical massage), and think about health and wellness from a whole-person point of view. If you're considering Chinese medicine as an additional wellness therapy, this course is the perfect primer!

43160174 / \$79 Dr. Ling Duan, R.Ac, TCMD
 Feb 22 Sat 9 am - 12 pm 1 session ACS

The Art of Chinese Tea

Do you prefer tea over coffee? You're not alone! Tea is China's national drink, with a tradition spanning thousands of years. Learn about the art behind traditional Chinese tea culture, including the different types of tea and how you can enhance the distinctive characteristics, aromas and flavours of each. Indulge the tea lover in you by discovering the traditional methods of Chinese tea making while sampling the best tea Edmonton's Chinatown has to offer!

44010275 / \$79 / Materials: \$10 Cassandra Kwan
Choy Hope Trading Tea Specialists
 Mar 28 Sat 10 am - 12 pm 1 session ACS

Introduction to Qigong NEW

Sometimes referred to as Chinese yoga, qigong is an ancient technique combining movement with breathwork to promote health, longevity and vitality. Using gentle, meditative movements, qigong strengthens and aligns the body while also building attention and awareness. Whether you're experiencing hypertension, arthritis, osteoporosis, migraines, anxiety or depression, or are just looking centre yourself, this practice is for you. All levels of mobility will be accommodated.

43160175 / \$125 Jennifer Gu
Ji Hong Tai Chi & Wu Shu College
 Mar 7 - 28 Sat 10 am - 12 pm 4 sessions CMC

Languages



UKRAINIAN

Conversational Ukrainian for Beginners NEW

Are you new to the Ukrainian language? Understand some but wish you could speak a bit too? Join us for a fun evening of interactive activities to learn some basic phrases and expressions. We'll focus on conversational Ukrainian (about likes, interests and living), with some reading and writing skills.

46020069 / \$299		Luba Eshenko	
Jan 14 - Mar 31	Tue 6:30 pm - 9 pm	10 sessions	HA
<i>No class Feb 18 & Mar 24</i>			

AMERICAN SIGN LANGUAGE (ASL)

American Sign Language (ASL) in a Day

If you want to learn how to sign such things as people, family, time, days, weather, feelings, location, directions, clothes, colours and home, this introductory course is perfect for you. It is full immersion and completely interactive. You'll take home a pictorial handout guaranteed to help you continue on your signing journey. This course is ideal for those in the health and public service industry and for students who want an introduction to American Sign Language. Beginner level.

46020005 / \$149 / Materials: \$10		Brenda Hansler	
Feb 8	Sat 9 am - 2:30 pm	1 session	MAV

American Sign Language (ASL) Units 1 & 2

This course will enable you to express basic vocabulary in ASL through body movement, gestures, facial expressions, finger spelling and basic signs. It is essential to attend the first class because it provides the necessary understanding of learning ASL as a second language.

46020001 / \$299 / Textbook: Approx. \$120		Brenda Hansler	
Jan 7 - Mar 17	Tue 6:30 pm - 9 pm	10 sessions	WM
<i>No class Feb 18</i>			

46020001 / \$299 / Textbook: Approx. \$120		Shauna Durston	
Jan 15 - Mar 18	Wed 6:30 pm - 9 pm	10 sessions	ASD

American Sign Language (ASL) Units 3 & 4

You'll develop spatial awareness of your environment in a real-world orientation and enhance your signing skills with challenging communication and intensive interaction. You will read and sign numbers up to 100, and also ask questions and make conversation about family and locations.

Prerequisite(s): *American Sign Language (ASL) Units 1 & 2*

46020002 / \$299 / Textbook: Approx. \$120		Joseph Crocker	
Jan 15 - Mar 18	Wed 6:30 pm - 9 pm	10 sessions	ASD

American Sign Language (ASL) Unit 5

Learn how to communicate complex concepts using proper grammatical structure while building your confidence in signing. You'll use time signs to discuss past, present and future events. Your vocabulary will significantly increase as you learn how to express opinions and use proper agreement verbs.

Prerequisite(s): *American Sign Language (ASL) Units 3 & 4*

46020003 / \$299 / Textbook: Approx. \$120		Shauna Durston	
Jan 6 - Mar 16	Mon 6:30 pm - 9 pm	10 sessions	ASD
<i>No class Feb 17</i>			

INSTRUCTOR SPOTLIGHT



Luba Eshenko

Luba Eshenko has recently retired after 30 years of teaching. Dedicated to Ukrainian language education, Luba has developed Ukrainian teaching resources, written curriculum and assessment tools, participated in research development and presented at conferences. In 2012, she received an award for her dedicated service to international languages education in Alberta. In June 2017, she also received a prestigious award from the Ministry of Education in Ukraine, being named Best Ukrainian Secondary Teacher Beyond the Borders of Ukraine 2017. She continues to enjoy working with students as a substitute teacher and adult education instructor.

ITALIAN

Italian Just for Travellers

Planning a trip to Italy? Do you want to be able to greet people and feel comfortable with some basic Italian skills? Learn vocabulary and phrases to assist you in restaurants, when sightseeing or in asking directions. Gain the skills to make great connections with the people of Italy. Beginner level.

46020030 / \$275 / Textbook: Approx. \$16		Francesca Cardile	
Jan 13 - Mar 9	Mon 6:30 pm - 9 pm	8 sessions	HA
<i>No class Feb 17</i>			

Italian Level 2

Expand your vocabulary and examine more complex grammatical structures. By the end of the course, you will understand day-to-day conversations in Italian.

Prerequisite(s): *Italian Level 1*

46020016 / \$299 / Textbook: Approx. \$25		Francesca Cardile	
Jan 15 - Mar 18	Wed 6:30 pm - 9 pm	10 sessions	HA

FRENCH

French Level 1

Learn the basics of vocabulary, syntax, regular verbs and basic expressions. You'll be introduced to the French language, while learning to ask and answer simple questions.

46020007 / \$299 / Textbook: Approx. \$25	Birgitta Fishwick
Jan 14 - Mar 31 Tue 6:30 pm - 9 pm <i>No class Feb 18 & Mar 24</i>	10 sessions WM

46020007 / \$299 / Textbook: Approx. \$25	Claire Fouquier
Jan 15 - Mar 18 Wed 6:30 pm - 9 pm	10 sessions HA

French Level 2

Learn vocabulary enrichment with an emphasis on grammar, reflexive verbs and object pronouns. You will also be introduced to the past tense, as well as simple conversational interactions.

Prerequisite(s): *French Level 1*

46020008 / \$299 / Textbook: Approx. \$25	Jean Barrucand
Jan 15 - Mar 18 Wed 6:30 pm - 9 pm	10 sessions HA



GERMAN

German Level 1

Familiarize yourself with the sounds of the alphabet and diphthongs. Learn basic vocabulary and verbs in the present tense, the formal and informal "you" and the numbers zero to 100. Learn to ask and answer simple questions and read and write short sentences. Increase your knowledge with an introduction to German-speaking countries. Topics include family and friends, business cards and Central Europe.

46020013 / \$299 / Textbook: Approx. \$40	Roswitha Heidorn-Knoefel
Jan 8 - Mar 11 Wed 6:30 pm - 9 pm	10 sessions WM

JAPANESE

Streamlined Japanese Basics

This course is designed to teach you the basic vocabulary and phrases that will allow you to "get by" using the Japanese language. The five-hour class is recommended for those who will soon be travelling to Japan or who simply want to learn some basics, maybe to converse with a friend or family member who speaks the language. Whatever your reason, you will leave with helpful Japanese language skills that you can start using right away!

46020058 / \$149	Tamaki Ikeda
Feb 22 - 29 Sat 9 am - 2:30 pm	2 sessions HA

SPANISH

Streamlined Spanish Basics

This course is designed to teach you the basic vocabulary and phrases that will allow you to "get by" using the Spanish language. The five-hour class is recommended for those who will soon be travelling to a Spanish speaking country or who simply want to learn some basics, maybe to converse with a friend or family member who speaks the language. Whatever your reason, you will leave with helpful Spanish language skills that you can start using right away!

46020060 / \$149 / Materials: \$10	Jenny Osorio
Feb 22 Sat 9 am - 2:30 pm	1 session HA

Spanish Level 1

This course will get you on your way to communicating your basic needs in Spanish. We'll cover the essentials of grammar and pronunciation.

46020024 / \$299 / Textbook: Approx. \$22	Yeison Bottia
Jan 14 - Mar 31 Tue 6:30 pm - 9 pm <i>No class Feb 18 & Mar 24</i>	10 sessions WM

46020024 / \$299 / Textbook: Approx. \$22	Angela Camacho
Jan 15 - Mar 18 Wed 6:30 pm - 9 pm	10 sessions HA

Spanish Level 2

Learn more action verbs, irregular verbs, present and progressive tenses, the verbs "to be" and "to know," and the rules for using them.

Prerequisite(s): *Spanish Level 1*

46020025 / \$299 / Textbook: Approx. \$22	Yeison Bottia
Jan 15 - Mar 18 Wed 6:30 pm - 9 pm	10 sessions HA

Spanish Just for Travellers

If you're travelling to a Spanish-speaking country, this course will teach you the most important vocabulary to communicate politely and effectively. Learn how to ask for directions, order meals, count change and barter. You'll build your Spanish vocabulary and pronunciation skills and receive invaluable cultural tips to make your vacation even more memorable. Beginner level.

46020023 / \$275	Peter Kiriaka
Jan 13 - Mar 9 Mon 6:30 pm - 9 pm <i>No class Feb 17</i>	8 sessions HA

KOREAN

Korean for Beginners NEW

If you're looking for a taste of Korean language and culture, join us for this fun beginner class! Learn to recognize Korean letters and sounds, use basic verbs and sentences, order food politely and read numbers in the Korean or Sino-Korean system. We'll also talk about Korean cultural traditions and trends like Lunar New Year and K-pop. Initial lectures will be conducted in English, with more Korean used as the course progresses.

46020053 / \$299 / Materials: \$10

Yeon Sook Yi

Jan 15 - Mar 18 Wed 6:30 pm - 9 pm

10 sessions

LO

LANGUAGE LEVEL ASSESSMENT

Not sure which level is appropriate for you?
Call Metro to arrange an easy telephone assessment with an instructor.



INSTRUCTOR SPOTLIGHT

Yeon Sook Yi

Yeon Sook Yi, also known as Sophia, teaches at the Edmonton Korean Language School and works as an educational assistant with Edmonton Public Schools. She sometimes interprets for the courts in cases where there is a language barrier, and she recently participated in a Korean language conference held in Ottawa. Along with teaching the Korean language, Sophia is passionate about sharing elements of Korean culture like food, holiday traditions and pop culture.



Online Learning

Mastering your Digital SLR Camera

Break through the technology barrier and learn how to use your DSLR to take beautiful photos. You will start by learning about the many features and controls of your DSLR, and expand into learning about using these features to get the right exposure for every shot.

\$115 6 weeks Self-Paced Online Tutorial

Certificate in Meditation

In this certificate program, you'll explore the many meditation techniques that can be used to support the mind-body connection and promote healing and wellness. This course will guide you as you discover how the practice of meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall well-being.

\$68 6 weeks Self-Paced Online Tutorial

Creating Web Pages

In this workshop, create and post your very own website using HTML. After learning about the fundamentals of web design, you will plan the content and structure, then create pages full of neatly formatted text, build links and add color, backgrounds, graphics, and tables.

\$115 6 weeks Self-Paced Online Tutorial

Stocks, Bonds, and Investing: Oh, My!

This class will walk you through the fundamentals of finance and investing. You'll learn about the stock markets, 401k plans, and retirement, and also address personal financial issues. Provide yourself with the independence and confidence you will need to make your own investment decisions.

\$115 6 weeks Self-Paced Online Tutorial

Instant Italian

This dynamic course will teach you how to express yourself comfortably in Italian. You will learn about the Italian language's impact on the world, the Italian alphabet, phonetics, and pronunciation, proper forms of address, expressions of courtesy, and how to make introductions. When you reach your final lesson, you will know how to ask for help, ask directions, and more!

\$100 6 weeks Self-Paced Online Tutorial

2020 ONLINE CLASS SCHEDULE WINTER

All courses begin on the following dates	Jan 15	Feb 12	Mar 18	Apr 15
Final exam due date & Completion of course	Mar 6	Apr 3	Apr 8	Jun 5

Students can register before or after the course start date.



- Accounting & Finance
- Business
- Law & Legal
- Healthcare & Medical
- College Readiness
- Teaching & Education
- Computer Applications
- Technology
- Design & Composition
- Language & Arts
- Writing & Publishing
- Personal Development



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Personal Finance & Law



REAL ESTATE

Make Money as a Landlord NEW

If you're a landlord, long-term tenants make good business sense. So how can you lower turnover and avoid costly vacancies? Learn how to pre-screen applicants and select the best tenants for your property. Get practical tips on mistakes to avoid, management systems to implement and ways to enhance customer service to your tenants. Learn a system to analyze and compare your rental rates to the marketplace. This is not a review of the Residential Tenancies Act.

43210028 / \$99		Gerald Tostowaryk	
Mar 18	Wed 6:30 pm - 9:30 pm	1 session	HA

The Savvy Homebuyer

Whether you want to buy your first home or make your next homebuying experience smoother, this is the course for you. We'll cover all your questions: What price range should you be looking in? What are the legal obligations of real estate agents and home sellers? How can you negotiate a fair deal and avoid pitfalls? Get a jump on the learning curve and start the homebuying process with confidence!

43210031 / \$89		Gerald Tostowaryk	
Mar 2	Mon 6:30 pm - 9 pm	1 session	LO

FAMILY LAW

The Legalities of Living Together

Living together? Discover the legal implications of common-law relationships. Topics will include children and financial matters, property, assets, debts and inheritance. Legal advantages and disadvantages of marriage and living together will be compared and discussed.

43210039 / \$89		Jim Taylor	
Mar 10	Tue 6:30 pm - 9 pm	1 session	HA

Metro appreciates the continuing support of the lawyers who volunteer their time to teach classes.

Law classes are intended to provide general legal information and not legal advice.

NEW

FEATURED CLASS

Investing in Real Estate

Real estate investing can be a high road to big returns—or a fast track to substantial losses. The key to success lies in being able to tell the difference between emerging trends and short-lived fads. Come get the lowdown on how to spot opportunities worth jumping on, while avoiding potential pitfalls.

43210041 / \$119		Gerald Tostowaryk	
Mar 4 - 11	Wed 6:30 pm - 9:30 pm	2 sessions	HA

LIFE EVENTS

Financial Planning for Retirement

Gear up financially for life after work. Explore the different sources of retirement income and learn to develop an abundant income stream for yourself. Discover types of investment income, pensions and tax-smart strategies for RRSPs and RRIAs. Learn about the elements to create a plan that will ease your mind and put your finances in order. Please complete the Preparing for Retirement Worksheet before coming to class.

43210012 / \$99 / Fee for Two: \$159		John Yamamoto, BComm, MBA, FCSI	
Feb 19	Wed 6:30 pm - 9:30 pm	1 session	HA

Retiring With Purpose

The transition to retirement is an even bigger adjustment than leaving high school, getting married or having kids. It can be a difficult stage of life as you let go of your work identity. Learn the secrets to happiness in retirement, anticipate some of the challenges you may face and develop strategies to manage them. Understand the role that work has played in your life, explore how to find new purpose and meaning, and create a new vision for your ideal retirement lifestyle.

43210020 / \$119		Christine Murphy, PHEC	
Feb 29	Sat 9 am - 3:30 pm	1 session	HA
Mar 14	Sat 9 am - 3:30 pm	1 session	MAV

WILLS & ESTATE LAW

Being a Landlord - Legal Aspects

Learn about a landlord's legal rights and obligations, as well as the Residential Tenancies Act. Gain up-to-date legal information on damage deposits, landlord and tenant obligations, evictions and more.

43210040 / \$89		Liam Kelly	
Mar 3	Tue 6:30 pm - 9 pm	1 session	HA

Being an Executor/ Personal Representative

If you've been named executor of an estate, make sure you understand your rights and responsibilities. Find out what to expect when making an inventory of assets, dealing with creditors and financial institutions, handling insurance and expenses, filing tax returns, preparing court forms and procedures, and dealing with codicils and distribution.

43210037 / \$89		Bishop & McKenzie LLP	
Feb 25	Tue 6:30 pm - 9 pm	1 session	WM
Mar 11	Wed 6:30 pm - 9 pm	1 session	HA

Personal Directives & Enduring Powers of Attorney

As our population ages, the challenges of incapacity are affecting more families than ever before. This timely session focuses on the two documents you can use to prepare for your own incapacity. What are your options when preparing a PD or an EPA? What are your rights and responsibilities as an attorney or as an agent?

43210038 / \$89		Bishop & McKenzie LLP	
Feb 26	Wed 6:30 pm - 9 pm	1 session	HA

Wills & Estate Planning Essentials

Making a will is an important way to plan for your family's future. Learn the essentials of estate planning, including what property is owned and how (e.g., joint ownership) and the impact on your will, designated beneficiaries, personal directives and enduring power of attorney. This class will also explore Alberta's Wills and Succession Act.

43210044 / \$89		Bishop & McKenzie LLP	
Feb 12	Wed 6:30 pm - 9:30 pm	1 session	WM

BUDGETING & INVESTING

Budgeting: Take Control of Your Finances

Budgets are a practical way to get a grip on your spending and make sure your money is being used the way you want it to be used. Learn the basics of setting up a budget, a simple system to track your expenses without making yourself crazy, and ways to be financially practical while still having a life. Learn financial goal setting and develop habits that help build financial security, independence and financial freedom. Open to participants 17 years and up.

43210019 / \$89		Christine Murphy, PHEc	
Mar 3	Tue 6:30 pm - 9:30 pm	1 session	HA

Investing 101

This course is developed and delivered in conjunction with the Alberta Securities Commission (ASC). Investing can be a complicated and sometimes overwhelming process. If you are an investor or are thinking about investing, this plain-language, non-promotional course provides you with an overview of investing. Gain basic knowledge to make a well-informed decision when you are presented with an investment opportunity.

43210002 / \$99 / Fee for Two: \$159		John Yamamoto, BComm, MBA, FCSI	
Feb 5 - 12	Wed 6:30 pm - 9:30 pm	2 sessions	LO
Feb 8	Sat 9 am - 3:30 pm	1 session	MAV

Making Extra Money with Side Business NEW

With the growth of e-commerce, digital platforms and social media, starting up a side business has never been easier. Whether you're looking to earn extra income, pay down debts, learn new skills or simply use your free time better, now's your chance! Learn what makes a good side business, how to get started on a tight budget and how to balance your full-time job with your new sideline.

43210042 / \$119		Akash Purewal	
Mar 2 - 9	Mon 6:30 pm - 9:30 pm	2 sessions	HA

Building A Profitable Portfolio

Learn how to structure and build an investment portfolio suited to your risk tolerance and investment objectives. Examine different models of asset allocation, determine the best ratio of bonds to stocks, learn effective use of mutual funds, and explore alternative investments such as real estate investment trusts, gold and exchange-traded funds. Whether you are looking to manage your investments independently or just want to better understand your financial advisor's recommendations, this class is for you.

Prerequisite(s): *Investing 101*

43210003 / \$99 / Fee for Two: \$159		John Yamamoto, BComm, MBA, FCSI	
Mar 11	Wed 6:30 pm - 9:30 pm	1 session	HA

Stock Trading

This interactive workshop will increase your knowledge of the stock market. Learn to understand the difference between blue-chip and penny stocks, make informed investment decisions, find sources of stock data and read financial pages with ease.

43210004 / \$99 / Materials: \$20		John Yamamoto, BComm, MBA, FCSI	
Mar 4	Wed 6:30 pm - 9:30 pm	1 session	HA

Understanding Financial Goals & Investing NEW

Looking to invest your savings in the best way to meet your financial goals? This course will get you on track! Learn about risk tolerance and how proper asset allocation can help you manage risk. We'll discuss cash, stocks, bonds, mutual funds and EFTs, as well as the costs and tax implications of different investment types. You'll leave with the confidence to plan a portfolio that makes sense for you.

43210043 / \$159		Raymond Lemieux	
Feb 22 - 29	Sat 9 am - 3:30 pm	2 sessions	HA



INSTRUCTOR SPOTLIGHT

Raymond Lemieux

Raymond Lemieux graduated from the University of Alberta with a major in economics and has earned many financial designations, including the Canadian Securities Licence and Personal Financial Planner (PFP) designation. After a career spanning over 20 years as an investment advisor for CIBC and BMO, Raymond recently retired. He now wants to share his expertise with people looking to advance their investment goals and make informed decisions about their investments.



Computers & Technology



MICROSOFT APPLICATIONS

Working With Windows 10/10.1

Like time and tide, technology rolls onward . . . and sooner or later, we need to keep pace. If you've been putting off the transition to Windows 10, now is your chance to get a handle on this new interface in a supportive, hands-on environment. You'll learn tips and tricks for getting the most out of Windows 10's new features, including control panel, network options, and file/folder management. By the end of the class, you'll be navigating Windows 10 with confidence.

Prerequisite(s): Basic keyboarding and mouse control skills

47130110 / \$195 / Manual: \$20		Christopher Guay	
Feb 11	Tue 9 am - 3:30 pm	1 session	MAV
47130110 / \$195 / Manual: \$20		Carlos Lara	
Mar 11 - 18	Wed 6:30 pm - 9:30 pm	2 sessions	HA

Excel Level 1

This course covers basic spreadsheet techniques such as data entry, editing, creating formulas, range editing, using functions, printing and making charts. Additional topics include enhanced formatting and the error-checking feature.

Prerequisite(s): Windows knowledge (*Working With Windows 10/10.1* is recommended)

47130049 / \$295 / Manual \$20		Shawn Gramiak	
Feb 22 - 29	Sat 9 am - 3:30 pm	2 sessions	MAV
47130049 / \$295 / Manual \$20		Christopher Guay	
Mar 4 - 5	Wed, Thu 9 am - 3:30 pm	2 sessions	MAV

NOTE: All Microsoft training offered at Metro is taught using version 2016 and the Windows 10/10.1 platform.

REGISTER & SAVE

Take two or more Computers & Technology classes, or send two or more employees, and receive a 10% discount!

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Excel: Just Formulas & Functions

Review the structure of formulas in Excel, while discussing relative and absolute referencing, creating formulas, cross-worksheet referencing in formulas, and advanced topics in functions and function structure. *Energetically Paced*

Prerequisite(s): Microsoft Excel knowledge

47130057 / \$125		Christopher Guay	
Feb 8	Sat 9 am - 1 pm	1 session	MAV

Office Level 1

A fast and easy way to learn the basics of Microsoft Office: Word, Excel and PowerPoint. Learn to create, edit and format a document in Word; edit and use formulas, functions and ranges in Excel; and create presentations, work with views, and insert images and objects in PowerPoint.

Prerequisite(s): Windows knowledge (*Working With Windows 10/10.1* is recommended)

47130051 / \$295 / Manual: \$20		Christopher Guay	
Feb 25 - 26	Tue, Wed 9 am - 3:30 pm	2 sessions	MAV

PowerPoint in a Day

PowerPoint has many new and enhanced features to make your presentations even more professional looking! Learn how to use the new ribbon features and the Backstage view, and how to paste with live preview. Explore the new themes and styles, try out the improved animations and effects, and learn to manage video and audio. *Energetically Paced*

Prerequisite(s): Windows knowledge

47130052 / \$195 / Manual: \$20		Christopher Guay	
Feb 5	Wed 9 am - 3:30 pm	1 session	MAV

TECHNOLOGY & INNOVATION

Cyber Security: Protect your Data & Privacy

NEW

The online world offers great convenience, but it also raises concerns about privacy and security. Learn about the trends and threats that are most relevant to your day-to-day, and how to protect your personal privacy online. We'll also discuss the cybersecurity challenges faced by companies, government and educational institutions—broader concerns that matter to us all.

47130126 / \$119		Trang Luong	
Feb 22	Sat 9 am - 3:30 pm	1 session	HA

Social Media Overview

Not sure which social media platform is right for you—or if these networks are even something you want to get into? Before diving into one of Metro’s more in-depth social media classes, come learn what’s what in the world of social media. This class will give you a broad overview of the current major platforms, including Facebook, Twitter, Instagram, Snapchat and LinkedIn. We’ll discuss what each does and why you might choose one over the other, along with best practices for making the most of the social media experience. Beginner level.

47130105 / \$89	Linda Hoang
Feb 26	Wed 6:30 pm - 9:30 pm
1 session	HA

Making Your Home Smart! NEW

Ready to step beyond a smartphone—to a smart home? See who’s at your door without opening it, turn appliances on and off with your voice or your phone, set up your smart assistant and explore the possibilities of If This Then That (IFTTT). We’ll do the initial setup using Google Home, but concepts are easily transferable to Apple and Amazon products.

47130127 / \$99	Michael Zhang
Mar 4	Wed 6:30 pm - 9:30 pm
1 session	LO



Understanding Adobe InDesign NEW

From invitations and business cards to books and magazine layouts, if you’re publishing in print or online, you need to know InDesign CC! Learn to use this industry-standard software, along with the Creative Cloud environment. We’ll also touch on how other programs in the Creative Cloud package (Illustrator, Photoshop) can enhance layouts for higher impact.

Prerequisite(s): Basic computer skills and knowledge of Windows/Mac OSX

47130131 / \$295	Flavio Rojas
Mar 7 - 14	Sat 9 am - 3:30 pm
2 sessions	HA

3D Modelling: Explore the Magic! NEW

Whether you’re designing an architectural plan, an interior, a landscape or a video game, bring your vision to life in 3-D! SketchUp 3-D modeling software is fun and easy for beginners, as well as versatile and useful for design professionals. Come add a whole other dimension to your creative process!

Prerequisite(s): Basic computer and keyboarding skills

47130128 / \$195	Trang Luong
Feb 8	Sat 9 am - 3:30 pm
1 session	HA

Build Your Own Video Game NEW

Ever wanted to make your own video game? Like writing stories, drawing or building models, game programming is a fun way to express your creativity! Learn the basics of the popular programming language Python 3 as you write code, fix errors and test your game. You’ll leave with a working game to show family and friends.

Prerequisite(s): Basic computer and keyboarding skills

47130130 / \$195	Michael Zhang
Feb 29	Sat 9 am - 3:30 pm
1 session	MAV

Google Essentials

We all know that Google is a big part of the online landscape—but does your Google savvy go beyond the search engine? Join us for a relaxed introduction to a series of Google’s most useful apps, including Google Drive, Docs, Sheets and Slides. We’ll also cover Google Photos, Gmail, Maps, YouTube and Blogger. By the end of the course, you’ll have a handle on what these apps do and how they work together.

47130113 / \$149	Shawn Gramiak
Feb 5 - 12	Wed 6:30 pm - 9:30 pm
2 sessions	HA

Google Docs, Sheets and Slides: An Alternative to Microsoft Office

If you work with office software suites, you may have noticed that Google Docs is replacing Microsoft Office in many contexts. Based on the successful *Google Essentials* class, this course will focus on the Microsoft-like programs in Google Drive. We’ll compare the two office suites and cover tips and tricks for using Google Docs.

47130118 / \$99	Shawn Gramiak
Feb 19	Wed 6:30 pm - 9:30 pm
1 session	HA



INSTRUCTOR SPOTLIGHT

Michael Zhang

Michael Zhang teaches computing science at Lillian Osborne High School. He also facilitates continuing education online and in person, covering topics such as Google Apps, Microsoft Office, home server setup, website design and more. Michael recently published a teacher’s resource, *Teaching With Google Classroom*, and is now developing resources to incorporate the International Baccalaureate (IB) program into his computing science program.

Business & Leadership

BOOKKEEPING & ACCOUNTING

Bookkeeping Level 1: Basics

Just starting as a bookkeeper or doing the books for your own company? Brush up on your skills and boost your confidence in this engaging hands-on class. Become acquainted with generally accepted accounting principles, the general accounting equation and the accounting cycle, and practise everyday business transactions. Learn to do things the old-fashioned way so you understand what accounting software does under the hood!

43000099 / \$295 Sheila Steuck

Feb 1 - 8	Sat 9 am - 3 pm	2 sessions	HA
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Bookkeeping Level 2: Accounting Essentials

Build on your knowledge from Bookkeeping Level 1 to prepare a full set of books, from daily transactions to month-end and year-end financial statements. Through practical exercises, learn to handle balance sheets, income statements, petty cash, receivables, bad debts, inventories, fixed assets, depreciation and accruals.

Prerequisite(s): Introductory bookkeeping knowledge & practical experience

43000100 / \$295 Sheila Steuck

Feb 22 - 29	Sat 9 am - 3 pm	2 sessions	HA
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QuickBooks Level 1

If you're doing the books for a small to medium-sized business, odds are you'll be using QuickBooks. Learn how to set up the software, customize it for a particular type of business and use the various functions through hands-on exercises that simulate typical day-to-day transactions. You'll learn to record income and expenses, manage accounts receivable and payable, and track GST.

Prerequisite(s): Introductory bookkeeping knowledge & practical experience

43000088 / \$219 / Manual: \$30 Sheila Steuck

Mar 3 - 5	Tue, Thu 6:30 pm - 9:30 pm	2 sessions	VRA
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QuickBooks Level 2

Learn the more advanced features of QuickBooks Desktop, such as inventory (including counts and adjustments), customer estimates, customized reports and management of the audit trail. Through hands-on exercises using digital practice files, you'll further explore GST and will cover advanced payroll items, including ROEs, T4s and T4As, employee benefits, deductions and timesheets.

Prerequisite(s): *QuickBooks Level 1* or introductory bookkeeping knowledge & practical experience

43000089 / \$259 / Manual: \$30 Sheila Steuck

Mar 10 - 17	Tue, Thu 6:30 pm - 9:30 pm	3 sessions	VRA
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INSTRUCTOR SPOTLIGHT

Sheila Steuck

Sheila Steuck (BComm) brings to Metro an extensive background in accounting and bookkeeping. Certified as an Advanced QuickBooks Pro Advisor in 2017, she has taught manual bookkeeping and Simply Accounting and QuickBooks (to Level II) at the college level, as well as QuickBooks Online. Her expertise has also evolved through assisting business owners with business setup and record keeping. Passionate about adult learning, Sheila is particularly interested in empowerment and knowledge building for entrepreneurs, for women in business and for minority groups.



COMMUNICATION

Workplace Communication for ESL Staff NEW

Boost your success in the workplace! Develop your business communication skills to help you work more safely, provide better customer service and interact more easily with co-workers. Through course instruction, practical exercises and instructor feedback, you'll learn to express yourself more clearly, confidently and with purpose.

43000158 / \$195 Maureen McGeean

Mar 7	Sat 9 am - 3:30 pm	1 session	HA
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Today's workforce is culturally diverse. With decades of experience in training ESL students, Metro Continuing Education has built a custom course to help employees overcome language barriers and reach their full potential in the workplace.



De-escalation Strategies & Techniques

Does dealing with difficult people leave you feeling drained? Whether you work in a high-risk environment or simply want to tune up your conflict management skills, this class will teach you how to prevent or de-escalate tense situations. Strengthen your sense of personal safety, build confidence in responding to hostility, and learn healthy communication skills that can be used in all areas of your life.

43000139 / \$195

Randall James

Mar 11 Wed 9 am - 4 pm 1 session MAV

Assertiveness: Communication That Works

Asserting yourself can be difficult. You might worry that you will be perceived as selfish, demanding or just plain hard to get along with. But being active, direct and honest in your words and actions has enormous benefits for your relationships with co-workers, friends and family. Gain the confidence to express yourself without apology or aggression, set healthy boundaries, accept praise or criticism, and say no when appropriate without feeling guilty.

43000118 / \$195

Catherine Armstrong

Feb 5 Wed 9 am - 4 pm 1 session MAV

Becoming a Leading Facilitator

Learn how to facilitate groups of adults, including how to create an inclusive learning environment, communicate effectively with adult learners, recognize different learning styles and use techniques for successful presentations. Whether you are training new employees or facilitating a room full of students, gain the knowledge you need to further develop your skills and become an engaging facilitator.

43000054 / \$195

Catherine Armstrong

Feb 22 Sat 9 am - 3:30 pm 1 session MAV

INVEST IN YOUR EMPLOYEES

CUSTOMIZED TRAINING SOLUTIONS

We provide innovative, client-focused training solutions.

The Metro Advantage

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Program Areas

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- Sales Training
- Leadership & Supervision Development
- Skills Training (communication, administrative & computer)
- Culture Building



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SUPERVISION & LEADERSHIP

Start Your Own Business

Starting a new business can be daunting. Through a combination of classroom instruction and a valuable one-hour personal coaching session with instructor Jim Ewing, discover how to identify potentially great opportunities and turn your business dream into a reality. A recognized local expert in entrepreneurship and small business development, Jim will outline the challenges frequently faced by entrepreneurs and guide you in examining your own specific situation. The course will cover the steps involved in starting a business, ways to assess your market and competition, and other important early considerations.

43000033 / \$245 W.J. (Jim) Ewing
 Mar 14 Sat 8:30 am - 4 pm 1 session MAV

REGISTER & SAVE

Take two or more Business & Leadership classes, or send two or more employees, and receive a 10% discount!

Call Metro when registering to apply the discount.

EMPLOYEE WELLNESS CLASSES

Mental Health First Aid

We all know the value of physical first aid in a crisis; mental first aid is no less crucial. Learn signs and symptoms of the four most common types of mental health disorders: substance related, mood related, anxiety and trauma related, and psychotic. Increase your confidence in dealing with these disorders in your family, community or workplace.

43000153 / \$159 / Manual: \$40 Darren Aschacher
 Mar 2 - 3 Mon, Tue 9 am - 4 pm 2 sessions MAV

Preventing Workplace Burnout NEW

At what point does run-of-the-mill stress or fatigue turn into burnout—and how can we prevent it? Learn to identify warning signs and symptoms, build supportive work environments and avoid bringing stress home to friends and family. Equip yourself with proven psychological strategies for managing intense work and family responsibilities, as well as for building resilience.

43000159 / \$195 Darren Aschacher
 Mar 12 Thu 9 am - 4 pm 1 session MAV

Delegate Effectively

Delegating is not only about maximizing your own productivity; it is also about developing and motivating the people on your team. While on the surface it may often seem easier to do a task yourself, delegating builds your employees' skills and knowledge, and gets those tasks that don't need your attention off your plate so you can focus on the ones that do. This class will help you get delegation right: determine what is appropriate and inappropriate to delegate, prepare employees for added responsibility and maximize success by delegating to the right individual.

43000122 / \$195 Fern Richardson, MBA, PHEc
 Mar 17 Tue 9 am - 4 pm 1 session MAV

HR Basics Every Manager Needs to Know

Are you expected to be an HR expert? Do you spend hours on people-related issues and complicated employment laws and regulations? This plain-language class is designed for small to medium-sized business owners, managers and supervisors who need to sharpen their HR knowledge and skills to solve day-to-day employment and people-management issues. Learn about HR best practices that lead to productive and engaged employees, and a positive workplace culture that aligns with your business goals.

43000105 / \$195 Ada Tai, MBA, CPHR, C.Mgr
 Mar 10 Tue 8:30 am - 4 pm 1 session MAV

Stepping Up to Supervisor

You've been promoted to supervisor. Now what? This class provides basic tools to help you make a smooth transition into this pivotal role. Discuss the general functions and responsibilities of a supervisor and the leadership skills necessary to build a strong team. Get tips on how to supervise your peers and friends, as well as how to give clear directions and effective feedback. Whether you're a new supervisor or simply looking to expand and enhance your supervisory skills, this interactive class will help you lead and manage with confidence.

43000132 / \$195 Catherine Armstrong
 Feb 13 Tue 9 am - 4 pm 1 session MAV



WORKPLACE SKILLS

Building Your Professionalism

Professionalism: it's tough to define, but easy to recognize when you see it. Whether you're interacting face-to-face or electronically, professionalism is the quality that makes you want to work with someone every day—and vice versa! Identify and cultivate the behaviours, attitudes, competencies and principles that will make others think of you as a consummate professional: ethics, self-leadership, continuous development and ways to avoid conflict of interest.

43000138 / \$195 Fern Richardson, MBA, PHEc
Feb 6 Thu 9 am - 4 pm 1 session MAV

Effective Minute Taking

Does the thought of taking minutes make you want to turn and run? Accurate and complete minutes are critical to the success of any business meeting, but the task of writing them can be daunting. Learn how to produce concise, well-written minutes without breaking a sweat. We'll cover the best strategies for summarizing key details and decisions, along with formatting and agendas. By the end of the class, your minutes will be a valuable record and road map for your organization.

43000120 / \$195 Fern Richardson, MBA, PHEc
Mar 3 Tue 9 am - 4 pm 1 session MAV

The Art of Digital Note Taking NEW

Do you have a habit of misplacing your to-do lists? Scribbling notes on scraps of paper you can't keep track of? Capture all your tasks and ideas in one easy-to-access spot! Microsoft One Note is a free app for tablets, smartphones and computers. Learn how to use it to type, write, draw and clip items from the web to keep in your handy digital notebook.

43000162 / \$99 Carlos Lara
Mar 9 Mon 6:30 pm - 9:30 pm 1 session HA

Everyday Negotiation

You negotiate every day—with family, managers, staff and clients. Become a top negotiator and learn to influence others without jeopardizing relationships. Explore the techniques of principled negotiation and leave with the tools you need to create solutions that are win-win for all parties.

43000052 / \$195 Catherine Armstrong
Feb 24 Mon 9 am - 4 pm 1 session MAV

Leadership & Professionalism for Administrative Pros

In today's workplace, administrative professionals take on a staggering array of responsibilities, from fixing the photocopier to supporting colleagues through deadlines and crises. Often, they serve as the information channel between management and other employees and are the glue that holds the office together. Develop the leadership tools you need to excel in this demanding and invaluable role. Fine-tune your communication techniques and team-building skills; identify strategies for solving problems and managing conflict; and learn how to handle interruptions, set priorities and organize job responsibilities.

43000119 / \$295 Catherine Armstrong
Mar 18 - 19 Wed, Thu 9 am - 4 pm 2 sessions MAV



Innovation & Creative Thinking NEW

Creativity and innovation—they're common buzzwords in today's organizations. But what do they actually mean in terms of short- and long-term goals? Through case studies and exercises, we'll explore core concepts such as agility, design thinking, evidence-based decision making and rapid iteration, along with the critical role of supportive leadership. You'll come away with a deeper understanding of how different types of innovation and creativity might (or might not) work within your organization.

43000161 / \$195 Klay Dyer
Mar 9 Mon 9 am - 4 pm 1 session MAV

Strengthen Your Relationship with Your Boss

NEW

Do you look forward to work each morning—or do you want to pull the covers over your head? Odds are that your answer depends on your relationship with your boss. Step up to the shared responsibility of making that relationship a strong one! Identify your respective goals, concerns and preferences; compare your communication styles; and learn to express your thoughts (and frustrations!) in an assertive, positive way.

43000160 / \$195 Catherine Armstrong
Mar 5 Thu 9 am - 4 pm 1 session MAV

Time Management Mastery

Successful people understand that time is a precious resource that must be used effectively to achieve goals. Using an assessment tool, learn about your strengths and weaknesses in time management and work-life balance. Learn how to increase your own personal productivity without working harder or longer; how to become more organized so you feel less stress; and how to manage commitments, emails, incoming and outgoing calls, and decisions efficiently. Apply the principles of time management and become a true master of your time.

43000009 / \$195 / Materials: \$25 Fern Richardson, MBA, PHEc
Mar 11 Wed 9 am - 4 pm 1 session MAV

INVEST IN YOUR EMPLOYEES

The Canada-Alberta Job Grant is a funding program where employers and the government share the cost of employee training.

With the grant covering up to two-thirds of training costs, you are free to invest in your employees to create higher retention and productivity.

Call Metro at 780.428.1111

Registration Details

Register for your class online

metrocontinuingeducation.ca

1 Browse courses

Click **Add to Cart** when courses catch your eye!



2 Create a new profile

Or if you've registered online previously, sign in.



3 Visit the checkout

Complete your order to sign up for your classes, and get learning!



Customer satisfaction

Your satisfaction is our highest priority.

Please let us know if you are not fully satisfied with your class, site or instructor.

Who can take a Metro class?

Adult continuing education classes are designed for adults age 18-years and over. With special permission, a 16- or 17-year old may be admitted to a class.

What is the refund policy?

Full refunds will be issued for any cancelled classes and may take up to four weeks to process. You may withdraw or transfer at least two business days prior to the start date of your class for a full refund. If you cannot attend a class, a friend or family member can take your place. Classes are not cancelled due to severe weather.

Want to know more?

For frequently asked questions and more about our refund policy, visit: metrocontinuingeducation.ca

Content of this calendar is accurate as of October 2019. Course details are subject to change. Visit our website for up-to-date information.

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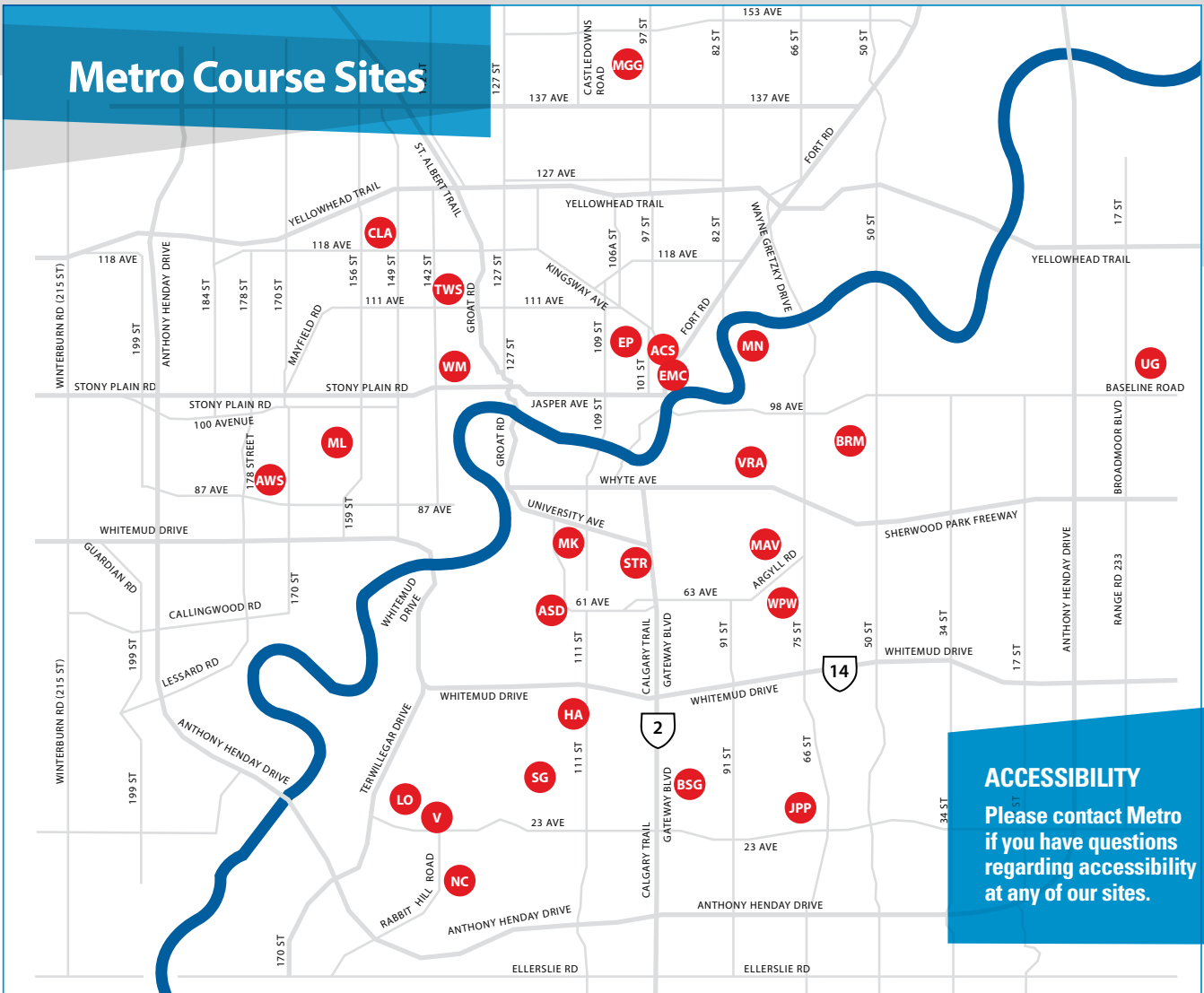
Opening hours

Monday – Friday, 8:30 am – 4:30 pm

Metro will be closed on the following days:

Feb 17 / Mar 16

Metro Course Sites



ACCESSIBILITY
Please contact Metro if you have questions regarding accessibility at any of our sites.

All locations are in Edmonton unless otherwise specified. Locations are listed alphabetically by abbreviation.

- | | | |
|--|--|--|
| ACS ASSIST Community Services Centre
9649 - 105A Avenue NW | JPP J. Percy Page School
2707 Millwoods Road NW | STR Strathcona School
10450 - 72 Avenue NW |
| ASD Alberta School for the Deaf
6240 - 113 Street NW | LO Lillian Osborne School
2019 Leger Road NW | SG Sweet Grass School
11351 - 31 Avenue NW |
| BSG Bissett Stained Glass
3104 Parsons Road (99 Street) NW | MAV Metro Avonmore
Metro Continuing Education
7835 - 76 Avenue NW | TWS TELUS World of Science
11211 - 142 Street NW |
| BRM Braemar School
9359 - 67A Street NW | MGG Major-General Griesbach School
304 Griesbach School Road NW | UG Urban Greek
#182, 270 Baseline Road, Sherwood Park |
| CLA CLAC Welding Training Facility
14926 - 118 Avenue NW | MK McKernan School
11330 - 76 Avenue NW | VRA Vimy Ridge Academy School
8205 - 90 Avenue NW |
| ECM Edmonton Chinatown Multi-Cultural Centre
9540 102 Avenue NW | MN McNally School
8440 - 105 Avenue NW | V Vines - Riverbend Wine Merchants
2331 Rabbit Hill Road NW |
| EP Emperor's Palace
10638 - 100 Street NW | ML Meadowlark School
9150 - 160 Street NW | WM Westminster School
13712 - 104 Avenue NW |
| HA Harry Ainlay School
4350 - 111 Street NW | NC Nellie Carlson School
4110 Mactaggart Drive NW | WPM W.P. Wagner School
6310 Wagner Road NW |



CONNECT

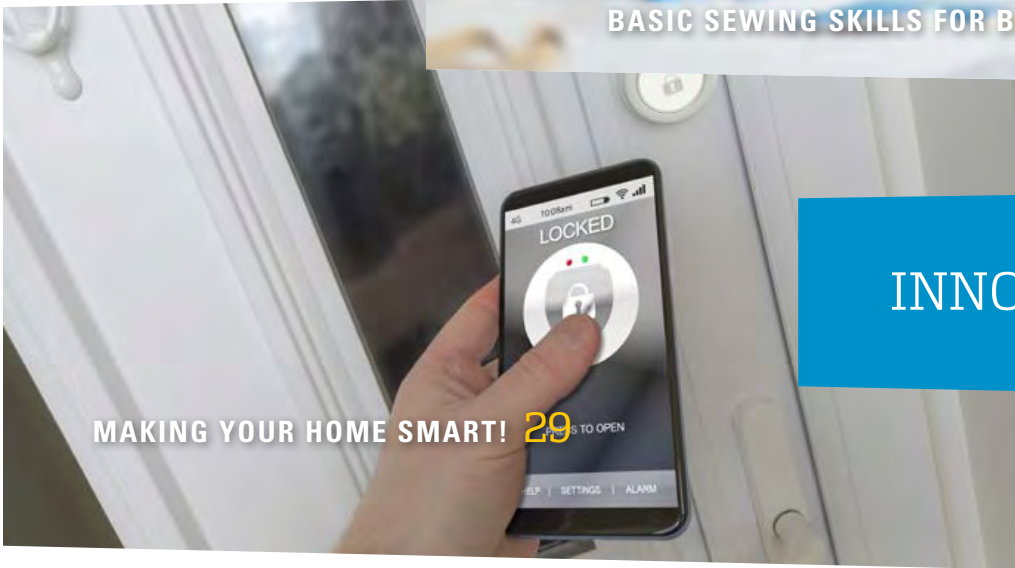
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INNOVATE



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