

SPRING/SUMMER 2020



EDMONTON PUBLIC SCHOOLS

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ADULT CONTINUING EDUCATION CALENDAR

Over 75  
**NEW**  
classes!

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your  
first class!  
Details on inside cover

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EXPERIENCE INSIDE:**

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Level 1 14**

**Golf for  
Beginners 20**

**Assertiveness:  
Communication  
That Works 31**

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SPRING/SUMMER 2020

ADULT CONTINUING EDUCATION CALENDAR



**NEW** classes include:

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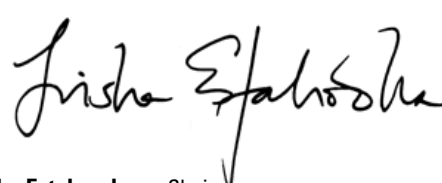
**Look inside for many more!**

## Leap into Lifelong Learning

Wake up from your winter slumber and challenge yourself to learn something new! Plan your next creative project, perfect a unique dish to enjoy with friends and family, or step out of your comfort zone into another experience you've always wanted to try. Metro Continuing Education and the Edmonton Public Schools Board of Trustees wish you all the best in your journey of lifelong learning.



**David M. Jones** — Director,  
Metro Continuing Education



**Trisha Estabrooks** — Chair,  
Edmonton Public Schools Board of Trustees

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 EDMONTON PUBLIC SCHOOLS

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## SAVE on Classes!

\* LIMITED TIME OFFER  
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**When you register for your first Adult Continuing Education class**

(Applies to this calendar only, excluding online learning, in Spring/Summer 2020 term. Cannot be combined with another offer/discount.)

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your first class!

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*Courses begin on page 28*

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# Cooking



## BAKING

### Basic Bread Making & More

Want to explore the art of homemade bread products from the ground up? In this class, you learn about wheat growing and milling in Alberta. Discover different types of yeast and make a variety of simple and satisfying treats, including artisan bread, calzones, pretzels and bagels.

44010289 / \$99 / Materials: \$20 Katherine Hendry  
 Apr 22 Wed 6:30 pm - 9:30 pm 1 session LO

### 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  
 Apr 18 Sat 10 am - 1 pm 1 session JPP

## FEATURED CLASSES

### How to Start Your Own Food Business NEW

Do you dream of starting a food business? Learn how to transform your idea into reality! Stephanie will share her personal experience of the to-dos and not-to-dos of getting a successful business off the ground, along with technical requirements such as licensing, branding, finding suppliers and more. Stop dreaming and get your product to market, whether it's at local farmers markets, in the grocery store or through an online business.

44010316 / \$129 Stephanie Markakis-Plouffe  
 Apr 22 - 29 Wed 6:30 pm - 9:30 pm 2 sessions LO

### Classic Cheesecakes & More NEW

Smooth, satiny, sweet, savoury—there's nothing quite like a great cheesecake! Stephanie will demonstrate how to make a classic cheesecake, then guide you in making a decadent cheesecake with chocolate, caramel and pecans (nuts optional) to take home. Learn how to make additions and modifications to the classic cheesecake recipe to create a whole array of different flavours, from New York-style to fudge brownie to caramel apple. You'll also take home a cheesecake pan for future delectable innovations!

44010318 / \$99 / Materials: \$30 Stephanie Markakis-Plouffe  
 May 30 Sat 10 am - 1:30 pm 1 session JPP

### Fresh-Baked Spring Pies

Nothing rounds out a meal made with seasonal springtime ingredients like a fresh-baked pie. Roll up your sleeves and learn to create a variety of irresistible pies, including light strawberry pie, lemon meringue pie, key lime pie and fruit pies. And because the secret to a perfect pie is in the foundation, we'll cover how to make both a basic lard crust and a butter crust.


44010221 / \$99 / Materials: \$20 Jill Shaw  
 May 2 Sat 10 am - 1 pm 1 session HA

### Delicious Vegan Desserts NEW

Vegan desserts—virtuous, yes, but also sinfully delicious! Learn about effective replacements for baking essentials like eggs, butter and other dairy items. We'll prepare decadent brownies, raspberry lime squares, lemon loaf and chia pudding. Your instructor will also bring in vegan cookies to sample, along with the recipe.


44010319 / \$99 / Materials: \$20 Kate Leighton  
 May 2 Sat 10 am - 1 pm 1 session HA

INSTRUCTOR SPOTLIGHT



Stephanie Markakis-Plouffe

Stephanie Markakis-Plouffe holds a diploma in small business management and has been an entrepreneur for over 15 years. Stephanie's love for baking started 20 years ago when she began baking for her husband and for different charities and organizations around the city. For the past four years, she has brought this passion to her current business, Treats Baked by Stephanie. She has successfully sold her products at farmers markets, Save-on-Foods and various coffee shops around the city.



### One Creative Cookie! NEW

Looking to take your cookie-making game up a notch? Stephanie will teach you how to prepare delicious Rolo-stuffed chocolate chip cookies, spicy double-chocolate with espresso buttercream sandwich cookies and classic oatmeal cookies with a butterscotch twist. She will cover everything you need to know to create cookies that go above and beyond.

44010317 / \$99 / Materials: \$20 Stephanie Markakis-Plouffe  
 May 6 Wed 6:30 pm - 9:30 pm 1 session JPP



**NEW**

**FEATURED CLASS**

## Afternoon Tea Party

Join us for decadent, civilized afternoon tea that would delight the Duchess of Devonshire herself! Create and sample macarons, sweet and savoury scones, shortbread cookies and Eton mess. And what's afternoon tea without . . . tea? We'll explore the history of this fine beverage and the various types available. When in doubt, pinky out!

44010322 / \$99 / Materials: \$20 Justin Gabinet  
 May 9 Sat 10 am - 1 pm 1 session HA

## ETHNIC

### Southern Comfort Cookin'

Nothing says comfort quite like the food of the American South! From fried specialties like hush puppies and fried green tomatoes, to nourishing one-pot staples like baked beans and cheesy grits, to sweet concoctions like pecan pie, the southern table is renowned for generosity and big flavours. In this class, we will make each of these classics from scratch, plus a few more for good measure.

44010288 / \$99 / Materials: \$20 Allan Suddaby, Red Seal chef  
 Apr 8 Wed 6:30 pm - 9:30 pm 1 session LO

### Cooking the New Orleans Way

Discover why New Orleans is a hot spot for food lovers all over the world. Gain practical knowledge and techniques for cooking and presenting mouth-watering creole and Cajun dishes, including roux, gumbo, jambalaya and bananas Foster.

44010148 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef  
 Jun 6 Sat 10 am - 1 pm 1 session MAV

### 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  
 May 11 Mon 6 pm - 9 pm 1 session UG

YOU MAY ALSO BE INTERESTED IN...

**SUSHI MADE SIMPLE**

See page 8

## Mexican Food, the Mexican Way! **NEW**

If you find most North American Mexican food to be a pale imitation of the real deal, come learn to do it right! We'll prepare authentic Mexican dishes, complete with the wow factor. Our menu will include homemade salsa and guacamole, a variety of tacos, mango chili salad, enchiladas and churros.

44010326 / \$99 / Materials: \$20 Katherine Hendry  
 May 6 Wed 6:30 pm - 9:30 pm 1 session LO

## Spanish Tapas **NEW**

Fun, versatile and elegant, tapas are small plates made for sharing, originally served to accompany drinks. Bring a hint of old-world sophistication to your next gathering with traditional Spanish tapas. Chef Pierre Plamondon will share favourites including tortilla Española (Spanish omelette), croquetas de jamon (ham croquettes) and gambas al ajillo (garlic shrimp). Round out the party with a platter of cheese, chorizo, olives and bread—charcuterie, Spanish-style!

44010320 / \$99 / Materials: \$20 Pierre Plamondon, Red Seal chef  
 Jun 3 Wed 6:30 pm - 9:30 pm 1 session JPP

## Advanced Pasta Making

Imagine the pasta-biliites! Learn techniques for making more complex pastas with fillings and sauces. Start by making a basic fresh egg pasta dough and then create spinach ravioli with sage butter sauce, goat cheese and pesto cannelloni in spicy tomato sauce and an avocado crostini to complete your meal. After this class, you will be a pasta-making machine!

44010169 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef  
 Apr 22 Wed 6:30 pm - 9:30 pm 1 session JPP

## Discover Filipino Cuisine

Filipino cuisine is characterized by a bold range of flavours—sweet, savoury and salty. Chef Vinod will introduce you to the methods used to create traditional Filipino dishes like lumpia (Filipino-style egg rolls), famous chicken adobo, pancit (noodle dish) and more.

44010217 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef  
 Jun 13 Sat 10 am - 1 pm 1 session JPP

## Dumplings 101

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  
 Apr 18 Sat 10 am - 1 pm 1 session STR

## Flavourful Moroccan Favourites

Sip Moroccan mint tea as you learn about the influences of African, Middle Eastern and Mediterranean cuisine and spices. Learn to prepare Moroccan roasted eggplant salad, spicy chicken tagine with dried fruits, chermoula fish tagine, lucky seven vegetables, Israeli couscous and more.

44010137 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef  
 Jul 9 Thu 1 pm - 4 pm 1 session MAV



**NEW**

**FEATURED CLASS**

## Summer Workshop: Fruit-Filled Perogies

Give your favourite comfort food a summery twist! Go beyond cheese filling and make delicious fruit-filled perogies using cherries, plums and blueberries. We'll cover the basics of Ukrainian perogy making: how to make the dough, prepare the fillings and pinch them perfectly without spillage!

44010321 / \$99 / Materials: \$20 Larissa Sawiak  
 Jul 14 Tue 1 pm - 4 pm 1 session MAV

## The Art of Making Indian Curry

Join Chef Vinod to explore tips and tricks for cooking a perfect curry. Learn about the varieties of Indian herbs and spices used in curries and the roles they play, such as adding aromatic flavour or balance. Learn the sequence in which the spices are added, how to use thickening and souring agents, and how to give your curry vibrant colour. Using this knowledge, you will develop your very own garam masala curry and masala tea.

44010078 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef  
 Apr 8 Wed 6:30 pm - 9:30 pm 1 session 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  
 Jul 16 Thu 1 pm - 4 pm 1 session MAV

## 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  
 Apr 18 Sat 10 am - 1 pm 1 session JPP

## 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  
 May 9 Sat 10 am - 1 pm 1 session STR

## 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  
 Apr 25 Sat 10 am - 1 pm 1 session STR

## Ukrainian Easter Basket

One of the most beautiful Ukrainian Easter traditions is preparing and taking a basket to church for blessing, then sharing its contents with family and friends. While the paska is rising (yes, you will make your own paska to take home!), we will discuss the symbolism of the different items and there will be a demonstration of how to assemble everything in a way that's pleasing to the eye.

44010287 / \$99 / Materials: \$10 Larissa Sawiak  
 Apr 9 Thu 6:30 pm - 9:30 pm 1 session HA

**NEW**

**FEATURED CLASS**

## Serving Up Samosas

Learn to create perfectly crunchy, flaky and delicious samosas, both baked and fried, with two kinds of fillings (vegetable and chicken). You'll also make an amazing green chutney to dip your samosas in, as well as a chilled mango lassi drink to cool your tastebuds.

44010323 / \$99 / Materials: \$20 Vinod Lohtia, Red Seal chef  
 Jun 3 Wed 6:30 pm - 9:30 pm 1 session JPP





## FOR MEAT LOVERS

### 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

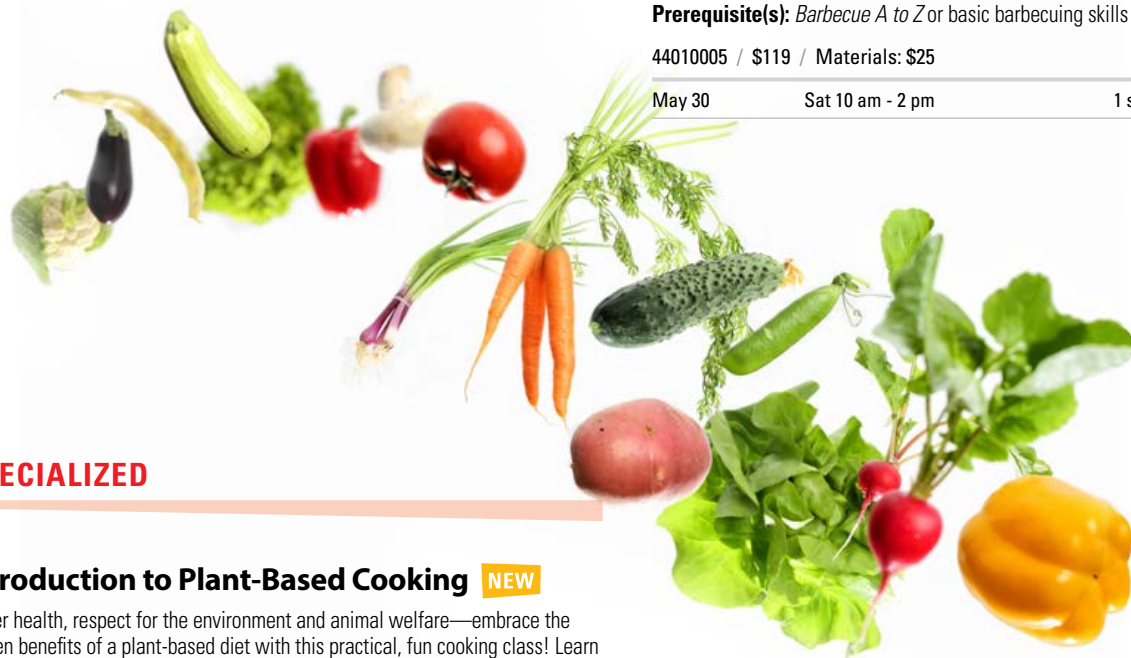
May 6	Wed 6:30 pm - 9:30 pm	1 session	JPP
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### Sausage Making

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

Jun 3	Wed 6:30 pm - 9:30 pm	1 session	LO
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## SPECIALIZED

### Introduction to Plant-Based Cooking NEW

Better health, respect for the environment and animal welfare—embrace the proven benefits of a plant-based diet with this practical, fun cooking class! Learn to prepare a morning breakfast scramble, jackfruit barbecue pulled “pork” and plant-based “sausage” rolls. You'll also get to sample plant-based pizza with vegan parmesan made from cashews, non-dairy milks and other vegan cheeses.

44010315 / \$99 / Materials: \$20 Kate Leighton

Apr 25	Sat 10 am - 1 pm	1 session	JPP
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### Phyllo Pastry Party NEW

Come explore the magic of phyllo pastry! Originating in the Mediterranean, phyllo is used in a variety of flaky and delectable dishes, both sweet and savoury. We'll make bourekas, blueberry turnovers, salt Nutella cigars and baklava. Create pastries that dazzle—with stunning simplicity!

44010325 / \$99 / Materials: \$20 Justin Gabinet

May 30	Sat 10 am - 1 pm	1 session	JPP
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## GET GRILLING!

### Barbecue A to Z

If you go weak in the knees for the succulent smells and tastes of barbecued food, this course promises to provide helpful hints and add new recipes to your current barbecue repertoire. Do you want to know how to grill steak, chicken, vegetables, desserts and seafood? Would you like some tips on cooking fish on the grill? Try a variety of methods and foods to expand your barbecuing expertise.

44010004 / \$119 / Materials: \$25 Edward Hnytko

Apr 25	Sat 10 am - 2 pm	1 session	HA
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May 9	Sat 10 am - 2 pm	1 session	MAV
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Jul 4	Sat 10 am - 2 pm	1 session	MAV
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### Barbecue Gourmet

Love the thrill of the grill and experimenting with food and seasonings to create delicious, extraordinary barbecued meals? Learn to create tender Asian beef ribs, cedar-planked salmon, shrimp satay, rosemary-wrapped scallops, coq au vin, poppy seed chiffon cake and more. Your guests will be in awe!

**Prerequisite(s):** *Barbecue A to Z* or basic barbecuing skills

44010005 / \$119 / Materials: \$25 Edward Hnytko

May 30	Sat 10 am - 2 pm	1 session	HA
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### DIY Kombucha & Vinegar

The tangy drink known as kombucha is no longer an obscure potion: it has officially gone mainstream, and it's one of the biggest trends in healthy living and the culinary arts. Learn everything you need to know to make kombucha, vinegar and vinegar-based drinks like shrub and switchel at home—from scratch. In fact, you'll start your very own batches of kombucha and vinegar to take home and ferment.

44010297 / \$99 / Materials: \$20 Allan Suddaby, Red Seal chef

Apr 22	Wed 6:30 pm - 9:30 pm	1 session	JPP
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Jul 23	Thu 1 pm - 4 pm	1 session	MAV
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## Marshmallows, Pavlova, Salt Water Taffy & More!

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	
Apr 25	Sat 10 am - 1 pm	1 session	JPP

## PARTICIPATION

Classes include both hands-on and demonstration components.



## FEATURED CLASSES

### Sushi Made Simple NEW

Always wanted to try your hand at making sushi? Join us at Browns Socialhouse Lewis Estates and have Chef Eric Amyotte lead you through the fundamentals. Learn the technique behind great sushi rice, then roll four types of sushi: California roll, tuna roll, dynamite roll and tuna cone. You'll leave with your own sushi-rolling mat and a skill you'll enjoy for a lifetime!

4410324 / \$79 / Materials: \$20		Browns Socialhouse Lewis Estates	
Jun 6	Sat 1 pm - 3 pm	1 session	BSL

### DIY Classic Cocktails NEW

Join us for a fun-filled afternoon of shaking, straining, sipping and serious study of classic cocktails. With guidance from a Browns Socialhouse cocktail expert, make your own old-fashioned, classic martini, whisky sour, manhattan and last word. You'll leave with the know-how to impress friends and family at your home bar!

44150233 / \$59 / Materials: \$20		Browns Socialhouse Lewis Estates	
Apr 26	Sun 1 pm - 3 pm	1 session	BSL

## 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	
Apr 29	Wed 6:30 pm - 9:30 pm	1 session	JPP
Jul 7	Tue 1 pm - 4 pm	1 session	MAV

## 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	
Apr 29	Wed 6:30 pm - 9:30 pm	1 session	JPP



### DIY Summer Cocktails NEW

Ah, the summer cocktail—fun, colourful and, most importantly, delicious! Come to Browns Socialhouse Lewis

Estates and learn how to make a variety of refreshing summer tipples. Make and sample summer tropical spritz, blue raspberry lemonade, sweet tea sangria, mojitos and mai tais. You'll be ready for patio season in no time!

44150232 / \$59 / Materials: \$20		Browns Socialhouse Lewis Estates	
Jun 17	Wed 7 pm - 9 pm	1 session	BSL

### Yoga & Brunch Combo NEW

Start your day on the beautiful enclosed patio at Browns Socialhouse Lewis Estates with a one-hour yoga session taught by certified yoga instructor, Ula Kaniuch. After class, enjoy a relaxed, delicious brunch. Choose from eggs benedict, blueberry waffles, fried egg sandwich, corn beef hash, avocado toast and poached egg, or southwest rice bowl. And the finishing touch on a perfect morning? A refreshing fresh-squeezed orange or grapefruit mimosa!

43160192 / \$59		Browns Socialhouse Lewis Estates	
May 17	Sun 8:30 am - 11 am	1 session	BSL





## DRAWING

### 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. Supplies are needed.

44030125 / \$175		Patrick Higgins
Apr 9 - May 21	Thu 6:30 pm - 9 pm No class May 7	6 sessions WM

### 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. Supplies are needed.

44030234 / \$175		Susan Casault
Apr 21 - Jun 2	Tue 6:30 pm - 9 pm No class May 19	6 sessions HA

44030234 / \$175		Patrick Higgins
Jul 13 - 17	Mon, Tue, Wed, Thu, Fri 9 am - 12 pm	5 sessions MAV

### Coloured Pencils Workshop: Forest Scene NEW

Immerse yourself in the beauty of the woodlands as you learn to capture a dramatic forest scene on black paper. Use different colours and values to bring out the trees and a toadstool on a mossy stump. Experience with coloured pencil is recommended. Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor. Supplies are needed.

44030275 / \$119		Susan Casault
Jul 4	Sat 9:30 am - 3:30 pm	1 session MAV

## SPECIALIZED

### Introduction to Linocut Printmaking NEW

Linocut printmaking is the art of carving woodcut stamps to create and reproduce a design multiple times on many types of canvas: cards, gift tags, canvas bags, napkins and more. Learn about the history of woodcut and linocut printmaking, then practise creating your linocut stamp using different tools. We'll also cover the reductive process, which uses the same stamp to print an image incorporating more than one colour.

44030270 / \$129 / Materials: \$60		Edith Chu
May 14 - Jun 4	Thu 7 pm - 9 pm	4 sessions WM

### 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! Supplies are needed.

44030253 / \$119		Sally Towers-Syblis
May 9	Sat 9:30 am - 3:30 pm	1 session MAV

## PAINTING

### Palette Knife Painting

If you've seen the work of Vincent Van Gogh, you'll recognize the impasto method of painting. Learn how to apply layers of paint with both palette knife and brush to create a thick, textured surface with visible strokes. You'll paint a number of small studies from observation as well as recreate landscape, floral or semi-abstract paintings by the masters before painting your own originals. Please bring photographs to use as references for your paintings. Supplies are needed.

44030219 / \$329		Izabella Orzelski-Konikowski
Apr 8 - Jun 24	Wed 6 pm - 9 pm No class May 6 & 20	10 sessions WM

### ABCs of Colour Theory

In this week-long summer workshop, you will complete a number of small studies from observation. We will begin by studying values and what creates neutrals. Chroma, or the intensity of colour, will follow, along with analyzing hue. These elements will be studied both independently and together in order to create complex colour palettes. By the end of this workshop, you will be able to mix colours with confidence and successfully apply glazing technique. Open to students of all levels. Supplies are needed.

44030157 / \$195		Izabella Orzelski-Konikowski
Jul 6 - 10	Mon, Tue, Wed, Thu, Fri 9 am - 12 pm	5 sessions MAV

## ART SUPPLY LISTS

Access supply lists online or call Metro at 780.428.1111  
[metrocontinuingeducation.ca/supply-lists](http://metrocontinuingeducation.ca/supply-lists)



## Portrait Painting Workshop

Explore the art of portraiture. Using oils and/or acrylics, learn to paint realistic portraits that capture the likeness, personality and psychology of a sitter. This class will draw on the norms of classical portraiture, recreated in a contemporary setting. It will also cover painting skills like colour choice and composition. You will complete a number of assignments based on photographic images and your own reflection in a mirror. Open to students of all levels. Supplies are needed.

44030192 / \$195 Izabella Orzelski-Konikowski

Jul 6 - 10 Mon, Tue, Wed, Thu, Fri  
12:30 pm - 3:30 pm 5 sessions MAV

## 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. Supplies are needed.

44030227 / \$329 Izabella Orzelski-Konikowski

Apr 6 - Jun 22 Mon 6 pm - 9 pm  
No class Apr 13 & May 18 10 sessions WM

Created by: Cindy Barratt



### FEATURED CLASSES

## Introduction to Painting with Watercolours NEW

Splash into spring with watercolour—the perfect medium for capturing the fresh beauty of the season! In this beginner

course, you will learn colour theory and mixing, and practise exercises in brush strokes and watercolour techniques. Cindy will provide demos along with individual assistance as you work on your own painting projects. Project reference material will be provided. Supplies are needed.

44030269 / \$179 Cindy Barratt

May 2 - 9 Sat 9:30 am - 3:30 pm 2 sessions HA

## Acrylic Workshop: Springtime Mountain Reflections NEW

Nothing captures an alpine escape like the reflection of mountains in tranquil waters. This workshop will cover colour theory, along with exercises in brush strokes and techniques to help you paint a lovely springtime mountain scene. Cindy will provide demos and individual assistance as you work on your painting project. Photo references and designs to transfer to 8 x 10" or 9 x 12" sizes will be provided. Beginner to intermediate levels. Supplies are needed.

44030268 / \$119 Cindy Barratt

Apr 25 Sat 9:30 am - 3:30 pm 1 session HA

## 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 Pat Doerksen

Apr 14 - May 26 Tue 6 pm - 9 pm  
No class May 19 6 sessions HA

## Learn to Sew in a Day

Ready to get to know your new sewing machine? Bring it to class to find out how it works and explore the creative possibilities! Learn how to thread the machine, pin and cut fabric, sew seams, seam finish edges, add topstitching and stitch a closure. Then use your new skills to sew an easy tote bag. You'll leave with the confidence and inspiration to tackle future sewing projects. Supplies are needed.

44030223 / \$109 Pat Doerksen

Jul 4 Sat 10 am - 3:30 pm 1 session MAV

## Step Up Your Sewing Skills: Beyond the Basics NEW

If your sewing is competent but simple, take it up a notch to superb! Learn quick and professional techniques for exposed zippers, no-bulk collars, front and tab facings, buttonhole placement, couture interfacing, mitred hem corners and blind hemming (by machine and by hand). You'll take home reference samples of couture and industrial sewing techniques to add flair to all your projects. Please bring your own sewing machine to class.

44030274 / \$109 Pat Doerksen

May 2 Sat 10 am - 3:30 pm 1 session HA



### INSTRUCTOR SPOTLIGHT

## Cindy Barratt

Cindy Barratt is an award-winning artist with over 25 years of teaching experience. She provides a solid foundation of basic skills and support, enabling students to explore their creativity with confidence.

Cindy has been involved in creating art since the age of twelve and she exhibits extensively. The focus of her work is conservation of natural habitats and species, highlighting environmental concerns and protection. Her work is found in numerous public and private collections and she is an active full member of the Alberta Society of Artists and Allied Arts Council of Spruce Grove.

## FIRST NATIONS, MÉTIS & INUIT

### Appliqué Beading

Learn the two-needle method of appliqué beading by making a pair of beautiful flower earrings. You'll learn how to edge your pieces, use findings and work with leather—all while enjoying some stories around floral beadwork in the Métis tradition.



Artist: Krista Leddy

44030250 / \$99 / Materials: \$15	Aurora Leddy
May 5 - 12	Tue 6:30 pm - 8:30 pm
2 sessions	HA

### Bead Weaving

Did you know that with the right weaving patterns, you can use beads to recreate almost any flower? Learn the basic method for making a small pair of circle or flower earrings. You'll then graduate to a complex three-dimensional multi-petalled woven flower.

44030251 / \$99 / Materials: \$15	Aurora Leddy
May 28 - Jun 4	Thu 6:30 pm - 8:30 pm
2 sessions	HA

## GLASS ART



Created by: Jennifer Bourret

### Jewellery Making with Fused Glass **NEW**

Create your own stunning wearable art with fused glass! Choose from a variety of colours and patterns, and stack pieces to create one-of-a-kind designs. Learn basic cutting as well as selecting from pre-cut pieces. You'll take home several finished pieces, including pendants or earrings or both. Earring or pendant bails will be provided.

44030271 / \$109 / Materials: \$25	Jennifer Bourret
Apr 16	Thu 6:30 pm - 9:30 pm
1 session	HA
Apr 25	Sat 10 am - 1 pm
1 session	HA

### Make Your Own Coral Bowl **NEW**

Create your own ocean-inspired glass artwork! Learn about different types of glass and try your hand at cutting glass, choosing colour and making a unique coral bowl. Several designs to choose from. Cutting experience is an asset but not necessary.

44030272 / \$109 / Materials: \$35	Jennifer Bourret
May 14	Thu 6:30 pm - 9:30 pm
1 session	HA
May 30	Sat 10 am - 1 pm
1 session	HA

### Floral Framed Art **NEW**

Decorate your home with flowers that will never fade—a beautiful garden of fused glass, finished in a frame. We'll begin by making a small suncatcher to practise techniques. You'll learn to use frit and stringers and cut pieces of glass. In designing your garden, you can follow examples or be as creative as you like. Choose from several frames, or make your design into a plate.



44030273 / \$109 / Materials: \$35	Jennifer Bourret
Jun 6	Sat 10 am - 1 pm
1 session	HA
Jun 11	Thu 6:30 pm - 9:30 pm
1 session	HA

### 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
Apr 9 - May 7	Thu 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
Apr 8 - May 6	Wed 6:30 pm - 9:30 pm
5 sessions	BSG

### Stained Glass: Spring Chimes

Capture the look and sound of the season with a wonderful spring-themed wind chime! Add sparkle and fun to the spring sunlight with fish, flowers, birds or whatever else your heart desires. You'll create your main base and all the hanging pieces in the first class and assemble the finished piece in the second class. No previous glass experience required. Tool rental/supply fee: \$75 plus GST (payable to Bissett Stained Glass).

44030248 / \$119	Bissett Stained Glass
May 5	Tue 6:30 pm - 9:30 pm
1 session	BSG



Created by: Jennifer Bourret







## HOBBIES & INTERESTS

### Architectural History

Learn about the various movements, styles, designers and societal shifts that laid the foundations for the world's great structures. This course spans architectural history from ancient Greece to the start of World War II, including the Renaissance, baroque, art deco and modernist movements, and designers such as Michelangelo, Filippo Brunelleschi, Frank Lloyd Wright and Antoni Gaudí.

44150179 / \$149 Greg Wilson

Apr 23 - May 21	Thu 6:30 pm - 8:30 pm	4 sessions	WM
	<i>No class May 7</i>		

### Architectural Tour of Edmonton

Over the course of this fun and unique tour, you will have the opportunity to look at and explore four different buildings in Edmonton: Neil Crawford Centre, Alberta Legislature, Hotel MacDonald and the Art Gallery of Alberta. You will be given a private tour of each building and debrief the design and history between stops.

44150182 / \$99 Greg Wilson

Jul 11	Sat 11:30 am - 3 pm	1 session	FTS
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## FEATURED CLASSES

### A Twist on the Classic Bath Bomb NEW

Explore three fun variations on the bath bomb! First learn to make the classic bomb, and then a luxurious shower version containing cocoa butter to exfoliate and moisturize. Finally, create a shower steamer for an at-home spa treatment that will clear your sinuses the natural way. Take home a goodie bag with a sample of each version.

44150236 / \$109 / Materials: \$30 Jack59BodyCo

May 30	Sat 10 am - 1 pm	1 session	HA
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### Make Your Own Aluminum-Free Deodorant NEW

Do you worry about aluminum and other toxic chemicals that may be lurking in conventional deodorant? No sweat! Create your own sustainable, all-natural deodorant from simple ingredients, and package it in plastic-free containers. Go unscented, or choose from a selection of essential oils to add a fragrance you love.

44150235 / \$109 / Materials: \$20 Jack59BodyCo

Apr 8	Wed 6:30 pm - 9:30 pm	1 session	HA
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### Beekeeping for Beginners Level 1

If you're interested in finding out more about keeping honeybees, join local urban beekeeper Dustin Bajer as he introduces the basic knowledge needed for effective beekeeping: honeybee anatomy, pheromones, communication, seasonal behaviour, swarming, overwintering, genetics, castes and life cycles.

44150174 / \$89 Dustin Bajer

May 5	Tue 6:30 pm - 9:30 pm	1 session	WM
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### Introduction to Climate & Climate Change

NEW

With significant environmental change occurring across the globe, getting a handle on climate and climate change has never been more urgent. Learn about the history and science of climate, climate models, and the natural and human factors that contribute to climate change in Alberta and around the world. Equip yourself to better understand and discuss this critical topic—and make informed day-to-day decisions to shape our collective future.

44150231 / \$119 Livio Fent

Apr 21 - May 5	Tue 6:30 pm - 8:30 pm	3 sessions	WM
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### Stargazing

Journey to the ends of the observable universe under the new Zeidler Dome and see our sky like never before in full 10K ultra-high definition. Learn to use a planisphere to find objects in the sky, and explore freeware astronomy software to show you where stars, constellations and planets are on any given night. Gaze through powerful telescopes in the RASC observatory (weather permitting) for an up-close look at the objects in our universe.

44150053 / \$119 Frank Florian

Apr 1 - 8	Wed 7 pm - 9:30 pm	2 sessions	TWS
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### Foaming Bath Whip NEW

Every bit as luxurious as it sounds, foaming bath whip is versatile too! Whip this gentle cleansing product into a fluffy cream soap, a facial sugar scrub or another exfoliant. Learn how to create the moisturizing base, and then make a scrub to take home. With a variety of colours and fragrant essential oils to choose from, get ready to get creative!

44150237 / \$109 / Materials: \$40 Jack59BodyCo

Jun 13	Sat 10 am - 1 pm	1 session	JPP
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## 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	
May 14	Thu 6:30 pm - 9 pm	1 session	WM
Jul 11	Sat 10 am - 12:30 pm	1 session	MAV

## Getting Your Book to Market

Should you look for a traditional publisher or self-publish your book? How do you decide? And then what steps must you take to turn your manuscript into a book? Get an insider's view of the publishing process. Topics include choosing a publisher, agents, preparing and submitting a manuscript, and what happens after you submit. We will also discuss what is involved in self-publishing (editing, design, production and distribution) as well as promotion and marketing.

44150031 / \$119		Rhonda Parrish	
Apr 15 - 29	Wed 6:30 pm - 9 pm	3 sessions	WM

## 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, breath control, intervals, and harmonies while you sing a wide range of songs with a big group of people.

44150211 / \$109		Sean Sonogo	
Apr 7 - May 12	Tue 7 pm - 8 pm	6 sessions	WM

### 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	
Apr 7 - May 12	Tue 7 pm - 8 pm	6 sessions	HA

## INSTRUCTOR SPOTLIGHT



NEW

FEATURED CLASS

## Fly-Fishing for Beginners

If you'd love to fly-fish but feel intimidated by the equipment and techniques, get set to cast! We'll begin with basic equipment setup, including rods, reels, lines, leaders and flies. Try your hand at tying simple knots (not the flies themselves) to set up the rod. We'll cover the fundamentals of casting, stripping and reeling, as well as how to choose likely spots to try your luck. Receive classroom instruction in the first session, and practise outdoors at Whitemud Creek in the second. Bringing your own fly rod is optional. If you do, please also bring fly line, a leader and flies.

44150234 / \$159		Beau Mirau	
May 28 - 30	Thu 6:30 pm - 9:30 pm Sat 10 am - 1 pm	2 sessions	HA / FTS

## Learn to Play Acoustic Guitar

A course designed for newbies! Come learn to play the acoustic guitar in a relaxed group setting. We'll play chords in the first position (cowboy chords), cover basic theory and practise the fundamentals of sight reading. Some finger-picking and strumming patterns will also be introduced. You'll leave with enough know-how to play songs around the campfire—and a solid foundation of skills to build on in the future.

44150209 / \$175		Justin Khuong	
Apr 21 - Jun 16	Tue 7 pm - 9 pm <i>No class May 19</i>	8 sessions	HA

FEATURED CLASS

## A Beginner's Guide to Becoming a DJ NEW

If you love the unique sounds and mixes that DJs create, come learn the fundamentals of this musical art! Gain the core knowledge and skills that you need to become a great DJ, including proper turntable techniques and basic music theory. Learn on vinyl records, creating a foundation you can build on with current or future DJ technology. You'll benefit from the instructor's personal experience of life in the industry and what it takes to succeed.

44150230 / \$175		DJ Sonny Grimez	
Apr 21 - May 26	Tue 7 pm - 9 pm	6 sessions	99ten

## DJ Sonny Grimez

With over 20 years' experience, DJ Sonny Grimez has toured Canada as a member of acclaimed hip-hop group Politic Live and has opened for artists such as Jazzy Jeff, Wu-Tang Clan, Public Enemy and Busta Rhymes. Festival appearances include Canadian Music Week, Breakout West and the Winnipeg International Jazz Festival. For seven years, Sonny has co-hosted If Hooks Could Kill, a weekly radio show on CJSR. He currently works alongside hip-hop MC Arlo Mavrick and holds a residency at The Common.



**TASTINGS**

**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 / \$69 / Materials: \$20	Vines Wine Merchants
May 5	Tue 7 pm - 9:30 pm
1 session	V

**Beer Basics** NEW

The beer world has hit its stride—and the overwhelming array of types available may have your head spinning! What does it mean when a beer is hoppy? What is craft beer? How do you know if you want an IPA, wheat, lager or dark beer? Get a handle on the variety of flavours and characteristics and fine-tune your own tastes once and for all. Learn how to buy and serve beer, discover the art of the perfect pour and leave with a fresh appreciation for a fine brew!

44150229 / \$69 / Materials: \$20	Vines Wine Merchants
Jun 4	Thu 7 pm - 9:30 pm
1 session	V

**Great Canadian Wines & Ice Wines**

Some of the best wines in the world are produced closer to home than you think—and are readily available at your local liquor merchant. Come and learn about some of the finest wines Canada has to offer, from British Columbia, Ontario and even some places in between. Our tasting and discussion will include ice wine and Canada's role in the popularity of this sweet indulgence. Go home with new go-to wines that will make you want to sing "O Canada!" loud and proud!

44150203 / \$69 / Materials: \$20	Vines Wine Merchants
Jul 2	Thu 7 pm - 9:30 pm
1 session	V

YOU MAY ALSO BE INTERESTED IN...  
**DIY CLASSIC COCKTAILS**  
**DIY SUMMER COCKTAILS** See page 8

**Floral Design**

**INSTRUCTOR SPOTLIGHT**

**Woodland Table Centerpiece**

Bring the outdoors inside with a woodland-inspired, greenery-rich arrangement. Using fresh plants, foliage and natural accents, create an organic and textural showpiece. Learn how to deconstruct plants, flowers and other natural materials, exploring and reimagining the parts to create a unique composition.

44000034 / \$89 / Materials: \$60	Laurel's On Whyte
May 20	Wed 6:30 pm - 9:30 pm
1 session	LW

**Laurel's On Whyte**

Voted Best Florist in Edmonton since 2013, Laurel's On Whyte has been offering funky ideas, fresh flowers and unique gifts for over 25 years. While their focus is fresh flowers and plants, they also carry a unique assortment of gifts, jewellery, home decor, luxury bath and body products in store. Laurel's On Whyte is located in historic Old Strathcona in Edmonton.



**Floral Design Level 1**

Whether you aspire to a career as a floral designer or simply want to handle your own arrangements like a pro, Metro's floral design program is a rare local opportunity to build the required foundation of skills and knowledge. Learn 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	Laurel's On Whyte
Apr 18 - May 16	Sat 9 am - 3:30 pm
No class May 9	4 sessions
	LW

**Floral Design Level 2** NEW

Extend your knowledge of floral design to more complex designs and more in-depth study of concepts from Level 1. This course will cover specialty, large-scale, tropical, high-style and abstract designs. Learn about a range of bridal and funeral arrangements, flowers-to-wear, and arrangements without a container (such as archway pieces and garlands). We'll also address practical and logistical skills such as taking and fulfilling orders with excellence, pricing specialty designs, arranging delivery and setting up at a site.

**Prerequisite(s):** *Floral Design Level 1*

44000051 / \$425 / Materials: \$495	Laurel's On Whyte
May 23 - Jun 13	Sat 9 am - 3:30 pm
4 sessions	LW

Floral Designs by: Laurel's On Whyte



# Do-It-Yourself



## BEAUTIFUL HOMES

### 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
Apr 18	Sat 9:30 am - 12:30 pm	1 session	HA

### Space Planning: How to Design Efficient Spaces NEW

Ever picked out furniture that looked great in the showroom . . . but turned out to be too big for your space? Do you have an awkward room layout that makes it tough to position furniture? Learn to create functional furniture layouts for your living spaces (bedroom, living room and dining room), taking into account room traffic and practical user needs.

44080094 / \$149			Taylor Wise
Apr 27 - May 4	Mon 6:30 pm - 9:30 pm	2 sessions	LO

### Conquer Your Clutter

Overwhelmed by your possessions and not sure where to start? Chances are you have read books or articles about decluttering and organizing; you may have even bought some pretty bins and organizing accessories. But your space still looks the same—and just thinking about it causes you anxiety and frustration. Let us help you find ways to make a change. This practical course will help you reign in your clutter and change your habits in order to achieve your goal of having an organized space. Spending just minutes per day will help you be successful and keep you motivated to continue!

44080098 / \$79			Lorrie Gray
May 4	Mon 6:30 pm - 9:30 pm	1 session	LO

### Helping with Hoarding

Some people save things to the point that they become overwhelmed by "stuff." An overly cluttered house can have negative consequences, such as falls or injury, isolation, emotional distress or hazards like mould, infestation or fire. Is someone close to you struggling with compulsive hoarding disorder? Learn to recognize the disorder and to communicate with someone you feel may be hoarding. We'll talk about what you can do to help and, most importantly, what *not* to do.

44080085 / \$79			Stacy Walker
Jun 11	Thu 6:30 pm - 9:30 pm	1 session	HA

### Design in Action: Show Home Tour

See first-hand how interior design elements, principles and style come together in three dimensions on this Edmonton show home tour. Expect a lively and instructive discussion, and go home with fresh inspiration to apply to your own home! Tour location will be in the community of Second (West Edmonton).

**Prerequisite(s):** *Home Styling Level 1, Accessorizing 101, Space Planning: How to Design Efficient Spaces* or basic design experience.

44080093 / \$89			Taylor Wise
May 12	Tue 6 pm - 8 pm	1 session	FTS
May 23	Sat 12 pm - 2 pm	1 session	FTS

## YARDS & GARDENS

### Landscape Plan Design Workshop

The path to a great garden involves more than filling in dead spots—it takes a big-picture plan! This course combines in-class lecture with at-home exercises to guide you step by step in designing or revitalizing your garden. We'll cover site assessment, design basics, plant selection, garden rooms, special features and hardscaping materials. You'll leave with the beginnings of a self-designed landscape plan for your garden. Please bring a plot plan of your yard.

44080031 / \$199 / Materials: \$20			Dianne Pilling
May 14 - Jun 11	Thu 6:30 pm - 9:30 pm	4 sessions	HA
	<i>No class Jun 4</i>		

### Renovating Mature Landscapes

Transform your yard from a "blandscape" into a stunning oasis! Gain insight into garden layout, lawn rejuvenation, and updating plants and hardscape materials. We'll also discuss the order in which to complete the work.

44080030 / \$149 / Materials: \$10			Dianne Pilling
Apr 20 - 27	Mon 6:30 pm - 9:30 pm	2 sessions	HA

### Planning Perennial Gardens NEW

Tired of replanting your garden every year? With the right perennials, add flower power to your garden for every season! Help perennials flourish in a variety of garden settings—from springtime bulbs to summer daisies and autumn posies. Through in-class lectures and exercises, we'll cover plant selection, design basics, garden layout, soil preparation, planting technique and maintenance practices.

44080089 / \$149 / Materials: \$10			Dianne Pilling
May 5 - 12	Tue 6:30 pm - 9:30 pm	2 sessions	HA

## Container Plants for Patios & Balconies

No matter the size of your outdoor space, add continuous colour and flair using container plants. Find out how to select, plant and care for your annual plants so they thrive all summer. We'll discuss colour schemes and interesting arrangements, the best flowers for pots and hanging baskets, and even how to grow vegetables and herbs.

44080033 / \$99			Dianne Pilling
Apr 25	Sat 9:30 am - 1:30 pm	1 session	HA

## Savvy Landscaping: Trees & Shrubs

Ever bought an unfamiliar tree or shrub only to have it die or get so big it cracked the driveway? Forget the hit-or-miss approach! We will look at the pros and cons of various hardy trees and shrubs as well as how to use them in your landscaping. With proper planning now, your yard will mature into a beautiful, practical space that will thrive through the years.

44080061 / \$79			Kevin Napora
May 6	Wed 6:30 pm - 9:30 pm	1 session	LO

### FEATURED CLASSES

## Container Gardening for Food Lovers NEW

If you would love to grow your own food but have limited outdoor space, container gardening is the answer! Learn to choose the right containers, apply soil and fertilizer, and maximize yields. Explore the pros and cons of using seeds, bulbs or starter plants, and incorporate edible flowers to make your container beautiful. Take home a completed 10" container ready to be enjoyed!

44080099 / \$59			Ellerslie Gift & Garden
Apr 4	Sat 2 pm - 4 pm	1 session	ELS

## Urban Vegetable Gardening NEW

Grow fresh delicious produce in your own backyard, right here in the city. Design a vegetable garden that minimizes effort, maximizes harvest, and looks great too! Discover how to integrate this garden into your existing landscape, start seeds, harden off plants, and take home your own seed-starting kit. Start off on the right foot and enjoy the bounty!

44080100 / \$59			Ellerslie Gift & Garden
Apr 10	Fri 2 pm - 4 pm	1 session	ELS



## Win the War on Weeds

If weeding is the one part of gardening you hate, this is the class for you! We'll take an in-depth look at different weeds, how to get rid of them and how to deal with common garden pests. The class will cover both methods of weeding: safe use of herbicides and tools. We'll also discuss the best motions to use for efficient weeding that won't leave you stiff and sore. With a bit of weed savvy and the right tools, you might just find the joy in weeding!

44080062 / \$79			Kevin Napora
Jun 3	Wed 6:30 pm - 9:30 pm	1 session	LO

## Perk Up Your Yard With Perennials

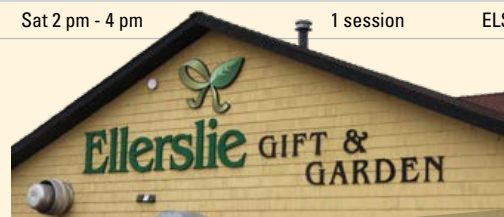
With the recent trend toward contemporary, low-maintenance garden design, perennials have fallen out of favour. But junipers and grass alone do not make for an exciting yard! Perennials add colour, variety and texture that liven up a space and draw people into the garden. We will look at a variety of hardy perennials and discuss how to choose the right ones for difficult areas, soils and light levels.

44080060 / \$79			Kevin Napora
Apr 29	Wed 6:30 pm - 9:30 pm	1 session	LO

## The Fruitful Backyard NEW

There's nothing quite like fresh-picked fruit! Discover how easy it is to grow your own perennial fruits, both popular and unusual. We'll discuss raspberries, blueberries, strawberries, haskaps, grapes, kiwis and gojis. Learn where to place fruits in your yard, which grow well in containers, and how to maintain, harvest and store different varieties. Leave with your own starter perennial and a tried-and-true recipe.

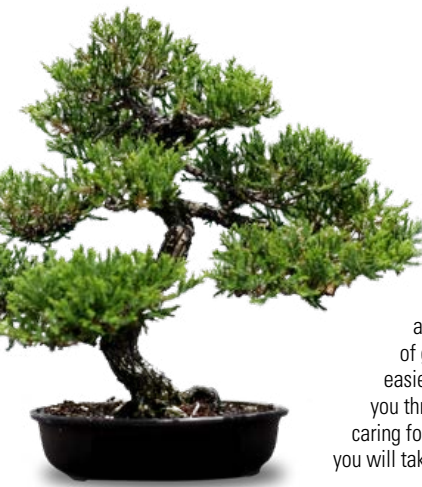
44080101 / \$59			Ellerslie Gift & Garden
Apr 18	Sat 2 pm - 4 pm	1 session	ELS



### INSTRUCTOR SPOTLIGHT

## Ellerslie Gift & Garden

Ellerslie Gift & Garden is a year-round garden centre that loves sharing the wonders and benefits of plants, both indoor and outdoor, while also offering an assortment of gift items for garden and home. As a key member of the Classic Family of Companies, they are eager to assist with knowledgeable advice on choosing and caring for all types of indoor/tropical or outdoor plants, provide custom planting and horticultural services, demonstrate ways to enhance personal spaces with decor, and recommend professional landscape services for the non-DIY-er.



## Bonsai Basics NEW

Did you know that a bonsai tree increases in value every year it's alive? Try your hand at the ancient art of growing and maintaining bonsai—it's easier than you think! Glass Earth will walk you through choosing, shaping, pruning and caring for your bonsai. At the end of the night, you will take home your very own bonsai.

44080091 / \$79 / Materials: \$50 Glass Earth Inc.

May 26	Tue 6:30 pm - 9 pm	1 session	GLS
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## Healthy Houseplants NEW

If you love houseplants but feel you've got the touch of death, this session will transform your living room and your life! Learn simple but critical dos and don'ts such as how (and how much!) to water, where to place plants and how to provide the right amount of light. We'll also cover troubleshooting and how to choose plants that suit your lifestyle. Bring all your questions!

44080090 / \$79 Glass Earth Inc.

Apr 14	Tue 6:30 pm - 9 pm	1 session	GLS
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## Natural Pest Control for Indoor Plants NEW

Overwhelmed by insect infestations on your houseplants? Eliminate plant pests the easy way, using a non-toxic, child-friendly, pet-friendly approach. Learn about the many beneficial insects that will combat plant-destroying bugs such as spider mites and mealy bugs. We'll also discuss preventive measures to help ward off problems before they begin—and learn why some plants are a favourite insect snack and others aren't.

44080092 / \$59 Glass Earth Inc.

May 12	Tue 6:30 pm - 9 pm	1 session	GLS
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## INSTRUCTOR SPOTLIGHT

### Glass Earth Inc.

Glass Earth is an indoor plant boutique located in Kingsway Mall. It features the first and only "plant bar," where you can enjoy a selection of natural teas while working on plant projects with an instructor or on your own, surrounded by a green

oasis. Glass Earth boasts a certified horticulturalist and several plant specialists who are always on hand and happy to help educate and answer questions. They are passionate about plants and helping make the world a greener and healthier place.

Created by:  
CLAC Alberta  
Training



## Metal Rose Making

Learn about basic hand tools and metal-forming techniques while creating a metal rose for someone you love! 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

May 6	Wed 6:30 pm - 9:30 pm	1 session	CLA
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## 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

Apr 15 - 29	Wed 6:30 pm - 9:30 pm	3 sessions	CLA
May 20 - Jun 3	Wed 6:30 pm - 9:30 pm	3 sessions	CLA

### Introduction to MIG Welding (GMAW) NEW

If you have a basic MIG welder at home or are thinking of buying one, this is the course for you! Explore how a Metal Inert Gas (MIG) / Gas Metal Arc Welding (GMAW) machine operates, along with the equipment and consumables required. Practise MIG welding on various mild steel components, which you can assemble into a metal "yard-art" sculpture at the end of the class. There will be a materials cost of approximately \$30 (payable directly to CLAC Alberta Training).

44080088 / \$99 CLAC Alberta Training

Jun 11	Thu 6:30 pm - 9:30 pm	1 session	CLA
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### Metal Cutting (OAC & PAC) NEW

Try your hand at both the oxy-fuel (OAC-acetylene) and plasma arc cutting (PAC) processes. Using the traditional oxy-acetylene torch, practise shape cutting on 3/8" mild steel plate. With the plasma torch, try shape cutting with a variety of metals, such as mild steel, aluminum and stainless steel sheet metal. Take home an art piece cut from mild steel using the process of your choice. There will be a materials cost of approximately \$50 (payable directly to CLAC Alberta Training).

44080087 / \$99 CLAC Alberta Training

May 12	Tue 6:30 pm - 9:30 pm	1 session	CLA
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## Build Your Own Coffee Table NEW

Develop your woodworking skills as you build an attractive table out of solid poplar. The instructor will guide you in preparing your materials and safely using a table saw to machine custom joinery. You'll go home with a useful piece that will look great in any room!

44080096 / \$199 / Materials: \$99 Brent Cox  
 Jun 16 - 25    Tue, Thu 6:30 pm - 9:30 pm    4 sessions    HA



## Build Your Own Adirondack Chair NEW

If you admire the comfortable, iconic design of the Adirondack chair, why not try your hand at building one? Join us in the woodworking shop, where all the materials, tools and instruction you need will be provided. Take home your finished project in time to lounge in style this summer!

44080097 / \$199 / Materials: \$35 Todd Torrie  
 Apr 28 - May 7    Tue, Thu 6:30 pm - 9:30 pm    4 sessions    MN

## 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  
 May 26 - Jun 9    Tue 6:30 pm - 9:30 pm    3 sessions    HA

## Basement Wiring Basics NEW

Are you planning to wire your own residential basement, or enlist a contractor or friend to do it? Just looking to learn more about electricity out of general interest? Join us for an introduction to wiring basics. We'll cover safety, electrical theory, electrical codes and permitting. Plan the wiring using your floor plan, and learn how to wire a three-way switch, receptacles and lights.

44080095 / \$159 / Materials: \$15 Lloyd Noga  
 Apr 29 - May 13    Wed 6:30 pm - 9 pm    3 sessions    HA

## Auto Basics Level 1

Have you always wanted to get a little more hands-on with your ride? Learn how to perform a basic automotive inspection on your own car. You'll leave this class knowing how to check various auto fluids, belts, hoses and tires. We'll also cover supplies and safety.

44080070 / \$149 / Materials: \$15 Dave Ettinger  
 Apr 30 - May 7    Thu 6:30 pm - 9:30 pm    2 sessions    HA

## Introduction to Brakes

Get an inside-out look at one of the most important parts of any vehicle—the brakes. In this hands-on course, explore the parts of both disc and drum brakes and learn how they work. You'll inspect and service brakes in an authentic shop environment and leave with a solid understanding of this critical system.

44080071 / \$199 / Materials: \$15 Neil Mazur  
 Jun 6 - 13    Sat 9 am - 1:30 pm    2 sessions    HA

## General Car Care & Maintenance

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 / \$149 / Materials: \$15 Neil Mazur  
 Jul 6 - 7    Mon, Tue 9 am - 1 pm    2 sessions    HA

## Car Detailing & Surface Enhancement Techniques

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  
 May 2 - 9    Sat 9 am - 1 pm    2 sessions    HA  
 Jul 8 - 9    Wed, Thu 9 am - 1 pm    2 sessions    HA

## Seasonal Tire Changing & Maintenance NEW

Tired of the seasonal hassle of getting your tires changed? Learn to take care of this task yourself, along with other essential tire maintenance! Use industry-standard machines to remove winter tires, replace them with summer or all-season tires, and rotate and balance them to the correct operating specifications for your vehicle. You'll also learn how to diagnose and solve problems, including the proper way to patch and plug tires.



44080086 / \$199 / Materials: \$15 Neil Mazur  
 Apr 18 - 25    Sat 9 am - 1:30 pm    2 sessions    HA

# Health & Wellness

## 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 tango, jive/ swing, waltz and cha-cha. Register with a partner.

43160100 / \$125 / Price is per person	Mike Kwok & Veronica Cheng
Apr 20 - Jun 15	Mon 7 pm - 9 pm No class May 18
8 sessions	WM

### 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
Apr 20 - Jun 1	Mon 7:30 pm - 8:30 pm No class May 18
6 sessions	SG

## GET FIT

### 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
Apr 20 - Jun 1	Mon 6:30 pm - 7:30 pm No class May 18
6 sessions	BRM

### 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
Apr 21 - Jun 2	Tue 7:30 pm - 8:30 pm No class May 19
6 sessions	MK



NEW

FEATURED CLASS

### Table Tennis for Beginners

If you're looking for an accessible, social sport to take up at any stage of life, table tennis is the ticket! Learn how to hold a table tennis bat, stand and move, play a forehand and backhand drive, play a forehand and backhand push, and serve legally: backspin serve, sidespin serve and topspin serve. You'll improve your alertness, reflexes and coordination—and have fun doing it!

43160179 / \$179	Table Tennis Academy
Apr 22 - May 27	Wed 7 pm - 9 pm
6 sessions	TT

### 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
Apr 22 - Jun 3	Wed 7 pm - 8 pm No class May 20
6 sessions	MAV

### POUND® Fitness

Don't just listen to music—become the music! In this exhilarating full-body workout, you'll use Ripstix®, lightly weighted drumsticks specifically engineered for exercising, to combine cardio, conditioning and strength training with yoga- and Pilates-inspired movements. POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Please bring a yoga mat.

43160135 / \$89	Ashley Lumme-Levesque
Apr 23 - May 14	Thu 7:45 pm - 8:45 pm
4 sessions	MAV

## GOLF CLASSES

### Golf for Beginners

Hitting the golf course for the first time, or the first time in a while? Get into the swing of the game with instruction and tips designed specifically for your level. We'll cover all the basics, including grip, stance, posture and alignment. Start the season with a boost in confidence—and a lower handicap!

43160016 / \$135		Kevin Day	
Apr 7 - 21	Tue 7 pm - 8:20 pm	3 sessions	BDD
Apr 27 - May 11	Mon 7 pm - 8:20 pm	3 sessions	BDD
Jun 6 - 20	Sat 10 am - 11:20 am	3 sessions	BDD

### Pitching, Chipping & Putting Beginner Workshop

Did you know that half of all golf shots are made from 80 yards or closer? A long drive is a thrill, but mastering the short game is also key to performance! Fine-tune your approach to the green with a primer on different setup and ball positions, proper alignment and how to choose the right club.

**Prerequisite(s):** *Golf for Beginners* or proficiency swinging a golf club and past golf experience

43160018 / \$85		Kevin Day	
May 30	Sat 1:30 pm - 3:30 pm	1 session	BDD

### BONUS FOR METRO CUSTOMERS!

When you register for a golf course through Metro Continuing Education at Billy D's Golf Centre & Driving Range, receive a 10% discount on punch cards for large buckets of golf balls for range practice.



### LOW IMPACT

#### 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 / \$105		Sharon Melvin	
Apr 28 - Jun 9	Tue 7 pm - 8 pm No class May 19	6 sessions	MN



### The Perfect Drive Workshop NEW

Hitting a long and accurate drive from the tee box is a critical step in improving your golf game—but it's not as easy as it sounds! Join Kevin for a breakdown of the proper mechanics of the drive. You'll learn simple tricks and tips that you can put into action immediately to hit the ball straighter and longer. Lower that handicap in no time!

**Prerequisite(s):** *Golf for Beginners* or proficiency swinging a golf club and past golf experience

43160180 / \$85		Kevin Day	
Jun 2	Tue 6:30 pm - 8:30 pm	1 session	BDD



### INSTRUCTOR SPOTLIGHT

#### Kevin Day of Billy D's Golf Centre & Driving Range

Kevin Day is a graduate of the University of Alberta and the San Diego Golf Academy. He has 30 years of experience as a PGA player, teacher and swing coach. Kevin is the owner of Billy D's Golf Centre and head teaching professional at the facility. Although he still plays competitively, Kevin's main focus now is coaching all levels of players to help them discover their optimal swing and reach their golfing goals.

### 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	
Apr 23 - May 28	Thu 7 pm - 8 pm	6 sessions	BRM

### 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 / \$129		Annemarie van Oploo	
Apr 15 - Jun 10	Wed 7 pm - 8 pm No class May 20	8 sessions	SG



## SUMMER DAYTIME FITNESS



### Summer Fitness: Resistance Band Tone Up **NEW**

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!

43160185 / \$99 Victoria Twanow

Jul 6 - 27 Mon 12 pm - 1 pm 4 sessions MAV

### Summer Fitness: Tai Chi Chih **NEW**

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.

43160184 / \$99 Sharon Melvin

Jul 7 - 28 Tue 12 pm - 1 pm 4 sessions MAV

### Gentle Yoga in the Summer **NEW**

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.

43160183 / \$105 Annemarie van Oploo

Jul 8 - Aug 5 Wed 12 pm - 1 pm 5 sessions MAV

### 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

Apr 6 - Jun 22 Mon 4:45 pm - 6:15 pm 10 sessions MAV  
*No class April 13 & May 18*

Apr 6 - Jun 22 Mon 7 pm - 8:30 pm 10 sessions MGG  
*No class April 13 & May 18*

Apr 8 - Jun 17 Wed 7 pm - 8:30 pm 10 sessions MK  
*No class May 20*

YOU MAY ALSO BE INTERESTED IN...

**YOGA & BRUNCH COMBO** See page 8

## 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

Apr 14 - May 5 Tue 7 pm - 9 pm 4 sessions NC

Apr 15 - May 6 Wed 7:30 pm - 9:30 pm 4 sessions MK

May 27 - Jun 17 Wed 7:30 pm - 9:30 pm 4 sessions MK

Apr 16 - May 7 Thu 7 pm - 9 pm 4 sessions NC

### Pickleball Intermediate **NEW**

If you have a basic understanding of pickleball and are ready to build your skills, this is the class for you. Qualified instructors will lead you through a series of drills and mentored game play to strengthen your game.

**Prerequisite(s):** *Pickleball for Beginners* or proficiency playing a basic game of pickleball

43160181 / \$139 In a Pickle

May 14 - Jun 4 Thu 7 pm - 9 pm 4 sessions NC

May 26 - Jun 16 Tue 7 pm - 9 pm 4 sessions NC

## SPIRITUALITY

### Messages From Your Subconscious

Your subconscious communicates with you every day—if you only know how to listen. Little things like stubbing your toe, the colour of shirt you choose to wear or being stuck in traffic all have hidden meanings. Learn the language of the subconscious and discover how yours is using simple actions to guide the course of your life!

43160150 / \$79 Lynn LeBlanc

May 14 Thu 6:30 pm - 9:30 pm 1 session HA

### Your Psychic Self

Do you want to tap into your sixth sense? Explore the many kinds of psychic abilities and learn about psychic tools and techniques that allow you to access and cultivate your inner psychic self and enhance your perception. You will learn more about yourself and your sixth sense and discover practical ways to develop it.

43160177 / \$79 Lynn LeBlanc

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

## STYLE & IMAGE

### Audit Your Closet NEW

Out with the old . . . and the tired, too big, too small and beyond repair! This practical course will help you identify and eliminate clothing that no longer serves a purpose in your life. You will take home an exclusive workbook with strategies that will empower you to take control of your closet and dress for the you of today—you won't believe how good it feels!



43160178 / \$79 Mary Lynn Ilnitsky, PHEc

May 14	Thu 6:30 pm - 9 pm	1 session	HA
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### Get Dressed With Purpose Bootcamp

Join Mary Lynn Ilnitsky in this comprehensive style and image bootcamp for women. Learn how to dress your body shape, determining which cuts of clothing will best balance your proportions, and discover your wow! colours through professional colour draping. Discuss how to strategically coordinate outfits and build wardrobe capsules, using 12 key pieces of clothing to create up to 50 outfit combinations. Your newfound knowledge will save you time and money—while giving you a fashionable, flattering signature look that reflects who you are today. The afternoon of the second session will take place at Hudson's Bay at Southgate Centre.

43160147 / \$149 Mary Lynn Ilnitsky, PHEc

May 2 - 9	Sat 9 am - 3 pm	2 sessions	HA
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## WELL-BEING

### Independence & Aging NEW

Whether you're caring for aging parents or entering the later years yourself, join us to explore ways to stay strong and independent as we get older. Occupational therapist Jennifer Bourret will share practical tips and tricks that go beyond just eating well and exercising. Explore physical, cognitive and social challenges to expect, along with ways to overcome them. We'll discuss falling risks, as well as gadgets and aids that promote independence.

43160182 / \$89 Jennifer Bourret

Apr 30	Thu 6:30 pm - 8:30 pm	1 session	HA
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YOU MAY ALSO BE INTERESTED IN...

**MAKE YOURSELF HEARD:  
COMMUNICATION FOR SENIORS**

See page 32

### Energy Balancing for Self-Care

Create a positive shift in your physical health! Learn about the K27s (kidney points from Chinese acupressure) and how to turn on your body's electrical system, enhance co-ordination and balance, and improve digestion through lowering the stomach. Using various techniques of body work, you will learn how to become aware of body issues and increase the efficiency of your lymphatic system. Wear loose-fitting, comfortable clothing.

43160156 / \$79 David Loree

May 13	Wed 6:30 pm - 9:30 pm	1 session	WM
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### EFT Approach to Weight Loss

Shedding excess weight doesn't have to be a struggle. Learn to address the limiting beliefs and barriers that get in the way and discover how Emotional Freedom Techniques, which include tapping on specific acupressure points, can clear the path to success. With demonstrated statistically significant benefits for weight loss, this leading-edge self-help tool will help you prevent self-sabotage and start losing weight.

43160151 / \$99 Claudette Pelletier-Hannah

Apr 22 - 29	Wed 6:30 pm - 9 pm	2 sessions	WM
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### Live Your Life With Passion

Spend the day with Theresa, a certified passion test facilitator, and find out what makes you passionate—what makes you come to life and gives you clarity of purpose. Discover your top five passions and learn about the signposts that show you are living your passionate life, three keys to success and nature's guidance system. Find out how to choose in favour of your passions and align your life with the vision that you have created.

43160193 / \$119 Theresa Fielden

May 9	Sat 9:30 am - 3:30 pm	1 session	HA
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### Sex Ed for Adults NEW

Join sexologist Dr. Brian Parker to discuss the ever-changing world of human sexuality. Learn about new advancements in birth control, current STI trends and how to use condoms properly. This engaging and humorous presentation will give you all the tools you need to navigate the world of sexuality safely in the 2020s.

43160190 / \$79 Dr. Brian Parker

Jun 1	Mon 6:30 pm - 9:30 pm	1 session	HA
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#### INSTRUCTOR SPOTLIGHT

#### Dr. Brian Parker

Dr. Brian Parker is a respected sexologist and sex educator with a PhD from the Institute for Advanced Study of Human Sexuality. Over the

past 20 years, Brian has taught sexual health education to over 100,000 students in colleges, universities and junior/senior high schools. His humorous, interactive and informative presentations are often regarded as the highlight of the school year. Brian has also trained sexual health professionals from post-secondary institutions, health authorities, government agencies and non-profits across Canada.

# Pride in Education

[metrocontinuingeducation.ca/pride](http://metrocontinuingeducation.ca/pride)

Celebrate Edmonton's Pride month by enrolling in one of Metro's Pride in Education courses:



## Becoming a LGBTQ2S+ Ally NEW

As a friend, family member, colleague or simply a supporter of people in the LGBTQ2S+ community, join us to have all your questions answered. Explore and unpack terminology, the concept of intersectionality, the sex/gender/sexual orientation distinction, queer history, pronouns, best practices and community resources. This class will include experiential learning, group conversations, videos, and helpful slides and diagrams.

43160187 / \$69 Institute for Sexual Minority Studies & Services  
 Jun 4 Thu 7 pm - 9 pm 1 session HA

## Edmonton Pride Historical Walking Tour NEW

Join gay activist Michael Phair on an informative and engaging walking tour of places significant to Edmonton's LGBTQ2S+ community during the '80s, the '90s and into the new millennium. Visit the scenes of meetings, advocacy events, parades and parties in central downtown Edmonton. Learn about drag races in an alley, a welcoming church, flag raising and disco. You'll leave with a new appreciation for an important and largely hidden part of our city's history. Tour will cover approximately 25 blocks.

43160191 / \$79 Michael Phair  
 Jun 6 Sat 9 am - 12 pm 1 session FTS

## Drag 101: Centre Stage & Behind the Scenes NEW

Drag queens and kings have entered the mainstream spotlight—but what's drag really all about? Buckle up for a fabulous experience where education meets entertainment! Expect live performances from some of Edmonton's most revered drag kings and queens, along with invigorating discussion about the history of drag, what goes into drag performance, drag transformations, and much more! Bring all your questions for the Q&A portion. Come for the show and walk away with a whole new appreciation of this fascinating art form.

43160186 / \$79 Ivy League  
 May 28 Thu 7 pm - 9:30 pm 1 session HA

## Queer Music History NEW

The history of queer music includes some of the most influential musicians and performers of all time. Come celebrate the contributions of LGBTQ+ musicians through the ages, including Dame Ethyl Smyth, Cole Porter, Wendy Carlos, Freddie Mercury and more. Get ready for an engaging visual and auditory exploration—singalong optional!

43160188 / \$69 Evan Westfal  
 May 25 Mon 7 pm - 8:30 pm 1 session HA

### INSTRUCTOR SPOTLIGHTS



#### Michael Phair

Michael Phair holds graduate degrees in special education and early childhood education. In 1992, he joined Edmonton's city council, becoming Alberta's first openly gay elected official. Over five terms, Michael championed efforts to reduce homelessness, advance LGBTQ2S+ rights and revitalize Edmonton's core neighbourhoods. Founder of HIV Edmonton, he has also served on boards for Edmonton Homeward Trust, the Edmonton Community Legal Centre, the Edmonton Pride Society, the North Saskatchewan River Valley Conservation Society and the University of Alberta.

#### Ivy League

Ivy League is one of Edmonton's most renowned drag queens. After four short years as a queen, she's held the titles of Mz. Gay Edmonton, Miss Evolution and runner-up in our largest provincial drag competition. Ivy has produced dozens of shows and performed all over Alberta, bringing her infectious enthusiasm, energy and signature performance style to hundreds of audiences.



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for enews sign up





# Languages



## 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	
May 9	Sat 9 am - 2:30 pm	1 session	MAV
Jul 14	Tue 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		Shauna Durston	
Apr 8 - Jun 17	Wed 6:30 pm - 9 pm No class May 20	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	
Apr 7 - Jun 16	Tue 6:30 pm - 9 pm No class May 19	10 sessions	ASD

## UKRAINIAN

### Conversational Ukrainian for Beginners

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	
Apr 7 - Jun 16	Tue 6:30 pm - 9 pm No class May 19	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		Jean Barrucand	
Apr 7 - Jun 16	Tue 6:30 pm - 9 pm No class May 19	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		Claire Fouquier	
Apr 8 - Jun 17	Wed 6:30 pm - 9 pm No class May 20	10 sessions	HA

### French Just for Travellers: Summer Fast Track NEW

Planning a trip to France or another French-speaking destination? Enhance your visit by mastering language basics beyond "Bonjour!" before you go! We'll cover vocabulary and grammar related to sightseeing and discovery, eating and drinking, shopping, entertainment, transportation and more.

46020070 / \$249 / Materials: \$10		Jean Barrucand	
Jul 13 - 17	Mon, Tue, Wed, Thu, Fri 9 am - 12 pm	5 sessions	MAV

## KOREAN

### Korean for Beginners

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	
Apr 8 - Jun 17	Wed 6:30 pm - 9 pm No class May 20	10 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  
 Apr 25 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 Angela Camacho  
 Apr 8 - Jun 17 Wed 6:30 pm - 9 pm 10 sessions HA  
*No class May 20*

### 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 Santos  
 Apr 7 - Jun 16 Tue 6:30 pm - 9 pm 10 sessions HA  
*No class May 19*

## Spanish Just for Travellers: Summer Fast Track

If you're travelling to a Spanish-speaking country and want to learn the language quickly, this condensed summer course is for you. We'll cover the most important vocabulary for communicating politely and effectively: how to ask for directions, order meals, count change, barter and more. Build your Spanish pronunciation skills and receive invaluable cultural tips to make your vacation even more memorable! Beginner level.

46020055 / \$249 Peter Kiriaka  
 Jul 6 - 10 Mon, Tue, Wed, Thu, Fri 9 am - 12 pm 5 sessions MAV

## ITALIAN

### Italian Level 1

In this introduction to the Italian language, you'll learn vocabulary, pronunciation and sentence structure to converse at a basic level.

46020015 / \$299 / Textbook: Approx. \$25 Francesca Cardile  
 Apr 23 - Jun 25 Thu 6:30 pm - 9 pm 10 sessions HA

## LANGUAGE LEVEL ASSESSMENT

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

# Online Learning

Learn a new skill or explore a new hobby—wherever and whenever works for you.

Choose from a wide selection of online courses, including:

- **Accounting Fundamentals**
- **Speed Spanish**
- **Grammar Refresher**
- **Computer Skills for the Workplace**
- **Drawing for the Absolute Beginner**
- **Mastering Public Speaking**
- **Handling Medical Emergencies**
- ... and so much more!



## 2020 ONLINE CLASS SCHEDULE

SPRING/SUMMER

All courses begin on the following dates	Apr 15	May 13	Jun 17	Jul 15
Final exam due date & Completion of course	Jun 5	Jul 3	Aug 7	Sep 4

Students can register before or after the course start date.



**MANY MORE COURSES ONLINE AT**  
[metrocontinuingeducation.ca/online-learning](http://metrocontinuingeducation.ca/online-learning)

# Personal Finance & Law



## BUDGETING & INVESTING

NEW

FEATURED CLASS

### 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* **Fee for Two:** \$159

43210003 / \$99	John Yamamoto, BComm, MBA, FCSI
May 13	Wed 6:30 pm - 9:30 pm
1 session	HA

### Inheriting Wealth: What Now?

Whether from an inheritance or the sale of a business, you suddenly have a large sum of money to manage. What now? This practical class will cover the ins and outs of options such as income-generating investments, putting aside money for a charity you believe in or helping out your children. We'll look at case studies, risks to watch out for, tax considerations and ways to build financial and legal relationships.

43210046 / \$99	John Yamamoto, BComm, MBA, FCSI
May 6	Wed 6:30 pm - 9:30 pm
1 session	HA

### Maximizing Your Retirement Income NEW

A comfortable retirement requires a sustainable cash flow to cover basic needs, vacations, hobbies and special somethings. Whether you're already retired or just starting to plan, now is the time to explore different sources of retirement income. We'll discuss how to create multiple streams of income, such as pensions and investment income (including tax-smart options such as RRSPs, RRIIFs and TFSAs). Put your finances in order, and give yourself the gift of peace of mind!

43210045 / \$99	John Yamamoto, BComm, MBA, FCSI
Apr 29	Wed 6:30 pm - 9 pm
1 session	HA

### 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
May 12	Tue 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
May 27	Wed 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. The key is to understand the risks and to make an investment decision that makes sense for you. 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
May 2	Sat 9 am - 3:30 pm
1 session	HA

## LIFE EVENTS

### 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
May 30	Sat 9 am - 3:30 pm
1 session	MAV
Jul 18	Sat 9 am - 3:30 pm
1 session	HA



## REAL ESTATE

### Make Money as a Landlord

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		
Jun 3	Wed 6:30 pm - 9:30 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		
May 5	Tue 6:30 pm - 9 pm	1 session	HA

## 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		
May 27	Wed 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		
May 13	Wed 6:30 pm - 9 pm	1 session	WM

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.



## FEATURED CLASS

### 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		
May 14	Thu 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 the similarities and differences between these documents? 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		
Apr 30	Thu 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		
May 6	Wed 6:30 pm - 9:30 pm	1 session	LO

WE'RE ALWAYS  
OPEN ONLINE!



Easily **Register** for classes at

[metrocontinuingeducation.ca](http://metrocontinuingeducation.ca)

# Computers & Technology



## ABSOLUTE BEGINNERS

### Computer Essentials: Scared Stiff

Scared to turn on a computer? This absolute beginner's course will teach you the basics, from logging on and using mouse controls and desktop toolbars to managing and searching for files and folders. Discover how to create, view, edit, save and print documents. You'll also change fonts and styles, use formatting tools and learn to browse the Internet. Most importantly, you'll gain the confidence necessary to make efficient use of your computer.

**Prerequisite(s):** Basic keyboarding skills

47130001 / \$395 / Manual: \$20	Shawn Gramiak
Apr 28 - May 1	Tue, Wed, Fri 9 am - 3:30 pm
3 sessions	MAV

### 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	Carlos Lara
May 12 - 14	Tue, Thu 6:30 pm - 9:30 pm
2 sessions	HA
47130110 / \$195 / Manual: \$20	Christopher Guay
Jul 8	Wed 9 am - 3:30 pm
1 session	MAV



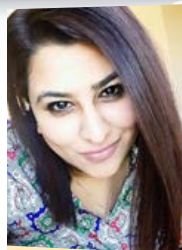
### Keyboarding Essentials NEW

If you're looking to build basic skills at touch typing and creating business documents, this is the class for you. We'll begin with an introduction to the parts of a computer system, keyboard posture and typing patterns. Practise alphabetic and numeric data entry using an online tool so you can continue to develop your skills after the course ends. You'll also learn to create, edit and proofread basic business documents.

47130133 / \$175	Sana Ghani
May 26 - Jun 4	Tue, Thu 6:30 pm - 9 pm
4 sessions	HA

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

## INSTRUCTOR SPOTLIGHT



### Sana Ghani

Sana Ghani offers over a 8 year track record in Training and Development, Curriculum Design, Digital Media and IT, and Corporate Training. She has training experience with reputable organizations including Alberta Health Services, WCB, Train Canada, Government of Alberta and University of Alberta. She is tech savvy, has a thirst for knowledge, and thrives to learn more. Sana currently holds a position as an Academic Technology Specialist in E-learning and Development. Sana looks forward to continually develop as a professional, in bringing the best of knowledge that she has accumulated to make it hands on, interactive and fun for her audience.

## MICROSOFT APPLICATIONS

### 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	Sana Ghani
May 7 - 8	Thu, Fri 9 am - 3:30 pm
2 sessions	MAV
Jul 14 - 15	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
May 6	Wed 9 am - 3:30 pm
1 session	MAV

## 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 Sana Ghani

May 21 - 22 Thu, Fri 9 am - 3:30 pm 2 sessions MAV

47130049 / \$295 / Manual \$20 Shawn Gramiak

Jul 11 - 18 Sat 9 am - 3:30 pm 2 sessions MAV

## Excel Level 2

Learn how to work with and compare data information within spreadsheets using filters, data ranges, macros, pivot tables, and scenario and conditional formatting features. Perform numerical calculations with named cells, 3-D referencing, linking and the use of advanced functions.

**Prerequisite(s):** *Excel Level 1* or a good understanding of *Excel basics*

47130056 / \$295 / Manual: \$20 Sana Ghani

Jun 2 - 3 Tue, Wed 9 am - 3:30 pm 2 sessions MAV

## Microsoft Word: Beyond the Basics NEW

Make the most of Microsoft Word! Take your skills beyond the basics with this practical, in-depth course. Learn to use advanced formatting tools, research tools, graphics, tables, charts, headers and footers, and mail merge. An overview of Word will be provided before class starts to make sure all students are on the same page.

47130132 / \$295 Sana Ghani

Jun 8 - 9 Mon, Tue 9 am - 4 pm 2 sessions MAV

## TECHNOLOGY & INNOVATION

### 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

May 6 Wed 6:30 pm - 9:30 pm 1 session HA

### 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

Jun 3 - 10 Wed 6:30 pm - 9:30 pm 2 sessions HA



## SOCIAL MEDIA

### Earn Money with YouTube NEW

Whether you're communicating on behalf of your business or yourself as an individual, YouTube has become a critical platform for reaching a broad audience. Learn all the basics for using this powerful medium: set up an account, start your own channel and market your brand using keywords and other strategies.

47130134 / \$89 Shruti Arora

May 5 Tue 6:30 pm - 9:30 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

May 13 Wed 6:30 pm - 9:30 pm 1 session HA

## REGISTER & SAVE

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

Call Metro when registering to apply the discount.



# Business & Leadership



## BOOKKEEPING & ACCOUNTING

### QuickBooks **NEW**

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.

43000023 / \$219 Sheila Stueck

Jun 6	Sat 9 am - 3 pm	1 session	MAV
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### Accounting Basics for Non-Financial Managers **NEW**

Do you find yourself in management meetings where you don't understand the accountant? Feel like the controller is speaking gibberish at budget time? Develop your financial acumen and learn to apply accounting principles to the real world. You'll leave with an understanding of the three basic types of financial statements and the analytical skills to see whether your organization made money, where the money came from and where it went.

43000167 / \$195 Kevin MacDonald

May 12	Tue 9 am - 4 pm	1 session	MAV
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## TEACH @ METRO

We are always looking for new instructors and courses. If you possess expertise and experience in a subject area, consider becoming an instructor with Metro.

Visit our website for more information.

[metrocontinuingeducation.ca](http://metrocontinuingeducation.ca)

### Bookkeeping Level 1: Basics

Be assured in your initial bookkeeping role by gaining the knowledge and skills that will enhance your credentials and elevate your confidence. This class is engaging and exercise oriented. You will attain a familiarity of the principles and terms of accounting and a solid knowledge of the basic functions and techniques that are the foundation of accounting. You will leave with the experience of preparing a set of books from daily transactions to Financial Statements.

43000099 / \$295 Sheila Stueck

Apr 25 - May 2	Sat 9 am - 3 pm	2 sessions	HA
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### Bookkeeping Level 2: Accounting Essentials

The comprehension of Bookkeeping for the course of daily business functions, then for secondary operational processes, will set your skill set above the non technically trained bookkeepers in the field. This class is engaging and exercise oriented. There will be a review of general bookkeeping knowledge, and a practise set of business transactions. In addition, learn the parameters for Sales Tax, Payroll, Inventory, Purchase and Sale of Assets. You will leave with experience toward qualifications highly applicable and pertinent in the Accounting industry.

**Prerequisite(s):** Introductory bookkeeping knowledge & practical experience

43000100 / \$295 Sheila Stueck

May 23 - 30	Sat 9 am - 3 pm	2 sessions	HA
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### Financial Statements: Reading the Business Scorecard **NEW**

Financial statements are like the scorecard of the business world. They measure success based on the principles and rules of generally accepted accounting principles (GAAP). Learn your way around financial statements, including the three types of statements, what each is used for and the relationship between them. You'll leave feeling more comfortable navigating these statements yourself—as well as asking questions of your accountant or controller.

43000168 / \$195 Kevin MacDonald

Jun 2	Tue 9 am - 4 pm	1 session	MAV
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#### INSTRUCTOR SPOTLIGHT

### Kevin MacDonald

Kevin is the Founder and Business Consultant at L6S Business Consulting, helping business owners with overall planning, strategies and increasing operational efficiencies and profitability. Over Kevin's career, he has taken on various roles which allowed him to lead the IT, Human Resources and Accounting departments of various companies. Kevin received his CMA accounting designation 10 years ago. Kevin is the Treasurer of his condo board, Treasurer of the Edmonton Business Association, and Chair of the Board of Directors for Goodwill Industries of Alberta Society.

# Heat Up Your Business Skills This Summer



Taking a professional development course is an investment in yourself. Whether you are looking to fill a gap in knowledge or wanting to upgrade a skill, Metro's summer Business & Leadership classes are here to help you achieve your goals. Sign up for these classes and gain a competitive edge by staying current with industry trends.

## 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
Jul 20	Mon 9 am - 4 pm
1 session	MAV

## 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
Jul 13	Mon 9 am - 4 pm
1 session	MAV

## Grant Writing 101

Make the most of the grant and sponsorship opportunities available to your not-for-profit! Learn to find the best matches for your current and future goals and write winning applications that clearly communicate your organization's need and value. Finally, build long-term relationships to avoid the "one-and-done" funding scenario. You'll leave with ideas for a fundraising platform that's both strategic and sustainable.

43000154 / \$119	Klay Dyer
Jul 7	Tue 9 am - 12 pm
1 session	MAV

## Presentation Skills NEW

Does the thought of standing up and speaking in front of your peers or bosses give you nightmares? You're far from alone. Learn to create and deliver presentations that are clear, polished and professional. Practise your delivery in a supportive class environment, and approach your next workplace presentation with confidence.

43000173 / \$195	Brent Collingwood
Jul 9	Thu 9 am - 4 pm
1 session	MAV

## 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
Jul 11	Sat 8:30 am - 4 pm
1 session	MAV

## Supervision Essentials

Great supervisors need a repertoire of strong interpersonal and organizational skills in order to meet daily challenges. A strong supervisor manages through a combination of coaching, counselling, motivating and mentoring, and discipline. Examine the characteristics of a successful supervisor, look at a variety of leadership styles and develop your human relations skills. This intensive course will assist new and existing supervisors in developing and empowering themselves. This course is equivalent to the following two business classes: *Stepping Up to Supervisor* and *Supervision 2.0*.

43000038 / \$395	Catherine Armstrong
Jul 15 - 17	Wed, Thu, Fri 9 am - 4 pm
3 sessions	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
Jul 13 - 14	Mon, Tue 9 am - 4 pm
2 sessions	MAV



## FEATURED CLASS

### Process Improvement

Carefully considered, documented and executed processes are critical to the efficient operation of any business. Logistics, cost analysis, introducing new product lines and building customer loyalty are all essential parts of ongoing business transformation. Learn to continuously improve your organization's processes to boost product quality, customer satisfaction, customer loyalty, productivity, employees' skills—and ultimately, your bottom line.

43000172 / \$295 Shruti Arora  
 May 14 - 15 Thu, Fri 9 am - 4 pm 2 sessions MAV

## COMMUNICATION

### 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  
 Jun 6 Sat 9 am - 3:30 pm 1 session MAV

### Make Yourself Heard: Communication for Seniors NEW

Whether you're talking to a doctor, a friend or a family member, do you sometimes feel that you're not being heard? Explore how you prefer to communicate, and learn how to adapt your style when necessary to get your point across. In a supportive classroom environment, practise strategies to persuade, request action or just engage socially with people of different generations and communication styles.

43000169 / \$79 Dorothy Lowrie  
 May 14 Thu 6:30 pm - 9:30 pm 1 session HA

## EMPLOYEE WELLNESS

### 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  
 May 5 - 6 Tue, Wed 9 am - 4 pm 2 sessions MAV

## WORKPLACE SKILLS

### Communicating as a Team Player NEW

In today's organizations, no one is an island—collaboration skills are essential, regardless of your role or level. External customers and suppliers need to know that your team can work together to meet their needs. This seminar will help you understand your own preferred way of communicating and how it can impact your communication outcomes, as well as how to adjust communication methods according to the needs of your team members.

43000170 / \$99 Dorothy Lowrie  
 May 21 Thu 9 am - 4 pm 1 session MAV

### Time Management Mastery

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.

43000009 / \$195 / Materials: \$25 Fern Richardson, MBA, PHEc  
 May 5 Tue 9 am - 4 pm 1 session MAV

### Sales Training NEW

Strong sales are the cornerstone of any profitable business—but when it comes to sales savvy, how do you even know what you don't know? Learn a variety of contemporary sales concepts, including traditional sales, social media, and both business-to-consumer and business-to-business strategies. Get your sales skills pumping and leave with valuable techniques you can apply right away!

43000171 / \$195 Akash Purewal  
 May 26 Tue 9 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.



## Effective Minute Taking

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.

43000120 / \$195 Fern Richardson, MBA, PHEc  
 May 14 Thu 9 am - 4 pm 1 session MAV

## SUPERVISION & LEADERSHIP

### HR Basics Every Manager Needs to Know

This 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  
 May 28 Thu 8:30 am - 4 pm 1 session MAV

## Canada-Alberta Job Grant

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 to learn more.**

# INVEST IN YOUR EMPLOYEES

## CUSTOMIZED TRAINING SOLUTIONS

**We provide innovative, client-focused training solutions.**

### The Metro Advantage

- Flexible training formats & locations
- Outstanding team-building opportunities
- Dedicated subject matter experts
- Over 100 years of Adult Continuing Education experience

### Program Areas

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



**Metro's Approach**

Assess

Customize

Implement

Evaluate

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[metrocontinuingeducation.ca/training-solutions](http://metrocontinuingeducation.ca/training-solutions)



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# Registration Details

## Register for your class online

[metrocontinuingeducation.ca](http://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](http://metrocontinuingeducation.ca)

Content of this calendar is accurate as of February 2020. Course details are subject to change. Visit our website for up-to-date information.

[metrocontinuingeducation.ca](http://metrocontinuingeducation.ca)

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## Metro Continuing Education

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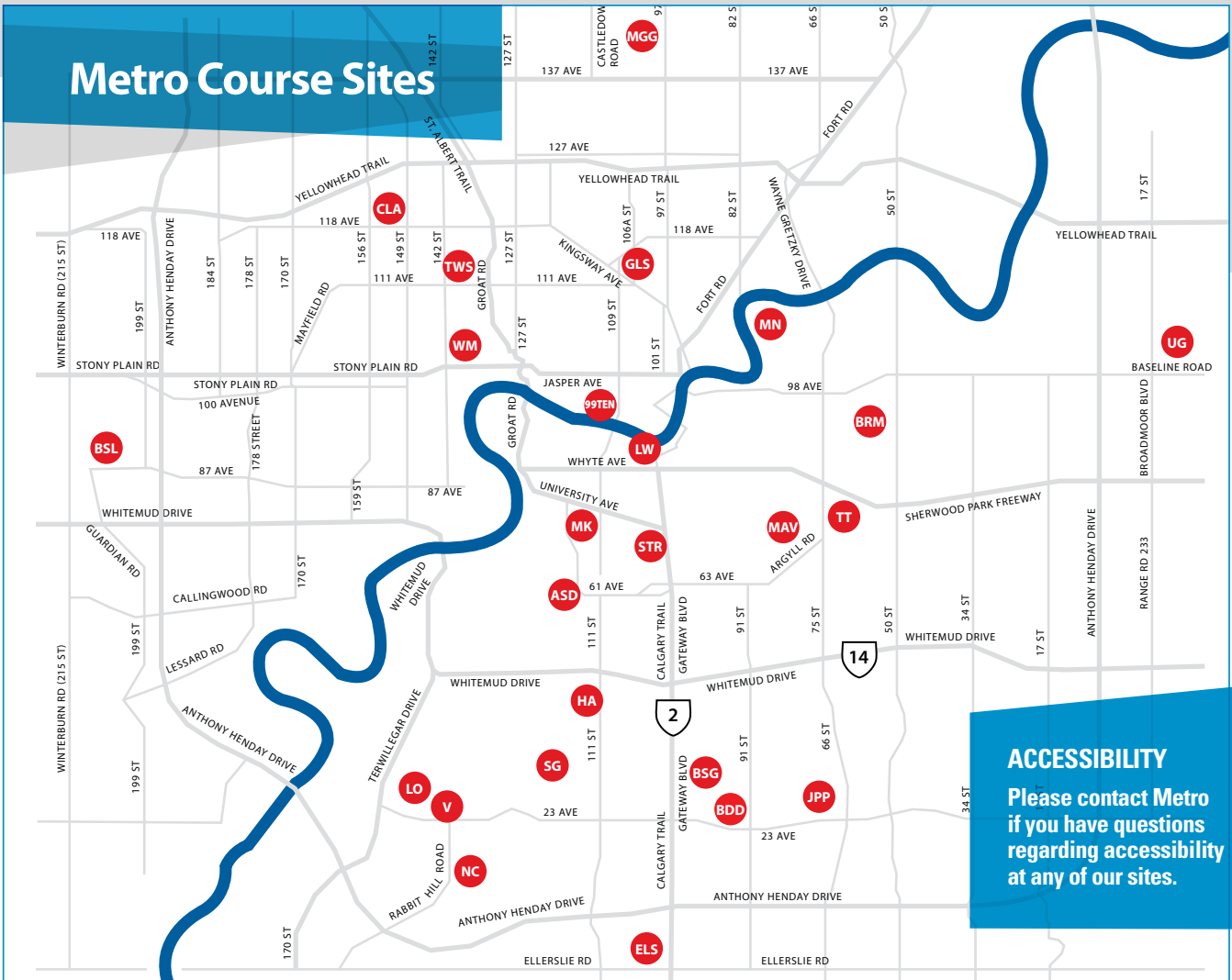
## Opening hours

Monday – Friday, 8:30 am – 4:30 pm

Metro will be closed on the following days:

**Apr 10 / Apr 13 / May 18 / Jul 1 / Aug 3**

# 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.

- |  |  |   |
|--|--|---|
| <b>99ten</b> 99ten<br>9910B 109 Street NW                                    | <b>GLS</b> Glass Earth Inc.<br>1 Kingsway Garden Mall NW                       | <b>MN</b> McNally School<br>8440 - 105 Avenue NW                      |
| <b>ASD</b> Alberta School for the Deaf<br>6240 - 113 Street NW               | <b>HA</b> Harry Ainlay School<br>4350 - 111 Street NW                          | <b>NC</b> Nellie Carlson School<br>4110 Mactaggart Drive NW           |
| <b>BDD</b> Billy D's Driving Range<br>9656 - 28 Avenue NW                    | <b>JPP</b> J. Percy Page School<br>2707 Millwoods Road NW                      | <b>STR</b> Strathcona School<br>10450 - 72 Avenue NW                  |
| <b>BSG</b> Bissett Stained Glass<br>3104 Parsons Road (99 Street) NW         | <b>LW</b> Laurel's On Whyte<br>8210 - 104 Street NW                            | <b>SG</b> Sweet Grass School<br>11351 - 31 Avenue NW                  |
| <b>BRM</b> Braemar School<br>9359 - 67A Street NW                            | <b>LO</b> Lillian Osborne School<br>2019 Leger Road NW                         | <b>TT</b> Table Tennis Academy<br>7206 - 76 Avenue NW                 |
| <b>BSL</b> Browns Socialhouse Lewis Estates<br>#10, 1010 Webber Greens Drive | <b>MAV</b> Metro Avonmore<br>Metro Continuing Education<br>7835 - 76 Avenue NW | <b>TWS</b> TELUS World of Science<br>11211 - 142 Street NW            |
| <b>CLA</b> CLAC Welding Training Facility<br>14926 - 118 Avenue NW           | <b>MGG</b> Major-General Griesbach School<br>304 Griesbach School Road NW      | <b>UG</b> Urban Greek<br>#182, 270 Baseline Road, Sherwood Park       |
| <b>ELS</b> Ellerslie Gift & Garden<br>10330 Ellerslie Road SW                | <b>MK</b> McKernan School<br>11330 - 76 Avenue NW                              | <b>V</b> Vines - Riverbend Wine Merchants<br>2331 Rabbit Hill Road NW |
| <b>FTS</b> Field Trip Site (details will be provided)                        |  | <b>WM</b> Westminster School<br>13712 - 104 Avenue NW                 |



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