

FLEXIBLE LEARNING: IN-PERSON & ONLINE CLASSES

FALL 2020



EDMONTON PUBLIC SCHOOLS

metro

ADULT CONTINUING
EDUCATION CALENDAR

Over 60
NEW
classes!

FIND YOUR NEXT
EXPERIENCE INSIDE:

Online Learning
31-33

Garage Welding
Level 1 14

Architectural
History 12

Discover. Experience. Achieve.

 EDMONTON PUBLIC SCHOOLS

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FALL 2020

ADULT CONTINUING EDUCATION **CALENDAR**



STARGAZING 12



BONSAI BASICS 15



TORCH-LEVEL
GLASS BLOWING
WORKSHOP
10

NEW classes include:

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Look inside for many more!

Fresh and Flexible Learning

The anticipation of fall can evoke feelings of back-to-school excitement, fresh beginnings and this year, some new thoughts of uncertainty and change. With students' staff and families' well-being at the forefront, Metro is proud to continue to offer a variety of learning opportunities in a safe and supportive environment. With flexible options to choose from, including in-person and online classes, you can explore what interests you and choose where you want to learn. We are delighted to welcome you back to our in-person and virtual classrooms this fall.



P. Jean Stiles — Director,
Metro Continuing Education



Trisha Estabrooks — Chair,
Edmonton Public Schools Board of Trustees

Metro Continuing Education is a program of



EDMONTON PUBLIC SCHOOLS

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SAFETY AND WELL-BEING

The health and safety of our students, families and staff is our top priority.

For more information regarding health and safety measures for our classes please visit:

metrocontinuingeducation.ca/covid-19



ONLINE LEARNING

PROFESSIONAL & PERSONAL
ENRICHMENT COURSES **31-33**

SAVE on Classes!

* **LIMITED TIME OFFER**

50% OFF:

**When you register
for your first Adult
Continuing Education class**

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

50% off
your
first class!

10% OFF:

**Computers & Technology
Business & Leadership**

Take two or more courses,
or send two or more employees.
Courses begin on page 26

10% OFF:

Seniors Discount (ages 55 and up)

Call 780.428.1111

to receive above discounts
when registering.

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

Metro Continuing Education 780.428.1111

Additional registration details: page 34

Cooking



BAKING

Beautiful Breads: Cinnamon Buns & More

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

44010001 / \$99 / Materials: \$20		Jill Shaw	
Oct 29	Thu 6 pm - 9 pm	1 session	HA
Nov 28	Sat 10 am - 1 pm	1 session	HA

Fabulous Fudge & Sweet Holiday Treats

Nothing rings in the holidays like delicious, homemade goodies. Learn to make old and new favourites like Creamsicle fudge, nine-minute fudge, butter tarts, chocolate bark and more. You'll leave with a selection of delectable treats to give as gifts—or indulge in yourself!

44010293 / \$99 / Materials: \$20		Jill Shaw	
Dec 12	Sat 10 am - 1 pm	1 session	HA

Perfect Pies from Scratch

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

44010003 / \$99 / Materials: \$20		Jill Shaw	
Oct 5	Mon 6 pm - 9 pm	1 session	HA

FEATURED CLASSES

How to Start Your Own Food Business **NEW**

Do you dream of starting a food business? Join Stephanie Markakis-Plouffe (of Treats Baked by Stephanie) to 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	
Oct 19 - 26	Mon 6 pm - 9 pm	2 sessions	HA

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	
Dec 12	Sat 10 am - 1:30 pm	1 session	HA

One Creative Cookie! **NEW**

Looking to take your cookie-making game up a notch? Stephanie Markakis-Plouffe (of Treats Baked by 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	
Nov 5	Thu 6 pm - 9 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.



ETHNIC

Dumplings 101 **NEW**

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

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

Oct 24 Sat 10 am - 1 pm 1 session HA

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

Oct 31 Sat 10 am - 1 pm 1 session HA

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

Nov 7 Sat 10 am - 1 pm 1 session HA

Perogy Basics

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

44010196 / \$99 / Materials: \$20 Larissa Sawiak

Oct 28 Wed 6 pm - 9 pm 1 session HA

Ukrainian Christmas Eve

Ukrainian Christmas Eve—an occasion full of song, festive tradition and (of course!) a tremendous array of delicious food! This class will introduce you to all 12 traditional dishes and their meanings. You will also learn how to plan a Christmas Eve supper without becoming overwhelmed, and try your hand at preparing a few of the dishes. You'll leave with recipes, a midnight snack and the confidence to host your own Ukrainian Christmas Eve.

44010208 / \$99 / Materials: \$20 Larissa Sawiak

Nov 25 Wed 6 pm - 9 pm 1 session HA

50% off
your
first class!
Details on inside cover



Sushi Made Simple

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!

44010324 / \$79 / Materials: \$20 Browns Socialhouse Lewis Estates

Oct 24 Sat 11 am - 1 pm 1 session BSL

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

Nov 28 Sat 10 am - 1 pm 1 session HA

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

Oct 29 Thu 6 pm - 9 pm 1 session HA

PARTICIPATION

Classes contain both hands-on and demonstration components unless noted as a **DEMONSTRATION COURSE**



FEATURED CLASSES

ENTERTAINING

Afternoon Tea Party NEW

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

Oct 17	Sat 10 am - 1 pm	1 session	HA
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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

Nov 21	Sat 10 am - 1 pm	1 session	HA
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Get Excited About Your Instant Pot

Have an Instant Pot, but not sure how to use it? Thinking about jumping on the latest kitchen craze, but need some convincing? This class is for you! Learn how to use this versatile tool for everything from basics like 0 minute broccoli, hard-boiled eggs and the perfect brown rice. We will also cover a 5-ingredient mac and cheese and roast a whole chicken! Please bring your Instant Pot to class.

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

Oct 17	Sat 10 am - 1 pm	1 session	HA
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Oct 24	Sat 10 am - 1 pm	1 session	HA
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Instant Pot: The Next Step NEW

Ready to take your Instant Pot repertoire to the next level? This class will focus on more amazing dishes you can create with your pot—from full-flavoured chicken broth to the creamiest cheesecake you've ever tasted. You'll also try your hand at pot-in-pot technique and make Starbucks copycat egg bites! Please bring your Instant Pot to class.

44010327 / \$99 / Materials: \$20 Megan Wallace, BSc RD

Nov 7	Sat 10 am - 1 pm	1 session	HA
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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: \$30 Allan Suddaby, Red Seal chef

Oct 15	Thu 6 pm - 9 pm	1 session	HA
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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

Nov 4	Wed 6 pm - 9 pm	1 session	HA
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SPECIALIZED

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

Oct 14	Wed 6 pm - 9 pm	1 session	HA
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NEW

FEATURED CLASS

Introduction to Artisan Cheesemaking

Join the ranks of home cheesemakers! Using a hands-on approach, learn how to make three different types of cheese, including mozzarella, mozzarella whey and mascarpone. Take home some delicious samples as well as a wealth of knowledge to begin your cheesemaking journey.

44010117 / \$119 / Materials: \$20 Alan Roote

Oct 3	Sat 10 am - 1 pm	1 session	HA
Nov 19	Thu 6 pm - 9 pm	1 session	HA

SAFETY AND WELL-BEING

The health and safety of our students, families and staff is our top priority.

For more information regarding health and safety measures for our classes please visit:

metrocontinuingeducation.ca/covid-19



Sous Vide for Beginners **NEW**

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

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

Nov 21	Sat 10 am - 1 pm	1 session	HA
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Sweet & Delicious Cider Making

DEMONSTRATION COURSE

There are countless apple trees in Edmonton, and cider is one of the best ways to preserve and consume local apples. Learn how to make sweet and aromatic apple juice and hard cider like you've never tasted before. Allan will show you how to crush, press and ferment your cider using affordable homemade equipment.

44010176 / \$99 / Materials: \$20 Allan Suddaby, Red Seal chef

Oct 7	Wed 6 pm - 9 pm	1 session	HA
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#LearnatMetro



visit our website
for enews signup



Metro Continuing Education loves to hear about and see the results of the new skills you've developed during our classes.

Our #LearnatMetro custom hashtag allows us to easily find, share and brag about your accomplishments.

See you online!



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
Oct 6 - Nov 10 Tue 6:30 pm - 9 pm 6 sessions HA

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
Sep 29 - Nov 3 Tue 6:30 pm - 9 pm 6 sessions HA

Coloured Pencils: The Next Step NEW

Looking to build on your skill in the medium of coloured pencil? If you have completed an introductory course or have some experience with coloured pencil, this class is for you. Explore a variety of subjects, including nature studies, animals and birds. Gain more confidence in choosing colours, review techniques and receive guidance in bringing your drawing to life. Photo references will be provided by the instructor. Supplies are needed.

44030279 / \$175 Susan Casault
Nov 10 - Dec 15 Tue 6:30 pm - 9 pm 6 sessions HA

NEW

FEATURED CLASS

Artist's Sketchbook

Learn how to use the Artist's Sketchbook to develop your art work and build a library of visual resources that appeal to you. As you complete the projects in your sketchbook you will learn how to define and find your personal style as well as work in a series. Learn how to use this resource to create beautiful, meaningful work. Work on a variety of mixed media projects including drawing, acrylic painting, collage and printmaking.

44030286 / \$219 Carmella Haykowsky
Nov 17 - Dec 8 Tue 6 pm - 9 pm 4 sessions HA

PAINTING

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
Oct 17 - 24 Sat 9:30 am - 3:30 pm 2 sessions HA

Oil Painting Step-by-Step

Designed for beginner and intermediate oil painters and those who are intimidated by the thought of picking up a paint brush. Start with the basics and paint along with Carmella as you learn colour mixing, composition, brush effects and more. Supplies are needed.

44030285 / \$249 Carmella Haykowsky
Oct 6 - Nov 10 Tue 6 pm - 9 pm 6 sessions HA

Impressionism for Everyone

Using oils or acrylics, learn how to paint in the style of impressionist masters such as Monet, Renoir and Van Gogh. Brushes and palette knives will be used to apply heavy layers of paint, while choosing colours to create powerful, beautiful compositions. You'll complete at least three paintings during this fun course. Open to beginner, intermediate and advanced painters. Supplies are needed.

44030195 / \$329 Izabella Orzelski-Konikowski
Sep 24 - Dec 10 Thu 6 pm - 9 pm 10 sessions HA
No class Oct 22 & Nov 12



Created by: Carmella Haykowsky



Acrylic Painting Workshop: Clouds & Skies **NEW**

Shifting, drifting, hypnotic—clouds delight us in their transient beauty. Learn to capture this most ephemeral aspect of nature on canvas and create dynamic skies. Cindy will take you through colour mixing and exercises in brush strokes and techniques, along with demonstrations and hands-on painting projects, to build your confidence and handling of the acrylic medium. Beginner to intermediate levels. Supplies are needed.

44030281 / \$119		Cindy Barratt	
Nov 7	Sat 9:30 am - 3:30 pm	1 session	HA

Watercolours or Acrylics Workshop: Holiday Themes

Impress your holiday visitors with gorgeous hand-painted art, or send an original hand-painted card as a Christmas gift. Explore beautiful seasonal themes, such as winter rose hips, red birds, birch and spruce trees, and ornaments. Beginner to intermediate levels. Supplies are needed.

44030135 / \$119		Cindy Barratt	
Nov 28	Sat 9:30 am - 3:30 pm	1 session	HA

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	
Sep 28 - Dec 14	Mon 6 pm - 9 pm	10 sessions	HA
<i>No class Oct 12 & Nov 30</i>			

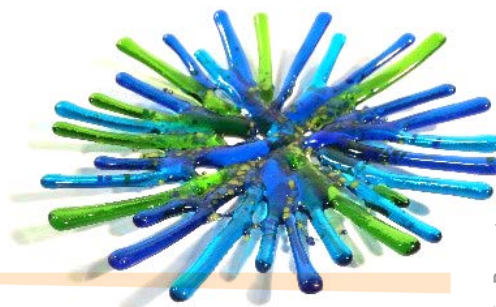
ART SUPPLY LISTS

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

Created by: Jennifer Bourret



GLASS ART



Created by: Jennifer Bourret

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		Jen's Laughing Glass	
Oct 14	Wed 6 pm - 9 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	
Oct 7 - Nov 4	Wed 6:30 pm - 9:30 pm	5 sessions	BSG

Stained Glass: Beginner Lead Came Panel

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

44030018 / \$219		Bissett Stained Glass	
Oct 8 - Nov 5	Thu 6:30 pm - 9:30 pm	5 sessions	BSG

NEW

FEATURED CLASS

Floral Framed Art

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		Jen's Laughing Glass	
Nov 25	Wed 6 pm - 9 pm	1 session	HA



NEW

FEATURED CLASS

Torch-Level Glass Blowing Workshop

Break into the exciting world of glass blowing! Beginning at the torch level, transform four glass rods into ornaments or plant decorations. Add glass frit for colour, learn how to balance the glass as it heats up and, once the glass is at the perfect temperature, blow it into a glass orb! Beginner level. Materials/tools: \$85 plus GST, payable to Under the Sun Glass Studio. **Must register with a partner.**

44030283 / \$129 / Price is per person
Under The Sun Stained Glass & Glass Art Studio

Oct 6	Tue 5:30 pm - 8:30 pm	1 session	USG
Oct 15	Thu 6 pm - 9 pm	1 session	USG
Oct 17	Sat 10 am - 1 pm	1 session	USG
Oct 29	Thu 5:30 pm - 8:30 pm	1 session	USG
Nov 6	Fri 6 pm - 9 pm	1 session	USG
Nov 12	Thu 5:30 pm - 8:30 pm	1 session	USG
Nov 14	Sat 10 am - 1 pm	1 session	USG
Dec 1	Tue 6 pm - 9 pm	1 session	USG
Dec 4	Fri 6 pm - 9 pm	1 session	USG
Dec 9	Wed 5:30 pm - 8:30 pm	1 session	USG

TEXTILE ARTS

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. Supplies are needed.

44030274 / \$109 Pat Doerksen

Nov 21	Sat 10 am - 3:30 pm	1 session	HA
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Stained Glass: Intermediate

Venture into the world of large-panel or 3-D construction. Build on your knowledge of lead came or copper foil and create a panel that is up to 24" x 24". You can even take your copper foil skills one step further by building a vase, panelled lampshade, lantern or decorative box. Prerequisite(s): Beginner Copper Foil or Beginner Lead Came Panel and confidence in your skills. There is a \$40.00 shop fee and students must come in before class to discuss projects and pick up patterns and supplies (payable to Bissett Stained Glass).

44030019 / \$219 Bissett Stained Glass

Nov 17 - Dec 15	Tue 6:30 pm - 9:30 pm	5 sessions	BSG
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Fused Glass Chimes: Four Seasons **NEW**

Join us in making your own unique wind chime, that will represent the changing of the four seasons. Learn about fusing and fiber papers while creating something beautiful and musical. No previous glass experience required. Tool rental/supplies/materials fee: \$75 plus GST (payable to Bissett Stained Glass).

44030282 / \$119 Bissett Stained Glass

Oct 3	Sat 9:30 am - 12 pm	1 session	BSG
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Fused Glass: Winter Nights

Capture a sparkling snow scene in this gorgeous fused glass project. Explore the use of dichroic and iridized glass to add a northern lights shimmer! Choose from different shapes, sizes and colours, and then use stringers, frit and precut pieces to add the finishing touches. No previous glass experience required. Tool rental/supplies/materials fee: \$65 plus GST (payable to Bissett Stained Glass).

44030084 / \$119 Bissett Stained Glass

Dec 3	Thu 6:30 pm - 9 pm	1 session	BSG
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Plate It Up! Kiln-Formed Dishware **NEW**

Learn to make your own one-of-a-kind dish set. Choose from our large glass selection to find the perfect colour scheme for a set of three sushi dishes. Learn how to score, break and cold work glass. We'll also cover firing schedules and using a glass kiln. Beginner level. Materials/tools/kiln fee: Begins at \$375.00 + GST (pricing may vary due to type of glass selected), payable to Under the Sun Glass Studio

44030284 / \$149 Under The Sun Stained Glass & Glass Art Studio

Nov 24 - 25	Tue, Wed 5:30 pm - 8:30 pm	2 sessions	USG
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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

Oct 13 - Nov 17	Tue 6 pm - 9 pm	6 sessions	HA
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SPECIALIZED

An Adventure With Poured Acrylics

Lose your inhibitions and fear of the blank canvas with poured acrylics! Whether you're just starting out or have been painting in another style for a while, you're sure to gain a new perspective. Create beautiful abstract art pieces without using a brush! While some techniques will be covered, this class is an introductory course with an emphasis on fun. Supplies are needed.

44030140 / \$99		Tricia Cameron	
Nov 18	Wed 6 pm - 9 pm	1 session	HA

Sharpie Art Lettering

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

44030253 / \$119		Sally Towers-Syblis	
Nov 7	Sat 9:30 am - 3:30 pm	1 session	HA

Fabric Landscapes With Crayon & Ink NEW

Create a landscape that is less about perfect perspective and more about reaching an intuitive feeling in your art. Beginning with white cotton and reference pictures, use wax crayons, pencil crayons, InkTense pencils and India inks to create shadows and depth. Learn how to embellish your piece with machine stitching, hand stitching and found elements. A number of finished pieces will be on hand to inspire you. You'll leave with a piece suitable for framing, wrapping on an art canvas or finishing as a wall hanging. All levels of experience welcome. Supplies are needed.

44030278 / \$139		Darlene Bayley	
Oct 17 - 24	Sat 9 am - 2 pm; Sat 9 am - 12 pm	2 sessions	HA

Whimsical Lettering A-Z NEW

Are you an admirer of hand-lettered stationery? Learn how to create three whimsical lettering styles. Apply your new skills to create a series of fun cards using a variety of felt pens and pencil crayons. Dazzle your friends and delight yourself with this rewarding hobby! No previous experience required. Supplies are needed.

44030280 / \$119		Sally Towers-Syblis	
Oct 24	Sat 9:30 am - 3:30 pm	1 session	HA

Introduction to Zentangle® Art

Join Colette Doran, certified Zentangle teacher, to learn the truth of the Zentangle slogan: "Anything is possible one stroke at a time." Relaxing, fun and easy to learn, Zentangle lets you create beautiful images using simple, repetitive lines. More than just a drawing process, Zentangle is a journey of self-discovery. It provides a structured path for creating art from patterns by breaking them down into elemental strokes, and it requires no artistic ability. In this class, you'll learn the origins of Zentangle and then create at least two unique pieces of art.

44030102 / \$89 / Materials: \$20		Colette Doran	
Oct 21	Wed 6 pm - 9 pm	1 session	HA

SAFETY AND WELL-BEING

The health and safety of our students, families and staff is our top priority.



For more information regarding health and safety measures for our classes please visit:

metrocontinuingeducation.ca/covid-19

WIRE ART CLASSES

Wire Work Dragonfly NEW

Often connected with change, joy and wisdom, the dragonfly holds ancient symbolic resonance in cultures around the world. Using a design exclusive to We-met Wire Work, Laura will guide you in creating your own stunning dragonfly out of wire and crystal. With an 8" filigree wingspan, your one-of-a-kind dragonfly will be mounted in a 5.5" steel hoop, for display on a wall or window.

44030277 / \$99 / Materials: \$55		We-Met Wire Work	
Nov 7	Sat 9 am - 12 pm	1 session	HA

Wire Tree (of Life) NEW

An icon that arches across many cultures, the tree of life is linked to wisdom, strength, bounty, beauty and long life. With a design exclusive to We-met Wire Work, Laura will guide you in using steel wire and two-tone green seed beads to create your own one-of-a-kind 7.5" tree of life mounted in a steel hoop, which can be hung on a wall or window.

44030276 / \$99 / Materials: \$55		We-Met Wire Work	
Oct 20	Tue 6:30 pm - 9 pm	1 session	HA



Created by: We-Met Wire Work

Passions&Pastimes



HOBBIES & INTERESTS

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	
Oct 15	Thu 6:30 pm - 9 pm	1 session	HA

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	
Oct 19 - Nov 9	Mon 6:30 pm - 8:30 pm	4 sessions	HA

NEW

FEATURED CLASS

Introduction to Climate & Climate Change

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	
Oct 19 - Nov 2	Mon 6:30 pm - 8:30 pm	3 sessions	HA

YOU MAY ALSO BE INTERESTED IN...

**ONLINE LEARNING –
PERSONAL ENRICHMENT** See page 33

Stargazing

Do you look out at a dark, starry sky and wonder what's really out there? 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		TELUS World of Science	
Sep 23 - 30	Wed 7 pm - 9:30 pm	2 sessions	TWS

The Night Sky

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

44150004 / \$249 / Materials: \$45		TELUS World of Science	
Oct 7 - Dec 2	Wed 7 pm - 9:30 pm <i>No class Nov 11</i>	8 sessions	TWS

Beekeeping for Beginners Level 1

In the spring of 2015, Edmonton's city council passed an amendment to permit beekeeping in the city, opening up a whole new world for beekeeper wannabes (no pun intended!). 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	
Nov 4	Wed 6 pm - 9 pm	1 session	HA

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metrocontinuingeducation.ca



TASTINGS



Beer Basics

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 / \$89 / Materials: \$20	Vines Wine Merchants
Oct 22	Thu 7 pm - 9:30 pm
1 session	V

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 / \$79 / Materials: \$20	Browns Socialhouse Lewis Estates
Nov 15	Sun 11 am - 1 pm
1 session	BSL

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 / \$89 / Materials: \$20	Vines Wine Merchants
Nov 3	Tue 7 pm - 9:30 pm
1 session	V

MUSIC

Harmonica Fun for Beginners

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

44150066 / \$159	Mike Chenoweth
Oct 29 - Dec 10	Thu 7 pm - 9 pm
No class Nov 12	6 sessions
	MAV

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
Nov 3 - Dec 15	Tue 7 pm - 8 pm
No class Nov 10	6 sessions
	HA

NEW

FEATURED CLASS

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
Oct 19 - Dec 14	Mon 7 pm - 8:30 pm
No class Nov 30	8 sessions
	HA

INSTRUCTOR SPOTLIGHT

Justin Khuong

As an advocate for the value of music in mental health, Justin believes strongly in the power of music and expression. He currently works as a high school guitar teacher, and as a teaching artist for the Sarah McLachlan School of Music as a music teacher and mentor for youth. With a B.Ed and a Music Diploma, he is a teacher, a musician, and a mentor, and has a fascination and passion for interpersonal relationships and communication.



Do-It-Yourself

SHOP SKILLS

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	
Oct 29 - Nov 5	Thu 6 pm - 9 pm	2 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	
Oct 14 - 28	Wed 6:30 pm - 9 pm	3 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	
Nov 21 - 28	Sat 9 am - 1:30 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 summer tires, replace them with winter 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	
Oct 17 - 24	Sat 9 am - 1:30 pm	2 sessions	HA

Created by:
CLAC Alberta
Training



WELDING CLASSES

Plasma Cutting Basics

Looking to learn how to use your plasma cutter, or thinking of buying one? Whether you aim to cut out a logo or create a custom privacy screen panel for your yard or home, this class will teach you all you need to know about simple home plasma projects.

44080054 / \$99 / Materials: \$50		CLAC Alberta Training	
Oct 27	Tue 6:30 pm - 9:30 pm	1 session	CLA

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.

44080053 / \$199 / Materials: \$50		CLAC Alberta Training	
Sep 30 - Oct 14	Wed 6:30 pm - 9:30 pm	3 sessions	CLA
Nov 18 - Dec 2	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.

44080088 / \$99 / Materials: \$50		CLAC Alberta Training	
Dec 8	Tue 6:30 pm - 9:30 pm	1 session	CLA

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BEAUTIFUL HOMES

Accessorizing 101

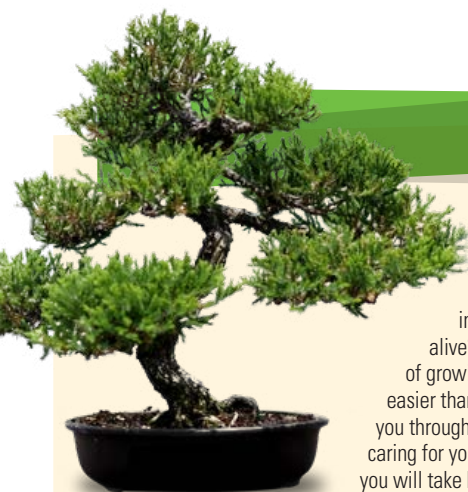
Does your home lack personality? Learn how you can take it from monotonous to memorable with a few simple flourishes! We'll cover tips and tricks from the pros to accessorize any space in your home. We'll also explore how to select colour palettes, mix patterns and style your shelving, mantles and tabletops.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

44080076 / \$99		Taylor Wise	
Nov 7	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	
Oct 29 - Nov 5	Thu 6 pm - 9 pm	2 sessions	HA



FEATURED CLASSES

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.

Dec 13	Sun 11:30 am - 1 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.	
Oct 18	Sun 11:30 am - 1 pm	1 session	GLS

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		Streamline Your Life Inc.	
Oct 21	Wed 6 pm - 9 pm	1 session	HA

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		Gettin' Around to It!	
Nov 19	Thu 6 pm - 9 pm	1 session	HA

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 / \$79		Glass Earth Inc.	
Oct 25	Sun 11:30 am - 1 pm	1 session	GLS

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.



YARDS & GARDENS

Winterizing the Garden: Prepping & Pruning

As the days grow shorter and temperatures drop, it's time to put your garden to bed for the winter. Learn everything you need to know to tuck in your container pots, lawn, veggie plot and pond properly. We'll also talk about when to cut down perennials and how best to prune and protect your trees and shrubs to keep everything healthy and in good order for next year.

44080021 / \$79

Kevin Napora

Oct 8	Thu 6 pm - 9 pm	1 session	HA
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FEATURED CLASSES

Build Your Own Outdoor Holiday Arrangement NEW

Greet your holiday guests with a stunning outdoor arrangement! With professional coaching, design your arrangement of greens and seasonal decorations from start to finish—or begin with a template and add your own personal flair. You'll take home a 12" liner pot, which you can place into a larger pot. Materials costs are approximately \$40 but vary by design. Materials costs are payable at class.

44080104 / \$89

Nov 12	Thu 7 pm - 8:30 pm	1 session	ELS
Nov 26	Thu 7 pm - 8:30 pm	1 session	ELS

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

Oct 21 - Nov 18	Wed 6 pm - 9 pm No class Nov 11	4 sessions	HA
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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.



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Floral Design



FLORAL DESIGN

Floral Design Level 1

Created by: Nicola Lapp

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

Oct 3 - 31	Sat 9 am - 3:30 pm No class Oct 10	4 sessions	LW
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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

Nov 7 - 28	Sat 9 am - 3:30 pm	4 sessions	LW
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FEATURED CLASSES

A Wreath for the Seasons NEW

Kick off your season decorating with a handmade wreath! Using fresh winter greens, natural accents and fun seasonal elements, learn to build a wreath for indoor or outdoor use, customized to perfectly complement your home.

44000052 / \$89 / Materials: \$75 Swish + Company

Oct 15	Thu 6:30 pm - 8:30 pm	1 session	SWC
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SEASONAL

Pumpkin Spice

What better showcase for an autumn flower arrangement than a fresh pumpkin? In this hands-on course, learn to artfully display seasonal blossoms and foliage in a striking vase. Perfect for dressing up a Thanksgiving table or as a unique Halloween decoration.

44000042 / \$89 / Materials: \$60

Laurel's On Whyte

Oct 29	Thu 6:30 pm - 9:30 pm	1 session	LW
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White Christmas Arrangement

Combine crisp snowy whites, fresh winter greens and silvery accents into a luxe and lush seasonal arrangement. In this class, you'll create an elongated table centrepiece in floral foam with fresh flowers—a luminous focal point to brighten the shortest days of the year!

44000044 / \$89 / Materials: \$60

Laurel's On Whyte

Dec 3	Thu 6:30 pm - 9:30 pm	1 session	LW
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INSTRUCTOR SPOTLIGHT

Swish + Company

Swish Flowers is proud to introduce: Swish + Company. Swish + Company is an ever-changing flower and feel good store. Explore playful, surprising, exclusive gifts for everyone – especially fresh flowers and innovative fresh designs. A recently renovated space leaves plenty of room to partake in Studio classes, other educational opportunities, and events in store. The passion behind the boutique is to make its community feel good: so, stop in, take a deep breath, and feel good!



Floral designs created by:
Swish + Company

Winter Outdoor Planter NEW

'Tis the season for festive arrangements! Learn to design a fresh and showy outdoor planter insert using winter greens, birch or willow, and seasonal accents. You'll take home a gorgeous piece to enjoy all winter long!

44000053 / \$89 / Materials: \$90

Swish + Company

Nov 5	Thu 6:30 pm - 8:30 pm	1 session	SWC
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Health & Wellness



DANCE

Country Dance Two-Step

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

43170005 / \$125 / Price is per person	Dwayne Tulik & Jill Thomson
Oct 19 - Nov 23 Mon 7 pm - 9 pm	6 sessions MAV

Country Line Dancing

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

43170038 / \$99	Dwayne Tulik & Jill Thomson
Oct 29 - Dec 10 Thu 7:30 pm - 8:30 pm	6 sessions HA
<i>No class Nov 12</i>	

SAFETY AND WELL-BEING

The health and safety of our students, families and staff is our top priority.

For more information regarding health and safety measures for our classes please visit:

metrocontinuingeducation.ca/covid-19



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
Oct 20 - Nov 24 Tue 7 pm - 8 pm	6 sessions MAV

Essentrics®

A dynamic, full-body workout suitable for all levels that combines stretching and strengthening while engaging all 650 muscles. Essentrics® will increase flexibility and mobility for a healthy, toned and pain-free body. Please bring a yoga mat to class.

43160166 / \$105	Darci Macht
Oct 14 - Nov 25 Wed 7 pm - 8 pm	6 sessions MAV
<i>No class Nov 11</i>	

Stretch for Strength

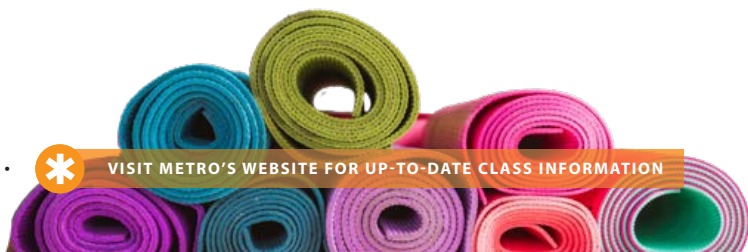
Realign your body to strengthen and lengthen your muscles. Learn how to safely increase your range of motion and energy level by focusing on placement, posture, balance, breath, flexibility and tension release. This class will work on everything from head-to-toes and leave you feeling powerful and rejuvenated!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

43160138 / \$105	Darci Macht
Oct 29 - Dec 10 Thu 7 pm - 8 pm	6 sessions MAV
<i>No class Nov 12</i>	

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 / \$119	Dawn Scott
Sep 28 - Nov 23 Mon 4:45 pm - 6:15 pm	8 sessions MAV
<i>No class Oct 12</i>	
Sep 30 - Nov 25 Wed 7 pm - 8:30 pm	8 sessions HA
<i>No class Nov 11</i>	



GET FIT



POUND® Fitness

Don't just listen to music—become the music! In this exhilarating full-body workout, you'll use Riptix®, 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 / \$129 Ashley Lumme-Levesque

Oct 19 - Nov 23 Mon 7 pm - 8 pm 6 sessions HA

Latin Dance Fitness

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

43160161 / \$105 Corina Walker

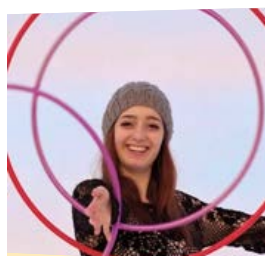
Oct 20 - Nov 24 Tue 7 pm - 8 pm 6 sessions HA

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

Oct 24 - Dec 5 Sat 10 am - 11 am 6 sessions MAV
No class Nov 14



INSTRUCTOR SPOTLIGHT

Stephanie Tostowaryk

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



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 co-ordination—and have fun doing it!

43160179 / \$179 Table Tennis Academy

Oct 14 - Nov 25 Wed 7 pm - 9 pm 6 sessions TT
No class Nov 11

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 / \$159 In A Pickle

Nov 16 - Dec 7 Mon 5:30 pm - 7:30 pm 4 sessions EVP

Nov 17 - Dec 8 Wed 7:30 pm - 9:30 pm 4 sessions EVP

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 / \$179 In A Pickle

Nov 18 - Dec 9 Wed 5:30 pm - 7:30 pm 4 sessions EVP

Nov 19 - Dec 10 Thu 7:30 pm - 9:30 pm 4 sessions EVP

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

Nov 5

Thu 6:30 pm - 9 pm

1 session

HA

Get Dressed With Purpose Bootcamp

Got a closet full of clothes but nothing to wear? Ready to stop compulsively adding to your huge collection of black T-shirts? 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. We'll 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 / \$159

Mary Lynn Ilnitsky, PHEc

Oct 17 - 24

Sat 9 am - 3 pm

2 sessions

HA

What to Wear Now, for Women 45+

Want to look up to date and stylish—without feeling like you raided your daughter's closet? If you struggle to find clothing that reflects current trends yet is appropriate for your stage of life and lifestyle, this is the class for you. Join us for a fun and illuminating primer on fashion that's hip, comfortable and all you!

43160146 / \$89

Mary Lynn Ilnitsky, PHEc

Oct 28

Wed 6 pm - 9 pm

1 session

HA

GIVE THE Gift of Learning

Give the gift of a skill, experience, or new hobby!

Recipients can pick a class that suits their own interests.



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WELL-BEING

Making Friends With Yourself **NEW**

When you talk to yourself, how harsh is that little voice in your head? Do you forgive yourself when you make a mistake? Is your inner critic kind and constructive, or more like a terrifying drill sergeant? While most of us are understanding and supportive of others, we can often be our own worst enemy. In this session, learn techniques to connect with, support and encourage yourself. Become your own ally—and be amazed how much easier it is to feel good, achieve success and extend positive energy to those around you!

43160197 / \$69		Kim Silverthorn	
Nov 5	Thu 6:30 pm - 8:30 pm	1 session	HA

50 Ways to Stop Bad Feelings in Their Tracks

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

43160155 / \$99		Kim Silverthorn	
Oct 20 - 27	Tue 6:30 pm - 8:30 pm	2 sessions	HA

FEATURED CLASSES

Introduction to Crystal Gridding **NEW**

Are you a lover and collector of gemstones? Learn how to use your stones with more intention to manifest your desires! Join Annie Hunting of Sage Stone Mala and Meditations for an introduction to sacred geometry, crystal energy and combining the two to create powerful grids that draw on all the stones included. Participate in a short guided meditation, then intuitively design your grid, choosing from a large variety of gemstone options. Finally, set your grid into a shadow box frame that you can hang on the wall.

43160196 / \$109 / Materials: \$60		Sage Stone Malas and Meditations	
Nov 10	Tue 6 pm - 9 pm	1 session	HA

Meditation & Mala Bracelets **NEW**

Join Annie Hunting of Sage Stone Malas and Meditations for an illuminating introduction to mantra meditation, crystal energy and mala bracelet making. You'll design and create three unique, personalized mala bracelets using gemstone beads chosen from a wide variety of options.

43160195 / \$109 / Materials: \$40		Sage Stone Malas and Meditations	
Oct 29	Thu 6 pm - 9 pm	1 session	HA

Guided Mala-Making Experience **NEW**

Join Annie Hunting of Sage Stone Malas and Meditations for a one-of-a-kind experience! We'll begin with an introduction to mala history and use, mantra meditation and crystal energy. Annie will then guide you through a meditation practice and lead you in creating your personalized 108-bead mala. Use your intuition to choose the gemstones that will serve you best, from a plethora of options!

43160194 / \$109 / Materials: \$55		Sage Stone Malas and Meditations	
Oct 14	Wed 5:30 pm - 9 pm	1 session	HA

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	
Nov 10	Tue 6:30 pm - 8:30 pm	1 session	HA

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 / \$89		Lynn LeBlanc	
Nov 5	Thu 6 pm - 9 pm	1 session	HA

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	
Oct 31	Sat 9:30 am - 3:30 pm	1 session	HA



Created by:
Sage Stone Malas
and Meditations

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	
Oct 31	Sat 9 am - 2:30 pm	1 session	HA

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
Sep 23 - Dec 2	Wed 6:30 pm - 9 pm <i>No class Nov 11</i>	10 sessions	HA
46020001 / \$299 / Textbook: Approx. \$120			Brenda Hansler
Oct 6 - Dec 8	Tue 6:30 pm - 9 pm	10 sessions	MAV

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	
Sep 28 - Dec 14	Mon 6:30 pm - 9 pm	10 sessions	HA
No class Oct 12 & Nov 30			

American Sign Language (ASL) Unit 6

Learn about Deaf cultural behaviours, values and norms. You will learn how to get attention, volunteer appropriate information and make connections among people by finding out what they have in common. In role play, you will practise asking for repetitions and use other conversational strategies. In Unit 6 you will also learn how to tell a short story.

Prerequisite(s): American Sign Language (ASL) Unit 5

46020004 / \$299 / Textbook: Approx. \$100		Shauna Durston	
Sep 28 - Dec 14	Mon 6:30 pm - 9 pm	10 sessions	HA
No class Oct 12 & Nov 30			



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	
Sep 29 - Dec 1	Tue 6:30 pm - 9 pm	10 sessions	HA

French Level 2

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

Prerequisite(s): French Level 1

46020008 / \$299 / Textbook: Approx. \$25		Claire Fouquier	
Sep 23 - Dec 2	Wed 6:30 pm - 9 pm	10 sessions	HA
No class Nov 11			

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	
Sep 24 - Dec 10	Thu 6:30 pm - 9 pm	10 sessions	HA
No class Oct 22 & Nov 12			

LANGUAGE LEVEL ASSESSMENT

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



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	
Sep 23 - Dec 2	Wed 6:30 pm - 9 pm <i>No class Nov 11</i>	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	
Oct 17	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	
Sep 23 - Dec 2	Wed 6:30 pm - 9 pm <i>No class Nov 11</i>	10 sessions	HA
46020024 / \$299 / Textbook: Approx. \$22		Yeison Bottia	
Oct 6 - Dec 8	Tue 6:30 pm - 9 pm	10 sessions	HA

Spanish Just for Travellers

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

46020023 / \$275		Peter Kiriaka	
Sep 28 - Nov 23	Mon 6:30 pm - 9 pm <i>No class Oct 12</i>	8 sessions	HA



JAPANESE

Conversational Japanese for Beginners

If you're more interested in speaking Japanese than reading and writing it, this is the course for you. The speaking-intensive sessions will give you basic grammar and vocabulary, correct pronunciation and useful phrases. Improve your skills in a fun and inviting atmosphere, with more activities than lectures.

46020061 / \$299 / Textbook & Workbook: Approx. \$71		Tamaki Ikeda	
Sep 29 - Dec 1	Tue 6:30 pm - 9 pm	10 sessions	HA



Arabic for Beginners

This course is primarily designed to train learners in the comprehensive Al Qawa'id An Nooraniyah methodology of mastering the four Arabic language skills of speaking, listening, reading and writing. Using fun teaching techniques, the instructor will aim to place you in the context of the native-speaking environment from the very beginning.

46020071 / \$299 / Materials: \$10		Iman Fakhani	
Sep 28 - Dec 14	Mon 6:30 pm - 9 pm <i>No class Oct 12 & Nov 30</i>	10 sessions	HA

SAFETY AND WELL-BEING

The health and safety of our students, families and staff is our top priority.



For more information regarding health and safety measures for our classes please visit:

metrocontinuingeducation.ca/covid-19

Personal Finance & Law



BUDGETING AND INVESTING

Budgeting: Take Control of Your Finances

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

43210019 / \$89		Christine Murphy, PHEc	
Oct 13	Tue 6 pm - 9 pm	1 session	HA

Financial Planning for Retirement

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

43210012 / \$99 / Fee for Two: \$159		John Yamamoto, BComm, MBA, FCSI	
Oct 28	Wed 6 pm - 9 pm	1 session	HA

FEATURED CLASSES

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	
Oct 3	Sat 9 am - 3:30 pm	1 session	HA

Building A Profitable Portfolio

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

Prerequisite(s): *Investing 101*

43210003 / \$99 / Fee for Two: \$159		John Yamamoto, BComm, MBA, FCSI	
Oct 14	Wed 6 pm - 9 pm	1 session	HA

INSTRUCTOR SPOTLIGHT

John Yamamoto

John has been in the investment industry since 1988. He has been a member and Vice President of the exclusive Executive Council for 18 straight years in a row.

He has a Bachelor and Masters Degree in Business Administration from the University of Alberta and has earned his CIM (Canadian Investment Manager Designation) from the Canadian Securities Institute and is a Fellow of the Canadian

Securities Institute since 1997. He believes in active money management and has one of the top teams at RBC Dominion Securities. He has been a teacher and on the faculty at Metro Continuing Education since 1988 and has been a regular on CTV and Access Television. He has written a book on risk called "The Complete Chicken's Guide to Risk". He is a proud Edmontonian and believes in supporting his community.

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	
Oct 7	Wed 6 pm - 9 pm	1 session	HA



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	
Nov 5	Thu 6:30 pm - 9 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	
Nov 7	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. This is not a review of the Residential Tenancies Act.

43210028 / \$99		Gerald Tostowaryk	
Oct 27	Tue 6 pm - 9 pm	1 session	HA

The Savvy Homebuyer

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

43210031 / \$89		Gerald Tostowaryk	
Sep 30	Wed 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	
Oct 8	Thu 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	
Oct 6	Tue 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	
Oct 20	Tue 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	
Oct 7	Wed 6:30 pm - 9 pm	1 session	HA
Nov 4	Wed 6:30 pm - 9 pm	1 session	HA

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

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

Computers & Technology



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	Shawn Gramiak
Oct 27 - 29	Tue, Thu 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 / Manual: \$20	Shawn Gramiak
Sep 29 - Oct 2	Tue, Fri 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.

Prerequisite(s): Windows knowledge

47130052 / \$195 / Manual: \$20	Christopher Guay
Oct 15	Thu 9 am - 3:30 pm
1 session	MAV

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.

Excel Level 1

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

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

47130049 / \$295 / Manual \$20	Shawn Gramiak
Oct 13 - 16	Tue, Fri 9 am - 3:30 pm
2 sessions	MAV
Oct 17 - 24	Sat 9 am - 3:30 pm
2 sessions	HA

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	Carlos Lara
Nov 21 - 28	Sat 9 am - 3:30 pm
2 sessions	HA

YOU MAY ALSO BE INTERESTED IN...

**ONLINE LEARNING –
BUSINESS & COMPUTERS** See page 32

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



ABSOLUTE BEGINNERS

Working With Windows 10/10.1

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

Prerequisite(s): Basic keyboarding and mouse control skills

47130110 / \$195 / Manual: \$20 Christopher Guay

Oct 5 Mon 9 am - 3:30 pm 1 session MAV

47130110 / \$195 / Manual: \$20 Carlos Lara

Nov 2 - 4 Mon, Wed 6:30 pm - 9:30 pm 2 sessions MAV

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

Nov 17 - 20 Tue, Wed, Fri 9 am - 3:30 pm 3 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

Nov 18 Wed 6:30 pm - 9:30 pm 1 session MAV

Google Essentials

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

47130113 / \$149 Shawn Gramiak

Sep 30 - Oct 7 Wed 6:30 pm - 9:30 pm 2 sessions MAV

FEATURED CLASS

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

Oct 28 Wed 6:30 pm - 9:30 pm 1 session MAV

INSTRUCTOR SPOTLIGHT

Linda Hoang

One of Alberta's leading social media strategists, Linda Hoang is also a popular, Edmonton-based food, travel and lifestyle blogger. Linda has developed social media strategies and delivered social media training to companies big and small, including post-secondary, government, private, and non-profit sectors. She's passionate about using social media to share stories. Linda is also the founder of the Edmonton International Cat Festival.

Business&Leadership



BOOKKEEPING & ACCOUNTING

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

Oct 6

Tue 9 am - 4 pm

1 session

MAV

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

Nov 3

Tue 9 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.



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.

YOU MAY ALSO BE INTERESTED IN...

HOW TO START YOUR OWN FOOD BUSINESS

See page 4



WORKPLACE SKILLS

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	
Oct 8	Thu 9 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	
Nov 2 - 4	Mon, Tue, Wed 9 am - 4 pm	3 sessions	MAV

Effective Minute Taking

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

43000120 / \$195		Fern Richardson, MBA, PHEc	
Oct 20	Tue 9 am - 4 pm	1 session	MAV

NEW

FEATURED CLASS

Sales Training

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	
Oct 14 - 21	Wed 6:30 pm - 9:30 pm	2 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	
Nov 16 - 17	Mon, Tue 9 am - 4 pm	2 sessions	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 / \$129		Klay Dyer	
Oct 19	Mon 9 am - 12 pm	1 session	MAV

Time Management Mastery

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

43000009 / \$195		Fern Richardson, MBA, PHEc	
Oct 7	Wed 9 am - 4 pm	1 session	MAV



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 / \$189 / Manual: \$40	Brett Bodnarek
Nov 4 - 5	Wed, Thu 9 am - 4 pm
2 sessions	MAV

NEW

FEATURED CLASS

Communicating as a Team Player

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
Oct 27	Tue 9 am - 4 pm
1 session	MAV

COMMUNICATION

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
Oct 8	Thu 6 pm - 9 pm
1 session	HA

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	Randy James
Oct 28	Wed 9 am - 4 pm
1 session	MAV

Assertiveness: Communication That Works

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

43000118 / \$195	Catherine Armstrong
Oct 6	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.



Online Learning

CERTIFICATE PROGRAMS



Certificate in Business Writing

Discover the keys to successful writing for the workplace. Begin with understanding the format, construction, and successful techniques of writing good business reports and proposals. Then improve your skills with editing and proofreading. Finally, discover how to write an effective news story, press release or other publicity notice.

\$665 **Instructor-Led** Online

Graphic Design Software Essentials Certificate

Learn Adobe Illustrator to draw shapes and design logos, flyers, posters, banners, business cards and more. Enhance your knowledge of Adobe InDesign to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, retouch and enhance existing images or create your own composite digital art work.

\$729 **Instructor-Led** Online

Management Certificate

Enhance your management skills through this program for supervisors, managers, and emerging leaders. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness. Then learn how to improve your management of time and productivity. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.

\$799 **Instructor-Led** Online

For certificate class start dates, please visit
metrocontinuingeducation.ca/online-learning

Certificate in Online Teaching

From building an online course to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, this program will give you both the fundamentals of teaching online, as well as the most advanced tips and techniques in the business.

\$665 **Instructor-Led** Online

Social Media for Business Certificate

From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover how these social networks work and the possible uses for your organization. Get in on this exciting and growing way to communicate, market and serve your customers and clients. Leave with an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business.

\$665 **Instructor-Led** Online

Supervisory & Leadership Certificate

Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor's role and responsibilities, and strategies for improving your overall effectiveness as a leader. Take home practical information along with tips and techniques that can be applied at your job immediately.

\$529 **Instructor-Led** Online

Many courses online at **metrocontinuingeducation.ca/online-learning**

Accounting & Finance

Business

Law & Legal

Healthcare & Medical

College Readiness

Teaching & Education

Computer Applications

Technology

Design & Composition

Language & Arts

Writing & Publishing

Personal Development

Online Learning

BUSINESS & COMPUTERS

Creating WordPress Websites

Learn how to create attractive, sophisticated blogs and websites—without any coding! In these lessons, you'll use WordPress to create pages and posts, add images and videos, change a site's look and feel, and include user-friendly features. You'll discover the ease of using WordPress design themes to express your creativity.

\$139	6 weeks Instructor-Led	Online
\$115	Self-paced tutorial	Online

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end. This course will help you identify gaps and eliminate problem areas in your writing skills.

\$139	6 weeks Instructor-Led	Online
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Fundamentals of Supervision and Management

Make a successful transition from employee to manager by learning the language of business management. This course provides skills in managing time, delegating responsibility, motivating your employees, solving problems and resolving conflicts so you can accomplish your job more effectively.

\$139	6 weeks Instructor-Led	Online
\$115	Self-paced tutorial	Online

ONLINE CLASS SCHEDULE FALL 2020 / WINTER 2021

Course start date options	Sep 16	Oct 14	Nov 11	Dec 9	Jan 13
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Final exam due date & completion of course

Self-paced tutorial	Nov 6	Dec 4	Jan 1	Jan 31	Mar 5
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6 weeks Instructor-Led	Nov 16	Dec 14	Jan 11	Feb 10	Mar 15
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Students can register before or after the course start date.



Individual Excellence

Develop career-enhancing skills including goal setting, time management, and personal organization. You will learn how to improve your creative abilities, gain confidence with financial matters, and how to minimize conflict in your life. By the time you finish this course, you will have developed a fulfilling career plan and will hold the skills to improve your interpersonal relationships.

\$139	6 weeks Instructor-Led	Online
\$115	Self-paced tutorial	Online

Introduction to Microsoft Excel 2016

This hands-on course will teach you dozens of shortcuts and tricks for setting up fully-formatted worksheets quickly and efficiently. You will also learn the secrets behind writing powerful mathematical formulas and discover how to use the function wizard to quickly and automatically calculate statistics, loan payments, future value, and more.

\$139	6 weeks Instructor-Led	Online
\$115	Self-paced tutorial	Online

Introduction to Quickbooks Online

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and receivables; and much more.

\$139	6 weeks Instructor-Led	Online
\$115	Self-paced tutorial	Online

Photoshop Elements for the Digital Photographer

Bring out the best in your photos! In this course, you'll learn how to use Adobe Photoshop Elements to do everything from quick fixes to detailed enhancements that will greatly improve the look of your digital images. Even if you don't have any image-editing experience, this class will turn you into an advanced photo editor.

\$139	6 weeks Instructor-Led	Online
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PERSONAL ENRICHMENT



Drawing for the Absolute Beginner

Gain a solid foundation in the basics of drawing to become the artist you've always wanted to be. This course will help you become familiar with paper types, drawing styles, rendering techniques, and the basic principles of perspective, layout, design, lighting, volume, and space.

\$139 **6 weeks Instructor-Led** Online

Introduction to Interior Design

Learn to transform plain living spaces into beautiful and functional rooms. This course will teach you how to design every aspect of a room while taking into account color theory, industry trends, special arrangements, floor plans, design ideas, and interior design basics.

\$139 **6 weeks Instructor-Led** Online

Keys to Effective Communication

Become more confident, make great first impressions, get along with others, and create better personal and professional relationships. This course provides a step by step process to become a great conversationalist as you use communication to build rapport and create trust, warmth, and respect.

\$139 **6 weeks Instructor-Led** Online

\$115 **Self-paced tutorial** Online

Mastering Your Digital SLR Camera

Discover how to use your DSLR to take beautiful photos. This course will help you learn about features and controls and the lenses you need for the kind of photography you enjoy. Next, learn about metering, exposure compensation, managing aperture, shutter speed, and ISO.

\$139 **6 weeks Instructor-Led** Online

\$115 **Self-paced tutorial** Online

Introduction to Guitar

In these fun and informative lessons, you'll build basic guitar skills step-by-step with the help of hands-on exercises, audio and video recordings, and detailed illustrations. The classical guitar skills you'll master in this course will allow you to play any style of music, from hard rock to country-and-western. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level.

\$139 **6 weeks Instructor-Led** Online

Write Fiction Like a Pro

Learn how to use story outlines like a professional writer. You will understand how your passion, theme, premise, and characters help you create the structure of your story, and discover how viewpoint, dialogue, pacing, and many other techniques are used to build scenes and move your story from beginning to end.

\$139 **6 weeks Instructor-Led** Online

\$115 **Self-paced tutorial** Online

ONLINE CLASS SCHEDULE FALL 2020 / WINTER 2021

Course start date options	Sep 16	Oct 14	Nov 11	Dec 9	Jan 13
Final exam due date & completion of course					
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Many courses online at metrocontinuingeducation.ca/online-learning

Art & Design

Business

Computer Applications

Computer Science

Construction & Trades

Health & Fitness

Hospitality

Information Technology

Language

Math & Science

Writing

Registration Details

Register for your class online

metrocontinuingeducation.ca

1 Browse courses

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



2 Create a new profile

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



3 Visit the checkout

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



Customer satisfaction

Your satisfaction is our highest priority.

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

Who can take a Metro class?

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

What is the refund policy?

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

Want to know more?

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

SAFETY AND WELL-BEING

For more information regarding health and safety measures for our classes please visit:

metrocontinuingeducation.ca/covid-19



WE'RE ALWAYS
OPEN ONLINE!



EDMONTON PUBLIC SCHOOLS
metro continuing education

REGISTER ONLINE OR BY PHONE

Due to public health measures related to COVID-19, our office is closed to walk-in visitors.

Metro Continuing Education

7835 - 76 Avenue NW, Edmonton, Alberta

780.428.1111

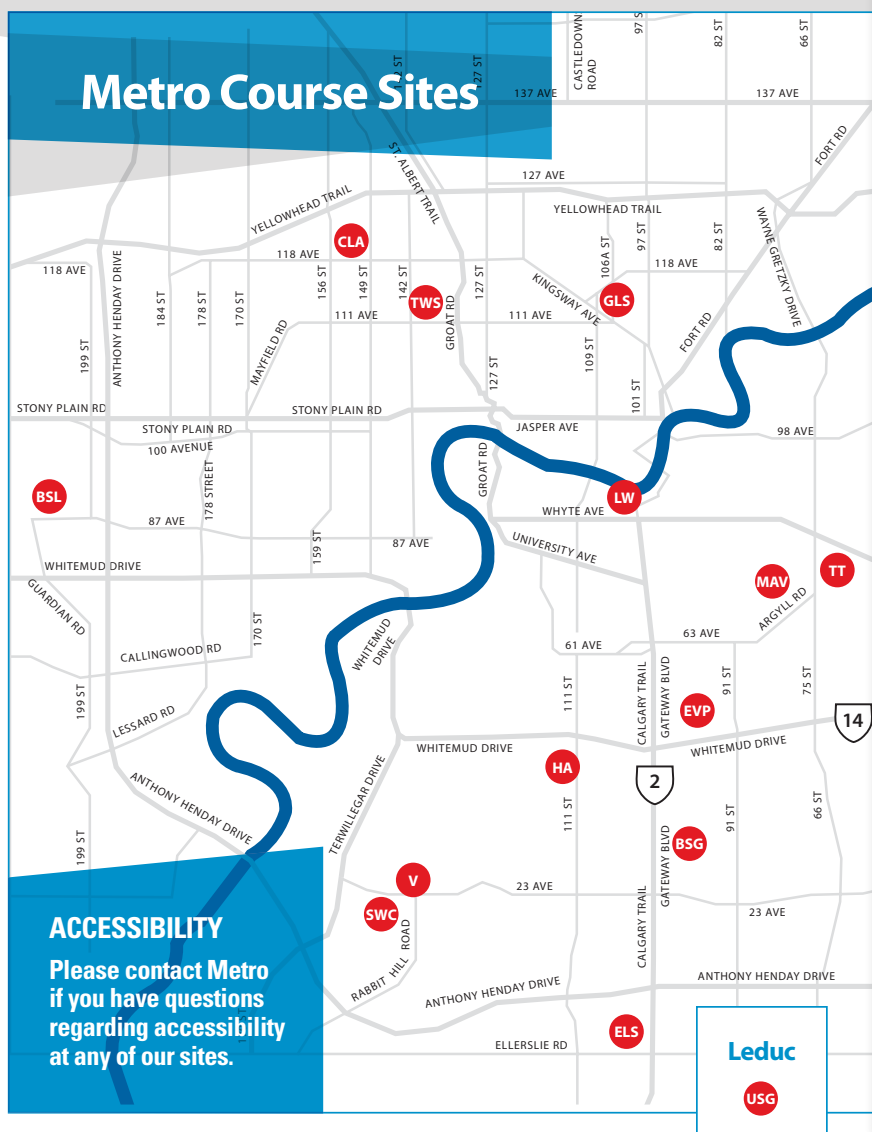
Opening hours

Monday – Friday, 8:30 am – 4:30 pm

Metro will be closed on the following days:

Oct 9 / Oct 12 / Nov 11

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.

- BSG** Bissett Stained Glass
3104 Parsons Road (99 Street) NW
- BSL** Browns Socialhouse Lewis Estates
#10, 1010 Webber Greens Drive NW
- CLA** CLAC Welding Training Facility
14926 - 118 Avenue NW
- ELS** Ellerslie Gift & Garden
10330 Ellerslie Road SW
- EVP** Edmonton Volleyball and Pickleball Center
9455 - 45 Avenue NW
- GLS** Glass Earth Inc.
1 Kingsway Garden Mall NW
- HA** Harry Ainlay School
4350 - 111 Street NW
- LW** Laurel's On Whyte
8210 - 104 Street NW
- MAV** Metro Avonmore
Metro Continuing Education
7835 - 76 Avenue NW
- SWC** Swish + Company
14225 - 23 Avenue NW
- TT** Table Tennis Academy
7206 - 76 Avenue NW
- TWS** TELUS World of Science
11211 - 142 Street NW
- USG** Under The Sun Stained Glass & Glass Art Studio
#108, 4915 - 50 Avenue, Leduc
- V** Vines - Riverbend Wine Merchants
2331 Rabbit Hill Road NW



CONTENT OF THIS CALENDAR IS
ACCURATE AS OF SEPTEMBER 2020.

Course details are subject to change.
Visit our website for up-to-date information.

metrocontinuingeducation.ca





STARGAZING 12

DISCOVER



CREATE

BASIC SEWING SKILLS FOR BEGINNERS 10



SUPERVISORY &
LEADERSHIP CERTIFICATE 31

ELEVATE



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