

# Learn 4 Life.ca

General Interest Programs  
Adults 18+ and Seniors



# Summer 2024

Registration opens

May 15th

[communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca) | 416 - 338 - 4111



@TDSB\_ConED



facebook.com/TDSBLearn4Life



@learn4lifetsdb

# **Learn4Life.ca - Adult General Interest Courses**

General Interest Programs Adults 18+ and Seniors

Registration opens May 15, 2024

# Table of Contents

- Art ..... 5
- Business and Finance ..... 6
- Communications ..... 6
- Computers ..... 7
- Dance ..... 8
- Fitness ..... 8
- Games and Hobbies ..... 10
- Health and Wellness ..... 10
- Languages ..... 11
- Music ..... 12
- Self Development ..... 14
- Sewing ..... 14
- Sports ..... 15

## **Program Information**

General Interest courses are for adults, 18 years of age and older.

## **Important Dates**

Registration Opens: Wednesday, May 15, 2024 at 8:30 am

Classes Begin: Tuesday, July 2, 2024

## **Registration Information**

There are four easy ways to register: online, telephone, mail, and where special considerations must be made, in-person. To register by mail please visit the website for the registration form. An account and email address is required to register for a course.

Social Assistance documents are required to qualify for the subsidized rate. Material fees, if applicable are extra. Learners eligible for the subsidized rate must have an account. Learners can upload their social assistance documents and registration form to their account. View the step-by-step instruction guide on 'How to upload file on student account' available on the website. Please note: Learners must email [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca) with the Subject line: 'Proof of Social Assistance Document and Registration Form Upload' to inform Learn4Life staff that their documents and request for registration have been uploaded, and are ready for review before they are registered for a course.

## **Payment Information**

Visit [www.learn4life.ca](http://www.learn4life.ca) and use your VISA or MasterCard to pay.

\*Seniors (65 and over) receive a 35% discount on course fees.

\*Subsidy Learners (if eligible) receive an 80% discount on course fees.

\*Material fees are collected centrally at time of registration. No discounts apply.

\*All fees include HST

## **In-Person Accommodation**

In our efforts to accommodate learners who are not able to register using the online registration system, the Learn4Life team can make arrangements for in-person registration, by appointment only, starting Wednesday, May 15, 2024. Appointments will only be held for a short period starting Wednesday May 15. No walk-in registrations will be seen, as appointments are only for those who need an accommodation. Appointments can be

scheduled for learners who do not have a credit card and need to pay by cash or cheque by emailing us at [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca) with the subject line: In-person Accommodation.

### **Refund Policy**

There are no requests for refund or transfer after the first class.

### **Cancelled Courses**

A minimum number of registrants is required for a class to run. The Toronto District School Board (TDSB) has the right to make the final decision to open or close a class, or to revise the fee structure. If a course does not meet the enrolment minimum, and is therefore cancelled, every effort will be made to accommodate you in another course. If there is no other course which is satisfactory to you, you will receive a full refund.

## Art

### **Abstract Painting**

In this course, learn to create abstract paintings that express your inner vision to convey the feeling of something, rather than what it looks like. This is not a technical course; it's about finding your artistic vision. Each session will start with a guided demonstration and explores the different techniques used to create an Abstract composition. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Jul 8, 2024 4wks \$118 (\$77sr) PR-6008

---

### **Acrylic Painting**

This intensive beginner course introduces Materials and colour mixing. Learner studies with monochromic composition, complementary colours, and contrast. This course is designed for beginners.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Jul 8, 2024 4wks \$118 (\$77sr) PR-6009

---

### **Drawing For People Who Can't Draw**

In this online course, we will focus on looking, seeing, form, perspective, composition, line and shading techniques, and texture. We will draw a variety of subject matter using pencil, charcoal, conte, pen and ink and coloured pencils.

\*Remote Course Offering

Wed 6pm-9pm Jul 3, 2024 4wks \$118 (\$77sr) PR-6044

---

### **Drawing Step-by-Step**

Using a variety of drawing materials in this remote course, you will learn drawing technique step by step as well as art principles displayed in master pieces. An intensive instruction, detailed hands-on demonstration and self critical review will be provided. No experience is required. Learners are required to supply their own art materials: pencils and other drawing tools, sketchbook, eraser and clip board.

\*Remote Course Offering

Wed 10am-12:30pm Jul 3, 2024 4wks \$98 (\$64sr) PR-6005

---

### **Drawing and Painting Beginner**

Using a variety of drawing materials, you will explore form and composition and learn about proportion, depth and colour. Learners will be required to purchase their own materials.

Overland PS 55 Overland Drive, North York

Tue & Thu 10:30am-1:30pm Jul 2, 2024, 8 sessions \$236 (\$153sr) PR-6004

---

## **Drawing and Watercolour All Levels**

Learn and develop the skills from varied drawing tools to watercolour based on existing level in this remote course, allowing participants to engage in creative activities from the comfort of their own spaces. Detailed step-by-step demonstrations are conducted, intensive instruction on art principles and critical reviews help to build up confidence in learning process. Learners need to prepare their drawing and watercolour supplies.

\*Remote Course Offering

Thu 6:30pm-9pm Jul 4, 2024 4wks \$98 (\$64sr) PR-6043

---

## **Painting Step-by-Step**

Through live virtual classes, participants will learn painting in an immersive and interactive experience through real-time step-by-step demonstrations. Allowing students to closely observe the instructor's brushwork and color mixing, the painting techniques, styles, and projects varies from realistic to abstract and classical to modern experiments. Intensive instruction and critical reviews are provided throughout the learning process. Students need to prepare for acrylic or oil painting supplies based on personal choice.

\*Remote Course Offering

Tue 10am-12:30pm Jul 2, 2024 4wks \$98 (\$64sr) PR-6019

---

## **Business and Finance**

### **Introduction to Dividend Investing**

This course is designed for those who have little or no experience in the world of dividend investing. Areas of interest include why and how dividends are paid, how to structure a dividend mission statement, various types of investor risk, concepts of asset allocation and portfolio structure. The introduction of various metrics and ratios needed to make informed decisions on which securities to purchase. Exploring global emerging markets opportunities also included and other related topics.

Overland PS 55 Overland Drive, North York

Tue & Thu 10:30am-1:30pm Jul 2, 2024, 8 sessions \$236 (\$153sr) PR-6036

---

## **Communications**

## Introduction to Creative Writing

An introduction to creative writing serves as a gateway into the world of literary expression, encouraging individuals to explore their imagination. Various forms of creative writing will be explored, including fiction, poetry, creative nonfiction, and drama. Learners will have an opportunity to share their stories, receive constructive feedback and critique, in a supportive environment.

\*Remote Course Offering

Tue 2pm-4pm Jul 2, 2024 4wks \$79 (\$51sr) PR-6003

---

## Computers

### Data Analysis with Excel - Boot Camp

This bootcamp is designed for both intermediate and advanced excel users. This online course will teach you not only how to interpret and analyze data sets, but also how to present data at a professional level. Through fun individual and team-based examples/projects, you will become familiar with using formulas, functions, data validation, pivot tables, power query, power pivot and more!

\*Remote Course Offering

Tue & Thu 6pm-8pm Jul 2, 2024, 8 sessions \$157 (\$102sr) PR-6042

---

### Google Free Apps and Settings Part I

Unlock the power of Google's free tools and services! Discover professional Email, safe Cloud Storage, and document creation for free. Learn important Google settings for different Google apps to enhance your online experience. Stay connected with loved ones and clients through free audio and video calls. Explore Gmail, Google Drive, Maps, News, Photos, Meet, Calendar, and Docs. This course is suitable for Windows, Mac, and Chromebook users.

\*Remote Course Offering

Tue-Fri 9am-12pm Jul 2, 2024 4days \$118 (\$77sr) PR-6006

---

### Google Free Apps and Settings Part II

This course is a continuation of Google's Free Apps and Settings Part I, this course will empower you to be even more connected and productive on the go. Building upon the skills learned in the previous course, this level introduces you to more settings and free applications from Google, including Google Docs, Sheets, Slides, Keep, Jamboard, contacts and Google Workspace This course is suitable for Windows, Mac, and Chromebook users.

\*Remote Course Offering

Mon-Fri 9am-12pm Jul 8, 2024 5days \$147 (\$96sr) PR-6007



---

## Introduction to PhotoShop

Join us as we unlock the potential of Photoshop and unleash your creativity! Learn to improve and optimize photos while exploring the fundamentals of Photoshop. From creating collages to mastering selection tools, layers, and various techniques, you'll dive into the world of digital image editing. Whether you're a photography enthusiast or looking to enhance your design skills, this course will equip you with the knowledge and tools to bring your creative vision to life through many hands-on projects and exercises.

\*Remote Course Offering

Tue-Fri 12:30pm-3:30pm Jul 2, 2024 4days \$118 (\$77sr) PR-6014

---

## Microsoft Office 365 -Beginner

This course will introduce you to the latest version of the most important office applications. Microsoft Office 365 comes with lots of amazing new features. Whether you are new to the Office application or thinking of upgrading to the 365 version this course is the right choice for you. Learn the essential and new features of the applications through hands-on projects. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher.

Overland PS 55 Overland Drive, North York

Mon-Fri 12:30pm-3:30pm Jul 8, 2024 5days \$147 (\$96sr) PR-6018

---

## Dance

### Line Dancing Beginner

Line dancing is a social activity that brings people together to dance, have fun, and enjoy music. This course will introduce you to basic line dance steps, as well as popular line dances that are done in social dance settings. Bring a friend and put on your dancing shoes and join in on the fun.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 11:30am-1:30pm Jul 2, 2024 4wks \$79 (\$51sr) PR-6017

Overland PS 55 Overland Drive, North York

Mon 12:30pm-2pm Jul 8, 2024 4wks \$79 (\$51sr) PR-6016

---

## Fitness

### Chair Zumba

In Chair Zumba, have fun and move to the latest dance moves in merengue, salsa, and cha cha, while improving your overall energy, core stability, and muscular strength, all while in

the comfort of your own home.

\*Remote Course Offering

Tue 7pm-8pm Jul 2, 2024 4wks \$39 (\$25sr) PR-6041

---

## **Gentle Stretches for a Great Night Sleep**

Many people have trouble falling asleep and wake up feeling tired. Through meditation and exercise, learn how to stretch the body gently, calm your mind, and relax in order to obtain a better night sleep.

\*Remote Course Offering

Wed 8pm-9pm Jul 3, 2024 4wks \$39 (\$25sr) PR-6047

---

## **Gentle Yoga**

Gentle yoga is a great practice for beginners, and anyone wanting to slow down and reconnect with their body while calming the mind. The online class is focused on gentle movements and modifications to help build strength, balance and flexibility while focusing on breath. Gentle yoga is accessible to all types of students, and is great for self-care practice.

\*Remote Course Offering

Thu 6pm-7pm Jul 4, 2024 4wks \$39 (\$25sr) PR-6048

---

## **Tai Chi Practice**

In this course you will continue to practice and improve on movements and principles learned in Parts 1 and 2 of the Yang style long form. No new movements will be taught.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Jul 8, 2024 4wks \$59 (\$38sr) PR-6024

---

## **Yoga: Kundalini All Levels**

Kundalini yoga is based on one of the three original schools of yoga. It includes mental, physical and spiritual aspects of the yoga tradition. Join us online to learn the basics needed to get you started or continue on your path to a calm and confident state, harmonizing your body and mind. Please have a towel and a yoga mat.

\*Remote Course Offering

Tue 6pm-7:30pm Jul 2, 2024 4wks \$59 (\$38sr) PR-6052

---

## **Zumba**

Learn a new way to work out with easy-to-follow moves and routines. Hypnotic Latin rhythms help create a dynamic fitness program that will energize, inspire and captivate you for life! This course features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

Overland PS 55 Overland Drive, North York

Thu 10am-11am Jul 4, 2024 4wks \$39 (\$25sr) PR-6025

---

## **Zumba Gold**

Zumba Gold is Zumba for baby boomers. It uses traditional Zumba modified to suit the needs of the active older generation. It's also great for those just starting on their journey to a fit and healthy lifestyle. There is no skimping on the traditional party atmosphere and the latin rhythms will move you and groove you to a new tune.

Overland PS 55 Overland Drive, North York

Thu 11:30am-12:30pm Jul 4, 2024 4wks \$39 (\$25sr) PR-6026

---

## **Games and Hobbies**

### **Dig into the Art of Growing - Horticulture 101**

Learn about growing and maintaining flowering bulbs from amaryllises to Zantedeschias. Discover the magic of ferns and probe into all poisonous plants. Learn about the care and propagation of carnivorous plants. Different methods of plant propagation will be covered with practical demonstrations. The uses of herbs from tisanes to decoctions to tinctures will be presented. Succulent plants will be discussed in detail.

\*Remote Course Offering

Tue 6pm-8pm Jul 2, 2024 4wks \$79 (\$51Sr) PR-6081

---

## **Health and Wellness**

### **Introduction to Meditation**

Open to anyone who is interested in calming their mind, developing stronger focus, and better control over the monkey mind. This discussion and practice based class will showcase techniques and styles, allowing students the space to experience and then inquire as a group. Visualizations, mindful meditations, and zen meditation practices explored.

\*Remote Course Offering

Thu 9:30am-10:30am Jul 4, 2024 4wks \$39 (\$25sr) PR-6013

---

## **Nutrition for Energy and Wellness**

This remote course will provide an overview of sound nutrition practices which enhance health and wellness. The following topics will be covered: nutrient-dense foods, what to avoid, antioxidants, how to detox, digestion, healthy meal planning, traveling and eating out, shopping and supplements. Learners will engage in practical exercises designed to help with meal planning.

\*Remote Course Offering

Wed 6pm-7:30pm Jul 3, 2024 4wks \$59 (\$38sr) PR-6050

---

## **Overcome Unhealthy Habits and Feel Transformed**

This online class will help you to understand how to establish a healthy connection with your mind, body, and spirit through yoga exercise, breathwork, meditation and relaxation to overcome your unhealthy habits and feel transformed.

\*Remote Course Offering

Wed 7pm-8:30pm Jul 3, 2024 4wks \$59 (\$38sr) PR-6051

---

## **Languages**

### **Conversational Arabic**

This course equips learners with essential conversational skills in Arabic. Through interactive lessons, practical exercises, focused on vocabulary building, pronunciation improvement, simple grammar and mastering common phrases. The course prepares learners for effective communication in Arabic-speaking environments. Whether for travel, work, or personal enrichment, this course will provide a solid foundation in conversational Arabic.

\*Remote Course Offering

Mon-Fri 12:30pm-3:30pm Jul 15, 2024 5days \$147 (\$96sr) PR-6080

---

### **Essential French**

Bonjour! Please join us online for summer sessions of fun as you set off on your French adventure. You will learn introductory key vocabulary and structures that will allow you to have authentic conversations in everyday situations. You will read and understand basic text by applying simple strategies and your new knowledge. We will enjoy a popular French song together at the end of each class. C'est bon, n'est-ce pas?

\*Remote Course Offering

Tue & Thu 6pm-8pm Jul 2, 2024 8 sessions \$157 (\$102sr) PR-6045

---

## Essential Spanish

This course will introduce you to the basic structure of the language and will provide you with the practice of some common travelling situations through examples and dialogues. Resources (video clips, podcasts, etc.) may be used to enhance such practice. A Spanish/English dictionary may be required.

\*Remote Course Offering

Tue & Thu 6pm-8pm Jul 2, 2024, 8 sessions, \$157 (\$102sr) PR-6046

Overland PS 55 Overland Drive, North York

Mon & Wed 10am-12pm Jul 3, 2024, 8 sessions \$157 (\$102sr) PR-6022

---

## Introduction to Arabic

This course is designed to prepare you for the conversational Arabic course, it aims to provide learners with a comprehensive understanding of Arabic letters, basic vocabulary, and introductory grammar. Whether you're preparing for further Arabic study or simply interested in the language, this course will equip you with the necessary skills to read, write, and communicate at a beginner level in Classical Arabic.

\*Remote Course Offering

Mon-Fri 9am-12pm Jul 15, 2024 5days \$147 (\$96sr) PR-6079

---

## Portuguese Beginner

This course begins with the basics using a combination of grammar, vocabulary, reading and conversation. Participants will learn and practice through various activities in a fun and relaxing environment. Short sentences and dialogue will build vocabulary and teach pronunciation. A Portuguese/English dictionary may be required.

\*Remote Course Offering

Mon & Wed 2pm-4pm Jul 3, 2024, 8 sessions \$157 (\$102sr) PR-6021

---

## Spanish Beginner

In this course, learn basic conversational Spanish for everyday situations. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. Learn and practice the language through various activities in a fun and relaxing environment.

\*Remote Course Offering

Tue & Thu 11am-1pm Jul 2, 2024, 8 sessions \$157 (\$102sr) PR-6023

---

## Music

## **Introduction to Basic Blues Piano**

This course will help you to develop a good foundation in playing basic Blues styles on the piano. Learn the Blues Scale and the 12-Bar Blues Progression, Shuffle rhythms, Triplets, and create Blues riffs. Students should have previous experience in playing hands together (ie. Beginner Level 4 or equivalent). Online learners must have their own keyboard at home.

\*Remote Course Offering

Thu 1:30pm-3:30pm Jul 4, 2024 4wks \$79 (\$51sr) PR-6010

---

## **Introduction to Basic Chord Piano**

Learn how to effectively read, understand and interpret chord symbols found in today's popular sheet music. Participants will learn: how basic chords are formed, 3-part harmony chord types, i.e., Triads as well as Dominant 7th chords. Application of chords to well-known tunes will also be covered. Students should have previous experience in playing hands together (i.e., Beginner Level III or equivalent). Students must have access to internet and a keyboard at home.

\*Remote Course Offering

Fri 1:30pm-3:30pm Jul 5, 2024 4wks \$79 (\$51sr) PR-6011

---

## **Introduction to Basic Jazz and Pop Rock**

This course will help you to develop a good foundation in playing basic Jazz and Rock styles on the piano. Focus will be on learning Rock rhythms, Shuffle rhythms, basic Boogie bass lines, Blues riffs and develop basic improvising skills. There will also be an option to explore the various music instrumental tones, voices, drum patterns and rhythms provided by the keyboard/smartphone app as well as playing along with a groove. Students should have previous experience in playing hands together (ie. Beginner Level III or equivalent).

Overland PS 55 Overland Drive, North York

Tue 1:30pm-3:30pm Jul 2, 2024 4wks \$79 (\$51sr) PR-6012

---

## **Introduction to Piano**

This is a course designed for students with no previous playing experience. The focus will be on the development of basic note reading, dynamics, and rhythmic concepts. Students must have access to the internet and a keyboard at home.

Overland PS 55 Overland Drive, North York

Mon 1:30pm-3:30pm Jul 8, 2024 4wks \$79 (\$51sr) PR-6015

---

## **Piano Keyboarding Beginner Level 4 Plus—POP Edition**

This is a course designed for learners previously registered in Beginner Level 4 or higher. Focus will be on learning additional songs from the Alfred Adult Greatest Hits Level 1 book and the popular selections from the Alfred Adult All-in One Level 1 book. Students must have access to internet and a keyboard at home.

\*Remote Course Offering

Wed 1:30pm-3:30pm Jul 3, 2024 4wks \$79 (\$51sr) PR-6020

---

## Self Development

### Building and Maintaining Solid Relationships

Good Relationships are number one on the list for business success, lasting home and love life and precious life long friendships. In this course, learn the tools you need to build and keep healthy relationships with those in your life circle.

\*Remote Course Offering

Thu 6pm-8pm Jul 4, 2024 4wks \$79 (\$51sr) PR-6040

---

### Make-Up Artistry

In this course you will learn the basics of make-up application, current make-up trends, and the proper usage of tools. Techniques to enhance face shapes and facial features are taught through demonstration. Through personalized instruction, go from casual day make-up to a glamorous night look with the swipe of a brush. Students are required to have make-up products and tools for the first class, for a list of items required, please visit the website, click the material list pdf under Files just above the Course Schedule.

\*Remote Course Offering

Tue & Thu 6pm-9pm Jul 2, 2024, 4 sessions \$118 (\$77sr) PR-6049

**Note:** Please note the course dates and costs have been updated.

---

## Sewing

### Introductory Sewing

Sewing can be both exciting and a bit intimidating. In this introductory course, learn and practice basic sewing techniques to improve your sewing skills. At the end of the 4-week course, you will have completed a beginner-friendly project of your choice, i.e., tote bag, apron, or pillowcase. Final price includes a shop fee of \$5.00.

\*Remote Course Offering

Mon 7pm-9pm Jul 8, 2024 4wks \$79 (\$51sr) PR-6111

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 9am-12pm Jul 4, 2024 4wks \$123 (\$82sr) PR-6037

---

## **Sewing Beginner**

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 9am-12pm Jul 2, 2024 4wks \$123 (\$82sr) PR-6038

---

## **Sewing Intermediate**

This course is for students who have learned the basics skills of sewing and are familiar with using commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the sewing techniques to make your garment look and fit great. Students will require a sewing kit and supplies to complete samples and a personal project. The final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 12:30pm-3:30pm Jul 2, 2024 4wks \$123 (\$82sr) PR-6039

---

## **Sports**

### **Mastering Tennis Drills: Boost Your Skills and Performance**

Are you looking to take your tennis game to the next level? This course is designed for tennis players of all levels who want to learn and practice effective drills to enhance their performance on the court.

Overland PS 55 Overland Drive, North York  
Thu 1pm-2:30pm Jul 4, 2024 4wks \$59 (\$38sr) PR-6056

---