

# Learn 4 Life.ca

General Interest Programs  
Adults 18+ and Seniors

# WINTER 2022

Registration opens

November 24



# In-person Courses

The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

While the majority of our courses are online for the winter 2022 term, there are two locations offering in-person courses:

## Mimico Adult Centre

255 Royal York Rd,  
Etobicoke, ON  
M8V 2V8

---

### Category - Fitness

Tai-Chi Intermediate  
Tai-Chi Beginner

### Category - Art

Drawing and Watercolour-All Levels

### Category - Crafts

Weaving: Fabric and Tapestry-All Levels  
Weaving: Introduction  
Weaving Advanced  
Weaving: Fabric and Tapestry-All Levels (SD)

### Category - Sewing

Sewing Advanced  
Sewing for the Home  
Sewing Beginner (SD)  
Sewing Intermediate (SD)

### Category - Dance

Line Dancing Intermediate  
Line Dancing Beginner

### Category - Handiwork

Wood Carving & Sculpture (SD)

## Overland Learning Centre

55 Overland Dr,  
North York, ON  
M3C 2C3

---

### Category - Dance

Line Dancing Beginner, Intermediate  
Egyptian Belly Dancing Beginner  
Ballroom and Latin Dancing

### Category - Computers

Computer Upgrading/Service/Repairing  
PhotoShop Beginner  
Web Design Beginner

### Category - Communications

Public Speaking

### Category - Languages

Spanish Beginner, Intermediate and Advanced

### Category - Fitness

Walk Your Way to a Healthy Weight – Outdoors

Information on where to meet for the below courses will be sent by email before the first class begins.

### Category - Games and Hobbies

Photography: Advanced Workshop Series

### Category - Discover the Outdoors

HIIT Hiking  
Birdwatching, Flora & Fauna

For a more detailed description of the above courses, including pricing and times, please see the course listing pages in the brochure.

# Learn4Life.ca

Art.....	5
Business and Finance.....	7
Communications.....	9
Computers.....	10
Crafts.....	13
Dance.....	14
Discover the Outdoors.....	15
Fitness .....	15
Food.....	18
Games and Hobbies.....	20
Handiwork.....	21
Health and Wellness.....	21
Indigenous Education.....	23
Interior Design.....	23
Languages.....	23
Music.....	26
Self Development.....	27
Sewing.....	28
Theatre, Film & TV.....	29

**For information and registration form, see pages 2 & 30.**

# Program Information

General Interest courses are for adults, 18 years of age and older. Seniors' Daytime courses are for registrants 65 years of age and older. (There are limited spaces for non-seniors.) For information regarding online classes, please visit [www.learn4life.ca](http://www.learn4life.ca) to view the Learn4Life - Frequently Asked Questions.

## **IMPORTANT DATES**

**REGISTRATION OPENS:** WEDNESDAY,  
NOVEMBER 24TH, 2021 AT 8:30 AM

**CLASSES BEGIN:**  
SATURDAY, JANUARY 8TH, 2022



## **REGISTRATION INFORMATION**

Only online registration is available at this time, and where special considerations must be made, via email. There is no registration via mail, telephone, or fax. Once registration opens, please visit the website at [www.learn4life.ca](http://www.learn4life.ca) and use your VISA or MasterCard to pay.

Social Assistance documents are required to qualify for the subsidy rate plus material fees. Eligible learners must submit current documentation with the application form and payment information to register for a course. Please email documents to [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca). This reduced rate applies to course fees only and is limited to one course per term. For more information and for a list of eligible Government Assistance Programs, please see Learn4Life FAQs starting on page 37, question #8.

## **PAYMENT INFORMATION**

Visit [www.learn4life.ca](http://www.learn4life.ca) and use your VISA or MasterCard to pay. Note, the payment system will not accept VISA Debit or MasterCard Debit at this time.

\*Seniors (65 and over) receive a 40% discount on course fees. All fees include HST.

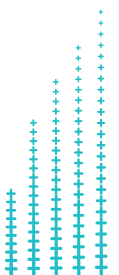
\*Material fees are collected centrally at time of registration. No discounts apply.

## **CHANGES TO OUR REFUND POLICY**

All refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4-6 weeks. The option to keep funds on the Toronto District School Board (TDSB) Learn4Life account is no longer available. Please review the refund policy on page 3.

## **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.





## Community Programs – Learn4Life Refund and Transfer Policy

The Toronto District School Board (TDSB) will process a full refund if the TDSB receives the written request for refund before the course begins.

**NEW\*** All refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4-6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available.

### **For courses under five weeks in duration:**

No refunds or transfer requests will be considered after the course begins.

### **For courses five weeks or longer:**

- A refund (minus a \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing before the second class.
- A pro-rated refund (minus a \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing after the second class, but before the third class of the course.
- No refunds or transfers will be considered after the third class of a course.

**For subsidized courses:** A refund is issued to the learner's TDSB Learn4Life account only if the TDSB cancels the course before the course begins. No refunds or withdrawals will be considered after the class begins.

**Summer Refund Policy:** There are no requests for refund or transfer after the first class.

**All requests for a refund or transfer must be made in writing.**

### **There are four ways to submit requests:**

- Email: [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca)
- On-Line: [www.learn4life.ca](http://www.learn4life.ca)
- \*Mail: 2 Trethewey Drive, 3rd Floor, Toronto, ON M6M 4A8
- \*Fax: 416-394-3494

\* Option only available if program staff return to office. Updates will be provided on our website.

# NOTICE

## Learn4Life to reduce the printing and distribution of its printed copy brochure in the next two years.

The Learn4Life Team has made the decision to gradually reduce the printing and distribution of its Learn4Life brochure. While many learners have grown accustomed to receiving our brochure in the mail, the growing shift to online accessibility and our commitment to reducing our carbon footprint has made us rethink on how to best communicate with our learners in the future.

### In the next two years, we plan to (subject to change) :

1. Replace our mailed brochure with promotional flyers or postcards.
2. Limit print brochures to be made available only at libraries, community centers, TDSB administrative offices, and TDSB schools.

### Where can I find the brochure moving forward?

The Learn4Life brochure will always be available online at **www.Learn4Life.ca**. It will also be available in a limited number of libraries, community centers, TDSB administrative offices, and TDSB schools (subject to change).

### How can I be updated on when a new brochure will be posted on your website?

Subscribe to our e-newsletter to receive Learn4Life updates, news, and registration information by visiting **www.Learn4Life.ca**.

---

**The Learn4Life Team**

## Art

### Drawing and Watercolour-All Levels ●

Learn about the methods and media used to create watercolour. Explore form, colour, and composition. Taught with demonstrations, group and individual instruction.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jan 11, 2022 9wks \$221 (\$133sr)  
PR-2140

### Online Middle Eastern Geometric Art and Patterns-Beg

Learn online how to construct geometric patterns of profound beauty that are seen around Middle East. Using a compass and straight edge, we create an underlying grid from which a pattern emerges. We then transfer the pattern to another paper to create a variety of designs and compositions, which are either decorated with mosaic or colored with a medium of choice. You will learn 10 beautiful patterns and colouring/painting of patterns. You will create a final piece of each pattern.

\*Online Course Offering

Thu 6pm-9pm Jan 13, 2022 9wks \$221 (\$133sr)  
PR-1843

### Online Abstract Painting

In this online course, learn to create abstract paintings. What if you could express your inner vision? How do you convey the feeling of something, rather than what it looks like? It's all about play and experimentation. There are no rules. Abstraction is open to interpretation and can be mysterious and evocative. Surprising things come out of when you free up and stop needing everything to look realistic. This is not a technical course; it's about finding your artistic vision. All levels and painting mediums are welcome. This course is designed to be taken repeatedly so you can develop

your work over time. Learners must provide own materials.

\*Online Course Offering

Fri 10am-1pm Jan 14, 2022 9wks \$221 (\$133sr)  
PR-2083

### Online Acrylic Painting Beginner

Explore your individual creative expression through an understanding of basic techniques used in acrylic painting. In this online course, step by step demonstrations will outline the painting process from start to finish; including preparation of canvas, colour composition and mixing, choosing painting tools, mixing materials into the paint to achieve various effects and sealing your artwork. Learners are required have their own materials, a list will be provided in the first class.

\*Online Course Offering

Mon 1pm-4pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2082

### Online Acrylic Painting Beginner/Intermediate

An excellent paint to learn with, acrylics are water-based and easy to use. At the first class we'll tell you what supplies you'll need, where to get them and all about the course. Learn to paint with an experienced artist and teacher. No oil paints. Learners are required to provide own materials.

\*Online Course Offering

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2128

### Online Acrylic Painting-All Levels

Explore the full range of what you can achieve with these durable, inexpensive, easy-to-use, water-based and fast-drying paints. Compose, glaze and mix colour. Experiment with the use of collage. You will be required to purchase your own materials.

\*Online Course Offering

Thu 6:30pm-9:30pm Jan 13, 2022 9wks \$221 (\$133sr)  
PR-1636

### Online Art Meditation

Art is Meditative. This online course will guide you to learn how to unblock your creativity through easy watercolours or Chinese watercolours. The practice is based on natural flow of your hands-on experiment, enjoy the expression of inside out, mind-opening and better focus on yourself to reach the deep balance in art form. The subject covers

from non-objective, abstract to objective result. Detailed step-by-step demos and intensive instructions on synthesis of art, theory and philosophy will be provided. No experience required. Learners are required to supply their own materials.

\*Online Course Offering

Thu 6:30pm-9:30pm Jan 13, 2022 9wks \$221 (\$133sr)  
PR-1637

### Online Art in Mixed Media

Explore and experiment with various methods of image making and the interplay of diverse materials in representing a concept. With a broad scope, the course will cover mixed media painting, drawing, collage, sculpture, wearable art and time-based art.

\*Online Course Offering

Wed 10am-1pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-1904

### Online Calligraphy ★

Learn the art of beautiful writing. You will begin with basic strokes and letterforms then progress to explore various alphabets. Projects include bookmarks, cards, envelopes and simple books. You are required to provide your own supplies, for a list of items required, please visit the website.

\*Online Course Offering

Tue 10am-12pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1976

### Online Calligraphy Beginner

Design your own cards, bookmarks, invitations, and certificates. You are required to provide your own supplies, for a list of items required, please visit the website.

\*Online Course Offering

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1879

### Online Chinese Brush Painting ★

Learn Chinese brush techniques in a 'free-hand' style on a wide range of subjects, including line-drawing, wash-and-ink, wash-and-colour and special effects. Understand Chinese painting using a synthesis of art, culture, theory and philosophy. Detailed instruction and demonstration is provided. You will be able to start creative works in your own way. No experience required.

\*Online Course Offering

Fri 10am-12:30pm Jan 14, 2022 9wks \$184 (\$110sr)  
PR-1977

## Online Chinese Brush Painting Intermediate ★

Learn and develop techniques and skills based on your existing level. Explore Chinese art including Chinese brush painting, calligraphy, seals, history and philosophy, mounting and framing, etc. Enhance your aesthetic knowledge and gain more ability to appreciate Chinese art and create your own artwork. Detailed lectures, and demonstrations provided. Completion of the Beginner level is strongly recommended.

[\\*Online Course Offering](#)

Fri 1pm-3:30pm Jan 14, 2022 9wks \$184 (\$110sr)  
PR-1978

## Online 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.

[\\*Online Course Offering](#)

Mon 6:30pm-9pm Jan 10, 2022 9wks \$184 (\$110sr)  
PR-2024

Thu 6pm-8:30pm Jan 13, 2022 9wks \$184 (\$110sr)  
PR-1645

## Online Drawing and Painting- Beginner

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

[\\*Online Course Offering](#)

Sat 9:30am-12:30pm Jan 8, 2022 9wks \$221 (\$133sr)  
PR-1867

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2004

Wed 7pm-9pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2107

## Online Drawing and Painting: Landscape Study

In this online course, let nature inspire you as you learn the fundamentals of painting a landscape. Improve your technique, design, and composition skills. Media: Acrylic.

[\\*Online Course Offering](#)

Wed 6:30pm-9:30pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-2095

## Online Drawing and Sketching: Landscape Study

In this online course, let nature inspire

you as you improve your technique, design and composition skills, and understanding of perspective and lighting. Work with pastel, charcoal, watercolour and ink on different papers.

[\\*Online Course Offering](#)

Wed 10am-12:30pm Jan 12, 2022 9wks \$184 (\$110sr)  
PR-1901

## Online Oil and Acrylics All Levels

Through this online course, explore the fundamental techniques of oil and acrylic painting, while refining your own style of expression. Learn to choose your subject, materials, composition, construction and colours to produce stunning results. Learners must provide own materials.

[\\*Online Course Offering](#)

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-1941

## Online Oil and Acrylics Beginner/ Intermediate

In this online course, explore your individual creative expression through an understanding of basic techniques used in acrylic and oil painting. Learn about basic drawing techniques, colour strategies and material information. Familiarize yourself with technical terms and skills that will simplify your approach to painting. Learners are required to purchase own materials.

[\\*Online Course Offering](#)

Wed 1pm-3:30pm Jan 12, 2022 9wks \$184 (\$110sr)  
PR-1902

## Online Painting Intermediate ★

Developing various painting techniques in acrylic or oil, using wide subjects of interest. Critical reviews will be strengthened to improve your skills. We will explore various ways to unblock your creativity and lead to successful paintings. Emphasis is placed on working from nature and developing a better understanding of professional art practice. Learners are required to have their own materials.

[\\*Online Course Offering](#)

Wed 10am-12:30pm Jan 12, 2022 9wks \$184 (\$110sr)  
PR-1995

## Online Paper Art

Using paper or card as the primary art medium in two and three-dimensional forms. This online course will teach you varied techniques in different themes, as well as fundamental art principles to support your creativity.

A detailed step-by-step demo and instruction will be provided. All levels are welcome. Learners are required to have their own materials, for a list of items required, please visit the website.

[\\*Online Course Offering](#)

Wed 6pm-8:30pm Jan 12, 2022 9wks \$184 (\$110sr)  
PR-2036

## Online Sculpture Design

Learn to create and design your own sculpture. The online course will focus on those wanting to explore a more exaggerated stylized, abstract sculpting. Great emphasis will be put on sculptural design esthetic and finishing. Drawing inspiration from your own imagination as well as inspirational sources. This course is suitable for beginners. Use of a home oven will be required for the purposes of curing pieces created by you. Learners will be required to purchase their own materials and tools. For a list of items needed, please visit the website.

[\\*Online Course Offering](#)

Thu 6pm-9pm Jan 13, 2022 9wks \$221 (\$133sr)  
PR-1844

## Online Watercolour Advanced

In this online course, study advanced techniques in the use of watercolour as a creative medium. Materials and principles of composition are also studied. Learners must provide own materials.

[\\*Online Course Offering](#)

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2132

## Online Watercolour Beginner/ Intermediate

There is nothing more exciting and beautiful than painting a picture using watercolours. In this online course, learn to further develop the art of painting with watercolour. Allow your creativity to blossom and explore colour, shape and the illusion of form.

[\\*Online Course Offering](#)

Wed 6pm-9pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-2113

## Online Watercolour Intermediate

If you are familiar with the fundamentals of technique and design, you are ready for new challenges and insights. In this online continuation of Watercolour Beginner, we will work with a blend of landscape, floral and still-life subjects



and work from photos. Learners must provide own materials.

[\\*Online Course Offering](#)

Tue 6:30pm-9:30pm Jan 11, 2022 9wks \$221 (\$133sr)  
PR-2139

## Online Watercolour

### Intermediate ★

Learn and develop techniques and skills based on your existing level. In this online continuation of Watercolour Beginner, explore drawing techniques, colour values, structural balance, style and final adjustment. Enhance your aesthetic knowledge and create your own artwork.

[\\*Online Course Offering](#)

Tue 2:15pm-4:45pm Jan 11, 2022 9wks \$184 (\$110sr)

PR-1988

Thu 10am-12:30pm Jan 13, 2022 9wks \$184 (\$110sr)

PR-1996

### Online Watercolour Painting ★

Enjoy the magic of watercolour through this online course. Learn to develop painting skills at your own pace and allow your creativity to blossom. Explore colour, shape and the illusion of form.

[\\*Online Course Offering](#)

Thu 1pm-3:30pm Jan 13, 2022 9wks \$184 (\$110sr)

PR-1989

## Online Watercolour Woodblock Printmaking

Through this online course students will produce prints of their own design without using complicated press equipment. This is a non-toxic art medium in traditional watercolour printmaking experience. Students will use water-based inks and colour pigments in home learning setting; develop both black and white, and colour relief prints on woodblock images carved by hand. Detailed demonstration and instruction will be provided. No experience is required. Students are required to have their own materials, for a list of items required, please visit the website.

[\\*Online Course Offering](#)

Tue 6pm-8:30pm Jan 11, 2022 9wks \$184 (\$110sr)

PR-2038

## Online Watercolours All Levels

In this online course, learn the basics of watercolour, how to mix and apply paint, how to choose compositions and colour values. You are responsible for purchasing your own paint, brushes,

etc. You will be provided with a list of materials needed for the course at the first class.

[\\*Online Course Offering](#)

Mon 6pm-9pm Jan 10, 2022 9wks \$221 (\$133sr)

PR-1953

## Tao Calligraphy Online

Tao Calligraphy is a unique style of Chinese one-stroke calligraphy. The graceful motion of the continuous stroke creates a flowing of Oneness, bringing peace and harmony in all aspects of life. This online course is intended for you to experience the powerful field that Tao Calligraphy radiates and enjoy the potential benefits through meditating, tracing and writing Tao Calligraphy, including relieve stress, and develop more compassion, peace, and calm in facing the current global crisis. Learners must purchase their own calligraphy practice kit and have them ready before class. They can be purchased from most art supply stores and are also available through online merchants.

[\\*Online Course Offering](#)

Wed 7pm-9pm Jan 19, 2022 3wks \$49 (\$29sr)

PR-1944

## Business and Finance

### Income Tax Preparation - Online

Tax shelters and tax loopholes can save you thousands of dollars every year! In this online course, topics covered include RRSP's, tax shelters, rental income, home-based businesses, capital gains and losses, interest rates, life insurance and wills/estate planning. All facets of personal income tax preparation for single people and families will be covered.

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)

PR-1855

### Investing 101 Millennials Online Workshop

Millennials, come learn the basics to help you invest. In this online one-day workshop, you will learn about stocks and how to find important investing information. You will learn the value of dividends and capital appreciation. The workshop is designed for the novice investor who wants to learn more about investing basics.

[\\*Online Course Offering](#)

Fri 9am-1pm Jan 14, 2022 1wks \$33 (\$20sr)

PR-2147

## Investing 101 for Millennials - Online

Millennials, come learn the basics to help you invest online! We will start at the beginning in order to understand stocks and bonds. Then, we will journey through the worlds of ETF's and mutual funds. Find out about roboadvisors and discount brokerage accounts. This online course is designed for the beginner investor who would like to find out what online investing can offer.

[\\*Online Course Offering](#)

Thu 6:30pm-9pm Jan 13, 2022 8wks \$164 (\$98sr)

PR-1876

## Investment Planning - Online

In this online course, learn how to take control of your money and build your personal wealth in this introduction to personal finance and investing. This course delivers valuable, practical information in plain language that everyone can understand. Topics discussed include: create your own personal wealth-building plan, choose the right financial advisor, pick the best stocks, bonds, mutual funds and exchange-traded funds, RRSP's and retirement planning, Tax Free Savings Accounts, reduce the tax you pay and much more.

[\\*Online Course Offering](#)

Wed 8pm-9:45pm Jan 12, 2022 9wks \$129 (\$77sr)

PR-2108

## Online Accounting and Bookkeeping-Beginner

This online course is an introduction to basic accounting and bookkeeping processes and procedures for entry level positions e.g. accounts receivable/payable, personal or small business needs. It includes instruction on double-entry journaling, general ledger, posting accruals, deferrals, financial statements, and more.

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)

PR-1898

Tue 5:30pm-7:30pm Jan 11, 2022 9wks \$147 (\$88sr)

PR-2154

Wed 6pm-8pm Jan 12, 2022 9wks \$147 (\$88sr) PR-2018

## Online Accounting: Payroll-Beginner

In this online course, you will learn how to calculate net pay, payroll legislation, tax deductions, tax remittances, process payments, report journal entries, and

Records of Employment (ROE).

[\\*Online Course Offering](#)

Tue 7:30pm-9:30pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2155

## Online Accounting: Small Business and Tax Issues

Throughout this online course, you will be provided with a variety of information to help you manage the operations of your business. Topics include setting up a simple records keeping system, understanding and using of financial statements, Canadian payroll and statutory deductions. Capital cost and capital cost allowance as well as types of vehicle and allowable motor vehicle expenses, attribution rules and income splitting techniques will be covered along with much more! Ideal for new and existing businesses.

[\\*Online Course Offering](#)

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1899

## Online Administrative Office Assistant

In this online course, gain the knowledge you need to be an Administrative Office Assistant. Skills taught include telephone business conversations, scheduling, time management, record management and business correspondence. Projects and case studies will also be covered. This is not a certificate granting course.

[\\*Online Course Offering](#)

Tue 6pm-8pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1916

## Online Buying Your First Home in the GTA

If you are new in Canada and/or are considering buying your first home in Ontario, this online workshop will be a help and a tool for you. In this workshop you will learn the buying process which has been divided in 6 important steps to simplify the understanding of basic principles that lead to home ownership and make 'the most important financial decision of your life' a little clearer and a lot less stressful.

[\\*Online Course Offering](#)

Sat 9am-12pm Jan 8, 2022 1wks \$25 (\$15sr)  
PR-1911

## Online Career Exploration and Decision Making

Are you looking to change or start your career? Benefit from expert career

counselling as well as the support of a group. In this online course you will use a variety of means to determine and work towards your career goal. Quizzes reveal the careers that suit your unique blend of interests, aptitudes, skills and values. You will also learn how to conduct labour market research, build a network, conduct information interviews, and write a resume. You will develop a personal plan to guide you towards your new career and each week you'll complete assignments that will move you closer to your goal.

[\\*Online Course Offering](#)

Tue 6pm-8pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1917

## Online Condominium Buying and Investing

Open any newspaper and there are advertisements for all sorts of condominium projects, and people are lining up to buy them. What's the deal? Toronto has been in a real estate boom since 1995 and condominium sales have been a strong part of that. Learn the process and pitfalls of buying a pre-construction versus a resale condo, the financial analysis of different projects, the various projects available including insight into some of the more interesting ones.

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1866

Mon 5:30pm-7:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2131

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr) PR-1964

## Online Entrepreneurship and Innovation

This online course aims to introduce the concepts and interrelationships between; Entrepreneurship, Innovation and Governance. It will provide learners with the foundation in key ideas and concepts surrounding business operation and examine different relationships to promote, manage and finance both short and long term business objectives. Furthermore, this course will provide the tools for individuals from various backgrounds who are seeking to become an entrepreneur or to enhance the knowledge of those who are already entrepreneurs. Participants do not require any previous knowledge or

experience in business or innovation to be successful in this course.

[\\*Online Course Offering](#)

Thu 6pm-8pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1875

## Online Estate Planning

The online course helps you consider the unique challenges that adults 50+ face as they consider estate planning. This Estate Planning course is designed specifically to allow you to effectively plan your estate. Learn all about probate, creating a will, and estate taxes. Control your estate for your maximum benefit. Plan for your retirement, plan for your future, and improve your personal lifestyle today.

[\\*Online Course Offering](#)

Sat 9am-11am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1857

Mon 6pm-8pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2019

## Online Estate Planning Workshop

Estate Planning is required to ensure that your assets and properties are distributed according to your wishes in a tax efficient manner and not dictated by the law. In this online workshop we will provide an overview and structuring of Will and Power of Attorney.

[\\*Online Course Offering](#)

Thu 5:30pm-7:30pm Jan 13, 2022 3wks \$49 (\$29sr)  
PR-1827

Thu 5:30pm-7:30pm Feb 10, 2022 3wks \$49 (\$29sr)  
PR-1831

## Online Event Planning

Learn to organize and successfully deliver that special event. This online course will help you with smart planning, budgeting, timing and things that you need to deliver a successful event.

[\\*Online Course Offering](#)

Tue 8pm-10pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1937

## Online Find Your Perfect Career Match at Any Age

People of all ages struggle to make a career choice. Young adults are often confused about what career to choose, many experienced workers are not happy in their profession but do not know how to make a transition, and some people are looking for more meaning and purpose in their life. This online career exploration program will answer all your questions and assist in identifying the perfect career match

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

through validated assessments to identify your personality type, skills inventory, aptitude, interest, working style, and work preferences. You will also learn to develop a personal brand and ways to upgrade and enhance your skills without going back to school. Learn what is stopping you from pursuing your dreams, how to overcome your fears, and reprogram your mind.

[\\*Online Course Offering](#)

Wed 6pm-8pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2111

### Online Investing - Online

This online course is an introduction to the world of online investing. We will discuss stocks, bonds, mutual funds, exchange-traded funds, segregated funds, asset allocation and portfolio selection in a relaxed setting. You will learn how to access the vast amount of investing information available online. Try your luck on a simulated stock market. This course is designed for the beginner investor.

[\\*Online Course Offering](#)

Tue 1:30pm-4pm Jan 11, 2022 9wks \$143 (\$86sr)  
PR-2074

### Online Investor Boot Camp: Introduction

Through this online course, you will develop a deeper understanding of how the markets work especially the stock market. Investor psychology, how to buy stocks, key investment themes along with flawed assumptions and methodologies are also explored in this interactive online course. The course is for all investors not just beginners.

[\\*Online Course Offering](#)

Thu 6:30pm-9pm Jan 20, 2022 2wks \$41 (\$25sr)  
PR-1820

### Online Real Estate: Home Buying and Property Investing

Thinking of buying or selling your home? Or have dreams of investing in real estate? In this online course, learn the critical elements of buying and selling real estate that will make the transaction a success and keep you out of trouble. Determine where and what property to buy, how to finance and negotiate the transaction, and who are the critical people you need to hire as part of your team in helping you throughout the process. The topics and detail covered

will appeal whether you are a first-time buyer or an experienced investor.

[\\*Online Course Offering](#)

Mon 7pm-8:30pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2010

### Online Real Estate: Investment Property

Real estate is a great way to create wealth. Learn the math that will keep you out of the red! In this online course, learn how to recognize under-valued properties, the many options available in financing, improvements that yield the biggest returns, property management, how CRA applies taxation to profits, HST implications, to incorporate or not? Learn how to flip homes successfully or buy and hold profitably. If you have thought to start investing or are experienced, this online course is for you!

[\\*Online Course Offering](#)

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1861  
Mon 8:30pm-10pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2009

### Online Stock Market

Have you ever wondered how the stock market works? Would you like to make your own investments in the stock or bond markets to increase your wealth? Do you want information on ways to increase your income now and to increase your nest egg for the future? This online course includes instruction on how to find and evaluate stock and bonds to help you improve your finances.

[\\*Online Course Offering](#)

Mon 6:30pm-8:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2164  
Wed 6pm-8pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2110

## Communications

### Creative Writing Online

Through this online class, learn to craft characters, create mood and structure your work while letting your language flow. Exercises focus on the creation of character through which plot is explored. You will work toward creating a strong story. Teacher editorials and controlled workshop approaches are used to develop strategies for enhancing each individual story.

[\\*Online Course Offering](#)

Sat 11am-1pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1862  
Mon 7:30pm-9:30pm Jan 10, 2022 9wks \$147 (\$88sr)

PR-2014

Thu 7pm-9pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1841

### Online Creative Writing: Fiction

In this online course, participants will be encouraged to write brief weekly assignments in order to learn how to craft a story using character development, dialogue, setting, pacing, and plotting. Whether you're attempting picture books, short stories, or novels, teacher editorials and controlled workshopping will illustrate ways in which your story can be strengthened.

[\\*Online Course Offering](#)

Wed 10am-12pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2085

### Online Creative Writing: Memoirs I ★

Learn the craft of memoir writing and write your personal life story that your peers, children or grandchildren have been asking for. You will have the opportunity to submit several pieces of work for class discussion and critique. Discussions about contemporary memoirs will illustrate a variety of approaches to memoir writing.

[\\*Online Course Offering](#)

Tue 2:15pm-4:15pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2165  
Wed 1pm-4pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-1992

### Online Effective Communication

Are you interested in improving the way you handle some of life's most difficult and important conversations? Do you want to learn to be a more effective communicator, both at home and work? Have you ever felt that even though you're talking to someone they are not hearing you? In this online course, learn how to be heard and how to get the response you are looking for. Put tools in your kit and learn how to format your language, use neurolinguistics to read people, and communicate with confidence and get the response you want.

[\\*Online Course Offering](#)

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1897

### Online English Grammar and Academic Writing

Improve your grammar as you learn the basics of academic writing. Simple and

compound sentences, active and passive voice, punctuation and peer editing. Summary writing and the academic narrative/descriptive paragraph will be practiced.

**\*Online Course Offering**

Sat 10am-12pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1874

## Online Introduction to Psychology

Psychology is the scientific study of mind and behaviour. By understanding the scientific research, we will try to understand human behaviour. Introductory psychology will cover basics like cognitive psychology and developmental psychology, along with common scientific theories and schools of thought like Carl Jung's personality theory, Freud's psychoanalysis, and Maslow's humanistic theory. Some basic questions will be explored, like, the relative roles of nature vs. nurture, free will vs. determinism, and conscious vs. unconscious processing. The goal is to provide an exciting learning experience and apply the information to everyday life.

**\*Online Course Offering**

Sat 10am-12pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1895

## Online Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought processes. In this online course you will learn the basic principles of psychology and develop your critical thinking skills. Learn to evaluate information, apply psychological theories to everyday facts, question commonly held assumptions and ask challenging questions. The study of psychology has many applications for everyday life.

**\*Online Course Offering**

Sat 1pm-3pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1894

## Online Public Speaking

Whether speaking to a small informal group, a business meeting, or a political gathering, stage fright can be a very real and debilitating feeling. This online course will help you overcome some of your fears and give you the tools to improve your public speaking.

**\*Online Course Offering**

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2121

## Public Speaking ●

Whether speaking to a small informal group, a business meeting, or a political gathering, stage fright can be a very real and debilitating feeling. This course will help you overcome some of your fears and give you the tools to improve your public speaking.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

**Overland PS 55 Overland Drive, North York**

Sat 9am-11am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1900

## Computers

### Computer Upgrading/Service/Repairing ●

Learn how to build, upgrade and repair personal computers. This course is valuable for both novices and experienced computer users. Topics include: troubleshooting hardware and software problems; installing and replacing processors, memory modules, hard drives, CD ROM/DVD and expansion cards; formatting Hard Disks, Windows installation tips and tricks, small network setup; Internet connectivity and security. Students please bring a screwdriver to class.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

**Overland PS 55 Overland Drive, North York**

Thu 11am-1pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-2092

### Online Adobe Creative Suite: All-In-One

This intense online course introduces you Adobe Creative Suite as a package. Six programs are covered: Photoshop (photo editing and painting), Bridge

(photos/videos organizing), Illustrator (drawing and design), Dreamweaver (Web Pages creating), Flash (Animations) and InDesign.

**\*Online Course Offering**

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1887

### Online Building Blogs and Websites with WordPress

In this online course, you will learn how to build blogs and websites with the free, web-based WordPress software. Build attractive, professional looking sites that incorporate text, graphics and video. Learn to quickly and easily add new blog posts or webpages as well as how to use themes to change the look of your site and plug-ins to add functionality to your site.

**\*Online Course Offering**

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1856

Mon 6pm-8pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2020

### Online Building Blogs and Websites with WordPress Advanced

You will learn how to build an E-Commerce, Membership and Multilingual sites, conquer theme problems, understand theme mechanics, monetize a website, site management, exporting and importing your data, Search Engine Optimisation, experiment with live CSS plugin, create child themes, understand how templates work, solve plugin problems, introduction to HTML, work with Page Builders and Google Analytics. This is not a beginner course, you will need basic WordPress knowledge.

**\*Online Course Offering**

Wed 8pm-10pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2102

### Online Computer Applications for Everyday Life

Through this online course, learn computer skills that can be used in everyday life, e.g. Internet banking, searching information online and the basics of using e-mail. Start with the basics of some Microsoft Office applications (Word and Excel). Explore Internet usage, e.g., e-mailing or shopping online. Higher level use of the Microsoft Office programs (Word, Excel and Power Point) will be introduced according to the students' level.

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

Learners are required to have a Windows operating system.

*\*Online Course Offering*

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1865  
Mon 7:30pm-9:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2130  
Tue 6pm-8pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1946

## Online Computer Applications for Everyday Life ★

In this online course, learn computer skills that can be used in everyday life, e.g., Internet banking, searching information online and the basics of using e-mail. Start with the basics of some Microsoft Office applications (Word and Excel). Explore Internet usage, e.g., booking movie tickets, e-mailing or shopping online. Higher level use of the Microsoft Office programs (Word, Excel and Power Point) will be introduced according to the students' level. Learners are required to have a Windows operating system.

*\*Online Course Offering*

Fri 1:30pm-3:30pm Jan 14, 2022 9wks \$147 (\$88sr)  
PR-1979

## Online Computer Skills Intermediate

In this online course, students will learn to store, organize, move, delete, rename, create shortcuts, and copy files/folders within their computer and find 'lost files/folders'. Explore the Internet and its functions, use webmail to communicate with your loved ones. Protect your computer from viruses, Malware and Spyware. We will cover popular applications such as notepad, PDF, paint, media player. This course is not geared toward MAC applications.

*\*Online Course Offering*

Wed 9am-11am Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2086

## Online Computer Skills for Workplace Proficiency

Through this online course, learn how MS Office can simplify your everyday business tasks. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher, as well as combining the components. Perfect for starting a (small) business or improving your workplace skills.

Basic computer skills an asset. It is recommended that learners have the complete Microsoft Office Suite installed on their home computer or laptop.

*\*Online Course Offering*

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1891  
Tue 9:30am-11:30am Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2072  
Tue 7pm-9pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2134  
Thu 6pm-7:30pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1396

## Online Computer Skills for Workplace Proficiency-Int/Adv

This online course will further advance your computer skills for the workplace or your small business. We will cover Word (advanced); Publisher (leaflets and newsletters); Power Point (presentations); Excel at the intermediate level (charts and spreadsheets) and Access (advanced queries). Experience in Microsoft Office is recommended. It is recommended that learners have the complete Microsoft Office Suite installed on their home computer or laptop.

*\*Online Course Offering*

Sat 1pm-3pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1892  
Thu 7:30pm-9pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1399

## Online Computer Training and Social Media for Beginners

This online class is for those who have little or no experience with social media and computing for everyday. Learn how to create Twitter, Facebook, Pinterest and other social media accounts. Update status, pictures and videos. Learn how to use software tools, how to run a computer faster, and deleting/preventing viruses. Learners will also explore the latest free websites for everyday life, shopping and selling online and using Google's features to help with life.

*\*Online Course Offering*

Tue 6pm-8pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1921  
Thu 5:30pm-7:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1644

## Online Data Analysis - with Excel

You've completed Excel-Advanced course. Now challenge yourself with the next logical step. This online course will help you to visualize, analyze and gain insights from your data using very powerful tools such as Dashboard, Power

Query, Power BI (Business intelligence), Get Data from Web/Files/Database, and Combine Queries.

*\*Online Course Offering*

Wed 6pm-8pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2039

## Online Digital Photo Album

Join us online and learn how to turn your pictures into a digital album or a musical slide show everyone will admire! Find out how to copy pictures from your camera to your computer, search through them, organize them using folders and subfolders, optimize and improve your photos before sharing them with family and friends all over the world. Please have your digital camera with photos ready to go! Please note this course is for Windows. This course is not for users of Mac computers.

*\*Online Course Offering*

Mon 11am-1pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2087

## Online Google's Free Tools and Applications

Discover what you can get for free from google. In this online course, learn about Professional Email, safe and free Cloud Storage for all your photos and documents, create and share your documents for free. Stay connected with family, friends and even clients through free audio and video calls and much more. This course free web applications from Goggle including Gmail, Google Maps, Google Drive, Google News, Google Photo , Google Hangouts, Google Calendar, and Google Docs.

*\*Online Course Offering*

Mon 9am-11am Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2091

## Online HTML, CSS, & HTML5

HTML & CSS are used to form the building blocks and foundation for displaying elements on a web page. Students will be introduced to HTML, (Hyper Text Markup Language), which uses many tags to build structure to a web page. CSS, (Cascading Style Sheet), will present the HTML with the use of various properties such as colour, text formatting, division containers and multiple layout items. You will learn how to add Images, text and make hyper-links to various items. This online course introduces skills required to develop web pages and maintain sites which use CMS

tools, (Content Management Systems).

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1888

### Online JavaScript & JQuery

JavaScript knowledge is essential for any Web developer nowadays. Any Web browser has built-in JavaScript engine. Using JavaScript you can embed into the Web pages small pieces of software the Web browser can interpret on the fly. This way you make dynamic Web pages that handle user's interactions and change in front of the user's eyes. JQuery is free and the most popular library of prewritten JavaScript functions. JQuery lets you create amazing visual effects and animations in the Web page.

[\\*Online Course Offering](#)

Tue 7pm-9pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2158

### Online Microsoft Excel Advanced

This online course will review Excel Intermediate topics (conditional formatting, charts, formulas and functions, sort and filter) and then take you to the next level and teach you important Excel functions like VLOOKUP, and Pivot Tables. You'll also learn crucial text-related features like splitting and joining text and removing duplicates.

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1893  
Tue 6pm-8pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1920

### Online Microsoft Excel Beginner

In this online course, learn the basics of creating spreadsheets in Excel. Enter data, formulas, basic functions, format, and print workbooks.

[\\*Online Course Offering](#)

Mon 6pm-7:45pm Jan 10, 2022 9wks \$129 (\$77sr)  
PR-1952  
Mon 6pm-7:45pm Jan 10, 2022 9wks \$129 (\$77sr)  
PR-2008  
Thu 7:30pm-9:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1539

### Online Microsoft Excel Intermediate

This online course will review the fundamentals of Excel and then take you to the next level and teach you how to use formulas and functions, create and format tables, sort and filter, and add charts.

[\\*Online Course Offering](#)

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1859

### Online Microsoft Excel Visual Basic for Application (VBA)

In this online course, learn to automate Excel by writing VBA (Visual Basic for Applications) macros. Designed for the novice or non-programmer, students will start by recording VBA macros and then use the Visual Basic Editor (VBE) window to write and edit code for sub procedures in modules.

[\\*Online Course Offering](#)

Thu 5:30pm-7:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1541

### Online Microsoft Excel Visual Basic for Application (VBA)-Intermediate

You've completed the beginner course in Microsoft Excel Visual Basic for Application (VBA). Now challenge yourself with the next logical step. Intermediate VBA is the learner friendly course that steps you through powerful, more advanced features and possibilities of making VBA do what you need it to. This course is delivered online.

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-2181

### Online PhotoShop Beginner

This online course for beginners who want to learn the concepts and techniques of photo editing, using the industry standard Adobe Photoshop. Using step-by-step, project-based lessons, this course covers the principles and concepts of Photoshop's environment, resolution issues, sizing and cropping images, selecting image areas, use of the layers to combine different images, image colour modes, colour & painting tools, adding text, cloning, layer effects and filters, adjusting image colour, and saving completed images.

[\\*Online Course Offering](#)

Tue 5:30pm-7:30pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2153  
Thu 9am-11am Jan 13, 2022 9wks \$147 (\$88sr)  
PR-2063

### Online Social Media Marketing for Small Business

In this online course, learn effective strategies of Social Media Marketing. This class is designed as a basic introduction on how to use Social Media to increase consumer reach. We will explore

successful past Social Media campaigns and examine the factors leading to their success. Topics covered will include Search Engine Optimization, Meta Tags, effective use of hashtags and how to set up your business page. Forms of Social Media covered include the following: Facebook, Twitter, Pinterest, Instagram, Youtube, LinkedIn, Blogs & Forums.

[\\*Online Course Offering](#)

Sat 1pm-3pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1889  
Thu 7:30pm-9:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1833

### Online Web Design-Beginner

For those new to web design, this online course teaches planning and development techniques required to develop a web site. Learners are introduced to HTML for navigation and page structure and CSS for presenting type/text, and colour. Basic Photoshop features are introduced to create graphics and images for your site. At the end of this course, students will have developed a simple site including images, navigation, text and links.

[\\*Online Course Offering](#)

Fri 11am-1pm Jan 14, 2022 9wks \$147 (\$88sr)  
PR-2044

### Online Windows 10 ★

In this online course, learn how to: manage your desktop, organize personal data in files, folders and libraries, enjoy your photo, music and video collections, and use the Internet. We will also look at the different apps, features and settings of Windows 10.

[\\*Online Course Offering](#)

Fri 9am-11am Jan 14, 2022 9wks \$147 (\$88sr)  
PR-1990

### Photoshop Beginner ●

This course is for beginners who want to learn the concepts and techniques of photo editing, using the industry standard Adobe Photoshop. Using step-by-step, project-based lessons, this course covers the principles and concepts of Photoshop's environment, resolution issues, sizing and cropping images, selecting image areas, use of the layers to combine different images, image colour modes, colour & painting tools, adding text, cloning, layer effects and filters, adjusting image colour, and saving completed images.\* The health and safety of our learners is

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Overland PS 55 Overland Drive, North York  
Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1647

## Python - Online

Python is the hot new computer language that is easy-to-learn, elegant, and popular. Through this online course, we will help you to quickly get Python under your belt. Nowadays, it is the first language of choice in high schools, colleges, and universities and is taking over in the Programming world.

\*Online Course Offering

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1890

## Web Design Beginner ●

For those new to web design, this course teaches planning and development techniques required to develop a web site. Learners are introduced to HTML for navigation and page structure and CSS for presenting type/text, and colour. Basic Photoshop features are introduced to create graphics and images for your site. At the end of this course, students will have developed a simple site including images, navigation, text and links. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Overland PS 55 Overland Drive, North York  
Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1947

## Crafts

### Online Crochet & Knitting, Design Your Own Style

In this course, learn the basics of crocheting and knitting. Build on skills

acquired, for beginners and refreshers, to design in beautiful yarns. You will be taught how to read patterns, learn new techniques, and how to make simple items such as: a scarf, hat, afghan, crochet bracelet and more. You will need to purchase yarn, hooks, and needles. Make new friends. Learn new skills each class in a relaxed learning atmosphere.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

\*Online Course Offering

Wed 5:30pm-7:30pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2093

## Online Jewellery Making Fundamentals

This online course is designed for a beginner or novice jeweller with some previous instruction in jewellery making. It will provide you with some practical experience in jewellery making, particularly with wire work, bead stringing, bead weaving and pearl knotting techniques. Participants will learn about jewellery design and experiment with construction techniques using various tools, jewellery findings and materials, symmetry and texture. Attendees will have the opportunity to create nine distinctive jewellery projects. Students must have their own tools and materials. A list of tools and materials needed will be provided.

\*Online Course Offering

Sat 11am-1pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1858

## Weaving Advanced ●

This class is for participants that have completed a minimum of two projects on the loom. Participants have the opportunity explore new patterns and techniques. Learners must have their own equipment and purchase their own materials. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our

learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2065

## Weaving: Fabric and Tapestry- All Levels ●

Create a sampling of patterns to use for projects such as place mats, scarves, and rugs. Once the sampler is completed, in consultation with the Instructor, and based on the participants' level, a project will be picked that can be completed within the term. Equipment is available in class. Instructor will provide a list of required materials. Materials to be purchased by participants. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-1pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-2069

## Weaving: Fabric and Tapestry- All Levels ★●

Create a sampling of patterns to use for projects such as place mats, scarves, and rugs. Once the sampler is completed, in consultation with the Instructor, and based on the participants' level, a project will be picked that can be completed within the term. Equipment is available in class. Instructor will provide a list of required materials. Materials to be purchased by participants. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and

physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 1:30pm-4:30pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-1997

### Weaving: Introduction ●

Throughout the course participants will learn the basics of weaving using a loom. This includes: project planning, loom set up, weaving a project, as well as finishing techniques. Each participant will weave their own project (such as a scarf, table runner, wall hanging, or sampler) that must be completed within the term. Equipment is available in class, materials are to be purchased by participants. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 1:30pm-4:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2068

## Dance

### Ballroom and Latin Dancing Beg/Int ●

This continuation of the beginner course will add new steps and body movements to your repertoire. Prerequisite: Ballroom and Latin Dancing-Beginner. Wear comfortable shoes. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending this class, it is strongly recommended that only couples register for this class. Everyone must follow the Toronto Public Health Guidelines by wearing a mask. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Overland PS 55 Overland Drive, North York  
Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-2177

### Ballroom and Latin Dancing Beginner ●

Learn the basics of ballroom dancing, including many of the Latin dances. A variety of dances are covered including: Waltz, Foxtrot, Tango, Swing, Cha-Cha, Rumba and more. Build on a good foundation of movement, poise and balance. Wear comfortable shoes. The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending this class, it is strongly recommended that only couples register for this class. Everyone must follow the Toronto Public Health Guidelines by wearing a mask. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Overland PS 55 Overland Drive, North York  
Thu 1pm-3pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-2178  
Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-2176

### Egyptian Belly Dancing-Beginner ●

Tone muscles, improve posture and increase your body awareness while developing grace and body movement. Wear leotard, body suit or exercise clothes. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Overland PS 55 Overland Drive, North York  
Sat 1pm-2pm Jan 8, 2022 9wks \$74 (\$44sr)  
PR-2175

### Online Ballroom & Latin Dancing Beginner

Join us online, learn the basics of ballroom dancing, including many of the Latin dances. A variety of dances are covered including: Waltz, Foxtrot, Tango, Swing, Cha-Cha, Rumba and more. Build on a good foundation of movement, poise and balance. Wear comfortable shoes.

\*Online Course Offering  
Mon 7pm-8:30pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2003

### Online Egyptian Belly Dancing-Beginner

Tone muscles, improve posture and increase your body awareness while developing grace and body movement. Wear leotard, body suit or exercise clothes.

\*Online Course Offering  
Tue 7pm-8pm Jan 11, 2022 9wks \$74 (\$44sr)  
PR-1935

### Online Hip Hop Dance

This beginner/intermediate class is a fun way of learning creative and 'funky' dance moves. We will focus on basic and advanced level body movements with emphasis placed on choreographed music video dance. Running shoes and comfortable clothing should be worn.

\*Online Course Offering  
Mon 6:30pm-8pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2127

### Line Dancing Beginner ●

This course will introduce you to basic line dance steps and commonly used cues, as well as to popular line dances that are done in social dance settings. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending this class, everyone must follow the Toronto Public Health Guidelines by wearing a mask. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Jan 14, 2022 9wks \$147 (\$88sr)  
PR-2055

Overland PS 55 Overland Drive, North York  
Mon 1pm-2:30pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2148

### Line Dancing Intermediate ●

In this course, learn new steps and more complex patterns to those learned in Line Dance Beginner. Participants must be able to follow cues from the beginner (Level 1) steps. Dances will vary in difficulty from Level 1+ to Level 2+. \*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending this class, everyone must follow the Toronto Public Health Guidelines by wearing a mask. Classes may be cancelled due



This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 12pm-2pm Jan 14, 2022 9wks \$147 (\$88sr)  
PR-2056

Overland PS 55 Overland Drive, North York

Mon 2:30pm-4pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2149

## Online Night Club Dancing-Salsa and More

In this online course, learn hot Latin dances, 'nightclub style' (non-ballroom) such as Salsa, Merengue, Bachata (or Cha-Cha.) Dancing is an activity that will help you stay in shape and make you feel and look great! Wear comfortable shoes.

[\\*Online Course Offering](#)

Mon 8:30pm-10pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2016

## Discover the Outdoors

### Birdwatching, Flora & Fauna - Discover the Outdoors ●

Learn to identify common and not so common bird species by their appearance, song and habitat. We will visit various Toronto area sites to find and observe birds in the wild. We will also explore interesting facts about various shrubs, plants and trees we encounter along the way. Binoculars, bottled water and good walking shoes are a good idea. \* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

[\\*In-person Course Offering](#)

Sat 8am-11am Jan 8, 2022 9wks \$221 (\$133sr)  
PR-1905

Mon 10am-1pm Jan 10, 2022 9wks \$221 (\$133sr)

PR-1906

Tue 10am-1pm Jan 11, 2022 9wks \$221 (\$133sr) PR-1907

Wed 10am-1pm Jan 12, 2022 9wks \$221 (\$133sr)

PR-1908

Thu 10am-1pm Jan 13, 2022 9wks \$221 (\$133sr) PR-1909

Fri 10am-1pm Jan 14, 2022 9wks \$221 (\$133sr)

PR-1910

## HIIT Hiking Outdoors ●

This HIIT hiking course is designed for the beginner to intermediate hiker. It will gradually build your stamina, endurance and pace over flat and challenging terrain. Learn how your abdominals and ankles are used for stability and develop those muscles through each lesson as the course progresses, allowing you to go further and faster every week. Each class will build on the previous one and the finale will be a 12 km hike through mixed terrain at a goal of 6km/hour. Learners registered in this class will be sent an email with the meet up schedule one day before the first class. \* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

[\\*In-person Course Offering](#)

Sat 10am-11:30am Jan 8, 2022 9wks \$111 (\$67sr)  
PR-2037

## Fitness

### Online Absolute Abs: Lower Body Blast

Work your abs, buttocks and thighs like never before! Not only will you work towards building that six pack, but more importantly, you will strengthen your lower abs, to give you strength and stability in your pelvis, hips and lower back. Please have a mat, towel, and light weights 1 or 2 lbs.

[\\*Online Course Offering](#)

Sat 11:30am-12:30pm Jan 8, 2022 9wks \$74 (\$44sr)  
PR-1873

Mon 7:30pm-8:30pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2002

### Online Aches and Pain - Proactive Self-care

Lengthening and strengthening some of our fine tuned, supporting muscle can address a significant portion of our physical ailments. For so many, the hips, low back, and shoulders can be a consistent issue. With a focus on the most common concern areas, this course will provide tools and stretches

to integrate into a daily routine students can execute at home. This online course guides the student to an ache free life.

[\\*Online Course Offering](#)

Wed 5:30pm-6:30pm Jan 12, 2022 9wks \$74 (\$44sr)  
PR-2094

Thu 10:45am-11:45am Jan 13, 2022 9wks \$74 (\$44sr)  
PR-2084

## Online Aging Backwards with Yoga

If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on Hatha and Yin yoga and incorporates some of the "Essentrics" techniques, founded by Canadian expert Miranda Esmonde. This class is designed for all levels, and for people who want a stretching and strengthening workout. A yoga mat and a yoga block is encouraged to have.

[\\*Online Course Offering](#)

Mon 6pm-7:15pm Jan 10, 2022 9wks \$92 (\$55sr)  
PR-1939

## Online Bone Fitness

Improve bone and muscle strength in an online fitness class filled with variety. Exercises include weight bearing, balance, strength training and proper posture.

[\\*Online Course Offering](#)

Thu 9:30am-10:30am Jan 13, 2022 9wks \$74 (\$44sr)  
PR-2078

## Online Fitness

Improve bone and muscle strength in an online fitness class filled with variety. Exercises include weight bearing, balance, strength training and proper posture.

[\\*Online Course Offering](#)

Mon 11am-12pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2081

## Online Fitness ★

Can't get motivated on your own? Come to our fitness class and increase your energy and well-being in a relaxed and social atmosphere! Exercises are designed to improve flexibility, joint mobility, cardiovascular endurance and muscular strength.

[\\*Online Course Offering](#)

Wed 9am-10am Jan 12, 2022 9wks \$74 (\$44sr)  
PR-1993

Fri 9am-10am Jan 14, 2022 9wks \$74 (\$44sr)

PR-1980

Fri 1:30pm-2:30pm Jan 14, 2022 9wks \$74 (\$44sr)  
PR-2168

## Online Fitness and Strength Training

Achieve your physical fitness potential in an online setting with a personal trainer. Reach your fitness goals by creating your own individualized workout program. We will work on resistance training using free weights, dumbbells, stability ball, and a bench and bar. We will focus on cardiorespiratory fitness, core conditioning and stretching. Learners are encouraged to have, at the very minimum, a stability ball and dumbbells for the class.

*\*Online Course Offering*

Mon 6pm-7pm Jan 10, 2022 9wks \$74 (\$44sr)

PR-2028

Wed 6pm-7pm Jan 12, 2022 9wks \$74 (\$44sr)

PR-2033

## Online Full Body Boot Camp

Full Body boot camp is a challenging and effective full body work out designed to sculpt and tone your body and push you to your limits. Come prepared to do high impact cardio which includes running, jumping, burpees, skipping, plyometric drills, strength training, abs and mat/floor work. Recommended equipment: set of 2 to 5 pound dumbbells, yoga mat or towel.

*\*Online Course Offering*

Sat 9:45am-10:45am Jan 8, 2022 9wks \$74 (\$44sr)

PR-1868

## Online Gentle Fitness ★

Enjoy an online workout that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Bring your own towel and weights.

*\*Online Course Offering*

Mon 9:15am-10:45am Jan 10, 2022 9wks \$111 (\$67sr)

PR-1994

Wed 9:15am-10:45am Jan 12, 2022 9wks \$111 (\$67sr)

PR-1982

## Online 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.

*\*Online Course Offering*

Wed 6pm-7pm Jan 12, 2022 9wks \$74 (\$44sr)

PR-2032

## Online Golden Age Yoga ★

This online holistic course incorporates an exercise routine which helps alleviate muscular and skeletal disorder, hypertension, vision and cardiac complications. You will learn new skills in managing depression, loneliness and memory loss. Please bring your own yoga mat.

*\*Online Course Offering*

Tue 2:30pm-4pm Jan 11, 2022 9wks \$111 (\$67sr)

PR-2166

## Online Looking Fit and Feeling Strong

What happens to our bodies as we age and how do we take control of the aging process? This online course will cover what we need to do to improve our posture, body composition, muscle strength, bone density and state of mind. Mini-seminars with specific health strategies followed by a weight training workout with dumbbells.

*\*Online Course Offering*

Thu 6:30pm-8pm Jan 13, 2022 9wks \$111 (\$67sr)

PR-1821

## Online Pilates

Strengthen and tone your body with pilates. Developed by Joseph Pilates in the early 1920's and utilized by fitness and dance instructors worldwide, pilates focuses on strength, control, flexibility, fluidity and balance. This online course offers gentle yet challenging exercise can help sculpt the body through proper breathing and concentration techniques. Recommended equipment: Exercise mat.

*\*Online Course Offering*

Sat 11am-12pm Jan 8, 2022 9wks \$74 (\$44sr)

PR-1860

Mon 9am-10:30am Jan 10, 2022 9wks \$111 (\$67sr)

PR-2047

Mon 7:30pm-8:30pm Jan 10, 2022 9wks \$74 (\$44sr)

PR-2021

Thu 8pm-9pm Jan 13, 2022 9wks \$74 (\$44sr)

PR-1542

Fri 9:15am-10:45am Jan 14, 2022 9wks \$111 (\$67sr)

PR-2050

## Online Resistance Training Workout

In this online course, learn to improve muscular strength and endurance during this resistance training workout. Move your limbs against resistance provided by your body weight, gravity, and bands. All levels welcome. Please have a mat, towel, light weights 1-2 pounds, and

elastic bands.

*\*Online Course Offering*

Tue 7:30pm-9pm Jan 11, 2022 9wks \$111 (\$67sr)

PR-1949

## Online Spine Health - Movement for a Healthy Back

Leveraging Yoga, Pilates, and Plyometrics, this informative online course will teach techniques and exercises that strengthen the posture supporting muscles.

Learners will find a deeper awareness of their own source of back discomfort and learn techniques to address these ailments. This class integrates active and passive movement with low impact.

*\*Online Course Offering*

Thu 12pm-1pm Jan 13, 2022 9wks \$74 (\$44sr)

PR-2043

## Online Super Strong Abs and Stretch

Work your abdominals like never before! This online class offers the perfect combination of amazing ab exercises to challenge and strengthen your core, followed by a relaxing stretch session at the end. Recommended equipment: mat, and weights

*\*Online Course Offering*

Mon 8:15pm-9:15pm Jan 10, 2022 9wks \$74 (\$44sr)

PR-2161

## Online Tai Chi Advanced II ★

This course is a follow-up to the Advance Level I course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn advance warm-up exercise and new postures from the third section (Yang Style). In this class you will also learn the Tai Chi Sword (A plastic retractable sword will be used) (Level two).

*\*Online Course Offering*

Tue 9:15am-10:45am Jan 11, 2022 9wks \$111 (\$67sr)

PR-1986

## Online Tai Chi Beginner

Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. In this online course, you will learn warm-up techniques and practice various forms within a routine. (Yang style).

*\*Online Course Offering*

Sat 9am-10:30am Jan 8, 2022 9wks \$111 (\$67sr)

PR-1870

Mon 6pm-7:30pm Jan 10, 2022 9wks \$111 (\$67sr)

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

PR-1943  
Mon 6pm-7:30pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2011  
Tue 2:30pm-4pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-2052  
Tue 6pm-7:30pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-2137  
Wed 6pm-7:30pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2124  
Thu 6:30pm-8pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1824

### Tai Chi Beginner●

Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. In this course, you will learn warm-up techniques and practice various forms within a routine. (Yang style).\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2058

### Online Tai Chi Intermediate

This online course is a follow-up to the beginner course. You will learn new techniques and further your practice.

\*Online Course Offering

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-1961  
Mon 7:30pm-9pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2012  
Tue 7:30pm-9pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-2138  
Thu 6:30pm-8pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1544

### Tai Chi-Intermediate●

This course is a follow-up to the beginner course. You will learn new techniques and further your practice.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at

that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2145

### Online Tai Chi Intermediate ★

This course is a follow-up to the beginner course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn warm-up techniques and practice various forms within a routine.

\*Online Course Offering

Tue 12:45pm-2:15pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-1987

### Online Tai Chi Qigong

In this online course learn the core foundation of Tai Chi with simple to remember Silk Reeling exercises to discover, and increase Chi flow to all vital organs. Coordinate breath, with movement and intention, to empower your days. Use torque to increase bone density. Improve balance and prevent falls. Become more pliable and grounded under duress. Plus, learn self shiatsu techniques.

\*Online Course Offering

Mon 7:45pm-9:15pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-1942

### Online Yin Restorative Yoga

This online class is designed to help nurture all parts of you. Yin is a slower paced style of yoga that incorporates longer, more passively held poses. This style of practice allows the fascia (the connective tissue holding muscle fibres together) time to soften and adapt allowing the body to melt and release deeply held tension through the yin practice. The style is practiced lying down on a mat, or in a seated position, providing a very relaxed, restful experience. Over longer term practice, this style of yoga gently encouraged increased range of motion, while encouraging mindful awareness of the body. Recommended equipment: yoga mat and yoga block.

\*Online Course Offering

Mon 5:30pm-6:30pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2172  
Thu 6pm-7:15pm Jan 13, 2022 9wks \$92 (\$55sr)  
PR-1847  
Fri 3:30pm-4:45pm Jan 14, 2022 9wks \$92 (\$55sr)  
PR-2143

### Online Yoga Deep Relaxation & Meditation All Levels

Join us online, learn yoga exercises followed by deep relaxation and thought-free meditation. Reap the benefits of a youthful, restful and balanced lifestyle.

\*Online Course Offering

Mon 7:30pm-8:30pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-1954  
Wed 6:30pm-8pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2101  
Wed 7:30pm-9pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2126

### Online Yoga for a Healthier, Slimmer You

In this online course, learn how to use Hatha and Kundalini exercises to aid in digestion, reboot your metabolism, release tension, de-stress and deal with cravings. Get in tune with your body as you tone it! Open and accessible to all fitness levels.

\*Online Course Offering

Thu 6:30pm-8pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1546

### Online Yoga: Hatha All Levels

Yoga can be adapted to suit individual levels of flexibility, endurance and strength. Gain calm and confidence as you learn to harmonize the body and the mind. Please have a yoga mat.

\*Online Course Offering

Mon 6pm-7pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-1938  
Tue 9:30am-10:30am Jan 11, 2022 9wks \$74 (\$44sr)  
PR-2059  
Wed 10am-11am Jan 12, 2022 9wks \$74 (\$44sr)  
PR-2053  
Wed 6pm-7pm Jan 12, 2022 9wks \$74 (\$44sr)  
PR-1945  
Thu 4pm-5pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-2045  
Thu 7:30pm-8:30pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-1653

### Online Yoga: Hatha All Levels ★

Yoga can be adapted to suit individual levels of flexibility, endurance and strength. Gain calm and confidence as you learn to harmonize the body and the mind. Please have a yoga mat.

\*Online Course Offering

Thu 9am-10am Jan 13, 2022 9wks \$74 (\$44sr)  
PR-1991

### Online Yoga: Hatha Beginner

Gain calm and confidence as you learn to harmonize the body and the mind. Explore breathing exercises and relaxation techniques. Please have a mat

or towel.

[\\*Online Course Offering](#)

Wed 6pm-7:30pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2125

### Online 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. Achieve your personal best by way of active yoga sets that combine postures, breath work, meditation, and deep relaxation. Includes exercises that promote breast health for prevention and recovery.

[\\*Online Course Offering](#)

Thu 8pm-9:30pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1826

### Online Yoga: Kundalini Beginner/Intermediate

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.

[\\*Online Course Offering](#)

Mon 6:30pm-8pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2013  
Tue 6pm-7:30pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-1923

### Online 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 online course features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

[\\*Online Course Offering](#)

Mon 6:30pm-7:30pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2017  
Mon 7pm-8pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-1957  
Mon 7:30pm-8:30pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2173  
Tue 6pm-7pm Jan 11, 2022 9wks \$74 (\$44sr)  
PR-1922  
Thu 6pm-7pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-1650  
Thu 7:15pm-8:15pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-1553

### Online 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 skipping on the traditional party atmosphere and the latin rhythms will move you and groove you to a new tune.

[\\*Online Course Offering](#)

Mon 6:30pm-7:30pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2174  
Thu 12pm-1pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-2048  
Thu 6pm-7pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-1578  
Thu 7pm-8pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-1651

### Online Zumba Gold Toning

The Zumba Gold-Toning program offers the best of both worlds - the exhilarating experience of a Zumba fitness party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

[\\*Online Course Offering](#)

Thu 1pm-2pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-2046

### Online Zumba Sentao

Zumba Sentao combines strength and resistance exercises with cool dance moves using a chair. This online program strengthens your core, burns major calories, and sculpts muscle. This class is for the more advanced Zumba enthusiast ready for a high intensity workout.

[\\*Online Course Offering](#)

Sat 8:30am-9:30am Jan 8, 2022 9wks \$74 (\$44sr)  
PR-2152

### Online Zumba Toning

It's Zumba taken to the next level. Now that you've worked the lower body rhythm, it's time to perfect the upper body. Zumba Toning is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps to build coordination and muscle endurance. This online class is open to everyone, no previous dance or Zumba class experience necessary. Recommended

equipment: 1lb weight.

[\\*Online Course Offering](#)

Thu 8:30pm-9:30pm Jan 13, 2022 9wks \$74 (\$44sr)  
PR-1619

### Walk Your Way to a Healthy Weight - Outdoors ●

Walk your way to a healthy weight. Exercise does not need to be intense or exhausting in order to promote a healthy weight. Hit your goal of 10,000 steps for the day. Walking fitness classes are a great way to motivate you to commit to a weekly walking schedule and meet new people. Class is suitable for beginners. We will also discuss topics related to healthy living. This class is held outdoors and the meeting location is Overland Learning Centre, 55 Overland Drive, North York, ON.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

[Overland PS 55 Overland Drive, North York](#)

Thu 5pm-6:30pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1836

## Food

### Introduction to Traditional Italian Cooking Online

From Tuscany to Florence, Italy is synonymous with delicious and flavourful dishes. In this online introductory course, learn to prepare classic Italian meals that Nonna would approve of. From pizza to pasta, you'll learn traditional techniques and recipes that will have your dinner guests saying, MOLTO BENE! Final price includes material fee of \$30.00 for cost of materials used by the instructor during the class. To view recipe and ingredients needed for the first class, please visit the website and click the material list pdf under Files just below the course Schedule.

[\\*Online Course Offering](#)

Wed 6:30pm-9:30pm Jan 12, 2022 9wks \$251 (\$163sr)  
PR-2035

### Online Asian Cuisine ★

Discover new ingredients and exciting flavour combinations from some of the most savoury and authentic dishes throughout Asia. This course will journey through East to Southeast Asia in cuisines of Chinese, Japanese, Korean, Vietnamese and Thai and more. Immerse yourself in this educational and fun demo-style (with option of hands-on) class that will upgrade your cooking skills and leave your taste buds on a trip around the world. Final price includes a material fee of \$20.00 for cost of materials used by the instructor during the class. To view recipe and ingredients needed for the first class, please visit the website and click the material list pdf under Files just below the course Schedule.

**\*Online Course Offering**

Wed 10am-12pm Jan 12, 2022 9wks \$167 (\$108sr)  
PR-1975

### Online Baking Skills

Learn how to bake a variety of baked goods through demonstrations. Products include quick breads, bread, coffeecakes, cookies, cakes, pastries and more. Students will also learn basic piping and masking skills to help them finish a cake. Final price includes a material fee of \$30.00 for cost of materials used by the instructor during the class.

**\*Online Course Offering**

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2119

### Online Chef On The Run

Pressed for time? This online course is organized for the time-crunched cook who believes that fresh home cooked food beats take-out food any day of the week. Have a wholesome delicious meal on your plate in 30 minutes. Quick-to-fix breakfast ideas, lunch treats, healthy dinners which will satisfy the family, yet are fancy enough for company. Create delicious menus, which incorporate fresh and wholesome seasonal ingredients. Final price includes a material fee of \$30.00 for cost of materials used by the instructor during the class.

**\*Online Course Offering**

Sat 11am-1pm Jan 8, 2022 9wks \$177 (\$118sr)  
PR-1864

### Online Cinnamon Buns Workshop

Who doesn't love the smell of cinnamon buns baking in the oven. Ever wonder how to make cinnamon buns? Learn how in this online workshop and enjoy with family and friends. Learners must have: a digital scale, measuring cups and spoons, chef's knife, spatula, baking tray, and dishtowels. Final price includes a material fee of \$10.00 for cost of materials used by the instructor during the online class. To view recipe and ingredients needed for the first class, please visit the website and click the material list pdf under Files just below the course Schedule.

**\*Online Course Offering**

Sat 9am-12:30pm Feb 5, 2022 1wks \$39 (\$27sr)  
PR-1914  
Mon 6pm-9:30pm Mar 28, 2022 1wks \$39 (\$27sr)  
PR-1958

### Online Cooking 101 and Beyond

Want to build your own menu, but don't know where to start? Want to make delicious food and save money on take out? In this online course, you will learn proper cooking techniques, knife skills, and menu planning, while making fresh pasta, breads, sauté and roast meats. We will also dive into the world of sushi and seafood. So bring your apron and get ready to join us on an adventure of Cooking 101 and Beyond. Final price includes a material fee of \$30.00 for cost of materials used by the instructor during the class.

**\*Online Course Offering**

Thu 6:30pm-9:30pm Jan 13, 2022 9wks \$251 (\$163sr)  
PR-1819

### Online Culinary Skills

This online class incorporates cooking and baking skills. Whether you are a novice or intermediate cook/baker, through demonstrations, learn how to make a variety of dishes and baked goods including breakfast/quick breads, cake, and pastries. Create dishes that reflect the cultural diversity of Canada. Pasta, stir-fry, curries, Mediterranean, Caribbean, and North American flavours that are easy, tasty, and suitable for the family and for entertaining. Final price includes material fee of \$30.00 for the cost of materials used by the instructor during the class.

**\*Online Course Offering**

Wed 6:30pm-9:30pm Jan 12, 2022 9wks \$251 (\$163sr)  
PR-2103

### Online Indian Vegetarian Cooking

Learners taking this online course will learn how to make rice, breads, dhals, vegetables and pakora. Discover the many spices used in this delicious and healthy way of cooking. Final price includes material fee of \$30.00 for cost of materials used by the instructor during the class. To view recipe and ingredients needed for the first class, please visit the website and click the material list pdf under Files just below the course Schedule.

**\*Online Course Offering**

Tue 6:30pm-9:30pm Jan 11, 2022 9wks \$251 (\$163sr)  
PR-1932

### Online International Cuisine

Join us for a trip around the world by experiencing a variety of international cuisine! In this online course, you will prepare appetizers, main courses, and desserts from a different country each week. Final price includes material fee of \$30.00 for the cost of materials used by the instructor during the class.

**\*Online Course Offering**

Tue 6pm-8pm Jan 11, 2022 9wks \$177 (\$118sr)  
PR-1936

### Online Mediterranean Cooking

Studies consistently rate the Mediterranean diet among the healthiest in the world. Learn about the flavours and ingredients of this delicious and nutritious cuisine. We will prepare classic dishes, appetizers and desserts. Simple modifications can make many dishes vegetarian and/or gluten free. Final price includes a material fee of \$30.00 for cost of materials used by the instructor during the class.

**\*Online Course Offering**

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$251 (\$163sr)  
PR-2007  
Thu 6:30pm-9:30pm Jan 13, 2022 9wks \$251 (\$163sr)  
PR-1822

### Online Pizza Making Workshop

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Final price includes a material fee of \$5.00 for cost of materials used by the instructor during the class. To view recipe and ingredients needed for the first class, please visit the website and click the material list

pdf under Files just below the course Schedule.

[\\*Online Course Offering](#)

Sat 9am-12:30pm Jan 22, 2022 1wks \$34 (\$22sr)  
PR-1913

## Online Quickbreads

Come join our online class and bake along with the instructor. Make delicious scones and muffins. These yummy treats are perfect with coffee/tea. Spruce up your breakfast plate by adding any one of these breads along any style egg dish! Final price includes a material fee of \$5.00 for materials used by the instructor during the class.

[\\*Online Course Offering](#)

Sat 9am-12:30pm Mar 5, 2022 1wks \$34 (\$22sr)  
PR-1915

## Games and Hobbies

### Bridge Convention 101 - Online

You've learned basic bidding, now the fun begins. Go to the next level with conventions such as Drury, Unusual 2NT, Michael's Cuebid, Slam bidding and Cappelletti. Learn to play them and learn to defend against them.

[\\*Online Course Offering](#)

Wed 6:30pm-9pm Jan 12, 2022 9wks \$184 (\$110sr)  
PR-2030

### Bridge-Beginner - Online

This online course introduces students to the fundamentals of the game of bridge. Learn 1 No-Trump, Major suit & Minor suit opening bids & responses. Leads & basic card play. Lots of practice deals based on the above openings and a few sessions reserved for revision. Ideal for students who have never played bridge before or have played very little. Learners are required to have a deck of cards, card table (square shape preferred), and a notepad with pencil. Learners will also be encouraged to purchase a book that is available through most major book stores, instructor will provide this information at the first class. Book not required for the first class.

[\\*Online Course Offering](#)

Mon 6:30pm-9pm Jan 10, 2022 9wks \$184 (\$110sr)  
PR-2023

### Bridge-Beginner Plus - Online

This course introduces students to competitive bidding, carding methods & scoring. The course focuses on real-world bidding methods and practice deals where all players may compete

to find the best spot for their side. Ideal for students who have taken Bridge Beginner course or those who are quite experienced but want to learn more about competitive bidding. Students will be required to purchase a book and at least 1 bidding box, instructor will advise at the first class. Book and bidding box not required for the first class.

[\\*Online Course Offering](#)

Thu 6pm-8:30pm Jan 13, 2022 9wks \$184 (\$110sr)  
PR-2040

### Bridge-Intermediate - Online

This online course covers popular conventions such as Stayman, Jacoby transfer, strong opening bids and slam bidding. Sessions also cover practice deals, tips in bidding and carding methods. In this online course students who have covered Bridge Beginner will be able to cover most random deals they may encounter. Learners are recommended to have taken Bridge Beginner. Learners are required to have a deck of cards, card table (square shape preferred), and a notepad with pencil. Learners will also be encouraged to purchase a book that is available through most major book stores, instructor will provide this information at the first class. Book not required for the first class.

[\\*Online Course Offering](#)

Tue 6pm-8:30pm Jan 11, 2022 9wks \$184 (\$110sr)  
PR-2133

### Online Gardening - Indoor and Outdoor

In this online course, learn how to plan, prepare, and maintain your outdoor garden. We will look at soil types, amending soil, fertilizers, pruning, dividing plants and seed starting. We will cover maintenance of indoor flowering plants and pest control. We will also study different herbs, their propagation and uses.

[\\*Online Course Offering](#)

Tue 7pm-9pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2157

### Online Macro Photography

Through this online course, get up-close and personal with your subjects in this class about macro and close-up photography. You will learn about equipment choices, available for many different cameras, as well as the specialized techniques you will need to capture all the small details of very

small subjects. Topics include: how to light small subjects; macro lenses versus extension tubes; how to use focal length and apertures to deal with depth-of-field creatively. Students must have their own cameras. DSLR or mirrorless models preferred.

[\\*Online Course Offering](#)

Mon 5:30pm-7:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2159

### Online Photography - Learn from the Masters

The earliest known surviving camera photograph dates back to 1826/7, created by Nicéphore Niépce, likely one of maybe 100 or less photos taken in that year. Over 1.4 trillion photos will be taken in 2021, so how does one create anything new? In this online class we will study the styles of 16 selected 'masters' of photography, working from the mid-1800s up to the 1970s, to see if we can find new ways of expressing ourselves by learning about old ways of photography. Students can use any style of camera - DSLR, mirrorless, point-n-shoot or smartphone, film or digital.

[\\*Online Course Offering](#)

Mon 7:30pm-9:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2160

### Online Photography Beginner

Through this online course, learn practical skills and techniques to improve your photography. You will gain an understanding of your camera, exposure, lighting, composition and design. Discussion and review help develop your creative eye.

[\\*Online Course Offering](#)

Thu 7pm-9pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1823

### Photography: Advanced Workshop Series ●

In a series of eight half-day workshops you will learn advanced techniques to take your photography to the next level. We will cover portraits and landscapes in natural lighting, special effects using filters, lenses and lighting tricks. You must be familiar with your camera and understand basic exposure controls. Note: First class is held online, subsequent classes are on location across the city. \* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time

*\*In-person Course Offering*

Sat 9am-1pm Jan 15, 2022 8wks \$262 (\$157sr)  
PR-1880

## Handiwork

### Online Home and Cottage: Construction

This online course will focus on the principles of construction, including building codes and permits. Learn how to build different types of foundations and waterproofing, framing: floors, walls, roof rafters and trusses. If you have a project, we'll talk about it.

*\*Online Course Offering*

Wed 6:30pm-8:30pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-1968

### Wood Carving & Sculpture ★●

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided. Learners supply some of their own materials. Final price includes shop fee of \$5.00. \* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

*Mimico Adult Centre*

Mon 9am-12pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-1974

Mon 1pm-4pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-1998

Tue 9am-12pm Jan 11, 2022 9wks \$221 (\$133sr)  
PR-1999

Tue 1pm-4pm Jan 11, 2022 9wks \$221 (\$133sr)  
PR-2000

### Woodworking Beginner - Online

In this online beginner course, learn about safety in using woodworking tools and equipment. Learn about typical woodworking joints used in fine woodworking and renovations around the home, discussion of the materials, moisture content and relative humidity, and sourcing of project materials will be reviewed in detail. Towards the end of the course, there will be an opportunity for the instructor to demonstrate student requests related to woodworking.

*\*Online Course Offering*

Thu 6:30pm-9:30pm Jan 13, 2022 9wks \$221 (\$133sr)  
PR-1825

## Health and Wellness

### Acupressure Online

Treat Acute Pain, Back Pain, Neck Pain, Headaches and Stress with simple and practical techniques that have been used for thousands of years in China. Through this online course, learn basic Theory of Chinese Medicine and how acupressure can improve your daily life. Acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease without Needles. Learn Basic Theory of Tongue reading to identify where is the Energy blockage in the human body.

*\*Online Course Offering*

Thu 6pm-9pm Jan 13, 2022 3wks \$74 (\$44sr)  
PR-1837

### Learn Online About Conquering Insomnia

Despite its prevalence, there is almost no funding for insomnia research and little is taught in medical schools about how to treat it. Western medicine typically sees only two ways to deal with the issue - sleeping pills or living with it. But there is more that can be done. This online class explores behavioural modification techniques and alternatives such as acupressure, ear seeds, and breathing techniques to conquer insomnia and change your life.

*\*Online Course Offering*

Mon 6:15pm-9:15pm Jan 17, 2022 2wks \$49 (\$29sr)  
PR-2170

### Mindfulness For Stress Reduction Online

This course will help you deal with stress in everyday situations using natural and time-honored methods. Practical advice

on stress-management techniques will be provided. Students will learn coping skills, visualization and the relaxation response. The course will include lectures, interactive activities, group discussions and meditation. Each class will end with a relaxation exercise. Please wear comfortable clothes and bring a yoga mat and a bottle of water to each class. Those who are unable to use a yoga mat may sit in a chair for relaxation. Suitable for all ages. The instructor is a Reiki practitioner and has completed studies in mindfulness meditation.

*\*Online Course Offering*

Wed 7pm-8:30pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2031

### Online Art Therapy Practice, an Introduction

In this online course we will explore art therapy, including different forms and practices. Share your thoughts and feelings while creating your art and discover the health benefits art therapy can bring. Each class will end with a group discussion that will help learners feel enlightened and leave each class feeling better than when they arrived.

*\*Online Course Offering*

Mon 7:45pm-9:45pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-1955

### Online Cosmetic Acupressure: Look, feel & be your best

In this online course, learn a facial regime based on the principles of Traditional Chinese Medicine (TCM) and aromatherapy. The regime will consist of a quick-and-easy acupressure massage to be performed daily with the aim of reducing the signs of stress and aging. There will be a detailed discussion on how to blend your own problem-specific facial oils for the massage. Additional recipes allow for the creation of a complete skin-care program. As well, learn about TCM, nutrition, stress reduction and other lifestyle choices to help you achieve total health.

*\*Online Course Offering*

Thu 6pm-9pm Feb 10, 2022 3wks \$74 (\$44sr)  
PR-1840

### Online Foundations of Mental Health Resilience

This online course will give you an overview of key concepts important for developing and strengthening your

mental health resilience. Topics include neuroplasticity, mindfulness, the three principles for mental well-being, the value of self-reflection and intuition, the fundamentals of our identity, and the factors that shape our lives.

[\\*Online Course Offering](#)  
Tue 6pm-8pm Jan 11, 2022 6wks \$98 (\$59sr)  
PR-2156

## Online Go Veggie: The Earth & Body

In this online course, learn the benefits of a whole plant based diet. The health and environmental benefits of eating a plant based diet is huge and science is confirming that we can save the planet - and our health - by going vegetarian. Learn the science behind the benefits of a vegetarian diet in preventing a wide range of nutrition-related diseases (deficiencies and excesses in the diet). Receive nutritional advice on the best ways of becoming a healthy vegetarian/vegan and tips for adopting a meat-free lifestyle. You will receive vegetarian, vegan and gluten-free friendly recipes, a custom made vegetarian starter kit, and a meal planning food guide. This is not a cooking class.

[\\*Online Course Offering](#)  
Thu 7:30pm-9:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1832

## Online Introduction to Detoxification

Learn about foods that have medicinal values and help to cleanse the body. Learn how nutritious foods and natural dietary approaches can help manage and ease ailments.

[\\*Online Course Offering](#)  
Mon 6:30pm-8:30pm Jan 10, 2022 3wks \$49 (\$29sr)  
PR-2182

## Online 4 Step Gut Healing Program

Many of the common digestive concerns such as irritable bowel syndrome, reflux, dyspepsia, small intestinal bowel overgrowth, constipation, colon cancer, ulcerative colitis, crohn's disease, etc, are often the result of poor lifestyle practices and/or can be greatly helped by adjustments in lifestyle habits. This online course will look at the eating patterns and lifestyle practices that can help promote gut healing. Topics that will be addressed include: Which foods to eat,

alcohol, caffeine, herbs and supplements. There will also be an exploration of the gut microbiome.

[\\*Online Course Offering](#)  
Tues 6:00pm-7:00pm Jan 18, 2022 8wks \$66 (\$40sr)  
PR-2180

## Online Meditation for Beginners

This online class is 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.

[\\*Online Course Offering](#)  
Thu 9:30am-10:30am Jan 13, 2022 9wks \$74 (\$44sr)  
PR-2142

## Online Healing Meditation

Healing occurs on the physical, emotional, mental and spiritual levels. In this online course you will learn how meditation aimed at balancing energy systems can aid in the healing process and increase self-awareness and self-worth. Explore the Seven Spiritual Laws which bring peace, harmony and success to your life.

[\\*Online Course Offering](#)  
Sat 10:30am-12pm Jan 8, 2022 9wks \$111 (\$67sr)  
PR-1869  
Mon 8:15pm-9:45pm Jan 10, 2022 9wks \$111 (\$67sr)  
PR-2015

## Online Healing Runes

Tired of paying \$20 to \$40 for an inaccurate psychic reading. Empower yourself; learn to do your own readings and get answers to questions that have eluded you. Through this online course, learn the basics of how to do a reading using healing runes. A tool that can help kick start your healing and show you the next step or direction you need to head in. Sometimes it is as simple as getting validation that we have taken the right path.

[\\*Online Course Offering](#)  
Sat 9am-3pm Jan 8, 2022 1wks \$45 (\$27sr)  
PR-1884

## Online How Intuition Works

Learn how intuition works, how you can cultivate it, and what handy applications it can have to everyday life and surprise yourself with an in-class intuitive experience! Q&A and future learning

resources to follow.

[\\*Online Course Offering](#)  
Sat 9am-3pm Jan 22, 2022 1wks \$45 (\$27sr)  
PR-1885

## Online How to Remove Unwanted Energy

Do you spring clean your house? Have you ever cleaned the energy in your house? Is there negative, chaotic energy in your home? Learn to protect your home, work, cottage, and body from unwanted energy. Through this online course, learn how to remove unwanted energy and to create an energetic barrier to protect you and your family.

[\\*Online Course Offering](#)  
Sat 9am-3pm Feb 5, 2022 1wks \$45 (\$27sr)  
PR-1886

## Online Nutrition For Energy and Wellness

This online 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.

[\\*Online Course Offering](#)  
Mon 5:30pm-7pm Jan 10, 2022 5wks \$61 (\$37sr)  
PR-2171

## Reiki Online - Level I and II

Reiki is a holistic technique for balance and relaxation. The first level is a permanent initiation to the energy and the foundation of all levels. When learning and receiving the Second level symbols and initiation your energy will be amplified, focused, and strengthen, learn how to break bad habits, emotionally heal yourself and others. Learn to send distant healing to a person who is not physically present.

[\\*Online Course Offering](#)  
Tue 7pm-9pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1933



## Indigenous Education

### Indigenous Awareness and Practices - Online

How much do you know about Indigenous Peoples and Practices? Would you like to learn and understand more about the history and issues you hear in the news? This online course will highlight the history, teachings, practices and issues facing Indigenous People's and communities. Course content will include: Haudenosaunee Confederacy histories, wampum belts teachings and understanding, Anishinaabe 7 Grand father teachings, sacred items such as many different drums, medicines, ceremonies, Truth and Reconciliation Commission and Residential School history.

[\\*Online Course Offering](#)

Wed 6:30pm-8:30pm Jan 26, 2022 4wks \$66 (\$40sr)  
PR-2022

## Interior Design

### Online - Home Staging... Accelerate Your Sale

The process of preparing your home for sale should start long before the 'For Sale' sign goes on the lawn. This online class will lead you through the steps to take to present your property at it's very best and to sell faster for top dollar. You will learn simple staging techniques, how to highlight the home's best features, updates that will add equity immediately, importance of curb appeal and much more.

[\\*Online Course Offering](#)

Mon 5:30pm-7:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2029

### Online Interior Design: Home Décor

Whether you live in a house or an apartment, in the city the suburbs, a large or a very small space, make it your home! In this online course, you will learn all you need to know including principles of design, choosing colour schemes, lighting and textures, fabrics, furnishings, floor covering, space planning and decorating ideas. Get ideas, inspiration and guidance and then let your imagination guide you in creating

the home of your dreams!

[\\*Online Course Offering](#)

Wed 6pm-8:30pm Jan 12, 2022 9wks \$184 (\$110sr)  
PR-2104  
Thu 6:30pm-9pm Jan 13, 2022 9wks \$184 (\$110sr)  
PR-1648

## Languages

### Online Arabic Beginner

Learn Arabic for basic conversation for everyday situations. You will be introduced to the Arabic alphabet and the basic structure of the language using a combination of grammar, vocabulary, reading and conversation. Short sentences and dialogue will build vocabulary and pronunciation. An English-Arabic Dictionary may be required.

[\\*Online Course Offering](#)

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2118

### Online Arabic Intermediate

This online course is the continuation of Arabic-Beginner for those who want to maintain and expand their understanding of the language. It will provide students with Arabic language skills that will enable them to communicate with native Arabic speakers. Emphasis will be placed on reading and conversation. An English-Arabic Dictionary may be required.

[\\*Online Course Offering](#)

Wed 7pm-9pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2122

### Online Cantonese Beginner

In this online course, the basics of the Cantonese language will be taught using a combination of grammar, vocabulary, reading and conversation. You will learn and practice the language through various activities in a fun and relaxing environment.

[\\*Online Course Offering](#)

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2129

### Online French Beginner

Through this online course, learn the basics of French for use in everyday situations. This course covers the basics using a combination of grammar, vocabulary, reading and conversation. A French/English dictionary may be required.

[\\*Online Course Offering](#)

Sat 9am-11am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1863

Mon 6:30pm-8:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-1962

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2005

Tue 12:30pm-2:30pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2080

### Online French Beginner Level II

This online course is a continuation of the beginner course for those who would like more of the basics before moving on to the Intermediate level. Further develop your skills in speaking, listening and reading French. You must have a basic knowledge of French vocabulary and grammar. Emphasis will be placed on reading and conversation. A French/English dictionary may be required.

[\\*Online Course Offering](#)

Wed 9:30am-11:30am Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2088

Wed 6:30pm-8:30pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-1970

Wed 7pm-9pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2123

Thu 7pm-9pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-2034

### Online French Intermediate

You must have a basic knowledge of French vocabulary and grammar. This online course is a continuation of the Beginner Level II course and focuses on reading and conversation. A French/English dictionary may be required.

[\\*Online Course Offering](#)

Mon 6:30pm-8:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2025

Tue 9:30am-11:30am Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2079

Wed 10:15am-12:15pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2075

### Online French Intermediate Level II ★

This is the perfect course for those who want to improve or maintain their knowledge of French. More emphasis will be placed on reading and conversation. A French/English dictionary may be required.

[\\*Online Course Offering](#)

Wed 2pm-4pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-1981

### Online Greek, Modern Beginner

This online course is designed for those who wish to carry on basic conversations in Greek. This course will teach you to communicate for the purposes of travel or for speaking with family members and friends. A Greek/English Dictionary may

be required.

[\\*Online Course Offering](#)

Thu 7pm-9pm Jan 13, 2022 9wks \$147 (\$88sr) PR-1842

### Online Hindi Beginner

In this online course, beginner level instruction is offered in reading, understanding, and speaking Hindi. A Hindi/English Dictionary may be required.

[\\*Online Course Offering](#)

Wed 6pm-8pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2114

### Online Italian Beginner

Learn basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This online course covers grammar, vocabulary, reading and conversation. An Italian/English dictionary may be required.

[\\*Online Course Offering](#)

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)

PR-2006

Thu 6pm-8pm Jan 13, 2022 9wks \$147 (\$88sr)

PR-1649

Fri 9:30am-11:30am Jan 14, 2022 9wks \$147 (\$88sr)

PR-2061

### Online Italian Beginner ★

Emphasis is on basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This online course offers the basics using a combination of grammar, vocabulary, reading and conversation. An Italian/English Dictionary may be required.

[\\*Online Course Offering](#)

Thu 2:15pm-4:15pm Jan 13, 2022 9wks \$147 (\$88sr)

PR-1983

### Online Italian Beginner Level II

In this continuation of the Beginner online course, develop more conversational skills with a better level of proficiency, a stronger accuracy of the vocabulary, and increasing the pronouncing level. Some classes will cover writing short letters or stories while enhancing the creativity of broadening the stronger understanding of the vocabulary and everyday conversations. Focus will be placed on grammar and verb tenses, and on phonetics.

[\\*Online Course Offering](#)

Tue 9:30am-11:30am Jan 11, 2022 9wks \$147 (\$88sr)

PR-2041

### Online Japanese: Level I

Learn conversational modern Japanese. Simple grammar and essential vocabulary focusing on daily conversation will be taught. A Japanese English Dictionary may be required.

[\\*Online Course Offering](#)

Wed 6:45pm-8:45pm Jan 12, 2022 9wks \$147 (\$88sr)

PR-1969

### Online Japanese: Level II

This online course is for those who have the knowledge of Hiragana. You will develop listening, speaking and writing skills. Katakana will be taught. Learn to express yourself in Japanese. Learners are recommended to have taken Japanese Level I or equivalent. A Japanese/English Dictionary may be required.

[\\*Online Course Offering](#)

Tue 6:45pm-8:45pm Jan 11, 2022 9wks \$147 (\$88sr)

PR-1924

### Online Korean Beginner

When you want to learn about another culture, it's very important to learn the language. In the Korean language there is a 24-letter alphabet. In this online course, you will learn all the consonants and vowels and begin to recognize them in simple words. Elementary words will also be taught so learners can construct simple sentences. An English/Korean Dictionary may be required.

[\\*Online Course Offering](#)

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)

PR-2120

Wed 7pm-9pm Jan 12, 2022 9wks \$147 (\$88sr)

PR-2109

### Online Let's Speak Japanese

Let's study practical Japanese conversation together. This online course is for those who have understanding and basic skills in Japanese, hiragana and katakana. It will further develop your listening and speaking skills and will focus on using appropriate vocabulary in social situations when making requests, when describing experiences, etc. Learners are recommended to have taken Japanese Level II or equivalent. A Japanese/English Dictionary may be required.

[\\*Online Course Offering](#)

Thu 6:45pm-8:45pm Jan 13, 2022 9wks \$147 (\$88sr)

PR-1624

### Online Mandarin Chinese Beginner

In this online course, you will learn the

basic structure of the Chinese language focusing on phonetics and basic conversation. Pin Yin system will be taught. An English/Mandarin Chinese Dictionary may be required.

[\\*Online Course Offering](#)

Mon 1pm-3pm Jan 10, 2022 9wks \$147 (\$88sr)

PR-1903

Tue 6:30pm-9pm Jan 11, 2022 9wks \$184 (\$110sr)

PR-1928

Wed 6pm-8pm Jan 12, 2022 9wks \$147 (\$88sr)

PR-2106

Wed 7:30pm-9:30pm Jan 12, 2022 9wks \$147 (\$88sr)

PR-2097

### Online Mandarin Chinese Beginner Level II

This is a continuation of the Mandarin beginner level for those who would like more of the basics before moving to the intermediate level. You must have knowledge of the basic structure of the Chinese language. You will learn phonetics and practice basic pronunciation and conversation. An English/Mandarin Chinese Dictionary may be required.

[\\*Online Course Offering](#)

Wed 5:30pm-7:30pm Jan 12, 2022 9wks \$147 (\$88sr)

PR-2098

### Online Mandarin Chinese Intermediate

In this online course, improve conversational skills and develop an appreciation of Chinese culture. An English/Mandarin Chinese Dictionary may be required.

[\\*Online Course Offering](#)

Thu 6:30pm-8:30pm Jan 13, 2022 9wks \$147 (\$88sr)

PR-1629

### Online Portuguese Beginner

This online 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.

[\\*Online Course Offering](#)

Wed 5:00pm-7:00pm Jan 12, 2022 9wks \$147 (\$88sr)

PR-2099

### Online Spanish Beginner Level II

This online course reviews and expands your previous knowledge of the Spanish language. Your listening comprehension,

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

oral expression, reading and writing skills will be further developed.

**\*Online Course Offering**

Thu 6:30pm-8:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1635

### Online Spanish Conversation I

This online course is for those who have an understanding and basic skills in Spanish. You will further develop your language skills and increase your vocabulary and pronunciation. Discussion of cultural topics and situations drawn from written and audiovisual sources.

**\*Online Course Offering**

Wed 7:30pm-9:30pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2100

### Online Spanish Conversation II

Develops conversational skills with attention to accuracy, vocabulary and pronunciation. Discussion of cultural topics and situations drawn from written and audiovisual sources. Learners are recommended to have taken Spanish-Intermediate or equivalent skills.

**\*Online Course Offering**

Thu 7:30pm-9:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1835

### Online Spanish Conversation III

In this online course, develop your conversational skills at a good level of proficiency with attention to accuracy vocabulary and some idiomatic use. Students will discuss cultural topics and situations drawn from written and audiovisual sources. Learners are recommended to have taken Spanish-Intermediate Level II or equivalent skills.

**\*Online Course Offering**

Thu 6:30pm-8:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1634

### Online Spanish for Travellers

This online beginner level course is perfect if you are planning a trip to a Spanish-speaking destination! Learn about the culture and develop the rudiments of Spanish to enhance your vacation experience. We will cover language to help you when at the airport, hotel, shopping or ordering food.

**\*Online Course Offering**

Wed 8pm-9:30pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2117

### Online Spanish-Advanced

This online course is for those with considerable background in Spanish

who want to maintain their knowledge of the language. A Spanish/English dictionary may be required. Learners are recommended to have taken Spanish-Intermediate.

**\*Online Course Offering**

Tue 6:30pm-8:30pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1930

Tue 7:30pm-9:30pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2135

### Online Spanish-Beginner

In this online 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 online environment.

**\*Online Course Offering**

Mon 2:15pm-4:15pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2051

Mon 7:30pm-9:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2162

Tue 5:30pm-7:30pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-2136

Tue 6:45pm-8:45pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1927

Wed 6pm-8pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2115

Thu 9am-11am Jan 13, 2022 9wks \$147 (\$88sr)  
PR-2057

Thu 7pm-9pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1845

### Online Spanish-Beginner/Intermediate

Further develop your skills in speaking, listening and reading Spanish. More emphasis will be placed on reading and conversation. Students must have a basic knowledge of spoken and written Spanish. This online course is a continuation of the beginner course. Spanish/English dictionary may be required.

**\*Online Course Offering**

Thu 1:30pm-3:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-2060

### Online Spanish-Intermediate

Further develop your skills in speaking, listening and reading Spanish. More emphasis will be placed on reading and conversation. Students must have a basic knowledge of spoken and written Spanish. This online course is a continuation of the Beginner Level II course. Spanish/English dictionary may be required.

**\*Online Course Offering**

Mon 5:00pm-7:00pm Jan 10, 2022 9wks \$147 (\$88sr)

PR-2163

Mon 6:30pm-8pm Jan 10, 2022 9wks \$111 (\$67sr)

PR-1960

Tue 2:15pm-4:15pm Jan 11, 2022 9wks \$147 (\$88sr)

PR-2150

Wed 8pm-9:30pm Jan 12, 2022 9wks \$111 (\$67sr)

PR-2112

### Online Spanish-Intermediate Level II

This online course is a continuation of Intermediate level. Learners will continue to develop and apply their speaking skills in a variety of contexts and will participate in activities that will improve their reading comprehension and writing skills. Spanish/English Dictionary may be required.

**\*Online Course Offering**

Wed 6:30pm-8pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-1971

### Spanish-Advanced●

This course is for those with considerable background in Spanish who want to maintain their knowledge of the language. A Spanish/English dictionary may be required. Learners are recommended to have taken Spanish-Intermediate Level II.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

**Overland PS 55 Overland Drive, North York**

Sat 10:30am-12:30pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1881

### 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 online environment.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders

that may be in place at that time.  
Overland PS 55 Overland Drive, North York  
Sat 1pm-3pm Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1882

### Spanish-Intermediate●

Further develop your skills in speaking, listening and reading Spanish. More emphasis will be placed on reading and conversation. Students must have a basic knowledge of spoken and written Spanish. This course is a continuation of the Beginner Level II course. Spanish/English dictionary may be required.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Overland PS 55 Overland Drive, North York  
Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1883

## Music

### Learn How to Play Electric Guitar Online

Ever wanted to form a rock group, be a rock star, or simply jam out with friends? Through this online course, learn essential techniques and concepts and learn how to play electric guitar. It is strongly recommended that you have taken Guitar Beginner before registering for this class.

\*Online Course Offering  
Tue 7pm-9pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1948

### Online Basic Blues Piano I

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 3 or equivalent). Learners must have their own keyboard.

\*Online Course Offering  
Thu 8pm-9:30pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1878

### Online Basic Blues Piano II

This is a continuation of Basic Blues Piano

I. Participant will learn Chord Inversions, Grace notes, Turnarounds, Broken chords, basic Transposition and further develop hand independence. Learners must have their own keyboard.

\*Online Course Offering  
Thu 6:00pm-7:30pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-1877

### Online Basic Blues Piano III

This course continues where the Basic Blues Piano Level II leaves off. Learn the Pentatonic Scales and the 12-Bar Minor Blues Progression, further development of left hand bass lines and right hand melody lines ie., Octaves, Clusters and Tremolos. Blues Cadences will also be covered. Learners must have their own keyboard.

\*Online Course Offering  
Wed 1:30pm-3pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2090

### Online Basic Chord Piano I

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, ie, 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 (ie, Beginner Level III or equivalent). Learners must have their own keyboard.

\*Online Course Offering  
Tue 1:30pm-3pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-2089

### Online Beginning Building Piano Technique

This online course is designed for learners with some basic piano playing experience. The focus will be on the development of finger technique when playing the piano. Students must have access to a piano keyboard at home.

\*Online Course Offering  
Wed 6:00pm-7:30pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-1966

### Online Chinese Singing ★

Through patient guidance and practice you will find ease and pleasure in singing. Mandarin/Cantonese popular and folk songs are taught.

\*Online Course Offering  
Fri 1:30pm-3:30pm Jan 14, 2022 9wks \$147 (\$88sr)  
PR-2169

### Online Guitar Beginner

This online class is for people with little or no background in playing the guitar. The following areas will be covered through the online supportive class instruction: basic open chords, notation, strumming and finger plucking. A wide range of music will be explored. You are required to have your own acoustic guitar.

\*Online Course Offering  
Mon 6:30pm-8:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-1940  
Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2026  
Tue 6:30pm-8:30pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1931  
Wed 10am-12pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2073  
Wed 7pm-9pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-1972

### Online Guitar Beginner Level II

This online course is designed for those who already know some guitar chords and songs and want to continue learning but do not yet consider themselves to be an 'intermediate' guitar player. Learn new theory, chords, repertoire and licks. Move at your own pace and have some fun with the online group too. Some basic knowledge of guitar is required.

\*Online Course Offering  
Mon 6:30pm-8:30pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-1959

### Online Guitar Intermediate

You should be able to play basic open chords and have some experience playing notation. This online course will introduce you to more advanced open chords and bar chords as well as more difficult melody lines and rhythms. A wide range of music will be explored reflecting learner interest. Learners are required to have a guitar.

\*Online Course Offering  
Wed 1pm-3pm Jan 12, 2022 9wks \$147 (\$88sr)  
PR-2141  
Thu 6:30pm-8:30pm Jan 13, 2022 9wks \$147 (\$88sr)  
PR-1623

### Online Music Theory, Rudiments ★

This online course is designed to teach you the basics of music theory. Basic knowledge of key signatures, major and minor scales and intervals. Learners must bring their own keyboard.

\*Online Course Offering  
Tue 11am-12:30pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-2167

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

### Online Piano Keyboarding High Intermediate

This is a continuation of Piano Keyboarding Intermediate. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts such as sixteenth notes and dotted eighth notes are explored. Additional popular selections will also be covered. Learners must have access to a piano keyboard at home.

[\\*Online Course Offering](#)

Wed 8pm-9:30pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-1973

### Online Piano Keyboarding-Beginner: Level I

This is a course designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. Learners must have their own keyboard.

[\\*Online Course Offering](#)

Tue 3:15pm-4:45pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-2049  
Tue 8pm-9:30pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-1925  
Thu 1:15pm-2:45pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-2146

### Online Piano Keyboarding-Beginner: Level II

This is a course designed for students with some previous playing experience. Level II will cover further development of playing hands together, phrasing, pedaling, dynamics and rhythmic concepts with more focus on learning new notes and hand positions. Learners must have their own keyboard.

[\\*Online Course Offering](#)

Tue 12:45pm-2:15pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-2144  
Tue 6:00pm-7:30pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-1926

### Online Piano Keyboarding-Beginner: Level III

This is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff. Focus will be on changing and combining different hand positions as well as learning new fingering techniques. Additional popular selections will also be covered. Learners must have their own keyboard.

[\\*Online Course Offering](#)

Thu 3:15pm-4:45pm Jan 13, 2022 9wks \$111 (\$67sr)  
PR-2042

### Online Piano Keyboarding-Beginner: Level IV

This is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff. Focus will be on changing and combining different hand positions as well as learning new fingering techniques. Additional popular selections will also be covered. Learners must have their own keyboard.

[\\*Online Course Offering](#)

Wed 3:15pm-4:45pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2151

### Online Vocal Jazz Music

Do you want to unleash your inner Ella, croon like Frank, swing like Billie? Whether you're a beginner who wants to sing with more confidence, or someone who just has a love of music, this online course will help you experience the joy of song. Come to explore the rich and varied tradition of Vocal Jazz performance while learning to hone your performance skills.

[\\*Online Course Offering](#)

Tue 7pm-9pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1950

### Online Vocal Jazz Music, Level II

This online course is a continuation of Vocal Jazz Music, and for singers who already have some experience singing jazz. Each week, we will revisit the concepts addressed in Vocal Jazz Music, expand our knowledge of vocal techniques, percussive singing and song interpretation, and work on extending our vocal range. This course is also for experienced vocalists or instrumentalists looking to explore the jazz genre.

[\\*Online Course Offering](#)

Mon 7pm-9pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-1951

## Self Development

### Online Ancient Wisdom, Modern Applications

This online course investigates ancient wisdom from 3 main sources: 1) India - Yogic Philosophy (Sutras of Patanjali, and the Limbs of Ashtanga Yoga); 2) Israel - Kabbalah (Tree of Life and Sacred Geometry); 3) Mexico - The Toltec (The Four Agreements and Self Mastery). Learners in this course will be exposed to esoteric perspectives from these ancient traditions. This course

includes foundational meditation, guided stretches, light readings, but most importantly, prompted and guided journaling. After these ancient principals have been explored, the learner investigates how these teachings apply to their own life and creates actionable steps to integrate this wisdom into their own life.

[\\*Online Course Offering](#)

Mon 1pm-2pm Jan 10, 2022 9wks \$74 (\$44sr)  
PR-2179

### Online Building & 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 online course, learn the tools you need to build and keep healthy relationships with those in your life circle.

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Jan 8, 2022 9wks \$147 (\$88sr)  
PR-1896

### Online Conflict Management

Conflict can arise with friends, family or business and considering the elements of conflict can take you to a rational place for discussion. Through this online course, learn how to get on the right track in the heat of conflict.

[\\*Online Course Offering](#)

Mon 7:15pm-9:15pm Jan 10, 2022 9wks \$147 (\$88sr)  
PR-2027

### Online Emotional Intelligence

Emotional Intelligence (or EQ (Emotional Quotient) is the ability to understand, use, and manage your own emotions in positive ways. In this online course, acquire EQ to relieve stress, communicate effectively, empathize with others and overcome challenges.

[\\*Online Course Offering](#)

Wed 5pm-7pm Jan 12, 2022 9wks \$147 (\$88sr) PR-2096

### Online Fashion: Introduction to Styling

Learners will be introduced to the many facets involved in being a Stylist - includes accessories, colour analysis, fabric types, discover how to personalize trends to suit different body types/size, personalities and lifestyles. Learners will gain knowledge and career strategies to

pursue a career in this field.

[\\*Online Course Offering](#)

Tue 6:30pm-9:30pm Jan 11, 2022 6wks \$147 (\$88sr)  
PR-1934

## Online Make-Up Artistry

In this online course, 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.

[\\*Online Course Offering](#)

Tue 6pm-8pm Jan 11, 2022 9wks \$147 (\$88sr)  
PR-1918

## Online Make-Up Artistry Advanced

Gain further knowledge and experience of advanced makeup techniques, tools, and trends. In this online course, learn the skills and strategies needed to emphasize the common facial structure points. Students are required to have make-up products and tools for the first class, for a list of items required, please visit the website.

[\\*Online Course Offering](#)

Tue 8pm-9:30pm Jan 11, 2022 9wks \$111 (\$67sr)  
PR-1919

## Online Promote Yourself to Succeed in Life

Personal branding is not about building a special image for the outside world. It is about understanding and showing what is truly unique about you - your strengths, skills, values and passions. In this online course, learn to use them to differentiate yourself and guide your career, professional and private life decisions. Learn how you can positively influence the environment around you and attract what you need to achieve your goals and to be successful.

[\\*Online Course Offering](#)

Sat 1pm-3pm Jan 8, 2022 1wks \$16 (\$10sr)  
PR-1912

## Online Self Discovery

Grounded in meditation, this online course is designed to assist the student in their own inner investigation and self-discovery. Through modern

psychometric personality testing (Myers Briggs, Strengthsfinder, TestColour, etc) and ancient methods (astrology, natal mapping, human design, etc.) the learner will have the opportunity to clear their minds and reflect on the results of newfound self-discovery results. The majority of sessions will include light readings, videos, and other materials to explore independently and discuss as a group. (Instructor is a certified MBTI facilitator with a Psychology degree and Masters degree in Adult Education).

[\\*Online Course Offering](#)

Wed 3pm-4:30pm Jan 12, 2022 9wks \$111 (\$67sr)  
PR-2071

## Sewing

### Online Pattern Drafting and Design Part I

Create your own look with creativity, style and fit. Learners will be emailed ½ size pattern drafting blocks that will need to be printed. Learn many techniques including dart manipulation, pockets and seam finishes. We will take this knowledge to adapt commercial patterns to personal measurements and designs. Learners will need a clear plastic drafting ruler, drafting paper, masking tape, Bristol board and pencils for the first class.

[\\*Online Course Offering](#)

Wed 6:30pm-9:30pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-1967

### Online Sewing Beginner

Become comfortable with the sewing machine! This online 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.

[\\*Online Course Offering](#)

Tue 6:30pm-9:30pm Jan 11, 2022 9wks \$221 (\$133sr)  
PR-1929  
Wed 7pm-9:30pm Jan 12, 2022 9wks \$184 (\$110sr)  
PR-2105

### Online Sewing Intermediate

This online 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 machine, sewing kit and supplies to complete samples and a personal project.

[\\*Online Course Offering](#)

Thu 6:30pm-9:30pm Jan 13, 2022 9wks \$221 (\$133sr)  
PR-1630

### Online Sewing for the Home

Want to learn how to add that personal touch to your home that you simply can't buy in a store. This online course introduces a variety of projects including toss pillows, shams, reusable produce/gift bags, plus seam finishes and sewing techniques. We will create samples together as a class and you will be able to discuss and apply this knowledge to your own personal projects for the home. Students should have a sewing machine available and a basic knowledge of its operation, a simple at home sewing kit, plus your own fabric and thread for samples and projects.

[\\*Online Course Offering](#)

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-1956

Mon 6:30pm-9:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-1963

### Sewing Advanced ●

This course is for the experienced sewer who wants to further their sewing expertise and give their garments that professional touch. Working with more advanced patterns we will learn how to develop prototypes for fit and sewing techniques including working with sheer fabrics and basic tailoring. Students will require a sewing machine, sewing kit and supplies to complete samples and a personal project. \* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2067

### 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. Learn pattern layout, cross-stitch and more. 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.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jan 11, 2022 9wks \$221 (\$133sr)  
PR-1984

### Sewing Intermediate ★●

This course is for students who have learned the basic skills of sewing and who want a more detailed study of garment making. Create projects you'll be proud to wear. Learners must have their own sewing machine.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Jan 11, 2022 9wks \$221 (\$133sr)  
PR-1985

### Sewing for the Home●

Want to learn how to add that personal touch to your home that you simply can't buy in a store. This course introduces a variety of projects including toss pillows, shams, reusable produce/gift bags, plus seam finishes and sewing techniques. We will create samples together as a class and you will be able to discuss and apply this knowledge to your own personal projects for the home. Students

should have a sewing machine available and a basic knowledge of its operation, a simple at home sewing kit, plus your own fabric and thread for samples and projects.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Jan 10, 2022 9wks \$221 (\$133sr)  
PR-2064

## Theatre, Film & TV

### Online Cinema Studies

Explore new ways of experiencing film! Cinema can certainly be entertaining, but it can also be instructive, thought-provoking, and illuminating. This online course provides you with the basic tools to analyze and interpret film, guiding you towards a richer appreciation of the medium. Topics covered include cinematography, genre, narrative theory, critical perspectives on sound and visual editing, documentary and experimental approaches to film, and much more.

\*Online Course Offering

Wed 6:30pm-9:30pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-1965

### Online Producing a Short Film

This online introductory lecture course will cover the fundamentals of filmmaking from beginning to end. From the original idea to film distribution, you will learn the step-by-step process of making an independent film or documentary. This course will cover the following topics: story writing, roles, resources & equipment, production planning, copyright & other legal considerations, cinematography, post production and distribution.

\*Online Course Offering

Wed 6pm-9pm Jan 12, 2022 9wks \$221 (\$133sr)  
PR-2116

### Online Screenplay Writing: Basic Elements

This creative writing course covers the tools of storytelling in screenplay

form including character and dialogue development and narrative theory and structure. These tools can be applied to various forms of screenplays - dramatic, documentary and experimental. Have a writing notebook ready.

\*Online Course Offering

Thu 6:30pm-9:30pm Jan 13, 2022 9wks \$221 (\$133sr)  
PR-1642

E-mail Registration Form to:

communityprograms@tdsb.on.ca

Date: \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Day / Month / Year \*  
 Apt. No. \_\_\_\_\_ Street No. \_\_\_\_\_ Street Name \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_ (\*required)

Home Telephone No. \_\_\_\_\_ Mobile Telephone No. \_\_\_\_\_ Email Address \* Required, this will be used as Username \_\_\_\_\_

I (Registrant) hereby release the Toronto District School Board (the "TDSB"), its employees, volunteers and agents from any and all liability for any injury or property loss sustained by me, regardless of how caused, resulting from my participation in the course(s) below. I further agree to hold harmless and indemnify the TDSB from all claims, demands, causes of actions, loss, costs, or damages whatsoever, including but not limited to claims, demands, causes of actions related to loss, damage, and/or bodily injury to myself arising out of my participation. I further agree not to record any course(s) I am registered in or other persons participating in the course(s), during in-person or online classes.

I Accept

I acknowledge that I am fully aware of the course description(s) and level of activity involved, am physically fit for participation, and have not been advised to refrain from the activity by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation. Should I require medical treatment, I agree to give permission to have the TDSB arrange for any emergency medical care including hospitalization and transportation, to the administration of such emergency medical treatment as may be deemed necessary in the circumstances and agree to pay all costs associated with medical care and transportation.

I Accept

**Selection No. 1**

Course Code	Course Title	Course Location
_____	_____	_____
Day of the Week	Time	Start Date
_____	_____	_____
		Final Price
		\$ _____

**Selection No. 2**

Course Code	Course Title	Course Location
_____	_____	_____
Day of the Week	Time	Start Date
_____	_____	_____
		Final Price
		\$ _____

**Payment Information** Note: The payment system will not accept VISA Debit or MasterCard Debit at this time.

VISA  MasterCard

Name on Card \_\_\_\_\_ \$ \_\_\_\_\_

Card Number \_\_\_\_\_ C V V (\*required) \_\_\_\_\_ Expiry \_\_\_\_\_

If appropriate, material costs are included. Please note that H.S.T. is included where applicable.

**Program Accommodation:** The TDSB strives to meet the accommodation needs of persons with disabilities. Registrants are encouraged to make their needs for accommodation known in advance of commencing a Learn4Life class. If you require accommodation, including arrangements related to a fire safety plan, please contact the TDSB Continuing Education Office at 416.338.4111.

**Notice of Collection:** Personal information on this form is collected under the authority of sections 58.5(1), 170, 171 of Education Act, R.S.O. 1990, c.E.2 ("Education Act") and Regulation 298: Operation of Schools – General under Education Act and will be used by Toronto District School Board ("TDSB") for school registrations, to establish and maintain Ontario student records and for administrative purposes. The information is retained in accordance with the Municipal Freedom of Information and Protection of Privacy Act, R.S.O. 1990, c. M. 56 and will only be disclosed to authorized TDSB staff in order to administer the above purposes.

**Course Cancellation:** A minimum number of registrants are required to open a class. The TDSB has the right to make the final decision to open or close a class or to revise the fee structure.

**Refund Policy:** All refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4-6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available. **For courses under five weeks in duration:** No refunds or transfer requests will be considered after the course begins. **For courses five weeks or longer:** A refund (minus the \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing before the second class. A pro-rated refund (minus the \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing after the second class, but before the third class of the course. No refunds or transfers will be considered after the third class of a course. **For subsidized courses:** A refund is issued to the learner's TDSB Learn4Life account only if the TDSB cancels the course before the course begins. No refunds or withdrawals will be considered after the class begins.

**Summer Refund Policy:** There are no requests for refunds or transfer after the first class. **Requesting a refund:** There are four ways to submit requests: Email - [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca), On-line - [www.learn4life.ca](http://www.learn4life.ca), \*Mail - 2 Trethewey Drive, 3rd Floor, Toronto, ON M6M 4A8, \*Fax - 416-394-3494. \* Option only available if program staff return to office. Updates will be provided on our website.

I acknowledge that I have read and understood the information provided.

NAME (PLEASE PRINT): \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



# INSTRUCTOR BIO'S & TESTIMONIALS

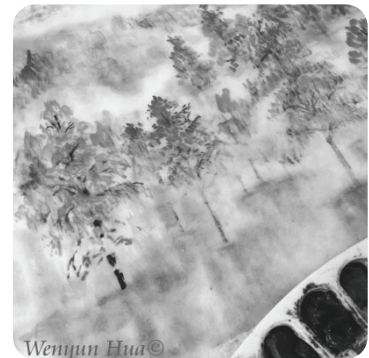


## **Make-up Artistry Instructor**

Sara Ortiz is masterful at guiding you in your decision making to achieve the look you want with the right makeup and hair products. Sara also has a passion for teaching and holds a teaching degree from a University in her native Venezuela. She specializes in bridal makeup and creating a natural glam on all her brides and clients. Sara teaches beginner and advanced makeup artistry classes.

## **Art Instructor**

Wenyun Hua, holding a Master Degree in Art Education, an award winning artist and art educator. She has exhibited in numerous galleries across the world, her work can be found in collections throughout North American, Europe, Australia and Asia. She is well known in the art community with her unique art style and high quality art education programs, she creates an effective communication between teaching and learning, conjunction with different art media and cultural background. Wenyun teaches Watercolour & Chinese Brush Painting classes.



## **Wood Carving & Sculpture**

"Let me tell you that Gordon Becker has renewed my enthusiasm in carving, and creativity. I was a carving student for several years, and because I had other diversions, and lack of great teachers, I put this great hobby on hold. It was suggested I take a look at this new teacher. It was the best advice I took."

**-Bonnie N**



## **Online Pattern Drafting and Design Part I**

"I've been sewing and using commercial patterns for years. I finally know how to get a personal fit from a commercial pattern and so many other drafting techniques. What a fantastic class."

## **Online Fitness**

"I'm glad I decided to sign up for 2 sessions of Fitness classes, and happy that I'm in your classes. It has helped me gain muscle strength to keep my knee joint pain under control. I walk better, don't need to use the knee support daily, and take less pain medication. The options of sitting and standing exercises are good for gaining balance and control. And, of course, I enjoy exercising to your choice of music!"

**-Perla**

# LEARNER TESTIMONIALS



## Online Spanish Beginner Level II

"What a wonderful class you held last night. Being a retired language teacher and an interpreter, I am very picky about my teachers and you hit the nail on head. Upbeat, excited, fun and above all determined to meet the needs of her students. I feel very lucky to be in your class and to know how much I'm going to learn with you. Thank you again for an amazing introduction."

- Jo



## Sewing Beginner

"I loved everything about the course, the teacher was superb and she knows everything about sewing and fabrics."

"Thanks Helen, you are awesome... teaching us how to do what initially seemed impossible."

"Helen is very informative, supporting, kind and knowledgeable."



## Online Chinese Brush Painting

"I would encourage anyone to take painting classes with the TDSB, I have learned so much, the teachers are excellent and it is a great way to continue learning and enjoying life."

-Irma

"I've been taking Chinese Brush Painting classes with Wen for about 5 years. All in all, I can really see the improvement in my work over the years, and though I'll never be an artist, I'm very motivated to continue to learn. What more can you ask of a teacher? The fact that she's a wonderful artist herself is icing on the cake."

-Marilyn

## Online Nutrition for Energy and Wellness

"Thank you very much for your nutrition course. You were able to provide us with much information, via written text and videos. Throughout the sessions, you kept encouraging us to "act" upon the information, while we try to become more knowledgeable and more healthy! Moreover, you were able to supplement your own personal experiences --- a very well-balanced way of teaching."

-Gloria

# Are you interested in being a Learn4Life instructor?



We are always looking for additional talent and creative new classes. Have an idea? Send us a proposal!

Be sure your proposal includes: (1) Information about you  
(2) Information about the proposed course.

## Send us your idea!

Email: **[communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca)**

Subject Line: **Instructor Proposal**

Are you interested in being an instructor?

# 2020 Jack Henshaw Award Winner



**Henry Godzik**

We are pleased to announce the recipient of the 2020 Jack Henshaw Award goes to **Henry Godzik**, an experienced Learn4Life ballroom and Latin dancing instructor!

From the many submissions that were received, here are just a few of the sentiments sent by his learners:

“A very knowledgeable and enthusiastic teacher whose humour engages the students, making the learning experience enjoyable”.

“Even though Henry has taught dance with the TDSB for many years, his approach is fresh and interesting and he continues to try new things to improve the experience for his students.”

# #LEARN4LIFESELFIE



Staff and learners posing for a quick selfie with our Fall 2021 Brochure.



Tag us on social media in your selfie holding the Winter 2022 Brochure with the above hashtag!



@learn4lifetdsb



@TDSB\_ConEd



facebook.com/TDSBLearn4Life

#Learn4LifeSelfie

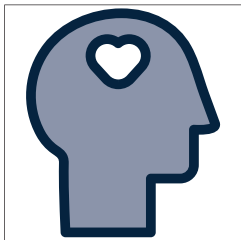
# NEVER STOP LEARNING! HERE'S WHY...

Today, continuous learning forms a necessary part in acquiring critical thinking skills and discovering new ways of relating to people from different cultures. When you decide to attend a class, you'll find yourself surrounded by people who share some common interests with you. Encouraging the habit of reading, building a network that encourages learning, asking questions and exploring avenues of learning all play a part.



- **It keeps you healthier and more active -**

Having hobbies promotes better health and may lower the risk of having high blood pressure. As long as we're acquiring new knowledge, we're keeping our brain healthier.



- **It is key to good mental health -** Enjoying a few hours of your hobby a week can reduce the risk of depression. It can boost self-confidence and self-esteem, help build a sense of purpose, and foster connection with others.



- **It can help you be happier -** Having a hobby that we enjoy brings us joy and enriches our lives. Hobbies give you an opportunity to enhance your life and allow you to destress yourself while remaining mentally productive.

# Learn4Life.ca

## Frequently Asked Questions

### **1. Now that you have moved to a new registration system, is there a new website address?**

Although we have moved to a new registration system, our registration website remains the same and can be accessed by visiting [www.learn4life.ca](http://www.learn4life.ca).

### **2. Now that you have moved to a new system, do I have to create a new client account? And is an email address required to create an account?**

Yes, all registrants must create a new client account on [www.learn4life.ca](http://www.learn4life.ca) in order to register for a course. An email address is required to create an account. The email address used to create the account, will be your new User ID. You will be required to create a password.

### **3. When can I create the new account?**

In preparation for the upcoming registration period, you are encouraged to create an account if you have not already done so.

### **4. I have a credit in the old system, how can this be transferred to the new system?**

You must create an account in the new system in order for the credit to be transferred. Credits can be claimed by emailing [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca) and provide the following information: full name, email, and home address, as per your previous TDSB Learn4Life account. Once the information is verified, the credit will appear in your new account.

### **5. How can I register for an online Learn4Life course?**

Only online registration is available at this time, and where special considerations must be made, via email. There is no registration via mail, telephone, or fax. Once registration opens, please visit the website at [www.learn4life.ca](http://www.learn4life.ca) and use your VISA or MasterCard to pay. Note, the payment system will not accept VISA Debit or MasterCard Debit at this time.

### **6. I am not a senior but I would like to register for a Seniors' Daytime course. How do I register?**

Senior's Daytime courses are for seniors 65+, however, some courses allow a limited number of non-seniors to register in the class. Please complete the [registration form](#)

with payment information and email it to [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca). An email confirmation of the registration will be sent to you if space is available in the class.

### **7. I registered for a course; will I receive confirmation and/or a receipt?**

If you have successfully registered for a course, you will receive an email from “no-reply@ebasefm.com” with your registration receipt. Please check your junk mail folder if you have not received the email.

### **8. What type of Government Assistance is eligible to access the subsidized rate? And what type of documents do I need to provide?**

The following Government Assistance Programs are eligible: Ontario Works (OW), Ontario Disability Support Program (ODSP), Canada Pension Plan Disability Benefits (CPP Disability), Old Age Security (OAS), Guaranteed Income Supplement (GIS), and Guaranteed Annual Income System (GAINS).

Documentation required (All documents must include your name, address, and statement date):

- Current monthly statement or letter from the Social Assistance Office: OW and ODSP recipients.
- Annual statements: CPP Disability, OAS, GIS, and GAINS recipients.

### **9. If I am registering as a subsidy learner, do I need to provide my eligible documents each time I register?**

Eligible social assistance documents are required to qualify for the subsidy rate. A current copy must be submitted with the application form to support this request. Some documents may be required to be submitted every term. This reduced rate applies to course fees only and is limited to one course per term. Material fees, if applicable, are extra.

### **10. I am eligible to register using the subsidized rate, how come I cannot register online?**

Learners accessing the subsidized rate will be required to provide supporting documentation, as per usual practice, to register for a course. Your eligibility to register for a subsidized course must first be verified before we are able to register you. Please email a current copy of your eligible social assistance document, along with the completed registration form and payment information to [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca), and one of our agents will be happy to register you into the course of your choice. Material fees, if applicable, are extra.



**11. As a subsidized learner can I register online and then get a refund for the difference after I provide my documents?**

No, supporting documentation must be received at the time of registration to be eligible for the subsidized rate.

**12. If a dependent of Ontario Works recipients would like to register and access the subsidy rate, how do they register?**

Recent changes may affect how dependents of Ontario Works recipients confirm their eligibility for the subsidized rate. Dependents over the age of 18 who would like to register for a course must be listed on your Drug Benefit Eligibility Card. If you do not have this card, a letter from the Social Assistance Office confirming the dependent will be required to register for a subsidy course plus material fees.

**13. How much is the subsidized rate?**

The current subsidized rate is \$11.50. This reduced rate applies to course fees only and is limited to one course per term. Material fees are extra and will be added to the registration fee of \$11.50. All fees are due at the time of registration.

**14. How many courses am I eligible to register for?**

As a subsidized learner, you are eligible to register for one course per term.

**15. I am registered for an online course, when am I supposed to get the link for the class?**

Learners registered for an online course will receive an email with the class link within the hour of the scheduled start time of the class. The same link will be used for the duration of the class.

You must ensure to add and/or update your email address on your TDSB account to receive Learn4Life class links, updates, news, and course information.

To confirm all information on your account is correct, log into your TDSB account by clicking on the Register/Log-In option on the webpage, click Login and follow the instructions.

**16. What happens if I don't get the email with the link within the hour of the scheduled start time?**

If you do not receive the email within the hour, please email us at [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca).

**17. I have an account with another family member and the link was sent to my family member's email, why did this happen?**

If there is more than 1 person on the account, the system automatically picks up the

main account holder's email address. If you are not listed as the main account holder, and you register for an online course, the classroom link will be sent to the main account holder's email address on file. To avoid any confusion, there should only be one email address on the account.

**18. What online platform will we be using for these online classes?**

There are two online platforms that may be used, ZOOM and Google Meet. Please visit [www.learn4life.ca](http://www.learn4life.ca) for instructions on how to join a ZOOM or Google Meet..

**19. Do I need to download any software to access links?**

If you are using a desktop, no software is required to be downloaded when accessing Google Meet or Zoom. If a smartphone or Android will be used, you must download the Google Meet or Zoom app in order to access the class.

**20. What browser should I use?**

Although you may be able to access the class using other browsers, the recommended browser to use for both Google Meet and Zoom is Google Chrome.

**21. Do I need a passcode to join a class?**

If the online platform used is Google Meet, a passcode will not be needed. If the online platform used is Zoom, a passcode may be required. This will be provided to you in the email with the link.

**22. Are classes going to be recorded?**

The online delivery model is a synchronist (in-real time) learning model. Sessions will not be recorded or made available if a learner is unable to attend a scheduled class.

**23. Do I need a camera to participate in the class?**

It is not mandatory to have a camera, but it is recommended so the instructor is able to see you and interact. This makes for a much more engaging experience during the class.

**24. I am registering for a class that requires materials, where can I find the list of items needed?**

To view materials needed for that class, on the course page, click the material list pdf under Files just below the course Schedule.

**25. What is the refund policy?**

Please see refund and transfer policy on Page 3.



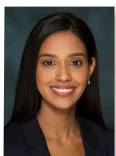
# International Languages Elementary and African Heritage

Online classes open to all students from JK-Grade 8



[www.ileprograms.ca](http://www.ileprograms.ca) | [coned@tdsb.on.ca](mailto:coned@tdsb.on.ca) | [@tdsb\\_ILE](https://twitter.com/tdsb_ILE)

## Toronto District School Board Trustees



**Harpreet Gill**  
Ward 1  
Etobicoke North  
[Harpreet.Gill@tdsb.on.ca](mailto:Harpreet.Gill@tdsb.on.ca)



**Dan MacLean**  
Ward 2  
Etobicoke Centre  
[Dan.MacLean@tdsb.on.ca](mailto:Dan.MacLean@tdsb.on.ca)



**Patrick Nunziata**  
Ward 3  
Etobicoke-Lakeshore  
[Patrick.Nunziata@tdsb.on.ca](mailto:Patrick.Nunziata@tdsb.on.ca)



**Christopher Mammoliti\*\***  
Ward 4  
Humber River-Black Creek  
[Christopher.Mammoliti@tdsb.on.ca](mailto:Christopher.Mammoliti@tdsb.on.ca)



**Alexandra Lukka**  
Ward 5  
York Centre  
[Alexandra.Lukka@tdsb.on.ca](mailto:Alexandra.Lukka@tdsb.on.ca)



**Chris Tonks**  
Ward 6  
York South-Weston  
[Chris.Tonks@tdsb.on.ca](mailto:Chris.Tonks@tdsb.on.ca)



**Robin Pilkey**  
Ward 7  
Parkdale-High Park  
[Robin.Pilkey@tdsb.on.ca](mailto:Robin.Pilkey@tdsb.on.ca)



**Shelley Laskin**  
Ward 8  
Eglinton-Lawrence and Toronto-St. Paul's  
[Shelley.Laskin@tdsb.on.ca](mailto:Shelley.Laskin@tdsb.on.ca)



**Stephanie Donaldson**  
Ward 9  
Davenport and Spadina-Fort York  
[Stephanie.Donaldson@tdsb.on.ca](mailto:Stephanie.Donaldson@tdsb.on.ca)



**Chris Moise**  
Ward 10  
University-Rosedale and Toronto Centre  
[Chris.Moise@tdsb.on.ca](mailto:Chris.Moise@tdsb.on.ca)



**Rachel Chernos Lin**  
Ward 11  
Don Valley West  
[Rachel.ChernosLin@tdsb.on.ca](mailto:Rachel.ChernosLin@tdsb.on.ca)



**Alexander Brown\***  
Ward 12  
Willowdale  
[Alexander.Brown@tdsb.on.ca](mailto:Alexander.Brown@tdsb.on.ca)



**James Li**  
Ward 13  
Don Valley North  
[James.Li@tdsb.on.ca](mailto:James.Li@tdsb.on.ca)



**Trixie Doyle**  
Ward 14  
Don Valley East  
[Trixie.Doyle@tdsb.on.ca](mailto:Trixie.Doyle@tdsb.on.ca)



**Jennifer Story**  
Ward 15  
Toronto-Danforth  
[Jennifer.Story@tdsb.on.ca](mailto:Jennifer.Story@tdsb.on.ca)



**Michelle Aarts**  
Ward 16  
Beaches-East York  
[Michelle.Aarts@tdsb.on.ca](mailto:Michelle.Aarts@tdsb.on.ca)



**David Smith**  
Ward 17  
Scarborough Centre  
[David.Smith4@tdsb.on.ca](mailto:David.Smith4@tdsb.on.ca)



**Parthi Kandavel**  
Ward 18  
Scarborough Southwest  
[Parthi.Kandavel@tdsb.on.ca](mailto:Parthi.Kandavel@tdsb.on.ca)



**Zakir Patel**  
Ward 19  
Scarborough-Guildwood  
[Zakir.Patel@tdsb.on.ca](mailto:Zakir.Patel@tdsb.on.ca)



**Manna Wong**  
Ward 20  
Scarborough-Agincourt  
[Manna.Wong@tdsb.on.ca](mailto:Manna.Wong@tdsb.on.ca)



**Yalini Rajakulasingam**  
Ward 21  
Scarborough North  
[Yalini.Rajakulasingam@tdsb.on.ca](mailto:Yalini.Rajakulasingam@tdsb.on.ca)



**Anu Sriskandarajah**  
Ward 22  
Scarborough-Rouge Park  
[Anu.Sriskandarajah@tdsb.on.ca](mailto:Anu.Sriskandarajah@tdsb.on.ca)

Contact your local Trustee  
at 416-395-8787

\* Chair \*\* Vice-Chair  
Accurate at time of printing.



# 2021-2022

## Improve your English

- ✓ High-quality instruction
- ✓ Flexible class schedules
- ✓ Continuous enrollment
- ✓ All levels and specialty classes
- ✓ A wide range of resources

**\*FREE**  
classes

# Adult ESL

[www.ESLtoronto.ca](http://www.ESLtoronto.ca) | [AdultESL@tdsb.on.ca](mailto:AdultESL@tdsb.on.ca) | 416.338.4300

\*Free for eligible learners. Funded by the Ministry of Labour, Training and Skills Development

