Welcome to the St. James-Assiniboia Continuing Education 2016 Spring session.

“I think you learn more if you’re laughing at the same time.”
- Mary Ann Shaffer

Bring a friend, or come out to meet new friends, and have fun with our new courses. Whether you like to experiment with arts/crafts, learn a new language, update your computer skills, exercise, or relax, we have many different courses that fit the need of every age group. We invite you to look at the new courses for this session. They include Gelati al Cioccolato Ornament, Mandarin for Beginners, Airbrushing, Calligraphy Part 2, Patio Lanterns and much more. Our full-time programs provide students with hands-on learning for transition to a new career path. We offer Health Care Aide, Health Unit Clerk, Educational Assistant, Veterinary Hospital Office Assistant, with courses beginning in August and September 2016, as well as a Taxi Cab Driver Training Program. Our instructors are experts in their respective fields and ensure that you receive the most up-to-date information and training.

Open the door to new and exciting educational opportunities!

Wanda Taylor
Assistant Director

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**FITNESS**

**HULA HOOPING WITH KATHY**
Hula Hooping provides a total body workout and if you wish to get even more out of your exercise, you can use weighted hoops. Fun, exciting but simple. Hula hoops provided.

**Thursdays (8X) April 7 to June 2**
6:30 - 7:30 pm.  SFT10-16 (JT)

$75.00  Katherine Salsman

“Lots of fun, great exercise and easy way to meet new people.”
- Tracey, Hula Hooping with Kathy

**ADVANCED HULA HOOPING**
This advanced Hula Hooping course provides a total body workout such as expanding on folds and isolations and shoulder hooping. Previous Hula Hooping recommended. Hula hoops provided.

**Thursdays (8X) April 7 to June 2**
7:45 - 8:45 pm.  SFT11-16 (JT)

$75.00  Katherine Salsman

BRING A FRIEND!
“It makes a class more fun!”

Register online at www.localcourses.com/sjsd
LEARN TO RELAX WITH TAI CHI
Join us for this relaxing and invigorating exercise. This class includes simple, low impact movements that increase flexibility, balance, range of motion, mental focus, strength and overall well being. Movements are performed in a slow, focused manner and accompanied by deep breathing exercises.
Saturdays (6X) April 23 to June 4
11:30 am - 12:30 pm.
SFT15-16 (JT)
$69.00 Katherine Salsman

“Time the instructor was very good, the hour went quickly and I would like to continue with Tai Chi.” - Marianne

PEOPLE WITH ARTHRITIS CAN EXERCISE (PACE)
PACE is an exercise program created and designed for people with arthritis. This program, taught by a certified PACE instructor, will help you to keep joints flexible, muscles strong and help reduce the pain and stiffness associated with arthritis.
Tuesdays (6X) April 5 to May 17
6:00 - 7:00 pm.
SFT4-16 (JT)
$69.00 Katherine Salsman

LADIES “OVER 40” FITNESS
Come out and enjoy this full body workout that targets all the major muscles. This circuit training class will use resistance bands and dumbbells, to work on your strength, balance, cardio and core.
Mondays (6X) February 22 to April 4
6:30 - 7:30 pm.
SFT2-16 (SM)
$69.00 Katherine Salsman

THE JOYS OF BELLY DANCING
Belly dancing is energizing, graceful, calming and easy to practice. Learn basic dance styles as you move to Middle Eastern rhythms. Gain flexibility, strength, tone and improved posture. Belly dancing also promotes self confidence and self esteem. Wear loose fitting clothing and bring a scarf to tie around your hips.
Wednesdays (9X) April 6 to June 1
6:30 - 7:45 pm.
SFT6-16 (WS)
$79.00 Ildiko Gyarmati

GENTLE YOGA FOR ACTIVE SENIORS
This course aims to improve flexibility, balance, posture and strength. Your breath and gravity takes you gently into each pose without pulling or straining. Gentle Yoga disciplines the body, mind and spirit. Each lesson begins and ends with a 5 minute relaxation/meditation session.
Mondays (6X) April 4 to May 30
6:15 - 7:15 pm.
SFT3-16 (JT)
$69.00 Andrea Baryliuk

LAND PADDLING
Have you heard of land paddling? Like stand-up paddling on a surfboard but instead of water, you propel yourself on pavement. Easy to learn and lots of fun. Try this two hour class. All equipment (paddles, boards, helmets, knee/elbow pads) provided.
Thursday May 12
7:00 - 9:00 pm.
SFT16-16 (OT)
$20.00 Gord Hanna

REGISTER EARLY!
Courses may fill up quickly or be cancelled due to low enrollment.

RESTORATIVE YOGA
Relax and rejuvenate with this restorative yoga class. The use of props and long supported holds soothe the mind and allow for a deeper release, bringing a calming end to your day. Bring a mat, towel and a water bottle. For students at all levels.
Mondays(6X) April 4 to May 30
7:45 - 8:45 pm.
SFT7A-16 (JT)
$69.00
Wednesdays (10X) April 6 to June 15
6:15 - 7:15 pm.
SFT8-16 (JT)
$89.00 Andrea Baryliuk

MORE JOY OF BELLY DANCING
This class is for those who have some experience and wish to learn more dance moves. Continue to explore the meditative qualities and experiment with personal expressions of the dance. Improve your veil work, improvise with your sister dancers and gracefully interpret and perform choreographic moves.
Wednesdays (9X) April 6 to June 1
8:00 - 9:15 pm.
SFT9-16 (WS)
$79.00 Ildiko Gyarmati

GENTLE YOGA FOR ACTIVE SENIORS
This course aims to improve flexibility, balance, posture and strength. Your breath and gravity takes you gently into each pose without pulling or straining. Gentle Yoga disciplines the body, mind and spirit. Each lesson begins and ends with a 5 minute relaxation/meditation session.
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Wednesdays (9X) April 6 to June 1
6:30 - 7:45 pm.
SFT6-16 (WS)
$79.00 Ildiko Gyarmati

REGULAR YOGA (level 1)
This course will focus on the asana (postures) and breathing and provide the opportunity to develop a regular practice.
Mondays (6X) April 4 to May 30
7:45 - 8:45 pm.
SFT7A-16 (JT)
$69.00 Andrea Baryliuk

LAND PADDLING
Have you heard of land paddling? Like stand-up paddling on a surfboard but instead of water, you propel yourself on pavement. Easy to learn and lots of fun. Try this two hour class. All equipment (paddles, boards, helmets, knee/elbow pads) provided.
Thursday May 12
7:00 - 9:00 pm.
SFT16-16 (OT)
$20.00 Gord Hanna

ZUMBA GOLD FOR EVERYONE!
Come prepared to have fun! This program is designed for the older adult, the beginner, individuals with limited physical mobility and for those not used to exercising. It is done at a slightly lower intensity than regular Zumba classes with easy-to-follow moves.
Saturdays (6X) April 23 to June 4
9:30 - 10:30 am.
SFT14-16 (JT)
$69.00 Tania Woodfield

LOWER BODY TONING (abs, glutes & thighs)
Get fit! Focus on core stabilization as well as toning and shaping exterior muscles. Perfect for participants of all ages and fitness levels!
Wednesdays (6X) April 6 to May 11
6:30 - 7:30 pm.
SFT5-16 (SM)
$69.00 Katherine Salsman

Call 204-832-9637 to register by phone
FITNESS

DYNABODY TOTAL FITNESS
Doug’s boot camps are famous! This fun and challenging workout focuses on all areas of fitness and will improve your strength, stamina, coordination and energy levels. The focus is on functional exercises, cross-training and intervals, which is the best for conditioning the body, burning fat and improving your heart health. Innovative activities incorporate calisthenics, cardio drills, resistance training, abdominal and core body exercises. With the emphasis on proper techniques and coaching — there is no better way to refresh your body, restore your energy and beat stress. Enjoy the camaraderie and the challenge!

Tuesdays (10X) April 12 to June 14
6:30 - 8:00 pm. SFT12-16 (BA)

Thursdays (10X) April 14 to June 16
6:30 - 8:00 pm. SFT13-16 (SM)

$89.00 Doug Yaholkoski

HEALTH AND WELLNESS

WELLNESS IN THE WORKPLACE
It is recognized that the workplace has a powerful effect on people’s health. When employees feel that the environment at work is unhealthy, they feel stressed. Stress has a large impact on employee mental and physical health, and in turn, on productivity. Learn skills to reduce stress and minimize sickness in your workplace!

Monday March 7
6:30 - 9:30 pm. SHL3-16 (JT)

$25.00 Jill Graham

A NUTRITIONIST’S GUIDE TO THE SUPERMARKET
This is the supermarket tour that comes to you! Find out which products should end up in your cart and which ones should stay on the shelves. Learn which crackers, yogurts, cereals, breads and soups are the healthiest for you and your family.

Mondays (2X) April 25 to May 2
6:30 - 8:30 pm. SHL8-16 (JT)

$40.00 Jill Graham

THE “SANDWICH” GENERATION
Would you like to keep your aging family members in their homes for as long as possible? This presentation will provide you with the resources that are available to you so that your loved ones will be taken care of in their homes.

Wednesday March 16
6:30 - 8:00 pm. SHL5-16 (JT)

$25.00 Elizabeth Meisner

CONSCIOUS CONNECTIONS: DREAMS
Do our dreams serve a purpose? Are they able to give us messages? Pamela will share personal experiences and draw on her education to answer these questions and much more. Join her for an informational and interesting evening.

Tuesday March 1
7:00 - 8:30 pm. SHL1-16 (SHC)

$25.00 Pamela Thrift

CONSCIOUS CONNECTIONS: STRESS REDUCTION
Would you like to feel less stress in your life? This evening will take you through practical ways to relieve stress. Pamela will draw from her experiences as a counselor and share a few easy-to-use tools for stress reduction. Come, enjoy this stress-free evening!

Tuesday May 10
7:00 - 8:30 pm. SHL9-16 (SHC)

$25.00 Pamela Thrift

EATING ON THE RUN
Boost your overall energy levels, improve your current eating habits and lose weight with Jill’s balanced snacks. Jill will teach you how to create and enjoy snacks for work or school and how to schedule meals to reduce carbohydrate cravings. The benefits of this course are stabilized blood sugars, decreased cravings, improved moods and higher energy levels.

Mondays (2X) April 4 to April 18
6:30 - 8:30 pm. SHL7-16 (JT)

$40.00 Jill Graham

MEDITATION, RELAXATION, INSIGHT & HEALING
Enjoy this weekly time of relaxation. Learn techniques and experience guided meditations that will assist you in relaxing, gaining insight and assisting your body in healing. No previous meditation experience necessary.

Tuesdays (8X) March 8 to May 3
7:00 - 9:00 pm. SHL4-16 (SM)

$95.00 Pamela Thrift

CONSCIOUS CONNECTIONS: STRESS REDUCTION FOR YOUR FAMILY
“The family that relaxes together, stays together.” Pamela will use her experiences and background to give you suggestions for meaningful, useful family relaxation techniques.

Tuesday May 24
7:00 - 8:30 pm. SHL10-16 (SHC)

$25.00 Pamela Thrift

Jill Graham is a CanFit Pro Certified Nutrition and Wellness Specialist offering nutritional counselling, lifestyle advice and motivational support to all age groups.

Register online at www.localcourses.com/sbsd

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SPANISH - GETTING STARTED
Sehabla Espanol? Well you can! Come and enjoy a friendly experience with South American Spanish. The focus will be on common expressions, customs and money, as well as vocabulary related to hotel, restaurant and tourist attractions.
Tuesdays (8X) February 16 to April 12
7:00 - 9:00 pm. SCLA1-16 (SHC)
$89.00 Ines Mora

SPANISH TO GO
Learn the basics quickly in preparation for your next vacation! Learn greetings, directions, weather conditions, ordering food and simple expressions to survive in a Spanish speaking country.

Saturdays (3X) April 9 to April 23
9:00 am. - 12:00 pm. SLA7-16 (SHC)
$55.00 Ines Mora

ITALIAN TO GO
Learn the basics quickly in preparation for your next vacation! Learn greetings, directions, weather, ordering food and simple expressions to survive in Italy.

Saturdays (3X) April 9 to April 23
9:00 am. - 12:00 pm. SLA6-16 (SHC)
$55.00 Patricia Busca

ICELANDIC TO GO
Learn the basics quickly in preparation for your next vacation! Learn greetings, directions, weather conditions, ordering food and simple expressions to survive in Iceland.

Saturdays (3X) February 20 to March 5
9:00 am. 12:00 pm. SCLA3-16 (SHC)
Saturdays (3X) April 9 to April 23
9:00 am. - 12:00 pm. SLA9-16 (SHC)
$55.00 Ainsley Bloomer

MANDARIN - GETTING STARTED
Are you preparing for a trip to China? Join us for informative sessions and learn about language, tourist attractions, geography, culture, festivals and much more. Learn from someone who knows China!

Wednesdays (6X) February 17 to March 23
6:30 - 8:30 pm. SLA11-16 (SHC)
$79.00 Xi Zhou

FRENCH TO GO
Bonjour! Learn the basics quickly in preparation for your next vacation, or refresh your high school French.

Saturdays (3X) February 20 to March 5
9:00 am. 12:00 pm. SCLA4-16 (SHC)
Saturdays (3X) April 9 to April 23
9:00 am. - 12:00 pm. SLA10-16 (SHC)
$55.00 Laura Gallant

ITALIAN - GETTING STARTED
Immerse yourself in Italian language, culture and traditions from this Italian instructor. Learn basic Italian conversation, grammar and verbs. Different regions of Italy will be highlighted. Have fun as you prepare for your next trip.

Thursdays (6X) April 7 to May 12
6:30 - 8:30 pm. SCLA5-16 (SHC)
$79.00 Patricia Busca

CALL 204-832-9637 to register by phone

LILLIES BISCORNU AND SCISSOR FOB
These works of art use beautiful stitches of an Italian form of needlework known as Punto Antico. Learn the basics of this lovely form of embroidery, including satin stitch, alternating stem stitch and whipped backstitch, as well as finishing instructions. A beginner/intermediate level of needlework experience and working on linen or other even weave fabrics is recommended.

Wednesdays (4X) February 17 to March 9
6:30 - 9:30 pm. SFC2-16 (NM)
$55.00 Kathryn Drummond

GELATI al CIOCCOLATO ORNAMENT
(Chocolate Ice Cream)
Expand your needlework skills with this Punto Antico ornament. Learn to cut and secure fabric threads as well as create a beautiful filling using needle weaving. Finishing instructions will be included in the class. Experience in working on linen or other even weave fabric is a pre-requisite, but experience in cutwork is not necessary.

Tuesdays (4X) April 5 to April 26
6:30 - 9:30 pm. SFC11-16 (NM)
$55.00 Kathryn Drummond

INTRODUCTION TO EMBROIDERY - DON’T BE CREWEL
Discover the art of embroidery with this introductory course. Bring new life and beauty when you embellish your old jeans. Bring a pair of small, sharp embroidery scissors to class. Taught by a member of the Winnipeg Embroiderer’s Guild.

Mondays (4X) February 22 to March 14
6:30 - 9:30 pm. SFC4-16 (NM)
$55.00 Linda Lassman

Going on Vacation?
Learn the basics of a language to make your trip more enjoyable!
**LEATHER CRAFTING WITH ANGELICA SKYE**
Learn the art of leather crafting with leading expert Angelica Skye making the trending leather multi strand bracelets. You choose the colour and the charms for your own custom creation. Material list provided.

**Saturdays (2X) February 27 to March 5**
10:00 am. - 1:00 pm.  
$35.00  
Samantha Safruik

**LEATHER CRAFTING WITH ANGELICA SKYE - SPRING BRACELETS**
Come out and craft your own spring bracelet. You choose the colour and the charms for your own custom creation. Material list provided.

**Saturdays (2X) April 16 to April 23**
10:00 am. - 1:00 pm.  
$35.00  
Samantha Safruik

**KNITTING BASICS - Purl one, Knit one**
Learn the basics of knitting such as purling, casting on, casting off and simple beginner stitches. Students need to bring needles - 6mm or higher, 10 inch length, wool 4 (medium weight) or 5 (bulky weight).

**Tuesdays (4X) March 1 to March 22**
6:30 - 9:30 pm.  
$55.00  
Catherine Chehowy

**CROCHETING FOR BEGINNERS**
Have you always wanted to learn how to crochet? Then this beginner course is for you! Complete 3 projects using basic stitches. Materials needed are: crochet hooks in sizes 5mm, 6mm, 10mm and handicrafter cotton yarn (6 oz.)

**Wednesdays (6X) April 6 to May 11**
6:30 - 8:30 pm.  
SFC12-16 (NM)  
$59.00  
Marion Krienke

**T-SHIRT QUILT**
Just can’t part with your favourite T-shirts from concerts, sports teams or special events? Then this project is for you! Create a unique heirloom quilt in this quick and easy workshop. Bring 25-30 T-shirts to create a twin sized quilt.

**Mondays (4X) April 4 to April 25**
6:30 - 9:30 pm.  
$55.00  
Catherine Chatterley

**INTRODUCTION TO PORTRAIT DRAWING**
Learn how to approach the challenges of drawing portraits, both live and from photographs, where a good likeness is all important. Through demonstrations and hands-on work, you will learn techniques for using graphite (pencil), charcoal pencil and conté. Materials required: 6 x 16” x 20” drawing paper, charcoal pencils and 2B and 4B pencils.

**Wednesdays (4X) February 24 to March 16**
7:00-9:30 pm.  
$45.00  
John F. Smeulders

**INTRODUCTION TO WATERCOLOURS**
Watercolour is a wonderful medium for creating works of fine art and illustrations. This four-week course provides the opportunity to experience a variety of watercolour techniques such as wet & dry method, washes, blends and masking. In this class students will develop their colour mixing skills by understanding the use of transparency to create a beautiful picture filled with vivid colours. Material list will be provided.

**Mondays (4X) February 29 to March 21**
6:30 - 9:00 pm.  
$45.00  
John F. Smeulders

**DRAWING - THE FOUNDATION OF ART**
Learn the basics of drawing, line form and proportion. The instructor will guide you in working with pencil, charcoal, charcoal pencil, conte and colour pencil. You will also explore a variety of paper types and learn to draw still life, portraits and photographs. Use finishing techniques to make your drawing into a work of art. Material list provided.

**Wednesdays (4X) February 24 to March 16**
7:00-9:30 pm.  
$45.00  
John F. Smeulders

Register online at www.localcourses.com/sjsd
ARTS

ADVANCED DRAWING-PORTRAITS
This course will take you forward with the skills to produce richly textured, exciting, finished pieces of art. You will be working with a range of tools and materials including charcoal, pen and ink, conte crayon, pastels, coloured pencils, drawing inks, markers and felt tip pens. Subjects will vary from still life, scenery and portraits. Your finished pieces will be suitable for framing.

Wednesdays (4X) April 6 to April 27
7:00 - 9:30 pm. SFC5A-16 (SHC)
$45.00 John F. Smeulders

INTRODUCTION TO CALLIGRAPHY
Calligraphy is beautiful writing, and writing is language made visible. Join us to learn the basics. Learn about layouts and design with colour and texture, to create your own personal design. Material list provided.

Thursdays (6X) February 18 to March 24
7:00 - 9:30 pm. SFC3-16 (SHC)
$65.00 John F. Smeulders

ACRYLICS FOR BEGINNERS
Join us for fun and learning and take home a completed picture at the end of each session. This experienced art instructor will teach you techniques of working effectively with acrylic paint to create and develop your own artistic work. Bring your brushes, paints, canvases, palettes, palette knife, water containers, newspapers for the tables. Wear old clothes. Material list provided.

Tuesdays (6X) February 16 to March 22
7:00 - 9:30 pm. SFC1-16 (SHC)
Tuesdays (6X) April 12 to May 17
7:00 - 9:30 pm. SFC13-16 (SHC)
$65.00 John F. Smeulders

CALLIGRAPHY, PART 2
Take the lost art of calligraphy to the next step. Bring your writing to life by joining us and learning more intricate writing styles. With your own personal design, colour and layout, you can explore your calligraphy talents.

Thursdays (6X) April 14 to May 19
7:00 - 9:30 p.m. SFC14-16 (SHC)
$65.00 John F. Smeulders

LEISURE

PINTEREST 101
Discover how to use this photo-sharing website with social networking features. Use Pinterest to find unique ideas for those special projects. You will learn to create and organize your own virtual pinboard so you can easily follow and find ideas.

Saturday February 20
10:00 am. - 2:00 pm. SLE1-16 (JT)
$35.00 Ianthe Warner

STAR GAZING - AN INTRODUCTION TO ASTRONOMY
Have you ever wondered what’s up in the sky? Satisfy your curiosity with this short course. Topics will include: learning constellations, observations of planets, stars, aurora and space exploration. You will also be able to use a telescope to get a glimpse into the universe.

Wednesdays (4X) April 6 to May 4
6:30 - 9:30 pm. SLE11-16 (JT)
$45.00 Gerry Smerchanski

OLD NORSE MYTHOLOGY
Dive into the world of the Norse, where you can learn about adventure and honour. You will learn the roots of the Norse mythology and some of the stories concerning them, from this experienced instructor. You will also learn about the coming of Christianity and how this transformed Iceland.

Wednesdays (3X) March 9 to March 23
6:30 - 8:30 pm. SLE25-16 (JT)
$35.00 Ainsley Bloomer

CREATIVE WRITING
Do you enjoy writing? Experiment in journal writing, poetry, fiction, and more. You will acquire the necessary skills for “dynamic” and creative writing by exploring description, sensory detail and scene writing.

Mondays (5X) February 22 to March 21
6:30 - 8:30 pm. SLE2-16 (JT)
$55.00 Chris Rutkowski

THE ART OF STORYTELLING
To create a story is an age-old impulse. This course will look at the ways that stories have carried us from the past to the present and help to paint a verbal picture for generations to come. Come out and enjoy what this professional story teller, poet and journalist has to offer.

Thursdays (3X) April 7 to April 21
6:30 - 8:30 pm. SLE12-16 (SHC)
$39.00 Brian Richardson

Call 204-832-9637 to register by phone
PHOTOGRAPHY - ON LOCATION
Would you like to take your digital photography skills to the next level? This course will take you on location to learn how to take better pictures outside with different types of lighting and objects. Each class will be at a different location.

Thursdays (4X) May 5 to May 26
6:30 - 8:30 pm.
SLE19-16 (SHC)
$65.00 Teri Hofford

ELECTRICAL HOUSE WIRING
Learn the basics of electrical house wiring following the City of Winnipeg and Canadian Electrical Code rules and guidelines. This course is perfect for learning how to wire your rec room, garage, cabin, or to do routine house maintenance. Baseboard heating, sub panels, 3-way switches, aluminum wiring, knob and tube wiring are some of the topics covered. Basic electrical tools are provided to use, or bring your own.

Tuesdays (8X) April 5 to May 24
6:30 - 9:30 pm.
SLE7-16 (SHC)
$215.00 Gary Yakimoski

LEISURE

TAKE BETTER PICTURES WITH YOUR iPHONE
Would you like to take better pictures using your iPhone? This short course will teach you the basics of shooting with your camera, composition, design, lighting and subject matter. Learn about your iPhone accessories, editing apps and platforms for sharing your photos such as Instagram and Snapchat.

Wednesdays (2X) March 9 to March 16
6:30 - 8:30 pm.
SLE6-16 (SHC)
$39.00 Stephanie Besselt-O'Leary

GETTING MORE FROM YOUR DIGITAL CAMERA
Digital cameras can be very confusing. What are all those controls, buttons and menus for, and when do you use them? This course answers all these questions and more. Take a hands-on tour of your camera's features, learning technical terms, photographic concepts and shooting techniques as you go. Bring your digital camera and attachments to class.

Wednesdays (4X) April 6 to April 27
6:30 - 8:30 pm.
SLE10-16 (SHC)
$65.00 Teri Hofford

PATIO LANTERNS
Spice up your deck, patio or garden space this summer with beautiful patio lanterns. Using trailing vines and a string of lights you will learn to create a rustic globe patio lantern. Add a unique touch to your backyard. It's fun and easy!

Thursday April 28
6:00 - 9:30 pm.
SLE7-16 (SHC)
$39.00 Catherine Chatterley

ATTRACTING BACKYARD BIRDS
Attract beautiful birds of all types to your garden. Learn which feeders are best, the special types of feed available and more. Enjoy this relaxing and increasingly popular hobby.

Monday May 30
7:00 - 9:00 pm.
SLE20-16 (JT)
$25.00 Sherry Versluis

MATURE DRIVER WORKSHOP
This free workshop presented by MPI is designed for experienced drivers, aged 55 and older, who want to brush up on their skills and enhance their driving performance. Increase your confidence and driving ability, learn updated traffic laws and road safety rules, brush up on defensive driving techniques and learn how to compensate for changes in hearing, vision, flexibility and reaction time.

Thursday February 25
6:00 - 9:00 pm.
SLE3-16 (SHC)
Thursday April 21
6:00 - 9:00 pm.
SLE15-16 (SHC)
No Charge Laura Fabro

STRESS FREE GARDENING
Create an easy and beautiful botanical sanctuary in your own backyard. We will discuss simple design and climate appropriate perennials that will provide years of enjoyment with minutes of seasonal maintenance.

Wednesdays (3X) April 27 to May 11
6:30 - 9:30 pm.
SLE17-16 (JT)
$39.00 Catherine Chatterley

Register online at www.localcourses.com/sjsd
SUPER- PUP LIFE SKILLS CLICKER TRAINING
Have a new puppy? Bring your puppy to learn basic training and socialization. Turn your puppy into a Super Pup! Includes basic clicker training, collar/leash training, gentle leader, positive training methods and sit & stay commands. Learn solutions to common problems (chewing, separation anxiety, house training issues, jumping up, barking, etc.). Normal canine development, puppies and children, and puppy nutrition included.
Tuesdays (6X) April 5 to May 10
7:30 - 8:30 pm. SLE8-16 (HVCC)
$99.00 Karen Fisk

SUPER-DOG OBEDIENCE - CLICKER TRAINING
Positive clicker training methods commands such as, sit/stay, down/stay and come. Designed for dogs over 9 months of age.
Tuesdays (8X) April 5 to May 24
6:00 - 7:00 pm. SLE9-16 (HVCC)
$119.00 Karen Fisk

PLEASE NOTE: Dogs must have their second series of vaccinations (DA2PP + Bordatella). Proof of vaccinations is required and must be brought to class. Bring a collar, leash, treats and a supply of baggies. If you have a known aggressive dog/reactive, please contact the instructor prior to registration so we may tailor to your needs.

Karen Fisk - RAHT, CCT
Karen is a Registered Animal Health Technologist who graduated from Red River College in 1996. She has been working in clinic and as a teacher for the past 20 years. In 2000, she began working with dogs and behaviour modification techniques. In addition to teaching the dog obedience and life skills courses, she also teaches the Veterinary Hospital Office Assistant Program.

FINANCIAL PLANNING - GETTING ON TRACK IN EARLY YEARS
Take a look ahead to your future and understand the importance of detailed financial planning “early enough” to make the necessary adjustments and ensure a comfortable retirement. Topics will include tax planning, RRSP, TFSA, education and disability savings plans, as well as a comprehensive look at mortgage options, insurance, and beneficiary designations.
Thursday February 11 SBU1-16 (SHC)
Thursday March 10 SBU6-16 (SHC)
Thursday April 14 SBU13-16 (SHC)
Thursday May 12 SBU16-16 (SHC)
6:30 - 8:15 pm. No Charge Jeremy Jackiew & Andrew McGrath

“Bring a Friend!”
“Friends give you energy to keep to your commitment.”

Call 204-832-9637 to register by phone
INTRODUCTION TO BLOGGING
Are you new to the social media world? If so, discover how to set up your own free website using blogging sites. This class will show you the websites that are out there and how to utilize them to view/track statistics for your website and how to drive traffic to your site. Great for small business owners or emerging bloggers.

Saturday February 27
Saturday April 30
9:00 am. - 12:00 pm.
$35.00
Selene Paul

INTERVIEW SKILLS SEMINAR
Learn how to compose yourself in an interview and answer those difficult and challenging questions. This course will prepare you to have a successful job interview.

Wednesday April 6
6:30 - 9:30 pm.
$25.00
Melissa Flanagan

MS EXCEL 2013 - INTERMEDIATE
Excel with Excel! Learn chart formatting, absolute referencing, “if” statements, sheet references and 3-D referencing and formulas. Prerequisite: Intro to Excel

Saturday May 14
9:30 am. - 3:30 pm.
$69.00
Ianthie Warner

iPHONE SURVIVAL FOR BOOMERS
Do you have an iPhone and now need some of the basics of this program and discover the endless possibilities advertising your small business. Have you ever wanted to make your own professional looking business cards, flyers or newsletters? Adobe Illustrator is a popular program used by many small and large businesses to do this and much more! Come out and learn the basics of this program and discover the endless possibilities advertising your small business.

Wednesday March 9
6:30 - 8:30 pm.
$35.00
Jim Goldrup

iMOVIE FOR THE MAC
Create personalized videos of all your favourite moments. This workshop will have you editing your material quickly. Capture footage on your MAC, edit, add visual effects, sound, and then burn the project on a DVD.

Thursdays (2X) February 24 to March 2
6:30 - 8:30 pm.
$45.00
Rebecca Schilling

NEW!

Our brochure is available online with secure registration and confirm capabilities.
www.localcourses.com/sjdsd

Register online at www.localcourses.com/sjsd
COMPUTERS

TWITTER 101
Have you wondered what Twitter is all about?
What do the terms trending, hashtag, tweets, etc. really mean? In this short course you can learn how to become familiar and comfortable with Twitter.

Saturday May 7
10:00 am - 2:00 pm.
SCO11-16 (JT)
$35.00 Ianthe Warner

NEW!

RESTORING OLD PHOTOGRAPHS DIGITALLY
Do you have faded family photos that you love? Discover how to restore photos to their old glory. In just a few hours, learn simple computer techniques that will have you restoring those beautiful photographs.

Saturday May 14
10:00 am - 2:00 pm
SCO13-16 (SHC)
$35.00 Jim Goldrup

St. James-Assiniboia School Division
Continuing Education

OPEN HOUSE

Day: Thursday, March 17, 2016
Time: 6:30 - 8:00 pm.
Location: John Taylor Collegiate (470 Hamilton Ave.)
2nd Floor East Entrance (by parking lot)

The following certificate courses are available beginning in August/September 2016.

• Health Care Aide
• Health Unit Clerk
• Educational Assistant
• Veterinary Office Hospital Assistant

Get information about course insight, about the curriculum. Ask questions about your career.

Please RSVP to: Wanda Taylor, Assistant Director
Email: wtaylor@sjsd.net
Phone: 204-832-9637
Fax: 204-888-0945

MARK YOUR CALENDARS!

Call 204-832-9637 to register by phone

CAREER & EMPLOYMENT

MEDICAL TERMINOLOGY
This intensive course teaches the basic elements of medical terminology, diagnostic tests, abbreviations and some pharmacology related to body functions, structures and health care systems. Body systems and human anatomy will be reviewed. Textbooks provided.

Mondays & Wednesdays (9X)
February 22 to May 2
6:00 - 9:30 pm.
SCA2B-16 (JT)
$425.00

WEV AS - WORKING EFFECTIVELY WITH VIOLENT/AGGRESSIVE STUDENTS
Do you work with people who may become anxious, agitated, aggressive or even violent? WEVAS is a program designed to help develop and improve communication skills used to enable these people to return to their optimal state.

Wednesdays (2X) February 24 to March 2
6:00 - 10:00 pm.
SCA1-16 (JT)
$129.00 Barry Wolfe

CANADIAN RED CROSS LEVEL C CPR
In only one day you can learn the skills to save a life. This course includes adult, child and infant CPR and choking maneuvers, recognizing the signs and symptoms of a heart attack and stroke, and how to reduce the chances of developing cardiovascular disease. Learn how to use an AED (Automated External Defibrillator). CPR manual and certificate will be provided.

Saturday February 27
SCA2-16 (SHC)
8:30 am - 4:30 pm.
$79.00 Gord Hanna

$120.00
$17.00 manual fee paid to instructor

FOOD SAFE - CERTIFIED FOOD HANDLERS TRAINING
Do you want to work in the food service industry? The City of Winnipeg Food Handlers Certificate is required for employees handling food who have contact with the public. Food Safe is able to accommodate special needs for English as an Additional Language, literacy, hearing and visual challenges.

Saturday February 27
SCA2-16 (SHC)
9:00 am - 4:30 pm.
$120.00 Lesly Andrews
$17 (optional) manual fee paid to instructor
HEALTH CARE AIDE
Students are trained to become health care workers. Graduates work with hospital patients, personal care home residents, or home care clients to meet their physical, emotional, and social needs. Course includes growth and development, gerontology, activities of daily living, care of the chronically ill, communications, medical terminology, anatomy and physiology. There are some Saturday and evening requirements. 240-hour practicum. 620 Hours
$2945.00
Full Time Program
August 29, 2016 to January 10, 2017
Monday to Friday 9:00 am. - 3:00 pm.
Part Time Program
September 7, 2016 to June 6, 2017
Mondays and Wednesdays 6:00 - 9:30 pm.
Selected Saturdays 9:00 am. - 4:00 pm.

HEALTH UNIT CLERK
Students are trained in the health care delivery system. Course includes maintaining patients and unit records, medical terminology, processing physician orders, diagnostic and laboratory orders, managing unit supplies, CPR, Non-Violent Crisis Intervention and MS Office 2010. There are Saturday and evening requirements. 160-hour practicum. 484 Hours
$3145.00
Full Time Program
August 22, 2016 to December 23, 2017
Monday to Friday 9:00 am. - 1:30 pm.
Selected Saturdays 9:00 am. - 4:00 pm.
Part Time Program
September 8, 2016 to June 7, 2017
Tuesdays and Thursdays 6:00 - 9:30 pm.
Selected Saturdays 9:00 am. - 4:00 pm.

PARENTING TODAY FALL 2015
Workshops will be held from 6:00 - 8:00 pm. at Educational Support Services - Jameswood School, 1 Braintree Crescent (off Olive and Ness). Free pizza supper offered from 6:00 - 6:30 pm. and workshops are from 6:30 - 8:00 pm. To register please call Arlie Williams-Taylor at 204-885-9555 or email: ptregristrations@sjsd.net. FREE CHILDCARE IS PROVIDED FOR SESSIONS. When registering, please indicate the number children and their ages. Once registered, if you cannot attend, please cancel by calling 204-885-9555 or email ptregristrations@sjsd.net.

Tuesday, February 2, 2016 | Coaching for Confidence
Presented by Dr. John Walker

Tuesday, March 8, 2016 | Trafficking and Human Exploitation
Presenter TBA

Tuesday, April 19, 2016 | Supporting Speech and Language Development at Home
Presented by: Speech-Language Pathologists, Educational Support Services, St. James-Assiniboia School Division

Tuesday, May 10, 2016 | Science of the Developing Brain
Presented by Dr. Maria Phelps, Educational Support Services, St. James-Assiniboia School Division

CERTIFICATE PROGRAM APPLICATION PROCESS
Please provide the following documentation:

- Grade 12 transcript or equivalent
- Current certificates for any related course
- Language Proficiency Level, if English is not your first language
- Current immunizations (if required)
- Criminal Record and Adult/Child Abuse Registry checks (if required)

A $200 administration fee (non-refundable) is required at time of registration.

Those applying for student loans or other funding must provide complete documentation as soon as possible.

Criminal Record Check - The cost is approximately $45. Please go to Winnipeg Police at 151 Princess or Police Community Service Centres.

Child Abuse and Adult Abuse Registry Check - the cost is approximately $15 each. Child Abuse Records Office at 777 Portage Ave.

Immunizations and Letter from your Doctor/Chiropractor. The cost is approximately $150. Please see your personal health care professional.

For more information, please contact:
Wanda Taylor, Assistant Director
(204)832-9637 (Work)
(204)888-0945 (Fax)
coned@sjsd.net

Register online at www.localcourses.com/sjsd
**ENGLISH ASSESSMENT TESTING**
Every Tuesday. Begins 8:00 am sharp.
John Taylor Collegiate,
Side Entrance, 2nd Floor, 470 Hamilton Ave., Winnipeg,
MB. R2Y 0H4
$15. Call 204-832-9637 for an appointment.
***Must pass English Assessment Test before booking into the Taxicab Driver Training Program.***

**TAXICAB DRIVER TRAINING**
Offered in conjunction with the Manitoba Taxicab Board. Mandatory before obtaining a Taxicab Driver's License. Includes Taxicab Industry Structure, Geography, Map Reading and Route Planning, Quality Customer Service, Transporting Passengers with Special Needs, Safety and Defensive Driving. Driving a taxi, limo or executive car provides employment opportunities with flexible hours. Must attend all classes, in full, prior to writing exam.
See www.gov.mb.ca/ia/taxicab/driver.html

**TAXICAB DRIVER TRAINING - EVENING COURSE (12 Evenings)**

<table>
<thead>
<tr>
<th>Monday to Friday</th>
<th>February 17 to March 3</th>
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<tbody>
<tr>
<td>6:00 - 9:30 pm</td>
<td>Exam: March 8</td>
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<td>$300.00</td>
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<th>Monday to Friday</th>
<th>March 9 to March 24</th>
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<td>Exam: April 5</td>
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<th>April 6 to April 21</th>
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<td>6:00 - 9:30 pm</td>
<td>Exam: April 26</td>
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<td>$300.00</td>
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<th>Monday to Friday</th>
<th>May 11 to May 27</th>
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<tr>
<td>6:00 - 9:30 pm</td>
<td>Exam: May 31</td>
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<td>$300.00</td>
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**TAXICAB DRIVER TRAINING - DAYTIME COURSE (10 Days)**

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<tr>
<th>Saturdays Only</th>
<th>April 9 to June 4</th>
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<tbody>
<tr>
<td>9:00 - 3:30 pm</td>
<td>Exam: June 11</td>
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<td>$300.00</td>
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<th>Monday to Friday</th>
<th>April 25 to May 6</th>
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<tr>
<td>9:00 - 1:30 pm</td>
<td>Exam: May 10</td>
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<td>$300.00</td>
<td>STAX4-16 (JT)</td>
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<tr>
<th>Monday to Friday</th>
<th>April 25 to May 6</th>
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<td>Exam: May 10</td>
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<td>$300.00</td>
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<th>Monday to Friday</th>
<th>May 30 to June 10</th>
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<tbody>
<tr>
<td>9:00 - 1:30 pm</td>
<td>Exam: June 14</td>
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<tr>
<td>$300.00</td>
<td>STAX7-16 (JT)</td>
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**GETTING HERE IS EASY!**
St. James-Assiniboia Continuing Education
470 Hamilton Avenue, Winnipeg, MB. R2Y 0H4
Phone: 204-832-9637

**OFFICE HOURS**
Monday to Thursday
8:00 am. - 6:30 pm.
Friday
8:00 am. - 4:30 pm.
The following Winnipeg Transit buses stop at our location:
#24 & #25

**Note:** Your attendance is mandatory! You are expected to attend ALL classes in full. This is a requirement of the Taxicab Board. If you miss any classes or are late for class, you will not be permitted to write the final exam until you have made up that time.

**CANCELLATION POLICY**
Full refunds will be issued if a cancellation is provided, in writing, five working days before the beginning of a course. Refunds will not be granted for cancellations received after this time. A full refund will be provided for courses cancelled by the Continuing Education Program.

Call 204-832-9637 to register by phone
CANCELLATION POLICY

Full refunds will be issued if a cancellation is provided, in writing, five working days before the beginning of a course. Refunds will not be granted for cancellations received after this time. A full refund will be provided for courses cancelled by the Continuing Education Program. Application fees are non-refundable.

Does your office or company need training?

Supervision Essentials
CPR
WEVAS
Food Safe-Certified Food Handlers Training

ACCEPTING APPLICATIONS FOR THE FOLLOWING PROGRAMS FOR SEPTEMBER 2016 and JANUARY 2017

EDUCATIONAL ASSISTANT
- Part time September 2016 to June 2017

HEALTH CARE AIDE
- Full time August 2016
- Part time September 2016 to May 2017
- Full time January 2017

HEALTH UNIT CLERK
- Full time August 2016
- Part time September 2016 to May 2017
- Full time January 2017

VETERINARY OFFICE HOSPITAL ASSISTANT
- Full time September 2016- May, 2017

FOR MORE INFORMATION CALL 204-832-9637

Register online at www.localcourses.com/sjsd

Five Easy Ways to Register

1. Register Online
Enroll instantly at www.localcourses.com/sjsd with a Mastercard or Visa. Your credit card security is guaranteed. Registration will be confirmed and the credit card details will be removed.

2. Phone-in 204-832-9637
Payment by credit card. Have your credit card and expiration date ready.

3. Fax your registration 204-888-0945
Fax the registration form with your credit card information.

4. Mail the registration form
Mail the registration form provided in this brochure with payment to St. James-Assiniboia Continuing Education to 470 Hamilton Avenue, Winnipeg, Manitoba R2Y 0H4.

5. Walk-in
John Taylor Collegiate, 470 Hamilton Ave., (Side Entrance - 2nd Floor) during office hours.

Cheques are payable to St. James-Assiniboia Continuing Education. Visa and Mastercard credit card payments are acceptable.
REGISTER EARLY!
Courses may fill up quickly or be cancelled due to low enrollment.

Registration Form:

Last Name: _________________________________ First Name: ____________________________
Address: ___________________________________ City: _________ Postal Code: _____________
Phone # (daytime): ___________________________ Business/Cell #: _________________________
Email Address: ________________________________________________________________________

Privacy Consent: I agree that my contact information can be used for the purpose of emailing course information. Yes/No

<table>
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<tr>
<th>Course ID</th>
<th>Course</th>
<th>Title</th>
<th>Course Fee</th>
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Credit Card #: ___________________________ Expiry Date: ___________
Signature: ________________________________________________________________________

MAIL REGISTRATION FORM TO:
St. James-Assiniboia 
Continuing Education 
470 Hamilton Avenue 
Winnipeg, MB R2Y 0H4

REGISTER ONLINE NOW!
Our brochure is available online with secure registration and confirm capabilities. 
www.localcourses.com/sjsd

FREE ADULT HIGH SCHOOL UPGRADING AND LITERACY COURSES

Upgrade your English, Math or other high school courses to obtain your high school diploma. Day or evening classes are held at Stevenson-Britannia Adult Learning Centre, located at Jameswood School, 1 Braintree Crescent. For more information, please call 204-837-3521.

Call 204-832-9637 to register by phone

SITE CODES AND LOCATIONS

<table>
<thead>
<tr>
<th>Code</th>
<th>School</th>
<th>Location</th>
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<tbody>
<tr>
<td>(BA)</td>
<td>Bannatyne School</td>
<td>363 Thompson Dr.</td>
</tr>
<tr>
<td>(JT)</td>
<td>John Taylor Collegiate</td>
<td>470 Hamilton Ave.</td>
</tr>
<tr>
<td>(NM)</td>
<td>Ness Middle School</td>
<td>3300 Ness Ave.</td>
</tr>
<tr>
<td>(SM)</td>
<td>Strathmillan School</td>
<td>339 Strathmillan Rd.</td>
</tr>
<tr>
<td>(SHC)</td>
<td>Sturgeon Heights</td>
<td>2665 Ness Ave.</td>
</tr>
<tr>
<td>(WS)</td>
<td>Westwood Collegiate</td>
<td>360 Rouge Rd.</td>
</tr>
<tr>
<td>(HCC)</td>
<td>Heritage Community Centre</td>
<td>950 Sturgeon Rd.</td>
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</tbody>
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REGISTER ONLINE NOW!
Our brochure is available online with secure registration and confirm capabilities. www.localcourses.com/sjsd

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Continuing Education in the community

HEALTH UNIT CLERK CERTIFICATE PROGRAM

“I had such an AWESOME experience taking the Health Unit Clerk course with St. James-Assiniboia Continuing Education. I was very impressed with the course instructors, the learning materials, and the school in general. Our main instructor was very informative, knowledgable, patient, kind, and very approachable. We learned all necessary essential tools to be effective Health Unit Clerks. I'm very happy to have successfully completed this course and highly recommend it to anyone looking to further their education.”

- Laura D., Fall 2015

EDUCATIONAL ASSISTANT CERTIFICATE PROGRAM

“Going back to school for retraining in the EA program is one of the best decisions I've ever made. The instructors are all passionate of what they are teaching; this gives me confidence in knowing that I am fully trained to help children in school achieve their potential.”

- Grace T., Fall 2014

STUDENTS FROM HEALTH CARE AIDE CLASS, FALL 2015

HEALTH CARE AIDE CERTIFICATE PROGRAM

“I was very excited to have been accepted into the Health Care Aide program at St. James-Assiniboia Continuing Education. Being a mature student, it was a bit frightening to return to the classroom. My instructor was extremely professional and super supportive to all of her students to make us as successful as possible. I would recommend this school to anyone entering or re-entering the workforce.”

- Rose U., Fall 2015

VETERINARY HOSPITAL OFFICE ASSISTANT CERTIFICATE PROGRAM

“I am very happy with my success in this course; having already already been through a big institution and being disappointed, I was impressed with the way instructors took the time to elaborate on and thoroughly explain content to ensure it was understood. The material was presented in a way that made sense and properly prepared us for beginning our new careers. I would hands down recommend this course to anyone looking to start a career within the veterinary medicine field.”

- Megan B., Fall 2014

St. James-Assiniboia School Division
Great Schools for Growing and Learning
Call 204-832-9637