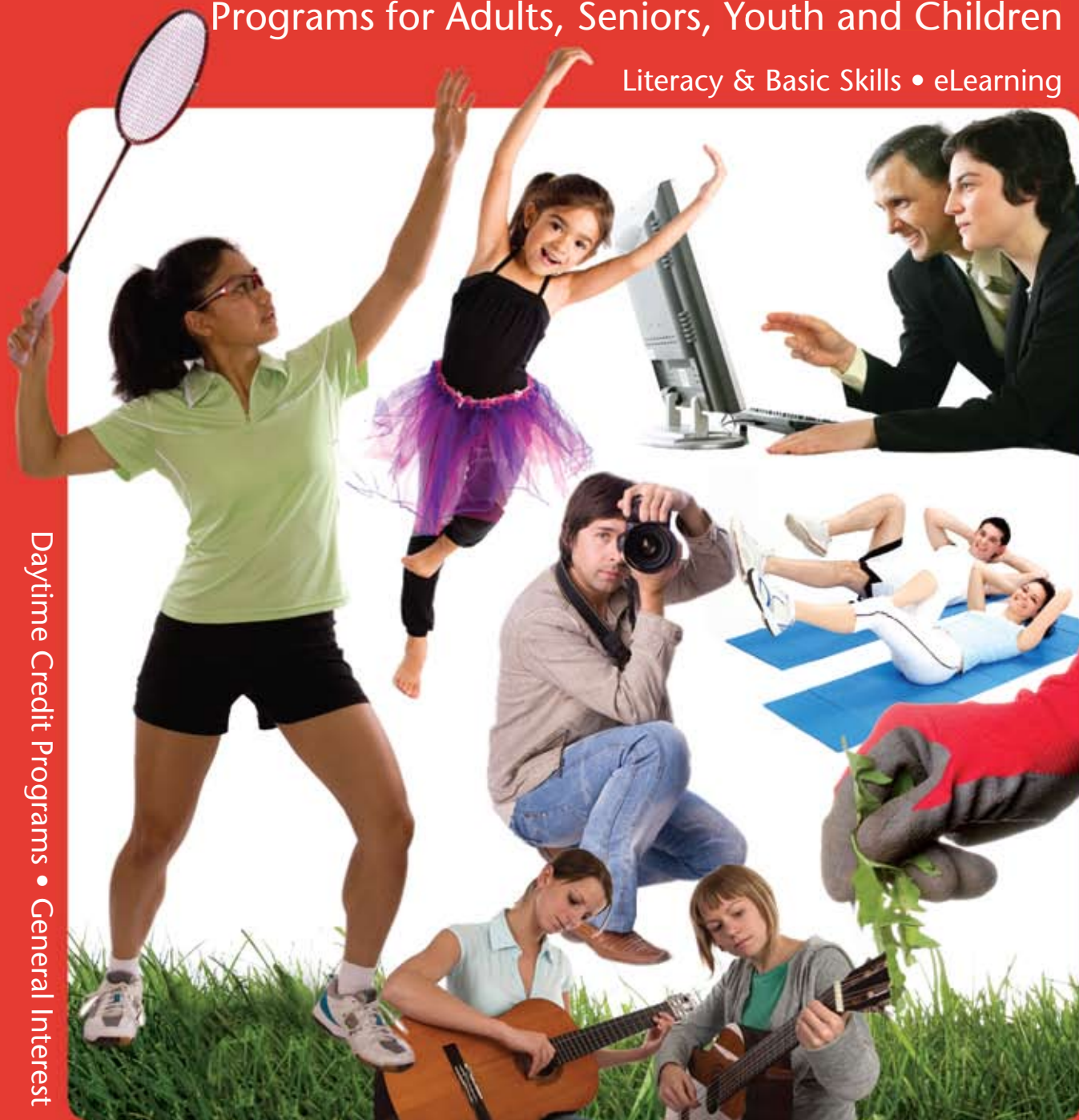


Lifetime Learning Guide

Programs for Adults, Seniors, Youth and Children

Literacy & Basic Skills • eLearning



Daytime Credit Programs • General Interest

English as a Second Language • International Languages • Self Study

Career & Certificate Programs • Evening Credit Courses



DISTRICT SCHOOL BOARD OF NIAGARA
Achieving Success Together

Fall 2010

WELCOME...

.....to the Fall 2010 Lifetime Learning Guide! It is our pleasure as the new administrators of Alternative and Community Education Services to join in inviting you to the exciting selection of learning and growing opportunities at the DSBN.

The DSBN recognizes that to meet the challenges of the world around us, individuals and groups must have the opportunity to continue learning, training and growing. Whether you are looking to earn your high school diploma, prepare for your “next” career, or improve your English or literacy skills, the DSBN has programs to help you on your way.

Our General Interest Programs offer fun and economical ways to keep your body and mind fit and active. With courses offered across the Niagara Region, there are programs to meet your personal and professional needs.

Join the thousands of people who turn to the DSBN to explore, achieve, create and celebrate their journey of lifelong learning.

Barb Eade and **Debbie Riegle**
Administrators
Alternative and Community Education Services



District School Board of Niagara Board Members 2009-2010

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Larry Lemelin, Welland
Liz Fulford, West Lincoln/Wainfleet
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COMMUNITY EDUCATION SERVICES

District School Board of Niagara
905-687-7000
www.dsbn.org/community

INTEREST COURSE LOCATIONS:

BEAMSVILLE / VINELAND

1. Beamsville District Secondary School
4317 Central Ave. 905-563-8267

FORT ERIE

2. Fort Erie Secondary School
7 Tait Ave. 905-871-4610

GRIMSBY

3. Grimsby Secondary School
5 Boulton Ave. 905-945-5416
4. Lakeview Public School
33 Olive St. 905-945-5427

NIAGARA FALLS

5. Westlane Secondary School
5960 Pitton Rd. 905-356-2401

PORT COLBORNE

6. Port Colborne High School
211 Elgin St. 905-835-1186

ST. CATHARINES

7. Kernahan Park Secondary School
91 Bunting Rd. 905-684-9461
8. Eden/Lakeport Secondary School
535 Lake St. 905-934-2545
9. Lifetime Learning Centre
535 Lake St. 905-646-3737

SMITHVILLE

10. South Lincoln High School
260 Canborough St. . 905-957-3359

WELLAND

11. Welland Centennial Secondary School
240 Thorold Rd. W. ... 905-735-0700
12. Gordon School
468 Thorold Rd. W. 905-734-3730



BY MAIL:

August 30, 2010 to September 15, 2010
VISA/MASTERCARD, cheque or money order,
complete the form on back page and send to:

Community Education Services
District School Board of Niagara
191 Carlton St., St. Catharines, Ontario L2R 7P4

One form per course. Mail-in registrations processed as received.



BY PHONE:

August 30, 2010 to September 15, 2010
VISA/MASTERCARD, Call 905-687-7000
between 9:00am to 4:00pm



BY FAX:

August 30, 2010 to September 15, 2010
VISA/MASTERCARD, Fax to 905-688-7753



IN PERSON:

Monday, September 20, 2010 from 6:30pm-8:30pm
Cash, cheque or money order only. Applicants must
register at the school where the course is to be held.

Note:

— for courses at Gordon Public School register at Welland Centennial Secondary School
— for courses at Lakeview Public School register at Grimsby Secondary School

FEES:

- Fees listed include HST (receipt will show HST)
- Asterisk (*) indicates material costs are extra
- Seniors Discount (65 yrs+) is 25% on course fee only

ACCESS FOR PHYSICALLY CHALLENGED:

The physically challenged are encouraged to inquire
about accessibility at the time of registration.

CANCELLATION OF CLASSES/REFUNDS:

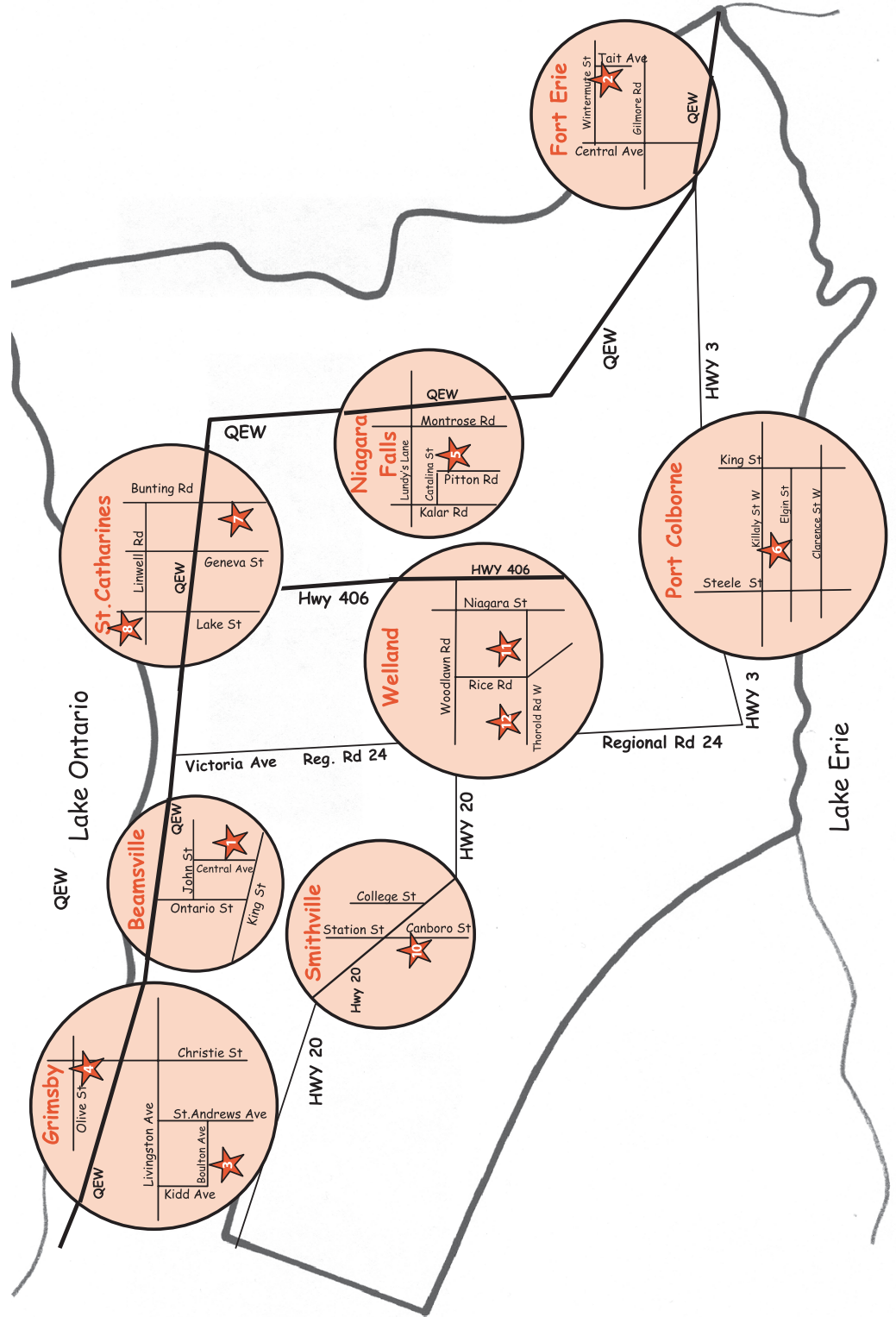
- Refunds will be granted **prior** to the SECOND scheduled class
- A charge of \$10.00 will be deducted to offset registration costs
- Minimum of 20 students per course
- The District School Board of Niagara reserves the right to terminate, combine or transfer to another school, any courses in which enrolment falls below the acceptable level
- Requests for refunds must be directed to the local Evening School supervisor or secretary
- Registration receipts must accompany all refund requests

HOLIDAYS (no classes)
Thanksgiving (October 11)
Christmas Break
(December 24 - January 7)

Places you can find us:

1. Beamsville District Secondary School (Beam)
2. Fort Erie Secondary School (Fort)
3. Grimsby Secondary School (Grims)
4. Lakeview Public School (LakeV)
5. Westlane Secondary School (West)
6. Port Colborne High School (Port)
7. Kernahan Park Secondary School (Kern)
8. Eden/Lakeport Secondary School (Eden)
Same address as #9. Lifetime Learning Centre (LLC)
9. South Lincoln High School (South)
10. Welland Centennial Secondary School (Cent)
11. Gordon Public School (Gord)

See page 1 for location addresses and phone numbers.
Location codes (e.g. "(Beam)") refer to course index on pages 10-13.



Adult Computer & Business Programs

ALL COURSES NOW FEATURING THE NEW MS OFFICE 2007!

WELLAND

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory or advanced Microsoft Office 2007 (including Word, Excel, PowerPoint and Access); Windows XP; Internet; Email; Accounting; Windows MovieMaker; and desktop publishing with MS Word and MS Publisher.

Classes run September 9, 2010 to January 28, 2011
Centennial Secondary School, 240 Thorold Rd. W., Welland

REGISTER by attending a public information session at 10:00 am, Centennial Secondary School, room 226 on Tues., August, 31, Thurs., September 2, or Tues, September 7 or call 905-735-0700, x.60711

FORT ERIE

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory to advanced MS Office 2007 (including Word, Excel, Access, PowerPoint, Outlook); Windows XP; Internet; desktop publishing with MS Word and MS Publisher; Accounting; and job skills. Co-op may be available.

Classes run September 9, 2010 to January 28, 2011
Fort Erie Secondary School, 7 Tait Ave., Fort Erie

REGISTER by attending a public information session at 10:00 pm, Fort Erie Secondary School, room 159 on Tues., August 24, 31, or September 7 or call 905-871-4610, x.61923

PORT COLBORNE

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory to advanced MS Office 2007 (including Word, Excel, Access, PowerPoint); Windows XP; Internet; Email; web page design with Front Page; Windows Photo Story and desktop publishing with MS Word and MS Publisher; Accounting; and Career skills. Co-op may be available.

Classes run September 9, 2010 to January 28, 2011
Port Colborne High School, 211 Elgin St., Port Colborne

REGISTER by attending a public information session at 10:00 am, Port Colborne High School, room 321 on Tues., August 24, 31, or September 7 or call 905-835-1186, x.54442

NIAGARA FALLS

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory to advanced MS Office 2007 (including Word, Excel, Access, PowerPoint, Outlook and Publisher); Windows XP; Internet and Email; and job skills. Additional offerings may be available in Accounting and Web Page Design with MS Office FrontPage. Co-op may be available.

Classes run September 9, 2010 to January 28, 2011
Westlane Secondary School, 5960 Pitton Rd., Niagara Falls

REGISTER by attending a public information session at 10:00 am, Westlane Secondary School, room 135 on Tues., August 24, 31, or September 7 or call 905-356-2401 x.66735

GRIMSBY

Half-day, tuition free* program (total of 6 credits available over 2 terms) in introductory to advanced MS Office 2007 (including Word, Excel, Access, PowerPoint); Internet; E-mail; Skype; Facebook; Twitter and Blogs; Webpage design; Desktop Publishing with CorelDraw, MS Publisher and MS Word; Windows Movie Maker and Photostory; Multimedia applications with Macromedia Studio MX, photoediting with Photoshop; Business Communication skills; Accounting; Job search skills will be taught and a workplace internship (co-op) may be available.

Classes run September 9, 2010 to January 28, 2011
Grimsby District Secondary School, 5 Boulton Ave., Grimsby

REGISTER by attending a public information session at 10:00 am, Grimsby District Secondary School, room 422 on Tues., August 24, 31, or September 7 or call 905-945-7733

ARE YOU ELIGIBLE FOR FUNDING?

You may be eligible to receive funding or income support for your participation in many of the Business, Computers, Career and Certificate programs offered through the DSBN. Your eligibility may depend on your chosen occupational goals and/or individual needs. Some sources of individual funding include Employment Ontario (Second Career and Ontario Skills Development), Aboriginal Funding, Ontario Works (OW), Ontario Disability Support Program (ODSP), Workplace Safety and Insurance Board (WSIB), or Work Link (NICL). Please contact your employment counselor or caseworker for more information on your eligibility.



Lifetime Learning Centre

Learn to Earn

If you wish to complete a high school diploma, pursue a personal interest, explore new career options or expand your knowledge and skills to help re-enter the work force, the Lifetime Learning Centre can help you succeed with your lifelong learning goals.



Benefits...

- Daycare
- Adult daytime courses
- Ontario Secondary School credits
- Instructor-led classes by Ontario certified teachers
- Computer training at introductory and advanced levels
- Workskills & on-the-job-training
- Education & Career Counselling
- Credit recovery

Four start up modules:

September, October, February & March
Attend an information session, call now or visit our web site to find out more!

Next Sessions...

August 26, 31 or September 7 at 10:00 a.m.
October 12, 19, or 26 at 1:00 p.m.

Get your grade 12 NOW!

Literacy, English, Math, Chemistry, Biology, Sociology, Pre-health Science and more...

Computer Courses

- Introduction to Computers
- Microsoft Office 2007 (Intro, Levels 1 & 2)
- Adobe Photoshop CS3
- CAD & Interior/Landscape Design
- Adobe InDesign CS5
- Digital Gadgets-The world of social media
- On-the-job-training

Specialized Certificates

- Technical Office Professional • Multimedia Professional
- Web Essentials • Graphics Essentials • Communication Design
- Technical Design • Information Technology Essentials
- Administrative Assistant (requires Law or Medical Technologies as electives)

535 Lake Street, St. Catharines, ON L2N 4H7

☎ 905.646.3737 □ www.lifetimelearning.ca

YOUNG MOM'S OUTREACH

For young mothers or mothers-to-be (21 yrs max.) wanting to earn high school credits in an alternative learning environment. In this short transitional program, you will work on secondary school credits under the supervision of a teacher. You will attend mornings or afternoons (9:30-11:30 am or 1:00-3:00 pm) on 3 days for academics and 2 days for life skills. Program is tuition-free. Your child must be registered at daycare. A transcript is required in order to register. Call appropriate site for appointment.

St. Catharines Outreach Program

34 Catherine St. 905-646-3737 or 905-688-0103

Daycare provided for children 6 wks - 2 yrs on-site, for up to 5 yrs at Sven Dohnberg Centre, 535 Lake St.

Niagara Falls Parent-Child Centre
Branscombe Early Learning and Family Centre
6271 Glengate St. 905-354-6040

Daycare provided for children 6 wks - 5 yrs on-site for adolescent parents finishing education

Welland Parent-Child Centre
285 East Main St., 905-735-2566 x226

Daycare provided for children 6 wks - 5 yrs on-site for adolescent parents finishing education

NIAGARA LINK

This tuition-free day program is for students 18-21 who need 8 or less credits to graduate high school. Niagara Link is designed for youth who are currently not attending high school or who are at risk of leaving high school before graduating, but want to eventually attend college.

This dual credit program allows students to earn 4 high school credits towards their OSSD, while also earning one college General Education course, all at the Niagara College N.O.T.L. Campus. This program is a partnership with DSBN and Niagara College, funded by the School-College-Work Initiative.

Runs September – January, February – June

FOR MORE INFORMATION

Call 289-407-2827 or
e-mail niagaralink@dsbn.edu.on.ca

COLLEGE LINK

A tuition-free program for students aged 17-20 years who need an alternative to the high school setting and a direct link to a college program. If enrolled in a high school, you must have a Principal's referral. Earn 2 credits per term (4 credits per semester) toward your high school diploma while securing a guaranteed college placement.

Intake of students occurs in
September, November, January and April
Niagara College – Welland Campus
FOR INFORMATION OR TO APPLY:
Call 905-735-0700 or 905-735-2211 x.7726

COURAGE TO SOAR

A tuition-free program for mature or adolescent students, aged 17+, who need an alternative to the high school setting. Aboriginal and non-aboriginal students are welcome. Co-op may be available. (3 credits per semester)

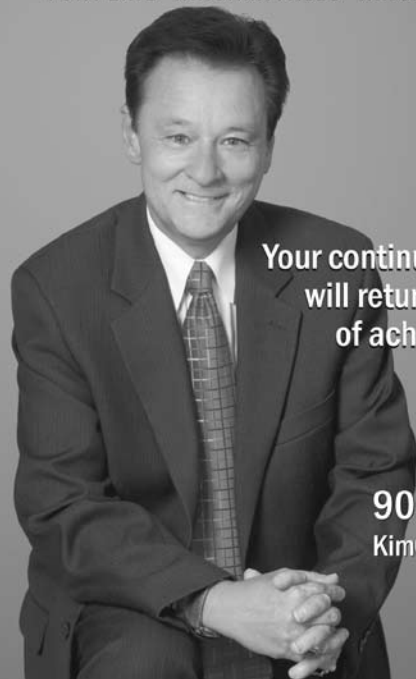
BRIDGING CLASS

For those needing to upgrade their literacy skills to be successful at high school completion.

Runs September-January and February-June
Fort Erie Native Friendship Centre
796 Buffalo Rd., Fort Erie
REGISTER: Call 905-871-8931

Kim Craitor MPP

FORT ERIE NIAGARA FALLS NIAGARA-ON-THE-LAKE



Your continuing education
will return a lifetime
of achievement

905-357-0681

Kim@KimCraitor.com





Welcome Back!

It's going to be a great year!

First day of Classes begins September 7, 2010



For information on registration, calendars, important dates and helpful back to school tips, go to www.dsbn.org and click on our "Back to School" button.



Follow us on **twitter** at [D_S_B_N](https://twitter.com/D_S_B_N) Find us on **facebook** at www.dsbn.org

THE DIPLOMA MAY BE CLOSER THAN YOU THINK

To recognize learning which takes place outside the classroom, the Ministry of Education allows us to award credits to adults (persons 18 and over) who entered Secondary School prior to September 1999 and who have been out of school for at least one full year. There are 3 categories of the credits available:

- Maturity Allowance
- Equivalent Education
- Apprenticeship Training

Assessments are completed on an individual basis. There could be a maximum of 12 credits granted using any of the allowance options described above. All applicants for equivalency standing must earn the last four credits (these credits must be at the Senior Level – Grade 11 or 12) subsequent to becoming a mature student before a diploma will be issued. The Principal shall determine which compulsory courses (if any) must still be completed by the student to earn a diploma. To assess diploma requirements, a transcript of your credits from your last school is necessary.

FOR MORE INFORMATION AND COUNSELLING CALL: 905-687-7000 OR 905-563-0909 x 54170

eLEARNING PROGRAM

You may enrol in eLearning secondary school credit courses, as an alternative to night-school or self-study, if you are eligible to attend a provincially funded school in Ontario and if you are:

- in need of secondary school credit courses in order to obtain an Ontario Secondary School Diploma, or
- upgrading secondary school credits required for entry into a program or the workforce.

NOTE: If eligible, day school students require an eLearning Application form, signed by the day school and community education principals, for each credit course. These forms are available in your guidance office.

Please bring the completed form to the office of Community Education Services at 191 Carlton St., St. Catharines, between the hours of 9:00 am and 4:00 pm.

Course Enrolment:
September 28 - February 25
Courses end: May 4, 2011

For more information about registration please call: 905-687-7000

For a list of eLearning and Self Study Courses, please visit our website www.dsbni.org/community

SELF-STUDY PROGRAM

For mature students and part-time high-school students wishing to earn high school credits while studying independently. Work at home on independent learning materials. \$100 cash only registration fee (cheques will not be accepted). \$85 will be refunded within 10-14 days, once materials have been returned.

Niagara Falls Program at Stamford C.V.I.
5775 Drummond Rd., Niagara Falls
Wednesdays, 6:30 - 8:30pm
To book an appointment at Stamford, or for more info call: 905-687-7000

Fort Erie Secondary School
Room 100, 7 Tait Ave., Fort Erie
Wednesdays 6:00 - 8:00pm
No appointment needed at Fort Erie S.S.
Must bring updated transcript with you.

(Please do not call Stamford C.V.I. or Fort Erie S.S. for information)

Runs September 22 - May 4
(continuous intake)



EVENING & WEEKEND PROGRAMS COUNSELLING

Educational counselling is available to Night School Students who are not enrolled in a day school to discuss Requirements for the Ontario Secondary School Diploma or College/University Applications. Adult students may take advantage of this service at the In-Person Registration at St. Catharines Collegiate on Monday, September 20 and throughout the semester.

FEES

There is no registration fee for credit courses. Some credit courses may require a textbook deposit charge payable IN CASH at the time of issue. Students will receive this information from their teacher on the first night of school. Upon return of the textbook, the student will receive a full refund by cheque.

CANCELLATION OF CLASSES

A minimum enrolment of 20 students is required for a course to be offered.

The District School Board of Niagara reserves the right to terminate, combine or offer an alternative mode of delivery (such as correspondence materials) to any course in which enrolment falls below the acceptable level.

DAY SCHOOL STUDENTS

Day school students require a Night School Application form, signed by their Day School Principal, for each course request. These forms are available from your Guidance office. Completed forms should be submitted to the Guidance Office at your Day School.

See pages 8 and 9 for available evening and weekend credit courses.

**The following
Credit Courses are
SEMESTERED**

Evenings: Tuesday & Thursday

Location: St. Catharines Collegiate

Time: 6:30 p.m. to 9:30 p.m.

Duration: Sept. 28, 2010 - Jan. 20, 2011

No classes: December 27 to January 7

**ARABIC (LYBAD1)
LEVEL 1 - ACADEMIC**

Course No 1150

This is an introductory course in which students will learn vocabulary and grammar essential for reading and communicating orally and in written form. Students will explore aspects of the Arabic culture including social customs and the arts.

**CHALLENGE AND CHANGE
IN SOCIETY (HSB4M1)
UNIVERSITY/COLLEGE
PREPARATION**

Course No 1151

This course examines the theories and methodologies used in anthropology, psychology, and sociology to investigate and explain shifts in knowledge, attitudes, beliefs, and behaviour, and their impact on society.

Prerequisite: Any University, University/College or College preparation course in Canadian and World Studies, English, or Social Sciences and Humanities.

**HISTORY (CHY4U1) THE
WEST AND THE WORLD
UNIVERSITY PREPARATION**

Course No 1152

This course investigates the major trends in Western civilization and world history from the sixteenth century to the present. Students will learn about the interaction between the emerging west and other regions of the world.

Prerequisite: Any University, University/College or College preparation course in Canadian and World Studies, English, or Social Sciences and Humanities.

**ENGLISH (ENG3C1)
COLLEGE PREPARATION**

Course No 1153

Students will study the content, form, and style of a variety of informational and graphic texts, as well as literary texts from Canada and other countries, and create oral, written and media texts in a variety of forms.

Prerequisite: ENG2P1

**ENGLISH (EMS301)
MEDIA STUDIES
GRADE 11 OPEN**

Course No 1154

Course emphasizes knowledge and skills to enable students to understand media communication in the 21st century and to use media effectively and responsibly. Students will develop critical thinking skills, aesthetic & ethical judgement and skills in viewing representing, listening, speaking, reading and writing.

Prerequisite: ENG2P1 OR ENG2D1

**ENGLISH (ENG4C1)
COLLEGE PREPARATION**

Course No 1179

Students will analyse a variety of informational and graphic texts, as well as literary texts from various countries and cultures, and create oral, written and media texts in a variety of forms.

Prerequisite: ENG3C1

**ENGLISH (ENG4U1)
UNIVERSITY PREPARATION**

Course No 1155

Students will analyse a range of literary texts from various periods, countries, and cultures; interpret and evaluate informational and graphic texts, and create oral, written and media texts in a variety of forms. *Prerequisite:* ENG3U1

**ONTARIO SECONDARY
SCHOOL LITERACY COURSE
(OLC401)**

Course No 1159

This course is designed to help students acquire and demonstrate the cross-curricular literacy skills that are evaluated by the Ontario Secondary School Literacy test. Students who successfully complete the Literacy Course will meet the provincial literacy requirement for graduation.

**MATHEMATICS (MCF3M1)
FUNCTIONS AND
APPLICATIONS**

**UNIVERSITY/COLLEGE
PREPARATION**

Course No 1160

Focus is on quadratic, trigonometric, and exponential functions and their use in modelling real-world situations. Students will represent functions numerically, graphically, and algebraically, simplify expressions, solve equations and solve problems relating to applications.

Prerequisite: MFM2P1 or MPM2D1

**MATHEMATICS (MCT4C1)
TECHNOLOGY**

COLLEGE PREPARATION

Course No. 1161

Students will investigate and apply properties of polynomial, exponential, and trigonometric functions and continue to extend their knowledge of functions. This course prepares students for a variety of college technology programs.

Prerequisite: MCF3M1 or MCR3U1

**MATHEMATICS (MDM4U1)
DATA MANAGEMENT**

UNIVERSITY PREPARATION

Course No. 1162

Students will apply methods for organizing and analysing large amounts of information and solve problems involving probability and statistics. Students planning to enter university programs in business, social sciences and the humanities will find this course of particular interest.

Prerequisite: MCR3U1 or MCF3M1

**ADVANCED FUNCTIONS
(MHF4U1)**

UNIVERSITY PREPARATION

Course No. 1163

Students will investigate the properties of polynomial, rational, logarithmic, and trigonometric functions, broaden their understanding of rates of change, and develop facility in applying these concepts and skills. This course is a prerequisite for MCV4U1 or for a variety of university programs.

Prerequisite: MCR3U1 or MCT4C1

BIOLOGY (SBI3C1) COLLEGE PREPARATION

Course No 1167

Students will learn concepts and theories as they conduct investigations in the areas of cellular biology, microbiology, genetics, the anatomy of mammals, and the structure of plants and their role in the natural environment.

Prerequisite: SNC2P1 or SNC2D1

BIOLOGY (SBI3U1) UNIVERSITY PREPARATION

Course No 1168

Students will study theory and conduct investigations in the areas of biodiversity, evolution, genetic processes, the structure and function of animals, and the anatomy, growth and function of plants.

Prerequisite: SNC2D1

BIOLOGY (SBI4U1) UNIVERSITY PREPARATION

Course No 1170

Students will study theory and conduct investigations in the areas of biochemistry, metabolic processes, molecular genetics, homeostasis, and population dynamics.

Prerequisite: SBI3U1

CHEMISTRY (SCH3U1) UNIVERSITY PREPARATION

Course No 1171

Students will study the properties of chemicals and chemical bonds, chemical reactions and quantitative relationships in those reactions, solutions and solubility, and atmospheric chemicals and the behaviour of gases.

Prerequisite: SNC2D1

CHEMISTRY (SCH4C1) COLLEGE PREPARATION

Course No 1172

Students will study organic chemistry, electrochemistry, chemical calculations, and chemistry as it relates to the quality of the environment.

Prerequisite: SNC2D1

CHEMISTRY (SCH4U1) UNIVERSITY PREPARATION

Course No 1173

The focus is on the study of organic chemistry, the structure and properties of matter, energy changes and rates of reaction, equilibrium in chemical systems, and electrochemistry.

Prerequisite: SCH3U1



PHYSICS (SPH3U1) UNIVERSITY PREPARATION

Course No 1174

Students will explore kinematics, with an emphasis on linear motion, different kinds of forces, energy transformations, the properties of mechanical waves and sounds, and electricity and magnetism.

Prerequisite: SNC2D1

PHYSICS (SPH4C1) COLLEGE PREPARATION

Course No 1175

Students will explore these concepts with respect to motion; mechanical, electrical, electromagnetic, energy transformation, hydraulic, and pneumatic systems, and the operation of commonly used tools and machines.

Prerequisite: SNC2P1 or SNC2D1

PHYSICS (SPH4U1) UNIVERSITY PREPARATION

Course No 1176

Students will study energy transformations and the forces that affect motion, and will investigate electrical, gravitational, and magnetic fields and electromagnetic radiation, the wave nature of light, quantum mechanics, and special relativity.

Prerequisite: SPH3U1

The following Credit Courses are NON-SEMESTERED

TRADITIONAL CHINESE (MANDARIN)

Day: Saturday

Location: Eden/Lakeport
Secondary School

Time: 9:00 a.m. to 12:30 p.m.

Duration: Sept. 25, 2010 - June 11, 2011

No classes: Oct. 9, Dec. 25, Jan. 1,
Feb. 19, Mar. 12, Mar. 19, Apr. 23, May 21

LKMOA1 (OPEN) – LEVEL 1

Course No 1177

This is an introductory course in which student will learn vocabulary and grammar essential for reading and communicating orally and in written form. Students will explore aspects of the Chinese culture, including social customs and the arts. Students will participate in practical activities in which they can apply their knowledge and skills.

LKMOB1 (OPEN) – LEVEL 2

Course No 1183

This course provides students with the language learning experiences that will enable them to communicate in Mandarin. Students will continue to develop and apply their speaking skills, reading comprehension and writing skills. They will also continue to explore aspects of the culture. *Prerequisite: LKMOA1*

LKAAD1 (ACADEMIC) – LEVEL 1

Course No 1178

This is an introductory course in which students will learn vocabulary and grammar essential for reading and communicating orally and in written form. Students will explore aspects of the Chinese culture, including social customs and the arts.

LKABD1 (ACADEMIC) – LEVEL 2

Course No 1182

This course provides students with opportunities to further develop their oral communication skills and increase their confidence in using Mandarin in practical situations. They will continue their exploration of the culture. Students will be involved in activities that promote the use of the language in real-life situations. *Prerequisite: LKAAD1*

FOR FURTHER COURSE INFORMATION

VISIT:

WWW.DSBN.ORG

CALENDARS

SECONDARY COURSE CALENDAR



interest courses index

COURSE CHART GUIDE

Ages:

All courses are for ages 18+, unless otherwise indicated:

S : Seniors
C : Children (Elementary)

Descriptions:

Please refer to course descriptions, starting on page 13.

Locations:

Location codes refer to map on page 2.

* Course material costs are extra

Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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ARTS & CRAFTS

C 1143	Acting for Children - Ages 8 - 12	South	W	6:00-7:30	30	Sept. 29	8	\$60	13
1144	Acting for Teens - Ages 13 - 17	South	W	7:30-9:00	30	Sept. 29	8	\$60	13
1147	Creative Writing	South	Th	7:00-9:00	8	Sept. 30	8	\$80+\$10	13
1115	Digital Photography - Basic	Kern	Th	8:00-10:00	114	Sept. 30	6	\$60	13
1083	Digital Photography for Beg. & Beyond Beg.	Beam	Th	7:30-9:00	3-109	Sept 30	10	\$75+\$10	13
1106	Digital Photos: Organized and Enjoyed*	Kern	T	7:00-9:00	114	Sept. 28	5	\$50	13
1113	Digital Photography - A Technical Primer	Kern	W	8:00-10:00	114	Sept. 29	10	\$100	14
C 1085	Drama for Students - Ages 8 - 13	Beam	Th	6:00-7:00	Dr. Rm.	Sept. 30	10	\$50	14
1108	Freelance Writing for Magazines*	Kern	T	7:00-9:00	116	Oct. 5	10	\$100	14
1181	Hand Drum Making Workshop*	Fort	Th	6:30-8:30	102	Oct. 7	9	\$90	14
1045	Knitting - Beginners*	Eden	Th	7:00-9:00	21	Sept 30	6	\$60	14
1100	Knitting - Beginners	Kern	M	7:00-9:00	136	Sept. 27	10	\$100	14
1139	Metal Art*	South	T	6:00-8:00	15	Sept. 28	8	\$80	14
1084	Photography-Artistic & Technical Skills-Beg.	Beam	Th	6:00-7:30	3-109	Sept. 30	10	\$75+\$10	14
1041	Photography - Level I	Eden	T	7:00-9:00	19	Sept 28	8	\$80	14
1107	Printed Photos: Organized and Enjoyed*	Kern	T	7:00-9:00	114	Nov. 9	2	\$20	14
1049	Scrapbooking-Christmas Memories*	Eden	W	7:00-9:00	25	Oct. 20	8	\$80	14
1098	Scrapbooking-Christmas Memories*	Kern	M	6:30-8:30	156	Oct. 18	8	\$80	14
1104	Scrapbooking-Hit the Books School Scrapbook*	Eden	Th	7:00-9:00	25	Oct. 21	8	\$80	14
1105	Scapbooking-Hit the Books School Scrapbook*	Kern	T	6:30-8:30	156	Oct. 19	8	\$80	14
C 1088	Sketching and Drawing - Ages 9 - 13*	Beam	Th	6:00-7:00	1-206	Sept. 30	10	\$50+\$10	15
1128	Writing for Publication	Cent	T	6:00-8:00	224	Sept. 28	10	\$100	15

BODY & HEALTH

1043	Aerobics	Eden	T & TH	6:30-7:30	S. Gym	Sept 28	16	\$80	15
953	Aerobics Hip Hop	Grims	T	7:30-8:30	S. Gym	Sept. 28	10	\$50	15
1053	Boxercise with Free Weights Workout (Co-ed)	Beam	T	6:30-7:30	D. Gym	Sept. 28	10	\$50	15
1054	Boxercise with Free Weights Workout (Co-ed)	Beam	Th	6:30-7:30	D. Gym	Sept. 30	10	\$50	15
1138	Cardio Core Circuit	South	T	7:00-8:00	Caf.	Sept. 28	10	\$50	15
1017	Cardio Kickboxing	Port	M	5:00-6:00	309	Sept. 27	10	\$53+\$2	15
1018	Cardio Kickboxing	Port	Th	6:00-7:00	309	Sept. 30	10	\$53+\$2	15
1184	Cardio Kickboxing	South	T	6:00-7:00	Caf.	Sept. 28	10	\$50	15
1091	Cardio Power Walk Workout	Beam	M	6:30-7:30	S. Gym	Sept. 27	10	\$50	15
1117	Cardio and Weight Super Fit Combo Class	Kern	T	6:00-7:00	Wt. Rm.	Sept. 28	10	\$50	15
1020	Cardio & Weight Training-Combo Class	Port	M	6:00-7:00	309	Sept. 27	10	\$53+\$2	15
1021	Cardio & Weight Training-Combo Class	Port	Th	5:00-6:00	309	Sept. 30	10	\$53+\$2	15
1109	Chaos to Clarity with Mind Over Clutter*	Kern	W	6:30--9:30	116	Sept. 29	4	\$60	16
1114	Conquering Home Office Clutter*	Kern	Th	6:30-9:30	116	Sept. 30	1	\$15	16
1090	Dance Fitness	Beam	W	6:30-7:30	D. Gym	Sept. 29	10	\$50	16
1001	Energy Balance*	Cent	T	6:30-8:30	102	Sept. 28	6	\$60	16
1003	Energy Balance*	West	M	6:30-8:30	109	Sept. 27	6	\$60	16
1055	Gr. Pers. Training-Abs & Total Body Sculpting	Beam	Th	8:00-9:00	Wt.Rm.	Sept. 30	10	\$50	16
983	Intuition Development	West	W	7:00-9:00	112	Sept. 29	6	\$60	16
1000	Kick Fit	West	M & W	7:00-8:00	D. Gym	Sept. 27	20	\$100	16
1077	Professional Makeup Application-Females 14+	Beam	M	6:30-7:30	2-119	Sept. 27	10	\$50	16
1096	Massage for Relaxation - All Ages	Fort	Th	6:30-8:30	153	Oct. 7	3	\$37+\$5	16
1044	Meditation - Introduction	Eden	Th	7:00-8:30	8	Sept. 30	10	\$75	16
1099	Nutrition and Your Health	Kern	M	6:30-9:00	116	Sept. 27	10	\$125	16
1116	Organizing Your M.E.S.S.*	Kern	Th	6:30-9:30	1	Oct. 14	1	\$15	16
1022	Pilates	Port	T	5:30-6:30	309	Sept. 28	10	\$53+\$2	17
1093	Stability Ball	Fort	Th	6:30-7:30	S. Gym	Oct. 7	10	\$50+\$5	17
986	Tai Chi	Eden	T	7:00-8:30	8	Sept. 28	10	\$75	17
985	Tai Chi	West	W	7:00-8:30	119	Sept. 29	10	\$75	17
987	Tai Chi/Qi Gong - Beginners	Kern	T	6:30-8:00	215	Sept. 28	10	\$75	17
1120	Vision Quest	Kern	T	6:00-8:00	136	Sept. 28	5	\$50	17
988	Yoga - Beginners	Eden	M	7:00-8:30	8	Sept. 27	10	\$75	17
989	Yoga - Beginners	West	M	6:00-7:00	119	Sept. 27	10	\$50	17
991	Yoga - Beginners	West	M	7:15-8:15	119	Sept. 27	10	\$50	17
994	Yoga	Cent	M	5:45-6:45	Wt. Rm.	Sept. 27	10	\$50	17
995	Yoga	Cent	M	7:00-8:30	Wt. Rm.	Sept. 27	10	\$75	17
996	Yoga	Cent	T	5:45-6:45	Wt. Rm.	Sept. 28	10	\$50	17
990	Yoga	Cent	T	7:00-8:30	Wt. Rm.	Sept. 28	10	\$75	17
1023	Yoga	Port	W	7:00-8:00	309	Sept. 29	10	\$53+\$2	17
1024	Yoga	Port	T	7:30-8:30	309	Sept. 28	10	\$53+\$2	17
1025	Yoga	Port	T	8:00-9:00	309	Sept. 28	10	\$53+\$2	17
1180	Yoga-Fusion Yoga Levels 1 & 2	Eden	T	5:00-6:00	Lib.	Sept. 28	8	\$50	17
1097	Yoga-Hatha - Introduction	Kern	M	6:00-7:15	Lib.	Sept..27	8	\$50	17



Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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BODY & HEALTH (CONT)

I101	Yoga-Hatha - All Levels	Kern	T	5:00-6:00	Lib.	Sept. 28	8	\$40	17
I102	Yoga-Hatha - All Levels	Kern	T	6:15-7:15	Lib.	Sept. 28	8	\$40	17
I129	Zumba	Cent	M	6:00-7:00	S. Gym	Sept. 27	10	\$50	18
I130	Zumba	Cent	M	7:15-8:15	S. Gym	Sept. 27	10	\$50	18
I131	Zumba	Cent	T	6:00-7:00	S. Gym	Sept. 28	10	\$50	18
I132	Zumba	Cent	T	7:15-8:15	S. Gym	Sept. 28	10	\$50	18
I026	Zumba	Port	T	6:30-7:30	309	Sept. 28	10	\$53+\$2	18
I027	Zumba	Port	W	6:00-7:00	309	Sept. 29	10	\$53+\$2	18
I028	Zumba	Port	W	7:00-8:00	309	Sept. 29	10	\$53+\$2	18
I148	Zumba	South	Th	6:30-7:30	Caf.	Sept. 30	10	\$50	18
I149	Zumba	South	Th	7:30-8:30	Caf.	Sept. 30	10	\$50	18
I103	Zumba Fitness	Kern	T	6:00-7:00	Caf.	Sept. 28	10	\$50	18

COMPUTERS

C	1071	Computer Animation-Ages 8 - 13 yrs.-Beg.	Beam	M	6:00-7:30	3-109	Sept. 27	10	\$75+\$10	18
	1072	Comp.Animation-Tweens & Teens-Beyond Beg.	Beam	M	7:30-9:00	3-109	Sept. 27	10	\$75+\$10	18
S	I121	Computer Basic for Adults	Kern	Th	6:00-7:30	Lib.	Sept. 30	10	\$75+\$10	18
S	I124	Computers for Seniors	Cent	M	6:00-8:00	226	Sept. 27	10	\$100+\$10	18
S	I125	Computers for Seniors	Cent	T	6:30-8:30	226	Sept. 28	10	\$100+\$10	18
	I126	Computers for Seniors	Cent	T	4:00-6:00	226	Sept. 28	10	\$100+\$10	18
	I119	Computer - Introduction for Adults	Kern	M	6:00-8:00	114	Sept. 27	10	\$100+\$10	18
	1069	Computer Skills for Adults - Beginners	Beam	T	6:00-7:30	3-207	Sept. 28	10	\$75+\$10	18
	1070	Computer Skills for Adults-Beyond Beginners	Beam	T	7:30-9:00	3-207	Sept. 28	10	\$75+\$10	18
	954	Computers and the Internet-Introduction	Grims	M	6:30-8:00	404	Sept. 27	10	\$75+\$10	18
	I145	Fundamentals & Internet	South	Th	7:00-9:00	6	Sept. 30	8	\$80+\$10	19
	1039	Fundamentals & Internet for Seniors	Eden	T	6:00-8:30	LLC102	Sept. 28	8	\$100+\$10	19
	958	Microsoft Excel & Word - Beginners	Cent	M	6:00-8:00	222	Sept. 27	10	\$100+\$10	19
	959	Microsoft Excel & Word - Beginners	Grims	Th	6:30-8:00	404	Sept. 30	10	\$75+\$10	19
	960	Microsoft Excel & Word - Intermediate	Grims	Th	8:00-9:30	404	Sept. 30	10	\$75+\$10	19
	1038	Microsoft Office 2007	Eden	M	6:30-9:30	30	Sept. 27	8	\$120+\$10	19
	1046	Introduction for the Novice Techs	Eden	Sat	9:00-12:00	28	Oct. 2	6	\$90+\$10	19
	955	Photoshop and Flash - Introduction	Grims	M	8:00-9:30	404	Sept. 27	10	\$75+\$10	19
	956	Powerpoint and Publisher	Grims	T	8:00-9:30	404	Sept. 28	10	\$75+\$10	19
	957	Website Design	Grims	T	6:30-8:00	404	Sept. 28	10	\$75+\$10	19

DANCE

C	1057	Ballet - Beginners Ages 4 - 6 yrs. (Co-ed)	Beam	M	6:00-7:00	Caf.	Sept. 27	10	\$50	19
C	1058	Ballet - Beginners Ages 4 - 6 yrs. (Co-ed)	Beam	W	6:00-7:00	Caf.	Sept. 29	10	\$50	19
C	1059	Ballet - Beginners Ages 7 - 8 yrs. (Co-ed)	Beam	M	7:00-8:00	Caf.	Sept. 27	10	\$50	19
C	1060	Ballet - Beginners Ages 9 - 12 yrs. (Co-ed)	Beam	W	7:00-8:00	Caf.	Sept. 29	10	\$50	20
C	1007	Ballet & Tap Combo Class - Ages 4 & 5	Port	F	5:30-6:30	309	Oct 1	10	\$53+\$2	20
C	1009	Ballet & Tap Combo Class - Ages 6, 7 & 8	Port	F	6:30-7:30	309	Oct 1	10	\$53+\$2	20
	1016	Ballroom Dancing - Adults	Port	M	7:00-8:00	309	Sept 27	10	\$53+\$2	20
	975	Ballroom Dancing	LakeV	M	8:00-9:30	Gym	Sept. 27	10	\$75	20
	1079	Belly Dancing-Beginners -Females 14+	Beam	T	6:00-7:30	Dr. Rm.	Sept. 28	10	\$75	20
	I141	Belly Dancing - Females - Beginners	South	W	7:00-8:00	Caf.	Sept. 29	10	\$50	20
	1081	Belly Dancing-Beyond Beginners-Females 14+	Beam	T	7:30-9:00	Dr. Rm.	Sept. 28	10	\$75	20
	I142	Belly Dancing-Beyond Beginners-Females	South	W	8:00-9:00	Caf.	Sept. 29	10	\$50	20
	952	Dance Like Me	Grims	T	6:30-7:30	S. Gym	Sept. 28	10	\$50	20
C	1005	Hip Hop Dance - Ages 4 & 5	Port	W	5:00-6:00	309	Sept. 29	10	\$53+\$2	20
C	1006	Hip Hop Dance - Ages 6, 7 & 8	Port	W	4:00-5:00	309	Sept. 29	10	\$53+\$2	20
	1030	Hip Hop Dance - Adults	Port	M	8:00-9:00	309	Sept. 27	10	\$53+\$2	20
	I110	Line Dancing - Beginners	Kern	W	6:00-7:30	Caf.	Sept. 29	8	\$60	20
	I112	Line Dancing - Beginner -PLUS	Kern	W	7:45-9:15	Caf.	Sept. 29	8	\$60	20
	976	Social Dancing I - Beginners	LakeV	M	6:30-8:00	Gym	Sept. 27	10	\$75	20
	977	Social Dancing I - Beginners	LakeV	Th	6:30-8:00	Gym	Sept. 30	10	\$75	20
	978	Social Dancing - Intermediate	LakeV	Th	8:00-9:30	Gym	Sept. 30	10	\$75	20

COURSE CHART GUIDE

Ages:

All courses are for ages 18+, unless otherwise indicated:

S : Seniors
C : Children (Elementary)

Descriptions:

Please refer to course descriptions, starting on page 13.

Locations:

Location codes refer to map on page 2.

* Course material costs are extra

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interest courses index

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Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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FOOD

1122	Cake Decorating Hooked on Fondant-Beg*	Cent	M	6:30-8:30	144	Sept. 27	8	\$80	20
1123	Cake Decorating Hooked on Fondant-Beg*	Cent	T	6:30-8:30	144	Sept. 28	8	\$80	20
979	Cooking Made Easy*	Grims	Th	6:30-9:00	305	Sept. 30	10	\$125	21
1092	Cooking Cuisine*	Beam	W	6:30-8:00	Fam. St.	Sept. 29	10	\$75+\$30	21
1089	Cooking for Tweens - Ages 9 - 13 years	Beam	M	5:30-7:00	Fam St	Sept. 27	10	\$75+\$30	21

HOME & GARDEN

984	Landscaping for Homeowners	West	M	6:30-9:00	110	Sept. 27	8	\$100	21
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HISTORY

1127	Family History	Cent	M	6:00-8:00	224	Sept. 27	10	\$100	21
1040	History - Just Around the Corner	Eden	T	7:00-9:00	18	Sept. 28	10	\$100	21

LANGUAGES

1047	Chinese - Beginner I - Adults	Eden	T	6:00-8:30	16	Sept. 28	8	\$100	21
1004	Chinese - Beginner I	West	W	6:00-8:30	109	Sept. 29	8	\$100	21
1051	Chinese - Beginner I - Children	Eden	Th	6:00-8:30	16	Sept. 30	8	\$100	21
1073	French - Conversational - Beginners	Beam	T	6:30-8:00	3-211	Sept. 28	10	\$75	21
1074	French - Conversational -Beyond Beginners	Beams	T	8:00-9:30	3-211	Sept. 28	10	\$75	21
963	Spanish - Beginners*	Eden	T	6:30-9:00	17	Sept. 28	10	\$125	21
964	Spanish - Beginners	Grims	M	7:00-9:00	201	Sept. 27	10	\$100	21
962	Spanish - Beginners	West	W	6:00-8:00	110	Sept. 29	10	\$100	21
1065	Spanish - Conversational - Beginners	Beam	M	6:00-7:30	3-211	Sept. 27	10	\$75+\$10	22
1066	Spanish - Conversational - Beginners	Beam	W	6:00-7:30	3-211	Sept. 29	10	\$75+\$10	22
1068	Spanish for Travellers - Beginners	Beam	M	7:30-9:00	3-211	Sept. 27	10	\$75+\$10	22
1067	Spanish - Conversational - Beyond Beginners	Beam	W	7:30-9:00	3-211	Sept. 29	10	\$75+\$10	22
999	Spanish - Intermediate*	Eden	Th	6:30-9:00	17	Sept. 30	10	\$125	22
998	Spanish - Intermediate*	West	M	6:00-8:00	112	Sept. 27	10	\$100	22

MUSIC

1048	Drumming-Introduction (Hand Drum)*	Eden	W	7:00-9:00	8	Sept. 29	6	\$60	22
1082	Guitar for Adults - Beginners	Beam	Th	8:00-9:30	3-203	Sept. 30	10	\$75	22
1011	Guitar for Adults - Introduction	Port	W	7:00-8:00	208	Sept. 29	10	\$50+\$10	22
1012	Guitar for Adults - Introduction	Port	Th	7:00-8:00	208	Sept. 30	10	\$50+\$10	22
1061	Guitar - Beginners - Ages 8 - 13 yrs.	Beam	Th	7:00-8:00	3-203	Sept. 30	10	\$50	22
1014	Guitar for Elementary Students-Introduction	Port	W	6:00-7:00	208	Sept. 29	10	\$50+\$10	22
1015	Guitar for Elementary Students-Introduction	Port	Th	6:00-7:00	208	Sept. 30	10	\$50+\$10	22
1052	Vocal Instruction for Students Ages 9 - 13 yrs.	Beam	M	6:00-7:00	Ms. Rm.	Sept. 27	10	\$50	22

REPAIRS

1118	Car Care for Beginners	Kern	W	6:00-7:30	133	Sept. 29	10	\$75	22
965	Furniture Upholstery - Introduction*	Grims	T	6:30-9:30	123/125	Sept. 28	3	\$45	22
966	Furniture Upholstery - Basic*	Grims	T	6:30-9:30	123/125	Oct. 19	8	\$120	22

COURSE CHART GUIDE

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Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
SPORTS & RECREATION									
967	Badminton	Cent	T	6:30-8:30	D. Gym	Sept. 28	10	\$100	23
971	Badminton	Grims	T	6:30-8:00	D. Gym	Sept. 28	10	\$75	23
968	Badminton	Kern	M	6:00-8:00	D. Gym	Sept. 27	10	\$100	23
1133	Family Badminton	Gord	M	6:00-7:30	Gym	Sept. 27	10	\$75	23
1034	Ball Hockey - Mens	Port	T	6:30-7:30	S. Gym	Sept. 28	20	\$60+\$20	23
1035	Ball Hockey - Mens	Port	T	7:30-8:30	S. Gym	Sept. 28	20	\$60+\$20	23
1036	Ball Hockey - Mens	Port	T	8:30-9:30	S. Gym	Sept. 28	20	\$60+\$20	23
1075	Basketball - Mens Recreational (30+ yrs.)	Beam	T	8:00-9:30	D. Gym	Sept. 28	10	\$75	23
1031	Basketball - Men's Recreational League	Port	W	6:30-7:30	D. Gym	Sept. 29	20	\$60+\$20	23
1032	Basketball - Men's Recreational League	Port	W	7:30-8:30	D. Gym	Sept. 29	20	\$60+\$20	23
1033	Basketball - Men's Recreational League	Port	W	8:30-9:30	D. Gym	Sept. 29	20	\$60+\$20	23
C 1135	Cosom Hockey for Children-Ages 8-14	South	M	7:00-8:00	Gym	Sept. 27	10	\$50	23
1136	Go Fish!	South	M	7:00-9:00	Caf.	Sept. 27	8	\$80	23
1063	Golf Instruction & Skill Development-All Levels	Beam	M	8:00-9:30	S. Gym	Sept. 27	10	\$75+\$10	23
980	Golf - All Levels	Grims	Th	6:30-7:30	D. Gym	Sept. 30	10	\$50	23
981	Golf - All Levels	Grims	Th	7:45-8:45	D. Gym	Sept. 30	10	\$50	23
C 1134	Sports Camp for Children-Ages 8-14	South	M	5:30-7:00	Gym	Sept. 27	10	\$75	23
973	Volleyball - Co-ed.	Grims	M	7:00-8:30	D. Gym	Sept. 27	10	\$75	23
974	Volleyball - Co-ed.	Grims	M	8:30-10:00	D. Gym	Sept. 27	10	\$75	23
1086	Volleyball - Co-ed. - Recreational	Beam	Th	8:00-9:30	D. Gym	Sept. 30	10	\$75	23
1087	Volleyball - Recreational	Kern	T	6:30-8:30	D. Gym	Sept. 28	10	\$100	23

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ARTS & CRAFTS

ACTING FOR STUDENTS AGES 8-12

Course No. 1143

Does your child have an interest in acting? This course will introduce students to dramatic techniques and the basics of stage performance through the use of theatre games, improv, ensemble storytelling and scene study. Students will increase their self-expression, creativity and confidence as well as having fun.

ACTING FOR TEENS AGES 13-17

Course No. 1144

Designed for the teenage student, this course will introduce students to dramatic techniques and the basics of stage performance through the use of theatre games, improv, ensemble storytelling and scene study. Students will increase their self-expression, creativity and confidence as well as having fun.

CREATIVE WRITING

Course No. 1147

This course will explore the essentials of short story writing, including narration, character development, and structure through various creative writing activities. Students will also be introduced to some of the basic techniques for putting together a wide variety of poetic forms.

DIGITAL PHOTOGRAPHY BASIC

Course No. 1115

For those who have just begun to use their first digital SLR camera. Exposure modes, metering, basic lighting, lenses and composition are discussed in a fun, interactive format. Each student will be encouraged to submit a portfolio of 10 images for evaluation and discussion at end of course. Having taken "Digital Photography-A Technical Primer" would be helpful but not a requirement. Student should have use of digital SLR camera and at least one lens.

DIGITAL PHOTOGRAPHY FOR BEGINNERS & BEYOND BEGINNERS

Course No. 1083

Learn how to turn your photographs into masterpieces of art with Photoshop. Focus on skills of exposure, digital image enhancement and more. This course open to all adults who have a desire to learn creativity. A disc with your images and a notepad is required.

DIGITAL PHOTOS: ORGANIZED AND ENJOYED*

Course No. 1106

Come and learn how to organize, edit and enjoy digital prints. We'll even learn to create a hardcover photo "storybook" to be enjoyed by you and your loved ones for generations. Course supplies required: a laptop, Memory Manager 3.0 program (\$55 payable to instructor at first class), and digital camera.

VISIT OUR WEBSITE:
www.dsn.org/community

DIGITAL PHOTOGRAPHY A TECHNICAL PRIMER

Course No. 1113

Students are taken through the technical aspects of the five stages in a Digital Imaging Workflow : image capture, manipulation, printing, sharing and storage. Students will acquire a good overall technical understanding of the whole process delivered in a fun, interactive and easy to understand format. Each participant should own a digital SLR camera and at least one lens.

DRAMA FOR STUDENTS AGES 9 - 13

Course No. 1085

This course will introduce students to basic fundamentals of performing such as voice intonation and projection, body language, expression, character development, stage presence, spatial awareness, and cueing. Students will develop confidence and boost self-esteem.

FREELANCE WRITING FOR MAZAGINES*

Course No. 1108

Understand what it takes to get an editor to say "yes" and how to write the article they want. Course will cover the types of articles styles: round up, Q & A, how-tos. Tips on finding ideas as well as tuning and crafting stories and dealing with editors. Understanding writers' contracts and copyright issues. Freelance writing is a great way to pick up extra funds in this economy. \$10 material fee payable to instructor at first class.



HAND DRUM MAKING WORKSHOP*

Course No. 1181

This workshop will provide participants the opportunity to understand Cultural Teachings while making their own hand drum over a nine week period. \$25 material fee.

KNITTING - BEGINNERS*

Course No. 1045

Learn how to cast on, knit, purl, cast off and how to read knitting patterns. Students will start with a knitted dish cloth and then work on a pattern of their choice. There will be a \$10 material fee for needles and yarn payable to instructor.

KNITTING - BEGINNERS

Course No. 1100

You will start with the Garter stitch and the Purl stitch. Students are asked to bring their own materials, such as yarn and knitting needles. If you would like to work with a pattern, you should bring one, but it is not required.

METAL ART*

Course No. 1139

A fun and funky introduction to ornamental art, with an emphasis on safety. Designed for the beginner to intermediate artisan/crafter, students will use a variety of processes, tools and equipment to create projects with instructor assistance. Projects will include garden sculptures, plant stands, metal flowers and a mailbox. \$20 material fee payable to instructor first night.

PHOTOGRAPHY - ARTISTIC & TECHNICAL SKILLS BEGINNERS

Course No. 1084

Learn how to get picture perfect images every time. Lighting, depth of field, camera settings, shutter speed and I.S.O. speed are just some of the many skills addressed. Digital camera and memory card are required.

PHOTOGRAPHY - LEVEL 1

Course No. 1041

Developed for those who have made the transition from "point and shoot" to SLR cameras, digital or film, and want to improve their photographic knowledge and utilize their camera's full potential. The aspects of camera operation, operating modes, shutter speeds, f/stops and composition are areas covered. A DSLR or film SLR camera with the ability to change lenses is required.

PRINTED PHOTOS ORGANIZED AND ENJOYED*

Course No. 1107

Are your old printed photos all over the house? Have you been wanting to organize them, but don't know where to start or how to go about it? There is help for you. \$42 material fee due to instructor at first class.

SCRAPBOOKING CHRISTMAS MEMORIES*

Course No. 1049, 1098

Here is a quick and beautiful album for a busy time of year. You can put your own photos in or give the album as a gift. The project helps you create an 8 x 8 Christmas album. Perfect for adults or for children and adults to work together. Materials to bring: 8 x 8 album, scrapbooking adhesive and pen. Material fee of \$22.60 payable to instructor at first class will cover the cost of all other required materials.

SCRAPBOOKING HITS THE BOOKS SCHOOL SCRAPBOOK*

Course No. 1104, 1105

Make back to school cool this year. This project helps you decorate 32 pages to document a school year. The course is perfect for adults or for kids and adults to work together. Materials to bring: 12 x 12 album, scrapbooking adhesive and pen. Material fee of \$62 payable to instructor at first class will cover cost of all other required materials.

SKETCHING & DRAWING AGES 9 - 13*

Course No. 1088

Calling all you aspiring artists! Through hands-on learning and step-by-step instruction by an experienced artist, students will gain confidence and develop their drawing skills and visual ability. For first class bring drawing or sketch pad min. size 14 x 17, set of drawing/sketching pencils and a kneadable eraser. Material fee of \$10 for charcoal, conte and 1 full sheet multi-media paper.

WRITING FOR PUBLICATION

Course No. 1128

If you have a passion for writing poetry or short stories or have dreamed of seeing your work in print, this course is for you. We will take you step by step from the beginning. We will help you find your writing niche, teach you how to write poetry and short stories and find out how to discover your characters and prepare your work for publication.



BODY & HEALTH

AEROBICS

Course No. 1043

A multi-component class which may incorporate step, body sculpting, cardio, etc. A class designed for those who are new to fitness, or those who want a low impact workout that is safe for the joints, easy to follow, and fun!

AEROBICS – HIP HOP

Course No. 953

Are you bored with the same old workout routine? Here is a fresh new exercise idea for you. Come out and try a hip hop class. A great way to stay fit, learn hot dance moves with lively music. It's fun and easy to do. No previous experience required.

BOXERCISE WITH FREE WEIGHTS WORKOUT (CO-ED)

Course No. 1053, 1054

If you're serious about burning calories, tightening abs, losing inches, toning and getting stronger, then this course is for you. This unique high energy workout is taught by a Registered Personal Trainer. Cardio, abs, non-contact shadow boxing techniques, free weights, flexibility and interval training will be addressed. Done to a variety of upbeat music. Equipment provided. Remember your towel and water bottle. Ages 13+.

CARDIO CORE CIRCUIT

Course No. 1138

A challenging program with a unique blend of cardio and core exercises. This workout focuses on core and functional fitness exercises, toning, as well as short cardio blasts. Suitable for men and women of all ages.

CARDIO KICKBOXING

Course No. 1017, 1018, 1184

Enjoy this great workout. This course is suitable for all levels. Get fit and have fun.

CARDIO POWER WALK WORKOUT

Course No. 1091

Burn calories and fat! Re-shape your body! This course avoids joint stress and focuses on a safe, effective, cardio workout of aerobic power walking to build endurance, improve metabolism and increase cardio capacity. A variety of power walk movements done to upbeat music. This course can be enjoyed by people of all fitness levels. Ages 13+. Co-ed. Remember your mat/towel and water bottle.

CARDIO AND WEIGHT SUPER FIT COMBO CLASS

Course No. 1117

Enjoy the benefits of this total body approach through individually designed workouts. Sculpt and shape your body by burning fat and calories and increasing lean muscle mass. An enjoyable cardio component combined with weight training will maximize your results.

CARDIO & WEIGHT TRAINING COMBO CLASS

Course No. 1020, 1021

Enjoy the benefits of this total body, time efficient, conditioning workout. Sculpt and shape your body by burning fat and calories and increasing lean muscle mass. The perfect combination! An enjoyable cardio component with the weight training will maximize your results. Students must bring two sets of manageable dumb bell weights to the first class.

VISIT OUR WEBSITE:

www.dsb.org/community

Physical Activity Disclaimer:

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CHAOS TO CLARITY WITH MIND OVER CLUTTER*

Course No. 1109

Learn to declutter any S.P.A.C.E. Come with a space in mind and we will work through it with you. You will be shown reasons why people become disorganized and how to set up systems to become better organized. You will learn where to recycle items to benefit charities and protect the environment. You will learn how to keep your space organized and clutter free as well as strategies to manage your home day to day. \$10 material fee payable to instructor at first class.

CONQUERING HOME OFFICE CLUTTER*

Course No. 1114

Participants will learn how to set up their office so it will be most efficient. They will learn theory on why we become disorganized, systems that will help them to become better organized and how to stay that way. Topics that will be discussed are space planning, paper management (emails, to do lists, etc.), filing, decluttering and storage ideas. Learn where to recycle items to benefit charities and protect the environment. \$5 material fee payable to instructor at first class.

DANCE FITNESS

Course No. 1090

Blast away body fat while experiencing the dance workout of your life! Taught by a Registered Personal Trainer, learn various dance moves put together to a variety of pumping music in a fun, safe and effective choreographed routine of cardio dance fitness. Get that lean, sculpted body that you've always wanted. Athletic shoes and attire required. Bring mat/towel and water bottle.



ENERGY BALANCE*

Course No. 1001, 1003

Learn to balance your energy using crystals, colour therapy, meditation and more. Participate in fun, hands on activities that will explore the benefits energy balancing has in reducing stress and enhancing one's overall health and well being. \$10 material fee due to instructor at first class.

GROUP PERSONAL TRAINING: ABS & TOTAL BODY SCULPTING

Course No. 1055

A beautiful, hard and sculptured body is only a course away! Let a Registered Personal Trainer guide and motivate you through the safest, most effective professional workout! Get the body you've always wanted and enjoy exercising! Equipment and workout charts supplied. Co-ed., ages 14+. Athletic shoes and attire required. Bring a mat/towel.

INTUITION DEVELOPMENT

Course No. 983

Awaken your intuition with easy-to-learn methods. Explore a variety of intuitive tools such as dowsing rods, pendulums, tea leaves and cards. Delve into your past lives and dreams to help understand your current situation. Learn about your energy field and how to make it stronger and healthier. Everyone has the ability... now is your time to learn.

KICK FIT

Course No. 1000

Come join us! Kick, punch, move, stretch and tone. It will be a quick hour with high energy. Co-ordination optional, having fun mandatory! Bring an exercise mat or large towel and wear comfortable clothes.

PROFESSIONAL MAKEUP APPLICATION FEMALES 14+

Course No. 1077

Always look your best! Boost confidence and self-esteem! Learn professional makeup secrets and application from certified Esthetician and Cosmetology Artist. Through hands-on learning, learn how to properly apply make-up and achieve that "perfect" look- without looking "made-up". Step-by-step lessons and application will help you accent your beauty strengths. Whatever the look you desire, discover how to successfully achieve it.

MASSAGE FOR RELAXATION - ALL AGES

Course No. 1096

This hands-on introduction to massage for relaxation will teach participants to perform a basic massage routine to help reduce stress. Taught by a registered massage therapist. Please bring 2 pillows, 2 sheets, 1 towel, and positive attitude. Wear loose, comfortable clothing.

MEDITATION INTRODUCTION

Course No. 1044

Learn basic meditation techniques. Discover how to focus the mind to facilitate a greater sense of calm, produce a state of deep relaxation and a sense of balance or equanimity. Please wear comfortable clothing and bring small blanket or towel, pen and paper.

NUTRITION AND YOUR HEALTH

Course No. 1099

This course will help you to understand how to lead a healthy lifestyle. Learn about nutrition, label reading and how diet affects our overall health. Our food has changed over time and the effects of marketing has altered both our food sources and the nutritional value in our foods. The course will examine children's diets, the increasing epidemic of diabetes and other health related issues as well as the impact our mind and attitude have on our over all health. Your health is your choice. You can change it!

VISIT OUR WEBSITE:
www.dsbni.org/community

For locations, dates, times and course fees, refer to the charts on pages 10-13.

* Material costs are extra.

ORGANIZING YOUR M.E.S.S.*

Course No. 1116

Learn why we keep things, what to keep and what to give away. See how the S.P.A.C.E. method of organizing. Sort, Purge, Assign, Containerize and Equalize can help lead to a relaxing home. Learn efficient and cost effective ways to organize belongings, better ways to use their space and identify products that will work for you. Learn where to recycle items to benefit charities and protect the environment. \$5 material fee payable to instructor at first class

PILATES

Course No. 1022

Get fit and have fun with this incredibly popular form of exercise. Wear comfortable clothing.

STABILITY BALL

Course No. 1093

This class offers a fun, full-body workout using the stability ball. We will use the ball for a calorie burning cardio workout, followed by a muscle sculpting segment. Give it a try, you'll have a ball! Please bring a set of hand weights and a mat.

TAI CHI – BEGINNERS

Course No. 985, 986

Tai Chi, one of the original martial arts, is now generally practised as a “moving meditation” of benefit to mind and body. Participants will notice improvements in balance, strength and mental focus as they learn Tai Chi, and healing postures in Qi Gong (pronounced Chee Gung). Please wear loose clothing for full benefit of these sessions. Not recommended for pregnant women.

TAI CHI/QI GONG BEGINNERS

Course No. 987

These ancient forms of meditative exercises help improve and maintain good health and wellness and increase longevity. Through daily practice, we can become as children again, without stiffness or tension. Relearn how to move freely and naturally with the whole body connected, both structurally and energetically. Loose, layered clothing recommended.

VISION QUEST

Course No. 1120

Take your visions to the next level, developing strategic plans to make your life the one you dream of. Individuals take inventory, assess needs, determine wants and develop plans based on who they are and what they want out of life.

YOGA

Course No. 988

This course teaches the basics of Hatha Yoga. Come together with your body, mind and spirit. Study the discipline of Yoga while building strength, stamina and flexibility. Yoga balances the mind and emotions, cultivating inner peace. Please bring a mat and blanket to class.

YOGA - BEGINNERS

Course No. 989, 991

This progressive workout will focus on proper alignment of basic Yoga poses. Strength and flexibility will be improved. Participants will learn to relax and focus as they strengthen and stretch the body. Bring an exercise mat or large towel and wear comfortable clothes. No shoes are required.

Course No. 994, 995, 996, 990, 1023, 1024, 1025

Enjoy the physical and spiritual benefits of Yoga. This is a great course for all levels. A yoga mat is required for this course.

YOGA - FUSION YOGA LEVEL 1 & 2

Course No. 1180

A mix of several different styles of yoga including stretching and strengthening postures to encourage a healthy, toned body. Participants move through a series of postures to build strength, flexibility and stamina. Breath work and some Pilates based core strengthening exercises will be included. A previous background in any sport and/or movement program is beneficial. Bring Yoga mat, strap and towel.

YOGA - HATHA INTRODUCTION

Course No. 1097

An introduction to basic poses, breath awareness, meditation, and relaxation while improving strength, flexibility and well being. In the Iyengar tradition, poses are practiced at a slower pace to emphasize correct alignment and therapeutic benefits. Please bring a mat and a blanket to the class.

YOGA – HATHA (ALL LEVELS)

Course No. 1101, 1102

Hatha Yoga refers to a set of physical exercises called asanas or postures designed to increase flexibility, strength and balance while improving body alignment coordination and mental focus. Class begins with a warm up and ends in final relaxation. Unravel stress and tension and leave feeling refreshed and renewed with a greater overall sense of well being. Bring yoga mat, blanket, 1 8ft. long yoga strap, water bottle.



VISIT OUR WEBSITE:
www.dsbny.org/community

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ZUMBA

Course No. 1129, 1130, 1131, 1132

This exercise program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will get you hooked on working out. You will achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie burning, body energizing, awe inspiring movements meant to engage and captivate for life!

Course No. 1026, 1027, 1028, 1148, 1149

A fusion of Latin and international music combined with dance themes creating a dynamic effective fitness system. Zumba utilizes the principles of cardio, fitness interval training and resistance training to maximize caloric output, fat burning and total toning.

ZUMBA FITNESS

Course No. 1103

A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

COMPUTERS

COMPUTER ANIMATION AGES 9 - 13

Course No. 1071

Discover the exciting world of 2-D animation! Learn to create and edit fantastic 2-D objects and images like a professional under the step-by-step instruction of a professional animator. Master the use of top of the line 2-D software. Learn new computer skills or expand on old ones..

COMPUTER ANIMATION TWEENS & TEENS

Course No. 1072

Expand and perfect your 2-D animation skills! Under the guidance of a professional animator, students will build on the skills needed to plan, design, and edit their very own multi-scene animated films. Hands-on learning will include character design, camera shots, movie poster design and more. Adobe Flash and Photoshop CS4 will be used.

COMPUTER BASICS FOR ADULTS

Course No. 1121

For individuals with no experience with computers. The difference between a right click and a left click on the mouse. What is a Windows file? How do I save a file? How do I create a folder? I saved my file, where did it go? How do I open a file again? Become comfortable surfing the internet. Download a picture and music.

COMPUTERS FOR SENIORS

Course No. 1124, 1125, 1126

This course is designed for people with very little or no computer experience. The teacher will take you through a series of lessons that will teach you the basics of computers; e-mail, google, maps, e-cards, photos, attachments and more. This promises to be an interesting course in a very relaxed atmosphere.

COMPUTER INTRODUCTION FOR ADULTS

Course No. 1119

For individuals with limited computer experience, slowly walk through basic computer terminology. What does USB, RAM, CPU mean? Learn to save, organize and search the web. Learn to be comfortable using a word processor, surfing the web, using Google, Wikipedia, download files and how to sign up and use web mail and online chat software.

COMPUTER SKILLS FOR ADULTS - BEGINNERS

Course No. 1069

Learn how to master the use of e-mail, word processors, Microsoft Word, the Internet, websites, and more. Through hands-on learning, you will be sending emails, family photos, accessing the web and staying in touch with friends and loved ones.

COMPUTER SKILLS FOR ADULTS - BEYOND BEGINNERS

Course No. 1070

This course will build on basic computer skills taught in Beginner course. Learn how to expand your skill and knowledge and become more comfortable with email, word processors Microsoft Word, the Internet, websites and more.

COMPUTER & INTERNET INTRODUCTION

Course No. 954

This course will take students through the basics of computer operation in Windows right to the Web. We start from the on button and learn how to work with Windows and Microsoft programs. As the students progress, their skills are put to use on the web with web mail and various useful sites for the latest information.



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www.dsbns.org/community

FUNDAMENTALS & INTERNET

Course No. 1145

For beginners of all ages, especially seniors. It is a fun, interactive, and very informative course. Navigating Windows and creating folders, saving and copying files; Internet search and email techniques; copying and pasting text and graphics.

FUNDAMENTALS & INTERNET FOR SENIORS

Course No. 1039

Seniors (55+) can enter the world of computers in a relaxed environment. Two courses in one offers: BASICS introducing computer techniques and components; keyboard, mouse, setting and simple file creation; INTERNET AND E-MAIL gets you online quickly. Travel the world and communicate with family and friends. No experience required.

MICROSOFT EXCEL & WORD – BEGINNERS

Course No. 958, 959

Course will take you through the different menus and basic functions of Excel and Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will be shown how to produce spreadsheets and/or letters.

MS EXCEL & WORD INTERMEDIATE

Course No. 960

Students will learn how to integrate Word and Excel. Learn specifically how to “embed” spreadsheet into Word document. Previous experience with the programs required. Teacher will assume the students are comfortable with the programs. Course will talk about how the programs are designed to be used. Intermediate to advanced level.

MS OFFICE 2007

Course No. 1038

Learn basic techniques in Microsoft's most popular applications! Students will gain experience and skills in ACCESS (database), WORD (word processing), EXCEL (spreadsheets), and POWERPOINT (multimedia presentations). Should be familiar with use of a mouse. Windows experience would be a definite asset. Memory stick needed for first class.

INTRODUCTION FOR THE NOVICE “TECHI”

Course No. 1046

This introductory course will teach participants to trouble shoot their computer related problems in Windows environment. Students will be introduced to installation and removal of software and hardware, data recovery, virus detection and removal, spyware software use, repairing and maintaining a computer system. Come with lots of questions and problems.

PHOTOSHOP & FLASH INTRODUCTION

Course No. 955

Students will learn one of the world's premiere digital picture programs, Adobe Photoshop. This course will teach basics on how to use Photoshop to correct digital pictures and create digital art with Photoshop tools. Also the basics of Macromedia's Flash will show students simple animations using both motion tweens and stop frame animation.

POWERPOINT & PUBLISHER

Course No. 956

Students will produce a 5 min. PowerPoint presentation, integrating music, action and colour. Students will also use Publisher to make flyers and brochures. Keyboarding skills and familiarity with the mouse are definite assets. Beginner- intermediate level.

WEBSITE DESIGN

Course No. 957

Learn to build and update your own web page. Build a personal web page to share pictures. Build or maintain a business web page. Students will use Yahoo, Geocities or MS FrontPage to edit, build, design and update web pages. Keyboarding skills an asset. Students should be comfortable with the use of a mouse and be familiar with using the internet. Intermediate to advanced level.



BALLET – AGES 4 – 6 BEGINNERS (CO-ED)

Course No. 1057, 1058

The basics of Ballet begin here with our introductory class for students with no dance experience. This class will focus on posture, basic movements and steps in sequence, musicality, coordination, as well as introducing children to a class environment. Students need dance attire and fitness slippers.

BALLET-AGES 7 – 8 BEGINNERS (CO-ED)

Course No. 1059

This introductory course will be taught by a professional ballet instructor. For students with no dance experience. Students need dance attire and fitness slippers.



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BALLET – AGES 9 - 12 BEGINNERS (CO-ED)

Course No. 1060

This class will focus on posture, expanding the basic movements and simple routines, while improving coordination, rhythm and flexibility. Students need dance attire and fitness slippers.

BALLET & TAP COMBO AGES 4 & 5

BALLET & TAP COMBO AGES 6, 7 & 8

Course No. 1007, 1009

Learn the basics of ballet and tap. Students should bring their own ballet and tap shoes.

BALLROOM DANCING ADULTS

Course No. 1016

Learn a variety of ballroom dances so that you too can dance like the stars.

BALLROOM DANCING

Course No. 975

For those students who have experienced the introductory dance classes, this is an introduction to various types of ballroom dances. However, people who are new to dance are welcome.



VISIT OUR WEBSITE:
www.dsbns.org/community

BELLY DANCING - FEMALE AGES 14+

Course No. 1079, 1141

Discover the ancient art form of belly dance. Step-by-step, learn the basic movements of this effective and enjoyable form of exercise and develop a positive self-image through this beautiful feminine art form. Taught in a private, relaxed setting, basic movements will be put together in choreographed combinations. Comfortable clothing and non-marking running shoes are required.

BELLY DANCING – FEMALES BEYOND BEGINNERS (14+)

Course No. 1081, 1142

This course will build on the basic movements taught in beginners course. Continue to develop this effective and enjoyable form of exercise and beautiful feminine art form. Taught in a private, relaxed setting, each movement will be collectively mastered and then put together in choreographed combinations to create a traditional, ancient dance. Comfortable shoes and non-marking running shoes are required.

DANCE LIKE ME

Course No. 952

“Mom and Me” Hip Hop Dance class for mothers and their daughters or sons (ages 5 - 12). This class is guaranteed fun and fitness for everyone.

HIP HOP DANCE

Ages 4 & 5 Course No. 1005

Ages 6, 7 & 8 Course No. 1006

Get fit while learning this fun dance style!

HIP HOP DANCE – ADULTS

Course No. 1030

Have fun and burn calories while learning this contemporary dance. This class is for beginners and all ages. Feel the rhythm and the beat!

LINE DANCING BEGINNERS

Course No. 1110

This fun and easy course will teach participants the basic line dance step patterns. This class is designed for those who are new to line dancing. The dances taught are fun and easy to follow. A great way to exercise your body & your mind.

LINE DANCE BEGINNERS PLUS

Course No. 1112

This course will introduce more complicated line dance step patterns, and is intended for those who have had some previous line dance experience. Come and learn some of the popular line dances being done at the local clubs! A great way to exercise your body and mind.

SOCIAL DANCING 1 BEGINNERS

Course No. 976, 977

You will learn to dance to all kinds of music. This is the only class you will need in order to dance at any social dance.

SOCIAL DANCING INTERMEDIATE

Course No. 978

For those who already dance and would like to move with elegance and fluidity.

FOOD

CAKE DECORATING HOOKED ON FONDANT BEGINNERS*

Course No. 1122, 1123

Learn the easy and correct way to make your own fondant, roll out and apply fondant on a cake, use basic tools to make stylishly decorated cakes, make simple flower, leaves, ribbons and bows, and learn simple borders, appliques and figure modeling. Students will purchase their own supplies for week 2.

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COOKING MADE EASY*

Course No. 979

This busy class will introduce you to the basic secrets and techniques that will allow you to enhance your skills and confidence in the kitchen. Learn the theory and practical in the preparation of sauces, soups, poultry, meats, fish, vegetables and so much more. Bring a pen, notebook and apron for class. All other cooking supplies provided. There will be a \$50 food fee that will cover the 10 week course payable to the instructor on the first day of class.

COOKING CUISINE*

Course No. 1092

Learn how to cook nutritious, balanced, time-saving meals that your whole family will enjoy. Each class will focus on clear, step-by-step instructions and instructor-led demonstrations. Instructor will share innovative, useful and time-saving techniques that will give you the inspiration and confidence to create your own personalized, delicious dishes at home. Weekly taste samples offered. Ages 14+.

COOKING FOR TWEENS AGES 9 - 13

Course No. 1089

Gain confidence in the kitchen! Learn the basics of meal planning, cooking, safe food handling, food presentation and use of kitchen equipment. Each class will focus on planning and preparing nutritious, balanced meals in a short time, followed by quick, efficient clean-up in the culinary environment.

HOME & GARDEN

LANDSCAPING FOR HOMEOWNERS

Course No. 984

Learn the basic steps necessary for creating your own personal landscape plan. Classes will include everything you need to complete your own landscaping project. From complete garden theme to complete garden installation, as well as proper installation of interlocking brick, retaining walls, and flagstone. You will also learn the ins and outs of ponds and waterfalls. It's never too early to plan for Spring.

HISTORY

FAMILY HISTORY

Course No. 1127

Did you know that Family History is the largest growing hobby in the world? Come join us to find the roots to your Family Tree. Uncover the wonderful history and stories of your family as well as the struggles and successes they experienced to bring customs and traditions of their culture to a new country. Includes suggestions on how to record and preserve your family history.

JUST AROUND THE CORNER

Course No. 1040

Indoors, we will pore over maps and photographs and reminisce about colourful characters and life in old time Niagara. Themes are wide ranging. It's a new semester with new topics to discuss. All you need to bring to the class is curiosity and enthusiasm for local history. The last class involves a field trip.

LANGUAGE

CHINESE - BEGINNER 1 ADULTS

Course No. 1047, 1004

In this introductory course students will learn Mandarin Phonetics (Pin Yin). In addition, they will learn about Chinese culture and how to communicate in everyday life. A variety of activities and games will be used to bring this course to life.

CHINESE - BEGINNERS 1 CHILDREN

Course No. 1051

In this introductory course elementary students will learn Mandarin Phonetics (Pin Yin). In addition, they will learn about Chinese culture and how to communicate in everyday life. A variety of activities and games will be used to bring this course to life.

VISIT OUR WEBSITE:
www.dsbn.org/community

FRENCH CONVERSATIONAL BEGINNERS

Course No. 1073

This course places the emphasis on fun and conversation. Students will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn this romantic language.

FRENCH CONVERSATIONAL BEYOND BEGINNERS

Course No. 1074

Students will continue to build on the conversational skills of the French language and further their knowledge of the exciting French culture. This course will focus on conversational skills.



SPANISH – BEGINNERS*

Course No. 963

This course is designed to introduce you to the Spanish language. Basic grammar, vocabulary and pronunciation tips will be taught through a variety of activities and themes. No previous knowledge of Spanish language is required. \$20 material fee payable to instructor at first class.

Course No. 964

An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish.

Course No. 962

This course offers an introduction to the Spanish language and culture. Basic grammar, vocabulary, conversation, pronunciation and writing will be emphasized in this course.

SPANISH CONVERSATIONAL BEGINNERS

Course No. 1065, 1066

Learn the basics of this romantic language, music and fascinating culture. This course focuses on conversational skills for beginners. Learn to master the practical words, phrases and expressions of the language while enriching your cultural knowledge in a relaxing, enjoyable setting.

SPANISH FOR TRAVELLERS BEGINNERS

Course No. 1068

This course focuses specifically on the vocabulary and conversational skills needed for successfully travelling in a Spanish-speaking country. Enjoy learning the basics of travellers Spanish in a social setting and gain confidence, practice and knowledge of this vibrant language.

SPANISH CONVERSATIONAL BEYOND BEGINNERS

Course No. 1067

This course is geared to those who have some knowledge and skill of the Spanish language. This course is for those who are interested in enjoying themselves in a very social setting while enriching their basic conversational skills and furthering their practice and knowledge of this romantic language and culture.

SPANISH – INTERMEDIATE*

Course No. 999

A continuation of the Beginner course. It will enhance and sophisticate the student's skills in the Spanish language. A materials fee of \$20.00 will be collected at the first class.

SPANISH - INTERMEDIATE

Course No. 998

A continuation from the beginner's course. This course will enhance the student's level of vocabulary and conversational skills. Very helpful for frequent travellers and vacationers.

MUSIC

DRUMMING INTRODUCTION (HAND DRUM)*

Course No. 1048

This course is designed for adults who wish to experience the joy of rhythm in a drum circle environment. Basic hand technique will be introduced and developed through unison patterns. Bring your own hand drum or one will be provided. Material fee of \$10 to cover cost of making hoop drum.

GUITAR FOR ADULTS BEGINNERS

Course No. 1082

Learn the fundamentals of guitar through step-by-step hands-on instruction. Left and right hand techniques, notes, rhythm, and chords are just some of the basics covered. Students will need to bring their own acoustic or electric guitar. No amps please. Limited spaces! Ages 14+.

GUITAR FOR ADULTS INTRODUCTION

Course No. 1011, 1012

Learn the basics. Bring your electric or acoustic guitar. Children under 12 must be accompanied by an adult.

GUITAR - BEGINNERS AGES 8 - 13

Course No. 1061

Learn the basics to guitar in a relaxed atmosphere and have fun doing it. This course teaches the fundamentals of tuning, left and right hand techniques, chords, notes, rhythm and much more. Students will need their own acoustic or electric (without amp) 6 string guitar or bass.

GUITAR FOR ELEMENTARY STUDENTS INTRODUCTION

Course No. 1014, 1015

Learn the basics. Bring your electric or acoustic guitar. Children under 12 must be accompanied by an adult.

VOCAL INSTRUCTION FOR STUDENTS AGES 9 - 13

Course No. 1052

This course welcomes children 9 to 13 who simply love to sing. Warm up routines, breathing technique and vocal performance skills will be addressed. Enjoy singing with confidence and experience the joy of vocal performance in a group setting.

REPAIRS

CAR CARE FOR BEGINNERS

Course No. 1118

An introductory course for individuals wishing to obtain general knowledge regarding the vehicle they drive. Topics include care care, general maintenance, oil changes, fluid checking, tire pressure, detailing and the understanding of different systems.



FURNITURE UPHOLSTERY INTRODUCTION*

Course No. 965

Students are taught basic upholstery by creating a small ottoman with a decorative leg. There will be a \$60 material fee for the supply kit which is to be paid directly to the instructor at first class. Students expected to supply their own staple gun as well as 2 yards of fabric. It is recommended to choose a solid or small pattern. Tools can be purchased through the instructor.

FURNITURE UPHOLSTERY BASIC*

Course No. 966

Students are asked to bring a small chair for re-upholstery. You are expected to supply your own staple gun and fabric as well as purchasing basic supplies to complete this project. Supplies can be purchased through instructor. It is advised to complete introductory course first.

SPORTS & RECREATION

BADMINTON

Course No. 967, 971, 968

A fun night for anyone interested in playing badminton. All levels of players welcome. Improve your game while exercising and having fun. Bring your own racket; shuttlecock provided.

FAMILY BADMINTON

Course No. 1133

A fun night for the whole family. All levels of badminton players welcome. Bring your own racket - shuttlecock provided.

BALL HOCKEY - MENS

Course No. 1034, 1035, 1036

For high school students and beyond. Zero tolerance conduct policy. To register contact Scott Grover scott.grover@dsbn.edu.on.ca

BASKETBALL - MENS RECREATIONAL

Course No. 1075

Guy's night out! Calling all males, ages 30 years and up. An enjoyable night of scrimmage basketball for adult males who are looking for recreation, exercise and getting on the basketball court for a good game. Fitness attire and non-marking shoes required. Bring a water bottle.

Course No. 1031, 1032, 1033

Dust off those old high tops and join this fun basketball league. After two weeks players will be placed on teams according to ability and position. Players should be familiar with basketball rules. There is an emphasis on fair and equal play and sportsmanship. To register players must contact Scott Grover at 905-964-3283 (text) or by email at scott.grover@dsbn.edu.on.ca

COSOM HOCKEY FOR CHILDREN - AGES 8 - 14

Course No. 1135

This fast paced non-contact sport is a variation of ice hockey and is similar to road hockey. It's played with plastic sticks and a plastic puck and is suitable for boys and girls of all skill levels. A terrific workout too!

GO FISH!

Course No. 1136

An introduction to freshwater fishing in Ontario. Learn all about equipment, bait, casting techniques, hot spots, rules and regulations, and biology of species. A terrific way to acquire or improve your skills in this great hobby, including how to tell tales about the one that got away!



GOLF INSTRUCTION & SKILL DEVELOPMENT ALL LEVELS

Course No. 1063

Professional, personal instruction on the fundamentals including swing, putting, grip, stance, balance and posture. All areas of the game are covered, including full shots and short game techniques. Learn the rules of golf, etiquette and care of the course. Bring your own materials. For adults and teens 16+ years.

GOLF - ALL LEVELS

Course No. 980, 981

Stay on top of your game, or simply learn how to properly swing a club, including correct stance and grip. Instructor will also teach a variety of shot techniques including both short and long game. Bring a club or two and watch as the course will have you more prepared for your future golf endeavors.

SPORTS CAMP FOR CHILDREN AGES 8 - 14

Course No. 1134

Students will be introduced to a variety of sports including volleyball, basketball, badminton, soccer, floor hockey, etc. They will learn the rules and fundamentals of each sport, all in a friendly atmosphere.

VOLLEYBALL - CO-ED

Course No. 973, 974

A fun night for adults who have played some volleyball in the past.

VOLLEYBALL - CO-ED RECREATIONAL

Course No. 1086

A fun and social night for adults who are looking for recreation and exercise! No experience necessary. Fitness attire and non-marking shoes required. Open to 14 yrs. and up.

Course No. 1087

Play a great game in a relaxed environment with coaching. A great release during the winter months. Non-marking gym shoes and fitness wear required.

VISIT OUR WEBSITE:
www.dsbn.org/community

Physical Activity Disclaimer:

It is recommended you consult your health professional if you have any exercise restrictions or concerns. In choosing to participate in the physical activity, you agree that, to your knowledge, you have no limiting physical conditions that would preclude physical activity of this nature.



career and certificate programs

PERSONAL SUPPORT WORKER (PSW)

A Personal Support Worker is someone who provides direct personal and health care assistance to the aged, chronically ill or disabled including all age groups. There is a growth trend in the demand for Personal Support workers in long term care facilities, in community (home) care environments, and in hospitals. For the past several years, the District School Board of Niagara has graduated hundreds of individuals with an average of 90% placement rate into jobs in the Niagara Region now paying \$12-\$19 per hour. The DSBN closely follows the curriculum guidelines set out by the Community Support Association of Ontario

as well as the curriculum for high-school credits accredited by the Ministry of Education.

Our PSW teachers of the credit programs are certified by the Ontario College of Teachers and are either R.N.s or R.P.N.s. Join the many others who have earned their high-school diploma, gained valuable work skills, and become employed as a Personal Support Worker. **Funding from various sources may be available if eligible (see Funding Note on opposite page.)**



**All PSW programs run from September through June
PSW programs fill quickly. Recruitment begins annually in March.
Watch for the Winter 2011 Lifetime Learning Guide for Information Session dates.
If you have additional questions, please email them to
psw@dsbn.edu.on.ca or call 905-687-7000.**

CUSTOMS BROKERAGE OFFICE

Prepare for the entry-level clerical position in a customs-brokerage office. Customs brokers deal with the regulations involved in importing and exporting goods in and out of Canada, and many have offices in Fort Erie, Queenston, and Niagara Falls. Entry-level jobs pay an average of \$12/hr. with benefits if full-time. This certificate program includes training in the terminology, document use, and policies and procedures in the customs brokerage office.

Tuition fee is \$800 and includes materials. Program runs Tuesdays and Thursdays evenings, for 3 hours per night. Program may be taken in conjunction with a tuition-free daytime computer program and as such, may be eligible for funding from various sources (see Funding Note on opposite page). Program offered at Fort Erie Secondary School, 7 Tait Ave., Fort Erie. Room 159

NEXT PROGRAM:

Customs: February 1 - May 19, 2011, Tues. & Thurs., 6:00pm - 9:00pm
Computers: Semester 2: February 1 - June 21, 2011, Mon. & Fri., daytime

INFORMATION/REGISTRATION:

Fort Erie Secondary School, Room 159, 6:30pm
Tues., November 16th, December 7th, or January 11th
or call 905-687-7000 for details.

NIAGARA YOUTH CONSTRUCTION LABOURER



For Niagara's Unemployed Youth

Prepare for an entry-level construction labourer position. Gain skills for employment, apprenticeship, or post-secondary training while receiving a minimum wage. If you are between the ages of 17-30; are in need of assistance in overcoming employment barriers; are a Canadian citizen, permanent resident, or refugee claimant; have at least grade 10 education; and have been out-of-school for at least one-year; you may be eligible for this program.

NEXT PROGRAM:

Program is under consideration at this time.
Proposed timeframe Sept 2010 – March 2011

INFORMATION/REGISTRATION:

Call 905-687-7000 to confirm that program will be offered and to find out when information sessions are scheduled.

TRANSITION TO EMPLOYMENT



For Special Needs Individuals

TTE is a program that assists individuals 18+ years of age, who have a disability, to gain access to employment opportunities. It prepares applicants for employment during one-on-one sessions with an employment counselor followed by a 1-5 week on-site trial period with an employer. Scheduling is flexible. The program is approved by the Ontario Disability Support Program.

It's for you if you want to work!

Multiple intakes throughout the year.

Call 905-682-0756 for information.

ARE YOU ELIGIBLE FOR FUNDING*

You may be eligible to receive funding or income support for your participation in many of the Business, Computers, Career and Certificate programs offered through the DSBN. Your eligibility may depend on your chosen occupational goals and/or individual needs. Some sources of individual funding include Employment Ontario (Second Career and Ontario Skills Development), Aboriginal Funding, Ontario Works (OW), Ontario Disability Support Program (ODSP), Workplace Safety and Insurance Board (WSIB), or Work Link (NICL). Please contact your employment counselor or caseworker for more information on your eligibility.



Ontario

JIM BRADLEY, M.P.P.
ST. CATHARINES

2-2 SECOND DRIVE
ST. CATHARINES, ONTARIO
L2N 1K8
PHONE: 905-935-0018



District School Board of Niagara

Purchasing Services & Central Services

Interested in doing business with the DSBN?

Visit our website for bid opportunities, to register your company information, or for the government surplus goods online auction.

www.dsbni.org/purchasing

Our Mission:

Supporting student achievement through best practices in the procurement of value added products and services.

The DSBN is a member of the Niagara Public Purchasing Committee.





literacy and language

LITERACY AND BASIC SKILLS

For the Deaf

Niagara Adult Literacy for the Deaf

36 Page Street, St. Catharines

Contact by email:

janet.morden@dsbn.edu.on.ca

TTY: 905-684-0269

For the Learning Disabled

Learning Potentials

8 Hiscott Street, Unit 9, St. Catharines

Contact: Janet Johnston

905-684-4994

For the Developmentally Disabled

36 Page Street, St. Catharines

905-988-1450

Seaway Mall

Niagara St., Welland

905-735-5506

Call Shirley Henley at 905-641-2929, x54172 for more information.

All programs are offered at no cost. Financial assistance may be available for transportation and child care. Other locations may become available.

We specialize in programs for individuals who are:

- Deaf
- Developmentally Disabled
- Learning Disabled

For individuals 18yrs+ who want to upgrade their reading, writing, computer, math and self management skills to gain employment or be more independent.

We offer:

- Assessment of skills
- Reading assistance
- Computer training
- Links to employment programs
- Goal setting
- Writing assistance
- Math
- Small group instruction

English as a Second Language

New Canadians, 18 years and over, who wish to improve "English as a Second Language" skills, can take non-credit daytime and evening courses at varying levels of skill. Daycare available at some centres.

Folk Arts Council of St. Catharines

85 Church St., St Cath., 905-685-6589

Welland Heritage Council

26 East Main St, Welland, 905-732-5337

St. Paul Lutheran Church

5485 Victoria Ave, Niag Falls, 905-356-2249
or 1-888-746-9041

Welcome Centre for Newcomer Families

**Located at the District School Board of Niagara
191 Carlton St., St. Catharines**

All families new to Canada are asked to come to the Welcome Centre before registering children in schools.

Here you will receive:

- Multilingual information on DSBN schools and services
- Support in making decisions about your child's educational future
- Assistance completing the registration process so your child can start school
- A language assessment by an ESL Teacher as needed
- Settlement counseling

**Call Brandie Lancione for an appointment:
905-641-1550 x54152**



INTERNATIONAL LANGUAGES

For Elementary-aged Students (Day & Eve). International language instruction in co-operation with the St. Catharines Folk Arts Council and the affiliated groups. These programs are non-credit, tuition-free or for nominal fee, and offered after school and on weekends.

ARABIC

Aba Saleh Almahdi Foundation	905-354-5559
Islamic Society of St. Catharines	289-668-7771
Islamic Society of St. Catharines	905-688-8834
Niagara Falls Sudanese Community	905-354-9674
Sudanese Canadian Community	905-984-4086
El Mahdi Arabic Organization	289-241-4093

ARMENIAN

Armenian Relief Society	905-401-1478
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CHINESE

St. Catharines Chinese School	905-353-9129
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GERMAN

Niagara German School	905-468-7158
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GREEK

Greek Community of St. Catharines	905-684-4454
Agios Charalambos Greek School	905-309-7167

KOREAN

Niagara Korean Language School	905-688-6783
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POLISH

Canadian Polish Society	905-938-1781
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SPANISH

Latin American Club of Niagara	905-646-5676
Latin Immigrant Niagara Community Assoc.	905-988-6070

UKRAINIAN

Ivan Kotliarevsky Ukrainian School	905-934-7352
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The DSBN Lifetime Learning Guide is published twice annually, with distribution throughout the Niagara Region. If your non-profit organization is looking for another way to reach potential clients and customers, consider advertising with us.

Non-Profit Advertising Opportunity Reaches Households Throughout Niagara

To find out more about this opportunity, please contact
Community Education Services, 905-687-7000



DISTRICT SCHOOL BOARD OF NIAGARA
Achieving Success Together

New to Canada?



The Niagara Folk Arts Multicultural Centre Can HELP YOU!

- Settlement Services
- LINC/ESL - Childminding
- HOST - Youth HOST
- Job Search Workshop
- Spanish & Mandarin Classes
- Robertson Hall—Banquet Facilities



Serving St. Catharines, Niagara Falls,
Grimsby & Lincoln
www.folk-arts.ca

905-685-6589 905-358-3452



Looking for Work?

Employment Resource Centre
Computers with High Speed Internet
Individual Employment Assistance
Workshops
Job Postings and Placement Services

All services are **FREE!**

Come and see us at any of our convenient locations or call us for more information:

Beamsville
4520 Ontario St.
905-563-9675

Grimsby
39 Main St. West
905-309-9675

Smithville
103 McMurchie Lane
905-957-2063

Toll Free
1-866-685-1353

www.employmenthelp.org



HELP WANTED

Niagara Folk Arts - Multicultural Centre

The 'Host Program' is looking for **volunteers**, willing to welcome immigrants to Canada. Become a friend to a Newcomer and share culture, language, food... while helping someone new to the country.

We service the communities of St. Catharines, Niagara Falls, Niagara-on-the-lake, Grimsby & Lincoln.

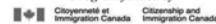
For more information visit our website or contact us at

(905) 685 6589 Ext. 228 or 241



Program funded by

www.folk-arts.ca



www.hostontario.org

General Interest Program Instructors Wanted

Have an idea for a course you want to teach?

Got a special skill, qualification, or unique knowledge?

Interested in sharing that with other people?

Why not consider becoming an Instructor with General Interest Program at the DSBN?

Visit www.dsbn.org/community click on **Forms** and download the **Instructor Application Form** or call 905-687-7000 for more information.

Please note that acceptance of your application in no way obligates the DSBN. Only successful applicants will be notified.



Looking to Bring More of the World into Your Home?

Ever Considered Hosting an International Student?

The DSBN accepts International Students into its elementary and secondary schools for one month to ten month stays.

International families appreciate host homes that provide a safe, nurturing environment for their children and that may also have children of a similar age attending DSBN schools.

Remuneration is paid to homestay families to compensate them for the expenses of hosting an international student.

For more information, please contact the DSBN at 905-641-2929 x 54176, or carol.maingot@dsbn.edu.on.ca



REGISTRATION

Use this form for "fax" (with VISA/MC only) and "mail-in" registration. Please enclose fee payment in full, in the form of a cheque, money order or your VISA or MasterCard account no., payable to **District School Board of Niagara** mail to **Community Education Services, District School Board of Niagara, 191 Carlton Street, St. Catharines, Ontario L2R 7P4**
 Please send one cheque, per course, per participant. Registrations will be processed on a daily basis as received.
 Mail-in registrations must be postmarked no later than **Wednesday, September 15, 2010 fax: 905-688-7753**

PLEASE PRINT ALL INFORMATION

Last Name		First Name		Middle Initial
Street No.	Street Name		Apt. No.	
City	Postal Code	Home Telephone No.	Business Telephone No.	
Day School Student:	Yes	No	If Yes, name of school:	
Course No.	Course Title		Course Location	
Day of Week	Time	Start Date	Fee	
Birthdate (DD/MM/YYYY):		Have you taken a night school credit course previously?		Year(s)
	Yes	No		

PAYMENT INFORMATION

<input type="checkbox"/> Visa	Card Number	Expiry /	Card Verification No.	<input type="checkbox"/> Cheque	<input type="checkbox"/> Senior (65+)
<input type="checkbox"/> Master Card				<input type="checkbox"/> Cash	
Cardholder's Name			Signature	Date	Total Amount \$

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	Yes	No		

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<input type="checkbox"/> Master Card				<input type="checkbox"/> Cash	
Cardholder's Name			Signature	Date	Total Amount \$

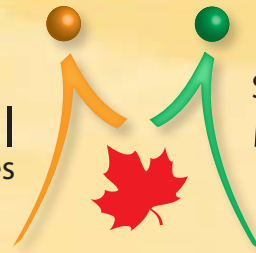


Citizenship and Immigration Canada

Citoyenneté et Immigration Canada



Niagara Multicultural Services



Services Multiculturels Niagara

Building A Future Together

THE ONTARIO TRILLIUM FOUNDATION



LA FONDATION TRILLIUM DE L'ONTARIO



United Way

Niagara Falls and Greater Fort Erie



Public Works and Government Services Canada

Travaux publics et Services gouvernementaux Canada



NIAGARA CATHOLIC District School Board

Brock University

CBSA - ASFC



Niagara Region Building Community. Building Lives.



Applied Dreams.



Welland/Pelham Chamber of Commerce The Voice of Business



Immigrant Services in Niagara

Programs and Services

- Settlement Services: Staff speak French, English and other languages
- Language Instruction for Newcomers to Canada - English as a Second Language/ Career and Professional Integration Class
- Cultural Language Classes
- Employment Programs Career Enhancement Classes, Job Search Workshop
- Canadian Access for International Professionals & Skilled Trades (CAIPS)
- Credential Assessment Assistance
- Language Assessment Services
- Employer Education & Support Cultural Education Programs
- Mentorship Program
- Child Minding Programs
- Emergency Shelter
- Kids Quest – Literacy and Social Skills Development for Youth
- HOST Programs: Social and Educational Activities for Youth and Adults
- Mental Health - Volunteer Program
- Women's New Enterprise Program and Support Program
- Community Access Program
- Immigrant Seniors Program
- Homework Club - Conversation Circles
- Welcome and Reception Centre (Peace Bridge, Fort Erie)

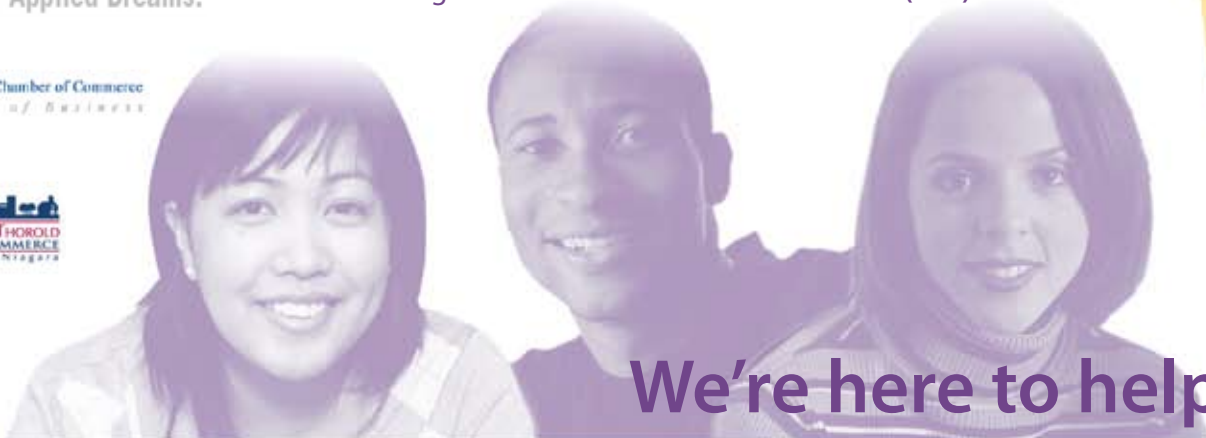
For Information and Referral to Other Valuable Services:

Niagara Folk Arts Multicultural Centre - (905) 685-6589

Fort Erie Multicultural Centre - (905) 871-3641

Multicultural Network of Niagara Falls - (905) 356-2249

Welland Heritage Council and Multicultural Centre - (905) 732-5337



We're here to help.

YMCA of Niagara Employment & Newcomer Services

Jan 15, 2009, 8 am, I was called into a meeting and informed that my employer was closing the facility that I had worked at for the last 21 years. This was, by far, one of the worst days of my adult life. Not only was I totally caught off guard by the news, but I truly had no plan for the future. Within seconds, I began asking myself, what will I do now? With my current skill set, where could I work? I hadn't interviewed in over 20 years. On top of all that, we were right in the beginning of one of the worst recessions in many years. After going home and having to break the news to my family, I began the stressful process of deciding what my next move was. Do I start a new career or build on the experience that I had gained over the years?

Luckily, one day when I was bringing my 16 year old son to a job fair at the YMCA Employment Centre, a counsellor from the Y noticed the company logo on my jacket. Knowing of my plant's closure, she immediately invited me inside and offered me an information package on what the YMCA could do for me in regards to the government programs that were available for the newly unemployed. I quickly booked myself in for a meeting at the centre. This turned out to be one of the wisest decisions I have ever made in my life. My counsellor patiently listened to my situation and immediately began explaining all the options that were available to me.

With her advice, I now had a plan for the future and how I could get there. This timely advice severely expedited my decision making process and I was able to qualify for a retraining program through the MTCU. With my counsellor's guidance, I was able to register at HBI College in Mississauga, obtain funding, and begin classes within six weeks of the closure of my plant. Seven months later, I was offered a new position at ADM Milling in Port Colborne. With my newly acquired diploma in Supply Chain and Inventory Management that the MTCU funded, I was able to get a new job making more money, with a better benefit package than my old job. If you would have told me this was possible on the day that I was informed of my plant's closure, I would have never believed it in a million years.

Kelli, you have made a difference in our lives when we needed it the most - thanks!

Were you recently laid-off & need help?
Call the YMCA at 289-241-9779



Frank Diodati
Mixplant/Warehouse Coordinator
ADM Milling