

Learn4Life.ca

General Interest Programs
Adults 18+ and Seniors



Summer 2023

Registration opens

May 17th

communityprograms@tdsb.on.ca | Phone: 416-338-4111



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Program Information

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

Important Dates

Registration Opens: Wednesday, May 17, 2023 at 8:30 am

Classes Begin: Tuesday, July 4, 2023

Registration Information

Online registration is available and where special considerations must be made, in-person. There is no registration via mail, telephone, or fax. An account and email address is required to register for a course.

Social assistance documents are required to qualify for the subsidy rate. Material fees, if applicable are extra. This reduced rate applies to course fees only and is limited to one course per term. Learners requesting the subsidized rate must have an account. Eligible learners must make an appointment for in-person registration and present their current documents at that time in order to register for a course.

Payment Information

Once registration opens, visit www.learn4life.ca and use your VISA or MasterCard to pay. The payment system will not accept VISA Debit or MasterCard Debit at this time.

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

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

In-Person Accommodation

In our efforts to accommodate learners who are not able to register using the online registration system, the Learn4Life team can make arrangements for in-person registration, by appointment only, starting Wednesday, May 17, 2023. Appointments will only be held for a short period starting Wednesday May 17. No walk-in registrations will be seen, as appointments are only for those who need an accommodation.

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

Refund Policy

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

Cancelled Courses

A minimum number of registrants is required for a class to run. The Toronto District School Board (TDSB) has the right to make the final decision to open or close a class, or to revise the fee structure.

If a course does not meet the enrolment minimum, and is therefore cancelled, every effort will be made to accommodate you in another course. If there is no other course which is satisfactory to you, you will receive a full refund.

Art

Drawing Beginner

Learn the fundamental techniques of basic perspective, depth, tone, line, and shape. Learners must provide own materials.

*Remote Course Offering

Tue & Thu 10:30am-1:30pm Jul 4, 2023 4wks \$197 (\$118sr) PR-4084

Drawing Step-by-Step

Using a variety of drawing materials, you will learn drawing technique step by step as well as art principles displayed with masters' pieces. An intensive instruction, detailed hands-on demonstration and self critical review will be provided. No experience is required. Learners are required to supply their own art materials. Course Art Supplies: Pencils and other drawing tools, sketchbook, eraser and clip board.

*Remote Course Offering

Thu 6:30pm-9pm Jul 6, 2023 4wks \$82 (\$49sr) PR-4072

Drawing for People Who Can't Draw

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

*Remote Course Offering

Wed 6pm-9pm Jul 5, 2023 4wks \$98 (\$59sr) PR-4071

Business and Finance

Buying or Renting a Home for Newcomers to Canada

Renting or buying a home can be challenging enough on its own but poses additional challenges to new immigrants. Despite this, they manage to find suitable rental accommodation and two thirds then buy within the first 5 years of being in Canada. How do they do this? Join in this informative, interactive and practical course to help you learn what you need to know directly from an expert in the field.

*Remote Course Offering

Tue 6pm-8pm Jul 4, 2023 4wks \$66 (\$40sr) PR-4069

Communications

Creative Therapeutic Journaling

Take a journey of self-discovery. Unpack the important areas of your life, from relationships and identity, to money, career and health. Explore your life on all kind of levels and discover your deepest hopes, dreams, develop your creativity, improve your memory, acquire problem solving abilities and account future adventures. Regular journaling as a habit is a powerful one.

*Remote Course Offering

Wed 6pm-8pm Jul 5, 2023 4wks \$66 (\$40sr) PR-4070

Introduction to Community Interpreting

Are you fluent in any other language(s) besides English? You may become a Community Interpreter! Come to obtain information about this exciting and helpful occupation. This course will provide information on the requirements, the diverse fields in which you can operate, the official guidelines that govern the trade, and valuable tips from an experienced interpreter. This is not a certification course.

*Remote Course Offering

Mon 2pm-4pm Jul 10, 2023 4wks \$66 (\$40sr) PR-4106

Creative Writing

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

*Remote Course Offering

Tue 2pm-4pm Jul 4, 2023 4wks \$66 (\$40sr) PR-4089

Computers

Data Analysis with Excel - Boot Camp

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

*Remote Course Offering

Tue & Thu 6pm-8pm Jul 4, 2023 4wks \$131 (79sr) PR-4209

Introduction to PhotoShop

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

*Remote Course Offering

Mon-Fri 9am-12pm Jul 17, 2023 1wk \$123 (\$74sr) PR-4103

Introduction to Web Design

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

*Remote Course Offering

Mon-Fi 1pm-4pm Jul 17, 2023 1wk \$123 (\$74sr) PR-4105

Microsoft Office 365 - Beginner

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

*Remote Course Offering

Tue-Fri 9am-12pm Jul 4, 2023 1wk \$98 (\$59sr) PR-4085

Microsoft Office 365 - Intermediate

This online course will build on the skills you gained in the beginner level and takes your office document to a new level. you will be amazed how easy it is with the new Office 365 to produce very professional looking and appealing documents will cover intermediate features Word (word processing and desktop publishing), Power Point (slides show), Excel (spreadsheets), Access (database) and Publisher (newsletter).

*Remote Course Offering

Mon-Fri 9am-12pm Jul 10, 2023 1wk \$123 (\$74sr) PR-4086

Dance

Line Dancing Beginner

This course will introduce you to basic line dance steps and commonly used cues, as well as to popular line dances that are done in social dance settings.* The health and safety of our learners is top priority.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 11:30am-1pm Jul 4, 2023 4wks \$49 (\$29sr) PR-4096

Overland PS 55 Overland Drive, North York

Mon 12:30pm-2pm Jul 10, 2023 4wks \$49 (\$29sr) PR-4095

Fitness

Bollywood Dance Fitness

Join a fun dance workout, based on Bollywood moves and dance steps, that combines high intensity sequences and several components of fitness including warm-up and cardio. All levels are welcome, beginner, intermediate, and advanced. Prior knowledge of dance is not essential.

*Remote Course Offering

Thu 7pm-8pm Jul 6, 2023 4wks \$33 (\$20sr) PR-4134

Chair Zumba

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

*Remote Course Offering

Tue 7pm-8pm Jul 4, 2023 4wks \$33 (\$20sr) PR-4132

Gentle Stretches for a Great Night Sleep

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

*Remote Course Offering

Wed 8pm-9pm Jul 5, 2023 4wks \$33 (\$20sr) PR-4663

Gentle Yoga

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

*Remote Course Offering

Thu 6pm-7pm Jul 6, 2023 4wks \$33 (\$20sr) PR-4075

Tai Chi Practice

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Jul 10, 2023 4wks \$49 (\$29sr) PR-4083

Walk Your Way to a Healthy Weight - Outdoors

Walk your way to a healthy weight. Exercise does not need to be intense or exhausting in order to promote a healthy weight. Hit your goal of 10,000 steps for the day. Walking fitness classes are a great way to motivate you to commit to a weekly walking schedule and meet new people. Class is suitable for beginners. We will also discuss topics related to healthy living. This class is held outdoors

and the meeting location is Overland Learning Centre, 55 Overland Drive, North York, ON. There will not be access to the building as building may be closed.

Overland PS 55 Overland Drive, North York
Thu 4pm-6:30pm Jul 6, 2023 4wks \$82 (\$49sr) PR-4135

Yoga Kundalini All Levels

Kundalini yoga is based on one of the three original schools of yoga. It includes mental, physical and spiritual aspects of the yoga tradition. Achieve your personal best by way of active yoga sets that combine postures, breath work, meditation, and deep relaxation. Includes exercises that promote breast health for prevention and recovery.

*Remote Course Offering
Tue 6pm-7:30pm Jul 4, 2023 4wks \$49 (\$29sr) PR-4079

Food (We cannot guarantee a nut free environment)

Signature Salads Workshop

Add some delicious salads to your dietary menus. This online course offers a variety of recipes that incorporate proteins, nuts and/or seeds, and vegetables. You will also learn to create dressings from scratch. Final price includes a material fee of \$2.00 for cost of materials used by the instructor during the class.

*Remote Course Offering
Tue 6pm-9pm Jul 18, 2023 1wks \$27 (\$17sr) PR-4080

Sugar Cookie Decorating Workshop

In this remote course, participants will learn how to conceptualize cookie designs and decorate sugar cookies for special events and holidays. Sugar Cookie decorating will become an easy and fun activity with step by step instructions. All levels are welcome. Final price includes a material fee of \$2.00 for supplies used by the instructor.

*Remote Course Offering
Wed 6pm-9pm Jul 19, 2023 2wks \$51 (\$31sr) PR-4078

Games and Hobbies

Eating and Using Edible Flowers

In this four week workshop, learn to identify, how to harvest safely, and talk about the taste of different edible flowers. We'll explore the benefits of consuming and using edible flowers in salads, jams, jellies, cake decoration, and drinks. We will also cover various beautiful flowers that should definitely be avoided due to their toxic nature to humans.

*Remote Course Offering
Tue 6pm-8pm Jul 4, 2023 4wks \$66 (\$40sr) PR-4073

Health and Wellness

Nutrition for Energy and Wellness

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

*Remote Course Offering

Wed 6pm-7:30pm Jul 5, 2023 4wks \$49 (\$29sr) PR-4076

Overcome Unhealthy Habits and Feel Transformed

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

*Remote Course Offering

Wed 7pm-8:30pm Jul 5, 2023 4wks \$49 (\$29sr) PR-4210

Staying Well Using Self-Care

Keep well using self-care based in Chinese Medicine to help you stay healthy! Nutrition, acupressure, self-massage, and movement techniques will be explored during this remote class. Boost immunity, improve sleep, and learn ways to be healthy and active.

*Remote Course Offering

Thu 7pm-9pm Jul 6, 2023 4wks \$66 (\$40sr) PR-4077

Tao Calligraphy Meditation for Stress Relief

Tao Calligraphy is a unique calligraphy that combines the ancient practice of one-stroke Chinese calligraphy with Source essence, frequency and vibration. It is more than a beautiful art, it emits a field of most positive energy that could transform the negative energy within those who meditate in the field. In this program, you will be led to participate in a variety of meditation practices in the Tao Calligraphy field, over time you could potentially experience benefits such as reduced stress, a more calm and peaceful heart, more joy, and improved general wellbeing.

***Remote Course Offering**

Wed 6pm-8pm Jul 5, 2023 4wks \$66 (\$40sr) PR-4137

Languages

Essential French

Bonjour! Please join us online for summer sessions of fun as you set off on your French adventure. You will learn introductory key vocabulary and structures that will allow you to have authentic conversations in everyday situations. You will read and understand basic text by applying

simple strategies and your new knowledge. We will enjoy a popular French song together at the end of each class. C'est bon, n'est-ce pas?

*Remote Course Offering

Tue & Thu 6pm-8pm Jul 4, 2023 4wks \$131 (\$79sr) PR-4074

Essential Spanish

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

*Remote Course Offering

Tue & Thu 6pm-8pm Jul 4, 2023 4wks \$131 (\$79sr) PR-4166

Spanish Beginner

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

*Remote Course Offering

Tue & Thu 11am-1pm Jul 4, 2023 4wks \$131 (\$79sr) PR-4133

Music

Introduction to Basic Jazz and Pop Rock

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

*Remote Course Offering

Tue 1:30pm-3:30pm Jul 4, 2023 4wks \$66 (\$40sr) PR-4104

Introduction to Piano

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

*Remote Course Offering

Mon 1:30pm-3:30pm Jul 10, 2023 4wks \$66 (\$40sr) PR-4088

Piano Keyboarding Beginner Level 4 Plus—POP Edition

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

*Remote Course Offering

Wed 1:30pm-3:30pm Jul 5, 2023 4wks \$66 (\$40sr) PR-4087

Self Development

Building and Maintaining Solid Relationships

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

*Remote Course Offering

Thu 6pm-8pm Jul 6, 2023 4wks \$66 (\$40sr) PR-4068

Make-Up Artistry

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

*Remote Course Offering

Tue & Thu 6pm-9pm Jul 4, 2023 2wks \$98 (\$59sr) PR-4136

Sewing

Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. Learn pattern layout, cross-stitch and more. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jul 4, 2023 4wks \$98 (\$59sr) PR-4081

Sewing Intermediate

This course is for students who have learned the basic skills of sewing and who want a more detailed study of garment making. Create projects you'll be proud to wear. Learners must have their own sewing machine.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Jul 4, 2023 4wks \$98 (\$59sr) PR-4082

Sports

Mastering Tennis Drills: Boost Your Skills and Performance

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

Overland PS 55 Overland Drive, North York

Thu 1pm-2:30pm Jul 6, 2023 4wks \$49 (\$29sr) PR-4629

Tennis for True Beginners

Ever dream of playing on the Wimbledon court but have never picked up a racket? This exciting course will introduce students to the tennis basics which will include proper grip, swing, and stance! Get on the court and discover how fun and exhilarating the game truly is! Please bring your own tennis racket to class.

Overland PS 55 Overland Drive, North York

Tue 1pm-2:30pm Jul 4, 2023 4wks \$49 (\$29sr) PR-4628



2022 Jack Henshaw Award Winner

The award goes to **Miles Hearn**, Birdwatching, Flora & Fauna - Discover the Outdoors instructor!

It is with heavy hearts that we announce that Miles Hearn passed away this year due to cancer. Miles was a beloved member of our community and will be deeply missed by all who knew him. Miles was a passionate and knowledgeable birdwatcher who shared his love of the natural world with countless students over the years. He was a patient and encouraging instructor who inspired many to develop a deeper appreciation for the beauty and complexity of our environment. For a look at the wonderful photos he took over the years, visit www.mileshearn.com