

# Learn 4 Life.ca

General Interest Programs  
Adults 18+ and Seniors

# FALL 2021

Registration opens

# August 18



# In-person Courses

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

While the majority of our courses are online for the fall 2021 term, there are two locations offering in-person courses:

## **Mimico Adult Centre**

255 Royal York Rd,  
Etobicoke, ON  
M8V 2V8

---

### **Weaving Advanced**

(Found under 'Crafts')

### **Weaving: Fabric and Tapestry-All Levels**

(Found under 'Crafts')

### **Weaving: Fabric and Tapestry-All Levels**

#### **Seniors Daytime**

(Found under 'Crafts')

### **Weaving: Introduction**

(Found under 'Crafts')

### **Wood Carving & Sculpture (Seniors Daytime)**

(Found under 'Handiwork')

### **Sewing Beginner (Seniors Daytime)**

(Found under 'Sewing')

### **Sewing Intermediate (Seniors Daytime)**

(Found under 'Sewing')

### **Sewing Advanced**

(Found under 'Sewing')

### **Sewing for the Home**

(Found under 'Sewing')

## **Overland PS**

55 Overland Dr,  
North York, ON  
M3C 2C3

---

### **Divided Investing for Income**

(Found under 'Business and Finance')

### **Computer Upgrading/Service/Repairing**

(Found under 'Computers')

### **Ballroom & Latin Dancing Beginner**

(Found under 'Dance')

## **Outdoor Courses**

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

---

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

(Found under 'Discover the Outdoors')

### **HIIT Hiking Outdoors**

(Found under 'Discover the Outdoors')

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

(Found under 'Fitness')

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

# Learn4Life.ca

Please note: courses that were previously listed under 'Fitness and Wellness' are now separated into two categories: (1) Fitness and (2) Health and Wellness.

<b>Art</b> .....	<b>5</b>
<b>Business and Finance</b> .....	<b>7</b>
<b>Communications</b> .....	<b>9</b>
<b>Computers</b> .....	<b>10</b>
<b>Crafts</b> .....	<b>14</b>
<b>Dance</b> .....	<b>14</b>
<b>Discover the Outdoors</b> .....	<b>15</b>
<b>Fitness</b> .....	<b>16</b>
<b>Food</b> .....	<b>19</b>
<b>Games and Hobbies</b> .....	<b>21</b>
<b>Handiwork</b> .....	<b>22</b>
<b>Health and Wellness</b> .....	<b>22</b>
<b>Interior Design</b> .....	<b>24</b>
<b>Languages</b> .....	<b>24</b>
<b>Music</b> .....	<b>27</b>
<b>Self Development</b> .....	<b>28</b>
<b>Sewing</b> .....	<b>29</b>
<b>Theatre, Film &amp; TV</b> .....	<b>30</b>

**For information and registration form, see pages 2 & 31.**

# Program Information

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

## IMPORTANT DATES

### **REGISTRATION OPENS:**

WEDNESDAY, AUGUST 18TH, 2021

### **CLASSES BEGIN:**

SATURDAY, SEPTEMBER 11TH, 2021

## REGISTRATION INFORMATION

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

Social Assistance documents are required to qualify for the subsidy rate plus material fees. Eligible learners must submit current documentation with the application form and payment information to register for a course. Please email documents to [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca). This reduced rate applies to course fees only and is limited to one course per term. For more information and for a list of eligible Government Assistance Programs, please see Learn4Life FAQs starting on page 37, question #7.

## PAYMENT INFORMATION

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

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

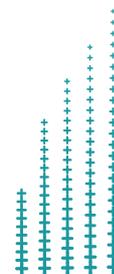
\*Material fees are collected centrally at time of registration. No discounts apply.

## CHANGES TO OUR REFUND POLICY

All refunds are automatically processed back to the original method of payment, unless otherwise stated. The option to keep funds on the Toronto District School Board (TDSB) Learn4Life account is no longer available. Please review the refund policy on page 3.

## CANCELLED COURSES

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





## Community Programs – Learn4Life Refund and Transfer Policy

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

**NEW\*** All refunds are automatically processed back to the original method of payment, unless otherwise stated. The option to keep funds on the TDSB Learn4Life account is no longer available.

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

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

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

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

**For subsidized courses:** TDSB issues no refunds. A credit is issued to the learner's TDSB Learn4Life account if the TDSB cancels the course before the course begins.

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

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

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

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

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

# NOTICE

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

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

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

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

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

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

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

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

---

**The Learn4Life Team**

## Art

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

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

[\\*Online Course Offering](#)

Thu 6pm-9pm Sep 16, 2021 11wks \$270 (\$162sr)  
PR-1403

### Online Abstract Painting

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

[\\*Online Course Offering](#)

Fri 10am-1pm Sep 17, 2021 11wks \$270 (\$162sr)  
PR-1448

### Online Acrylic Painting Beginner

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

will be provided in the first class.

[\\*Online Course Offering](#)

Mon 1pm-4pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1442

Wed 6:30pm-9:30pm Sep 15, 2021 11wks \$270 (\$162sr)  
PR-1510

### Online Acrylic Painting Beginner/Intermediate

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

[\\*Online Course Offering](#)

Mon 6:30pm-9:30pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1763

### Online Acrylic Painting-All Levels

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

[\\*Online Course Offering](#)

Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$270 (\$162sr)  
PR-1828

### Online Art Meditation

Learn the art techniques of expression using organic art materials such as bamboo brushes, ink and natural colour pigment. Enjoy the flow of ideas. Focus on yourself to reach the deep inner balance through art. Detailed instruction and demonstration is provided. No experience required. Students are required to supply their own materials.

[\\*Online Course Offering](#)

Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$270 (\$162sr)  
PR-1830

### Online Art in Mixed Media

Explore traditional to contemporary techniques through a broad choice of media while working on own projects. Experiment from paper, canvas to woodblock; from drawing, painting, collage to printmaking. No previous experience required. Detail instruction and hands on demonstration is offered.

[\\*Online Course Offering](#)

Wed 10am-1pm Sep 15, 2021 11wks \$270 (\$162sr)  
PR-1852

### Online Calligraphy ★

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

[\\*Online Course Offering](#)

Tue 10am-12:00pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1324

### Online Calligraphy Beginner

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

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1743

### Online Chinese Brush Painting ★

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

[\\*Online Course Offering](#)

Fri 10am-12:30pm Sep 17, 2021 11wks \$225 (\$135sr)  
PR-1325

### Online Chinese Brush Painting Intermediate ★

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

[\\*Online Course Offering](#)

Fri 1pm-3:30pm Sep 17, 2021 11wks \$225 (\$135sr)  
PR-1326

### Online Drawing & Sketching: Landscape Study

In this online course, let nature inspire you as you improve your technique, design and composition skills, and

understanding of perspective and lighting. Work with pastel, charcoal, watercolour and ink on different papers.

[\\*Online Course Offering](#)

Wed 10am-12:30pm Sep 15, 2021 11wks \$225 (\$135sr)  
PR-1319

### Online Drawing & Painting: Landscape Study

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

[\\*Online Course Offering](#)

Wed 6:30pm-9:30pm Sep 15, 2021 11wks \$270 (\$162sr)  
PR-1723

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

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

[\\*Online Course Offering](#)

Mon 6:30pm-9pm Sep 13, 2021 11wks \$225 (\$135sr)  
PR-1511

Thu 6pm-7:45pm Sep 16, 2021 11wks \$158 (\$95sr)  
PR-1516

### Online Drawing and Painting- Beginner

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

[\\*Online Course Offering](#)

Sat 9:30am-12:30pm Sep 11, 2021 11wks \$270 (\$162sr)  
PR-1570

Mon 6:30pm-9:30pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1676

Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1551

### Online Oil and Acrylics All Levels

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

[\\*Online Course Offering](#)

Mon 6:30pm-9:30pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1788

### Online Oil and Acrylics Beginner/ Intermediate

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

[\\*Online Course Offering](#)

Wed 1pm-3:30pm Sep 15, 2021 11wks \$225 (\$135sr)  
PR-1320

### Online Painting Intermediate ★

Learn various painting techniques in acrylic or oil, using still life and/or subjects of interest. Examples will be presented for group critiques. We will explore what it takes to produce successful paintings. Emphasis is placed on working from nature and developing a better understanding of professional art practices.

[\\*Online Course Offering](#)

Wed 10am-12:30pm Sep 15, 2021 11wks \$225 (\$135sr)  
PR-1350

Wed 1pm-3:30pm Sep 15, 2021 11wks \$225 (\$135sr)  
PR-1336

### Online Paper Art

Using paper or card as the primary art medium in two and three-dimensional forms. This online course will teach you varied techniques in different themes, as well as fundamental art principles to support your creativity. A detailed step-by-step demo and instruction will be provided. All levels are welcome. Learners are required to have their own materials, for a list of items required, please visit the website.

[\\*Online Course Offering](#)

Wed 6pm-8:30pm Sep 15, 2021 11wks \$225 (\$135sr)  
PR-1495

### Online Sculpture Design

Learn to create and design your own sculpture. The online course will focus on those wanting to explore a more exaggerated stylized, abstract sculpting. Great emphasis will be put on sculptural design esthetic and finishing. Drawing inspiration from your own imagination as well as inspirational sources. This course is suitable for beginners. Use of a home oven will be required for the purposes of curing

pieces created by you. Learners will be required to purchase their own materials and tools. For a list of items needed, please visit the website.

[\\*Online Course Offering](#)

Thu 6pm-9pm Sep 16, 2021 11wks \$270 (\$162sr)  
PR-1417

### Online Watercolour Advanced

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

[\\*Online Course Offering](#)

Mon 6:30pm-9:30pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1777

### Online Watercolour Beginner/ Intermediate

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

[\\*Online Course Offering](#)

Wed 6pm-9pm Sep 15, 2021 11wks \$270 (\$162sr)  
PR-1418

### Online Watercolour Intermediate

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

[\\*Online Course Offering](#)

Tue 6:30pm-9:30pm Sep 14, 2021 11wks \$270 (\$162sr)  
PR-1776

### Online Watercolour Intermediate



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

[\\*Online Course Offering](#)

Tue 2:15pm-4:45pm Sep 14, 2021 11wks \$225 (\$135sr)  
PR-1342

Thu 10am-12:30pm Sep 16, 2021 11wks \$225 (\$135sr)  
PR-1351

### Online Watercolour Painting ★

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

[\\*Online Course Offering](#)

Thu 1pm-3:30pm Sep 16, 2021 11wks \$225 (\$135sr)  
PR-1343

### Online Watercolour Woodblock Printmaking

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

[\\*Online Course Offering](#)

Tue 6pm-8:30pm Sep 14, 2021 11wks \$225 (\$135sr)  
PR-1545

### Online Watercolours All Levels

In this online course, learn the basics of watercolour, how to mix and apply paint, how to choose compositions and colour values. You are responsible for purchasing your own paint, brushes, etc. You will be provided with a list of materials needed for the course at the first class.

[\\*Online Course Offering](#)

Mon 6pm-9pm Sep 13, 2021 11wks \$270 (\$162sr)

PR-1504

Wed 7pm-9:30pm Sep 15, 2021 11wks \$225 (\$135sr)

PR-1524

### Tao Calligraphy Online

Tao Calligraphy is a unique style of Chinese one-stroke calligraphy. The graceful motion of the continuous stroke creates a flowing of Oneness, bringing peace and harmony in all aspects of life. This online course is intended for you to experience the powerful field that Tao Calligraphy radiates and enjoy the potential benefits through meditating, tracing and writing Tao Calligraphy, including relieve stress, and develop more compassion, peace, and calm in

facing the current global crisis. Learners must purchase their own calligraphy practice kit and have them ready before class. They can be purchased from most art supply stores and are also available through online merchants.

[\\*Online Course Offering](#)

Wed 7pm-9pm Sep 22, 2021 3wks \$49 (\$29sr)

PR-1523

## Business and Finance

### Dividend Investing for Income ●

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

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

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

Wed 1:15pm-3:15pm Sep 15, 2021 5wks \$82 (\$49sr)

PR-1848

Wed 1:15pm-3:15pm Oct 20, 2021 5wks \$82 (\$49sr)

PR-1849

### Income Tax Preparation - Online

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

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr)

PR-1482

### Investing 101 Millennials Online Workshop

Millennials, come learn the basics to

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

[\\*Online Course Offering](#)

Fri 9am-1pm Sep 17, 2021 1wks \$33 (\$20sr)

PR-1446

### Investing 101 for Millennials - Online

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

[\\*Online Course Offering](#)

Thu 6:30pm-9pm Sep 16, 2021 8wks \$164 (\$98sr)

PR-1593

### Investment Planning - Online

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

[\\*Online Course Offering](#)

Tue 11am-1pm Sep 14, 2021 8wks \$131 (\$79sr) PR-

1447

Wed 8pm-9:45pm Sep 15, 2021 11wks \$158 (\$95sr)

PR-1554

### Online Accounting and Bookkeeping-Beginner

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

and more.

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1738

Tue 5:30pm-7:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1714

## Online Accounting: Payroll-Beginner

In this online course, you will learn how to calculate net pay, payroll legislation, tax deductions, tax remittances, process payments, report journal entries, and Records of Employment (ROE).

[\\*Online Course Offering](#)

Tue 7:30pm-9:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1715

## Online Accounting: Small Business and Tax Issues

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

[\\*Online Course Offering](#)

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1739

## Online Administrative Office Assistant

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

[\\*Online Course Offering](#)

Tue 6pm-8pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1382

## Online Buying Your First Home in the GTA

If you are new in Canada and/or are considering buying your first home in Ontario, this online workshop will be a help and a tool for you. In this workshop you will learn the buying process which has been divided in 6 important steps

to simplify the understanding of basic principles that lead to home ownership and make 'the most important financial decision of your life' a little clearer and a lot less stressful.

[\\*Online Course Offering](#)

Sat 9am-12pm Sep 11, 2021 1wks \$25 (\$15sr)  
PR-1742

## Online Career Exploration and Decision Making

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

[\\*Online Course Offering](#)

Tue 6pm-8pm Sep 14, 2021 6wks \$98 (\$59sr)  
PR-1384

## Online Condominium Buying and Investing

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

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1569

Mon 5:30pm-7:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1770

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1655

## Online Entrepreneurship and Innovation

This online course aims to introduce the concepts and interrelationships between; Entrepreneurship, Innovation and Governance. It will provide learners with

the foundation in key ideas and concepts surrounding business operation and examine different relationships to promote, manage and finance both short and long term business objectives. Furthermore, this course will provide the tools for individuals from various backgrounds who are seeking to become an entrepreneur or to enhance the knowledge of those who are already entrepreneurs. Participants do not require any previous knowledge or experience in business or innovation to be successful in this course.

[\\*Online Course Offering](#)

Thu 6pm-8pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1730

## Online Estate Planning

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

[\\*Online Course Offering](#)

Sat 9am-11am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1484

Mon 6pm-8pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1705

## Online Estate Planning Workshop

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

[\\*Online Course Offering](#)

Thu 5:30pm-7:30pm Sep 16, 2021 3wks \$49 (\$29sr)  
PR-1731

Thu 5:30pm-7:30pm Oct 14, 2021 3wks \$49 (\$29sr)  
PR-1732

## Online Event Planning

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

[\\*Online Course Offering](#)

Tue 8pm-10pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1802

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

### Online Investing - Online

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

\*Online Course Offering

Mon 7pm-9:30pm Sep 13, 2021 7wks \$143 (\$86sr)  
PR-1267  
Tue 1:30pm-4pm Sep 14, 2021 7wks \$143 (\$86sr)  
PR-1309

### Online Investor Boot Camp: Introduction

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

\*Online Course Offering

Thu 6:30pm-9pm Sep 16, 2021 2wks \$41 (\$25sr)  
PR-1658

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

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

\*Online Course Offering

Mon 7pm-8:30pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1683

### Online Real Estate: Investment Property

Real estate is a great way to create wealth. Learn the math that will keep you out of the red! In this online course, learn how to recognize under-valued properties, the many options available in

financing, improvements that yield the biggest returns, property management, how CRA applies taxation to profits, HST implications, to incorporate or not? Learn how to flip homes successfully or buy and hold profitably. If you have thought to start investing or are experienced, this online course is for you!

\*Online Course Offering

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1488

Mon 8:30pm-10pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1682

### Online Stock Market

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

\*Online Course Offering

Mon 6:30pm-8:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1533

Wed 6pm-8pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1558

### Online Transition to Retirement

What are you doing for the rest of your life? Traditional retirement planning focuses on financial matters but there's more to life than money! Work provides structure, purpose, and, community; how to replace these in retirement? In this online course, learn how to create a personal retirement plan, consider common issues, and hear advice from those who've already retired.

\*Online Course Offering

Thu 6pm-8pm Sep 16, 2021 6wks \$98 (\$59sr)  
PR-1391

### Will and Power of Attorney Workshop - Online

Whatever your age or financial position, it is a sound idea to plan ahead for eventual situations when you may need to authorize another person to make decisions about your health or to distribute your property according to your wishes. This one day online workshop will teach you the step by step process for preparation of a valid will and power of attorney in Ontario.

\*Online Course Offering

Sat 11am-1pm Sep 18, 2021 1wks \$16 (\$10sr)

PR-1761

Sat 11am-1pm Oct 2, 2021 1wks \$16 (\$10sr) P  
R-1762

## Communications

### Creative Writing Online

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

\*Online Course Offering

Sat 11am-1pm Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1490

Mon 7:30pm-9:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1688

Tue 7pm-9:30pm Sep 14, 2021 11wks \$225 (\$135sr)  
PR-1771

Thu 7pm-9pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1411

### Online Creative Therapeutic Journaling

I would like to take you on an online journey of self-discovery, unpacking 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.

\*Online Course Offering

Mon 7pm-9pm Sep 13, 2021 4wks \$66 (\$40sr)  
PR-1752

### Online Creative Writing: Fiction

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

\*Online Course Offering

Wed 10am-12pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1450

### Online Creative Writing: Memoirs I ★

Learn the craft of memoir writing and write your personal life story that your peers, children or grandchildren have

been asking for. You will have the opportunity to submit several pieces of work for class discussion and critique. Discussions about contemporary memoirs will illustrate a variety of approaches to memoir writing.

**\*Online Course Offering**

Tue 2:15pm-4:15pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1346

Wed 1pm-4pm Sep 15, 2021 11wks \$270 (\$162sr)  
PR-1328

### Online Creative Writing: Memoirs II

This online course is a continuation of Creative Writing: Memoirs I. Participants in this course present work weekly for class discussion and critique. Developing each participant's memoir into a unified work is the focus. Learners must have previously completed a creative writing course.

**\*Online Course Offering**

Mon 2pm-5pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1467

### Online Effective Communication

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

**\*Online Course Offering**

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1748

### Online English Grammar and Academic Writing

Improve your grammar as you learn the basics of academic writing. Simple and compound sentences, active and passive voice, punctuation and peer editing. Summary writing and the academic narrative/descriptive paragraph will be practiced.

**\*Online Course Offering**

Sat 9am-11am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1704

### Online Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought

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

**\*Online Course Offering**

Sat 1pm-3pm Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1754

Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1701

### Online Public Speaking

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

**\*Online Course Offering**

Sat 9am-11am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1755

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1698

### Online Resume Writing and Interviewing Skills

In this online course, learn how to write a resume that wants to be read. Post your experiences with pride as well as your skills. Understand how to enhance past experiences by directing the skills sets directly to the job. Learn how to make your interview a rewarding activity working toward success for both you and the interviewer.

**\*Online Course Offering**

Wed 7:15pm-9:15pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1808

## Computers

### Computer Upgrading/Service/Repairing ●

Learn how to build, upgrade and repair personal computers. This course is valuable for both novices and experienced computer users. Topics include: troubleshooting hardware and software problems; installing and replacing processors, memory modules, hard drives, CD ROM/DVD and expansion cards; formatting Hard Disks, Windows installation tips and tricks, small network setup; Internet connectivity and security. Students please bring a screwdriver to class.

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

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

Thu 11am-1pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1850

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

This intense online course introduces you Adobe Creative Suite as a package. Six programs are covered: Photoshop (photo editing and painting), Bridge (photos/videos organizing), Illustrator (drawing and design), Dreamweaver (Web Pages creating), Flash (Animations) and InDesign.

**\*Online Course Offering**

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1740

Tue 7:30pm-9:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1764

### Online Adobe Illustrator

In this online course you will learn to create sketches and drawings using one of the design industries most popular and powerful illustration software packages available. Through demonstrations, learn how to use Adobe Illustrator to create everything from simple shapes, to cartoons, to more technically demanding projects like corporate logos. As this is a demonstration only class, learners not required to have the software. Software is not provided.

**\*Online Course Offering**

Thu 5:30pm-7:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1778

### Online Adobe Illustrator/Photoshop

This is a live online demonstration and lecture style with course, with question and answer session format with participants. You will gain the knowledge with this introduction with a primary focus on Photoshop (photo editing and painting), and Illustrator (drawing and design), part of the Adobe Creative

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

Cloud. You will learn about how one can apply computer applications employed in the arts and graphics industry to create digital art.

*\*Online Course Offering*

Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$270 (\$162sr) PR-1829

### Online Building Blogs and Websites with WordPress

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

*\*Online Course Offering*

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr) PR-1483

Mon 6pm-8pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1706

Wed 5:45pm-7:45pm Sep 15, 2021 11wks \$180 (\$108sr) PR-1501

### Online Building Blogs and Websites with WordPress Advanced

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

*\*Online Course Offering*

Wed 8pm-10pm Sep 15, 2021 11wks \$180 (\$108sr) PR-1549

### Online Computer Applications for Everyday Life

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

and Power Point) will be introduced according to the students' level.

Learners are required to have a Windows operating system.

*\*Online Course Offering*

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1567

Mon 7:30pm-9:30pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1768

Tue 6pm-8pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1528

### Online Computer Applications for Everyday Life ★

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

*\*Online Course Offering*

Fri 1:30pm-3:30pm Sep 17, 2021 11wks \$180 (\$108sr) PR-1327

### Online Computer Skills Intermediate

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

*\*Online Course Offering*

Wed 9am-11am Sep 15, 2021 11wks \$180 (\$108sr) PR-1465

### Online Computer Skills for Workplace Proficiency

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

Perfect for starting a (small) business or improving your workplace skills.

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

*\*Online Course Offering*

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1744

Mon 6pm-8pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1687

Tue 9:30am-11:30am Sep 14, 2021 11wks \$180 (\$108sr) PR-1301

Tue 7pm-9pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1769

Wed 6:30pm-8:30pm Sep 15, 2021 11wks \$180 (\$108sr) PR-1671

Thu 6pm-7:30pm Sep 16, 2021 11wks \$135 (\$81sr) PR-1398

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

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

*\*Online Course Offering*

Sat 1pm-3pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1745

Thu 7:30pm-9pm Sep 16, 2021 11wks \$135 (\$81sr) PR-1385

### Online Computer Training and Social Media for Beginners

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

*\*Online Course Offering*

Tue 6pm-8pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1393

Thu 5:30pm-7:30pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1813

## Online Cool APPs for Smart-phones and Tablets

Join this online course to find your favorite app that fits your life style. This course is designed for both iOS & android devices. Bring your Smart Phone or Tablet and learn how to use some useful free apps on the market. Start using your favorite apps and add new features & tools to your android or iOS devices. This course will cover a wide range of free apps including but not limited to communication, organization, picture optimization, social media and much more. Participants are required to have their own personal devices and use their own data plan. Basic knowledge of how to use smartphone and or tablet is helpful but not required.

### \*Online Course Offering

Tue 9am-11am Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1455  
Wed 11am-1pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1463

## Online Data Analysis - with Excel

You've completed Excel-Advanced course. Now challenge yourself with the next logical step. This online course will help you to visualize, analyze and gain insights from your data using very powerful tools such as Dashboard, Power Query, Power BI (Business intelligence), Get Data from Web/Files/Database, and Combine Queries.

### \*Online Course Offering

Wed 6pm-8pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1590

## Online Digital Photo Album

Join us online and learn how to turn your pictures into an album everyone will admire! Find out how to copy pictures from your camera to your computer, search through them, organize them to create an album or a slide show. You will also learn how to use web sites to create photo memories to share with family and friends all over the world. Please have your digital camera with photos ready to go!

### \*Online Course Offering

Mon 11am-1pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1468

## Online Google's Free Tools and Applications

Discover what you can get for free from google. In this online course, learn about Professional Email, safe and free

Cloud Storage for all your photos and documents, create and share your documents for free. Stay connected with family, friends and even clients through free audio and video calls and much more. This course free web applications from Goggle including Gmail, Google Maps, Google Drive, Google News, Google Photo , Google Hangouts, Google Calendar, and Google Docs.

### \*Online Course Offering

Mon 9am-11am Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1614

## Online HTML, CSS, & HTML5

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

### \*Online Course Offering

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1749

## Online JavaScript & JQuery

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

### \*Online Course Offering

Tue 7pm-9pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1719

## Online Keyboarding-Beginner

This course begins with basic computer concepts: ergonomics and proper sitting position. The home row keys of the keyboard are introduced in week one, with new keys introduced each

week thereafter. Drill exercises are used to practice and cement both skill and concept. Timed writings are used to assess progress. No previous experience is necessary, although unlearning bad habits and practicing proper techniques should improve accuracy and lesson fatigue.

### \*Online Course Offering

Wed 6pm-8pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1499

## Online Microsoft Excel Advanced

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

### \*Online Course Offering

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1750  
Tue 6pm-8pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1388

## Online Microsoft Excel Beginner

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

### \*Online Course Offering

Mon 6pm-7:45pm Sep 13, 2021 11wks \$158 (\$95sr)  
PR-1503  
Mon 6pm-8pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1681  
Wed 2:15pm-4:15pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1560  
Thu 7:30pm-9:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1543

## Online Microsoft Excel Intermediate

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

### \*Online Course Offering

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1486

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

In this online course, learn to automate Excel by writing VBA (Visual Basic for Applications) macros. Designed for the novice or non-programmer, students will start by recording VBA macros and then

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

use the Visual Basic Editor (VBE) window to write and edit code for sub procedures in modules.

*\*Online Course Offering*

Thu 5:30pm-7:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1389

### Online Microsoft Publisher/PowerPoint Artistic Design

This online course is where creativity and computers come together. Publisher and PowerPoint will give you the tools to showcase the artist in you. Learn to create one-of-a-kind invitations, greeting cards, exciting newsletters & flyers. Take those beautiful pictures and create presentations into personalized CD/DVD. Choose a theme and make any event memorable and unique. Bring your imagination and let's have fun! Basic knowledge of Microsoft Office is recommended.

*\*Online Course Offering*

Thu 6pm-8pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1408

### Online Office Tools to Succeed in the Workplace

This online course will further advance your computer skills for the workplace. It covers Word (reports, mail merges), Excel (pivot tables, data analysis), Access (reports, queries), PowerPoint (presentations, photo slideshows), Publisher (brochures, newsletters); as well as, combining the components. You will also strengthen your Windows knowledge, gain useful shortcuts, and keyboard typing tips. It's perfect for improving workplace skills for your current job and the job you really want. Basic knowledge of Microsoft Office is recommended.

*\*Online Course Offering*

Wed 6pm-9pm Sep 15, 2021 11wks \$270 (\$162sr)  
PR-1472

### Online PC Security, Trojans and Viruses

This online course is designed for individuals who care about computer security and personal data privacy while online. Students will learn to take computer security measures including understanding viruses, spam, spyware, firewalls, trojans, rootkit and worms; security tips essential for online banking; password protection and links to free

detection and protection tools.

*\*Online Course Offering*

Tue 11:30am-1:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1457

### Online PhotoShop Beginner

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

*\*Online Course Offering*

Tue 5:30pm-7:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1608

Thu 9am-11am Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1458

### Online Social Engineering

Social engineering attacks refer to a wide array of tactics that can be used to trick users into opening a malicious email attachment, clicking on an unsafe URL, or sending money or valuable information to an attacker. Understand how cyber attackers use psychological & behavioural techniques to trap us in to giving our credentials, bank information and possibly even cause us to lose our identity. This course will help you to stay informed, alert and protect yourself and your family.

*\*Online Course Offering*

Thu 6pm-8pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1816

### Online Social Media Marketing for Small Business

In this online course, learn effective strategies of Social Media Marketing. This class is designed as a basic introduction on how to use Social Media to increase consumer reach. We will explore successful past Social Media campaigns and examine the factors leading to their success. Topics covered will include Search Engine Optimization, Meta Tags, effective use of hashtags and how to set up your business page. Forms of Social Media covered include the following: Facebook, Twitter, Pinterest, Instagram,

Youtube, LinkedIn, Blogs & Forums.

*\*Online Course Offering*

Sat 1pm-3pm Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1757

Thu 7:30pm-9:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1734

### Online Understanding FaceBook Security

Do you have anyone you care about on Facebook? Would you like to stay in touch with family & friends? Are you worried about your privacy on Facebook? Are you confused about Facebook privacy setting? Would you like to be anonymous on Facebook until you are ready to connect with your contacts? If you answered yes to one or all these questions then this online course is for you. This course will introduce you to a safe and convenient way to stay connected with your loved ones without putting your personal information at risk, teaches you important privacy settings, creates accounts and shows how to enjoy Facebook to the max.

*\*Online Course Offering*

Thu 11am-1pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1297

### Online Web Design-Beginner

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

*\*Online Course Offering*

Fri 11am-1pm Sep 17, 2021 11wks \$180 (\$108sr)  
PR-1298

### Online Windows 10 ★

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

*\*Online Course Offering*

Fri 9am-11am Sep 17, 2021 11wks \$180 (\$108sr)  
PR-1344

### Python - Online

Python is the hot new computer

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

*\*Online Course Offering*

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1756

## Crafts

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

In this online course, learn the basics of crocheting and knitting. Build on skills acquired, for beginners and refreshers, to design in beautiful yarns. You will be taught how to read patterns, learn new techniques, and how to make simple items such as: a scarf, hat, afghan, crochet bracelet and more. You will need to purchase yarn, hooks, and needles. Make new friends. Learn new skills each class in a relaxed learning atmosphere.

*\*Online Course Offering*

Wed 5:30pm-7:30pm Sep 15, 2021 11wks \$180 (\$108sr) PR-1722

### Online Jewellery Making Fundamentals

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

*\*Online Course Offering*

Sat 11am-1pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1485

### Weaving Advanced ●

This class is for participants that have completed a minimum of two projects on the loom. Participants have the opportunity explore new patterns and techniques. Learners must have their own equipment and purchase their own

materials.

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Sep 13, 2021 11wks \$270 (\$162sr) PR-1462

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

Create a sampling of patterns to use for projects such as place mats, scarves, and rugs. Once the sampler is completed, in consultation with the Instructor, and based on the participants' level, a project will be picked that can be completed within the term. Equipment is available in class. Instructor will provide a list of required materials. Materials to be purchased by participants.

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-1pm Sep 15, 2021 11wks \$270 (\$162sr) PR-1562

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

Create a sampling of patterns to use for projects such as place mats, scarves, and rugs. Once the sampler is completed, in consultation with the Instructor, and based on the participants' level, a project will be picked that can be completed within the term. Equipment is available in class. Instructor will provide a list of required materials. Materials to be purchased by participants.

\* The health and safety of our learners is top priority. In our effort to slow

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1:30pm-4:30pm Sep 15, 2021 11wks \$270 (\$162sr) PR-1548

### Weaving: Introduction ●

Throughout the course participants will learn the basics of weaving using a loom. This includes: project planning, loom set up, weaving a project, as well as finishing techniques. Each participant will weave their own project (such as a scarf, table runner, wall hanging, or sampler) that must be completed within the term. Equipment is available in class, materials are to be purchased by participants.

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Sep 13, 2021 11wks \$270 (\$162sr) PR-1561

## Dance

### Ballroom & Latin Dancing Beginner ●

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

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

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

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

**Overland PS 55 Overland Drive, North York**  
Thu 1pm-3pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1851

### Online Bachata

Bachata is a spicy latin dance that originated in the Dominican Republic. This online course will focus on teaching the fundamental steps and timing for bachata, while learning patterns and basic body movements. Learners will also learn the skills needed to be good leaders and followers.

**\*Online Course Offering**

Mon 6pm-7:30pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1695

### Online Ballroom & Latin Dancing Beginner

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

**\*Online Course Offering**

Mon 7pm-8:30pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1675  
Thu 7pm-9pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1616

### Online Ballroom Dancing ★

Learn the basics of ballroom dancing. Dances will include the Waltz, Foxtrot, Swing, Cha-Cha, Rumba and more.

**\*Online Course Offering**

Thu 3:45pm-5:45pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1323

### Online Ballroom Dancing Beginner

In this online course, learn the basics of ballroom dancing, dances like the Rumba, Foxtrot, Tango, Swing and more. Build on a good foundation in movement, poise and balance. At the end of the class, you'll have the basic steps you need to have a good time on the dance floor!

**\*Online Course Offering**

Tue 6pm-7:30pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1477

### Online Egyptian Belly Dancing-Beginner

Tone muscles, improve posture and

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

**\*Online Course Offering**

Mon 7:30pm-9:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1696  
Tue 7pm-8pm Sep 14, 2021 11wks \$90 (\$54sr)  
PR-1520

### Online Hip Hop Dance

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

**\*Online Course Offering**

Mon 6:30pm-8pm Sep 13, 2021 11wks \$111 (\$67sr)  
PR-1617

### Online Line Dancing ★

Learn the art of line dancing. It is a fun and healthy way to stay in shape.

**\*Online Course Offering**

Wed 2:30pm-4pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1334

### Online Line Dancing Beginner

This online 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.

**\*Online Course Offering**

Mon 1pm-2:30pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1431  
Fri 10am-12pm Sep 17, 2021 11wks \$180 (\$108sr)  
PR-1307

### Online Line Dancing Intermediate

In this online course, learn new steps and more complex patterns to those learned in Line Dance Beginner. Participants must be able to follow cues from the beginner (Level 1) steps. Dances will vary in difficulty from Level 1+ to Level 2+.

**\*Online Course Offering**

Mon 2:30pm-4pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1432  
Fri 12pm-2pm Sep 17, 2021 11wks \$180 (\$108sr)  
PR-1308

### Online Night Club Dancing-Salsa and More

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

and look great! Wear comfortable shoes.

**\*Online Course Offering**

Mon 8:30pm-10pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1690  
Tue 7:30pm-9pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1390

## Discover the Outdoors

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

Learn to identify common and not so common bird species by their appearance, song and habitat. We will visit various Toronto area sites to find and observe birds in the wild. We will also explore interesting facts about various shrubs, plants and trees we encounter along the way. Binoculars, bottled water and good walking shoes are a good idea.

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

**\*In-person Course Offering**

Sat 8am-11am Sep 11, 2021 11wks \$270 (\$162sr)  
PR-1292  
Mon 10am-1am Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1497  
Tue 10am-1pm Sep 14, 2021 11wks \$270 (\$162sr)  
PR-1506  
Tue 1pm-4pm Sep 14, 2021 11wks \$270 (\$162sr)  
PR-1526  
Wed 10am-1pm Sep 15, 2021 11wks \$270 (\$162sr)  
PR-1527  
Thu 10am-1pm Sep 16, 2021 11wks \$270 (\$162sr)  
PR-1531  
Fri 10am-1pm Sep 17, 2021 11wks \$270 (\$162sr)  
PR-1532

### HIIT Hiking Outdoors ●

This HIIT hiking course is designed for the beginner to intermediate hiker. It will gradually build your stamina, endurance and pace over flat and challenging terrain. Learn how your abdominals and ankles are used for stability and develop those muscles through each lesson as the course progresses, allowing you to go further and faster every week. Each class will build on the previous one and the finale will be a 12 km hike through mixed terrain at a goal of 6km/hour. Learners registered in this class will be

sent an email with the meet up schedule one day before the first class.

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

**\*In-person Course Offering**

Thu 6:30pm-8pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1815

## Fitness

### Online Absolute Abs: Lower Body Blast

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

**\*Online Course Offering**

Sat 11:30am-12:30pm Sep 11, 2021 11wks \$90 (\$54sr)  
PR-1666  
Mon 7:30pm-8:30pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1674

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

Lengthening and strengthening some of our fine tuned, supporting muscle can address a significant portion of our physical ailments. For so many, the hips, low back, and shoulders can be a consistent issue. With a focus on the most common concern areas, this course will provide tools and stretches to integrate into a daily routine students can execute at home. This online course guides the student to an ache free life.

**\*Online Course Offering**

Wed 5:30pm-6:30pm Sep 15, 2021 11wks \$90 (\$54sr)  
PR-1721  
Thu 10:45am-11:45am Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1449

### Online Aging Backwards with Yoga

If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on

Hatha and Yin yoga and incorporates some of the "Essentrics" techniques, founded by Canadian expert Miranda Esmonde. This class is designed for all levels, and for people who want a stretching and strengthening workout. A yoga mat and a yoga block is encouraged to have.

**\*Online Course Offering**

Mon 6pm-7:15pm Sep 13, 2021 11wks \$113 (\$68sr)  
PR-1747

### Online Bone Fitness

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

**\*Online Course Offering**

Thu 9:30am-10:30am Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1433

### Online Core Without the Floor

Want to improve balance and posture and work on your mid-section and pelvic floor, but don't like lying on the floor? No problem! In this online class, the floor is brought to you. Participants will do all of this and more, with seated exercises (80%) and standing exercises (20%). With a strong emphasis on the muscles responsible for balance and proper alignment, participants will also restore their range of motion so they can move about with ease, pain-free. It is strongly recommended participants wear anti-slip grip socks, as part of this class is done without shoes. Light hand weights and a band is also recommended.

**\*Online Course Offering**

Thu 10:45am-11:45am Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1321

### Online Core Yoga

Core yoga is a dynamic flow that is designed to strengthen our core and challenge our body through movement and breath. In this online class, we will focus on exercises for the front, back and sides of our torso. We will start with some of the basic yoga movements with the intention of working our way up to postures that require more of our core strength for support. This class offers an opportunity to strengthen and lengthen your core muscles; in turn, developing greater stability and balance. All levels are welcome!

**\*Online Course Offering**

Mon 7pm-8pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-0728

### Online Fitness

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

**\*Online Course Offering**

Mon 11am-12pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1438

### Online Fitness ★

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

**\*Online Course Offering**

Wed 9am-10am Sep 15, 2021 11wks \$90 (\$54sr)  
PR-1347

Fri 9am-10am Sep 17, 2021 11wks \$90 (\$54sr)  
PR-1329

Fri 1:30pm-2:30pm Sep 17, 2021 11wks \$90 (\$54sr)  
PR-1348

### Online Fitness and Strength Training

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

**\*Online Course Offering**

Mon 6pm-7pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1805

Wed 6pm-7pm Sep 15, 2021 11wks \$90 (\$54sr)  
PR-1513

### Online Full Body Boot Camp

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

**\*Online Course Offering**

Sat 9:45am-10:45am Sep 11, 2021 11wks \$90 (\$54sr)  
PR-1571

Sat 10:30am-11:30am Sep 11, 2021 11wks \$90 (\$54sr)  
PR-1667

Mon 6pm-7pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1534  
Mon 6:30pm-7:30pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1678  
Thu 8:30pm-9:30pm Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1640

### Online Gentle Fitness ★

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

[\\*Online Course Offering](#)

Mon 9:15am-10:45am Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1349  
Wed 9:15am-10:45am Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1331

### Online Gentle Yoga

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

[\\*Online Course Offering](#)

Wed 6pm-7pm Sep 15, 2021 11wks \$90 (\$54sr)  
PR-1512

### Online Golden Age Yoga ★

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

[\\*Online Course Offering](#)

Tue 2:45pm-4:15pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1332

### Online Looking Fit and Feeling Strong

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

[\\*Online Course Offering](#)

Thu 6:30pm-8pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1659

### Online Pilates

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

[\\*Online Course Offering](#)

Sat 11am-12pm Sep 11, 2021 11wks \$90 (\$54sr)  
PR-1487  
Mon 9am-10:30am Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1304  
Mon 7:30pm-8:30pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1779  
Wed 8:15pm-9:15pm Sep 15, 2021 11wks \$90 (\$54sr)  
PR-1609  
Thu 8pm-9pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1395  
Fri 9:15am-10:45am Sep 17, 2021 11wks \$135 (\$81sr)  
PR-1311

### Online Resistance Training Workout

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

[\\*Online Course Offering](#)

Tue 7:30pm-9pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1793

### Online Spine Health - Movement for a Healthy Back

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

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

[\\*Online Course Offering](#)

Thu 12pm-1pm Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1295

### Online Super Strong Abs and Stretch

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

and weights

[\\*Online Course Offering](#)

Mon 8:15pm-9:15pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1410

### Online Tai Chi Advanced

Study the Yang style which consists of a sequence of slow continuous movement.

[\\*Online Course Offering](#)

Tue 11am-12:30pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1296  
Thu 7pm-9pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1626

### Online Tai Chi Advanced II ★

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

[\\*Online Course Offering](#)

Tue 9:15am-10:45am Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1340

### Online Tai Chi Beginner

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

[\\*Online Course Offering](#)

Sat 9am-10:30am Sep 11, 2021 11wks \$135 (\$81sr)  
PR-1579  
Mon 9:30am-11am Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1443  
Mon 6pm-7:30pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1684  
Mon 6pm-7:30pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1790  
Tue 2:30pm-4pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1315  
Tue 6pm-7:30pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1540  
Tue 6pm-7:30pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1774  
Wed 6pm-7:30pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1702  
Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1639  
Thu 6:30pm-8pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1665

### Online Tai Chi Intermediate

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

[\\*Online Course Offering](#)

Mon 11am-12pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1453  
Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1270  
Mon 7:30pm-9pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1685  
Tue 7:30pm-9pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1775  
Wed 7:45pm-9:15pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1703

### Online Tai Chi Intermediate ★

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

[\\*Online Course Offering](#)

Tue 12:45pm-2:15pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1341

### Online Tai Chi Qigong

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

[\\*Online Course Offering](#)

Mon 7:45pm-9:15pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1789

### Online Yin Restorative Yoga

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

[\\*Online Course Offering](#)

Mon 5:30pm-6:30pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1711

Mon 8:15pm-9:15pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1079  
Thu 6pm-7:15pm Sep 16, 2021 11wks \$113 (\$68sr)  
PR-1474  
Fri 3:30pm-4:45pm Sep 17, 2021 11wks \$113 (\$68sr)  
PR-1305

### Online Yoga Deep Relaxation & Meditation All Levels

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

[\\*Online Course Offering](#)

Mon 7:30pm-8:30pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1505  
Wed 6:30pm-8pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1729  
Wed 7:30pm-9pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1672

### Online Yoga for a Healthier, Slimmer You

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

[\\*Online Course Offering](#)

Thu 6:30pm-8pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1392

### Online Yoga: Hatha All Levels

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

[\\*Online Course Offering](#)

Mon 6pm-7pm Sep 13, 2021 11wks \$90 (\$54sr)  
PR-1588  
Tue 9:30am-10:30am Sep 14, 2021 11wks \$90 (\$54sr)  
PR-1316  
Wed 10:15am-11:15am Sep 15, 2021 11wks \$90 (\$54sr)  
PR-1299  
Wed 6pm-7pm Sep 15, 2021 11wks \$90 (\$54sr)  
PR-1587  
Thu 4pm-5pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1444  
Thu 7:30pm-8:30pm Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1414

### Online Yoga: Hatha All Levels ★

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

[\\*Online Course Offering](#)

Thu 9am-10am Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1345

### Online Yoga: Hatha Beginner

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

[\\*Online Course Offering](#)

Wed 6pm-7:30pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1670

### Online Yoga: Hatha Beginner/Intermediate

This online course is designed for both beginner and intermediate level students. Gain calm and confidence as you learn to harmonize the body and the mind. Yoga involves techniques of posture, breathing and deep relaxation, which develop physical and mental well-being.

[\\*Online Course Offering](#)

Thu 6:30pm-8pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1817

### Online Yoga: Kundalini All Levels

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

[\\*Online Course Offering](#)

Thu 6:30pm-8pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1661

### Online Yoga: Kundalini Beginner/Intermediate

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

[\\*Online Course Offering](#)

Mon 6:30pm-8pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1686  
Mon 6:30pm-8pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1812  
Tues 6pm-7:30pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1618  
Wed 8pm-9:30pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1811

### Online Yoga: Kundalini/Hatha Beginner/Intermediate

This online course is a fusion of the Hatha and Kundalini styles of yoga. We will explore breathing and relaxation techniques as well as the mental, physical and spiritual aspects of the yoga tradition. This course is designed for beginner to intermediate level students. Please have exercise mat or towel.

**\*Online Course Offering**

Thu 6:30pm-8:30pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1603

### Online Yoga: Vinyasa Flow

Vinyasa links breath, movement and mental focus through a heat building sequence of postures. Flow through a creative and unique sequence of postures as you release tension and distress. Classes maximize strength and flexibility and help with weight loss, arthritic and hypertensive problems. Women who are prenatal and postnatal are welcome. No previous experience is required. Please have a yoga mat and towel for class.

**\*Online Course Offering**

Wed 6pm-7pm Sep 15, 2021 11wks \$90 (\$54sr) PR-1525

### Online Zumba

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

**\*Online Course Offering**

Sat 8:30am-9:30am Sep 11, 2021 11wks \$90 (\$54sr) PR-1493

Mon 6:30pm-7:30pm Sep 13, 2021 11wks \$90 (\$54sr) PR-1691

Mon 7pm-8pm Sep 13, 2021 11wks \$90 (\$54sr) PR-1592

Mon 7:30pm-8:30pm Sep 13, 2021 11wks \$90 (\$54sr) PR-1712

Tue 6pm-7pm Sep 14, 2021 11wks \$90 (\$54sr) PR-1397

Wed 6pm-7pm Sep 15, 2021 11wks \$90 (\$54sr) PR-1610

Wed 8:30pm-9:30pm Sep 15, 2021 11wks \$90 (\$54sr) PR-1673

Thu 6pm-7pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1800

Thu 7:15pm-8:15pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1400

### Online Zumba Gold

Zumba Gold is Zumba for baby boomers. It uses traditional Zumba modified to suit

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

**\*Online Course Offering**

Sat 11am-12pm Sep 11, 2021 11wks \$90 (\$54sr) PR-1494

Mon 6:30pm-7:30pm Sep 13, 2021 11wks \$90 (\$54sr) PR-1713

Thu 12pm-1pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1306

Thu 6pm-7pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1401

Thu 7pm-8pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1801

### Online Zumba Gold Toning

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

**\*Online Course Offering**

Thu 1pm-2pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1300

### Online Zumba Toning

It's Zumba taken to the next level. Now that you've worked the lower body rhythm, it's time to perfect the upper body. Zumba Toning is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps to build coordination and muscle endurance. This online class is open to everyone, no previous dance or Zumba class experience necessary. Recommended equipment: 1lb weight.

**\*Online Course Offering**

Sat 9:45am-10:45am Sep 11, 2021 11wks \$90 (\$54sr) PR-1489

Tue 6:30pm-7:30pm Sep 14, 2021 11wks \$90 (\$54sr) PR-1720

Thu 8:30pm-9:30pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1481

### Strong Nation - Online

Strong Nation - Online combines high intensity interval training with the science of Synced Music Motivation.

In every online class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goal faster. Work every muscle: Using your own body weight, you will improve muscular endurance, tone and definition; Feel the afterburn: The high intensity intervals will get your body burning calories long after your workout; Get stronger faster: By working harder than you thought you could, you will see results faster and accomplish more ambitious fitness goals.

**\*Online Course Offering**

Thu 7:30pm-8:30pm Sep 16, 2021 11wks \$90 (\$54sr) PR-1736

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

**\*In-person Course Offering**

Thu 5pm-6:30pm Sep 16, 2021 11wks \$135 (\$81sr) PR-1737

## Food

### Introduction to Traditional Italian Cooking Online

From Tuscany to Florence, Italy is synonymous with delicious and flavourful dishes. In this online introductory course, learn to prepare classic Italian meals that Nonna would approve of. From pizza to pasta, you'll learn traditional techniques and recipes that will have your dinner guests saying, MOLTO BENE! Final price includes material fee of \$30.00 for cost of materials used by the instructor during

the class.

[\\*Online Course Offering](#)

Wed 6:30pm-9:30pm Sep 15, 2021 11wks \$300 (\$192sr)  
PR-1394

### Online Afro-Caribbean Cuisine

Join us for a culinary journey from Mother Africa to the Americas, and the shores of the West Indies and Caribbean. Through demonstrations, create popular flavourful dishes from the aforementioned regions: jalloff rice, berbere meat, West Indian curry and more. This online course includes both cooking and baking. Final price includes a material fee of \$30.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Tue 6pm-9:30pm Sep 28, 2021 4wks \$145 (\$99sr)  
PR-1643

### Online Asian Cuisine ★

Discover new ingredients and exciting flavour combinations from some of the most savoury and authentic dishes of East Asia. This online course will cover a variety of Asian cuisines like Japanese, Korean, Thai, Vietnamese and Filipino. Immerse yourself in this fresh, fun and exciting food experience that will upgrade your cooking skills and leave your taste buds on a trip around the world. Final price includes a material fee of \$ 20.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Wed 10am-12pm Sep 15, 2021 11wks \$200 (\$128sr)  
PR-1322

### Online Baking Skills

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

[\\*Online Course Offering](#)

Wed 6:30pm-9:30pm Sep 22, 2021 6wks \$177 (\$118sr)  
PR-1496

### Online Chef On The Run

Pressed for time? This online course is organized for the time-crunched cook who believes that fresh home cooked food beats take-out food any day of the week. Have a wholesome delicious meal

on your plate in 30 minutes. Quick-to-fix breakfast ideas, lunch treats, healthy dinners which will satisfy the family, yet are fancy enough for company. Create delicious menus, which incorporate fresh and wholesome seasonal ingredients. Final price includes a material fee of \$30.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Sat 11am-1pm Sep 11, 2021 11wks \$210 (\$138sr)  
PR-1566

### Online Chef on The Run

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

[\\*Online Course Offering](#)

Wed 6:30pm-9:30pm Sep 15, 2021 11wks \$300 (\$192sr)  
PR-1668

### Online Coffee Break Workshop

This one day online workshop focuses on coffee/tea time snacks. Recipes may include quick breads, cakes, and cookie style snacks. Final price includes material fee of \$5.00 for the cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Thu 6pm-9:30pm Sep 16, 2021 1wks \$34 (\$22sr)  
PR-1547

### Online Cookie Workshop

This one day online workshop is a great introduction to baking. Step-by-step demonstrations of recipes will take you through drop cookie recipes like chocolate chip cookies to other methods of cookie dough. Watch and learn through instructor demonstration. Final price includes material fee of \$5.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Mon 6pm-9:30pm Oct 18, 2021 1wks \$34 (\$22sr)  
PR-1535

### Online Cooking 101 and Beyond

Want to build your own menu, but don't know where to start? Want to make

delicious food and save money on take out? In this online course, you will learn proper cooking techniques, knife skills, and menu planning, while making fresh pasta, breads, sauté and roast meats. We will also dive into the world of sushi and seafood. So bring your apron and get ready to join us on an adventure of Cooking 101 and Beyond. Final price includes a material fee of \$30.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$300 (\$192sr)  
PR-1657

### Online Holiday Baking Workshop

No matter your culinary experience, bring your best attitude and produce some delicious holiday treats. Over the course of the two-day online workshop, recipes will include cookies, cakes, and more. Final price includes a material fee of \$10.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Sat 9am-12:30pm Nov 20, 2021 2wks \$67 (\$44sr)  
PR-1537

### Online International Cuisine

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

[\\*Online Course Offering](#)

Tue 6pm-8pm Sep 14, 2021 11wks \$210 (\$138sr)  
PR-1522

### Online Mediterranean Cooking

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

[\\*Online Course Offering](#)

Mon 6:30pm-9:30pm Sep 13, 2021 11wks \$300 (\$192sr)  
PR-1680  
Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$300 (\$192sr)  
PR-1664  
Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$300 (\$192sr)  
PR-1798

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

### Online Pizza Making Workshop

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Final price includes a material fee of \$5.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Sat 9am-12:30pm Sep 25, 2021 1wks \$34 (\$22sr)

PR-1529

Thu 6pm-9:30pm Nov 25, 2021 1wks \$34 (\$22sr)

PR-1628

### Online Soup It Up

In this two-day online workshop, you will learn how to make stock then use it to make soup, sauce, and gravy. Learn other techniques for making soup that does not require liquid stock and cook a variety of delicious, hearty, and cultural soup. A stockpot/medium saucepan will be required. Final price includes material fee of \$10.00 for cost of materials used by the instructor during the class.

[\\*Online Course Offering](#)

Mon 6pm-9pm Nov 1, 2021 2wks \$59 (\$39sr)

PR-1530

## Games and Hobbies

### Bridge Convention 101 - Online

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

[\\*Online Course Offering](#)

Wed 6:30pm-9pm Sep 15, 2021 11wks \$225 (\$135sr)

PR-1508

### Bridge-Beginner - Online

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

[\\*Online Course Offering](#)

Mon 6:30pm-9pm Sep 13, 2021 11wks \$225 (\$135sr)

PR-1507

### Bridge-Beginner Plus - Online

This course introduces students to competitive bidding, carding methods & scoring. The course focuses on real-world bidding methods and practice deals where all players may compete to find the best spot for their side. Ideal for students who have taken Bridge Beginner course or those who are quite experienced but want to learn more about competitive bidding. Students will be required to purchase a book and at least 1 bidding box, instructor will advise at the first class. Book and bidding box not required for the first class.

[\\*Online Course Offering](#)

Thu 6pm-8:30pm Sep 16, 2021 11wks \$225 (\$135sr)

PR-1765

### Bridge-Intermediate - Online

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

[\\*Online Course Offering](#)

Tue 6pm-8:30pm Sep 14, 2021 11wks \$225 (\$135sr)

PR-1766

### Online Gardening - Indoor and Outdoor

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

[\\*Online Course Offering](#)

Tue 7pm-9pm Sep 14, 2021 11wks \$180 (\$108sr)

PR-1717

### Online Macro Photography

Through this online course, get up-close and personal with your subjects in this class about macro and close-up photography. You will learn about equipment choices, available for many different cameras, as well as the specialized techniques you will need to capture all the small details of very small subjects. Topics include: how to light small subjects; macro lenses versus extension tubes; how to use focal length and apertures to deal with depth-of-field creatively. Students must have their own cameras. DSLR or mirrorless models preferred.

[\\*Online Course Offering](#)

Mon 5:30pm-7:30pm Sep 13, 2021 11wks \$180 (\$108sr)

PR-1407

### Online Photography - Learn from the Masters

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

[\\*Online Course Offering](#)

Mon 7:30pm-9:30pm Sep 13, 2021 11wks \$180 (\$108sr)

PR-1409

### Online Photography Beginner

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

[\\*Online Course Offering](#)

Thu 7pm-9pm Sep 16, 2021 11wks \$180 (\$108sr)

PR-1660

### Online Photography: Advanced Workshop Series

In a series of eight half-day workshops you will learn advanced techniques to take your photography to the next level. We will cover portraits and landscapes

in natural lighting, special effects using filters, lenses and lighting tricks. You must be familiar with your camera and understand basic exposure controls. At this time (until further notice) the class will be held remotely via Zoom, and participants will be instructed to visit locations of their choosing to practice exercises as directed. Note: To ensure Health and Safety, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing.

[\\*Online Course Offering](#)

Sat 9am-1pm Sep 18, 2021 8wks \$262 (\$157sr)  
PR-1751

## Handiwork

### Online Home & Cottage: Construction

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

[\\*Online Course Offering](#)

Wed 6:30pm-8:30pm Sep 15, 2021 6wks \$98 (\$59sr)  
PR-1595

### Wood Carving & Sculpture ★●

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

[Mimico Adult Centre 255 Royal York Road, Etobicoke](#)

Mon 9am-12pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1550

Mon 1pm-4pm Sep 13, 2021 11wks \$270 (\$162sr)  
PR-1552  
Tues 9am-12pm Sep 14, 2021 11wks \$270 (\$162sr)  
PR-1557  
Tues 1pm-4pm Sep 14, 2021 11wks \$270 (\$162sr)  
PR-1581

### Woodworking Beginner - Online

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

[\\*Online Course Offering](#)

Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$270 (\$162sr)  
PR-1662

## Health and Wellness

### Acupressure Online

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

[\\*Online Course Offering](#)

Thu 6pm-9pm Sep 16, 2021 3wks \$74 (\$44sr)  
PR-1402

### Gifts from Earth - Online

This online interactive, fun and educational workshop is designed for the beginner crystal lover, you will discover how to incorporate wonders from the mineral kingdom to enhance a new spark into your life and home. Learn how to select, take proper care, techniques to charge and activate them inviting change, attracting abundance, creativity, love, harmony, wellbeing giving your home and family a totally renewed unique look and ambiance.

[\\*Online Course Offering](#)

Sat 9am-12pm Oct 16, 2021 AND 9am-11:30am Oct 23, 2021 2wks \$45 (\$27sr)  
PR-1784

## Learn Online About Conquering Insomnia

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

[\\*Online Course Offering](#)

Mon 6:15pm-9:15pm Sep 13, 2021 2wks \$49 (\$29sr)  
PR-1709

### Mindfulness For Stress Reduction Online

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

[\\*Online Course Offering](#)

Wed 7pm-8:30pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1509

### Online 4 Step Gut Healing Program

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

**\*Online Course Offering**

Tue 6pm-7pm Sep 14, 2021 8wks \$66 (\$40sr)  
PR-1381

### Online Art Therapy Practice, an Introduction

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

**\*Online Course Offering**

Mon 7:45pm-9:45pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1580

### Online Coping With Loss

In this online course, learn how to cope with loss; loss of job, a divorce, loss of a loved one or loss of safety in your life. There is a path to move forward and thrive at the same time.

**\*Online Course Offering**

Sat 1pm-3pm Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1746

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

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

**\*Online Course Offering**

Thu 6pm-9pm Oct 7, 2021 3wks \$74(\$44sr)  
PR-1404

### Online Foundations of Mental Health Resilience

This online course will give you an overview of key concepts important for developing and strengthening your mental health resilience. Topics include neuroplasticity, mindfulness, the three principles for mental well-being, the value of self-reflection and intuition, the fundamentals of our identity, and the

factors that shape our lives.

**\*Online Course Offering**

Tue 6pm-8pm Sep 14, 2021 6wks \$98 (\$59sr)  
PR-1716

### Online Go Veggie: The Earth & Body

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

**\*Online Course Offering**

Thu 7:30pm-9:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1733

### Online Healing Meditation

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

**\*Online Course Offering**

Sat 11:15am-12:45pm Sep 11, 2021 11wks \$135 (\$81sr)  
PR-1573  
Mon 8:15pm-9:45pm Sep 13, 2021 11wks \$135 (\$81sr)  
PR-1689  
Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1806

### Online Healing Runes

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

**\*Online Course Offering**

Sat 9am-3pm Sep 11, 2021 1wks \$45 (\$27sr)

PR-1780

### Online How Intuition Works

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

**\*Online Course Offering**

Sat 9am-3pm Sep 25, 2021 1wks \$45 (\$27sr)  
PR-1781

### Online How to Remove Unwanted Energy

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

**\*Online Course Offering**

Sat 9am-3pm Oct 16, 2021 1wks \$45 (\$27sr)  
PR-1782

### Online Meditation for Beginners

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

**\*Online Course Offering**

Thu 9:30am-10:30am Sep 16, 2021 11wks \$90 (\$54sr)  
PR-1452

### Online Nutrition For Energy and Wellness

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

**\*Online Course Offering**

Mon 6pm-7:30pm Sep 13, 2021 5wks \$61 (\$37sr)  
PR-1710

## Online Wellness Workshop - Dealing with Stress

Join an experienced instructor certified in nutrition, energy work and multiple therapeutic techniques for this highly informative online course, in which we address a holistic approach to dealing with stress. Concepts discussed include the physical effects of stress, dietary support for the nervous system, mental and emotional wellness, self-care, spirituality and energetic awareness, and stress relief and relaxation through various holistic modalities.

*\*Online Course Offering*

Mon 6:30pm-8:30pm Sep 13, 2021 8wks \$131 (\$79sr)  
PR-1810

## The Mind Unleashed - Online

Physical manifestation is nothing more than an end result of focused thought. Increase your success rate of manifesting your desires, reduce distraction as much as possible, discipline your mind, increase your emotional desire towards your goals, think about them on a regular basis, and take action that supports your desires. In this online course, learn how to strengthen your thoughts then manifestation will happen.

*\*Online Course Offering*

Sat 9am-12pm Oct 2, 2021 1wks \$25 (\$15sr)  
PR-1785

## Interior Design

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

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

*\*Online Course Offering*

Mon 5:30pm-7:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1807  
Wed 7pm-9:30pm Sep 15, 2021 11wks \$225 (\$135sr)  
PR-1787

### Online Interior Design: Home Décor

Whether you live in a house or an apartment, in the city the suburbs, a large or a very small space, make it your home! In this online course, you will

learn all you need to know including principles of design, choosing colour schemes, lighting and textures, fabrics, furnishings, floor covering, space planning and decorating ideas. Get ideas, inspiration and guidance and then let your imagination guide you in creating the home of your dreams!

*\*Online Course Offering*

Tue 5:30pm-7:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1718  
Wed 6pm-8:30pm Sep 15, 2021 11wks \$225 (\$135sr)  
PR-1498  
Thu 6:30pm-9pm Sep 16, 2021 11wks \$225 (\$135sr)  
PR-1797

## Languages

### Online Arabic Beginner

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

*\*Online Course Offering*

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1694

### Online Arabic Intermediate

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

*\*Online Course Offering*

Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1699

### Online Cantonese Beginner

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

*\*Online Course Offering*

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1767

### Online French Beginner

Through this online course, learn the

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

*\*Online Course Offering*

Sat 9am-11am Sep 11, 2021 11wks \$180 (\$108sr)  
PR-1491  
Mon 6:30pm-8:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1604  
Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1677  
Tue 12:30pm-2:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1437  
Tue 6pm-8pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1791  
Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1700

### Online French Beginner Level II

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

*\*Online Course Offering*

Wed 6:30pm-8:30pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1607  
Wed 9:30am-11:30am Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1559

### Online French Intermediate

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

*\*Online Course Offering*

Mon 6:30pm-8:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1514  
Tue 9:30am-11:30am Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1435  
Wed 10:15am-12:15pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1317

### Online French Intermediate Level II

★

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

*\*Online Course Offering*

Wed 2pm-4pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1330

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

### Online French Intermediate/Advanced

This online course is designed for those with a strong knowledge and understanding of French, more emphasis will be placed on reading and conversation. This is the perfect course for those who can communicate their ideas in French and understand conversations but have a bit of difficulty in understanding and expressing complex topics. French/English Dictionary may be required.

[\\*Online Course Offering](#)

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1692

### Online German Beginner

Learn the basics of conversational German for use in everyday situations. Interactive methods are used to develop language skills. This online course teaches the basics using a combination of grammar, vocabulary, reading, writing and conversation. German/English dictionary may be required.

[\\*Online Course Offering](#)

Tue 7pm-9pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1615

### Online Greek, Modern Beginner

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

[\\*Online Course Offering](#)

Thu 7pm-9pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1406

### Online Hindi Beginner

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

[\\*Online Course Offering](#)

Wed 6pm-8pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1470

### Online Italian Beginner

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

be required.

[\\*Online Course Offering](#)

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1679

Thu 6pm-8pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1591

Fri 9:30am-11:30am Sep 17, 2021 11wks \$180 (\$108sr)  
PR-1451

### Online Italian Beginner ★

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

[\\*Online Course Offering](#)

Thu 2:15pm-4:15pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1333

### Online Italian Beginner Level II

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

[\\*Online Course Offering](#)

Tue 9:30am-11:30am Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1469

### Online Japanese: Level I

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

[\\*Online Course Offering](#)

Wed 6:45pm-8:45pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1597

### Online Japanese: Level II

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

[\\*Online Course Offering](#)

Tue 6:45pm-8:45pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1598

### Online Korean Beginner

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

[\\*Online Course Offering](#)

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1697

Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1555

### Online Let's Speak Japanese

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

[\\*Online Course Offering](#)

Thu 6:45pm-8:45pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1622

### Online Mandarin Chinese Beginner

In this online course, you will learn the basic structure of the Chinese language focusing on phonetics and basic conversation. Pin Yin system will be taught. An English/Mandarin Chinese Dictionary may be required.

[\\*Online Course Offering](#)

Mon 1pm-3pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1577

Tue 6:30pm-9pm Sep 14, 2021 11wks \$225 (\$135sr)  
PR-1627

Wed 6pm-8pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1502

Wed 7:30pm-9:30pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1725

### Online Mandarin Chinese Beginner Level II

This is a continuation of the Mandarin beginner level for those who would like more of the basics before moving to the intermediate level. You must have knowledge of the basic structure of the Chinese language. You will

learn phonetics and practice basic pronunciation and conversation. An English/Mandarin Chinese Dictionary may be required.

[\\*Online Course Offering](#)

Wed 5:30pm-7:30pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1726

### Online Mandarin Chinese Intermediate

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

[\\*Online Course Offering](#)

Thu 6:30pm-8:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1599

### Online Portuguese Beginner

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

[\\*Online Course Offering](#)

Wed 5:00pm-7:00pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1727

### Online Spanish Conversation I

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

[\\*Online Course Offering](#)

Wed 7:30pm-9:30pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1728

### Online Spanish Conversation II

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

[\\*Online Course Offering](#)

Thu 7:30pm-9:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1735

### Online Spanish Conversation III

In this online course, develop your

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

[\\*Online Course Offering](#)

Thu 6:30pm-8:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1602

### Online Spanish for Travellers

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

[\\*Online Course Offering](#)

Wed 8pm-9:30pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1475

### Online Spanish-Advanced

This online course is for those with considerable background in Spanish who want to maintain their knowledge of the language. A Spanish/English dictionary may be required. Learners are recommended to have taken Spanish-Intermediate Level II.

[\\*Online Course Offering](#)

Sat 10:30am-12:30pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1758  
Tue 5:30pm-7:30pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1772  
Tue 6:30pm-8:30pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1632  
Thu 2:15pm-4:15pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1312

### Online Spanish-Beginner

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

[\\*Online Course Offering](#)

Sat 1pm-3pm Sep 11, 2021 11wks \$180 (\$108sr) PR-1759  
Mon 2:15pm-4:15pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1313  
Mon 6:30pm-8:30pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1621  
Mon 7:30pm-9:30pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1415  
Tue 5:00pm-7:00pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1773  
Tue 6:45pm-8:45pm Sep 14, 2021 11wks \$180 (\$108sr)

PR-1606  
Wed 6pm-8pm Sep 15, 2021 11wks \$180 (\$108sr) PR-1471  
Wed 6pm-8pm Sep 15, 2021 11wks \$180 (\$108sr) PR-1809  
Thu 9am-11am Sep 16, 2021 11wks \$180 (\$108sr) PR-1440  
Thu 6pm-8pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1799  
Thu 7pm-9pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1412

### Online Spanish-Beginner Level II

This online course reviews and expands your previous knowledge of the Spanish language. Your listening comprehension, oral expression, reading and writing skills will be further developed.

[\\*Online Course Offering](#)

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1693  
Tue 7pm-9pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1633  
Thu 6:30pm-8:30pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1625

### Online Spanish-Beginner/Intermediate

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

[\\*Online Course Offering](#)

Thu 1:30pm-3:30pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1445

### Online Spanish-Intermediate

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

[\\*Online Course Offering](#)

Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr) PR-1760  
Mon 5:00pm-7:00pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1416  
Mon 6:30pm-8pm Sep 13, 2021 11wks \$135 (\$81sr) PR-1268  
Tue 2:15pm-4:15pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1314  
Wed 8pm-9:30pm Sep 15, 2021 11wks \$135 (\$81sr) PR-1413  
Thu 11am-1pm Sep 16, 2021 11wks \$180 (\$108sr) PR-1441

## Online Spanish-Intermediate Level II

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

*\*Online Course Offering*

Wed 6:30pm-8pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1586

## Music

### Learn How to Play Electric Guitar Online

Ever wanted to form a rock group, be a rock star, or simply jam out with friends? Through this online course, learn essential techniques and concepts and learn how to play electric guitar.

*\*Online Course Offering*

Tue 7pm-9pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1792

### Online Basic Blues Piano I

This course will help you to develop a good foundation in playing basic Blues styles on the piano. Learn the Blues Scale and the 12-Bar Blues Progression, Shuffle rhythms, Triplets, and create Blues riffs. Students should have previous experience in playing hands together (ie. Beginner Level 3 or equivalent). Learners must have their own keyboard.

*\*Online Course Offering*

Thu 8pm-9:30pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1611

### Online Basic Blues Piano II

This is a continuation of Basic Blues Piano I. Participant will learn Chord Inversions, Grace notes, Turnarounds, Broken chords, basic Transposition and further develop hand independence. Learners must have their own keyboard.

*\*Online Course Offering*

Thu 6:00pm-7:30pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1612

### Online Basic Blues Piano III

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

covered. Learners must have their own keyboard.

*\*Online Course Offering*

Wed 3pm-4:30pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1586

### Online Basic Chord Piano I

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

*\*Online Course Offering*

Tue 1:00pm-2:30pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1583

### Online Basic Chord Piano II

This is a continuation of Basic Chord Piano I. Learn how to effectively read, understand and interpret chord symbols found in today's popular sheet music. Participants will learn: how 4-part harmony chord types are formed ie., Triads with added tones as well as Diatonic and Altered 7th chords. Application of chords to well-known tunes will also be covered. Learners must have their own keyboard.

*\*Online Course Offering*

Wed 1:00pm-2:30pm Sep 15, 2021 11wks \$135 (\$81sr)  
PR-1585

### Online Chinese Singing ★

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

*\*Online Course Offering*

Fri 1:30pm-3:30pm Sep 17, 2021 11wks \$180 (\$108sr)  
PR-1853

### Online Guitar Beginner

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

*\*Online Course Offering*

Mon 6:30pm-8:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1786

Mon 7pm-9pm Sep 13, 2021 11wks \$180 (\$108sr)

PR-1515

Tue 6pm-8pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1803

Tue 6:30pm-8:30pm Sep 14, 2021 11wks \$180 (\$108sr)  
PR-1646

Wed 10am-12pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1303

Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1652

Wed 7pm-9pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1669

Thu 6:30pm-8pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1795

Thu 7pm-9pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1814

### Online Guitar Beginner Level II

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

*\*Online Course Offering*

Mon 6:30pm-8:30pm Sep 13, 2021 11wks \$180 (\$108sr)  
PR-1266

Thu 8pm-9:30pm Sep 16, 2021 11wks \$135 (\$81sr)  
PR-1796

### Online Guitar Intermediate

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

*\*Online Course Offering*

Wed 1pm-3pm Sep 15, 2021 11wks \$180 (\$108sr)  
PR-1436

Thu 6:30pm-8:30pm Sep 16, 2021 11wks \$180 (\$108sr)  
PR-1613

### Online Music Theory, Rudiments



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

*\*Online Course Offering*

Tue 11am-12:30pm Sep 14, 2021 11wks \$135 (\$81sr)  
PR-1335

### Online Piano Keyboarding-Beginner: Level I

This is a course designed for students with no previous playing experience. Focus will be on the development

of playing hands together, phrasing, dynamics and rhythmic concepts. Learners must have their own keyboard.  
[\\*Online Course Offering](#)  
 Tue 8pm-9:30pm Sep 14, 2021 11wks \$135 (\$81sr) PR-1600  
 Thu 3pm-4:30pm Sep 16, 2021 11wks \$135 (\$81sr) PR-1310

### Online Piano Keyboarding-Beginner: Level II

This is a course designed for students with some previous playing experience. Level II will cover further development of playing hands together, phrasing, pedaling, dynamics and rhythmic concepts with more focus on learning new notes and hand positions. Learners must have their own keyboard.  
[\\*Online Course Offering](#)  
 Tue 9:30am-11am Sep 14, 2021 11wks \$135 (\$81sr) PR-1439  
 Tue 6:00-7:30pm Sep 14, 2021 11wks \$135 (\$81sr) PR-1605

### Online Piano Keyboarding-Beginner: Level III

This is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff. Focus will be on changing and combining different had positions as well as learning new fingering techniques. Additional popular selections will also be covered. Learners must have their own keyboard.  
[\\*Online Course Offering](#)  
 Fri 1:30pm-3pm Sep 17, 2021 11wks \$135 (\$81sr) PR-1294

### Online Piano Keyboarding-Beginner: Level IV

This is a continuation of Piano Keyboarding Beginner Level III. Level IV will review the reading of notes on the entire treble and bass staff with an introduction to ledger lines. Additional fingering and pedaling techniques, as well as Major and Minor keys, will be explored. New rhythmic concepts such as triplet notes are explored. Additional popular selections will also be covered. Learners must have their own keyboard.  
[\\*Online Course Offering](#)  
 Wed 6:00pm-7:30pm Sep 15, 2021 11wks \$135 (\$81sr) PR-1656  
 Thu 1:00pm-2:30pm Sep 16, 2021 11wks \$135 (\$81sr) PR-1563

### Online Piano Keyboarding-Intermediate

Designed for learners with some

previous playing experience. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts are explored. Extended ledger lines will also be covered. Learners must have their own keyboard.  
[\\*Online Course Offering](#)  
 Wed 8pm-9:30pm Sep 15, 2021 11wks \$135 (\$81sr) PR-1601

### Online Piano Keyboarding-Intermediate ★

Designed for students who have previous playing experience. Further development of playing hands together, phrasing, dynamics and rhythmic concepts are explored. Please have your own keyboard.  
[\\*Online Course Offering](#)  
 Tue 12:30pm-2:30pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1337

### Online Theory Musicianship II

This is a continuation of Theory Musicianship I. Students will learn, practice and review music terms and symbols, additional rhythm and note values, intervals, minor keys, transposition and basic chord formations. Learners should have their own keyboard.  
[\\*Online Course Offering](#)  
 Tue 3pm-4:30pm Sep 14, 2021 11wks \$135 (\$81sr) PR-1584

### Online Vocal Jazz Music

Do you want to unleash your inner Ella, croon like Frank, swing like Billie? Whether you're a beginner who wants to sing with more confidence, or a seasoned singer wanting to expand your skills, or someone who just has a love of music, this online course will help you experience the joy of song. Come to explore the rich and varied tradition of Vocal Jazz performance while learning to hone your performance skills.  
[\\*Online Course Offering](#)  
 Tue 7pm-9pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1794

## Self Development Online Building & Maintaining Solid Relationships

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

life circle.  
[\\*Online Course Offering](#)  
 Sat 8:30am-10:30am Sep 11, 2021 11wks \$180 (\$108sr) PR-1741

### Online Conflict Management

Conflict can arise with friends, family or business and considering the elements of conflict can take you to a rational place for discussion. Through this online course, learn how to get on the right track in the heat of conflict.  
[\\*Online Course Offering](#)  
 Mon 7:15pm-9:15pm Sep 13, 2021 11wks \$180 (\$108sr) PR-1804

### Online Discovering your Seventh Sense

Through this online workshop you are invited to rise up in power, reconnect to your inner guidance, open your heart and mind and tune into the new frequencies through the cellular matrix of your body. Learn Dowsing and bridge the gap between your rational mind, intuition and inner wisdom. Develop that simple natural gift which is in you since birth. The class will start from a beginner level.  
[\\*Online Course Offering](#)  
 Sat 9am-12pm Sep 18, 2021 1wks \$25 (\$15sr) PR-1783

### Online Emotional Intelligence

Emotional Intelligence (or EQ (Emotional Quotient) is the ability to understand, use, and manage your own emotions in positive ways. In this online course, acquire EQ to relieve stress, communicate effectively, empathize with others and overcome challenges.  
[\\*Online Course Offering](#)  
 Wed 5pm-7pm Sep 15, 2021 11wks \$180 (\$108sr) PR-1724

### Online Fashion: Introduction to Styling

Learners will be introduced to the many facets involved in being a Stylist - includes accessories, colour analysis, fabric types, discover how to personalize trends to suit different body types/size, personalities and lifestyles. Learners will gain knowledge and career strategies to pursue a career in this field.  
[\\*Online Course Offering](#)  
 Tue 6:30pm-9:30pm Sep 14, 2021 6wks \$147 (\$88sr) PR-1839

This symbol ● indicates an in-person class.

This symbol ★ indicates Seniors' Daytime classes.

### Online Make-Up Artistry

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

*\*Online Course Offering*

Tue 6pm-8pm Sep 14, 2021 11wks \$180 (\$108sr) PR-1386

Wed 6pm-9pm Sep 15, 2021 5wks \$123 (\$74sr) PR-1556

### Online Make-Up Artistry Advanced

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

*\*Online Course Offering*

Tue 8pm-9:30pm Sep 14, 2021 11wks \$135 (\$81sr) PR-1387

### Online Promote Yourself to Succeed in Life

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

*\*Online Course Offering*

Sat 1pm-3pm Sep 11, 2021 1wks \$16 (\$10sr) PR-1753

### Online Self Discovery

Grounded in meditation, this online course is designed to assist the student in their own inner investigation and self-discovery. Through modern psychometric personality testing (Myers Briggs, Strengthsfinder, TestColour, etc) and ancient methods (astrology,

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

*\*Online Course Offering*

Wed 3pm-4:30pm Sep 15, 2021 11wks \$135 (\$81sr) PR-1596

### RAIN: A Practice of Radical Compassion - Online

The acronym RAIN is an easy-to-remember tool for bringing mindfulness and compassion to emotional difficulty. Learn to recognize your emotion, allow the experience to be there, investigate your feelings and nurture with self-compassion.

*\*Online Course Offering*

Wed 7pm-9pm Sep 15, 2021 5wks \$82 (\$49sr) PR-1594

## Sewing

### Online Pattern Drafting and Design Part I

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

*\*Online Course Offering*

Wed 6:30pm-9:30pm Sep 15, 2021 11wks \$270 (\$162sr) PR-1582

### Online Sewing Beginner

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

*\*Online Course Offering*

Tue 6:30pm-9:30pm Sep 14, 2021 11wks \$270 (\$162sr)

PR-1631

Wed 7pm-9:30pm Sep 15, 2021 11wks \$225 (\$135sr) PR-1500

### Sewing Beginner ★●

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

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Sep 14, 2021 11wks \$270 (\$162sr) PR-1338

### Online Sewing Intermediate

This online course is for students who have learned the basics skills of sewing and are familiar with using commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the sewing techniques to make your garment look and fit great. Students will require a sewing machine, sewing kit and supplies to complete samples and a personal project.

*\*Online Course Offering*

Thu 6:30pm-9:30pm Sep 16, 2021 11wks \$270 (\$162sr) PR-1641

### Sewing Intermediate ★●

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

\*The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Sep 14, 2021 11wks \$270 (\$162sr) PR-1339

### Online Sewing for the Home

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

\*Online Course Offering

Mon 6:30pm-9:30pm Sep 13, 2021 11wks \$270 (\$162sr) PR-1589

Mon 6:30pm-9:30pm Sep 13, 2021 11wks \$270 (\$162sr) PR-1620

### Sewing Advanced

This course is for the experienced sewer who wants to further their sewing expertise and give their garments that professional touch. Working with more advanced patterns we will learn how to develop prototypes for fit and sewing techniques including working with sheer fabrics and basic tailoring. Students will require a sewing machine, sewing kit and supplies to complete samples and a personal project.

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Sep 13, 2021 11wks \$270 (\$162sr) PR-1478

### Sewing for the Home

Want to learn how to add that personal touch to your home that you simply can't buy in a store. This course introduces a variety of projects including toss pillows, shams, reusable produce/gift bags, plus seam finishes and sewing techniques.

We will create samples together as a class and you will be able to discuss and apply this knowledge to your own personal projects for the home. Students should have a sewing machine available and a basic knowledge of its operation, a simple at home sewing kit, plus your own fabric and thread for samples and projects.

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Sep 13, 2021 11wks \$270 (\$162sr) PR-1460

## Theatre, Film & TV

### Online Cinema Studies

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

\*Online Course Offering

Wed 6:30pm-9:30pm Sep 15, 2021 11wks \$270 (\$162sr) PR-1818

### Online Producing a Short Film

This online introductory lecture course will cover the fundamentals of filmmaking from beginning to end. From the original idea to film distribution, you will learn the step-by-step process of making an independent film or documentary. This course will cover

the following topics: story writing, roles, resources & equipment, production planning, copyright & other legal considerations, cinematography, post production and distribution.

\*Online Course Offering

Wed 6pm-9pm Sep 15, 2021 11wks \$270 (\$162sr) PR-1473

### Online Screenplay Writing: Basic Elements

This creative writing course covers the tools of storytelling in screenplay form including character and dialogue development and narrative theory and structure. These tools can be applied to various forms of screenplays - dramatic, documentary and experimental. Have a writing notebook ready.

\*Online Course Offering

Thu 6:30pm-9:30pm Sep 16, 2021 6wks \$147 (\$88sr) PR-1834

E-mail Registration Form to:  
communityprograms@tdsb.on.ca

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

Last Name		First Name		M/F	Date of Birth
_____		_____		_____	____/____/____
					Day / Month / Year *
Apt. No.	Street No.	Street Name	City	Postal Code	(*required)
_____	_____	_____	_____	_____	_____
Home Telephone No.	Mobile Telephone No.	Email Address * Required, this will be used as Username			
_____	_____	_____			

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

I Accept

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

I Accept

Selection No. 1			
Course Code	Course Title	Course Location	
_____	_____	_____	_____
Day of the Week	Time	Start Date	Final Price
_____	_____	_____	\$ _____

Selection No. 2			
Course Code	Course Title	Course Location	
_____	_____	_____	_____
Day of the Week	Time	Start Date	Final Price
_____	_____	_____	\$ _____

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

VISA  MasterCard

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

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

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

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

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

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

**Refund Policy:** The TDSB will process a full refund if the TDSB cancels a course or if the TDSB receives the written request for withdrawal, before the course begins. All refunds are automatically processed back to the original method of payment, unless otherwise stated. The option to keep funds on the TDSB Learn4Life account is no longer available. **For courses under five weeks in duration:** No refunds or transfer requests will be considered after the course begins. **For courses five weeks or longer:** A refund (minus the \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing before the second class. A pro-rated refund (minus the \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing after the second class, but before the third class of the course. No refunds or transfers will be considered after the third class of a course. **For subsidized courses:** TDSB issues no refunds. A credit is issued to the learner's TDSB Learn4Life account if the TDSB cancels the course before the course begins. **Summer Refund Policy:** There are no requests for refunds or transfer after the first class. **Requesting a refund:** There are four ways to submit requests: Email - communityprograms@tdsb.on.ca, On-line - [www.learn4life.ca](http://www.learn4life.ca), \*Mail - 2 Trethewey Drive, 3rd Floor, Toronto, ON M6M 4A8, \*Fax - 416-394-3494. \* Option only available if program staff return to office. Updates will be provided on our website.

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

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

# Are you interested in being a Learn4Life instructor?



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

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

## Send us your idea!

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

Subject Line: **Instructor Proposal**

# 2020 Jack Henshaw Award Winner



**Henry Godzik**

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

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

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

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

# Meet some of our Learn4Life Instructors

## Sculpture Design Instructor

My name is Nuno and I am a Toronto-based sculptor with a passionate drive to create and inspire. In my Online Sculpture Design class, I share a creative process that helps your art come alive!



**Nuno Lourenco**

## Fashion and Styling Instructor

A savvy and vibrant livewire in the world of arts, fashion and entertainment is whom you'll encounter when you meet Brenda Foreman, certified image consultant personal brand specialist and entrepreneur.

Before launching her career as an image consultant, she was a top professional in special events management and real estate investment in Toronto.



**Brenda Foreman**

## Spanish Language Instructor

Step by step, my teaching experience was enriched with different cultures and through amazing and diverse students, for which I'm very grateful. I pride myself on what I consider my best achievement: creating, on my own, a progressive and complete Spanish Language program with Beginner, Intermediate, Advanced, and Conversation courses at Central Tech during my final years.



**Jeannette Burgos-Rigo**

# Meet some of our Learn4Life Instructors



**Radoslav Ognjenovic**

## **Visual Directing and Cinema Studies Instructor**

Radoslav Ognjenovic is a Toronto based award winning Canadian Film director of Serbian origin who directed more than 60 documentaries and a movie of the week for Television in his own country of origin. Settling in Toronto in 1994, Radoslav worked as an Assistant director on Canadian film productions.



## **Yoga Instructor**

Jan has been teaching Kundalini Yoga for 10 years and Healing Mediation since 2013 through the TDSB. She also practiced as an RMT for over 30 years but am now retired. She loves how yoga and meditation has impacted her life and loves to share knowledge and techniques that help us become more centred, healthy, strong, balanced, compassionate and peaceful.



**Jan Schulman**



## **Wellness and Self Development Instructor**

Hi! My name is Marta Croly and I teach several courses in Learn4Life programs. I have a M.Sc. degree from Syracuse University and am certified in Adult coaching and Course Design. My courses are: Coping With Loss, Emotional Intelligence, Communication and Neurolinguistics, Building and Maintaining Relationships, and Resume Writing and Interviewing Skills.



**Marta Croly**



# LEARNER TESTIMONIALS



## ONLINE SPANISH LANGUAGE

"I am writing to you to express how fortunate I am to have an such an amazing Spanish teacher as Jeannette. She makes the class so interesting and we are learning at the same time. The positive attributes Jeannette brings to her teaching continue to be extraordinary and remarkable."

-Margaret K



## ONLINE INTERNATIONAL CUISINE

"Thanks so much for tonight's cooking class! I learned a lot and had a great time! I really enjoyed all of your stories as well! A big shout out to your wife as well for her excellent tech support!"

-Alexa



## ONLINE BUILDING BLOGS AND WEBSITES WITH WORD PRESS

"I wanted to tell you how much I am learning from you about WordPress, and to let you know you are a very good instructor. I just thought I would let you know that I think you are doing a great job!"

-Elizabeth



## ONLINE VISUAL DIRECTING

"Thank you for taking on the fall program; it was so good and I enjoyed it very much. You are a gifted presenter and I learned a lot. The others in the class were fun too!"

-Desmond W

# Learn4Life.ca

## Frequently Asked Questions

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Recent changes may affect how dependents of Ontario Works recipients confirm their eligibility for the subsidized rate. Dependents over the age of 18 who would like to

register for a course must be listed on your Drug Benefit Eligibility Card. If you do not have this card, a letter from the Social Assistance Office confirming the dependent will be required to register for a subsidy course plus material fees.

### **12. How much is the subsidized rate?**

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

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

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

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

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

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

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

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

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

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

If there is more than 1 person on the account, the system automatically picks up the main account holder's email address. If you are not listed as the main account holder, and you register for an online course, the classroom link will be sent to the main account holder's email address on file. To avoid any confusion, there should only be one email address on the account.

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

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

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

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

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

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

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

If the online platform used is Google Meet, a passcode will not be needed.

If the online platform used is Zoom, a passcode may be required. This will be provided to you in the email with the link.

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

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

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

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

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

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

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

Please see refund and transfer policy on Page 3.



# International Languages Elementary and African Heritage

Online classes open to all students from JK-Grade 8



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

## Toronto District School Board Trustees



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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

Contact your local Trustee  
at **416-395-8787**

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



## Community Services

Reaching beyond the schools to support the Greater Toronto Area community

Whether you're looking for a job, new to the country, or just looking for a path to better opportunities,

**we have something for you.**

We offer **free\*** services in:

**Skills  
Development**

**Employment**

**Settlement**

**English Language  
Training**

\*The hairstyling program may require participants to pay for their own materials.

[www.tdsb.on.ca/communityservices](http://www.tdsb.on.ca/communityservices)



TDSBCommunityServices



tdsb\_cs



tdsb\_cs

