

# Learn4Life Summer 2022 Brochure

General Interest Programs – Adults 18+ and Seniors

**Registration opens May 18, 2022 at 8:30 a.m.**

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## 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. 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 summer term, there are two locations offering in-person courses:

### **Mimico Adult Centre - 255 Royal York Rd, Etobicoke, ON M8V 2V8**

#### **Category - Fitness**

Tai-Chi Practice

#### **Category – Sewing**

Sewing Advanced

Sewing for the Home

Sewing Beginner

Sewing Intermediate

### **Overland Learning Centre - 55 Overland Dr, North York, ON M3C 2C3**

#### **Category - Dance**

Line Dancing Beginner

Ballroom and Latin Dancing - Tango, Foxtrot and Cha Cha

Ballroom and Latin Dancing - Waltz, East Coast Swing and Rhumba

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

Birdwatching, Flora & Fauna – Discover (Off Site Location)

\* For a more detailed description of the above courses, including pricing and times, please see the course listings below.

## 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, May 18, 2022 at 8:30 a.m.

Classes begin: Monday, July 4, 2022

### Registration Information

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

Social Assistance documents are required to qualify for the subsidy rate plus material fees. Eligible learners must submit current documentation with the application form and payment information to register for a course at the time of registration. 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 on [www.learn4life.ca](http://www.learn4life.ca).

### Payment Information

Visit <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.

### Summer Refund Policy

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

### Cancelled Courses

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

## **New this Summer !**

### **Online Piano Keyboarding Beginner Level 4 Plus— POP Edition**

This is a course designed for learners previously registered in Beginner Level 4 or higher. Focus will be on learning additional songs from the Alfred Adult Greatest Hits Level 1 book.

### **Overcome Unhealthy Habits and Feel Transformed - Online**

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

### **Data Analysis with Excel - Boot Camp - Online**

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

### **Managing Menopause Naturally - Online**

What happens during this time? Information will be shared how to naturally manage the signs and symptoms of peri-menopause and menopause. Using acupuncture, nutrition, and lifestyle approaches, learners will develop strategies and comprehension about this time in their lives.

## Art

### **Drawing - Beginner**

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

\*Online Course Offering

Tue & Thu 10:30am-1:30pm Jul 5, 2022 8 sessions \$197 (\$118sr) PR-2674

### **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-9pm Jul 7, 2022 4wks \$82 (\$49sr) PR-2525

## Business and Finance

### **Online Investing - Online**

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

\*Online Course Offering

Tue 12:30pm-3pm Jul 5, 2022 4wks \$82 (\$49sr) PR-2669

## Communications

### **Online Creative Writing**

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

\*Online Course Offering

Tue 2:15pm-4:15pm Jul 5, 2022 4wks \$66 (\$40sr) PR-2681

## Computers

### **Data Analysis with Excel - Boot Camp**

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

\*Online Course Offering

Tue & Thu 6pm-8pm Jul 5, 2022 8 sessions \$131 (\$79sr) PR-2535

### **Online Microsoft Office 365 - Beginner**

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

\*Online Course Offering

Mon-Fri 9am-12pm Jul 4, 2022 1wk \$123 (\$74sr) PR-2675

### **Online Microsoft Office 365 - Intermediate**

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

\*Online Course Offering

Mon-Fri 9am-12pm Jul 11, 2022 1wk \$123 (\$74sr) PR-2676

### **Online Office Documents without Office Applications**

This course will teach you how to create, edit and share Office files for free without paying for any office applications like Word, PowerPoint and Excel. The course will cover Google Docs, Google Slides and Google Sheets. Enjoy learning through hands-on projects for each application.

\*Online Course Offering

Mon-Fri 9am-12pm Jul 18, 2022 1wk \$123 (\$74sr) PR-2677

## **Dance**

### **Ballroom and Latin Dancing - Tango, Foxtrot and Cha Cha**

The objective of this program is to introduce students to the wonderful world of Ballroom and Latin dancing. The areas of focus are to include partnership connection, foot position, foot work, the musicality of the different dances and the ability to perform some basic dance figures with confidence and competence. Dances that will be offered in this class are: Tango, Foxtrot, and Cha Cha. Other than the social aspects that dancing provides, it's also a great way to stay in shape and promote personal wellness. We strongly suggest couples only.

Overland PS 55 Overland Drive, North York

Thu 12pm-3pm Jul 7, 2022 4wks \$98 (\$59sr) PR-2527

### **Ballroom and Latin Dancing - Waltz, East Coast Swing, and Rhumba**

The objective of this program is to introduce students to the wonderful world of Ballroom and Latin dancing. The areas of focus are to include partnership connection, foot position, foot work, the musicality of the different dances and the ability to perform some basic dance figures with confidence and competence. Dances that will be offered in this class are: Waltz, East Coast Swing and Rhumba. Other than the social aspects that dancing provides, it's also a great way to stay in shape and promote personal wellness. We strongly suggest couples only.

Overland PS 55 Overland Drive, North York

Tues 12pm-3pm Jul 5, 2022 4wks \$98 (\$59sr) PR-2526

### **Line Dancing Beginner**

This course will introduce you to basic line dance steps and commonly used cues, as well as to popular line dances that are done in social dance settings.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending 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

Mon 1pm-2:30pm Jul 4, 2022 4wks \$49 (\$29sr) PR-2670

## **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.

### **Off-Site Location**

Mon 10am-1pm Jul 4, 2022 4wks \$98 (\$59sr) PR-2600

Wed 10am-1pm Jul 6, 2022 4wks \$98 (\$59sr) PR-2601

## **Fitness**

### **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 Jul 6, 2022 4wks \$33 (\$20sr) PR-2540

### **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

Tue 6pm-7:30pm Jul 5, 2022 4wks \$49 (\$29sr) PR-2541

## **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

Tue 10:30am-11:30am Jul 5, 2022 4wks \$33 (\$20sr) PR-2682

## **Tai Chi Practice**

In this course you will continue to practice and improve on movements and principles learned in Parts 1 and 2 of the Yang style long form. No new movements will be taught.\* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Jul 4, 2022 4wks \$49 (\$29sr) PR-2671

## **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

Mon & Wed 7pm-8pm Jul 4, 2022 8 sessions \$66 (\$40sr) PR-2539

## Food

### **Online Cinnamon Buns Workshop**

Who doesn't love the smell of cinnamon buns baking in the oven. Ever wonder how to make cinnamon buns? Learn how in this online workshop and enjoy with family and friends. Learners must have: a digital scale, measuring cups and spoons, chef's knife, spatula, baking tray, and dishtowels. Final price includes a material fee of \$10.00 for cost of materials used by the instructor during the online class.

\*Online Course Offering

Tue 6pm-9pm Jul 5, 2022 2wks \$59 (\$39sr) PR-2528

### **Online Signature Salads Workshop**

Add some delicious salads to your dietary menus. This online course offers a variety of recipes that incorporate proteins, nuts and/or seeds, and vegetables. You will also learn to create dressings from scratch. Final price includes a material fee of \$5.00 for cost of materials used by the instructor during the class.

\*Online Course Offering

Thu 6pm-9:30pm Jul 14, 2022 1wks \$34 (\$22sr) PR-2521

## Health and Wellness

### **Overcome Unhealthy Habits and Feel Transformed**

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

\*Online Course Offering

Tue 7pm-8:30pm Jul 5, 2022 4wks \$49 (\$29sr) PR-2536

## **Managing Menopause Naturally**

What happens during this time? Information will be shared how to naturally manage the signs and symptoms of peri-menopause and menopause. Using acupuncture, nutrition, and lifestyle approaches, learners will develop strategies and comprehension about this time in their lives.

\*Online Course Offering

Mon 6:30pm-8:30pm Jul 4, 2022 4wks \$66 (\$40sr) PR-2599

## **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-7pm Jul 4, 2022 4wks \$33 (\$20sr)PR-2524

## **Languages**

### **Online Essential French**

Bonjour! Please join us online for summer sessions of fun as you set off on your French adventure. You will learn introductory key vocabulary and structures that will allow you to have authentic conversations in everyday situations. You will read and understand basic text by applying simple strategies and your new knowledge. We will enjoy a popular French song together at the end of each class. C'est bon, n'est-ce pas?

\*Online Course Offering

Mon & Wed 6pm-7:30pm Jul 4, 2022 8 sessions \$98 (\$59sr) PR-2537

### **Online Essential Spanish**

This online course will introduce you to the basic structure of the language and will provide you with the practice of some common travelling situations through examples and dialogues. Online resources (video clips, podcasts, etc.) may be used to enhance such practice.

\*Online Course Offering

Tue & Thu 6pm-7:30pm Jul 5, 2022 8 sessions \$98 (\$59sr) PR-2538

### **Online Portuguese Conversation Level I**

This course is for those who have the knowledge of basic structures of grammar and syntax of the Portuguese language. Although not a prerequisite, having attended a Beginner Level II or equivalent practice would be advisable .

You will practice basic conversation in social or travel situations, such as ordering food, asking for directions, checking in a hotel, greeting family or friends or addressing acquaintances in a more formal manner. If time allows, comparisons between European and Brazilian Portuguese will be performed.

\*Online Course Offering

Mon & Wed 2:15pm-3:45pm Jul 4, 2022 8 sessions \$98 (\$59sr) PR-2673

### **Online Spanish Advanced**

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

\*Online Course Offering

Tue & Thu 2:15pm-3:45pm Jul 5, 2022 8 sessions \$98 (\$59sr) PR-2672

## Music

### **Online Introduction to Basic Chord Piano**

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, i.e., 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 (i.e., Beginner Level III or equivalent). Students must have access to internet and a keyboard at home.

\*Online Course Offering

Tue 1:30pm-3:30pm Jul 5, 2022 4wks \$66 (\$40sr) PR-2678

### **Online Introduction to Piano**

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

\*Online Course Offering

Mon 1:30pm-3:30pm Jul 4, 2022 4wks \$66 (\$40sr) PR-2680

### **Online Piano Keyboarding Beginner Level 4 Plus—POP Edition**

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

\*Online Course Offering

Wed 1:30pm-3:30pm Jul 6, 2022 4wks \$66 (\$40sr) PR-2679

## Self Development

### 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 Jul 4, 2022 4wks \$66 (\$40sr) PR-2522

### 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 Jul 6, 2022 4wks \$66 (\$40sr) PR-2523

## Sewing

### Online Sewing Fashion Accessories

Participants will learn the many sewing techniques used to create their projects which will include fabric totes, bags, bucket hats and other fashion accessories. Projects are limitless and will be adjusted to seasonal trends. Learners will also be able to advance their skills with each new session. Learners need to have a sewing machine and a basic knowledge of how to use it, a very simple sewing kit and access to a printer to download patterns for our projects.

\*Online Course Offering

Tue 6:30pm-9:30pm Jul 5, 2022 4wks \$98 (\$59sr) PR-2533

## **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

Wed 6:30pm-9:30pm Jul 6, 2022 4wks \$98 (\$59sr) PR-2534

## **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

Wed 9am-12pm Jul 6, 2022 4wks \$98 (\$59sr) PR-2529

## **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 Jul 5, 2022 4wks \$98 (\$59sr) PR-2531

### **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 Jul 5, 2022 4wks \$98 (\$59sr) PR-2532

### **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

Wed 12:30pm-3:30pm Jul 6, 2022 4wks \$98 (\$59sr) PR-2530