

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors



Summer 2025

Registration opens

May 14th

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



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Learn4Life.ca - Adult General Interest Courses

General Interest Programs Adults 18+

Program Information

General Interest courses are for adults, 18 years of age and older.

Important Dates

Registration Opens: Wednesday, May 14, 2025 at 8:30 a.m.

Classes Begin: Wednesday, July 2, 2025

Registration Information

There are four easy ways to register: online, telephone, mail, and, in-person. To register by mail please visit the website for the registration form. An account and email address is required to register for a course.

Social Assistance documents are required to qualify for the subsidized rate. Material fees, if applicable are extra. Learners eligible for the subsidized rate must have an account. Learners can upload their social assistance documents and registration form to their account. View the step-by-step instruction guide on 'How to upload file on student account' available on the website. Please note: Learners must email communityprograms@tdsb.on.ca with the Subject line: 'Proof of Social Assistance Document and Registration Form Upload' to inform Learn4Life staff that their documents and request for registration have been uploaded, and are ready for review before they are registered for a course.

In-Person Registration

Learners are encouraged to call 416-338-4111 ahead of visiting the Continuing Education, Learn4Life office to register, now located at John Polanyi Collegiate Institute, 640 Lawrence Avenue West, North York, ON M6A 1B1. Please notify us in advance if you require any accommodations.

Refund Policy

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

Course Categories

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Art

Abstract Painting

In this course, learn to create abstract paintings that express your inner vision to convey the feeling of something, rather than what it looks like. This is not a technical course; it's about finding your artistic vision. Each session will start with a guided demonstration and explores the different techniques used to create an Abstract composition. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 10am-12:30pm Jul 7, 2025 4wks \$103 (\$72sr) PR-6745

Acrylic Painting

This intensive beginner course introduces Materials and colour mixing. Learner studies with monochromic composition, complementary colours, and contrast. This course is designed for beginners.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 1pm-3:30pm Jul 7, 2025 4wks \$103 (\$72sr) PR-6746

Collage Workshop

No experience necessary. Lets have fun doing "Collage"! An alternative from your traditional painting and drawing. Create one of a kind artworks by cutting and pasting found materials, such as printed papers, that aggravating "junk" mail, old magazines, some of your photos and hand printed papers. Be inspired by challenging exercises, including decorative subjects, colour favourites and social comments. Join us to create your next Masterpiece. Learners must provide their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed & Thu 1pm-4pm Jul 2, 2025 4sessions \$124 (\$87sr) PR-7180

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.

*Remote Course Offering
Wed 6pm-9pm Jul 2, 2025 4wks \$124 (\$87sr) PR-6764

Drawing Step-by-Step

Using a variety of drawing materials in this remote course, you will learn drawing technique step by step as well as art principles displayed in master pieces. An intensive instruction, detailed hands-on demonstration and self critical review will be provided. No experience is required. Learners are required to supply their own art materials: pencils and other drawing tools, sketchbook, eraser and clip board.

*Remote Course Offering
Wed 10am-12:30pm Jul 2, 2025 4wks \$103 (\$72sr) PR-6744

Drawing and Watercolour All Levels

Learn and develop the skills from varied drawing tools to watercolour based on existing level in this remote course, allowing participants to engage in creative activities from the comfort of their own spaces. Detailed step-by-step demonstrations are conducted, intensive instruction on art principles and critical reviews help to build up confidence in learning process. Learners need to prepare their drawing and watercolour supplies.

*Remote Course Offering

Thu 6:30pm-9pm Jul 3, 2025 4wks \$103 (\$72sr) PR-6763

Oil Painting Master Class

Learn to paint with oil paint. Paint loose, thick, and bold brushstrokes. Add movement, color, and visual intrigue to your art. A variety of subjects will be covered. Every class there is a demo and you can paint along with the instructor from comfort of your home.

*Remote Course Offering

Wed 6pm-9pm Jul 2, 2025 4wks \$124 (\$87sr) PR-6780

Business and Finance

Online Investing

This 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.

*Remote Course Offering

Mon 6pm-8:30pm, Jul 7, 2025, 4 wks, \$103 (\$72sr) PR-7179

Communications

Learn to Read Body Language

How does your body language communicate your emotions and intentions? In this course, learn how to read body language and unlock its power. We will explore the silent language of the face, body, and how you are perceived. Expand your communication skills and transform how you interact with others.

*Remote Course Offering

Tue 7pm-8:30pm Jul 8, 2025 4wks \$62 (\$43sr) PR-6777

Computers

Data Analysis with Excel - Boot Camp

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

pivot and more!

*Remote Course Offering

Tue & Thu 6pm-8pm Jul 8, 2025

8sessions \$165 (\$116sr) PR-6762

Dance

Egyptian Belly Dancing Beginner

Learn the art of Egyptian Belly Dancing! Each class will start with a warm-up, followed by various basic steps. By the end of the course, we will develop a dance routine using the steps from each week. Come and enjoy the culture and this mid-eastern dance. Please wear comfortable clothes and shoes.

Overland PS 55 Overland Drive, North York

Tue 10am-11am Jul 8, 2025 4wks \$41 (\$29sr) PR-6774

Line Dancing Beginner

Line dancing is a social activity that brings people together to dance, have fun, and enjoy music. This course will introduce you to basic line dance steps, as well as popular line dances that are done in social dance settings. Bring a friend and put on your dancing shoes and join in on the fun.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 11:30am-1:30pm Jul 8, 2025 4wks \$83 (\$58sr) PR-6751

Overland PS 55 Overland Drive, North York

Mon 12:30pm-2:30pm Jul 7, 2025 4wks \$83 (\$58sr) PR-6750

Fitness

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 Remote course will provide tools and stretches to integrate into a daily routine students can execute at home. This course guides the student to an ache free life.

*Remote Course Offering

Thu 10:45am-11:45am Jul 3, 2025 4wks \$41 (\$29sr) PR-6773

Gentle Stretches for a Great Night Sleep

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

*Remote Course Offering

Wed 8pm-9pm Jul 2, 2025 4wks \$41 (\$29sr) PR-6767

Gentle Yoga

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

*Remote Course Offering

Thu 6pm-7pm Jul 3, 2025 4wks \$41 (\$29sr) PR-6768

Pilates

This course offers gentle yet challenging exercises that can help sculpt the body through proper breathing and concentration techniques. Starting with horizontal hip openers to prepare for the class and improve flexibility. Moving to the core and glute muscles using accessible exercises, and then enter into a series of exercises designed to strengthen the torso (abdominals, obliques, glutes, and the muscles supporting the spine, like the trapezius and QL muscles).

Recommended equipment: Exercise mat.

*Remote Course Offering

Fri 9:15am-10:15am Jul 4, 2025 4wks \$41 (\$29sr) PR-6781

Strength Training and Seated Stretching

This class includes a weight training segment where foundational movements, such as squats, shoulder presses, biceps curls, and wall push-ups, are integrated into a cohesive series to strengthen the entire body. Variations of the movements will be shown to accommodate different capacity and mobility levels. To end, we will do horizontal stretching in a seated position to cool down. This class is an efficient and gentle home workout. Recommended equipment: Light weights, chair, comfortable clothing.

*Remote Course Offering

Mon 9:15am-10:15am Jul 7, 2025 4wks \$41 (\$29sr) PR-6782

Tai Chi Practice

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Jul 7, 2025 4wks \$62 (\$43sr) PR-6756

Tai Chi Practice - Intermediate

This course is a continuation of the Tai Chi Intermediate course in which you will focus on movements in Parts 2 and 3 of the Yang Style Long Form.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 10:30am-12pm Jul 3, 2025 4wks \$62 (\$43sr) PR-6779

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 11am-12pm Jul 2, 2025 4wks \$41 (\$29sr) PR-6783

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.

*Remote Course Offering

Tue 6pm-7:30pm Jul 8, 2025 4wks \$62 (\$43sr) PR-6771

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 course features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

Overland PS 55 Overland Drive, North York

Thu 10am-11am Jul 3, 2025 4wks \$41 (\$29sr) PR-6757

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.

Overland PS 55 Overland Drive, North York

Thu 11:30am-12:30pm Jul 3, 2025 4wks \$41 (\$29sr) PR-6758

Health and Wellness

Introduction to Meditation

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.

*Remote Course Offering

Thu 9:30am-10:30am Jul 3, 2025 4wks \$41 (\$29sr) PR-6748

Nutrition for Energy and Wellness

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

*Remote Course Offering

Wed 6pm-7:30pm Jul 2, 2025 4wks \$62 (\$43sr) PR-6769

Overcome Unhealthy Habits and Feel Transformed

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

*Remote Course Offering

Wed 7pm-8:30pm Jul 2, 2025 4wks \$62 (\$43sr) PR-6770

Touch and Sound Meditation

This course guides you through the profound practice of Touch & Sound Meditation, a unique fusion of tactile awareness and vibrational healing. By integrating gentle touch with resonant sound frequencies, you will cultivate a deeper connection to the present moment, allowing your mind and body to enter a state of deep relaxation and heightened awareness. Through guided sessions, you will explore: The synergy between touch and sound in meditation, techniques to release tension and cultivate inner stillness, the therapeutic effects of vibration on the nervous system, and methods to enhance self-awareness and emotional balance. Ideal for beginners and experienced practitioners alike, this course offers a transformative journey into mindfulness, inviting you to experience profound peace and inner harmony.

*Remote Course Offering

Mon 6:30pm-7:30pm Jul 7, 2025 4wks \$41 (\$29sr) PR-6778

Languages

Essential French

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

*Remote Course Offering

Tue & Thu 6pm-8pm Jul 8, 2025

8sessions \$165 (\$116sr) PR-6765

Essential Spanish

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

*Remote Course Offering

Tue & Thu 6pm-8pm Jul 8, 2025

8sessions \$165 (\$116sr) PR-6754

Overland PS 55 Overland Drive, North York

Mon & Wed 10am-12pm Jul 7, 2025 8sessions \$165 (\$116sr) PR-6766

Introduction to German

This beginner-level course offers a comprehensive introduction to the German language and culture. Learners will develop foundational skills with an emphasis on everyday communication and basic grammar.

*Remote Course Offering

Mon & Wed 6pm-8pm Jul 7, 2025

8sessions \$165 (\$116sr) PR-6775

Japanese for Travellers

In this course, learn basic conversational Japanese for everyday situations. This course teaches the basics using a combination of grammar, vocabulary, and conversation.

*Remote Course Offering

Mon & Wed 6pm-8pm Jul 7, 2025

8sessions \$165 (\$116sr) PR-6776

Portuguese Beginner

This 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.

*Remote Course Offering

Mon & Wed 2pm-4pm Jul 7, 2025

8sessions \$165 (\$116sr) PR-6753

Spanish Beginner

In this course, learn basic conversational Spanish for everyday situations. This course offers the basics using a combination of

grammar, vocabulary, reading and conversation. Learn and practice the language through various activities in a fun and relaxing environment.

*Remote Course Offering

Tue & Thu 11am-1pm Jul 8, 2025

8sessions \$165 (\$116sr) PR-6755

Music

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.

*Remote Course Offering

Fri 1:30pm-3:30pm Jul 4, 2025 4wks \$83 (\$58sr) PR-6747

Introduction to Piano

This is a course designed for students with no previous playing experience. The focus will be on the development of basic note reading, dynamics, and rhythmic concepts. Students must bring their own keyboard to class.

Overland PS 55 Overland Drive, North York

Mon 1:30pm-3:30pm Jul 7, 2025 4wks \$83 (\$58sr) PR-6749

Self Development

Building and Maintaining Solid Relationships

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

*Remote Course Offering

Thu 6pm-8pm Jul 3, 2025 4wks \$83 (\$58sr) PR-6761

Sewing

Introductory Sewing

Sewing can be both exciting and a bit intimidating. In this introductory course, learn and practice basic sewing techniques to improve your sewing skills. At the end of the 4-week course, you will have completed a beginner-friendly project of your choice, i.e., tote bag, apron, or pillowcase.

*Remote Course Offering

Mon 7pm-9pm Jul 7, 2025 4wks \$83 (\$58sr) PR-6772

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. 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. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jul 8, 2025 4wks \$129 (\$92sr) PR-6759

Sewing Intermediate

This 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 kit and supplies to complete samples and a personal project. The final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Jul 8, 2025 4wks \$129 (\$92sr) PR-6760
