

# continuing education

personal development courses

A smiling couple, a woman in a yellow sweater and a man in a blue shirt, stand in front of a wall covered in various course titles. The titles include: French, House & Home, Performing Arts, Retirement, Music, Wellness, Spanish, Jewelry, German, Law, Crafts & Hobbies, Writing, Woodworking, Languages, Italian, DIY Home & Auto, Art, Sign Language, Life Planning, Passions & Pastimes, and Silversmithing.

French  
House & Home  
Performing Arts  
Retirement  
Music  
Wellness  
Spanish  
Jewelry  
German

Law

Crafts & Hobbies  
Writing  
Woodworking

Languages  
Italian  
DIY Home & Auto  
Art  
Sign Language  
Life Planning

Passions & Pastimes  
Silversmithing

invest in yourself  
call chinook at  
403-777-7224

chinook learning services



Calgary Board  
of Education

## It's the talk of the town

Our Level 2 language courses are available on Saturdays this spring!

- French - Level 2
- Italian - Level 2
- Sign Language - Level 2
- Spanish - Level 2

April 7 - June 2, 2018

10 a.m. - 12 p.m.

Viscount Bennett Centre S.W.



Get Started language courses available on Saturdays this spring!

- German - Get Started
- Spanish - Get Started

April 7 - June 2, 2018

10 a.m. - 12:15 p.m.

Viscount Bennett Centre S.W.



## DIY Home & Auto

Check out our new and popular DIY Home & Auto courses on Pages 10 & 11.



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chinook-learning-services](https://www.linkedin.com/company/chinook-learning-services)



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@ChinookLearning



personal  
development



professional  
development

## Online Lifelong Learning **online**

Accessible, flexible & affordable — one course at a time

- It's easy to learn something new with a Chinook Learning Services online course. Chinook Learning Services is pleased to provide you with a wide selection of online courses designed to give you the flexibility and convenience of learning on your own time.

Our Internet-based classes are fully interactive with instructor-led sessions and student discussion areas where you and fellow students can connect and discuss the course.

Choose from a variety of online courses in the areas of:

- Accounting & Finance
- Business
- Computer Applications
- Design & Composition
- Health Care & Medical
- Language & Arts
- Personal Development
- Teaching & Education
- Technology
- Writing & Publishing

For a complete listing of online classes, visit [ChinookLearningServices.com/online](https://ChinookLearningServices.com/online)

**Online Lifelong Learning Courses are value priced at \$129 for most courses!**

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## NEW COURSES for Personal & Professional Development

### Apple

- Maximizing Your iDevice

### Art

- Chalk Pastel - A Taste

### Business Writing

- Building Your Business Case

### Crafts & Hobbies

- Advanced Sewing - Pants That Fit
- Ancient Art of Felting
- Cake Decorating
- Candle Making - Soy Candles
- Candle Making - Wineglass Gel Candles
- Designer Denim
- Felting -Wool Purse
- Fly Fishing - Streamside Entomology
- Healthy Hair - Make Your Own Natural Products

### DIY Home & Auto

- Auto Body - Get Started
- Auto Maintenance 101
- Auto Maintenance for New Drivers
- DIY Green Projects
- Woodworking - Parquetry & Dovetail Box

### House & Home

- Clear Clutter - Simplify Your Life
- Indoor Herb & Microgreen Gardening
- Indoor Living Wall

### Jewelry

- Bead & Leather Wrapped Bracelet
- Silversmithing - Level 2
- Wire Jewelry

### Leadership & Management

- Corporate Branding
- Developing Online Training

### Microsoft® Productivity

- Microsoft® Office Transition to 2016

### Outlook

- Managing Your Outlook Inbox

### Performing Arts

- Improv - Rediscover Play

### Project Management

- Online PMP Certification Training

### Records Management

- Advanced Records Management

### Retirement

- Retirement - Lifestyle Planning

### Wellness

- Karate - Level 1
- Self Defense for Women
- Tai Chi
- Yoga - An Introduction

### GETTING THERE

*See the centre section for course locations and addresses.*

### JOIN OUR TEAM

*We are always looking for dynamic Continuing Education instructors and original new course ideas. Request a Course Proposal Package by phoning Continuing Education at 403-777-7550, emailing [ChinookContEd@cbe.ab.ca](mailto:ChinookContEd@cbe.ab.ca) or downloading it from our website.*

### DON'T DELAY, REGISTER TODAY

*Register at least one week in advance. Classes with insufficient enrolment have to be cancelled.*

### FREE PARKING

*Parking is free at all our Calgary Board of Education schools.*

**CLASS LOCATIONS** *Directions to specific rooms within each site are posted in the main entrance of the school on the first day of the course.*

**IS YOUR CLASS FULL?** *We can respond to your needs by setting up another class. Ask to be put on the waiting list.*

### CONTINUING EDUCATION INFORMATION

*Visit our website for information on late-breaking and up-to-date course offerings. Find your class at [ChinookLearningServices.com/ContEd.html](http://ChinookLearningServices.com/ContEd.html)*



PARKING is free at all of our training locations.  
LEARNING RESOURCES and GST are included in the course fees.

## Art

*Find your happy medium. Learn to express yourself in an Art class at Chinook.*

### Acrylics - A Taste

Looking for a beginning painting class? Acrylics are easy to paint with, easy to learn to use, and are a great medium for beginners. Acrylics are rich, vibrant and expressive, more forgiving than watercolours, fast-drying, and unlike oil paints, they don't fill up the room with toxic fumes. In this introductory class, aimed at absolute beginners, learn how to mix and blend colours, use brushes, play with colour, paint forms that have depth and dimension, and paint some familiar objects. All supplies included.

*Instructor: Bill Bewick (see profile on our website)*

**1 Class - \$179**

92538 Sat 9 a.m. - 3:30 p.m. Apr 28

**Spectacular Saturdays**

Viscount Bennett Centre S.W.

### Painting & More - Studio Time

Do you need space to work on your art projects? Would you like the opportunity for consultation, critique and some instruction from an experienced art instructor? We provide a friendly atmosphere in which you can work on a project in acrylic painting, oil painting, pottery, sculpture and watercolour. Supplies are bring your own or pay-as-you-go. All artists from beginner to intermediate are welcome.

*Instructor: Dan Laba (see profile on our website)*

**8 Classes - \$259**

92643 Sat 10 a.m. - 12 p.m. Apr 7 - June 2

Viscount Bennett Centre S.W.

### LOOKING TO SPEND TIME WITH YOUR TEEN?

*We are excited to offer the opportunity for parents and teens (13 - 17 years) to enroll in courses together! Call 403-777-7224 for information.*

## Adult English Language Learning (ELL) Programs

**Viscount Bennett Centre**  
2519 Richmond Road S.W.

### ESL (English as a Second Language)

- Call 403-777-6821 for information
- [www.ChinookLearningServices.com/adultELL.html](http://www.ChinookLearningServices.com/adultELL.html)
- For permanent residents, refugees & Canadian citizens
- For visitors & temporary foreign workers
- Full-time & part-time day courses
- September – August
- Funding for eligible learners from Alberta Works
- Canadian Language Benchmarks 4 - 8
- Funding Advisors on site to assist students

### LINC (Language Instruction for Newcomers to Canada)

- Call 403-777-6821 for information or to register
- [www.ChinookLearningServices.com/adultELL.html](http://www.ChinookLearningServices.com/adultELL.html)
- For permanent residents & refugees
- Full-time day & part-time evening courses
- September - June
- Free
- Canadian Language Benchmarks 1 – 5 (CLB Levels 1-5)
- Child minding service while parents study

### Young Adult LINC Program (ages 18-24)

- Call 403-777-6821 for information
- [www.ChinookLearningServices.com/adultELL.html](http://www.ChinookLearningServices.com/adultELL.html)
- For permanent residents and refugees
- Full-time day classes
- September – June
- Free
- Canadian Language Benchmarks 1-5 (CLB Levels 1-5)



### Online Lifelong Learning

Accessible, flexible & affordable – one course at a time. Chinook is pleased to provide you with a wide selection of online courses. Our courses are fully interactive with instructor-led sessions and student discussion areas where you and fellow students can connect and discuss the course.

**Value priced at \$129 for most courses!**

Visit [ChinookLearningServices.com/Online](http://ChinookLearningServices.com/Online) for a full list of courses and online registration.



## Guitar - Get Started

Have you always wanted to play guitar, but never got around to it? Learn the parts of a guitar, the names of open strings, how to tune, and how to hold and use a pick. Learn chord progressions in the basic keys so you can play any song with ease. Handbook and CD included in fee. *Instructor: Larry Kostyniuk*

**8 Classes - \$299**

92598 Thu 7:30 - 9:30 p.m. Apr 5 - May 24  
Central Memorial High School S.W.

## Guitar - Level 2

Okay, so you've taken a beginner guitar course or can play a few chords and now you're ready to take it to the next level. Expand your repertoire and explore such topics as finger-picking styles, TAB reading, bass runs, playing simple melodies, strumming with a pick, bar chords and much more! We'll even throw some rootsy rock & roll and blues styles into the mix. *Instructor: Larry Kostyniuk*

**8 Classes - \$299**

92599 Tue 7 - 9 p.m. Apr 3 - May 22  
Central Memorial High School S.W.

## Play & Sing for Fun

Looking for a fun night out once a week? Join Larry Kostyniuk and sing songs from a variety of genres. This is a great opportunity to brush up on your basic guitar skills and also learn some new ones. Although the focus is on guitar, we welcome banjo, mandolin and other stringed instrument players. Larry takes song requests from students, so you can learn to play and sing your favourites. Recommended prerequisite: *Guitar - Get Started* or equivalent experience. *Instructor: Larry Kostyniuk.*

**8 Classes - \$229**

92647 Wed 7:30 - 9:30 p.m. Apr 4 - May 23  
Crescent Heights High School N.W.

## Performing Arts

*All the world's a stage. Develop your confidence, creativity and timing in a Performing Arts class at Chinook.*

## Improv - Rediscover Play **NEW**

Discover the art of improv in a friendly, comfortable environment. Think playtime for adults with a twist. Enjoy the fun we often forget about as adults while gaining practical skills for thinking on your feet. Develop your confidence, improve non-verbal communication and learn to fail. Become more comfortable speaking in front of others and rediscover your sense of humour. This course is for beginners and requires no drama, acting or comedy experience. *Instructor: Karl Plesz (see profile on our website)*

**3 Classes - \$119**

92611 Tue 7 - 9 p.m. Apr 24 - May 8  
Viscount Bennett Centre S.W.

## high school upgrading

- Advisors can assist you with your course planning.
- We offer a wide range of high school credit courses.
- Classroom courses - mornings, afternoons and evenings.
- Specialized programs allow great flexibility.
- Specialty courses – Condensed and Fast classes.
- Diploma Exam Preparation.

Information call 403-777-7200 or visit our website  
[ChinookLearningServices.com](http://ChinookLearningServices.com)

# languages

PARKING is free at all of our training locations.

LEARNING RESOURCES and GST are included in the course fees.

**GET STARTED** courses are for those with very little or no formal training in the language. No one should expect to become fluent in any foreign languages in a short time, but you can make a good start at it now!

**FORGOTTEN WHAT YOU'VE LEARNED?** If you have taken a **Get Started Language** course with us in the past year and want to brush up, take the same course again for half the price! Bring your textbook and handout with you. Space is limited for this offer and it does not apply to one-day courses.

**ADVANCED LEVEL COURSES** in French, German, Italian, Languages for Parents, Spanish and Sign Language not listed in this guide will be offered dependent on sufficient interest. Advise your instructor of your wish to continue your learning or call 403-777-7550 to have your name placed on a list of interested students. We will contact you when we have enough students to offer a course.

**RESUMES** are being accepted for instructors in our language programs on an ongoing basis. Please contact Marlene Irving at 403-777-7575 Ext. 2516.

**CORPORATE LANGUAGE TRAINING** - Does your organization need a course to give staff an introduction to a second language? Call 403-777-7550.

For online language courses, visit our website.

## French

*No extra shopping required! Textbooks are included in our Get Started course fees. Your instructor will bring them to your first class.*

*Learning French is easier than you think. Acquire core expressions, vocabulary and verb forms.*

### OUR TEAM OF FRENCH INSTRUCTORS

*Annice deChamplain, Sahar Kazemi and Suzanne Shaw (see profile on our website)*

*Check out our new Level 2 class on Saturdays!*

### French - Get Started

Voulez vous apprendre le français? Acquire a fund of related core French expressions, vocabulary and verb forms to help you get the most from your interest in the French culture. Early acquisition of good pronunciation and comprehension skills will be a priority in this beginner course. Textbook included.

**8 Classes - \$289**

92588 Tue 7 - 9:15 p.m. Apr 10 - May 29  
Henry Wise Wood High School S.W.

### French - Level 2

You've acquired some familiarity with core French vocabulary, concepts and structures, so now emphasis will be placed on expanding your range and competence. Learn in a friendly, non-intimidating environment. Bring your textbook and handout from beginner level. Recommended prerequisite: *French - Get Started* or equivalent.

**8 Classes - \$269**

92590 Sat 10 a.m. - 12 p.m. Apr 7 - June 2  
Viscount Bennett Centre S.W.

### French for Travellers

Say 'hello', ask for directions, order lunch and count your change. When you travel to a French-speaking country, know a few words to pave the way. Have fun and enjoy your trip. Handy travel dictionary included.

**1 Class - \$149**

92591 Sat 9 a.m. - 3:30 p.m. Apr 28  
*Spectacular Saturdays*  
Viscount Bennett Centre S.W.

## German

*No extra shopping required! Textbooks are included in our Get Started course fees. Your instructor will bring them to your first class.*

*Learning German is easier than you think. Acquire core expressions, vocabulary and verb forms.*

### OUR TEAM OF GERMAN INSTRUCTORS

*Erica Neumann (see profile on our website), Nadya Schewczyk and Marion Tischman (see profile on our website)*

*Check out our new Get Started class on Saturdays!*

### German - Get Started

Learn 'Wie geht's?' and much more. Your communication with family, friends and business acquaintances will be enhanced. Learn some of the basics of greeting people, ordering food and drink, asking for directions, etc. Textbook included.

**8 Classes - \$289**

92592 Sat 10 a.m. - 12:15 p.m. Apr 7 - June 2  
Viscount Bennett Centre S.W.

To register call 403-777-7224

### German for Travellers

Say 'hello', ask for directions, order lunch and count your change. When you travel to a German-speaking country, know a few words to pave the way. Have fun and enjoy your trip. Handy travel dictionary included.

**1 Class - \$149**

92595 Sat 9 a.m. - 3:30 p.m. Apr 28

*Spectacular Saturdays*

Viscount Bennett Centre S.W.



## It's the talk of the town

Our 'Get Started' language courses are now available on Saturdays!

- German - Get Started
- Spanish - Get Started

April 7 - June 2, 2018

10 a.m. - 12:15 p.m.

Viscount Bennett Centre S.W.

### LOOKING TO SPEND TIME WITH YOUR TEEN?

*We are excited to offer the opportunity for parents and teens (13 - 17 years) to enroll in courses together! Call 403-777-7224 for information.*

For information call 403-777-7550

## Italian

*No extra shopping required! Textbooks are included in our Get Started course fees. Your instructor will bring them to your first class.*

*Learning Italian is easier than you think. Acquire core expressions, vocabulary and verb forms.*

### OUR TEAM OF ITALIAN INSTRUCTORS

*Magdalena Bijak (see profile on our website), Pamela De Luca (see profile on our website) Fabio Grossi and Iris Piorno*

*Check out our new Level 2 course on Saturdays!*

### Italian - Get Started

Benvenuti! Parla italiano? Learn basic conversational Italian, important expressions, greetings, simple questions and general vocabulary related to travelling, shopping and eating. Interact with other participants with exercises that are fun while you learn grammar and vocabulary. This course is great if you are travelling to Italy or just wish to experience the cultural flavour of Italy. Textbook included.

**8 Classes - \$289**

92615 Thu 7 - 9:15 p.m. Apr 5 - May 24  
Central Memorial High School S.W.

### Italian - Level 2 **NEW**

Broaden your knowledge of Italian vocabulary and structures as you strengthen your skills through conversation and activities. Continue the fun of interacting in Italian. Bring your textbook and handout. Recommended prerequisite: *Italian - Get Started* or equivalent.

**8 Classes - \$269**

92617 Sat 10 a.m. - 12 p.m. Apr 7 - June 2  
Viscount Bennett Centre S.W.

### Italian for Travellers

'Ciao' and 'grazie' are two small words that can assist you in your visit to an Italian-speaking country. Learn many other words to help you have fun and enjoy your trip. Handy travel dictionary and phrase book included.

**1 Class - \$149**

92619 Sat 9 a.m. - 3:30 p.m. Apr 28  
*Spectacular Saturdays*  
Viscount Bennett Centre S.W.

## Spanish

*No extra shopping required! Textbooks are included in our Get Started course fees. Your instructor will bring them to your first class.*

*Learning Spanish is easier than you think. Acquire core expressions, vocabulary and verb forms.*

### OUR TEAM OF SPANISH INSTRUCTORS

*Carmen Davalos, Fernando Davalos (see profile on our website), Matt Dobritz, Ana Cristina Engel (see profile on our website) Michael Gomez, Rita Gray, Veronica Mendoza DeLuna, Erica Neumann (see profile on our website), Iris Piorno, Martha Romeo (see profile on our website) and Sandra Valchi (see profile on our website)*

*Check out our new Get Started and Level 2 courses on Saturdays!*

### Spanish - Get Started

¿Quieres aprender español? Acquire core Spanish expressions, vocabulary and verb forms to help you get the most from your interest in the Spanish culture. Early acquisition of good pronunciation and comprehension skills will be a priority. Textbook included.

**8 Classes - \$289**

92685 Wed 7 - 9:15 p.m. Apr 4 - May 23  
Crescent Heights High School N.W.

92686 Sat 10 a.m. - 12:15 p.m. Apr 7 - June 2  
Viscount Bennett Centre S.W.

92684 Tue 7 - 9:15 p.m. Apr 10 - May 29  
Henry Wise Wood High School S.W.

### Spanish - Level 2

Broaden your knowledge of Spanish vocabulary and structures as you strengthen your skills through conversation and fun activities. Bring your textbook and handout from the beginner level. Recommended prerequisite: *Spanish - Get Started* or equivalent.

**8 Classes - \$269**

92687 Wed 7 - 9 p.m. Apr 4 - May 23  
Central Memorial High School S.W.

92688 Sat 10 a.m. - 12 p.m. Apr 7 - June 2  
Viscount Bennett Centre S.W.

## Continue your Language Journey

Level 2 courses will be offered on Saturdays in the Spring!

- French - Level 2
- Italian - Level 2
- Sign Language - Level 2
- Spanish - Level 2

These courses will run April through June  
10 a.m. - 12 p.m.  
Viscount Bennett Centre S.W.



**Spanish - Level 3**

Take your Spanish conversation skills to the next level and improve your understanding of grammar, verbs and idiomatic expressions. Bring your textbook and handouts from our beginner level courses.. Bring your textbook and handouts from our beginner level courses. Recommended prerequisite: *Spanish - Level 2* or equivalent.

**8 Classes - \$269**

92689 Tue 7 - 9 p.m. Apr 10 - May 29  
Henry Wise Wood High School S.W.

**Spanish for Travellers**

'Hola' and 'gracias' are two small words that can assist you in your visit to a Spanish-speaking country. Learn many other words to help you have fun and enjoy your trip. Handy travel dictionary and phrase book included.

**1 Class - \$149**

92691 Sat 9 a.m. - 3:30 p.m. Apr 28  
*Spectacular Saturdays*  
Viscount Bennett Centre S.W.

**Sign Language**

*No extra shopping required! Textbooks are included in our Get Started course fees. Your instructor will bring them to your first class.*

*Learning American Sign Language (ASL) is easier than you think. Acquire basic vocabulary using body movement, gestures and facial expressions.*

**OUR TEAM OF SIGN LANGUAGE INSTRUCTORS**

*Kim Poon (see profile on our website) and Richard Sheriff*

*Check out our new Level 2 class on Saturdays!*

**Sign Language - An Introduction**

Welcome beginners! If you've always wanted to know a little sign language, this is your chance. Be introduced to the deaf culture and signing. Join the fun as you learn the alphabet and basic communication signs. *Instructor: Kim Poon (see profile on our website)*

**1 Class - \$119**

92665 Sat 9 a.m. - 12 p.m. Apr 28  
*Spectacular Saturdays*  
Viscount Bennett Centre S.W.

**Sign Language - Get Started**

Here's an introduction to the alphabet of ASL, which gives you an excellent start to express a basic vocabulary in ASL through body movement, gestures and facial expressions including finger spelling and basic signs. Begin to put sentences together and convey messages. Learn vocabulary through a variety of activities, practice and visual presentations. This course covers Chapters 1-4 of *A Basic Course in American Sign Language*. Textbook and study guide included. It is essential to attend the first class as it provides the necessary understanding of the deaf culture.

**8 Classes - \$319**

92667 Tue 7 - 9:15 p.m. Apr 3 - May 29  
Central Memorial High School S.W.

**Sign Language - Level 2**

Enhance your expressive ability and expand your vocabulary to communicate with the deaf community. This course covers Chapters 5-8 of *A Basic Course in American Sign Language*. Recommended prerequisite: *Sign Language - Get Started*.

**8 Classes - \$299**

92668 Sat 10 a.m. - 12:15 p.m. Apr 7 - June 2  
Viscount Bennett Centre S.W.

**Sign Language - Level 3 NEW**

Enhance your skills through challenging communication and intensive interaction through cooperative group discussion. This course covers Chapters 9-13 of *A Basic Course in American Sign Language* to develop conversational and sentence structure skills. Recommended prerequisite: *Sign Language - Level 2*.

**8 Classes - \$299**

92669 Tue 7 - 9:15 p.m. Apr 3 - May 22  
Central Memorial High School S.W.

*Continuing Education would like to keep you informed by sending you electronic messages, including e-newsletters or other information about the courses and services we offer. (You may withdraw your consent at any time.)*  
[tinyurl.com/ChinookConfirm](http://tinyurl.com/ChinookConfirm)

## life planning

**PARKING** is free at all of our training locations.

**LEARNING RESOURCES** and GST are included in the course fees.

**Law**

*Take the law into your own hands with a law-made-simple class at Chinook.*

**OUR TEAM OF LAWYERS**

*Faraz Bawa, Halley Carcasole, Mathew Farrell, Sarah King-D'Sousa, Linda McKay-Panos (see profile on our website), Jonathan Ng, Cyndy Morin and Peter Tomic*

*Chinook Learning Services appreciates the continuing support of the lawyers who volunteer their time and provide cost-effective access to legal expertise through our Law courses.*

*Register for a Law course for only \$49 and bring along a friend or significant other for \$5!*



## Estate Planning

Estate planning is an important aspect of your total financial plan. Learn about the reasons for estate planning, common problems, important factors, tax and investment considerations, wills, enduring powers of attorney and medical directives.

**2 Classes - \$49**

92579 Wed 7 - 9 p.m. May 9 & 16  
Crescent Heights High School N.W.

## Executor Duties & Responsibilities

Have you been named as a personal representative (executor or executrix) of an estate for a relative or friend? Learn about inventorying assets, creditors, insurance, expenses, codicils, surrogate procedures, distribution of monies, whether or not to charge for your services and final settlement.

**1 Class - \$49**

92581 Tue 7 - 9 p.m. Apr 17  
Henry Wise Wood High School S.W.

92582 Sat 10 a.m. - 12 p.m. Apr 28  
*Spectacular Saturdays*  
Viscount Bennett Centre S.W.

## Landlord & Tenant Rights

Learn the intricacies of tenancy contracts, damage deposits, rent control legislation and termination of the tenancy agreement in a legal context.

**1 Class - \$49**

92624 Wed 7 - 9:30 p.m. May 23  
Crescent Heights High School N.W.

## Living Together

If you are or will be living with your mate without being legally married, you should be aware of the legal implications of common-law relationships if the relationship ends. Realize the ramifications regarding financial matters (property assets, debts, inheritance) and dependent children. Legal advantages and disadvantages of both marriage and living together are compared and discussed.

**1 Class - \$49**

92626 Thu 7 - 9 p.m. Apr 26  
Central Memorial High School S.W.

## Personal Directives/Power of Attorney

Are you interested in planning for your future in case you become mentally incapacitated? Learn about personal directives (regarding medical treatment) and enduring power of attorney (regarding financial affairs). Both can avoid expenses and family stress.

**1 Class - \$49**

92644 Wed 7 - 9 p.m. Apr 11  
Central Memorial High School S.W.

## Prenuptial, Postnuptial & Cohabitation Agreement

A prenuptial, postnuptial or cohabitation agreement pre-determines how separating parties distribute their property and incomes at the end of a relationship through separation or divorce. Although no one anticipates a separation or divorce on entering a relationship, it is a wise investment to ensure that a plan is created in the event that a separation occurs. These agreements are particularly necessary in second marriages/relationships and blended-family situations, where obligations imposed by the law may not be well known at the outset of a relationship.

**1 Class - \$49**

92648 Wed 7 - 9 p.m. May 16  
Crescent Heights High School N.W.

## Custom Training Solutions



The Canada-Alberta Job Grant (CAJG) and Chinook are available to help you capitalize on your investment in skills training. This grant can help employers develop workers to meet specific business needs. Check out our website for more information.

At Chinook Learning Services, we offer face-to-face training designed with the working adult learner in mind. Our training approach is based on sound planning and presentation principles which ensure your employees get a learning experience that is highly interactive, practical, and current.

Your staff can attend our open enrollment courses, or we can bring them directly to your workplace. As well, we will conduct formal or informal needs assessments to help identify the knowledge your staff requires to effectively respond to challenges they are facing in the workplace.

Some topics that may interest you:

- Employee Engagement
- Customer Service
- Leadership Skills
- Effective Business Writing
- Time Management
- Microsoft® Office Training
- Public Speaking
- Difficult Conversations

Ongoing professional development ensures that your employees and your business continue to grow. How can we help you meet your employees' and business needs? As industry experts, our instructors, in consultation with you, can create a dynamic solution-focused product.

**Call Franca Best at 403-777-7575 Ext. 2513  
to find out more information on Corporate Training.**

### Protect Your Identity

There are many ways that your identity can be stolen and used fraudulently. Identity theft and identity fraud can be difficult to prevent and it can be even more difficult to clear your record once your identity has been used to commit a crime. This presentation provides an overview of the laws that are intended to protect your identity/privacy and provides practical pointers for preventing identity theft and dealing with identity fraud once it has occurred.

**1 Class - \$49**

92649 Wed 7 - 9 p.m. Apr 25  
Central Memorial High School S.W.

### Save Money on Your Divorce

Are you ready to divorce and have already agreed on many issues with your spouse? This course provides a checklist to help couples ensure they have covered all the issues including those that are sometimes overlooked. The focus is on using resources in Calgary that are available at little or no charge to assist people in separation and divorce.

**1 Class - \$49**

92654 Tue 7 - 9:30 p.m. May 8  
Henry Wise Wood High School S.W.

### Small Claims Court

Be prepared to represent yourself in small claims court. Learn how to organize your evidence, prepare your legal arguments, prepare an opening statement, prepare your witnesses, behave in court, cross examine your opponent, prepare a closing argument, draft written submissions, conduct legal research, and increase your chances of success when representing yourself in court.

**1 Class - \$49**

92681 Tue 7 - 9:30 p.m. Apr 17  
Central Memorial High School S.W.

### Understanding Probate

Are you an executor or beneficiary of an estate that may need a Grant of Probate or a Grant of Administration? Learn what probate is and whether it is required to administer the estate. The following topics are addressed: role of the lawyer in obtaining the grant, elements of the grant application, the court process, fees and timing, types of grants, potential liabilities, creditors and claimants, managing beneficiaries, notices, Alberta's bond requirements, releases, property in other jurisdictions, and distribution of the estate.

**1 Class - \$49**

92699 Wed 7 - 9 p.m. May 9  
Central Memorial High School S.W.

*For Buying or Selling a Condominium or Home, see page 12.*

### Wills

Leave your estate to the government? No way! To ensure your estate will be divided according to your wishes, you must make a will. Learn about types of wills, what to include, choosing an executor and costs, and dying without a will.

**1 Class - \$49**

92709 Sat 10 a.m. - 12 p.m. Apr 28  
**Spectacular Saturdays**  
Viscount Bennett Centre S.W.

92708 Tue 7 - 9 p.m. May 15  
Central Memorial High School S.W.

### Retirement

*Learn how to develop a personal retirement plan with help from Chinook.*

### Retirement - Lifestyle Planning **NEW**

Are you wondering how to create a purposeful life during retirement? This interactive course helps you envision your new lifestyle by discovering long-dormant potentials and new possibilities. Explore the 7 keys for creating your re-imagined future and identifying activities that are meaningful to you. Select 7 actionable steps to move you into this next phase of your life. Financial planning advice and information are not included.

Bring a friend for \$5. *Instructor: Denise Dolph*

**4 Classes - \$139**

92650 Wed 7 - 9:30 p.m. May 9 - 30  
Central Memorial High School S.W.

### Retirement - Successful Strategies

An informative course designed to assist people of all ages in developing a personal retirement plan. Comprehensive manual included. This professionally designed and instructed course focuses on:

- Income sustainability
- Managing money with inflation protected income and reduced taxes
- Wealth preservation
- Allocating your assets wisely
- Ensuring your financial plan is complete
- Pension options and
- Estate planning.

Bring a friend for \$5.

**3 Classes - \$109**

92651 Thu 7 - 9:30 p.m. Apr 12 - 26  
Central Memorial High School S.W.

92652 Tue 7 - 9:30 p.m. Apr 17 - May 1  
Henry Wise Wood High School S.W.

92653 Wed 7 - 9:30 p.m. May 9 - 23  
Central Memorial High School S.W.

## spectacular saturdays

Choose from more than two dozen full-day and half-day courses that can be completed on a single Saturday. For a complete listing of these courses, see page 14, or visit our website.

**April 28, 2018**

**Viscount Bennett Centre, 2519 Richmond Road S.W.**



PARKING is free at all of our training locations.

LEARNING RESOURCES and GST are included in the course fees.

## Crafts & Hobbies

*Leave daily stress behind. Create something new in a Crafts & Hobbies course at Chinook.*

### Advanced Sewing – Pants that Fit **NEW**

Join a clothing designer and learn some tricks of the sewing trade. This advanced course teaches you how to make great fitting pants every time. Learn how to get accurate measurements, choose a pattern and make a test garment. The fun in learning continues with you constructing the perfect pair of pants with beautifully tailored detailing. Walk away with the confidence to continue your sewing journey.

We supply sewing machines or you have the option of bringing your own to class. Access to a sewing machine outside of class is required. Recommended prerequisite: Sewing - Level 2 or equivalent experience.

*Instructor: Michelle Roberts (see profile on our website)*

**8 Classes - \$349**

93412 Wed 7 - 9 p.m. Apr 4 – May 23  
Central Memorial High School S.W.

### Ancient Art of Felting **NEW**

Felting is an ancient art that is seeing a revival. Discover the art of embedding raw wool into felt fabric to create beautiful and colourful pieces. Learn about the history and process of making felt, and create your own one-of-a-kind coffee/tea cup sleeve. Use your new found knowledge to apply this ancient skill to other beautiful, handmade pieces such as purses, mittens, scarves and sweaters. All supplies included, and take-home supplies will be provided. *Instructor: Suzanne Shaw (see profile on our website)*

**1 Class - \$89**

92539 Sat 1 - 3 p.m. Apr 28  
**Spectacular Saturdays**  
Viscount Bennett Centre S.W.

### Bath Bombs, Truffles & Teas

Bath bombs are like taking a bath in champagne! Create colorful fizzing bath bombs, super softening cocoa butter bath truffles, and the newest addition to the bathtime family: bath teas made with natural unbleached/untreated tea bags. Learn to craft these soothing bath accessories at a fraction of the commercial price using your favorite herbs and flowers such as lavender, rose, chamomile, peppermint, eucalyptus and calendula!

*Instructor: Maureen Smith (see profile on our website)*

**1 Class - \$89**

92551 Wed 7 - 9 p.m. May 2  
Crescent Heights High School N.W.

### Cake Decorating **NEW**

In this fun, hands-on course, learn many different cake decorating techniques using buttercream and fondant. Develop the skills to decorate gorgeous cakes while learning tips and tricks that don't require expensive equipment. Enjoy learning the proper techniques for icing cakes and covering them with fondant. Complete the course with the skills to create beautiful cakes from base icing to finished product for all your special occasions. A supply list is available online. *Instructor: Alia Tabrizi*

**8 Classes - \$329**

92535 Tues 6:30 - 9 p.m. Apr 4 - May 23  
Central Memorial High School S.W.

### Candle Making - Soy Candles **NEW**

Make your own beautifully fragranced natural soy candles for your home or to give as gifts. Learn about the differences in wax, wicks, scents and containers while creating 2 eco soy candles and 6 tealights. Personalize your candles with a variety of colours and fragrances. Course fee includes fragrance oils and supplies. Note: Essential oils are available at an additional cost of \$10. *Instructor: Bridget Calvank*

**1 Class - \$69**

92562 Thur 7 - 9:30 p.m. May 10  
Central Memorial High School S.W.

### Candle Making - Wineglass Gel Candles **NEW**

Candles are fun to make and add a lovely element to the décor of any room. Make two unique wineglass gel candle holders with matching tealights. Add colour, scent and sparkle to personalize these beautiful candles. All supplies included. Note: Essential oils are available at an additional cost of \$10. *Instructor: Bridget Calvank*

**1 Class - \$89**

92563 Thu 7 - 9:30 p.m. Apr 26  
Central Memorial High School S.W.

### Designer Denim **NEW**

Update your denim by painting, stenciling and creatively distressing jeans, jean jackets or anything denim that you want to give a new look to. Designer Michelle Roberts will inspire you to create one of a kind pieces using various techniques and fabric paints. All supplies (except denim) included. *Instructor: Michelle Roberts (see profile on our website)*

**1 Class - \$99**

93413 Sat 12:30 - 4 p.m. Apr 28  
**Spectacular Saturdays**  
Viscount Bennett Centre S.W.

### Felting – Wool Purse **NEW**

Felting is one of the oldest ways of making fabric and is still used in many parts of the world to make yurts, rugs, hats and other items. Learn how to crochet (no experience necessary) and then shrink your wool to create a felt purse. When your purse is assembled, learn the intricate technique of needle felting to create a beautiful, one of a kind design. All supplies included. *Instructor: Suzanne Shaw (see profile on our website)*

**3 Classes - \$129**

93847 Wed 7 - 9 p.m. Apr 4 - 18  
Crescent Heights High School N.W.

### Fly Fishing **NEW**

Explore the many facets of the fascinating sport of fly fishing. This course is tailor made for the beginner wishing to learn about fly casting, knot tying, tackle selection and care, fly selection, presentation techniques, and more! One class is held on the water where you will have the opportunity to practice your newly acquired knowledge and skills (weather permitting). Equipment is not provided and must be rented or purchased prior to the field trip. *Instructor: Frank Wood*

**6 Classes - \$299**

92586 Thu 6:30 - 9:30 p.m. Apr 19 - May 24  
Central Memorial High School S.W.

**Fly Fishing - Streamside Entomology NEW**

Fly fishing is a multi-faceted sport. The neophyte angler works hard learning the mechanics of casting and the intricacies of presentation, but ironically it is the fly that often gets taken for granted. On today's heavily fished waters, the fish are becoming more selective in what they choose to eat. Learn about the aquatic insects that are important to the trout in Alberta and beyond. Topics covered include: categorization, life cycles, emergence, distribution, fishing techniques, and pattern choices.

*Instructor: Frank Wood*

**2 Classes - \$99**

92585 Thu 6:30 - 9:30 p.m. Apr 5 - 12  
Central Memorial High School S.W.

**Healthy Hair - Make Your Own Natural Products NEW**

Learn how to make shampoo and conditioner free of silicones and harsh chemicals. With practical information on natural haircare and using the least harmful ingredients on the market, discover how to use a variety of natural and nourishing ingredients to create your own products for healthy, shiny hair. You have the option of creating unscented or scented products. All supplies are included.

*Instructor: Maureen Smith (see profile on our website)*

**1 Class - \$89**

92604 Sat 10 a.m. - 12 p.m. Apr 28  
*Spectacular Saturdays*  
Viscount Bennett Centre S.W.

**Lotions, Potions & Body Soufflés**

Learn to craft light moisturizing lotions, rich nourishing creams and body soufflés, using only the best ingredients like shea or mango butter! The potions portion of the workshop deals with pure essential oils and a variety of nutrient oils known for their properties to feed and treat the skin. Only the best for our bodies! Take home a lotion, a thick nourishing cream and a fluffy body soufflé! Supplies and ingredients may vary.

*Instructor: Maureen Smith (see profile on our website)*

**1 Class - \$89**

92627 Tue 7 - 9 p.m. Apr 10  
Central Memorial High School S.W.

**Photography - Maximizing Your Digital Camera**

Take your camera off of auto and learn to take control of all the exposure functions. Maximize your camera's creative potential by exploring topics such as lenses, exposure, depth of field, filters, composition, lighting, and flash. Gain knowledge about aperture, shutter speed, and ISO. Our professional photographer will give you the tools and tricks to capture scenes that you will be proud to display. *Instructor: Frank Wood*

**5 Classes - \$199**

92645 Wed 7 - 9 p.m. Apr 4 - May 2  
Crescent Heights High School N.W.

**Sewing - Get Started**

Haven't sewn since you were in school or have never sewn before? Enjoy the relaxed atmosphere in these beginner sewing classes. Starting with the basics, make a tote bag and pajama bottoms while learning how to read and pin a pattern as well as use and maintain a sewing machine. Make samples of techniques to keep for future reference. Learn the little tricks to make your sewing experience fun and relaxing.

**8 Classes - \$399**

92659 Tue 7 - 9:30 p.m. Apr 3 - May 22  
Central Memorial High School S.W.

"Excellent beginner's course. Everything is laid out for the student's success. The instructor is an excellent, knowledgeable and personable instructor, ready to give you all her years of advice and wisdom in sewing."

**Sewing - Level 2**

Make a simple blouse and skirt, building on the skills learned in *Sewing - Get Started*. Learn about fitting techniques, darts, seam finishes, zippers, waistbands, hems and much more. Be prepared to take measurements in the first class. Recommended prerequisite: *Sewing - Get Started* or previous sewing experience.

**8 Classes - \$399**

92662 Wed 7 - 9:15 p.m. Apr 4 - May 23  
Crescent Heights High School N.W.

**Sewletics - Sew Your Own Athleisure Wear**

Learn to sew your own fabulous athleisure wear - leggings, yoga pants, shorts, crop tops, sports bras, tanks and more. Learn techniques that won't make you sweat at the sewing machine. Sew stretchy seams with ease, apply elastic and zippers the correct way, and tackle patterns manageably. Prerequisite: *Sewing - Get Started* or an understanding of basic sewing principles.

*Instructor: Michelle Roberts (see profile on our website)*

**6 Classes - \$299**

92664 Thu 7 - 9:30 p.m. Apr 5 - May 10  
Central Memorial High School S.W.

**Soap Making - Get Started**

Learn to make your own soap from scratch using the cold process. Learn about the chemistry of soap from an experienced soap crafter. All the tricks of the trade are discussed in this hands-on workshop. Learn what tracing is and how to superfat and scent your soap. Take home 3 large bars of soap and recipes for a variety of body soaps.

*Instructor: Maureen Smith (see profile on our website)*

**1 Class - \$89**

92682 Sat 12:30 - 2:30 p.m. Apr 28  
*Spectacular Saturdays*  
Viscount Bennett Centre S.W.

**DIY Home & Auto**

*Become more self-sufficient with a hands-on Do-It-Yourself Home & Auto course at Chinook.*

**Auto Body - Prepping, Painting & Polishing**

In a state-of-the-art body shop, this course focuses on sanding, feather-edging, masking, application of primer, basecoat and clear coat as well as polishing the finish. This enables participants to apply finishes to automotive quality standards. Panels may be considered for work in this course provided the work requires only the prepping stage and after. No bodywork will be done on projects. *Instructor: Franco Fulginiti*

**6 Classes - \$459**

92541 Wed 6:30 - 9:30 p.m. Apr 11 - May 16  
Career & Technology Centre at Lord Shaughnessy High School S.W.

**Auto Detailing**

In a state-of-the-art body shop, this course focuses on cleaning, detailing, polishing, and wet sanding portions of a vehicle to near new condition. Learn to maintain your own vehicle's interior. The course provides options and experience to detect flaws in the quality of vehicle detailing by businesses.

**1 Class - \$99**

92542 Wed 6:30 - 9:30 p.m. Apr 4  
Career & Technology Centre at Lord Shaughnessy High School S.W.

*Instructor: Genaro Mautone*

92543 Wed 6:30 - 9:30 p.m. May 23

Career & Technology Centre at Lord Shaughnessy High School S.W.  
*Instructor: Franco Fulginiti*



## Auto Maintenance 101 **NEW**

In a perfect world, you would know it all, but in reality, you could use some help when it comes to maintaining your vehicle. In this hands-on course, learn the ins and outs of basic auto maintenance including changing tires, fluids, wiper blades and batteries. Gain an understanding of what makes your engine run and the difference between drums, shoes and pads in your brake system. Understand the jargon used at repair shops, and ask your instructor the questions that you don't want to ask your mechanic.

*Instructor: John Ragan*

**3 Classes - \$149**

92544 Tue 7 - 9 p.m. May 1 - 15  
Dr. E.P. Scarlett High School S.W.

## Auto Maintenance for New Drivers **NEW**

So you've got your driver's license and maybe even purchased your first vehicle. Congratulations! Now, learn everything you need to know to keep your vehicle running and properly maintained from our Red Seal journeyman technician. Find out about how your vehicle works, where to find all of the important pieces, and what to watch out for when things go wrong. Drive down the road with confidence after taking this course! All new drivers are welcome. *Instructor: John Ragan*

**1 Class - \$89**

92545 Tue 7 - 9 p.m. May 22  
Dr. E.P. Scarlett High School S.W.

## Auto Maintenance for Women

Would you like to learn what makes your vehicle run and how to keep it maintained safely? In this hands-on course, feel the empowerment of learning how to check and change your tires, wiper blades, fluids and battery safely. Gain a basic understanding of your engine and brake system, and learn the technical jargon. In a fun atmosphere with like-minded women, put yourself on the road to successful auto maintenance.

*Instructor: John Ragan*

**3 Classes - \$149**

92546 Tue 7 - 9 p.m. Apr 10 - 24  
Dr. E.P. Scarlett High School S.W.

## DIY Green Projects **NEW**

Calgary is home to Canada's greenest school, where you can learn to craft a sustainable lifestyle from award winning green educator, Adam Robb. In this course, create your own personal sustainability project from a list of options including: irrigated planter boxes, aquaponics, renewable energy, upcycling furniture and art, bee hotels, medicine gardens and sage gardens. Choose your area of interest and complete your project with Adam's guidance. All supplies are included.

*Instructor: Adam Robb (see profile on our website)*

**4 Classes - \$329**

92577 Wed 6:30 - 9:30 p.m. May 2 - 23  
Career & Technology Centre at Lord Shaughnessy High School S.W.

## Home Maintenance for Women - Part 1

Don't want to call the repairman - again? Part 1 includes an overview of tools to complete most projects, a hands-on session on drywall repair, and a demo on plumbing - focusing on toilets, taps and drains. This course will build your confidence to become a 'Do-It-Yourself' woman. *Instructor: Kathy Hamilton (see profile on our website)*

**4 Classes - \$189**

92605 Tue 6:30 - 9:30 p.m. Apr 3 - 24  
Central Memorial High School S.W.

## Home Maintenance for Women - Part 2

Confronted with a number of common repairs? Part 2 includes tiling, electrical, furnace maintenance, weather stripping, drywall anchors, caulking, insulation and use of power tools. *Instructor: Kathy Hamilton (see profile on our website)*

**4 Classes - \$189**

92606 Tue 6:30 - 9:30 p.m. May 1 - 22  
Central Memorial High School S.W.

## Welding - Electric Arc

In a state-of-the-art fabrication shop, learn about basic electric arc welding theory and safety, and work with the most current technology. Get hands-on welding training and experience in electric arc welding, including shielded metal arc welding (SMAW) and gas metal arc welding (GMAW). Weld on practice materials and have the opportunity to weld on projects brought from home. *Instructors: Ron Blazek (see profile on our website), Travis Boyce (see profile on our website) & Kelly Sidebottom (see profile on our website)*

**4 Classes - \$399**

92702 Wed 6:30 - 9:30 p.m. Apr 4 - 25  
Career & Technology Centre at Lord Shaughnessy High School S.W.

"Really enjoyed my first dip into the welding world. Have wanted to for a very long time and this was just what I needed."

## Woodworking - Get Started

Don't have woodworking experience but crave the smell of sawdust? Learn the safe use of hand and power tools. Explore fundamental concepts in shaping, joining and finishing wood through hands-on experience and completion of several projects. Additional material costs will be kept to a minimum.

**8 Classes - \$399**

92714 Wed 6:45 - 9:45 p.m. Apr 4 - May 30  
*Instructor: Doug Haslam*  
Central Memorial High School S.W.

92715 Tue 7 - 10 p.m. Apr 10 - May 29  
*Instructor: Marc Moquin*  
Dr. E.P. Scarlett High School S.W.

## Woodworking - Furniture Making - Level 1

Building a side table is an excellent way to learn basic furniture making skills. Acquire fundamental joinery and finishing skills necessary in building durable hardwood furniture. Learn how to sharpen woodworking hand-tools, dimension lumber using stationary power tools and hand tools, and make and finish a small side table. At the end of the 8 lessons, you will have a piece of furniture you can use in your home. Participants are responsible for acquiring their own project wood and finishing supplies; all other materials are provided. Participants must have completed *Woodworking - Get Started* or have previous woodworking experience, as well as power tool and table saw proficiency. *Instructor: Marc Moquin (see profile on the website)*

**8 Classes - \$399**

92713 Wed 7 - 10 p.m. Apr 11 - May 30  
Dr. E.P. Scarlett High School S.W.

## Woodworking - Shop Time

Under the guidance of an experienced instructor, work on your individual small or medium-sized projects with access to the woodworking tools and equipment needed. Prerequisite: a working knowledge of the safe use of woodworking power tools.

*Instructor: Doug Haslam (see profile on our website)*

**8 Classes - \$399**

92717 Thu 6:45 - 9:45 p.m. Apr 5 - May 31  
Central Memorial High School S.W.

## House & Home

*You're almost home. Enjoy taking a House & Home course in a friendly, relaxed learning environment at Chinook.*

### Buying or Selling a Condominium or Home

Condos: Explore the essentials of buying or selling a condominium, including the three P's (people, parking and pets). Learn how a condominium corporation works. Homes: Get legal information before you buy a home. Learn about land titles, surveys, financing, types of mortgages, amortization, legal costs, disbursements and closing the deal.

**1 Class - \$59**

92560 Sat 9:30 a.m. - 12:30 p.m. Apr 28

**Spectacular Saturdays**

Viscount Bennett Centre S.W.

### Clear Clutter - Simplify Your Life **NEW**

Trash or treasure? Learn how to recognize the different types of clutter that take up space in your life. Understand how clutter affects you and devise a plan of action to tackle it, remove it and put it behind you using our 9-step guide to clutter freedom.

*Instructor: Carrienne Fonger (see profile on our website)*

**1 Class - \$99**

92571 Sat 9 a.m. - 12 p.m. Apr 28

**Spectacular Saturdays**

Viscount Bennett Centre S.W.

### Indoor Herb & Microgreen Gardening **NEW**

Learn how to grow herbs and microgreens in your home. This course includes a demonstration of planting and maintaining indoor products with lighting. Learn about soils, plant food, lights, insect control and watering. Starter kit included.

*Instructor: Dani Smythe*

**1 Class - \$119**

92612 Sat 9 a.m. - 12 p.m. Apr 28

**Spectacular Saturdays**

Viscount Bennett Centre S.W.

### Indoor Living Wall **NEW**

Are you ready to create a sustainable living wall that will become a focal point in your home and help to keep your air clean? Learn to build a beautifully finished indoor living wall from start to finish. Using upcycled shipping pallets, create a wall that features automated watering and the option to add lighting. All supplies are included except optional grow lights, which may be purchased.

*Instructor: Adam Robb (see profile on our website)*

**4 Classes - \$329**

92613 Wed 6:30 - 9:30 p.m. Apr 4 - 25

Career & Technology Centre at Lord Shaughnessy High School S.W.

### Vegetable Gardening - Grow Your Own Food

Vegetable gardening can be a rewarding past time. It can save you money, provide exercise, relieve stress and help your family eat healthier. Also, it's easier than you think. With good site selection and optimal soil health, you can start growing your own vegetables and herbs. Learn about the connection between soil, plant, human and environmental health. Join us for this 5-week course and grow your own veggies this summer! Starter kit included. *Instructor: Dennis Scanland*

**5 Classes - \$229**

92700 Wed 7 - 9 p.m. Apr 4 - May 2

Crescent Heights High School N.W.

### **LOOKING TO SPEND TIME WITH YOUR TEEN?**

*We are excited to offer the opportunity for parents and teens (13 - 17 years) to enroll in courses together!*

*Call 403-777-7224 for information.*

## Jewelry

*Personalizing your style doesn't need to be expensive. Take an affordable jewelry course and enjoy creating your own keepsakes.*

### Bead & Leather Wrapped Bracelet **NEW**

Create a trendy wrap bracelet and wrap up your wrist with style! The bead work isn't complicated and the outcome is spectacular. This course guides you step by step through the process. Leave with a unique piece of jewelry and the knowledge to make more. Make a bracelet for yourself or as a gift. All supplies included.

*Instructor: Suzanne Shaw (see profile on our website)*

**1 Class - \$99**

92552 Sat 9 a.m. - 12 p.m. Apr 28

**Spectacular Saturdays**

Viscount Bennett Centre S.W.

### Silversmithing

Begin a lifelong hobby that will enable you to create beautiful and useful keepsakes. Silversmithing is not restricted to jewelry. With a little experience, you can make functional items like baby spoons. Supplies are extra and cost \$100-\$200 depending on the type of silver purchased. Supply list is provided at the first class. Taken this course before? There will always be another project that you can do. The beauty of working with metal is there is always something more to learn. Don't wait - this course fills quickly.

*Instructor: Adam Lagace*

**8 Classes - \$319**

92670 Tue 6:30 - 9:30 p.m. Apr 10 - June 5

Viscount Bennett Centre S.W.

### Silversmithing - Level 2 **NEW**

Learn new techniques that you can incorporate into your current work or perhaps take you in a new direction. Silversmithing is not restricted to jewelry. With a little experience, you can make functional items such as tea light holders or bookplates. Learn techniques like chasing and repoussé as well as how to make the tools needed for these techniques. This lifelong hobby will enable you to create beautiful and useful keepsakes. Supplies are extra and cost \$100-\$200 depending on your choice of metal. A supply list is provided at the first class. *Instructor: Adam Lagace*

**8 Classes - \$319**

92675 Thu 6:30 - 9:30 p.m. Apr 12 - June 7

Viscount Bennett Centre S.W.

### Silversmithing - Hammered Bracelet

Make a solid silver cuff using your choice of various hammered textures. You will be amazed at what you can make in this 3-hour workshop. Learn how to measure for a cuff bracelet, how to safely use metal forming tools and torches, and make a distinctive piece of jewelry. All materials and use of tools are included in fee. All materials included in fee.

*Instructor: Adam Lagace*

**1 Class - \$129**

92673 Sat 1 - 4 p.m. Apr 28

**Spectacular Saturdays**

Viscount Bennett Centre S.W.

### Silversmithing - Hammered Ring

Make a beautiful silver ring using the hammered and/or weave texture. You will be amazed at what you can make in this 3-hour workshop. You will learn to correctly measure and cut the ring blank, the correct and safe way to use jewelry tools and torches and how to do a very unique soldering technique. If making a ring for someone else, please make sure that you have the person's ring size. All materials included in fee.

*Instructor: Adam Lagace*

**1 Class - \$109**

92674 Sat 9:30 a.m. - 12:30 p.m. Apr 28

**Spectacular Saturdays**

Viscount Bennett Centre S.W.

## Wire Jewelry **NEW**

Enjoy learning the craft of making your own beautiful, personalized jewelry using beads and different types of wire including copper, silver and gold-filled. In this fun course, make pendants, bracelets, earrings and rings that are both beautiful and unique to you. All supplies included. *Instructor: Michelle Roberts (see profile on our website)*

**1 Class - \$99**

93411 Sat 9 a.m. - 12 p.m. April 28  
**Spectacular Saturday**  
 Viscount Bennett Centre S.W.

## Wellness

*Take a break from your busy schedule and make some time for yourself in a Wellness course from Chinook.*

### Massage for Partners

Ease your partner's daily stresses and aches in a healthy, happy way. Learn the proper massage techniques to relieve common aches and pains in the body. Bring a friend for free.

**1 Class - \$119**

92634 Tue 6:30 - 9:30 p.m. Apr 17  
 Viscount Bennett Centre S.W.

### Meditation - An Introduction

This short introductory class shows you what meditation is all about. Give it a try and learn how to relax. The benefits of meditation include increased blood flow, slower heart rate, decreased muscle tension, an enhanced immune system, and increased mental clarity and concentration. *Instructor: CarrieAnne Fonger (see profile on our website)*

**1 Class - \$79**

93381 Sat 12:30 - 2:30 p.m. Apr 28  
**Spectacular Saturdays**  
 Viscount Bennett Centre S.W.

### Self Defense **NEW**

Nobody wants to be a victim! Learn the most effective martial arts techniques to protect yourself in threatening situations. Build confidence while understanding how to counteract an assault. Develop essential non-physical skills that help you to be aware of your surroundings and what situations to avoid. Parents with teens are welcome to take this course together. *Instructor: Cam Greenhall*

**8 Classes - \$149**

93380 Tue 7 - 8 p.m. Apr 10 - May 29  
 Viscount Bennett Centre S.W.

### Self Defense for Women **NEW**

Gain a sense of personal security and safety by learning how to defend yourself in different situations. Through presentation and participation, develop the basic techniques of self defense with our martial arts expert. Mothers with teenage daughters are welcome to take this course together. *Instructor: Cam Greenhall*

**8 Classes - \$149**

92655 Thu 7 - 8 p.m. Apr 12 - May 31  
 Viscount Bennett Centre S.W.

### Tai Chi **NEW**

Tai Chi is an internal Chinese martial art used for defense training as well as for meditation. This graceful, slow moving martial art teaches a person to deal with different forces and interactions in life. Movements are low impact and gentle; they put minimal stress on muscles and joints. Join our martial arts expert to learn this non-competitive, stress-relieving technique. Parents with teenagers are welcome to take this course together. *Instructor: Cam Greenhall*

**8 Classes - \$149**

92697 Tue 7 - 8 p.m. Apr 10 - May 29  
 Viscount Bennett Centre S.W.

### Wild Animal Awareness

Learn to read animal signs while hiking and camping to increase your awareness and safety. By gaining an understanding of animal behaviour, you can better reduce the chance of encounters with wildlife. Learn about safe hiking techniques and what animals are doing at different times of the year. This course covers safety protocols for bears, cougars, coyotes, elk, moose and an overview of ticks. *Instructor: Julie Walker*

**1 Class - \$49**

92707 Sat 10 a.m. - 12:30 p.m. Apr 28  
**Spectacular Saturdays**  
 Viscount Bennett Centre S.W.

### Yoga - An Introduction **NEW**

Are you interested in yoga but don't know where to start? This introductory course is aimed at those who are new to yoga and would like to explore yoga postures as well as understand and appreciate some of the essential teachings of yoga. Each 90-minute class includes meditation, pranayama (breath work), yoga asana practice (learning the yoga postures), and yoga nidra (yoga sleep). Experience the benefits of meditation through various methods of meditating, including the use of mantra. Gain a deeper understanding of how yoga can enhance your life through greater concentration, stability, flexibility and joy. Please wear comfortable clothing and bring your own yoga mat and water. *Instructor: Rita Gray*

**8 Classes - \$169**

92719 Wed 7 - 8:30 p.m. Apr 4 - May 23  
 Crescent Heights High School N.W.

## Writing

*A new chapter in your life is about to begin. Register now for a writing class at Chinook.*

### Blogging for Everybody

Interested in exploring the world of blogging? Learn everything you need to know about blogging including how to set up a blog, picking themes, and posting photos and video. Learn to find a focus and then capture your everyday experiences to share with the world. *Instructor: Karl Plesz (see profile on our website)*

**1 Class - \$99**

92556 Thu 6:30 - 9:30 p.m. Apr 19  
 Viscount Bennett Centre S.W.

### Life Writing

Your life may not have changed the course of history, but it is important because it happened. If you don't tell your story, who will? Learn a step-by-step approach to writing your memoirs. Receive tips beginning from how to start your story and find a focus to options for getting it printed. No previous writing experience needed. Adults of all ages welcome. *Instructor: Simon Rose (see profile on our website)*

**3 Classes - \$109**

92625 Wed 7 - 9 p.m. Apr 18 - May 2  
 Central Memorial High School S.W.

### Writing for Social Media

Explore writing for blogs and social media. Learn to write for the various platforms effectively with clear, concise and relevant content that attracts and retains interest. We will explore finding your voice and discuss the most valuable elements that make your posts engaging. *Instructor: Karl Plesz (see profile on our website)*

**1 Class - \$99**

92718 Sat 9:30 a.m. - 12:30 p.m. Apr 28  
**Spectacular Saturdays**  
 Viscount Bennett Centre S.W.

## spectacular Saturdays

April 28, 2018

## take a little time to learn a lot

Viscount Bennett Centre, 2519 Richmond Road S.W.

### Morning Classes

<b><i>Bead &amp; Leather Wrapped Bracelet</i></b>	
9 a.m. - 12 p.m.	\$99
<b><i>Buying or Selling a Condominium or Home</i></b>	
9:30 a.m. - 12:30 p.m.	\$59
<b><i>Clear Clutter - Simply Your Life</i></b>	
9 a.m. - 12 p.m.	\$99
<b><i>CyberSAFE (Securing Assets for End Users)</i></b>	
9 a.m. - 12 p.m.	\$149
<b><i>Executor Duties &amp; Responsibilities</i></b>	
10 a.m. - 12 p.m.	\$49
<b><i>Healthy Hair - Make Your Own Natural Products</i></b>	
10 a.m. - 12 p.m.	\$89
<b><i>Indoor Herb &amp; Microgreen Gardening</i></b>	
9 am - 12 p.m.	\$119
<b><i>Maximizing Your iDevice</i></b>	
9 a.m. - 12 p.m.	\$99
<b><i>Memory Mechanics</i></b>	
9:30 a.m. - 12:30 p.m.	\$99
<b><i>Silversmithing - Hammered Ring</i></b>	
9:30 a.m. - 12:30 p.m.	\$109
<b><i>Sign Language - An Introduction</i></b>	
9 a.m. - 12 p.m.	\$119
<b><i>Wild Animal Awareness</i></b>	
10 a.m. - 12:30 p.m.	\$49
<b><i>Wills</i></b>	
10 a.m. - 12 p.m.	\$49
<b><i>Wire Jewelry</i></b>	
9 a.m. - 12 p.m.	\$99
<b><i>Writing for Social Media</i></b>	
9:30 a.m. - 12:30 p.m.	\$99

### Afternoon Classes

<b><i>Ancient Art of Felting</i></b>	
1 - 3 p.m.	\$89
<b><i>Designer Denim</i></b>	
12:30 - 4 p.m.	\$99
<b><i>Meditation - An Introduction</i></b>	
12:30 - 2:30 p.m.	\$79
<b><i>Silversmithing - Hammered Bracelet</i></b>	
1 - 4 p.m.	\$129
<b><i>Soap Making - Get Started</i></b>	
12:30 - 2:30 p.m.	\$89

### Full-Day Classes

<b><i>Acrylics - A Taste</i></b>	
9 a.m. - 3:30 p.m.	\$179
<b><i>Computers for the Absolute Beginner</i></b>	
9 a.m. - 4 p.m.	\$195
<b><i>Effective Listening Skills</i></b>	
9 a.m. - 4 p.m.	\$159
<b><i>Ethics Management</i></b>	
9 a.m. - 4 p.m.	\$189
<b><i>French for Travellers</i></b>	
9 a.m. - 3:30 p.m.	\$149
<b><i>German for Travellers</i></b>	
9 a.m. - 3:30 p.m.	\$149
<b><i>Investing 101</i></b>	
9 a.m. - 4 p.m.	\$119
<b><i>Investing in Real Estate</i></b>	
9 a.m. - 4 p.m.	\$169
<b><i>Italian for Travellers</i></b>	
9 a.m. - 3:30 p.m.	\$149
<b><i>SMART Board® Introduction</i></b>	
9:30 a.m. - 3 p.m.	\$119
<b><i>Spanish for Travellers</i></b>	
9 a.m. - 3:30 p.m.	\$149

#### **LOOKING TO SPEND TIME WITH YOUR TEEN?**

*We are excited to offer the opportunity for parents and teens (13 - 17 years) to enroll in courses together!*

For complete descriptions of these courses, check our pages within this guide or our website.

"The classes at Chinook Learning Services are geared for success. They make sure you learn as much as you can in a relaxed warm environment."



# Locations

April to August 2018

## Bugle Forklift Sales & Rentals

105 - 4919 - 72 Ave. S.E. T2C 3H3

## Career & Technology Centre at Lord Shaughnessy High School

2336 - 53 Ave. S.W. T3E 1L2

## Central Memorial High School

5111 - 21 St. S.W. T3E 1R9

## Crescent Heights High School

1019 - 1 St. N.W. T2M 2S2

## Dr. E.P. Scarlett High School

220 Canterbury Dr. S.W. T2W 1H4

## Erlton Campus

24 - 28 Ave. S.W. T2S 2Y1

## Henry Wise Wood High School

910 - 75 Ave. S.W. T2V 0S6

## Viscount Bennett Centre

2519 Richmond Rd. S.W. T3E 4M2

### FREE PARKING!

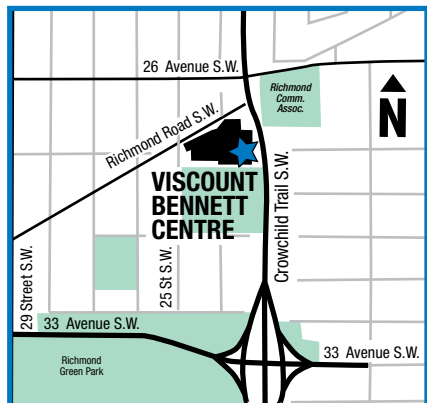
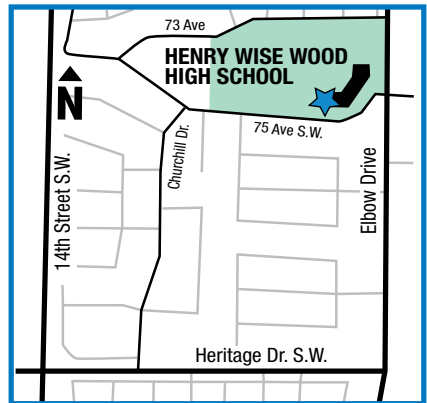
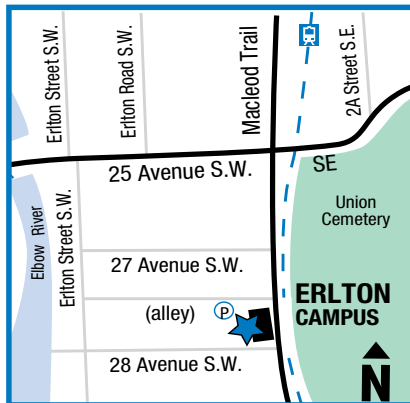
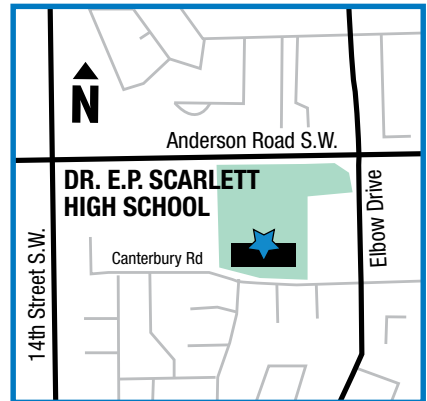
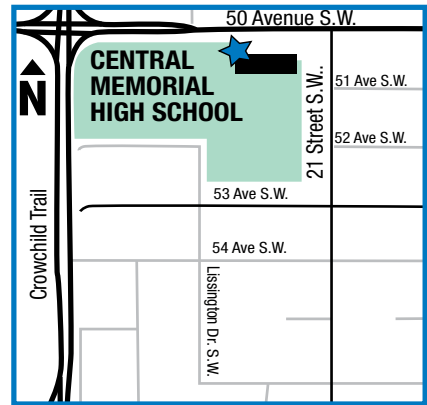
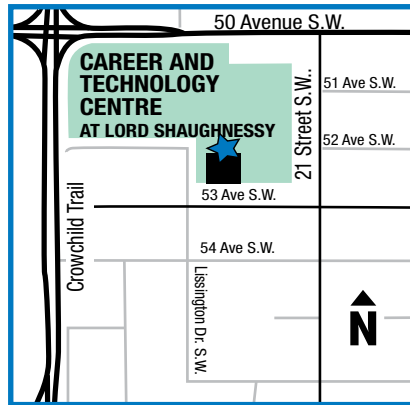
Parking is free at all Calgary Board of Education schools.

If you park on the street adjacent to the school, please be aware of the posted parking restrictions, and be sensitive to the neighbourhood needs.

### CLASS LOCATIONS

Directions to specific rooms within each site are posted in the main entrance of the school on the first day of the course.

Many of our locations are wheelchair accessible. Contact Continuing Education at 403-777-7550 for details about our schools.



**DECIDED ON A COURSE OR TWO?**

*We'd love to have you join us, so check out the variety of options listed and choose the one that works for you.*

- **REGISTER EARLY!** If you wait until the last minute to register you may be disappointed, so register today.
- **Tried to register but the course is full?** Ask the registration agent to put you on a waiting list. We will contact you if space becomes available.
- **A minimum number of registrants is required to run a class.** Chinook Learning Services reserves the right to make the final decision to run or cancel a class or to revise the fee structure.
- **Want to receive our email newsletter?** Don't forget to give us your email address so you can find out when new classes are available for registration and take advantage of special offers.

**FREE PARKING!**

*Parking is free at all Calgary Board of Education schools.*

*If you park on the street adjacent to the school, please be aware of the posted parking restrictions, and be sensitive to the neighbourhood needs.*

**NEED MORE INFORMATION?**

*Call 403-777-7550*

*For HIGH SCHOOL UPGRADING OR ELL INFORMATION, call 403-777-7200 or visit our website*

*ChinookLearningServices.com*

**WHEELCHAIR ACCESSIBILITY**

*Many of our locations are wheelchair accessible. Contact Continuing Education at 403-777-7550 for details about our schools.*

**DISCLAIMER**

*Every effort is made to ensure accuracy at the time of printing. Chinook Learning Services reserves the right to make any necessary changes in matters related to course content and offerings, procedures, policies and costs.*

**How To Register**

- *You must be 18 years of age or older to register in most Continuing Education courses.*
- *If you are a parent, you may register for a course together with your teen (aged 13-17 years). Some exceptions apply.*
- *If you are 65 or older, you are eligible for a 10% discount (some exceptions apply).*

1

phone | 403-777-7224



**Daytime:** Monday - Thursday  
8:30 a.m. - 4:30 p.m.

Friday  
8:30 a.m. - 4:00 p.m.

**Payment:** Visa or MasterCard only

2

walk-in |



Registration, Room 162  
Viscount Bennett Centre Campus  
2519 Richmond Road S.W.

**Daytime:** Monday - Thursday, 8:30 a.m. - 4:30 p.m.  
Friday, 8:30 a.m. - 4:00 p.m.

**Payment:** Visa, MasterCard, debit card, cash, cheque or money order (payable to Calgary Board of Education). Please list the course title, code and location on reverse of cheque or money order.

3

fax | 403-777-8848



**Payment:** Visa or MasterCard only  
(see form on page 17)

4

mail |



Chinook Learning Services, Registration  
Viscount Bennett Centre, Room 162  
2519 Richmond Road S.W.  
Calgary, AB T3E 4M2  
(see form on page 17)

**Please note: registration is closed on Fridays, July 6, 13, 20 & 27 and August 3 & 10.**

**withdrawal | transfer policy**

1. A full refund is given if a course is cancelled by Chinook Learning Services.
2. An administrative fee of \$25 will be charged for each withdrawal request; however, the administrative fee will be waived for a transfer to another course. Refunds will not be issued for any transfers.
3. Refunds will not be issued for any withdrawals processed within 5 business days (Monday-Friday) of course start.
4. Refunds are not issued once classes have begun or for non-attendance.
5. Some exceptions apply.

**Income Tax Policy for Non-Credit Continuing Education**

Chinook Learning Services, Calgary Board of Education, is certified by Human Resources and Skills Development Canada to be a designated educational institution for the purposes of sections 118.5 and 118.6 of the Income Tax Act.

Canada Revenue Agency Income Tax Act applies only to those programs or courses offered by our institution which have been designated to provide students with sufficient skills to enable them to work in or improve their skills in a recognized occupation. Students who have attained the age of 16 years may qualify for a tuition credit, if their total tuition fees exceed \$100. Certification by Human Resources and Skills Development Canada in no way guarantees that Canada Revenue Agency will automatically accept receipts for all courses or programs offered by our institution, for tuition tax credit purposes. Students who qualify for an education credit can submit a request, for a T2202A to the Chinook Learning Services Registration office.

Students may be requested to provide proof to Canada Revenue Agency that they are working towards an occupation or improving their skills in an occupation by taking this course.

**Note:** High School Upgrading, ESL and personal interest Continuing Education courses cannot be used to claim the tuition or education amount for income tax purposes. (T2202A)

## mail-in | fax-in registration

**f | 403-777-8848**

This form may be scanned and emailed to [chinooklearning@cbe.ab.ca](mailto:chinooklearning@cbe.ab.ca)  
Visit our website for late-breaking and up-to-date course offerings at  
[ChinookLearningServices.com/ContEd.html](http://ChinookLearningServices.com/ContEd.html)

Date \_\_\_\_\_

Student Name \_\_\_\_\_

Birthdate (dd/mm/yy) \_\_\_\_\_

Address \_\_\_\_\_

Gender  female  male

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email address \_\_\_\_\_

Your receipt will be emailed to you.

How did you hear about our programs? \_\_\_\_\_

Course Title #1 \_\_\_\_\_ Course Code \_\_\_\_\_ Fee \_\_\_\_\_

Course Title #2 \_\_\_\_\_ Course Code \_\_\_\_\_ Fee \_\_\_\_\_

Course Title #3 \_\_\_\_\_ Course Code \_\_\_\_\_ Fee \_\_\_\_\_

Total \_\_\_\_\_

### PAYMENT METHOD:

I am enclosing payment by (check one) - GST is included in the course fee where applicable.

Personalized Cheque  Money Order  MasterCard  Visa

Please submit one cheque/money order per course payable to the *Calgary Board of Education*.

Card Holder's Name \_\_\_\_\_

Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_

Card Holder's Signature \_\_\_\_\_

Please fill out this application and attach your personalized cheque or money order if applicable.

DO NOT MAIL CASH.

### MAIL TO:

Chinook Learning Services, Registration

Viscount Bennett Centre, Room 162

2519 Richmond Road S.W.

Calgary, AB T3E 4M2

Confirmation of your registration will be sent to you.

*See page 16 in the Personal Development section for Withdrawal / Transfer policy*

#### Protection of Privacy Act

Personal information is collected under the authority of Alberta's Freedom of Information and Protection of Privacy Act (FOIP). This information is used for administering and evaluating Chinook Learning Services programs for statistical purposes. It is treated in accordance with the privacy protection provisions of the FOIP Act. Certain personal information may be made available to federal or provincial government departments or agencies under appropriate legislative authority. If you have any questions about the collection or its intended use, please contact our Registration Department, Chinook Learning Services, 2519 Richmond Road SW, Calgary AB T3E 4M2 or telephone 403-777-7224.