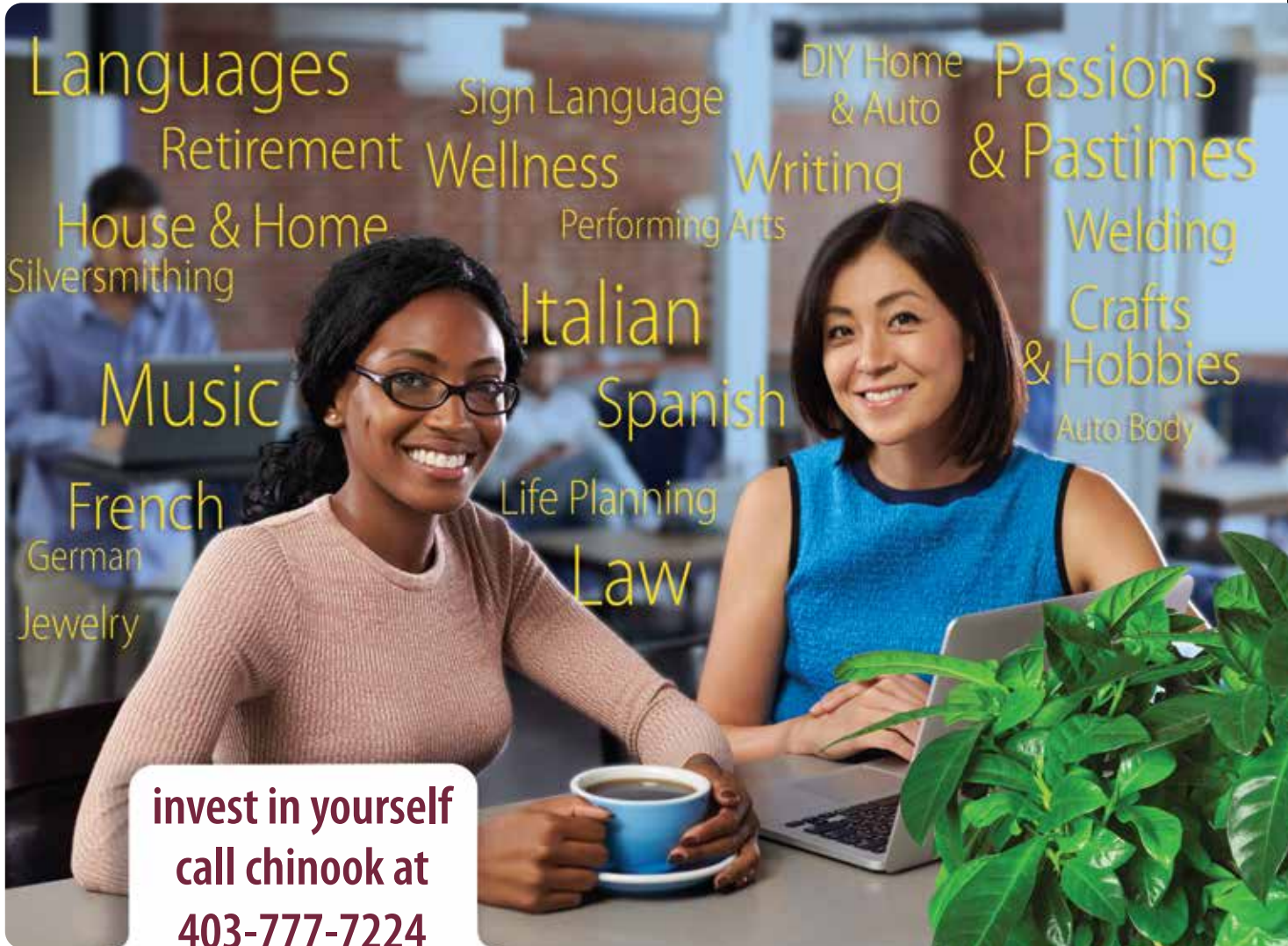


continuing education

personal development courses



invest in yourself
call chinook at
403-777-7224

chinook learning services



Calgary Board
of Education



It's the talk of the town

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

- French - Get Started
- German - Get Started
- Italian - Get Started
- Sign Language - Get Started
- Spanish - Get Started

January 27 - March 24, 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.



LinkedIn

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



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[@ChinookLearning](https://twitter.com/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

Online Lifelong Learning Courses are value priced at \$129!

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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

- Ancient Art of Felting
- Cake Decorating
- Candle Making - Soy Candles
- Candle Making - Wineglass Gel Candles
- 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
- Basic Home Maintenance
- DIY Green Projects
- Woodworking - Parquetry & Dovetail Box
- Your Home - Systems & Savings

House & Home

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

Jewelry

- Bead & Leather Wrapped Bracelet
- Silversmithing - Level 2

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

Writing

- Journal the Seasons - Claim Your Evolving Story

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 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



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

90806 Sat 9 a.m. - 3:30 p.m. Mar 10
Spectacular Saturdays
Viscount Bennett Centre S.W.

Chalk Pastel - A Taste **NEW**

Are you interested in learning a new art technique? This 1-day workshop introduces you to a unique and beautiful art form using chalk pastel, which is surprisingly fast to learn. With instruction from an award-winning professional artist, discover how to use your fingers to create a beautiful painting that you will be proud to display. All supplies included. *Instructor: Taybebe Joodaki (see profile on our website)*

1 Class - \$169

90830 Sat 10 a.m. - 3:30 p.m. Mar 10
Spectacular Saturdays
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.

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

90909 Sat 10 a.m. - 12 p.m. Jan 27, Feb 3, 10, 24, Mar 3, 10, 17 & 24
Viscount Bennett Centre S.W.

Watercolour - Card Workshop

Would you like to be able to paint your very own unique watercolour greeting cards to give to your family and friends? Different techniques are covered, such as direct painting, wet-into-wet, basic colour mixing, composition and pen & ink. Join Karin in this fun workshop to learn simple techniques to create one-of-a-kind, beautiful greeting cards. Supplies included. *Instructor: Karin Richter (see profile on our website)*

1 Class - \$179

90968 Sat 9:30 a.m. - 3:30 p.m. Mar 10
Spectacular Saturdays
Viscount Bennett Centre 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

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
- 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
- For permanent residents & refugees
- Full-time day & part-time evening courses
- September - June
- Free
- Canadian Language Benchmarks 1 – 4 (CLB Levels 1-4)
- Child minding service while parents study

Young Adult LINC Program (ages 18-24)

- Call 403-777-6821 for information
- www.ChinookLearningServices.com/adultELL.html
- For permanent residents and refugees
- Full-time day classes
- September – June
- Free
- Canadian Language Benchmarks 1-4 (CLB Levels 1-4)

Music

Our skilled instructors make it easy to learn and tap into your musical creativity.

For instrument rental information, please check the music section of our website or call 403-777-7550.

Banjo - Beginner

Grab your five-string banjo and get ready to frail! Learn the basics of the traditional clawhammer style: hammer-ons, pull-offs, chords, scales, right-hand essentials and tunings. Learn to accompany songs and play solo tunes such as *Cripple Creek* by the end of the course. No fast or fancy finger picking required and no previous music experience necessary. Come learn to play the banjo in a relaxed atmosphere and leave with the confidence to go home and play on your own or with others! CD and song book included in fee. *Instructor: Matt Jenson (see profile on our website)*

8 Classes - \$259

90816 Tue 7:30 - 9 p.m. Jan 30 - Mar 20
Viscount Bennett Centre S.W.

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

90865 Tue 7:30 - 9:30 p.m. Jan 30 - Mar 20
Henry Wise Wood High School S.W.

"The instructor was always ready to help. He gave us plenty of time for questions or if we were having a tough time, sent us info about where to get extra help."

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

90866 Thu 7 - 9 p.m. Jan 25 - Mar 22
Viscount Bennett Centre 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

90913 Wed 7:30 - 9:30 p.m. Jan 31 - Mar 21
Crescent Heights High School N.W.

Performing Arts

All the world's a stage. Develop your confidence 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*

3 Classes - \$119

90878 Thu 7 - 9 p.m. Jan 25 - Feb 8
Viscount Bennett Centre S.W.

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 Get Started course 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

90856 Sat 10 a.m. - 12:15 p.m. Jan 27, Feb 3, 10, 24, Mar 3, 10, 17 & 24
Viscount Bennett Centre S.W.

90855 Tue 7 - 9:15 p.m. Jan 30 - Mar 20
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

90857 Wed 7 - 9 p.m. Jan 31 - Mar 21
Central Memorial High School 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

90858 Sat 9 a.m. - 3:30 p.m. Mar 10
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)

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

90859 Sat 10 a.m. - 12:15 p.m. Jan 27, Feb 3, 10, 24, Mar 3, 10, 17 & 24
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

90862 Sat 9 a.m. - 3:30 p.m. Mar 10

Spectacular Saturdays

Viscount Bennett Centre S.W.

Check out our new Get Started course on Saturday.



It's the talk of the town

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

- French - Get Started
- German - Get Started
- Italian - Get Started
- Sign Language - Get Started
- Spanish - Get Started

January 27 - March 24, 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 Get Started 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. To continue your skill development, please check our website for the next level of this course.

8 Classes - \$289

90882 Sat 10 a.m. - 12:15 p.m. Jan 27, Feb 3, 10, 24, Mar 3, 10, 17 & 24
Viscount Bennett Centre S.W.

90881 Wed 7 - 9:15 p.m. Jan 31 - Mar 21
Central Memorial High School 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

90885 Sat 9 a.m. - 3:30 p.m. Mar 10
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 course 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

90953 Sat 10 a.m. - 12:15 p.m. Jan 27, Feb 3, 10, 24, Mar 3, 10, 17 & 24
Viscount Bennett Centre S.W.

90951 Tue 7 - 9:15 p.m. Jan 30 - Mar 20
Central Memorial High School S.W.

90952 Wed 7 - 9:15 p.m. Jan 31 - Mar 21
Crescent Heights High School N.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

90954 Tue 7 - 9 p.m. Jan 30 - Mar 20
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

90958 Sat 9 a.m. - 3:30 p.m. Mar 10
Spectacular Saturdays
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
- Spanish - Level 2

These courses will run April through June
10 a.m. - 12 p.m.

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

Gene Haider, Kim Poon (see profile on our website) and Richard Sheriff

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

90931 Sat 9 a.m. - 12 p.m. Mar 10

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

90932 Sat 10 a.m. - 12:15 p.m. Jan 27, Feb 3, 10, 24, Mar 3, 10, 17 & 24
Viscount Bennett Centre S.W.

90933 Wed 7 - 9:15 p.m. Jan 31 - Mar 21
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

90934 Tue 7 - 9:15 p.m. Jan 30 - Mar 20
Central Memorial High School S.W.

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

90845 Tue 7 - 9 p.m. Mar 6 & 13
Viscount Bennett Centre S.W.

For Contract Law for Non-Lawyers, see page 14 in the Professional Development section.

"The instructor was brilliant, concise, and easy to understand. Provided some real life examples."

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

90847 Wed 7 - 9 p.m. Feb 7
Central Memorial High School S.W.

90848 Sat 10 a.m. - 12 p.m. Mar 10
Spectacular Saturdays
Viscount Bennett Centre 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

90910 Tue 7 - 9 p.m. Feb 6
Viscount Bennett Centre S.W.

"I learned the intricacies involved in the executor role and the will, estate, court and other institutions that play a key role. The course was well organized, well delivered and very professional and informative."

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

90914 Wed 7 - 9 p.m. Feb 21
Central Memorial High School S.W.

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

90915 Tue 7 - 9 p.m. Feb 13
Viscount Bennett Centre S.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.**

Separation & Divorce

Learn about separation agreements, contested and uncontested divorce, custody/access to children, division of property, mediation, and court procedures and judgments.

1 Class - \$49

90923 Thu 7 - 9 p.m. Feb 22
Viscount Bennett Centre 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

90948 Wed 7 - 9:30 p.m. Mar 7
Crescent Heights High School N.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

90966 Thu 7 - 9:30 p.m. Feb 27
Viscount Bennett Centre S.W.

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

90975 Wed 7 - 9 p.m. Feb 28
Crescent Heights High School N.W.

90976 Sat 10 a.m. - 12 p.m. Mar 10
Spectacular Saturdays
Viscount Bennett Centre 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

90916 Tue 7 - 9:30 p.m. Jan 30 - Feb 20
Viscount Bennett Centre 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

90917 Wed 7 - 9:30 p.m. Jan 31 - Feb 14
Crescent Heights High School N.W.

90918 Tue 7 - 9:30 p.m. Feb 6 - 20
Central Memorial High School S.W.

90919 Thu 7 - 9:30 p.m. Feb 22 - Mar 8
Viscount Bennett Centre S.W.

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

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.

March 10, 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.

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.

Instructor: Suzanne Shaw (see profile on our website)

1 Class - \$89

90807 Sat 10 a.m. - 12 p.m. Mar 10

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 bath time 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

90819 Thu 7 – 9 p.m. Feb 8

Viscount Bennett Centre S.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 provided. *Instructor: Alia Tabrizi*

8 Classes - \$329

92535 Tues 6:30 – 9 p.m. Jan 30 – Mar 20

Viscount Bennett Centre 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

90828 Thu 7 - 9:30 p.m. Mar 1

Viscount Bennett Centre 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

90829 Tue 7 - 9:30 p.m. Feb 6

Viscount Bennett Centre 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 - \$119

90852 Thu 6:30 - 9:30 p.m. Mar 15 & 22

Viscount Bennett Centre S.W.

Glass Etching

Turn an ordinary glass into an attractive piece of personalized art. Turn a bottle into an elegant oil and vinegar decanter. Turn a plain serving platter into a personalized gift. Learn this etching technique and add elegance to your glass table top, kitchen cabinets or even windows. It is easy to learn and master.

Instructor: Charles Mak (see profile on our website)

1 Class - \$99

90863 Sat 9 a.m. - 12 p.m. Mar 10

Spectacular Saturdays

Viscount Bennett Centre 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

90871 Tue 7 - 9 p.m. Feb 27

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.

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

90892 Thu 7 - 9 p.m. Mar 15
Viscount Bennett Centre S.W.

Metal Etching

Learn how to make your own personalized medallion through a chemical metal etching process. Learn to make your own signs, family crest, tags and much more using this technique out of any non-ferrous metals such as brass, silver or copper. It's easy to learn and economical to use. *Instructor: Charles Mak (see profile on our website)*

1 Class - \$99

90903 Sat 1 - 4 p.m. Mar 10
Spectacular Saturdays
Viscount Bennett Centre 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.

5 Classes - \$199

90911 Tue 7 - 9 p.m. Feb 6 - Mar 6
Central Memorial High School S.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

90925 Tue 7 - 9:30 p.m. Jan 30 - Mar 20
Central Memorial High School S.W.
90926 Wed 7 - 9:30 p.m. Jan 31 - Mar 21
Crescent Heights High School N.W.

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

90928 Wed 7 - 9:15 p.m. Jan 31 - Mar 21
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

90949 Tue 7 - 9 p.m. Mar 20
Viscount Bennett Centre S.W.

To register call 403-777-7224

DIY Home & Auto

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

Auto Body - Get Started **NEW**

Auto body sheet metal repair is the basis for everything that happens in auto body. In this course, have the satisfaction of causing some damage to a panel and then learning tips and tricks to repair it. Gain hands-on experience as you straighten, shrink, pull, hammer, fill and prime a panel to prepare it for top coats such as paint and clear coat. After a brief orientation on safety and tools, work in a state-of-the-art shop on your own personal fender, which is supplied to you and goes home with you after the course.

Instructor: Genaro Mautone

6 Classes - \$399

90808 Wed 6:30 - 9:30 p.m. Feb 14 - Mar 21
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

90810 Wed 6:30 - 9:30 p.m. Jan 24
Career & Technology Centre at Lord Shaughnessy High School S.W.
Instructor: Genaro Mautone

90811 Wed 6:30 - 9:30 p.m. Jan 31
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

90812 Tue 7 - 9 p.m. Feb 6 - 20
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

90813 Tue 7 - 9 p.m. Feb 27
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

90814 Tue 7 - 9 p.m. Mar 6 - 20
Dr. E.P. Scarlett High School S.W.

For information call 403-777-7550

Basic Home Maintenance NEW

Would you like to fix things yourself but don't know where to start? Learn how to do small projects around your house to save time and money. Gain hands-on experience with basic plumbing and electrical issues as well as minor drywall repairs. Become familiar with how to properly and safely use various hand and power tools with in-class projects. *Instructor: Robert Lee (see profile on our website)*

4 Classes - \$189

90818 Tue 6:30 - 9:30 p.m. Jan 30 - Feb 20
Henry Wise Wood 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 - \$389**

92534 Wed 6:30 - 9:30 p.m. Jan 24, 31, Feb 14 & 21
Career & Technology Centre Lord Shaughnessy Centre SW

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

90872 Tue 6:30 - 9:30 p.m. Jan 30 - Feb 20
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

90873 Tue 6:30 - 9:30 p.m. Feb 27 - Mar 20
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**

90969 Wed 6:30 - 9:30 p.m. Jan 24, 31, Feb 14 & 21
Career & Technology Centre at Lord Shaughnessy High School S.W.

90970 Wed 6:30 - 9:30 p.m. Feb 28 - Mar 21
Career & Technology Centre at Lord Shaughnessy High School S.W.

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

90982 Tue 7 - 10 p.m. Feb 6, 13, 20, 27, Mar 6, 13, 20, Apr 3
Dr. E.P. Scarlett High School S.W.

Instructor: Marc Moquin (see profile on our website)

90981 Wed 6:45 - 9:45 p.m. Jan 31 - Mar 21

Central Memorial High School S.W.

*Instructor: Doug Haslam (see profile on our website)***Woodworking - Parquetry & Dovetail Box NEW**

Making a veneered chess board and dovetailed box is an exciting way to work with wood. In this course, learn how to work with veneers and cut through dovetail joints in order to make a box to hold chess and checker pieces. Some woodworking experience required. Veneer supplied. *Instructor: Marc Moquin (see profile on the website)*

8 Classes - \$389

90983 Wed 7 - 10 p.m. Feb 7, 14, 21, 28, Mar 7, 14, 21, Apr 4
Dr. E.P. Scarlett High School S.W.

Your Home - Savings & Systems NEW

Take a close look at how your house works from heating and cooling to safety and security. Become familiar with the systems in your home and how to properly maintain them. Learn how to install and troubleshoot appliances. Understand when to tackle projects on your own and when to call a professional. Create a maintenance schedule to keep your house running as efficiently as possible.

*Instructor: Robert Lee (see profile on our website)***4 Classes - \$189**

90986 Tue 6:30 - 9:30 p.m. Feb 27 - Mar 20
Henry Wise Wood High School 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

"Want to know the difference between a band saw, table saw and chop saw? This is the class on how to learn to use this equipment and more safely. I will miss going in the evenings."

It's the Talk of the Town!

Chinook Learning Services offers Language courses on Saturdays. See page 4 for Get Started courses in French, German, Italian, Spanish and Sign Language. Level 2 Language courses in French, Italian & Spanish will be offered on Saturdays in the spring!

House & Home

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

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

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

90827 Sat 9:30 a.m. - 12:30 p.m. Mar 10

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: Carrieanne Fonger (see profile on our website)

1 Class - \$99

90838 Tue 6:30 - 9:30 p.m. Feb 6

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

90879 Sat 9 a.m. - 12 p.m. Mar 10

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 - \$389

92533 Wed 6:30 - 9:30 p.m. Feb 28 - Mar 21

Career & Technology Centre Lord Shaughnessy High School SW



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!

Visit Chinook Learning Services.com/Online for a full list of courses and online registration.

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

92531 Sat 12:30 - 3:30 p.m. Mar 10

Spectacular Saturday

Viscount Bennett Centre SW

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

90936 Tue 6:30 - 9:30 p.m. Jan 30 - Mar 20

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

90942 Thu 6:30 - 9:30 p.m. Jan 25 - Mar 22

Viscount Bennett Centre S.W.

Silversmithing - Spinner Ring

Make a beautiful double ring with an outside sterling silver ring that spins on an inner bronze ring. Learn to use the correct soldering technique and how to measure and cut a ring blank to make the outer spinning ring the appropriate size. Learn how to use dapping tools to curve the inner ring. You'll be amazed at what you can accomplish in this five-hour class. If making a ring for someone else, come with the person's ring size. All materials included in the fee. *Instructor: Adam Lagace*

1 Class - \$139

90944 Sat 9:30 a.m. - 3 p.m. Mar 10

Spectacular Saturdays

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.

Wellness

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

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

Karate - Level 1 **NEW**

Learn about the difference between the Karate styles as well as the difference between the internal and external martial arts. Discover what a Kata and Kihone are and why they are so important. Taught by our martial arts expert, master basic techniques including punches, kicks and blocks. Gain an understanding of how the grading system works and what is required to earn a belt. Parents with teenagers are welcome to take this course together. *Instructor: Cam Greenhall*

8 Classes - \$149

90887 Tue 7 - 8 p.m. Jan 30 - Mar 20
Viscount Bennett Centre S.W.

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

90899 Tue 6:30 - 9:30 p.m. Feb 13
Viscount Bennett Centre S.W.

90900 Thu 6:30 - 9:30 p.m. Mar 15
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

90902 Thu 7 - 9 p.m. Feb 8
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

90921 Thu 7 - 8 p.m. Jan 25 - Mar 22
Viscount Bennett Centre S.W.

Self Defense for Women – Level 2 **NEW**

Did you love Self Defense for Women? Continue your learning with more complex techniques and combinations using both your arms and legs. Learn self defense moves from a variety of martial arts. Focus on timing, coordination, balance, form and speed as well as the most effective body parts to attack. Mothers with teenager daughters are welcome to take this course together.

Instructor: Cam Greenhall

8 Classes - \$149

93213 Thursday 7-8 p.m. Jan 25 – Mar 22
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

90964 Tue 7 - 8 p.m. Jan 30 - Mar 20
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

92530 Wed 7 – 8:30 p.m. Jan 31 – Mar 21
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, 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

90823 Thu 6:30 - 9:30 p.m. Feb 22
Viscount Bennett Centre S.W.

Journal the Seasons - Claim Your Evolving Story

Like the seasons, our life patterns journey around in cycles and spirals. We live our life forwards, yet read it backwards. Self-reflection has the power to help us befriend adversity and conflict with courage, to recognise and integrate our life's seasons, and to harvest the insights gained from our experience. Through journaling, develop your courage as a writer and become a more creative and passionate human being.

Instructor: Wilma Rubens (see profile on our website)

1 Class - \$99

92067 Sat 12:30 - 3:30 p.m. Mar 10
Spectacular Saturdays
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

90890 Wed 7 - 9 p.m. Feb 21 - Mar 7
Crescent Heights High School N.W.

spectacular
saturdays

March 10, 2018

take a little time to learn a lot

Viscount Bennett Centre, 2519 Richmond Road S.W.

Morning Classes

Ancient Art of Felting

10 a.m. - 12 p.m. \$89

Buying or Selling a Condominium or Home

9:30 a.m. - 12:30 p.m. \$59

Executor Duties & Responsibilities

10 a.m. - 12 p.m. \$49

Glass Etching

9 a.m. - 12 p.m. \$99

Indoor Herb & Microgreen Gardening

9 am - 12 p.m. \$119

Manage Your Workplace Emotions

9 a.m. - 12 p.m. \$99

Maximizing Your iDevice

9 a.m. - 12 p.m. \$99

Sign Language - An Introduction

9 a.m. - 12 p.m. \$119

Wills

10 a.m. - 12 p.m. \$49

Afternoon Classes

Bead & Leather Wrapped Bracelet

12:30 - 3:30 p.m. \$99

Journal the Seasons

12:30 - 3:30 p.m. \$99

Metal Etching

1 - 4 p.m. \$99

Full-Day Classes

Acrylics - A Taste

9 a.m. - 3:30 p.m. \$179

Chalk Pastel - A Taste

10 a.m. - 3:30 p.m. \$169

Dealing with Difficult Behaviours

9 a.m. - 4 p.m. \$159

Ethics Management

9 a.m. - 4 p.m. \$189

Excel - Level 1

9 a.m. - 4 p.m. \$225

French for Travellers

9 a.m. - 3:30 p.m. \$149

German for Travellers

9 a.m. - 3:30 p.m. \$149

Investing 101

9 a.m. - 4 p.m. \$119 or \$169 per couple

Investing in Real Estate

8:30 a.m. - 4 p.m. \$169

Italian for Travellers

9 a.m. - 3:30 p.m. \$149

Online Skills

9 a.m. - 4 p.m. \$169

Silversmithing - Spinner Ring

9:30 a.m. - 3 p.m. \$139

Small Business | Unlock Your Profits

9:30 a.m. - 4:30 p.m. \$129

Spanish for Travellers

9 a.m. - 3:30 p.m. \$149

Speed Reading

9 a.m. - 3 p.m. \$149

Watercolour - Card Workshop

9:30 a.m. - 3:30 p.m. \$179

WordPress

9 a.m. - 4 p.m. \$225

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 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."

Bugle Forklift Sales & Rentals

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

Career & Technology Centre at Lord Shaughnessy High School

2336 - 53 Avenue. 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!

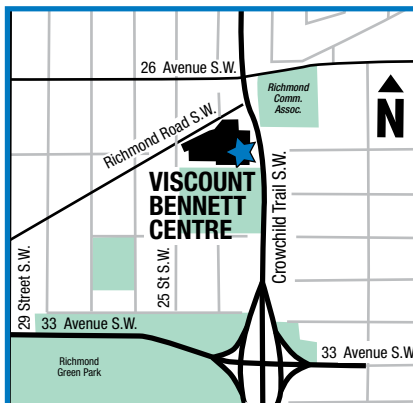
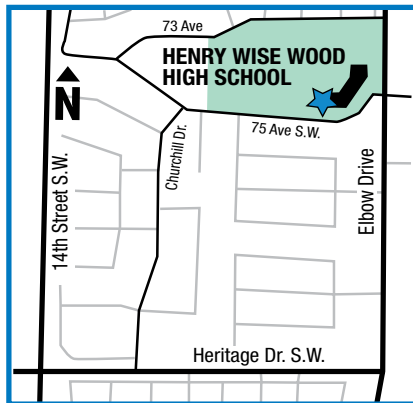
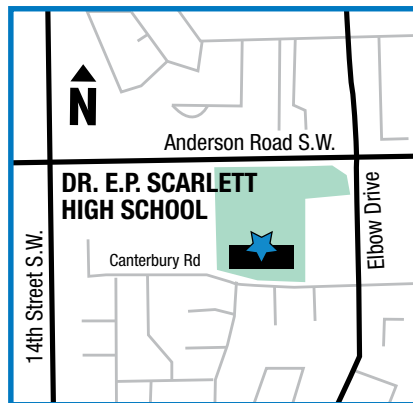
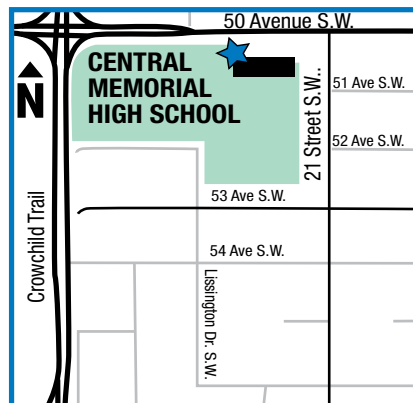
Parking is free at all Calgary Board of Education schools.

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)

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)

To register call 403-777-7224

For information call 403-777-7550

mail-in | fax-in registration**f | 403-777-8848**

This form may be scanned and emailed to chinooklearning@cbe.ab.ca
 Visit our website for late-breaking and up-to-date course offerings at
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.

Visit ChinookLearningServices.com/ContEd.html