

Spring
2022

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Continuing Education
Rediscover Learning

Covering Orangeville, Shelburne
and Dufferin County

learning4you.ca



Upper Grand
District School Board

GENERAL INTEREST & LEISURE COURSE INFORMATION



GENERAL POLICIES

- ◆ You are not registered for a class unless payment has been received
- ◆ You will be notified of any cancelled classes or courses by email only
- ◆ We will no longer be sending course reminder emails, so please mark the dates in your calendar upon registration
- ◆ We will attempt to reschedule any classes cancelled due to school closure or inclement weather
- ◆ No classes on statutory holidays or P.D. days unless otherwise stated
- ◆ Check receipt for excluded dates or supply lists
- ◆ All General Interest courses are 18+ unless otherwise stated
- ◆ We do not accept post-dated cheques. Fees payable to: Dufferin Centre for Continuing Education
- ◆ Visa, Mastercard, Cash, Cheque, or debit accepted
- ◆ Add 13% HST where applicable when sending in cheques
- ◆ First come, first served
- ◆ No smoking on school property

COVID-19 POLICIES

- ◆ All programs will operate following the province-wide social distancing and closure mandates
- ◆ Face masks are required as per provincial mandates
- ◆ Please be aware that some programs may not be able to run
- ◆ Please check our Board website for any COVID-19 related updates and policies: www.ugdsb.ca

REFUND POLICY

- ◆ A full refund will be issued if course cancelled by Continuing Education
- ◆ A \$10 fee, plus any classes, to all withdrawals and refunds
- ◆ No refund on one night courses
- ◆ Failure to attend is not considered a withdrawal - discounts, refunds or make up classes will not be issued
- ◆ Supply fee included in course cost is non-refundable unless course is cancelled

CONTACT US

Address:
40 Amelia St.
Orangeville, ON L9W 3T8

Phone / Fax:
519-941-2661 / 519-942-2353

Office Hours:
Monday to Friday 8:30 am – 4:00 pm

Continuing Education serves all residents in and around Dufferin and Wellington Counties.

Continuing Education is an adult secondary school with the Upper Grand District School Board



Principal—Julie Bodiam
Vice Principal—Pam Eurig

View this Course Guide online at:
www.learning4you.ca
Then choose Interest & Leisure Courses

ARTS & CRAFTS

ARTS & CRAFTS

THE INS AND OUTS OF THE CRICUT WORLD - COMPLETE SERIES

Do you have a Cricut machine at home collecting dust and just haven't been able to navigate Design Space? Do you scroll through Pinterest wishing you could create these same projects but just don't know where to start? This 7-week course is designed to explore the ins and outs of the Cricut world. Throughout the lessons, you will learn how to use and manipulate the Cricut Design Space and create a variety of items. In each class, you will learn and create something new. There is a list of supplies needed in each individual class. You can register for the entire series or each individual class. If you are signing up for individual classes and do not have experience with Design Space, you must sign up for Design Space 101 before joining the other classes.

*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

**If the class is full, please add yourself to the waitlist in the event space(s) opens up.

This course will consist of the following lessons:

Lesson 1 - Design Space 101 - In this class, you will learn the ins and outs of design space. We will finish the class by decorating a cup of your choice. Please bring either a mug, water bottle, wine glass, etc., Premium permanent vinyl, a roll of Cricut Transfer Tape (the grid is grey).

Lesson 2 - Card Making - In this class, you will learn how to make cards and boxes. Please bring cardstock 12X12 and 24X12, scrapbooking glue, and Scoring Wheel (Maker) or Stylus (Air 2)

Lesson 3 - Adhesive Vinyl - Learn how to use the Text Option, Curve/Angle words, detach/attach and welding. Please bring 3 colours of Cricut Premium Vinyl, water, regular Cricut Transfer Tape (the grid is grey). If bringing Glitter Permanent Vinyl, you will need the Strong Bond Transfer Tape (Grid is Purple).

Lesson 4 - Iron-on Vinyl - Learn how to upload/clean up images and pick an image from Design Space or create your own. Please bring Siser or Cricut Iron-on Vinyl (few colours but same brand), 2-3 T-shirts, Cricut Easy Press and mat (if you don't own one, a few will be there to share).

Lesson 5 - Layering Adhesive and Iron-on Vinyl - Learn how to layer an image on a T-Shirt and Iris case or Blackboard. The focus will be on slicing and attaching. Please bring Premium Permanent Vinyl and Iron on from Lesson 3 and 4, and a canvas bag.

Lesson 6 - Canvas/Wood Sign - Learn how to create your own sign using either canvas or wood or both. Please bring 12X24 max canvas (white or black), 12X24 max for wood sign, Iron-on Vinyl for canvas and wood, Cricut Stencil Vinyl for wood if you want to paint instead (bring your paint colours and sponge brush), Easy Press and mat (there will be one to use if you don't have your own), 2 hand towels to put under the canvas.

Lesson 7 - New Infusible Ink - The newest and hottest items sold by Cricut and only at Michaels. The ink infuses right to the material, no more Vinyl feel. Layering the ink or creating your own image with the markers. Please bring 1 or 2 colours of infusible ink (some boxes come with up to 4 colours), Infusible Ink Markers if you want to create your own image or colour in one of the black and white infusible ink transfer paper, 100% polyester T-shirt (Cricut sells their own brand from newborn to adult), a Cricut Infusible ink bag (Cricut sells 2 different sizes).

Wed Apr 6 - May 18 7—9 pm 7 classes \$150 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6746

THE INS AND OUTS OF THE CRICUT WORLD - INDIVIDUAL CLASSES

LESSON 1 DESIGN SPACE 101

In this class, you will learn the ins and outs of design space. We will finish the class by decorating a cup of your choice. Please bring a mug, water bottle, or wine glass, etc., Premium permanent vinyl, a roll of Cricut Transfer Tape (the grid is grey).

*Please bring the following: Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

Wed Apr 6 7—9 pm 1 class \$25.00 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6749

LESSON 2 CARD MAKING

In this class, you will learn how to make cards and boxes. Please bring cardstock 12X12 and 24X12, scrapbooking glue, and Scoring Wheel (Maker) or Stylus (Air 2)

*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

Wed Apr 13 7—9 pm 1 class \$25.00 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6750

LESSON 3 ADHESIVE VINYL

Learn how to use the Text Option, Curve/Angle words, detach/attach and welding. Please bring 3 colours of Cricut Premium Vinyl, water, regular Cricut Transfer Tape (the grid is grey). If bringing Glitter Permanent Vinyl, you will need the Strong Bond Transfer Tape (Grid is Purple).

*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

Wed Apr 20 7—9 pm 1 class \$25.00 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6751

ARTS & CRAFTS / IPADS & IPHONES / INSIGHT & AWARENESS

ARTS & CRAFTS

LESSON 4 IRON-ON VINYL

Learn how to upload/clean up images and pick an image from Design Space or create your own. Please bring Siser or Cricut Iron-on Vinyl (few colours but same brand), 2-3 T-shirts, Cricut Easy Press and mat (if you don't own one, a few will be there to share).

*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

Wed Apr 27 7–9 pm 1 class \$25.00 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6752

LESSON 5 LAYERING ADHESIVE VINYL AND IRON ON VINYL

Learn how to layer an image on a T-Shirt and Iris case or Blackboard. The focus will be on slicing and attaching. Please bring Premium Permanent Vinyl and Iron on from Lesson 3 and 4, and a canvas bag.

*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

Wed May 4 7–9 pm 1 class \$25.00 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6753

LESSON 6 CANVAS/WOOD SIGN

Learn how to create your own sign using either canvas or wood or both. Please bring 12X24 max canvas (white or black), 12X24 max for wood sign, Iron-on Vinyl for canvas and wood, Cricut Stencil Vinyl for wood if you want to paint instead (bring your paint colours and sponge brush), Easy Press and mat (there will be one to use if you don't have your own), 2 hand towels to put under the canvas.

*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

Wed May 11 7–9 pm 1 class \$25.00 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6754

LESSON 7 NEW INFUSIBLE INK

The newest and hottest items sold by Cricut and only at Michaels. The ink infuses right to the material, no more Vinyl feel. Layering the ink or creating your own image with the markers. Please bring 1 or 2 colours of infusible ink (some boxes come with up to 4 colours), Infusible Ink Markers if you want to create your own image or colour in one of the black and white infusible ink transfer paper, 100% polyester T-shirt (Cricut sells their own brand from newborn to adult), a Cricut Infusible ink bag (Cricut sells 2 different sizes).

*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

Wed May 18 7–9 pm 1 class \$25.00 + HST
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-6755

IPADS & IPHONES

BEGINNERS - iPad & iPhone—LEVEL 1

If you have, are interested in, or thinking of getting an iPad or iPhone, this session is for you. Learn the basic features and controls of these apple products in order to begin using them with confidence. This course offers a low-key, stress-free, fun environment for absolute newcomers to those with some exposure to these tech tools. We will have some units available for you to try if you don't have your own.

Thur Apr 7 - Apr 21 12:30 - 3 pm 3 classes \$55.00 + HST
Dufferin Centre for Con Ed Kent Walker PR-6747

BEGINNERS - iPad & iPhone—LEVEL 2

This course is open to everyone who has had some exposure to these devices. Here you will increase your knowledge and discover more ways to use them. This workshop is specially designed to be flexible, developing in accordance with the class members' interests.

Thur May 5 - May 19 12:30 - 3 pm 3 classes \$55.00 + HST
Dufferin Centre for Con Ed Kent Walker PR-6764

BEGINNERS - IPAD & IPHONE - LEVEL 3

During this session, backing up and restoring these devices to iTunes and the iCloud will be explained, demonstrated and then practiced by students in class. Printing from iPads and iPhones will be introduced along with other topics the group would like covered.

Thur Jun 2 - Jun 16 12:30 - 3 pm 3 classes \$55.00 + HST
Dufferin Centre for Con Ed Kent Walker PR-6765

INSIGHT & AWARENESS

INTO THE MYSTICAL WITH CJ SHELTON

Have you ever wanted to explore the more mystical aspects of life but didn't know where to begin? This sampler of intriguing practices from a variety of cultural and spiritual traditions will help you learn more about yourself and provide a great introduction. Indulge your curiosity and take this fascinating experiential journey with Artist & Shamanic Practitioner CJ Shelton of the Alton Mill Arts Centre and www.dancingmoondesigns.ca.

Session 1 Invisible Energy Systems – an introduction to our body's chakra system, auras and natural healing abilities

Session 2 The Art of Meditation – experience a gentle introduction to meditation followed by a form of expressive art called mandala making

Session 3 Our Heroic Journeys – Tarot cards and oracles aren't just fortune telling but fascinating symbol systems that help us visualize and tell our personal stories

Session 4 What's Your Type? – how the ancient theory of the Four Elements can help you learn more about your personality and relationships with others

Session 5 Teaching Wheels – an introduction to the Wheel of Life which is used in many traditions as a tool for connection, communication and problem solving

Session 6 Into the Dream Realm – decoding the language of our soul through dream symbolism, omens and intuition

Session 7 Divine Connections – guides, gurus and angelic presences ... do you believe?

Tue Apr 5 - May 17 8pm– 10pm 7 classes \$150 + HST
Orangeville DSS—Rm 805 CJ Shelton PR-6725

FOOD / FITNESS & HEALTH

FOOD

INDIAN COOKING WITH CHITRA

GLUTEN FREE INDIAN DISHES

Looking for Gluten Free Recipes? Indian Cuisine, particularly South Indian, has a vast array of recipes which are naturally gluten free. This four-course, gluten free menu will include: Vegetable pakoras (appetizers made with vegetables and chickpea flour), Savory Crepes (made with chickpea and rice flour with some spices) and served with Tomato Garlic Chutney. We will also make Vegetable Pulao (cooked with basmati rice, mixed vegetables, and some exotic spices). Please bring an apron, a water bottle, and containers for any possible leftovers. Please note that the kitchen is not gluten free.

Wed Jun 15 6:30-9 pm 1 class \$55.00 + HST
Orangeville DSS - Rm 210 Chitra Saravanan PR-6762

NORTH AND SOUTH INDIAN DISHES

Our instructor Chitra will show you how to cook authentic North Indian curries like Vegetable Korma and Aloo Gobi in an easy and simple way. Then...from the south of India, learn how to make Madras chicken curry, and these curries will be accompanied by Basmati Rice. These recipes are also gluten free. Please bring containers for any possible leftovers and a water bottle. Please bring an apron, a water bottle, and containers for any possible leftovers. Please note that the kitchen is not gluten free.

Wed Jun 1 6:30-9 pm 1 class \$55.00 + HST
Orangeville DSS - Rm 210 Chitra Saravanan PR-6763

FITNESS & HEALTH - ORANGEVILLE

MINDFUL BEGINNER YOGA WITH CAROL-ANNE

Build your yoga from the ground up with detailed instruction of postures with a focus on proper alignment.

In this 6-week series you will learn:

- Breath and Movement
- 20 basic postures and their benefits
- Relaxation and meditation

How to take what you learn on your mat into your everyday life and reap the benefits.

Perfect for first time yoga participants, those wishing to get back to the basics after time away from their practice, or mobile seniors.

Wed Apr 6 – May 11 7-8 pm 6 classes \$84.00 + HST
Orangeville DSS - Library Carol-Anne Fisher PR-6789

NORDIC WALKING - AGES 55+

Walking using poles is a low stress, total body workout that's fantastic for weight loss, lowering blood pressure, reducing cholesterol, relieving back, shoulder and neck pain and recovery from knee and hip replacement surgeries. It improves your posture, balance and core muscles. It is also great for your body and mind. Why attend? If you don't know the technique, you won't get all the benefits! Ages 55+ Walking poles provided.

Wed Apr 13 – May 18 7-8 pm 6 classes \$45.00 + HST
Orangeville DSS - Rm 128 Barry Bartlett PR-6731

VOLLEYBALL

Come on out for a fun game of volleyball (non-instructional). Men and women welcome. Please wear indoor, non-marking soles and bring a water bottle.

Wed Apr 6 – Jun 8 8-10 pm 10 classes \$60.00 + HST
Orangeville DSS - Double Gym Rita Baldassarra PR-6724

FITNESS & HEALTH - SHELburnE

NORDIC WALKING - AGES 55+

Walking using poles is a low stress, total body workout that's fantastic for weight loss, lowering blood pressure, reducing cholesterol, relieving back, shoulder and neck pain and recovery from knee and hip replacement surgeries. It improves your posture, balance and core muscles. It is also great for your body and mind. Why attend? If you don't know the technique, you won't get all the benefits! Ages 55+ Walking poles provided.

Thurs Apr 14 – May 19 7-8 pm 6 classes \$45.00 + HST
Centre Dufferin DHS - Rm 75 Barry Bartlett PR-6732

FITNESS & HEALTH - ROCKWOOD

VOLLEYBALL

Come on out for a fun game of volleyball (non-instructional). Men and women welcome. Please wear indoor, non-marking soles and bring a water bottle.

PLEASE NOTE: No sessions Friday April 15th (Good Friday) or Friday June 3rd (PA Day).

Fri Apr 8 – Jun 10 7-9 pm 8 classes \$48.00 + HST
Harris Mill PS - Gym Oscar Ramirez PR-6792

YOUTH & CHILDREN

BABYSITTING BOOTCAMP

It is our most famous and popular program delivered to thousands of kids every year. Like all Kid proof courses, the Babysitter's Training program has tons of activities and hands-on practice to increase student confidence and provide skills needed to be the best babysitter possible. After successfully completing the Kid proof Babysitter's Training Program, students will be confident, prepared, professional, safe, and in demand. Each student receives a Babysitter's Handbook and wallet card upon successful completion. Parents trust Kid proof to bring them the most up-to-date, valuable, and beneficial child safety program. Please bring a nut free snack and drink, pen/paper, doll or stuffed animal.

Wed May 18 & Thur May 19 3:30pm - 6:30 pm 2 classes \$50.00
Princess Elizabeth PS - Rm 116 Ellie Leblanc - PR-6737

HOME ALONE - AGES 10-12

This Canada Safety Council program is designed to provide skills and knowledge to be safe and responsible when home alone for short periods of time. They will learn how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Small group discussion, problem solving, role-playing, and instructor-led demonstration with a student reference book will allow participants to actively participate in class assignments. The child will receive a certificate upon successfully completing the program. Fee includes student reference book. Please bring a nut free snack and drink,

Thur May 26 3:30pm - 6:30pm 1 class \$27.00
Princess Elizabeth PS—Rm 116 Ellie Leblanc - PR-6744

BEGINNER GUITAR LESSONS—AGES 8-13

This beginner guitar course is geared towards kids and will teach them all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have a basic understanding of how to play guitar.

Wed Apr 20 - Jun 8 6:30pm - 7:30pm 8 classes \$45.00
Orangeville DSS - Rm 313 Stephanie Edwards PR-6838

MUSIC

BEGINNER GUITAR LESSONS

This beginner guitar course will teach you all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have everything you need to call yourself a guitarist.

Wed Apr 6—May 25 7:45pm - 8:45 pm 8 classes \$45.00
Orangeville DSS - Rm 313 Stephanie Edwards PR-6726

BEGINNER GUITAR LESSONS - LEVEL 2

This course is for students with some guitar experience. This class builds upon our Beginner Guitar class for adults. If you have taken our beginner guitar course before or have some guitar experience, this class is for you.

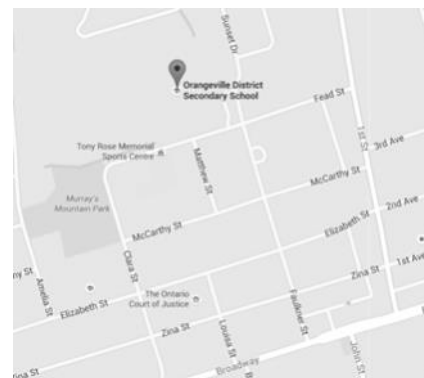
Thur Apr 7 - May 26 7:45pm - 8:45 pm 8 classes \$45.00
Orangeville DSS - Rm 607 Stephanie Edwards PR-6728



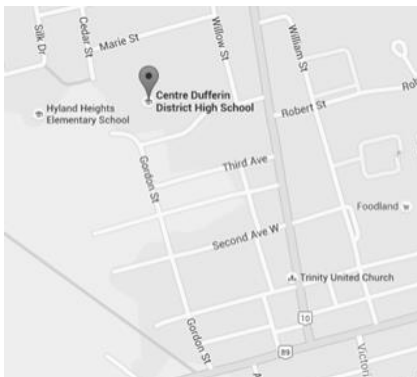
**Classes in this guide are held at the following locations
Call 519-941-2661 for more information**



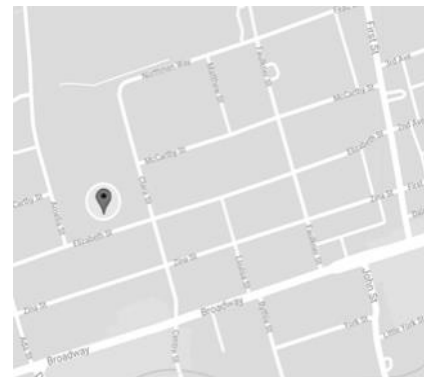
Dufferin Centre for Continuing Education



Orangeville DSS



Centre Dufferin DHS
Shelburne



Princess Elizabeth
Public School

REGISTER NOW FOR INTEREST & LEISURE COURSES

FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION



MAIL-IN



Make cheque payable to:
Continuing Education
Send form & payment to:
Continuing Education
40 Amelia St.
Orangeville, ON L9W 3T8



PHONE-IN



519-941-2661

Have credit card and course listings handy
Call Monday ⇒ Friday, 9 am ⇒ 4 pm



WALK-IN



9 am ⇒ 4 pm
After Hours: Use drop box near front door
40 Amelia St.
Orangeville, ON

To register for a Secondary School Credit

REGISTER ON-LINE!

You may now register online at:

www.learning4you.ca



FAX-IN



519-942-2353

Fax registration form including credit card
information, address and phone number.
Monday ⇒ Friday

CREDIT COURSES

Course please phone for details or come into
the office and fill out a registration form

519-941-2661

GENERAL INTEREST REGISTRATION FORM ONLY

Surname: _____ First Name: _____ M F O

Child's Surname: _____ First Name: _____ Birth Date: _____ M F O
(if child's course) (child's) DD/MM/YR

Mailing Address: _____
(Street, Box # or Rural Route) Town Postal Code

Phone: _____ Cell/Business Phone: _____

Email: _____ Note: Receipts will be sent to your email

Course 1 Name: _____

Course 2 Name: _____

Location: _____ Fee: _____

Location: _____ Fee: _____

Course Code: PR- _____ (+HST if applicable)

Course Code: PR- _____ (+HST if applicable)

Date of 1st Class: _____ Time: _____

Date of 1st Class: _____ Time: _____

Paid by: Cheque Cash Visa MasterCard

Card #: _____ Expiry: _____

www.learning4you.ca

Name on Card: _____ Signature: _____

The above information is collected under the legal authority of the Education Act, R.S.O. 1980. This information is used for administration and statistical purposes of the Continuing Education Department and will be accessed by the principals, teachers and support staff. Queries concerning this information collection should be directed to the Principal of Continuing Education, 1428 Gordon St., Guelph, Ontario N1L 1C8 - (519) 836-7280.

Register NOW on-line at:

www.learning4you.ca

