

Spring
2023

C
O
U
R
S
E
S
E
D
-
U
G
E
D



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
- ◆ 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 the course is 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

INSTRUCTORS WANTED

Are you interested in becoming an instructor in our growing General Interest Program? Share with others your specific skills, special interests, and unique talents. Call 519-941-2661 ext. 222

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 / FITNESS & HEALTH

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. PLEASE NOTE: There will be no class on April 10th.

*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.

ARTS & CRAFTS

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).

Mon Mar 27 - May 15 7-9 pm 7 classes \$150 + HST
Orangeville DSS—Room 502 Chrissy Mizzy PR-7220

FITNESS & HEALTH

VOLLEYBALL

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

Wed Mar 29—May 31 8-10 pm 10 classes \$60.00 + HST
Orangeville DSS - Double Gym Rita Baldassarra PR-6999

MINDFUL CHAIR YOGA WITH CAROL-ANNE

A yoga class designed to let you move and stretch while having the support of a chair. We'll include a variety of breath work, movement and meditation; sitting in the chair, using the support of the chair for standing movements and for helping you to get down and back up from the mat (optional depending on your mobility). This class can also be done without the use of a chair if preferred. No previous experience necessary, accessible for everyone. PLEASE NOTE: There is no class on April 4th.

Tues Mar 21—May 2 7-8 pm 6 classes \$85.00 + HST
Orangeville DSS - Room 310 Carol-Anne Fisher PR-7159



DANCE

COUNTRY TWO STEP

Walking 2.0. Walking variations. Turning into and out of cuddle/wrap, shadow, skaters, sweetheart, hand-in-hand, etc. Partnered dance; no partner required. PLEASE NOTE: There is no class on April 19th.

Wed Apr 5 - Apr 26 7—8 pm 3 classes \$30.00 + HST
Orangeville DSS—Cafetorium Jonathon Neville PR-7141

BLUES DANCE

Life gives you the blues, so let the blues give you life! Dance to the music - from ballrooming blues to dirty dancing. No partner required. PLEASE NOTE: There is no class on April 19th.

Wed Apr 5 - Apr 26 8—9 pm 3 classes \$30.00 + HST
Orangeville DSS—Cafetorium Jonathon Neville PR-7142

LINE DANCE

Country, Latin & Soul line dances.

Wed May 3 - May 10 8—9 pm 2 classes \$20.00 + HST
Orangeville DSS—Cafetorium Jonathon Neville PR-7144

CIRCLE DANCE

Circular folk dances from around the world. Folk dances can be performed in costume, but in this class we're going informal - social - like at a wedding.

Wed May 17 - May 31 7—8 pm 3 classes \$30.00 + HST
Orangeville DSS—Cafetorium Jonathon Neville PR-7145

WEST COAST SWING

A smooth, elastic, hand-to-hand dance that suits most music (most genres). Relaxed, fun, and stylish.

Wed May 17 - May 31 8—9 pm 3 classes \$30.00 + HST
Orangeville DSS—Cafetorium Jonathon Neville PR-7146

SQUARE DANCE

Square Dance will blow your mind. Whether you're jonesin' for geometry or just hungry for a hoedown, come warp your world. PLEASE NOTE: Class on June 7th will take place in the Dance Studio at Orangeville DSS.

Wed June 7 - June 21 7—8 pm 3 classes \$30.00 + HST
Orangeville DSS—Cafetorium Jonathon Neville PR-7147

BREAKIN' / BREAKDANCE

Physical magic. Beginner & intermediate uprock, downrock and freezes. Rooted in hip hop history. PLEASE NOTE: Class on June 7th will take place in the Dance Studio at Orangeville District SS.

Wed June 7 - June 21 8—9 pm 3 classes \$30.00 + HST
Orangeville DSS—Cafetorium Jonathon Neville PR-7148

FOOD

INDIAN COOKING WITH CHITRA**SIMPLY INDIAN**

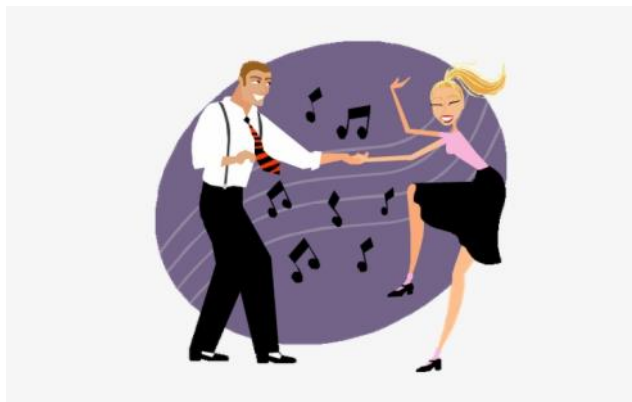
In this Simply Indian cooking class we will be making: Garlic Naan, Butter Chicken Masala, Coconut Chickpea Curry and Rice - complimentary. Please bring an apron, a water bottle, and containers for any possible leftovers.

Thurs May 11 6:30-8:30 pm 1 class \$60.00 + HST
Orangeville DSS - Room 210 Chitra Saravanan PR-7139

INTRO TO INDIAN COOKING

Warm up this spring with some Indian comfort dishes! Learn how to make Onion Bhaji – an appetizer made with sliced onions, chickpea flour and spices. As a main dish, learn how to cook minced chicken curry – curry made with minced chicken, potatoes and peas as well as Lasooni dal - lentils cooked and tempered with garlic and spices. These curries will be accompanied by rice. Please bring an apron, a water bottle, and containers for any possible leftovers.

Thurs June 1 6:30-8:30 pm 1 class \$60.00 + HST
Orangeville DSS - Room 210 Chitra Saravanan PR-7140



FOOD / FITNESS & HEALTH / SPECIAL INTEREST

SPECIAL INTEREST

INTO THE MYSTICAL

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 local artist and Shamanic Practitioner, CJ Shelton (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? – discover how the ancient theory of the Four Elements can help you learn more about your personality and relationships with others.

Session 5: Teaching Wheels – various "Wheels" of Life are used by many cultural and spiritual 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?

Tues Mar 28—May 9 7pm-9pm 7 classes \$160.00 + HST
Orangeville DSS - Room 502 CJ Shelton PR-7149



LIFE STORIES

This workshop will help you mine through your life for some golden nuggets to turn into stories. We will focus on childhood, relationships, work, fun, personal outlook on life, etc. Students will have prompts to respond to during class and writing time to reflect on questions and their life. If students feel comfortable, they may share their writing with others in the class during sharing time.

Tues Mar 28—May 16 7pm-9pm 8 classes \$85.00 + HST
Orangeville DSS - Cafetorium Anna Armstrong PR-7156

NOVEL WRITING

This workshop is for students who are setting out to write a novel. Explore topics such as getting started, generating ideas, character development, plot strategies, setting development, how to structure your novel, what to do when you get stuck and revision. Each student will have a chance to meet with the instructor to discuss their writing goals and make a plan for going forward after the class ends. PLEASE NOTE: Class on April 27th will take place in room 611 at Orangeville District SS.

Thurs Mar 30—May 18 7pm-9pm 8 classes \$85.00 + HST
Orangeville DSS - Library Anna Armstrong PR-7157



HOW TO TURN YOUR STASH INTO CASH

This one-night, three-hour class will teach you how to sell your household items utilizing the Facebook Marketplace platform and the buy and sell groups that are affiliated with Facebook and Kijiji. To get the full benefit of this course, it is recommended that you have an established Facebook profile. Please bring your laptop with you to this class. If you prefer, you can use your personal tablet, iPad or smartphone as an alternative.

Tues May 23 6:30pm-9:30pm 1 class \$30.00 + HST
Orangeville DSS - Room 611 Barb Di Marco PR-7255

YOUTH & CHILDREN

**FAMILY CIRCUS**

Physical Play for Parents & Kids age 5+. Rediscover childhood. Rolling, spiraling, bouncing, playful dance variations of animal movement and character play - and singing / percussion games. Price is for 1 child and 1 or 2 adults. Additional children in same family half price.

Wed May 3—May 10 7pm - 8pm 2 classes \$20.00
Orangeville DSS - Cafetorium Jonathon Neville PR-7143

BEGINNER GUITAR LESSONS—AGES 8-10

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 12—May 31 6:30pm - 7:30pm 8 classes \$45.00
Orangeville DSS - Room 313 Stephanie Edwards PR-7155

BEGINNER GUITAR LESSONS—AGES 11-15

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.

Thur Apr 13—Jun 1 6:30pm - 7:30pm 8 classes \$45.00
Orangeville DSS - Room 607 Stephanie Edwards PR-7154

MUSIC

BEGINNER GUITAR LESSONS

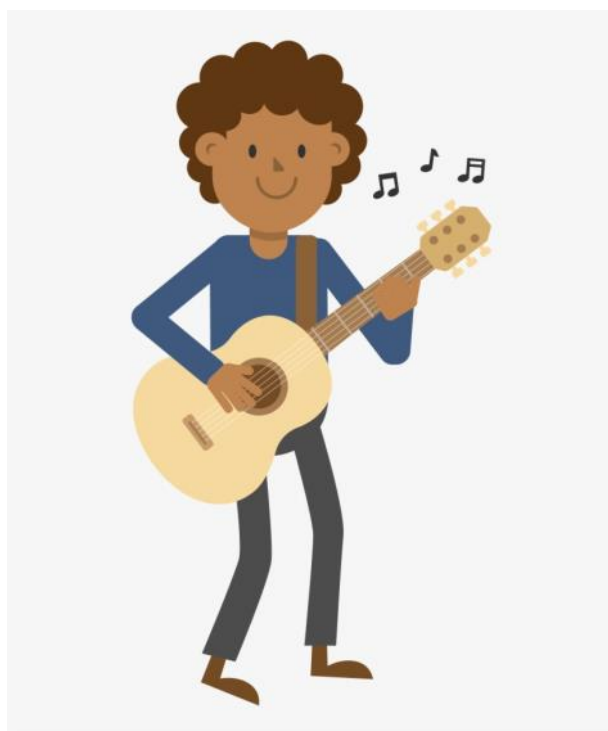
This beginner guitar course will teach you all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have everything you need to call yourself a guitarist.

Wed Apr 12—May 31 7:45pm - 8:45 pm 8 classes \$45.00
Orangeville DSS - Room 313 Stephanie Edwards PR-7152

BEGINNER GUITAR LESSONS - LEVEL 2

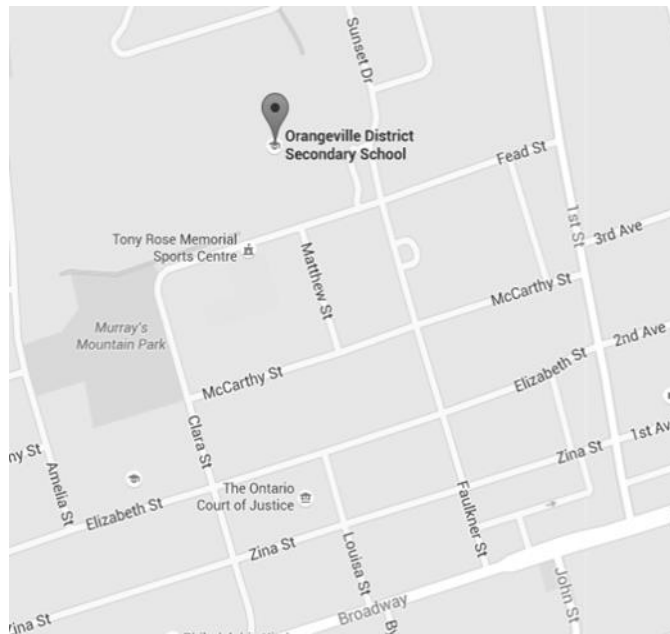
This course is for students with some guitar experience. This class builds upon our Beginner Guitar class for adults. If you have taken our beginner guitar course before or have some guitar experience, this class is for you.

Thurs Apr 13—Jun 1 7:45pm - 8:45 pm 8 classes \$45.00
Orangeville DSS - Room 607 Stephanie Edwards PR-7153





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



Orangeville DSS



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

Continuing Education
Rediscover Learning