

CONTINUING EDUCATION WINTER 2024



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: Wellington 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
- PLEASE NOTE THAT YOU WILL RECEIVE EITHER A CONFIRMATION EMAIL OR CANCELLATION EMAIL TO CONFIRM IF THE CLASS IS RUNNING OR NOT- PLEASE CHECK JUNK MAIL UP TO 24 HOURS BEFORE THE PROGRAM.

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

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 519-836-7280 ext. 615

CONTACT US

Address:

1428 Gordon Street Guelph, ON N1L 1C8

Phone / Fax:

519-836-7280 / 519-837-0244

Office Hours:

Monday to Friday 8:00am - 4:00pm



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

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

Principal - Julie Bodiam

Vice Principal - Pam Eurig

Program Coordinator - Carly Smith

ARCHAEOLOGY – HISTORY LECTURE SERIES WINTER 2024

Monday, January 22- Ian Evans, Adventurer, Award Winning Documentary Producer, Elora Adventure Film Festival Founder

AGAINST THE ODDS: OTTO NORDENSKJOLD'S ILL-FATED 1901-1904 ANTARCTIC ADVENTURE

Many have heard of the Gerlache crew surviving the first winter in Antarctica and Shackleton's improbable return when his ship Endurance sank in the Weddel Sea. While the 1901 Swedish expedition of Otto Nordenskjold may be less well known, it has all the ingredients of these more famous survival stories. When things went wrong in Antarctica in those times and there was no hope of communication, loss of life was the usual outcome. Despite extraordinary scientific discoveries, Nordenskjold's men only survived by a series of unlikely coincidences.

Monday, January 29- Dr. Scott Gallimore, Assoc. Prof., Chair, Department of Archaeology and Classical Studies, Wilfrid Laurier University

WHEN THE WORLD SHOOK: A SEISMIC HAZARD APPROACH TO THE A.D. 365 EARTHQUAKE ON THE GREEK ISLAND OF CRETE

On July 21st, A.D. 365 an earthquake estimated at 8.5 on the Richter Scale, the largest quake ever documented in the Mediterranean, struck the island of Crete. This earthquake also caused a massive tsunami that struck shorelines across the Mediterranean. In this talk, we will use a seismic hazard approach that is typically applied to modern disasters as a way to develop risk mitigation strategies. It provides an excellent way to assess the specific vulnerabilities that led to destruction and transformation on the island of Crete.

Monday, February 5- Dr. Debra Foran, Assist. Prof., Department of Archaeology and Heritage Studies, Wilfrid Laurier University

BEAUTY IN THE EYE OF THE BEHOLDER: ICONOCLASM AND THE BYZANTINE MOSAICS OF JORDAN

The Byzantine period in Jordan is best known for its colourful mosaics that adorned the many churches that were built across the region. During the 8th century CE, many of these mosaics suffered iconoclastic damage, forever altering the images portrayed in these pavements. But the question remains, who damaged these pavements? Was it the Christian communities who worshipped in these churches or the new local Islamic rulers? This lecture will explore these questions through an examination of the beautiful Byzantine mosaics of Jordan

Monday, February 12- Dr. Bonnie Glencross, Assoc. Prof., Department of Archaeology and Heritage Studies, Wilfrid Laurier University

THE BIOARCHAEOLOGY OF NEOLITHIC ÇATALHÖYÜK IN TURKEY

Join us for the latest updates on the bioarchaeological investigation of the people and community of Neolithic Çatalhöyük. This large tell site is in south-central Turkey and dates to 7100-5950 BCE. The study of the human remains provide important insights on life and life style, community dynamics and behavioural adaptations made by this early farming community.

Monday, February 26- Dr. Kevin James, Scottish Studies Foundation Chair, Prof., Department of History, University of Guelph

SHIPBOARD LIFE IN TRANSATLANTIC TOURISM: HISTORICAL EXPERIENCES

In this talk, Kevin James explores travel diaries to identify distinctive mental and physical experiences of ocean travel, from emotional goodbyes at the pier to seasickness on-board, as passengers embarked upon transatlantic trips in the late nineteenth century.

Monday, March 4- Dr. Ben Bradley, Assist. Prof., Department of History, University of Guelph

BRITISH COLUMBIA BY THE ROAD: CAR CULTURE AND THE MAKING OF MODERN LANDSCAPES IN THE TWENTIETH CENTURY

Ben Bradley will take the audience on an unprecedented journey through the history of roads, highways, and motoring in British Columbia's interior, a remote landscape composed of plateaus and interlocking valleys, soaring mountains and treacherous passes. But there's more to the motoring than meets the eye. Hold on to your hats!!!

The cost of the series is \$70.00 (plus HST). Lectures will begin at 7:30pm, ending at approx. 9:30pm. Lectures will be held at Centennial C.V.I., 289 College Ave. W., Guelph, Rm B104 (Lecture Room) PR-7413.

Series Facilitators- Ken and JoAnne Oldridge

ART AND CRAFTS

EMBROIDERY

Participants will learn how to take their idea and image from paper onto fabric in this introductory embroidery workshop. They will gain the knowledge of simple hand embroidery stitches which can be used to embellish their desired image. This workshop is designed to teach the basic skills and encourage participants to finish their design at home. **All supplies included.**

Wed Jan 17 6:30-8:30 pm 1 class \$40.00+HST John F. Ross CVI Rm— 210 Ahmri Vandeborne PR-7459

PAINTING BASICS

This two-week class will consist of a series of short exercises and guided demonstrations to teach common painting techniques, colour theory and perspective. Participants will learn how to paint using layers of colour and how to map out their desired image using an underpainting. Each participant will receive customized support depending on what tools and techniques their image needs to create a final painting. All supplies included.

Tues Mar 19 and 26 6:30-8:30 pm 2 classes \$55.00+HST John F. Ross CVI Rm— 210 Ahmri Vandeborne PR-7461

SEWING

SEWING FOR FUN

Have fun learning and applying the basics! This course covers how to choose appropriate fabrics, patterns and how to use sewing tools and notions. Make a beautiful tote bag for yourself or as a gift. You must bring your own sewing machine to class. The second project will be one of your choosing. Students must be 18 years or older. Please do not buy patterns or fabrics before receiving direction from the instructor.

You will need to bring the following supplies;

- Sewing machine in good working order with instruction manual, foot pedal and empty bobbins
- Tape measure
- Cutting shears that are very sharp
- Small scissors to cut threads at sewing machine
- Tailor's chalk
- Seam ripper
- 100 pins -long dressmaker's with ball heads
- Needles for hand sewing
- Notebook & pens/pencils
- Pattern and instructions for every class

Wed Jan 17-Feb 21 7-9:30pm 6 classes \$100.00+HST John F. Ross-Cafeteria Dianne Kirk-Benincasa PR-7429



LIFE

LESSONS IN FINANCE-LESSONS IN LIFE

This course introduces participants to personal finance and life management lessons that get you back in charge of managing your life and money. Classes will focus on tracking your spending, budgeting, saving, and debt management. Investment advice will not be given, but rather strategies to get you on top of your day-to-day finances and setting personal financial goals. Understand the basics of various government financial instruments such as RRSP, TFSA, RESP and explore the merits of each. Getting on top of your finances also means taking personal stock of your life and the direction you want to go. Time management exercises will inform empowering goal setting sessions that provide the motivation for you to succeed. **NO CLASS MARCH 12**

Tues Jan 23-Apr 2 7-8 pm 10 classes \$100.00+HST John F. Ross CVI Rm- 318 Gregory Cawsey PR-7430



LEARN ABOUT OUR NEW INSTRUCTOR:

Greg is an award winning educator and the Director of the <u>Ross School of Business</u>. In this role Greg has pushed financial literacy concepts to the forefront of the program creating personal finance lessons

FITNESS

LATIN FITNESS WITH MOE

Dance yourself into shape with this exhilarating, easy-to-follow, Latin-inspired dance fitness workout. In this class, you will participate in Merengue, Salsa, Cumbia, Reggaeton, Belly Dance and Hip-Hop movements to stay in shape and have fun. Please bring a water bottle to class. Indoor shoes required. NO CLASS FEB 19TH, MARCH 11TH OR MARCH 14TH

Mon Jan 15-Apr 8 6-7 pm 10 classes \$80.00+HST **Priory Park PS-Gym** Moe Saleh PR-7427 Thu Jan 18-Mar 28 6-7pm 10 classes \$80.00+HST **Priory Park PS-Gym** Moe Saleh PR-7426

THANK YOU FOR SUPPORTING THE WELLINGTON CENTRE FOR CONTINUING EDUCATION

YOGA

YOGA WITH JANE

This classical yoga class promotes health, stress relief, vitality and balance. A variety of basic yoga postures, as well as breathing and relaxation techniques, will be introduced. Increased awareness, variations of the classic poses, and deep relaxation will be developed. No experience is necessary and students are encouraged to participate at their own comfort level. Please wear comfortable clothing (no shoes required) and bring a blanket or large towel and a yoga mat to class. (Tytler is not wheelchair accessible) NO CLASS MARCH 12TH or MARCH 14TH

 Tue
 Jan 16-Mar 26
 9:30-10:30am
 10 classes
 \$80.00 +HST

 Tytler Ctre for Cont Ed- Rm 2-09
 Jane Finoro
 PR-7416

Thurs Jan 18-Mar 28 9:30-10:30am 10 classes \$80.00 +HST Tytler Ctre for Cont Ed-Rm 2-09 Jane Finoro PR-7417

PHOTOGRAPHY

DIGITAL PHOTOGRAPHY

Get off the "Auto" mode and unleash the power of your Digital SLR or Mirrorless camera. This course is designed for the beginner to introduce you to the technical and artistic world of digital photography. Learn the capabilities of your camera, the fundamentals of composition, understand exposure control, shooting in various light, equipment, accessories, terminologies and a variety of tips and tricks. Through a series of classes with weekly assignments and critiques you will take control of your camera and improve your images immediately. Please bring your DSLR camera and accessories.

 Wed
 Jan 17-Mar 6
 7-9 pm
 8 classes
 \$110.00 +HST

 Centennial C.V.I-Rm C122
 Paul Spears
 PR-7418

YOGA AND MEDITATION

Each week Diane Dabideen will guide you through a 75 minute Yoga Meditation class designed to connect mind, body and soul through body movements, breath work and meditation techniques. All levels are welcome and no previous yoga or meditation experience is required. Please bring a yoga mat, blanket and a bottle of water.

 Mon
 Jan 15-Feb 12
 6-7:15 pm
 6 classes
 \$45.00+HST

 June Ave PS-Gym
 Diane Dabideen
 PR-7414

KNITTING

KNITTING-THE NEXT STEP

Now that you have mastered the basic knit and purl stitches, here is your opportunity to learn what you can do with them. Knitting Miters, Entrelac, Knitting in Circles, Basic Lace Knitting and Cables will be covered. You will be making a Sample Dishcloth using the techniques. You must be able to follow a pattern. SUPPLY LIST ** Please confirm class is running before you purchase any supplies 519-836-7280 ** Please bring 4 balls of Bernat Handicrafter Cotton yarn (or 1 large ball), 5 mm straight needles, and a set of 5 mm Double Pointed Needles.

Wed Jan 17-Jan 31 7-9pm 3 classes \$45.00+HST College Heights- Staff Room Anne McGee PR-7428

CLASSICAL YOGA

This all levels class draws from both Hatha and Raja yoga. We will focus on cultivating a calm mind, spine health, breath awareness and overall physical, mental and emotional wellbeing. Please dress comfortably and bring your own mat NO CLASS MARCH 13th

Wed Jan 17- Mar 27 6-7 pm 10 classes \$80.00+HST Centennial CVI -Single Gym Moira Karapostolakis PR-7421



Learn more about our instructor Moira

After taking a beginners' class in 1999 as a new mum I became hooked on yoga and started reading up on yoga philosophy and practicing at home until eventually in 2010 taking the plunge and signing up for teacher training with the inspirational Jiwan Goyal. Since qualifying in 2011 I've taught at four institutions around Guelph, the longest standing being Continuing Education since 2012 with a break for the pandemic.







FOOD FARE

SPICY SAMOSAS

Learn how to make the popular Indian appetizer, Samosa from scratch. In this class you will make a samosa pastry - pastry made of flour and spices vegetarian samosa-filling made with potatoes, peas and some spices and a non-vegetarian samosa-filling made with minced chicken, potatoes and spices Sweet and Sour Tamarind Chutney. Please bring containers for possible leftovers

Wed \$60.00+HST Feb 14 6:30-9pm 1 class College Heights-Rm A103 PR-7516 Chitra Saravanan

BASIC CAKE DECORATING

Aside from eating a cake, the best part of cake making is decorating! This course will teach you the basics of cake decoration which take place after baking. You will learn to make homemade buttercream icing, smoothly cover the cake, and make simple icing flowers. First class is demonstration only and then students will be given a supplies list to provide supplies for second and third class. Students will be purchasing all supplies for this class as well as pre-baking items to bring in to decorate. Estimated cost is around \$50.00 for supplies/person

Tues	Jan 30-Feb 13	7-9pm	3 classes	\$40.00+HST
College H	eights-Rm A103	Grace Perer	a	PR-7440
Wed	Feb 21-Mar 6	7-9pm	3 classes	\$40.00+HST
College H	eights- Rm A103	Grace Perera		PR-7441
Wed	Mar 20– Apr 3	7-9pm	3 classes	\$40.00+HST
College He	eights–Rm A103	Grace Perera		PR-7442



FOOD FARE

ITALIAN FOOD: FACTS AND MYTHS!

Why are Italian's so picky with Food?

Anyone who knows even a little bit about Italian culture is probably aware of the good reputation of Italian food and Italian ingredients. But why are Italians so picky about their food, the way it's cooked, the way it's called and the ingredients that are used? We will talk about cultural importance of food. national and local tradition, EU regulations and how to recognize authentic Italian food and ingredients. (there will be a mini taste testing of Italian desserts at the end)

Wed Jan 17 6-8pm \$40.00+HST 1 class John F. Ross Rm-247 Alessia Ursella PR-7512

North American-Italian food

A lot of people in North America may not be aware of how different their 'Italian' food is from the traditional recipes that are still cooked in Italy. How did Italian food change so much? what are the main differences? what led to this cultural and historical shift? We will talk about all this and more!

\$40.00+HST Wed Jan 31 6-8pm 1 class John F. Ross Rm-247 Alessia Ursella PR-7513

DANCE

INTERMEDIATE COUNTRY LINE DANCING

YEE-HAW! Are you a fan of country music? Do you love to dance? Would you like to learn some new moderate to intermediate level choreography? Come out for some good of COUNTRY LINE DANCING! Previous line dance experience is recommended for this course. Enjoy an exciting mix of dance and fitness. You'll learn Elvira, Watermelon Crawl, Cotton Eyed Joe, Chattahoochie and many more intermediate dances. Come out and have a blast with friends or make some new ones. Every night is a boot scootin' good time. * Please wear indoor non-marking shoes. NO CLASS MARCH 14

Thu Jan 18- Mar 21 6-7pm 8 classes \$80.00+HST Westwood PS- Gvm Katie & Laura PR-7419



HOBBIES

SOAP MAKING 101

Learn the fundamentals of Traditional Soap Making in this hands-on workshop where you will learn the techniques, ingredients and equipment needed to make your own sudsy bars. We will touch on some "fun science" (the backbone of soap making), the differences in ingredients, soap making methods and techniques to then create your own custom bars equaling over 2 lbs. or 14 bars. Participants will mix, customize and mold your own bars to take home. All supplies, including a detailed handout containing all the information discussed during the class with recipes and instructions, will be provided. We will be scenting our soaps with fragrance oils. Those wishing to use essential oils are always welcome to bring their own. A bonus suppliers list is also included. Participants must have legs covered and closed toed shoes. Safety glasses, gloves and aprons will be provided. A \$80 material fee is payable to the instructor.

vvea J.F. Ross	CVI- Rm 209	6-8:30 pm Linda Boyle	1 class	PR-7410
Wed	Mar 20	6-8:30 pm	1 class	\$15.00+HST
J.F. KOSS	CVI- Rm 209	Linda Boyle		PR-7415

WOODWORKING

Pat Daly will teach you carpentry skills, as well as how to use the machinery, hand tools and instruct you on how to finish your project. Beginners will learn the basics and more advanced students will also construct a project of their choice. Please bring plans of a project you would like to build and a \$10 supply fee to class. Supplies will be discussed the first night. NO CLASS MARCH 12TH OR 13TH

Tue	Jan 16–Mar 26	6-9 pm	10 classes	\$150.00+HST
Centennia	I CVI-Rm E115	Pat Daly		PR-7408
Wed	Jan 17–Mar 27	6-9 pm	10 classes	\$150.00+HST
Centennia	I CVI-Rm E115	Pat Daly		PR-7409



Don't see the course you want? Call us with your idea! We are always looking for new and exciting classes to offer

HOME

START YOUR OWN HOME INSPECTION BUSINESS

Starting your Home Inspection Business? Want to know what it takes to run a business? Learn how to succeed through banking, marketing, working with your spouse and much more!

Wed	Jan 24	6:30-9 pm	1 class	\$45.00+HST
J.F Ross	C.V.I-Rm 211	Harry	/ Janssen	PR-7422

HOW TO BUILD A HOUSE

How exactly is a house built? From ground-breaking to occupancy, what is involved in constructing a house? Learn about trades people required, permits and inspections, blueprints and plans and what's required for occupancy.

Wed	Feb 7	6:30-9pm	1 class	\$45.00+HST
JF Ross	CVI- Rm 211	Harry Ja	anssen	PR-7425

HOW TO MAINTAIN YOUR HOME

Tips for keeping your house in tip top shape! Join Harry for an evening of discussion on how to keep your home in the best shape possible. He will discuss such topics as seasonal maintenance of your home for both indoor and outdoors. Best ways to maintain your roof, heating, etc. will also be covered in this class.

Wed	Feb 21	6:30-9pm	1 class	\$45.00+HST
JF Ross	CVI- Rm 211	Harry Jar	nssen	PR-7423

ENVIRONMENTAL & INSURANCE ISSUES TO YOUR HOME

Interested in learning about environmental insurance coverage? Join Harry in this workshop to discuss issues such as radon, mould, and asbestos. Harry will walk you through the issues and help you determine what is insured and what is not.

Wed	Mar 20	6:30-9pm	1 class	\$45.00+HST
JF Ross C\	/I- Rm 211	Harry Ja	nssen	PR-7424



LANGUAGES

FRENCH IN PROGRESS

This course is for people who have a base in French and want to improve vocabulary, grammar, and speaking skills in a fun and lively environment. Your next step will be French Conversation. (Tytler is not wheelchair accessible) **NO CLASS ON MARCH 12 OR 13**

Tue Centennial CV	Jan 16–Mar 19	7-9 pm Jocelyne R	9 classes	\$108.00+HST PR- 7432
Centenniai Cv	I- KIII C 12 I	Jocelylle K	Oy	PK- 1432
Wed	Jan 17-Mar 20	9:30-11:30am	9 classes	\$108.00+HST
Tytler Centre	Con Ed – Library	Jocelyne R	oy	PR-7433
Wed	Jan 17- Mar 20	2-4 pm	9 classes	\$108.00+HST
Tytler Centre	Con Ed- Library	Jocelyne R	oy	PR-7435

MUSIC

MUSIC INDUSTRY FUNDAMENTALS

In this expansive course, learn a wide variety of tips and tricks to be successful in the music industry. Learning from local artist, CJ Cooper, you will learn how to create a personal brand, write your own music and create content. As well as learn about industry contacts, networking, grant writing, and how to book shows and run social media accounts. This course includes collaboration and performance aspects. **NO CLASS MARCH 13TH OR MARCH 27TH**

Wed	Feb 21-Apr 10	6:30-7:30 pm	6 classes	\$100.00+HST
John F.	Ross Rm- 212	CJ Coo	per	PR- 7515

CHILD & YOUTH

FRENCH CONVERSATION

This conversational program focuses on improving your French speaking skills. It will appeal to those who would like to practice and to speak French with their classmates in a fun and lively environment. The students will speak only French in this class. NO CLASS MARCH 13 OR 14

Wed	Jan 17- Mar 20	11:45-1:45 pm	9 classes	\$108.00+HST
Tytler Cen	tre Con Ed- Library	Jocelyne Ro	оу	PR-7434
Wed Guelph CV	Jan 17-Mar 20 /I- Rm 116	7-9 pm Jocelyne R	9 classes oy	\$108.00+HST PR-7436
	Jan 18-Mar21 116 It classes on Feb 1 and g Education for progra			\$108.00+HST PR-7437 on Centre for

GELLI PLATE PAINTING

Participants will learn the art of monoprinting without a press, using a gel plate printing technique. Learn how to create simple imagery using stencils and various tools to create texture. Participants will also experiment with layering prints to create more detailed compositions. (Parents are welcome to register and join but not mandatory!)

Mon	Feb 5	4:30	-5:30 pm	1 class	\$45.00
John F.	Ross CVI	Rm- 210	Ahmri Va	ndeborne	PR- 7466





REGISTER NOW FOR COURSES IN THIS GUIDE FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION

MAIL-IN

Make cheque payable to (no post-dated): Wellington Centre for Continuing Education

Send form & payment to: Wellington Centre for Continuing Education 1428 Gordon Street Guelph, ON N1L 1C8

PHONE-IN

Have credit card and course listings handy. Call Monday to Friday, 8am - 4pm

519-836-7280

WALK-IN

Wellington Centre for Continuing Education 1428 Gordon Street Guelph, ON N1L 1C8

8am - 4pm Monday to Friday After Hours: Use drop box near front door

REGISTER ONLINE!

You may now register online at:

www.learning4you.ca



FAX-IN

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

519-837-0244

CREDIT COURSES

To register for a Secondary School Credit Course, please phone for details.

519-836-7280 ext. 627

Surname:First Name:				
Child's Surname:(if child's course)	First Name:	Birth Date _ (child's)	DD/MM/YR	
Mailing Ad- dress:				
(Street, Box#	or Rural Route)	Town	Postal Code	
Phone:	Cell/Business Phone:		 	
Email:				
Paid by: ☐ Cheque ☐ Cash ☐ V	/isa □ MasterCard			
Card #:		piry:		
	•			