

LIFESKILLS PROGRAM AUTUMN 2010

Semester dates: September 11 to December 13, 2010
No class during Thanksgiving weekend: October 9 to 11, 2010

TITLE	SECTION	DATE	TIME	FEE	HRS	TEACHER	ROOM
EMPLOI-QUEBEC NON-CREDIT BUSINESS COURSES							
Simply Accounting (V. 2009) (15) <i>Prerequisite: Accounting 1 & 2 or equivalent</i>	6001-A10	Sep. 9 to Dec. 16	Thu. 6:00-9:00pm	\$ 90	45	Zenon Zacharewycz	E-120
				N.B. Books: \$150 approx.			
Beginners AutoCAD for Architecture (V. 2009) (15) <i>Prerequisite: Drafting or Technical Drawing course</i>	6002-A10	Sep. 7 to Dec. 14	Tue. 6:00-9:00pm	\$ 90	45	Roger Cusson and Deborah Nadon	E-206
				N.B. Books: \$70 approx.			
Beginners AutoCAD for Mechanical Engineering (V. 2009) (15) <i>Prerequisite: Drafting or Technical Drawing course</i>	6003-A10	Sep. 8 to Dec. 15	Wed. 6:00-9:00pm	\$ 90	45	Anto Jalladian	E-206
				N.B. Books: \$70 approx.			
C Sharp Language (Using Visual Studio 2008) (15) <i>Prerequisite: Java or any Programming Course</i>	6004-A10	Sep. 14 to Dec. 14	Tue. 6:30-9:30pm	\$ 84	42	Matthew Khouzam	D-242
				N.B. Books: \$150 approx.			
Developer with VB.Net (Using Visual Studio 2008) (15) <i>Prerequisite: Visual Basic</i>	6005-A10	Sep. 13 to Nov. 22 (no class Oct. 11)	Mon. 6:00-9:00pm	\$ 60	30	TBA	D-242
				N.B. Books: \$45 approx.			
BUSINESS AND PROFESSIONAL WORKSHOPS							
BEGINNERS GUIDE TO INVESTMENTS (15)	7000-A10	Oct. 12 to Nov. 23	Tue. 6:30-9:30pm (1st class 7:00-9:00pm)	\$160	20	Michael Spiro	A-401
BEATING THE STOCK MARKET: TECHNICAL ANALYSIS (FOR BEGINNERS) (15)	7001-A10	Oct. 13 to Nov. 24	Wed. 6:30-9:30pm (1st class 7:00-9:00pm)	\$160	20	Michael Spiro	A-401
STARTING YOUR OWN BUSINESS (20)	7002-A10	Oct. 13 to Dec. 1	Wed. 6:30-9:30pm	\$195	24	Andrew Chasse	A-314
IT'S YOUR MONEY (15)	7003-A10	Sep. 13 to Nov. 8 (not Oct. 11)	Mon. 6:30-8:30pm	\$120	16	Anita Ashtakala	A-316
PUBLIC SPEAKING (15)	7004-A10	Sep. 11 to Nov. 6 (not Oct. 9)	Sat. 10:00am-12:00pm	\$120	16	Anita Ashtakala	A-316
PUBLIC SPEAKING (15)	7005-A10	Nov. 13 to Dec. 4	Sat. 10:00am-2:00pm	\$120	16	Anita Ashtakala	A-316
THE SUCCESS FORUM (15)	7006-A10	Sep. 18 to Oct. 30 (not Oct 9)	Sat. 9:00-11:00am	\$90	12	Sharon Grant	A-314
SUCCESSFUL SALES STRATEGIES (15)	7007-A10	Sep. 20 to Nov. 1 (not Oct. 11)	Mon. 7:00-9:00pm	\$110	12	Dikran Husseindjian	A-110
COMPUTERS							
WINDOWS XP - LEVEL 1 PLUS (15)	7010-A10	Sep. 25 to No. 13 (not Oct. 9)	Sat. 9:30am-12:30pm	\$250	18	Peter Durand	D-243
EXCEL 2007 - LEVEL 1 PLUS (15)	7011-A10	Oct. 19 to Nov. 23	Tue. 6:30-9:30pm	\$250	18	Peter Durand	D-243
WORD 2007 - LEVEL 1 PLUS (15)	7012-A10	Oct. 18 to Nov. 22	Mon. 6:30-9:30pm	\$250	18	Peter Durand	D-243
MANAGING YOUR DIGITAL PHOTOS (15)	7013-A10	Sep. 13 to Oct. 4	Mon. 6:30-9:30pm	\$150	12	Peter Durand	D-243
INTRODUCTION TO DIGITAL PHOTOGRAPHY (15)	7014-A10	Nov. 20 to Dec. 4	Sat. 10:00am-12:00pm	\$75	6	Peter Durand	D-243
THE INTERNET & HOW TO USE IT (15)	7015-A10	Sept. 21 to Oct. 12	Tue. 7:00-9:00pm	\$90	8	Peter Durand	D-243
BLOGS: HOW TO START A PERSONAL BLOG (15)	7016-A10	Oct. 30 and Nov. 6	Sat. 9:30-11:30am	\$45	4	Jonathan Goldman	A-109
TWITTER & FACEBOOK: HOW TO USE THEM (15)	7017-A10	October 16 and 23	Sat. 9:00am-12:00pm	\$65	6	Jonathan Goldman	A-109
IPOD AND ITUNES: HOW TO USE THEM (15)	7018-A10	Sep. 25 and Oct. 2	Sat. 9:30-11:30am	\$45	4	Jonathan Goldman	A-109

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PERSONAL DEVELOPMENT							
BEYOND POSITIVE THINKING (15)	7022-A10	Sept. 21 to Oct. 12	Tue. 7:00-9:00pm	\$115	8	Antoinette Giacobbe	A-312
OVERCOMING ANXIETY (15)	7023-A10	Nov. 16 to Dec. 7	Tue. 7:00-9:00pm	\$115	8	Antoinette Giacobbe	A-312
GET A LIFE (15)	7024-A10	September 25	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
ANGER MANAGEMENT (15)	7025-A10	Oct. 19 to Nov. 9	Tue. 7:00-9:00pm	\$115	8	Antoinette Giacobbe	A-312
CHAKRA ENERGY (15)	7026-A10	Nov. 20 to 27	Sat. 9:30am-4:30pm	\$135	12	Antoinette Giacobbe	A-312
PEOPLE SKILLS (15)	7027-A10	November 6	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
SHAPING UP YOUR SELF-CONFIDENCE (15)	7028-A10	October 30	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
EMOTIONAL RESCUE (15)	7029-A10	October 2	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
ABC'S OF RAISING HEALTHY, HAPPY & CONFIDENT CHILDREN (15)	7030-A10	September 14	Tue. 7:00-9:00pm	\$30	2	Antoinette Giacobbe	A-312
READY FOR THE NEW YEAR?	7031-A10	December 4	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
HEALTH-WISE WORKSHOPS							
REIKI, NATURAL HEALING (7)	7035-A10	October 2 & 3	Sat & Sun 9:30am-4:30pm	\$135	12	Kyra Lober	G-236
REIKI, NATURAL HEALING (7)	7036-A10	November 6 & 7	Sat & Sun 9:30am-4:30pm	\$135	12	Kyra Lober	G-236
SOMATIC ALCHEMY (7)	7037-A10	November 13	Sat. 9:30am-4:30pm	\$75	6	Kyra Lober	G-236
SHIATSU MASSAGE (12)	7038-A10	Sept. 23 to Nov. 11	Wed. 7:00-9:00pm	\$125	16	Elan Netser	G-236
EFT (EMOTIONAL FREEDOM TECHNIQUE) CIRCLE (12)	7039-A10	Oct. 13 to Nov. 3	Wed. 6:30-9:00pm	\$110	10	Hellen Edelstein	G-232
HOW TO WEIGH WHAT YOU WANT (20)	7040-A10	Sept. 22 to Dec. 15, 2010 and Jan. 5 to 26, 2011	Wed. 6:30-8:30pm	\$185	34	Michael Brooker	A-110
HOW TO WEIGH WHAT YOU WANT - MAINTENANCE (8)	7041-A10	Sept. 29, Oct 5, Nov. 8, Dec. 11, 2010 and Jan. 5, 26, 2011	Wed. 6:30-8:30pm	\$80	12	Michael Brooker	A-110

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HOBBIES & INTERESTS							
HOW TO LOOK BEAUTIFUL: MAKE-UP FOR ANY OCCASION (15)	7045-A10	September 27	Mon. 6:30-9:30pm	\$50	3	Darryl Patrick	D-221
HOW TO LOOK BEAUTIFUL: MAKE-UP FOR ANY OCCASION (15)	7046-A10	October 18	Mon. 6:30-9:30pm	\$50	3	Darryl Patrick	D-221
FASHION STYLE GUIDE (15)	7047-A10	October 18 & 25	Mon. 7:00-9:00pm	\$35	4	Sharon Grant	E-520
IN STYLE KIDS (15)	7048-A10	September 11	Sat. 9:30am-12:00pm	\$30	2.5	Sharon Grant	E-520
WINE APPRECIATION (15)	7049-A10	Sep. 15 to Oct. 13	Wed. 7:00-9:30pm	\$135	12.5	Barrie Benton	A-502
WINE APPRECIATION (15)	7050-A10	Oct. 20 to Nov. 17	Wed. 7:00-9:30pm	\$135	12.5	Barrie Benton	A-502
THE ART OF LISTENING TO MUSIC (15)	7051-A10	Sep. 13 to Oct. 25 (not Oct.11)	Mon. 7:00-9:00pm	\$95	12	Jonathan Goldman	D-546
JAZZ APPRECIATION & LISTENING (15)	7052-A10	Sep. 29 to Nov. 3	Wed. 7:00-9:00pm	\$95	12	Jonathan Goldman	D-546
COOK AND EAT ITALIAN - LEVEL 1 (10)	7053-A10	Sept. 15 to Oct. 13	Wed. 6:30-9:30pm	\$225	20	Martha Marrone	N-186
				N.B. course is only 15 hrs			
WRITING CREATIVELY (20)	7054-A10	Sep. 30 to Nov. 18	Thu. 7:00-9:00pm	\$110	16	Kim Muncey	A-308
CAKE DECORATING FOR BEGINNERS (10)	7055-A10	Oct. 20 to Nov. 17	Wed. 7:00-10:00pm	\$245	17.5	Rita Djerrahian	N-186
				N.B. course is only 15 hrs			
CAKE DECORATING WITH ROLLED FONDANT (15)	7056-A10	Nov. 24 to Dec. 8	Wed. 7:00-10:00pm	\$150	11.5	Rita Djerrahian	N-186
				N.B. course is only 9 hrs			
BASIC HOME REPAIRS (15)	7057-A10	Sept. 11 to Oct. 16 (Not Oct. 9)	Sat. 9:30am-12:30pm	\$140	15	Wilder Wall	A-310
BASIC HOME REPAIRS (15)	7058-A10	Oct. 23 to Nov. 20	Sat. 9:30am-12:30pm	\$140	15	Wilder Wall	A-310
TRANSFORMATIONAL TAROT - LEVEL 1 (15)	7059-A10	Oct. 26 to Nov. 30	Tue. 6:00-9:00pm	\$165	18	Hellen Edelstein	A-502

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DANCE							
LATIN & MODERN BALLROOM DANCING - LEVEL 1 (15 couples)	7063-A10	Sept. 16 to Dec. 2	Thu. 7:00-8:30pm	\$100	18	Klaus Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - LEVEL 1 (15 couples) (Back-Up)	7064-A10	Sept. 18 to Dec. 11 (not Oct. 9)	Sat. 11:30am-1:00pm	\$100	18	Klaus Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - LEVEL 2 (15 couples) Prerequisite: Latin & Modern Dancing - Level 1	7065-A10	Sept. 15 to Dec. 1	Wed. 7:00-8:30pm	\$100	18	Nadia Coloca	Dance Studio
LATIN & MODERN BALLROOM DANCING - LEVEL 2 (15 couples) (Back-up) Prerequisite: Latin & Modern Dancing - Level 1	7066-A10	Sept. 18 to Dec. 11 (not Oct. 9)	Sat. 10:00-11:30am	\$100	18	Klaus Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - LEVEL 3 (15 couples) Prerequisite: Latin & Modern Dancing - Level 2 (or Intro to Bronze)	7067-A10	Sept. 17 to Dec. 3	Fri. 7:00-8:30pm	\$100	18	Klaus Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - BRONZE INTERMEDIATE (15 couples) Prerequisite: Latin & Modern Dancing - Bronze Preliminary	7068-A10	Sept. 17 to Dec. 3	Fri. 8:30-10:00pm	\$100	18	Pat Dichmann	Dance Studio
LATIN & MODERN BALLROOM DANCING - BRONZE ADVANCED (15 couples) Prerequisite: Latin & Modern Dancing - Bronze Intermediate	7069-A10	Sept. 17 to Dec. 3	Fri. 7:00-8:30pm	\$100	18	Pat Dichmann	Dance Studio
LATIN & MODERN BALLROOM DANCING - PRE-SILVER (15 couples) Prerequisite: Latin & Modern Dancing - Bronze Advanced	7070-A10	Sept. 18 to Dec. 11 (not Oct. 9)	Sat. 11:30am-1:00pm	\$100	18	Pat Dichmann	Dance Studio
LATIN & MODERN BALLROOM DANCING - SILVER (15 couples) Prerequisite: Pre-Silver	7071-A10	Sept. 18 to Dec. 11 (not Oct. 9)	Sat. 10:00-11:30am	\$100	18	Pat Dichmann	Palestre
ARGENTINEAN TANGO (20)	7072-A10	Sept. 13 to Dec. 6	Mon. 7:30-9:00pm	\$100	18	Gustavo Soteras	G-202
BELLY DANCING - LEVEL 1 (20)	7073-A10	Sept. 15 to Dec. 8	Wed. 7:15-8:15pm	\$115	12	Sandra Benjamin	G-202

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TITLE	SECTION	DATE	TIME	FEE	HRS	TEACHER	ROOM
RECREATION							
INTRODUCTION TO GOLF (12)	7076-A10	Sept 7 to Oct. 19	Tue. 8:00-10:00pm	\$155	21	Patrick Mischook	Gym A
				N.B. course is only 14 hrs			
GOLF FOR WOMEN (12)	7077-A10	Sept 13 to Nov. 1 (not Oct. 11)	Mon. 8:00-10:00pm	\$155	21	Patrick Mischook	Gym A
				N.B. course is only 14 hrs			
ZUMBA BASIC (20)	7078-A10	Sept. 13 to Dec. 13 (not Oct 11)	Mon. 6:15-7:15pm	\$115	12	Sandra Benjamin	G-202
ZUMBA GOLD (20)	7079-A10	Sept. 15 to Dec. 8	Wed. 6:15-7:15pm	\$115	12	Sandra Benjamin	G-202
RECREATIONAL FLOOR HOCKEY (15)	7080-A10	Sept. 13 to Dec. 6 (not Oct 11)	Mon. 8:15-10:15	\$95	36	Sophian Mian	Gym C
				N.B. course is only 24 hrs			
RECREATIONAL FLOOR HOCKEY (15)	7081-A10	Sept. 14 to Nov. 30	Tue. 8:15-10:15pm	\$95	36	Sophian Mian	Gym C
				N.B. course is only 24 hrs			
YOGA FOR EVERY BODY (12)	7082-A10	Sept. 20 to Nov. 29 (not Oct 11)	Mon. 6:00-7:30pm	\$125	15	Antoinette Giacobbe	G-232
PILATES (12)	7083-A10	Sept. 13 to Dec. 13 (not Oct 11)	Mon. 7:15-8:15pm	\$115	12	Sandra Benjamin	G-202
LANGUAGES							
MANDARIN - LEVEL 1 (15)	7086-A10	Sept. 16 to Nov. 18	Thu. 6:30-9:30 pm	\$180	30	Xuefeng Qi	A-340
ITALIAN - LEVEL 1 (20)	7087-A10	Sept. 20 to Nov. 29 (not Oct 11)	Mon. 6:30-9:30 pm	\$180	30	Martha Marrone	A-310
SPANISH FOR BUSINESS & TRAVEL - LEVEL 1 (20)	7088-A10	Sept. 13 to Nov. 22 (not Oct 11)	Mon. 6:30-9:30 pm	\$180	30	Pablo Salinas	A-313
SPANISH FOR BUSINESS & TRAVEL - LEVEL 2 (20)	7089-A10	Sept. 15 to Nov. 17	Wed. 6:30-9:30 pm	\$180	30	Pablo Salinas	A-313
HOME CHILDCARE TRAINING							
CHILD DEVELOPMENT TRAINING FOR HOME CHILDCARE ASSISTANTS (15)	7092-A10	Sept. 14 to Oct. 5	Tue. 6:30-9:30pm	\$90	12	Nancy Spector	A-314
FIRST AID FOR PARENTS AND CHILDCARE WORKERS (15)	7093-A10	October 2	Sat. 8:00am-5:00pm (1 hr for lunch)	\$75	8	Bob Green	A-306
FIRST AID FOR PARENTS AND CHILDCARE WORKERS (15)	7094-A10	November 13	Sat. 8:00am-5:00pm (1 hr for lunch)	\$75	8	Bob Green	A-306
CAREGIVER EDUCATION WORKSHOPS - FOR FAMILY MEMBERS, COMPANIONS AND VOLUNTEERS							
ESSENTIAL CAREGIVING TECHNIQUES (20)	7098-A10	September 14	Tue. 6:00-8:00pm	\$30	2	Rita Bonar	A-337
MENTAL HEALTH ISSUES IN AGING (20)	7099-A10	September 21	Tue. 6:00-8:00pm	\$30	2	Sheana Parker	A-337
LET'S TALK ABOUT DYING (20)	7100-A10	September 28	Tue. 6:00-8:00pm	\$30	2	Dayna Morrow	A-337
DEMENTIA CARE TRAINING WORKSHOPS FOR FRONTLINE CARE-WORKERS AND HEALTHCARE PROVIDERS							
THE MANY FACES OF DEMENTIA; AN OVERVIEW (20)	7101-A10	October 5	Tue. 6:00-9:00pm	\$40	3	Sheana Parker	A-337
ALZHEIMER DISEASE & RELATED DEMENTIAS: WHAT YOU NEED TO KNOW (20)	7102-A10	October 19	Tue. 6:00-9:00pm	\$40	3	Sheana Parker	A-337
UNDERSTANDING RESPONSIVE BEHAVIOURS & COMMUNICATION NEEDS (20)	7103-A10	October 26	Tue. 6:00-9:00pm	\$40	3	Rita Bonar	A-337
PSYCHOSOCIAL INTERVENTIONS IN BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA (BPSD) (20)	7104-A10	November 9	Tue. 6:00-9:00pm	\$40	3	Mona Beck	A-337
STIMULATING ACTIVITIES IN DEMENTIA CARE (20)	7105-A10	November 16	Tue. 6:00-9:00pm	\$40	3	Dayna Morrow	A-337

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EVENT PLANNING							
EVENT PLANNING ESSENTIALS - LEVEL 1 (12)	7107-A10	Sept 11 to Nov 13 (Not Oct. 9)	Sat 9:00-11:30am (Sat. Sep. 11, 18, 25, Oct. 2) Sat. 9:00-11:00am (Oct. 16, 23, Nov. 13)	\$180	16	Sherlyn Figueira	A-401
EVENT PLANNING ESSENTIALS - LEVEL 3 (10) Prerequisite: Event Planning Essentials - Level 1 & 2	7108-A10	Nov. 7 to Dec. 5	Sat. 9:00-11:00am Oct. 30, Nov. 6, 20, 27, Dec. 4	\$130	10	Sherlyn Figueira	A-401
RESIDENTIAL BUILDING INSPECTION PROGRAM - REVISED TWO-PART PROGRAM							
ELECTRICITY, PLUMBING, HEATING AND AIR CONDITIONING - PART 2	7115-A10	Sept. 9 to Dec. 9	14 Thursdays: 6:30 - 9:30 September 9 to December 9 7 Sundays: 8:30am-5:30pm September 12, 26, October 3, 17, 31, November 14 & 28	\$1,200	98	Rick Cartmel	A-110
P.M.A.C. COURSES (Purchasing Management Association of Canada/Association canadienne de gestion des achats)							
INTRODUCTION TO PROCUREMENT (20)	8000-A10	Sept. 14 to Dec. 7	Tue. 6:00-9:00 pm	\$535	39	Art Ainscow	A-110
INTRODUCTION TO OPERATIONS MANAGEMENT (20)	8001-A10	Sept. 15 to Dec. 8	Wed. 6:00-9:00 pm	\$535	39	Peter Prahals	A-308