

LIFESKILLS PROGRAM WINTER 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>	6000-H10	Jan. 25 to May 10 (no class Apr. 5/10)	Mon. 6:00-9:00pm	\$ 90	45	Mehdi Shallwani	E-214
				N.B. Books: \$150 approx.			
Beginners AutoCAD for Architecture (V. 2009) (15) <i>Prerequisite: Drafting or Technical Drawing course</i>	6001-H10	Jan. 25 to May 10 (no class Apr. 5/10)	Mon. 6:00-9:00pm	\$ 90	45	Roger Cusson	E-206
				N.B. Books: \$70 approx.			
Intermediate AutoCAD for Architecture (V. 2009) (15) <i>Prerequisite: Beginners AutoCAD</i>	6002-H10	Jan. 27 to May 12 (no class Mar. 17/10)	Wed. 6:00-9:00pm	\$ 90	45	Roger Cusson	E-206
				N.B. Books: \$110 approx.			
Beginners AutoCAD for Mechanical Engineering (V. 2009) (15) <i>Prerequisite: Drafting or Technical Drawing course</i>	6003-H10	Jan. 26 to May 11 (no class Mar. 16/10)	Tue. 6:00-9:00pm	\$ 90	45	Anto Jalladian	E-206
				N.B. Books: \$70 approx.			
Intermediate AutoCAD for Mechanical Engineering (V. 2009) (15) <i>Prerequisite: Beginners AutoCAD</i>	6004-H10	Jan. 28 to May 13 (no class Mar. 18/10)	Thu. 6:00-9:00pm	\$ 90	45	Anto Jalladian	E-206
				N.B. Books: \$110 approx.			
Beginners Oracle (V.10g) (15) <i>Prerequisite: Good knowledge of computers and Windows</i>	6005-H10	Jan. 27 to May 12 (no class Mar. 17/10)	Wed. 6:00-10:00pm	\$ 120	60	Perry James	D-243
				N.B. Books: \$110 approx.			
Advanced Oracle (V.10g) (15) <i>Prerequisite: Beginners Oracle</i>	6006-H10	Jan. 28 to May 13 (no class Mar. 18/10)	Thu. 6:00-10:00pm	\$ 120	60	TBA	D-243
				N.B. Books: \$110 approx.			
C Sharp Language (Using Visual Studio 2008) (15) <i>Prerequisite: Java or any Programming Course</i>	6007-H10	Jan. 26 to May 11 (no class Mar. 16/10)	Tue. 6:00-9:00pm	\$ 90	45	Perry James	D-243
				N.B. Books: \$150 approx.			
Written Business Communications 1 (15) <i>Prerequisite: Good Spoken English Skills</i>	6008-H10	Jan. 28 to May 13 (no class Mar. 18/10)	Thu. 6:00-9:00pm	\$ 90	45	Didier Julien	E-213
				N.B. Books: \$45 approx.			
BUSINESS AND PROFESSIONAL WORKSHOPS							
BEGINNERS GUIDE TO INVESTMENTS (15)	7000-H10	Feb. 2 to Mar. 23 (not Mar. 16)	Tue. 6:30-9:30pm (1st class 7:00-9:00pm)	\$160	20	Michael Spiro	A-110
BEATING THE STOCK MARKET: TECHNICAL ANALYSIS (FOR BEGINNERS) (15)	7001-H10	Feb. 3 to March 24 (not Mar. 17)	Wed. 6:30-9:30pm (1st class 7:00-9:00pm)	\$160	20	Michael Spiro	A-110
STARTING YOUR OWN BUSINESS (20)	7002-H10	Mar. 3 to Apr. 28 (not Mar. 17)	Wed. 6:30-9:30pm	\$ 175	24	Andrew Chasse	A-313
IT'S YOUR MONEY (15)	7003-H10	Feb 15 to Mar 15	Mon 6:30-8:30pm	\$ 95	10	Anita Ashtakala	A-315
PRACTICALLY SPEAKING (15)	7004-H10	Feb 17 to Mar 24 (Not Mar 17)	Wed 6:30-8:30pm	\$ 95	10	Anita Ashtakala	A-315
COMPUTERS							
WINDOWS XP - LEVEL 1 (15)	7006-H10	Feb. 13 to Mar. 6	Sat. 9:30am-12:30pm	\$155	12	Peter Durand	D-243
WINDOWS XP - LEVEL 2 (15)	7007-H10	Mar. 13 to Apr. 10 (not April 3)	Sat. 9:30am-12:30pm	\$155	12	Peter Durand	D-243
EXCEL 2007 - LEVEL 1 PLUS (15)	7008-H10	Mar. 1 to Apr 12 (not April 5)	Mon. 6:30-9:30pm	\$250	18	Peter Durand	D-243
WORD 2007 FOR WINDOWS - LEVEL 1 PLUS (15)	7009-H10	Mar. 2 to Apr. 13 (not Mar. 16)	Tue. 6:30-9:30pm	\$250	18	Peter Durand	A-104
POWERPOINT 2007 - LEVEL 1 (15)	7010-H10	Apr. 19 to May 3	Mon 6:30-9:30pm	\$130	9	Peter Durand	D-243
PHOTOSHOP CS3 - THE BASICS (15)	7011-H10	Feb. 24 to May 5 (not Mar. 17)	Wed 7:00-9:00pm	\$225	20	Peter Durand	N-362D
MANAGING YOUR DIGITAL PHOTOS (15)	7012-H10	Feb. 8 to 22	Mon 6:30-9:30pm	\$115	9	Peter Durand	D-243
THE INTERNET & HOW TO USE IT (15)	7013-H10	Feb. 9 to 23	Tue 7:00-9:00pm	\$115	6	Peter Durand	A-107

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TITLE	SECTION	DATE	TIME	FEE	HRS	TEACHER	ROOM
PERSONAL DEVELOPMENT							
BEYOND POSITIVE THINKING (15)	7016-H10	Feb 2 to 23	Tue. 7:00-9:00pm	\$115	8	Antoinette Giacobbe	A-312
OVERCOMING ANXIETY (15)	7017-H10	Mar. 2 to 30 (not Mar 16)	Tue. 7:00-9:00pm	\$115	8	Antoinette Giacobbe	A-312
GET A LIFE (15)	7018-H10	February 6	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
ANGER MANAGEMENT (15)	7019-H10	April 6 to 27	Tue. 7:00-9:00pm	\$115	8	Antoinette Giacobbe	A-312
CHAKRA ENERGY (15)	7020-H10	April 10	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
DECLUTTER YOUR HOME, MIND, BODY & SOUL (15)	7021-H10	March 13	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
SHAPING UP YOUR SELF-CONFIDENCE (15)	7022-H10	March 20	Sat. 9:30am-4:30pm	\$75	6	Antoinette Giacobbe	A-312
EMOTIONAL RESCUE (15)	7023-H10	March 25	Thu. 7:00-9:00pm	\$30	2	Antoinette Giacobbe	A-312
ABC'S OF RAISING HEALTHY, HAPPY & CONFIDENT CHILDREN (15)	7024-H10	February 25	Thu. 7:00-9:00pm	\$30	2	Antoinette Giacobbe	A-312
DON'T BE SHY (15)	7025-H10	April 8	Thu. 7:00-9:00pm	\$30	2	Antoinette Giacobbe	A-312
ENVIRONMENT							
GREENING YOUR HOME - ON A SHOE STRING BUDGET(20)	7028-H10	February 10	Wed. 7:00-8:00pm	\$20	1	Olivier Kolmel	D-543
COMPOSTING 101 - ALL YOU NEED TO KNOW(15)	7029-H10	March 27	Sat. 9:30-11:30am	\$30	2	Olivier Kolmel	D-543
HEALTH-WISE WORKSHOPS							
REIKI, NATURAL HEALING (6)	7032-H10	Feb 6 & 7	Sat & Sun 9:30am-4:30pm	\$125	12	Kyra Lober	G-236
REIKI, NATURAL HEALING (6)	7033-H10	Mar. 13 & 14	Sat & Sun 9:30am-4:30pm	\$125	12	Kyra Lober	G-236
SHIATSU MASSAGE (16)	7034-H10	Feb. 17 to Apr. 14 (not Mar 17)	Wed 7:00-9:00pm	\$125	16	Elan Netser	G-232
HOW TO WEIGH WHAT YOU WANT (20)	7035-H10	Feb. 3 to June 2 (not Mar. 17)	Wed. 6:30-8:30pm	\$185	34	Michael Brooker	A-329
HOW TO WEIGH WHAT YOU WANT - MAINTENANCE (8)	7036-H10	Feb. 10, Mar. 3, 31, Apr. 21, May 12, June 2	Wed. 6:30-8:30pm	\$80	12	Michael Brooker	A-329

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TITLE	SECTION	DATE	TIME	FEE	HRS	TEACHER	ROOM
HOBBIES & INTERESTS							
HOW TO LOOK BEAUTIFUL: MAKE-UP FOR ANY OCCASION (15)	7039-H10	February 8	Mon. 6:30-9:30pm	\$50	3	Darryl Patrick	D-541
HOW TO LOOK BEAUTIFUL: MAKE-UP FOR ANY OCCASION (15)	7040-H10	March 1	Mon. 6:30-9:30pm	\$50	3	Darryl Patrick	D-541
FASHION SECRETS: THE PRINCIPLES OF GREAT STYLE (15)	7041-H10	March 22 & 29	Mon. 7:00-9:00pm	\$35	4	Sharon Grant	D-546
FASHION SECRETS: THE PRINCIPLES OF GREAT STYLE (15)	7042-H10	April 19 & 26	Mon. 7:00-9:00pm	\$35	4	Sharon Grant	D-546
IN FASHION: SHOPPING FOR KIDS CLOTHING (15)	7043-H10	Feb. 27	Sat 9:30am - 12:00pm	\$30	2.5	Sharon Grant	D-544
WINE APPRECIATION (15)	7044-H10	Feb. 10 to Mar. 10	Wed. 7:00-9:30pm	\$135	12.5	Barrie Benton	A-502
WINE APPRECIATION (15)	7045-H10	Mar. 24 to Apr. 21	Wed. 7:00-9:30pm	\$135	12.5	Barrie Benton	A-502
COOK AND EAT ITALIAN - LEVEL 1 (10)	7046-H10	January 27 to February 24	Wed. 6:30-9:30pm	\$225	20	Martha Marrone	N-186
				N.B. course is only 15 hrs			
COOK AND EAT ITALIAN - LEVEL 2(10)	7047-H10	April 14 to May 12	Wed. 6:30-9:30pm	\$245	20	Martha Marrone	N-186
				N.B. course is only 15 hrs			
WRITING CREATIVELY (18)	7048-H10	Feb 18 to April 15 (not Mar. 18)	Thu. 7:00-9:00pm	\$110	16	Kim Muncey	A-302
CAKE DECORATING FOR BEGINNERS (10)	7049-H10	Mar. 3 to Apr. 7 (not Mar. 17)	Wed. 7:00-10:00pm	\$225	17.5	Rita Djerrahian	N-186
				N.B. course is only 15 hrs			
BASIC HOME REPAIRS (15)	7050-H10	Feb. 27 to Mar 27	Sat. 9:30am-12:30pm	\$130	15	Wilder Wall	A-310
BASIC HOME REPAIRS (15)	7051-H10	Apr. 10 to May 8	Sat. 9:30am-12:30pm	\$130	15	Wilder Wall	A-310

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TITLE	SECTION	DATE	TIME	FEE	HRS	TEACHER	ROOM
DANCE							
LATIN & MODERN BALLROOM DANCING - LEVEL 1 (15 couples)	7054-H10	Feb. 10 to May 5 (not Mar 17)	Wed. 7:00-8:30pm	\$100	18	Klaus Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - LEVEL 1 (15 couples)	7055-H10	Feb. 13 to May 8 (not Apr 3)	Sat. 10:00-11:30pm	\$100	18	Klaus Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - LEVEL 2 (15 couples) Prerequisite: Latin & Modern Dancing - Level 1	7056-H10	Feb. 12 to May 7 (not Apr 2)	Fri. 7:00-8:30pm	\$100	18	Klaus Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - BRONZE PRELIMINARY (15 couples) Prerequisite: Latin & Modern Dancing - Level 3	7057-H10	Feb. 12 to May 7 (not Apr 2)	Fri. 8:30-10:00pm	\$100	18	Pat Dichmann	Palestre
LATIN & MODERN BALLROOM DANCING - BRONZE ADVANCED (15 couples) Prerequisite: Latin & Modern Dancing - Bronze Intermediate	7058-H10	Feb. 12 to May 7 (not Apr 2)	Fri. 7:00-8:30pm	\$100	18	Pat Dichmann	Dance Studio
LATIN & MODERN BALLROOM DANCING - BRONZE ADVANCED (15 couples) Prerequisite: Latin & Modern Dancing - Bronze Intermediate	7059-H10	Feb. 13 to May 8 (not Apr 3)	Sat. 11:30am-1:00pm	\$100	18	Pat Dichmann	Dance Studio
LATIN & MODERN BALLROOM DANCING - SILVER (15 couples) Prerequisite: Bronze Advanced	7060-H10	Feb. 13 to May 8 (not Apr 3)	Sat. 10:00-11:30am	\$100	18	Pat Dichmann	Dance Studio
ARGENTINEAN TANGO (20)	7061-H10	Feb. 8 to May 3 (not Apr 5)	Mon. 7:30-9:00	\$115	18	Gustavo Soteras	G-202
BELLY DANCING - LEVEL 1 (20)	7062-H10	Feb. 10 to May 5 (not Mar 17)	Wed 6:15-7:15pm	\$115	12	Sandra Benjamin	G-202
RECREATION							
INTRODUCTION TO GOLF (12)	7065-H10	Mar. 9 to Apr. 27 (not Mar. 16)	Tue. 8:00-10:00pm	\$155	21	Patrick Mischook	Gym A
							N.B. course is only 14 hrs
GOLF FOR WOMEN (12)	7066-H10	Mar. 8 to Apr. 26 (not Apr. 5)	Mon. 8:00-10:00pm	\$155	21	Patrick Mischook	Gym A
							N.B. course is only 14 hrs
GOLF & VIDEO (12)	7067-H10	Apr. 29 to May 13	Thu. 8:00-10:00pm	\$70	9	Patrick Mischook	Gym A
							N.B. course is only 6 hrs
RECREATIONAL FLOOR HOCKEY (15)	7068-H10	Feb 8 to May 3 (not Apr 5)	Mon 8:15-10:15pm	\$95	36	Sophian Mian	Gym C
							N.B. course is only 24 hrs
RECREATIONAL FLOOR HOCKEY (15)	7069-H10	Feb 9 to May 4 (not Mar 16)	Tue 8:15-10:15pm	\$95	36	Sophian Mian	Gym C
							N.B. course is only 24 hrs
YOGA FOR EVERY BODY (15)	7070-H10	Feb 1 to Apr 12 (not Apr 5)	Mon. 6:30-7:30 pm	\$125	10	Antoinette Giacobbe	G-202
PILATES - LEVEL 1 (20)	7071-H10	Feb 11 to May 13 (not Mar 18)	Wed 7:15-8:15pm	\$115	13	Sandra Benjamin	G-202

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TITLE	SECTION	DATE	TIME	FEE	HRS	TEACHER	ROOM
LANGUAGES							
MANDARIN - LEVEL 1 (15)	7074-H10	Feb. 4 to Apr. 15 (not Mar. 18)	Thu. 6:30-9:30 pm	\$180	30	Xuefeng Qi	A-340
ITALIAN - LEVEL 1 (20)	7075-H10	Feb. 8 to Apr. 19 (not April 5)	Mon. 6:30-9:30 pm	\$180	30	Martha Marrone	A-302
SPANISH FOR BUSINESS & TRAVEL - Level 1(20)	7076-H10	Feb. 10 to Apr. 21 (not Mar. 17)	Wed 6:30-9:30 pm	\$180	30	Pablo Salinas	A-306
SPANISH FOR BUSINESS & TRAVEL - Level 2(20)	7077-H10	Feb. 8 to Apr. 19 (not Apr. 5)	Mon. 6:30-9:30 pm	\$180	30	Pablo Salinas	A-306
SIGN LANGUAGE - LEVEL 1 (15)	7078-H10	Feb. 13 to Mar. 20	Sat. 10:30am-12:00pm	\$95	9	Maureen Shvil	A-340
HOME CHILDCARE TRAINING							
CHILD DEVELOPMENT TRAINING FOR HOME CHILDCARE ASSISTANTS (15)	7081-H10	Feb. 2 to 23	Tue. 6:30-9:30pm	\$90	12	Nancy Spector	A-110
FIRST AID FOR PARENTS AND CHILDCARE WORKERS (15)	7082-H10	February 13	Sat. 8:00am-5:00pm (1 hr for lunch)	\$75	8	Bob Green	A-313
FIRST AID FOR PARENTS AND CHILDCARE WORKERS (15)	7083-H10	March 6	Sat. 8:00am-5:00pm (1 hr for lunch)	\$75	8	Bob Green	A-313
CAREGIVER EDUCATION WORKSHOPS - FOR FAMILY MEMBERS, COMPANIONS, AND VOLUNTEERS							
ESSENTIAL CAREGIVING TECHNIQUES (20)	7086-H10	February 2	Tue. 6:00-8:00pm	\$30	2	Rita Bonar	D-505
MENTAL HEALTH ISSUES IN AGING (20)	7087-H10	February 9	Tue. 6:00-8:00pm	\$30	2	Sheana Parker	D-505
LET'S TALK ABOUT DYING (20)	7088-H10	February 16	Tue. 6:00-8:00pm	\$30	2	Dayna Morrow	D-505
DEMENTIA CARE TRAINING WORKSHOPS - FOR FRONTLINE CARE-WORKERS AND HEALTHCARE PROVIDERS							
THE MANY FACES OF DEMENTIA: AN OVERVIEW (20)	7091-H10	March 3	Wed. 6:00-9:00pm	\$40	3	Sheana Parker	A-310
ALZHEIMER DISEASE & RELATED DEMENTIAS: WHAT YOU NEED TO KNOW (20)	7092-H10	March 10	Wed. 6:00-9:00pm	\$40	3	Sheana Parker	A-310
UNDERSTANDING RESPONSIVE BEHAVIOURS & COMMUNICATION NEEDS (20)	7093-H10	March 24	Wed. 6:00-9:00pm	\$40	3	Rita Bonar	A-310
STIMULATING ACTIVITIES IN DEMENTIA CARE (20)	7094-H10	April 7	Wed. 6:00-9:00pm	\$40	3	Dayna Morrow	A-310
EVENT PLANNING							
EVENT PLANNING ESSENTIALS - LEVEL 1 (14)	7097-H10	Feb. 20, 27, Mar. 6, 13 & 20	Sat. 9:30am-12:30pm	\$180	15	Sherlyn Figueira	A-308
EVENT PLANNING ESSENTIALS - LEVEL 2 (14)	7098-H10	Mar 27 & Apr.10, 17, 24, May 1	Sat. 9:00am-11:30pm May 1; 10:00am-12:00pm	\$130	12	Sherlyn Figueira	A-308
GETTING MARRIED: DREAM BIG, PLAN SMART! (14)	7099-H10	May 8	Sat. 2:00-5:00pm	\$20	3	Sherlyn Figueira	A-308
FUNDRAISING CERTIFICATE PROGRAM							
MARKETING & COMMUNICATIONS FOR NON-PROFITS (25)	7102-H10	Feb 1 to Mar 1	Mon. 6:30-9:30pm	\$175	15	Ligia F. Peña	A-337
MANAGING FUNDRAISING PROGRAMS (25)	7103-H10	March 8 to 29	Mon. 6:30-9:30pm	\$130	12	Ligia F. Peña	A-337

**LIFESKILLS PROGRAM
WINTER 2010**

TITLE	SECTION	DATE	TIME	FEE	HRS	TEACHER	ROOM
RESIDENTIAL BUILDING INSPECTION PROGRAM - REVISED TWO-PART PROGRAM							
STRUCTURES, INSULATION, & WOOD STOVES - PART 1 (25) Note: Part 2 will be offered in the Autumn 2010 semester	7106-H10	Jan 28 to Apr 29	14 Thu. 6:30-9:30pm (Jan 28 to Apr 29) 7 Sun. 8:30am-5:30pm (Jan 31, Feb 14, 28, Mar 14, 28, Apr 11 & 25) (1 hour for lunch)	\$1,200	96	Rick Cartmel and other certified inspectors	C-402
P.M.A.C. COURSES (Purchasing Management Association of Canada/Association canadienne de gestion des achats)							
PMAC PROGRAM: SUPPLY MANAGEMENT TRAINING PROGRAM (SMTP)							
INTRODUCTION TO PROCUREMENT (12)	8000-H10	Feb. 9 to May 11 (not Mar 16)	Tue 6:00-9:00 pm	\$535	39	Art Ainscow	F-217
INTRODUCTION TO OPERATIONS MANAGEMENT (12)	8001-H10	Feb 8 to May 10 (noy Apr 5)	Mon 6:00-9:00pm	\$535	39	Peter Prahalis	F-217