

COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION PROGRAMS



HOW TO REGISTER:

1. Just call or email OR use the QR code.
2. Give us your name, email & phone # and we will add you to class list. If no date is set, we will let you know when we have one.
3. That's it. If class date listed doesn't work, let us know and we can get you in the next session



Customer Service 101

1st Monday of the Month 1pm or 4:30pm



Customer service is a skill that can be transferred to many areas of daily life. Learn how to interact in a positive efficient way.

\$10 / pp (1 hr session)

Public Speaking

2 Start dates: Sat. Feb 7, April 11 10am-12pm



This class will provide you with tips and practice to improve your public speaking skills

\$40/ 4 week session

Bookkeeping Basics

start dates: 6:30 pm Thurs. Jan. 15 & Mar. 12

1pm Tues. Feb. 3 & Apr. 21



Instruction in basic bookkeeping principles and practice the full bookkeeping cycle.

\$200/5 wk course

Basic Budgeting

sessions start: 2nd Monday of the month: 1pm or 4:30pm



This class is designed to teach concepts and strategies to winning at the money game.

3 part class \$10/pp

ASL level 1 Tues. 6:30-8pm Starts Feb. 24

American Sign Language. This is a fun interactive class to help develop the ability to communicate using ASL.

6 wk course

\$150 includes workbook



ASL level 2

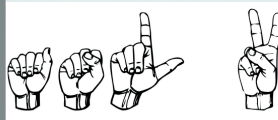
Tues. 6:30-8pm

Starts Jan. 13

American Sign Language. Follow up to ASL 1. learn how to communicate with conversation practice

6 wk course

\$150 includes workbook



Travelers Spanish

Tuesdays 6-8pm, next session starts: Jan. 13



Learn common phrases and vocabulary to aid communication in Spanish,

5 wk course

\$125

Beginner Spanish

Thursdays 6-8, next session starts: Jan. 22

Learn the technical basics of Spanish, with homework and practical exercises.

5wk course

\$125

**LEARN
SPANISH**

Conversational Spanish

Tuesdays 6-7, next start date: Jan 27



Practice your conversational spanish. Must have prior knowledge of language

5 wk sessions \$75 or

\$20 drop-in

Beginner French

Thursdays 6-8, starts Feb. 5

Learn the technical basics of French, with homework and practical exercises.

8wk course

\$150

Bonjour

NOTHING CHANGES IF NOTHING CHANGES

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Positive Thinking Series

starts Friday, February 20, 10am-11am or 6 weeks



This fun, reflective series explores way to practice positive thinking. A different aspect of this topic each session

\$50/pp (6x 1hr classes)

Goal Setting

3rd Friday of the Month 1-3



Learn how to set goals that you can accomplish.

\$20/pp (2hr class)

Self Confidence Workshop

2nd Thursday or Saturday of the month 1-3pm

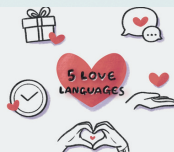


A workshop to help you work on ways to achieve more confidence

\$20/pp (2hr class)

What's your Love Language?

Saturday Feb. 7, 1-5pm



Learn your love languages and of the ones you care about. Connect better with family, friends & partners.

4 hr course \$60- for 2pp

Chair Yoga

Mondays and Wednesdays 9:15-10am Starts Jan 12

A class that helps with flexibility, balance and coordination. Suitable for most abilities.

\$50 for session



Managing Volunteers & Staff

Friday Feb. 6 OR Saturday Feb. 7, 9am-12pm

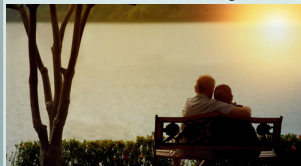


This session is designed to provide a framework for working with people in a variety of capacities

\$30/pp

End of Life Planning

Saturday Feb. 7, 10am-12pm



Presentation and Q&A on executing your wishes once you have passed.

\$10/pp

includes refreshments

Wills and Estates

Wednesday January 14, 6-8pm



Presentation and Q&A on wills and estate planning.

\$10/pp

includes refreshments

Financial Literacy Course

dates are flexible- contact us to set up a time



An individualized session to answer questions about financial planning and establishing a solid financial base
\$10/pp/family

Basic Office Skills Program

dates are flexible- contact us to set up a time

This course will instruct participants in the development of standard skills for working in an office environment.

Classes include basic computer skills, Microsoft Word & Excel, emailing, customer service, basic bookkeeping, Wave or Sage accounting training, and information management.

\$1000

(\$200 required at course start- remaining can be paid in payments)
please note: this is not a credited program, upon successful completion participants will receive a certificate of completion and a letter of reference.

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**GET
STARTED
TODAY**

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Learn to Crochet

2 class sessions start:

Saturday Jan 17 & Mar. 7 10am-12pm



Learn to crochet and bring home a dishcloth.

\$30- includes all materials 2 x 2hr Classes

Abrahamic Religions

Tuesdays starts Jan. 27, 7pm



The Abrahamic Religions: A History of Conflict and Cooperation" is a course in the history of Jewish, Christian, and Islamic interfaith relations. .

\$20/pp 6 week course

Beeswax Candles

Sunday Feb 8, 1-3 OR

Thursday Feb. 5, 6-8pm



Learn to make simple decorative beeswax candles.

All materials are provided
\$30/pp

Decoupage Decorations

Sunday Mar. 8, 1-3 OR

Thursday Mar. 19, 6-8pm



Learn to decoupage.

\$45- includes all materials

Resume Writing 101

Mondays: Jan 19, or Mar. 16 OR

Fridays Feb. 6 or April 10 1-3pm



This workshop will guide you through the steps to create and edit your resume and cover letters.

Basic computer skills required.

\$10/pp

Essential Oils

Tuesday April 7, 6-8pm



Learn about using different essential oils for natural remedies and aromatherapy.

\$20/pp

Navigating Retirement

Wednesdays Feb. 4 & 11, 1-3pm OR

Fridays April 10 & 17 10am -12pm



Are you looking for purpose in your day to day?

This workshop will walk you through a process to help determine some new goals and how to achieve them. Get connected to resources and opportunities in the community

\$25/pp 2x 2hr sessions

Intro to: Yoga/Pilates

Thursdays: Feb. 5-Mar. 12 5:30-6:30pm



YOGA



PILATES

Tone and stretch with a fusion of Ballet, Yoga and Pilates movements.

\$60/pp- 6 classes

Make it from scratch:

Sundays 1-3pm



Jan. 18: Homemade Pasta

Feb. 8: Homemade condiments (mayo, aioli, caesar & ranch salad dressing)

\$30/class

Rolled Buns

Sunday March 8 1-3pm



Learn to make yeast and non yeast based rolled buns with different fillings and toppings

\$30/class

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Tech Tidbits:

4th Thursday of the Month 10:30am-12pm

mini lessons on technology:

Jan. 22- Cloud storag

Feb. 26- Using online services
(ex. Banking)

March 26 - Device maintenance
\$10/pp/session



Internet and Phone Scams

Thursday Feb. 5, 10am-12pm



Learn to recognize scams in emails, on social media and through phone calls and what to do in these situations. \$10/pp

Using Socail Media

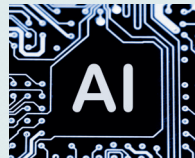
Tuesday Jan. 27 or March 10, 10am-12pm or 6-8pm



Intro to social media:
Facebook
Instagram
Twitter & Snapchat
\$20/pp/session

All About AI

Thursday Feb. 12 or Saturday April 11, 10am-12pm



Learn about and try online Artificial Intelligence (AI).

\$20/pp/2 hr session

Wave Accounting

1st session starts Thursday Jan. 22, 1pm or 6:30pm



Learn to use this free online accounting software.
Bookkeeping basics is recommended prior to starting.
\$150/pp

Intro to Microsoft Office

Classes start the 3rd Tuesday of the Month 1-3 OR 6-8



Learn to use microsoft office:

Word Basics
Excel Basics
Powerpoint

\$100/pp(3 week sessions)

Canva Basics Workshop

Saturday Jan 17. OR Thursday Mar. 12 10-2



Learn to use the basic CANVA program for creating posters and marketing materials.
\$50/pp (4hr session)

Using Computers for Fun

Tuesday Feb 3, 1-3pm



Learn how you can find, access and play games, find entertaining sites and navigate them safely.
\$20/pp

Computer Basics

Classes start: Jan. 13, Feb. 26 OR Mar. 31 10am-12pm



A 4 session class that will ensure that you have the basics needed to using your computer for a variety of purposes.
4 session course \$75

Coffee and Computer

Tues & Thurs 10-12 or 6:30-8:30pm



Do you need a quick answer to a computer or device problem? Set up an appointment and we'll help you out.
\$5 / session