

**NOTHING
CHANGES
IF
NOTHING
CHANGES**

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



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)

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)

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



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

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

Wills and Estates

Wednesday January 14, 6-8pm



Presentation and Q&A on wills and estate planning.

\$10/pp

includes refreshments

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**

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



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

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

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



Make it from scratch:

Sundays 1-3pm



Jan. 18: Homemade Pasta

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

\$30/class

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

Decoupage Decorations

Sunday Mar. 8, 1-3 OR

Thursday Mar. 19, 6-8pm



Learn to decoupage.
\$45- includes all materials

Essential Oils

Tuesday April 7, 6-8pm



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

\$20/pp

Intro to: Yoga/Pilates

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



Tone and stretch with a fusion of Ballet, Yoga and Pilates movements.
\$60/pp- 6 classes

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 storage
Feb. 26- Using online services (ex. Banking)
March 26 - Device maintenance
\$10/pp/session



Using Social Media

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

Intro to social media:

Facebook

Instagram

Twitter & Snapchat

\$20/pp/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



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)

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.

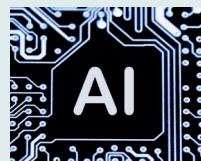
4 session course \$75



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**



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



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)



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

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