

# Provost Adult Learning & Literacy Newsletter

Volume 2 Issue 3  
April 2010



Provost Adult Learning & Literacy

## In the Community, For the Community, With the Community — Learning Together

Practical, problem-centered, relevant learning.  
What does that mean to you?

Does what you learn help you somehow in your own life? Is it useful to you? Is it meaningful to you?

Does what you learn create “spin-off” changes in your life? Does it motivate or challenge you to change your performance in any way? Does it give you direction?

Does what you learn help you to reach one of your goals?

Provost Adult Learning & Literacy strives to provide practical, problem-centered, relevant learning to the community through courses and workshops such as:

- Health & Safety (First Aid, Meditation, Yoga, FAC, Babysitter Courses);
- Employability (Bookkeeping, Simply Accounting);
- Community Courses (Seniors Programs, Board and Organizational Development; Computer Drop-In classes);
- Adult Literacy and English as a Second Language (ESL) classes and one-on-one tutoring, Book Club;
- Fit Community and General Interest courses like Kick-boxing, Ballroom & Belly Dancing, Drawing, Writing, Interior Design, Crafts and so much more.

We also offer videoconferencing for personal and professional development, Books for Babies, hosting of events to promote Family Literacy and learning support for our TIPS moms through Community Kitchen. We think we’ve come a long way in the 36 years that EEOC has been around, and are always looking for new and better ways to support and to grow with the people in our community.

Are we helping you with your learning goals? If we aren’t, please let us know how we can improve. If we are, we’d love to know that too. Call 780-753-2822 and talk to us.

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### “Computer Tutor” Drop-In Assistance & Coaching

Basic Computer Literacy  
Word, Excel, Powerpoint  
Email, Facebook, Internet

Tues 1:30-3:30 pm

Fri 9:30-11:30 am

No Cost—Donations Accepted

EEOC is an  
Adult Learning Council funded by Alberta  
Advanced Education & Technology.



**Provost Adult Learning & Literacy Course Calendar - April/May 2010**

Course	Location	Date(s)	Time(s)	Pre-Register	Pre-Reg Date	Course Cost
<b>“Computer Tutor” Drop-In</b>	Computer Lab	Tuesdays 1:30—3:30 pm and Fridays 9:30—11:30 am		Donations Accepted		
<b>Violin Lessons- Videoconference</b>	VC Room	By Appointment	9-11 am	n/a	n/a	n/a
<b>Open Drawing Class</b>	CLC	Wed Mar 10, 24, 31, Apr 1, 7	7-9 pm	\$75	Feb 24	\$85
<b>Book Club</b>	Various	Mon Apr 26, May 31	8 pm	\$10 to join	Ongo- ing	\$10 to join
<b>“Write-On” Workshop</b>	CLC	Sat Apr 10	9:30-11:30 am	Free	Mar 26	Free
<b>Beginners Drawing</b>	CLC	Wed Apr 14,21,28, May 5	5-6 pm	\$40	Mar 31	\$50
<b>Babysitter Course</b>	CLC	Sat/Sun Apr 17 & 18	10 am— 3 pm	\$50	Apr 1	\$60
<b>“Grad Prep” Dance Les- sons</b>	CLC	Sat Apr 24 and Sat May 1	1-4 pm	\$95	Apr 9	\$105
<b>Standard First Aid Recertification (Includes Book)</b>	CLC	Tues Apr 6 or Thurs May 13	5:30 pm— 11 pm	\$105	Mar 23 Apr 29	\$115
<b>Standard First Aid (Includes Book)</b>	CLC	Sat/Sun May 15 & 16	8:30 am— 5:30 pm	\$150	Apr 30	\$160
<b>Seniors On The Move</b>	Various	Mon May 17	Details TBA	No Cost to Sen- iors 60+	May 3	No Cost to Seniors 60+
<b>Belly Dance Weekend Workshop</b>	CLC	Sat/Sun May 29 & 30	10-12 am & 1-3 pm	\$75	May 14	\$85

**Pre-Registration**  
**Sign up and pay**  
**two weeks before**  
**the course starts and**  
**receive a discount!**

- Pre-registration required. Classes without sufficient registration will be cancelled.
- You are not fully registered until payment has been received.
- Payment must be received two weeks before course start date to receive discount.
- Registrations will be accepted on a first come, first serve basis.

Fitness for a Healthy Community - Class Schedule 2010

Course	Location	Date(s)	Time(s)	Pre-Register	Pre-Reg Date	Course Cost
<b>Kickboxing-Bridge Session ( 2 x per week for 5 wks)</b>	Central Park	Wed and Fri. Mar 31, Apr 7, 9, 14, 16, 21, 23, 28, 30	Wed 7:30-8:30 pm; Fri 6-7 pm	\$145	n/a	\$155
<b>Kickboxing (9weeks-\$10 off 2x wk; \$20 off 3x wk)</b>	Central Park	Tues May 4-Jun 29 and/or Wed May 5-Jun 30 and/or Thurs May 6-Jul 1	Tues/Thurs 6-7 pm Wed 9-10 am	\$145 (1) \$280 (2) \$415 (3)	Apr 20	\$155 \$300 \$445

**National Volunteer Week, April 18-24, 2010**

National Volunteer Week is a special time set aside each spring to honour the people who donate their time and energy to their fellow citizens. It is also meant to raise awareness of the vital contribution volunteers make to our communities and to the identity and values of our country.

EEOC would like to thank all our volunteers, including our Board of Directors, Tutors and Community Members who support us - you make a difference!

Ed2go Online Courses Sessions Start Apr 21, May 19



[www.ed2go.com/eoc](http://www.ed2go.com/eoc)

**Career and Professional**

Start Your Own Business - Create a successful business plan, market your business on the internet.

Effective Selling - Learn how to convert potential customers into long-term assets and set the groundwork for repeat business.

Interpersonal Communications - Concepts of verbal/non-verbal expression/listening/relationship dynamics/conflict management and much more.

Leadership - How to use the principles of great leaders to achieve success in almost every aspect of your daily life.

**Children, Parents & Family**

Guiding Kids on the Internet - Informative, interactive course for teachers, parents and leaders.

Everyday Math - Practical exercises for everyday life, such as calculating tips, taxes, discounts; understanding mortgages, credit cards, measurement conversions, and much more.

Photographing People with your Digital Camera - Basic principles of people photography, learning portrait and formal group shots, action photography and photographing children and babies.

**Languages**

Beginning Conversational French, Speed Spanish I, II and III, Instant Italian, Conversational Japanese—for business, travel, or just for fun, learn from the comfort of your own home.

**Talk To Us \* Become An Instructor \* Volunteer \* Get Involved**



## Provost Adult Literacy April Schedule



### English as a Second Language (ESL)

Class times are 10 am to 12 noon  
at the Provincial Building.

- Thursday April 1 — Class
- Wednesday April 7 — Activity
- Thursday April 8 — Class
- Wednesday April 14 — Class
- Thursday April 15 — Class
- Wednesday April 21 — Class
- Thursday April 22 — Activity

To register for  
English as a Second Language Class telephone  
Sherry at 780-753-2822

### ~ Get Email Updates ~

To subscribe to @*eeoc-Connect* our  
bi-weekly Email Updates, send name  
and email address to us at:  
[programs@provostlearning.ca](mailto:programs@provostlearning.ca)

Visit us on Facebook!  
We're listed under Groups -  
Provost Adult Learning & Literacy

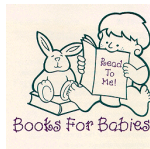
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### Books for Babies

EEOC provides books that are  
distributed to all families  
with new babies in the  
MD of Provost.



Thank you ...

To our Participants for taking part in our courses

To our Instructors and Tutors for giving us their time  
& talents

To our Local Businesses, Sponsors & Organizations  
for your support

To our Council Members for volunteering many hours  
... you make a difference!

We do  
**EXAM INVIGILANCE**  
Call for Appointment



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