

Provost Adult Learning & Literacy Newsletter

Volume 3 Issue 8
October 2011

Alberta Health Services would like to present:

Provost Diabetes Health Fair on Friday, October 14th.

Venue: Provost Recreation & Culture Center

Time: 10:30 am - 2:30 pm

Join them for a day filled with information about health and diabetes! There will be guest speakers, displays of diabetes supplies, prizes and much more. Lunch will be provided.

Everyone is welcome to attend this event: people with diabetes and their families, healthcare workers and the general public. For more information call:

Blonde 780-753-2419

Ione 780-753-6930

Chelsea 780-753-3308

Barb 780-753-2792

Free Computer Access!

Provost Adult Learning & Literacy provides free computer access to the general public so please feel free to stop by our office if you would like to use the computer. We also assist clients with resume development and we have a job board which is updated weekly. Our office hours are from 8:30 am to 4:30 pm with an hour lunch break between 12:00 noon to 1:00 pm.

Promoting Literacy

Provost Adult Learning would like to promote literacy in our community and surrounding areas as this is apart of our mandate. We would like to encourage everyone to take part by reading, playing games, or getting involved in educational activities to upgrade ourselves. Literacy is everyone's concern and we all have a part to play!

Learning is fun! Call 780-753-2822 to register



Provost Adult Learning & Literacy

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Volunteers & Instructors

If you would like to be a volunteer or instructor at Provost Adult Learning & Literacy, please give us a call. We are more than happy to have you join our team!

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

Member of



Provost Adult Learning & Literacy Course Calendar - October 2011						
Course	Location	Date(s)	Time(s)	Pre-Register	Pre-Reg Date	Course Cost
“Computer Tutor” Drop-In	Computer Lab	Tuesdays 1:30—3:30 pm and Fridays 9:30—11:30 am		Donations Accepted		
Violin Lessons- Videoconference	VC Room	By Appointment on Mondays	9-11 am	n/a	n/a	n/a
Staying Cool At Menopause	VC Room	Tues Oct 4	6:30- 9:30 pm	\$15	Oct 1	\$25
Simply Accounting Level I	Computer Lab	Tues Oct 4 & 11	10-5 pm (both days)	\$245	Oct 1	\$255
Home Alone	CLC Room	Sat Oct 8	10-12 noon	\$35	n/a	\$45
Computer Basics for Beginners	Computer Lab	Tues Oct 11, 18, 25, Nov 1	7-9 pm	\$70	n/a	\$80
Seniors On The Move - Bar Colony Heritage Cul- tural Center	Lloydminster, AB	Mon Oct 17	9-5:30 pm	Pay for meal	Full	Pay for meal
Customer Service Skills	CLC Room	Thurs Oct 13	2-4 pm	\$30	n/a	\$40
Food Safety Online Course through NAIT: FNM90	Online	4 weeks, Self-Paced	Self- Paced	\$160+	n/a	\$160+
Hand Building for Adults	CLC Room	Sat Oct 15 & 29	1-5 pm	\$130	n/a	\$140
Book Club	Various	Last Monday of each month	8-10 pm	\$10 to join	Ongo- ing	\$10 to join
Ed2go Online Courses	Online	Session Starts Oct 19, Nov 9, Dec 14	Self- paced	\$119	Ongo- ing	\$119

Fall Courses & Fitness for a Healthy Community - Class Schedule Sept-Dec 2011						
Course	Location	Date(s)	Time(s)	Pre-Register	Pre-Reg Date	Course Cost
Simply Accounting Level II	Computer Lab	Tues Oct 18	10-5 pm	\$130	Oct 4	\$140
Standard 1st Aid Recertification	CLC Room	Thurs Oct 20	5:30 - 11 pm	\$115	Oct 6	\$125
Standard 1st Aid	CLC Room	Sat & Sun Oct 22 & 23	8:30 am - 5:30 pm	\$150	Oct 7	\$160
Time Management & Organizational Skills	Computer Lab	Tues Oct 25	10am-1pm	\$70	Oct 11	\$80
Letters, Labels & Mailings	Computer Lab	Tues Oct 25	2-5 pm	\$70	Oct 11	\$80
Cyber Bullying	CLC Room	Thurs Oct 27	6-7 pm	\$10	Oct 13	\$20
Hatha Yoga (10 wks)	CLC Room	Mon Sept 19, 26, Oct 3, 17, 24, Nov 7, 14, 21, 28, Dec 5 (No Class on Oct 10 & 31)	6-7 pm	\$115	n/a	\$115
Kickboxing (10 wks)	Rec. Center	Tues Sept 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29	9-10 am	\$155 (1) \$300 (2) \$450 (3)	n/a	\$155 (1) \$300 (2) \$450 (3)
Kickboxing (10 wks)	Rec. Center	Wed Sept 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23	8-9 pm	\$155 (1) \$300 (2) \$450 (3)	n/a	\$155 (1) \$300 (2) \$450 (3)
Kickboxing (10 wks)	Rec. Center	Thurs Sept 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1	9-10 am	\$155 (1) \$300 (2) \$300 (3)	n/a	\$155 (1) \$300 (2) \$450 (3)

EEOC has once again partnered with Ed2go to launch a new series of online courses called *Career Training Program*.

This program is self paced and the duration of each course is between 3-6 months . To view our new course catalog, please go to our website, select online courses and then click on *view catalog* under the Career Training Program.

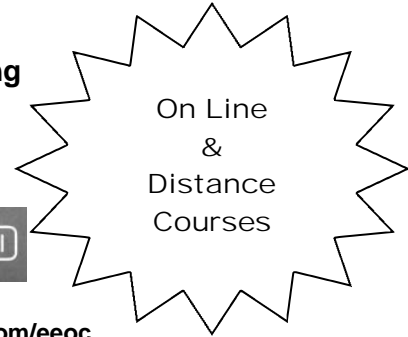
A whole new Career awaits you!

**English as a Second Language (ESL) October/November
Schedule**

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

- Wednesday October 5 (Class)
- Thursday October 6 (Class)
- Wednesday October 12 (Class)
- Thursday October 13 (Class)
- Wednesday October 26 (Class)
- Thursday October 27 (Class)

- Wednesday November 2 (Class)
- Thursday November 3 (Class)
- Wednesday November 9 (Class)
- Thursday November 10 (Class)
- Wednesday November 16 (Class)
- Thursday November 17 (Class)
- Wednesday November 23 (Class)
- Thursday November 24 (Class)



www.ed2go.com/eeoc

~ Get Email Updates ~

To subscribe to **@eeoc-Connect** our monthly Email Updates, send name and email address to us at:
programs@provostlearning.ca

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

www.provost.ca/eeoc

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programs@provostlearning.ca

Books for Babies

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



We do
EXAM INVIGILANCE
Call for Appointment



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