



BRINGING NEIGHBOURS TOGETHER

Metro Continuing Education has teamed up with Edmonton Federation of Community Leagues to help bring neighbours together and foster the power of community. Together, we can add capacity to Edmonton's amazing Community Leagues and bring your member's creative ideas to life using an asset based, co-creation model.

Below are a few ideas of programs we can offer and adjust to best meet the needs of your community. For example: Kenilworth offered a Sushi Making with Kenilworth course to bring neighbours together virtually, host a contest, and connect. If you are with a Community League that currently lacks physical space to connect, our in person offerings may be a great opportunity for you to bring community members together.

We have something for everyone so please do not hesitate to connect with us and we will help you bring neighbours together.

How can your league get involved?

Contact Julia Dalman at julia.dalman@epsb.ca to set up an initial orientation meeting and discuss what is possible. There are no deadlines to sign up, please meet with your board to discuss if you would like this opportunity and some dates that may work for you. We can normally provide a course and help you advertise/ promote the opportunity within your community with 1 month advance notice. Course cost will vary depending on in person or virtual and if Leagues want to cover some material/ supply costs or cost of the instructor. Metro will work with leagues to set up registration and cost per participant. We prefer a minimum of 10-15 people to run a course.

All programs listed are dependent on Instructor/vendor availability. Pricing, class formats and content is subject to change. All Community League members receive a 10% discount upon registration.

COMMUNITY INITIATIVES

Land Acknowledgement Workshop

In partnership with the Bennett Centre, Metro is pleased to offer a 4 part Land acknowledgement workshop in which community members will explore with Elders what it means to be a treaty partner living on treaty 6 territory, their own relationship to the land, and mentorship in writing and recording a personalized land acknowledgement. Not only will this workshop deepen neighbours' relationship with land and knowledge of treaty 6, Community Leagues (with consent from their members) will have access to a variety of personalized land acknowledgements written by community members to share on their website and for use at events that are from the heart of their community.

These workshops can be hosted Virtually or In person at the Bennett Centre. Proof of Vaccination upon entry to the Bennett Centre Required.

- 1) Treaty 6 History
- 2) Indigenous World View
- 3) Connecting to the Land
- 4) Writing a personalized land acknowledgement

3 Community Leagues will be accepted into this workshop series this year. We ask that Leagues provide funds for Elder honorariums and we will help you with the protocol of offering Tobacco for the teachings

Investing in Instagrammable Walls (Online)

Metro is partnering with Edmonton blogger and social media strategist Linda Hoang to guide communities through how and why they should Invest in Instagrammable Walls. Linda Hoang is the creator of the [Guide to Instagrammable Walls of Edmonton](#) and has led numerous, popular, Instagrammable Wall Walks through different neighbourhoods across the city. In this one-hour session, you will learn what an Instagrammable Wall is, go on a virtual city tour of walls, consider why you may want to create an Instagrammable Wall within your own community including considerations around best locations and potential local artists. This session will also help you identify walls that already exist within your community and show how you can create events or activations around these walls. You will learn and become inspired to develop a plan to engage existing community members through Instagrammable Walls and social media, while simultaneously attracting visitors from outside the community—and online—too.

1 hour

\$195/community league

ON LOCATION, GROUP OPPORTUNITIES (IN PERSON)

In partnership with the local vendors listed below, Metro is able to coordinate the following on location, group classes for your community members.

Pickleball for Beginners and Intermediate

Location: The Center - Edmonton Volleyball Pickleball Center (9455 - 45 Avenue NW)

4 sessions X 2 hours

Price ranges from \$119 - \$139/person

Stained Glass for Beginners (various classes)

Location: Bissett Stained Glass (3104 Parsons Rd NW)

Depending on the class, session formats range from 3 hours to 1 day to 5 days

Price ranges from \$69 - \$175/person plus a tool rental/materials/supplies/firing fee

Stained Glass for Beginners - (Torch-Level Glass Blowing Workshop)

Location: Under the Sun Stained Glass & Art Studio (4915 50th Avenue, Leduc)

1 session X 3 hours

\$69/person plus a tools/materials fee

Floral Design, Gardening & More

Various 3 hour classes can be offered at the following locations for \$69 plus materials:

Locations:

SWISH + Company (14225 23 Avenue NW)

Ellerslie Gift & Garden (10008 6 Ave SW)

Laurel's on Whyte (8210 104 St NW)

Welding: Metal Rose Making, Garage Welding Level 1, 2 & Plasma Cutting Basics

Location: CLAC Member Centre (14920 118 Ave NW)

Depending on the class, session formats range from 3 hours to 3 days

Price ranges from \$69 - \$149 plus materials fee

Wine, Scotch, Rum, Spirits & Beer Appreciation/Tasting

Location: Vines-Riverbend Wine Merchants (2331 Rabbit Hill Rd NW)

Depending on which class, sessions range from 2.5 - 3.5 hours

Price ranges from \$59 - \$79/person plus materials fee

DIY Classic Cocktails

Location: Browns Socialhouse (various locations)

1 session X 3 hours

\$59/person plus materials fee

Stargazing

Location: TELUS World of Science (11211 142 St NW)

Do you look out at a dark, starry sky and wonder what's really out there? Journey to the ends of the observable universe under the new Zeidler Dome and see our sky like never before in full 10K ultra-high definition. Learn to use a planisphere to find objects in the sky, and explore freeware astronomy software to show you where stars, constellations and planets are on any given night. Gaze through powerful telescopes in the RASC observatory (weather permitting) for an up-close look at the objects in our universe.

2 sessions X 2.5 hours

\$79/person

The Night Sky

Location: TELUS World of Science (11211 142 St NW)

Join us on an informative trip through our night sky in this eight evening observational astronomy class. Learn how to locate and identify planets, stars, constellations, deep-sky objects, and other celestial objects. Explore general sky motions, the celestial co-ordinate sphere, constellation mythology, solar and lunar eclipses, telescopes and astrophotography. The new Zeidler Dome (planetarium), the RASC Observatory and the computer classroom will be used throughout the course. Course fee includes all handouts, a sky chart, a planisphere, the RASC Beginner's Observing Guide and evening snacks. Materials: \$45

8 sessions X 2.5 hours

\$225/person

Architectural Walking Tour of Edmonton

Over the course of this fun and unique tour, you will have the opportunity to look at and explore four different buildings in Edmonton: Neil Crawford Centre, Alberta Legislature, Hotel MacDonald and the Art Gallery of Alberta. These buildings represent a cross section of the history of Edmonton and how architecture played a part in our city's history. You will be given a private tour of each building and debrief the design and history between stops. Note: LRT will be used to travel from location to location and you will be responsible for purchasing your own fare.

1 session X 3.5 hours

\$49/person

CREATIVE ARTS (ONLINE)

iPhone Photography Basics (Online)

Do you want to learn how to take incredible photos with your iPhone camera? In this introductory and hands-on class, you will go through your phone's camera features to move beyond simple snapshots and start taking photos with style. This class is only available for iPhone smartphone users. Please bring your iPhone to class and ensure you are logged into your Apple App Store to download photo editing apps during class.

1 session X 2 hours

\$49/per person or household

Introduction to Zentangle® Art (Online)

Join Colette Doran, certified Zentangle teacher, to learn the truth of the Zentangle slogan: "Anything is possible one stroke at a time." Relaxing, fun and easy to learn, Zentangle lets you create beautiful images using simple, repetitive lines. More than just a drawing process, Zentangle is a journey of self-discovery. It provides a structured path for creating art from patterns by breaking them down into elemental strokes, and it requires no artistic ability. In this class, you'll learn the origins of Zentangle and then create at least two unique pieces of art. Supplies are needed. Click [here](#) to view supply list.

1 session X 2 hours

\$49/per person or household plus supplies

Sharpie Art Lettering (Online)

Do you love beautiful lettering? Learn to letter your own cards with a whimsical alphabet, using assorted sizes of Sharpie marker. Then combine your new skills with the delightful medium of watercolour to decorate amazing cards to take home! Supplies are needed. Click [here](#) to view supply list.

2 sessions X 3 hours each

\$69/per person or household plus supplies

Introduction to Crystal Gridding (Online)

Are you a lover and collector of gemstones? Learn how to use your stones with more intention to manifest your desires! Join Annie Hunting of Sage Stone Mala and Meditations for an introduction to sacred geometry, crystal energy and combining the two to create powerful grids that draw on all the stones included. Participate in a short guided meditation, then intuitively design your grid, choosing from a large variety of gemstone options. Finally, set your grid into a shadow box frame that you can hang on the wall. Materials: \$60

1 session X 3 hours

\$59/per person or household plus materials

Learn to Crochet (Online)

Discover how to work three basic types of crochet stitches in this beginner class: chain stitch, single crochet, and double crochet. Learn how to read a pattern, how to work the stitches, and how to use locking stitch markers to keep your edges straight. Bring a ball of cotton yarn and a hook and learn how to turn your yarn into three different washcloths, each with a different type

of stitch. Don't worry if you're left-handed, you can still crochet! Supplies are needed. Click [here](#) to view the supply list.

3 sessions X 1 hour each

\$59/per person or household plus supplies

Learn to Knit (Online)

Designed for beginners, get started with knitting by learning how to cast on stitches to make a simple scarf. In three sessions you'll learn the two basic building blocks of all knitting patterns: the knit stitch, and the purl stitch. Discover how to read a pattern, use stitch markers, and how to bind off when you're done. Supplies are needed. Click [here](#) to view the supply list.

3 sessions X 1 hour each

\$59/per person or household plus supplies

INTERNATIONAL COOKING (ONLINE)

Introduction to Sushi Making (Online)

Fresh, healthy and aesthetically pleasing—sushi is all about letting beautiful ingredients shine. Join Hung Ly as he teaches you how to make the perfect sushi rice and then create cucumber, fresh salmon, avocado maki and California rolls. Ingredients are needed. Click [here](#) to view the ingredient list.

1 session X 1.5 hours

\$35/per person or household plus ingredients

Thai Cooking (Online)

Longing for an escape to a tropical paradise? Join us for an exotic evening of culinary fun! Learn to make some of Thailand's star dishes: spicy som tam (papaya salad) and fragrant red curry chicken with rice. Ingredients are needed. Click [here](#) to view the ingredient list.

1 session X 1.5 hours

\$35/per person or household plus ingredients

Vietnamese Favorites: Pho (Online)

Vietnamese cuisine is renowned for combining fresh, fragrant ingredients into perfectly flavour-balanced dishes. In this class, learn to prepare a popular favourite. Receive hands-on introduction to pho—Vietnamese noodle soup—that showcases its simplicity and versatility. A spicy chili oil will also be made. Healthy and delicious! Ingredients are needed. Click [here](#) to view the ingredient list.

1 session X 1.5 hours

\$35/per person or household plus ingredients

Dumplings 101 (Online)

Try your hand at one of the ultimate comfort foods! Learn to prepare the dough to make wrappers, then fill and seal your own delicious dumplings. We'll make two different fillings (chicken and shrimp) and enjoy them two ways: for soup (wontons) and pan-fried (gyoza/potstickers). Ingredients are needed. Click [here](#) to view ingredient list.

1 session X 1.5 hours

\$35/per person or household plus ingredients

HEALTH & WELLNESS

Outdoor Pursuits (In Person)

Discover Edmonton's River Valley: Off the Beaten Path (In Person)

Did you know that Edmonton's beautiful river valley is the largest stretch of urban parkland in North America? With over 160 kilometres of maintained multi-use trails and countless more of single-track and technical trails, there's a lot to explore! We'll cover roughly 5 to 8 kilometres of off-the-beaten path trails in a different location each week. Be prepared for elevation, wildlife and beautiful vistas.

3 sessions X 2 hours

\$59/person

Discover Edmonton's River Valley: On the Road More Travelled (In Person)

Did you know that Edmonton's beautiful river valley is the largest stretch of urban parkland in North America? With over 160 kilometres of maintained multi-use and countless more single track and technical trails, there's a lot to explore! We'll cover roughly 5 kilometres of scenic and accessible trails (non single track), in a different location each week. Note: This class is designed for those who want to stay on paved and less elevated surfaces, including those with mobility issues (wheelchairs and strollers welcome).

3 sessions X 2 hours

\$59/person

Discover Cross Country Skiing for Beginners (In Person)

Cross-country skiing offers a fantastic, low-impact way to stay active—and more importantly, it allows you to enjoy the winter wonderland that we call home! Learn the basics of cross-country skiing while discovering the best ski trails that Edmonton and area has to offer. Join an experienced cross-country skier to learn proper technique in the classic style, how to master hills (both up and down), how to fall properly and get up easily, how to wax your skis for different conditions and what gear you'll need. Class intended for beginners or skiers with some experience. Must provide your own ski equipment.

4 sessions X 1 hours

\$59/person

Fitness With Your Pups (In Person)

Get fit while bonding with your pup as you go on an instructor-led walk, do dog-yoga or pup-i-lates. A unique experience for both you and your dog and designed by a certified canine fitness trainer with expertise in human fitness, canine fitness and canine behaviour. Suitable for all friendly dogs; no prior training required. Exercises can be modified for all fitness levels.

3 sessions X 45 mins

\$59/person

HEALTH & WELLNESS continued....

Indoor Pursuits (Online)

Gentle Yoga (Online)

Gentle yoga is ideal for anyone seeking the benefits of a relaxing and restorative experience. Intended to rejuvenate and heal the body, this class is held at a slower pace and focuses on improving range of motion and joint mobility, as well as reducing pain and the effects of stress. Students who are new to yoga, or who have medical injuries or concerns such as arthritis or other chronic conditions or limitations, will enjoy this soothing practice.

6 sessions X 1 hour

\$79/per person or household

Retiring With Purpose (Online)

The transition to retirement is an even bigger adjustment than leaving high school, getting married or having kids. It can be a difficult stage of life as you let go of your work identity. Learn the secrets to happiness in retirement, anticipate some of the challenges you may face and develop strategies to manage them. Understand the role that work has played in your life, explore how to find new purpose and meaning, and create a new vision for your ideal retirement lifestyle.

2 sessions X 3 hours

\$79/per person or household

Other Areas of Interest (Online)

American Sign Language (ASL) Basics (Online)

Learn the basics of American Sign Language in this full immersion (no speaking) and interactive course. The alphabet, numbers, colours and family will be covered, as well as introductory phrases and conversational dialogue. Some ASL grammar/syntax will also be included, as well as information on Deaf culture and tips for communicating with a Deaf person.

1 session X 3 hours

\$69/per person or household

Investing 101 (Online)

This course is developed and delivered in conjunction with the Alberta Securities Commission (ASC). Investing can be a complicated and sometimes overwhelming process. The key is to understand the risks and to make an investment decision that makes sense for you. If you are an investor or are thinking about investing, this plain-language, non-promotional course provides you with an overview of investing. Gain basic knowledge to make a well-informed decision when you are presented with an investment opportunity.

2 sessions X 1.5 hours

\$79/per person or household

Financial Planning for Retirement (Online)

Gear up financially for life after work. Explore the different sources of retirement income and learn to develop an abundant income stream for yourself. Discover types of investment income,

pensions and tax-smart strategies for RRSPs and RRIFs. Learn the elements to help you create a plan that will ease your mind and put your finances in order.

2 sessions X 1.5 hours

\$79/per person or household