

Inspiring Wellness & Learning AND School District 20 *SPRING 2017*



Teck's Inspiring Wellness and Learning Program is happy to partner with School District 20 to offer these programs for employees. Registration is simple—send an email to MaryLynn.Manwell@teck.com and indicate which class(es) you wish to register for. Course prices are indicated beside each course title. Payment can be made by placing a cheque made out to "Inside Job Consulting" in an envelope with your name and course name and leaving it at your school office. Register early as space is limited. All payments must be received one week in advance of course date. For questions or further information, contact Mary Lynn Manwell at 250 364-7202 or Gord Menelaws at 250 364-4135.

DO IT YOURSELF HOME REPAIRS

Cost: \$40.00 per person, payable in advance

Payment may vary, depending on number of registrants

A hands on, experiential learning session that offers participants an opportunity to become familiar with basic electrical, plumbing and carpentry skills.

Participants will work with electrical components such as light fixtures, switches, plug outlets and gain knowledge of basic wiring and safety.

There will be a focus on repairing damaged drywall and learning the process of applying drywall compound and tape, including finishing. The plumbing aspect of this course will look at troubleshooting common plumbing leaks and causes with shared insight into repairing these issues. Participants will also have the opportunity to learn how to cut and join various plumbing materials that are common to residential applications.

There may also be opportunity for participants to bring forward a current home repair of their own if time permits.

Participants should be prepared to handle drywall compound, an open flame torch, hand tools and other materials that pertain to the sessions. Participants should be prepared to work in small groups if required.

**Location: Kootenay Columbia Learning Centre
(Trail Middle School)**

4 classes:

Date: May 1-29 (no class May 22)

Day: Mon., 6-8 pm

Instructor: Phil Power, certified instructor, School District 20

COOKING CLASSES WITH DELIA DOWNING

(at Crowe Secondary Kitchen Lab)

SUSHI

Learn to make sushi from the rice to the roll. Fillings may include avocado, red pepper, cucumber, carrot, asparagus, teriyaki chicken, and tempura shrimp.

Please bring \$10.00 for supplies

1 class:

Date: Apr. 5

Day: Wed., 6:00-8:00 pm



BAGELS

Make chewy, tasty, boiled and baked bagels, with information provided to make whole wheat, multi-grain bagels.

Bring a large cookie sheet (14 X 18) AND \$10.00 for supplies

1 class:

Date: May 3

Day: Wed., 6:00—8:00 pm

PASTA

In these days of "fresh is better" wouldn't it be nice to serve your summer fresh tomatoes and basil with fresh pasta? Using a simple dough of flour and eggs, learn to make fresh fettuccini. A near fool-proof Alfredo sauce recipe will also be provided. **Please bring a baking sheet** to transport your fresh pasta to your home where you can serve it, or freeze it for later, **AND \$10.00 for supplies, payable to the instructor**

1 class:

Date: May 31

Day: Wed., 6:00—8:00 pm

ADULT POTTERY – SERVING PLATTER

Cost = \$40.00 plus supplies

Beginner-friendly serving platter that will be both beautiful and functional, just in time for taking lunch to the patio! Each one will reflect your personal style. **Materials extra (\$20.00 per person, payable to the instructor)**

Location: 125 Weeks Road, Genelle

1 class:

Date: April 19

Day: Wed, 6:00—8:30 pm

Instructor: Cindy Young

Product shown is unglazed—choose your colour



INTRAMURALS will run to mid-June

All intramurals are held at Trail Middle School. Watch for notices regarding class cancellations due to school closures.

Ultimate Frisbee: Tuesdays, 4:30-5:45 pm

Facilitated by Rob Stephens

Volleyball Wednesdays, 5:00-6:00 pm

Facilitated by Jessica Davis

Indoor Soccer: Thursdays, 5:00-6:00 pm

Facilitated by Robert Bene