



Instructor in the Spotlight

Shelley MacDonald

Shelley obtained her BFA in Jewellery Design and Metalsmithing from NSCAD University in Halifax, N.S. She has more than 12 years' experience in jewellery design and metalsmithing, and has been teaching jewellery courses for the past 10 years. Shelley is also one of the youngest goldsmiths residing in the Yukon.

Art & Culture

Introduction to Silversmithing: Basic Ring Making

Join our instructor for a hands-on fun and informative workshop designed to introduce you to silversmithing. You will be introduced to the fundamentals of jewellery making and design, including metal piercing, filing and soldering. Each student will make 1-2 silver rings with a choice of 8 different wires to create stacking rings. No previous experience required!

Please bring a notebook, pen and old clothing to wear. You will receive a handout on studio safety, equipment, and the techniques that will be covered.

Instructor: Shelley MacDonald

Takhini Arena – Mezzanine

Sa	Sep. 28	1:00 pm – 4:00 pm	1	\$133◆	74058
Su	Sep. 29	1:00 pm – 4:00 pm	1	\$133◆	74059

Resin Wall Art

In this workshop, you and your instructor will cover the full step-by-step process of creating a resin art piece. This includes how to select a suitable slab, how to construct a sealed mould, how to properly mix and pour the resin, how to achieve certain colours using dyes and pigments, the best de-moulding practices once your piece is cured, and the proper procedures for sanding and finishing your piece. On the second day meet your instructor at his workshop where you can see what projects are going on and put the finishing touches on your piece.

After completing this workshop, you will take home your 12"x14"x.75" one-of-a-kind art piece and have the confidence and knowledge to do larger scale resin projects.

Instructor: Jason Patreau

Takhini Arena – Mezzanine & Instructor's Shop

Tu & Sa	Oct. 1 & 5	6:00 pm – 9:00 pm 12:00 pm – 3:00 pm	2	\$105◆	74417
Tu & Sa	Nov. 19 & 23	6:00 pm – 9:00 pm 12:00 pm – 3:00 pm	2	\$105◆	74418

Felted Wall Hanging

Work with wet felting and applique techniques using cotton and silk. During the morning session, you will take the time to learn and hone in on your skills creating a small sampler then in the afternoon session you have time to create a more complex wall hanging.

Instructor: Sheila Alexandrovich

Takhini Arena - Mezzanine

Sa	Nov. 16	10:00 am – 4:00 pm	1	\$115◆	74055
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Sport & Recreation

Ultimate Frisbee

Learn the how to play ultimate frisbee and enhance your skills on the field. The Yukon Ultimate Association is facilitating workshops for beginner players to learn and enhance their skills and knowledge of the game. Each week will involve a specific topic and drills followed by a scrimmage to practice those concepts. Sessions will focus on rules and spirit of the game, throwing mechanics, defensive theory and plays and offensive theory and plays.

New Players

Canada Games Centre – Coca-Cola® Fieldhouse

M	Sep. 9 – 30	7:00 pm – 8:30 pm	4	\$60	74741
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Women

Canada Games Centre – Coca-Cola® Fieldhouse

W	Sep. 11 – Oct. 2	7:00 pm – 8:30 pm	4	\$60	74742
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Introduction to Nordic Walking

Nordic walking is a full-body exercise that is easy on joints and suitable for all ages and fitness levels. Learn the basic techniques now so you can use your skills over the winter season.

Canada Games Centre – Dasani® Walking Track

Th	Oct. 24 & 31	10:10 am – 11:10 am	2	\$5	74365
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Pickleball Fundamentals

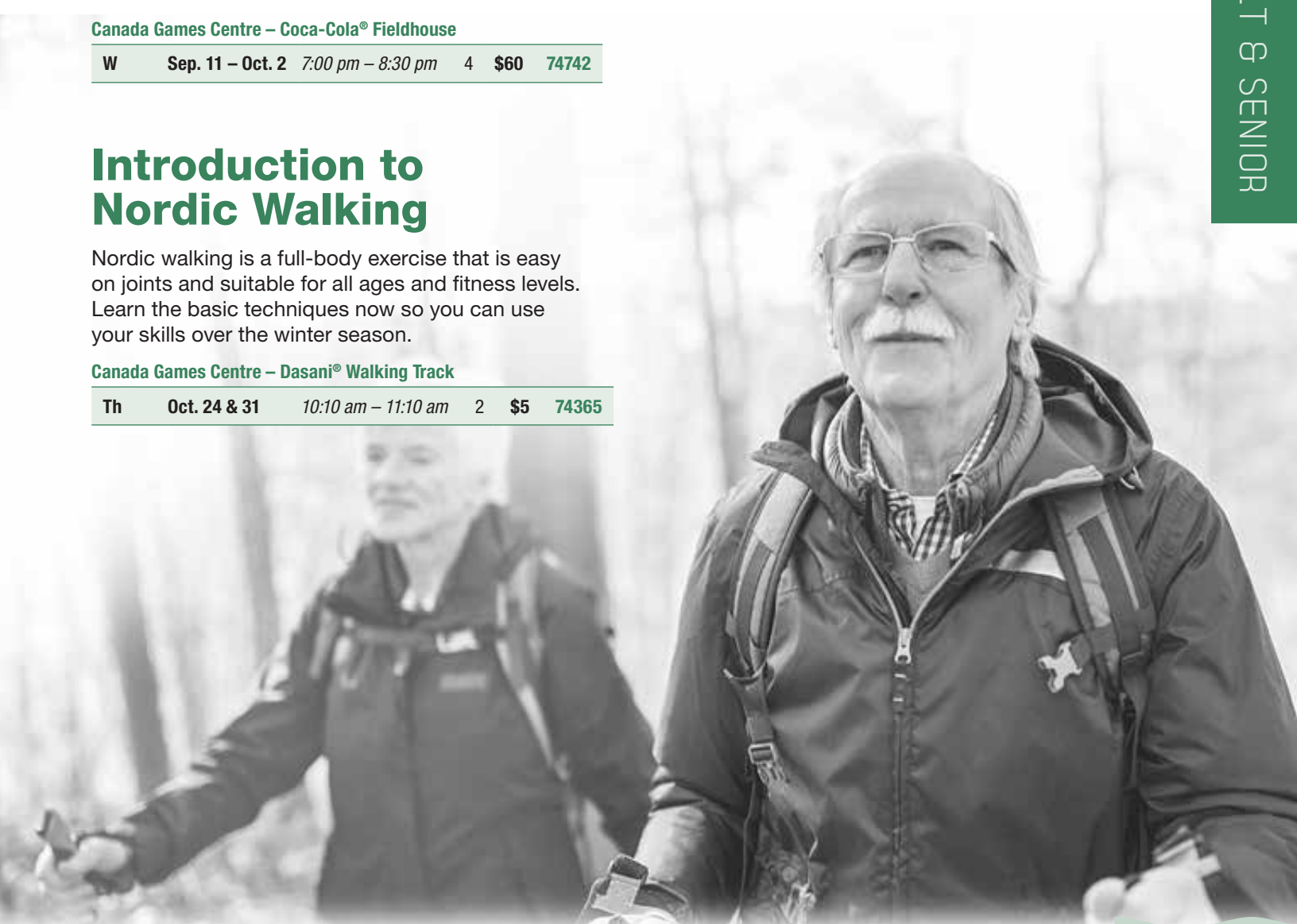
Pickleball is an exciting and easy sport to learn for people of all athletic abilities. Have fun while you learn the basics of this very addictive game. All equipment provided.

Instructor: Richard Chambers

Canada Games Centre – Powerade® Flexihall

Su	Nov. 3, 17, 24	4:00 pm – 5:30 pm	4	\$20	74403
Sa	Nov. 9				

ADULT & SENIOR



General Interest

Encouraging Words

"I CAN'T!!!" How do we respond to this attitude? How do we motivate children and youth to learn? Brain science helps us to understand how Encouraging Words can increase a willingness to take on challenges in school, sports and life.

This program is offered through partnership with LDAY and the City of Whitehorse.

Canada Games Centre – Meeting Room

Tu	Oct. 22	6:00 pm – 7:30 pm	1	\$5	74428
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Scattered to Skilled

"I can't find it! Is that due today? Oops, I forgot!" If any of this sounds like someone in your family, come get some strategies for getting your 'to do' lists 'to DONE!' with less nagging.

This program is offered through partnership with LDAY and the City of Whitehorse.

Canada Games Centre – Meeting Room

W	Oct. 23	6:00 pm – 7:30 pm	1	\$5	74427
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Diabetes Wellness Series

Join a dietician, nurse, exercise specialist, and pharmacist and learn how to start taking action with practical tips for healthy eating, self-managing, and personal activity. Find a connection with others living with Diabetes and engage with a specialized team of health care professionals.

This program is offered through a partnership with the Yukon Hospital Corporation, Yukon Governments Chronic Conditions Support Program and the City of Whitehorse.

Canada Games Centre – Boardroom

M	Sep. 9 – 30	6:00 pm – 8:00 pm	4	FREE	74370
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Diabetes Wellness Series 2.0

Join a team of Certified Diabetes Educators (Nurse, Pharmacist, & Dietician) as they guide participant learning and group discussion on "next level" Diabetes Management. Topics include carb counting, label reading, foot care, hypertension, and other keeping safe practices including "sick day care" and driving with diabetes.

This program is offered through a partnership with the Yukon Hospital Corporation, Yukon Governments Chronic Conditions Support Program, and the City of Whitehorse.

Prerequisite: Diabetes Wellness Series

Canada Games Centre – Boardroom

M	Nov. 18 & 25	6:00 pm – 8:00 pm	2	FREE	74371
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Managing My Emotional Eating

Many factors influence our eating which include hunger, environment, emotions and health (mental and physical). Join a dietician and nurse in this pilot workshop about what influences eating behaviours, and learn tools to help you manage your emotional eating. This Alberta Health Services Pilot program is offered by the Yukon Government, in partnership with the City of Whitehorse, with the goal to support Yukoners living with health conditions. For more information, please contact the Chronic Conditions Support Program at CCSP@gov.yk.ca

Canada Games Centre – Boardroom

W	Oct. 16 – 30	5:30 pm – 8:30 pm	3	FREE	74380
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Sport Nutrition Basics

Increase the knowledge and prevalence of proper eating specific to fueling a healthy, active lifestyle.

Instructor: Amy Lank

Canada Games Centre – Meeting Room

Tu	Nov. 5	6:30 pm – 8:00 pm	1	\$50	74758
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Myth Busters

De-bunk and clarify questions around current nutrition trends and fad diets.

Instructor: Amy Lank

Shipyards Park – Fireplace Room

Th	Nov. 7	6:30 pm – 8:00 pm	1	\$50	74759
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Coffee Cupping: How to Taste Coffee

If you are passionate about coffee and want to learn more about how to evaluate a coffee's characteristics and learn the traits of different coffees, then this is the workshop for you! Come explore the tastes and flavours from a variety of certified organic fair trade specialty coffees. This four hour session delves into the differences in the cup due to country of origin and processing techniques. All materials will be provided for this workshop, lunch included. Leave with ¾ lbs of certified organic fair trade coffee of your choosing.

Instructor: Michael King & Bruce MacDonald

Bean North

Sa	Oct. 26	10:00 am – 2:00 pm	1	\$110◆	74748
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Photo Editing: Adobe Lightroom

Our instructor and expert photographer will guide you through the import editing and exporting photos using Adobe Lightroom as well as answer any questions that may arise. Bring a laptop with a copy of Lightroom and a camera card with some photos on it. A free trial of Lightroom can be downloaded from the Adobe website.

Instructor: Jason Wolsky

Canada Games Centre – Boardroom

Th	Nov. 21	6:00 pm – 10:00 pm	1	\$60	74056
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The Art of Chocolate Making

Passionate about chocolate? Spend a delicious evening just learning basic principles of chocolate tempering and enrobing of artisanal chocolates. Take this knowledge and a variety of samples created in class home to your loved ones.

Please bring your own apron or clothing that may get dirty along with Tupperware to take home your treats. There may be traces of nuts in chocolate products used in this workshop.

Instructor: Schuyllah Hodgson, Master Chocolatier

Shipyards Park – Fire Place Room & Kitchen

W	Dec. 4	7:00 pm – 9:00 pm	1	\$78◆	74057
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Canning Classics

Enjoy bright bold flavored preserves in your pantry this winter with a variety of salsa and relish recipes.

Instructor: Gail Thiessen

Shipyards Park – Fire Place Room & Kitchen

Tu	Dec. 10	6:30 pm – 8:30 pm	1	\$65◆	74419
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