

Bonjour! Introduction to French

This fun-filled teacher-lead program will introduce young children to the French language using people, numbers, colours, seasons, themes and everyday things.

Northview Community Centre

5-8 yrs 8 classes Fee: \$59.66

Day	Start	Time	Code
Sat	Sep 24	10:15am - 11:15am	169208
Sat	Jan 14	10:15am - 11:15am	169209

Computer Keyboarding - Beginner

Students learn the correct typing technique including correct finger position on the keyboard, lower and upper case letters, numbers and other characters without looking at the keyboard.

Northview Community Centre

8-10yrs 8 classes Fee: \$47.76

Day	Start	Time	Code
Sun	Sep 25	10:00am - 11:00am	170392
Sun	Jan 15	10:00am - 11:00am	170393

Junior Journalists

Young reporters will put their skills to work as a they work as a team to plan, write, take photos, blog and use their computer skills to create a fun community magazine for kids that will be distributed throughout the City's recreation facilities.

Northview Community Centre

10-14yrs 8 classes Fee: \$59.70

Day	Start	Time	Code
Sat	Sep 24	9:30am - 10:45am	169204
Sat	Jan 14	9:30am - 10:45am	169205

Recreation, sports and arts/culture build self esteem and positive self-image, foundations to personal quality of life.

The Benefits of Parks & Recreation Catalogue

Lotions, Potions & Notions Workshops

Girls will have a fun morning together in these workshops creating and personalizing their own projects to make and take home. A variety of unique accessories, lip glosses, soaps and jewellery will be made.

Northview Community Centre

8-10yrs 1 class Fee: \$13.51

Day	Start	Time	Code
Sat	Oct 1	9:30am - 10:45am	169210
Sat	Oct 15	9:30am - 10:45am	169211
Sat	Oct 29	9:30am - 10:45am	169212
Sat	Nov 12	9:30am - 10:45am	169213
Sat	Nov 26	9:30am - 10:45am	169214
Sat	Jan 14	9:30am - 10:45am	169215
Sat	Jan 28	9:30am - 10:45am	169216
Sat	Feb 11	9:30am - 10:45am	169217
Sat	Feb 25	9:30am - 10:45am	169218

Mad Science Returns!

Fall - SYSTEM #3 Students will examine optical illusions; have their taste buds put to the test; study the scientific principles of heat and learn all about magnets. Educational, entertaining and sticky...what more could a kid wish for? Topics: Watts-Up, Magnetic Magic, Optical Illusions, Lights...Colour...Action, Matter of Fact, Sonic Sound, Tantalizing Taste, Harnessing Heat.

Winter - SYSTEM #2 Students will learn all about the science of flight and discover the basic scientific principles of magic. Topics: Che-Mystery, Current Events, Fundamental Forces, Science of Magic, Stunt Planes, Super Structures, Under Pressure, Wacky Waves.

Northview Community Centre

6-12yrs 8 classes \$121.54

Day	Start	Time	Code
Thu	Oct 13	6:15pm - 7:15pm	169220
Thu	Jan 12	6:15pm - 7:15pm	175939

My First Computer Workshop

Students will learn to type and use basic features of Microsoft Word and Paint. Students will complete typing lessons, activities and games.

Northview Community Centre

5-7yrs 8 classes Fee: \$47.76

Day	Start	Time	Code
Sun	Sep 25	9:00am - 10:00am	170391
Sun	Jan 15	9:00am - 10:00am	170395

Red Cross Babysitting Course

This course is designed for youth 11 years and up who want to become a babysitter or may already be one. The Babysitting Course covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills and what to do in case of an emergency.

Civic Recreation Complex

11yrs+ 1 class \$54.41

Day	Start	Time	Code
Sat	Jan 7	9:00am - 5:00pm	167639

When I'm Home Alone

Is your child too old for daycare? Are they ready or are you ready for them to be left home alone? This program is designed to teach children the skills required to stay home alone, whether just after school or for longer periods of time. Parents are encouraged to attend this program with their child.

Northview Community Centre

9-12yrs 1 class Fee: \$22.38

Day	Start	Time	Code
Sat	Oct 29	1:00pm - 4:00pm	169694
Sat	Feb 25	1:00pm - 4:00pm	169695
Sat	Mar 24	1:00pm - 4:00pm	169696

e-Homework Computer Workshop

This program teaches children computer skills required for completing homework on Microsoft Word. Topics include: formatting, lists, columns, tables, images, drawing, margins, the use of shortcut keys, using templates to create calendars, flyers and brochures.

Northview Community Centre

10-14yrs 8 classes Fee: \$47.76

Day	Start	Time	Code
Sun	Sep 25	11:00am - 12:00pm	170390
Sun	Jan 15	11:00am - 12:00pm	170394

Register Early!

Avoid the disappointing call that your program has been cancelled.

36 General Interest Adult

Hypnosis- Weight Loss

Learn to lose weight by accessing and harnessing the power of your subconscious mind, through self-hypnosis.

Legends Centre

18yrs+ 3 classes Fee: \$67.80

Day	Start	Time	Code
Fri	Sep 23	7:30pm - 8:30pm	169284
Fri	Oct 14	7:30pm - 8:30pm	169285
Fri	Nov 4	7:30pm - 8:30pm	169286
Fri	Jan 13	7:30pm - 8:30pm	169391
Fri	Feb 3	7:30pm - 8:30pm	169392
Fri	Feb 24	7:30pm - 8:30pm	169393

International Cooking Made Easy

This course will teach participants to prepare easy-to-make meals featuring dishes from various countries around the world. Each week will feature a meal from Italy, Greece, France, Thailand, Mexico, and much more.

South Oshawa Community Centre

14yrs+ 8 classes Fee: \$101.16

Day	Start	Time	Code
Tue	Oct 4	6:00pm - 7:30pm	169748
Tue	Jan 10	6:00pm - 7:30pm	169805

Healthy Backs

This workshop educates the audience on how to detect back problems, learn the triggers that cause lower back pain, and how to arrest and reverse problems already developing.

Legends Centre

15yrs+ 1 class No Charge

Day	Start	Time	Code
Mon	Sep 19	7:30pm - 8:30pm	169307

Healthy Computer Use

This workshop will address details including workstation designs, ergonomic problems, pattern interruptions, exercise and how to tame the computer monster and its effects on your eyes, neck and wrists. The audience will walk out of the office inspired to create a more efficient and healthier work environment.

Legends Centre

15yrs+ 1 class No Charge

Day	Start	Time	Code
Mon	Oct 17	7:30pm - 8:30pm	169308

Managing Stress

This workshop explores the stress cycle, myths of stress and the tools you need to manage stress. Through an in depth look at the causes and solutions, people will leave this workshop feeling able to cope with any stressful situation.

Legends Centre

15yrs+ 1 class No Charge

Day	Start	Time	Code
Mon	Feb 13	7:30pm - 8:30pm	169330

Natural Headache Relief

This workshop educates people on the long-term corrective process to alleviate their headaches naturally. Through powerful descriptions of different types of headaches, the effect they cause on day-to-day life, and other problems associated with headaches, people in attendance will appreciate learning that the pain can be reduced without side effects.

Legends Centre

15yrs+ 1 class No Charge

Day	Start	Time	Code
Mon	Mar 19	7:30pm - 8:30pm	169331

Osteoporosis - Don't Get Soft

In this workshop, participants will learn what osteoporosis is, the risks associated with this disease, and steps to prevent it. This workshop will leave people with the desire to educate everyone they know suffering from osteoporosis with what they learned.

Legends Centre

15yrs+ 1 class No Charge

Day	Start	Time	Code
Mon	Nov 21	7:30pm - 8:30pm	169309

Weight Loss and Exercise

We will reveal the secrets to turning your body into a fat burning machine. We will begin by providing you with the foundation of the major prerequisites of getting healthy and staying fit. We will then dispel the myths on diets and teach you to in turn make the healthier choice.

Legends Centre

15yrs+ 1 class No Charge

Day	Start	Time	Code
Mon	Jan 16	7:30pm - 8:30pm	169329



Staff Profile

Marcia Boone

Preschool Program Instructor

Marcia has been instructing preschool programs at the Northview Community Centre since the fall of 2008. With a background in Early Childhood Development and a diploma in Human Resources Counselling, Marcia brings a wealth of knowledge, compassion and fun to the preschool programs at the facility. Marcia, along with Preschool Assistant Instructor Michelle Perreira, are the Northview preschool "gurus" and they are both the true heartbeat of these programs.

Marcia believes "a positive attitude is the key to a happy lifestyle". Her cheerful demeanour and upbeat personality bring fun and creativity to all of her classes - making her a great role model for all children.

When she's not teaching City of Oshawa preschool programs, Marcia loves camping, boating and spending quality time with her favourite gal - her daughter, Daphne.