

**FALL 2024**



**SUPPORTING ADULT LEARNING**  
**LOBSTICK LITERACY &**  
**LEARNING SOCIETY**



Lobstick Literacy  
& Learning Society

*Alberta* 

# WE CAN HELP YOU GAIN DIGITAL CONFIDENCE!

**JOIN US**

## LEARN MICROSOFT PROGRAMS



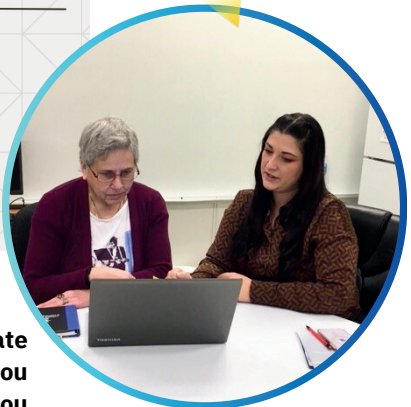
**WORD**

-LEVEL 1  
-LEVEL 2

**EXCEL**

-LEVEL 1  
-LEVEL 2

To register or if you have questions please contact Nancy  
Phone 780-727-4077  
Email lobstickills@gmail.com



### **INTRODUCTION TO COMPUTERS**

Computer skills can enhance your life or create frustration. This hands-on class will have you understand your computer and give you knowledge of how to make it work for you.

### **INTRO TO INTERNET AND EMAIL**

The internet has a wealth of information if you know how to use it. You will learn how to set up email, search online courses & how to find your way around the World Wide Web

## DEVICE TUTORING

1 ON 1 APPOINTMENTS AVAILABLE

SMART PHONE

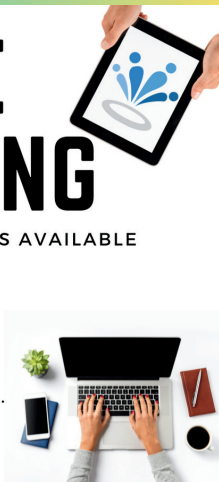
TABLET

IPAD

LAPTOP

CALL OR EMAIL TO

BOOK YOUR SESSION.



**LOCATION:** Evansburg,  
LLS Office.

**INSTRUCTOR:**

Jacqueline Smith

**DATE:** By Appointment

**DIGITAL**



**DECLUTTERING**

Has your computer become like that overflowing junk drawer in your kitchen?

Having a hard time finding your files on your computer?

Feeling **DIGITALLY DISORGANIZED?**

We can help! Bring your computer, iPad or phone and we will work on cleaning it all up.

**DATES:** Offering this course one on one,  
Please call or email to book your session.

**LOCATION:** LLLS Office **COST:** \$30

**Instructor:** Jacqueline Smith

**Make IT HAPPEN**

Are you enrolled in online courses? Do you have some research to do?

We have computers available to use or, bring in your device and connect to

**WiFi – FREE!**

# Google Workspace



## LEARN ALL OR JUST ONE OR TWO!

**We can teach you a basic understanding of:**

**GOOGLE DRIVE**

**GOOGLE DOCS**

**GOOGLE SHEETS**

**GOOGLE CALENDAR**

**GOOGLE EMAIL**

**GOOGLE MEET**

**-FOR BEGINNERS**

**-FOR PRESENTERS**

**LOCATION:** Evansburg,

LLLS Office.

**INSTRUCTOR:**

Jacqueline Smith

**TIME & DATE:** By

Appointment

**FEE:** \$15/hour

to inquire please call

Nancy: 780-727-4077

# Tutoring

AVAILABLE

Our instructors will teach you how to create the company, set up a chart of accounts, create invoices and receipts, reconcile your bank statements and basic reports. Learners must be comfortable in a computer environment. Call or email for info.

 **intuit quickbooks.**



*Live* as if you were to die tomorrow.

*Learn* as if you were to live forever.

-Mahatma Gandhi

**"Once you replace negative thoughts with positive ones, you'll start having positive results." – Willie Nelson**

## **SIMPLE BOOKKEEPING**

### **Basic Bookkeeping (non-computerized) & Bookeeping on EXCEL**

Little or no formal bookkeeping training? Having trouble understanding your accountant? Learn the basics, including bookkeeping terminology and methodology. The manual bookkeeping process demonstrates what software programs do behind the scene. Build a strong foundation in the fundamentals to prepare for computerized accounting. At the end of this course, you will be able to manually record everyday transactions and create financial statements. Instructor: Lisa Molnar Fee: \$15/hour

**Basic Bookkeeping: Tues. Oct. 15 & 22, 10 am - 11:30 am**

**Bookeeping on EXCEL: Tues. Oct. 29 & Nov. 5, 10 am - 11:30 am**

## **LEARN THE WORLD OF SOCIAL MEDIA!**

- \*Facebook**
- \*Pinterest**
- \*Instagram**
- \*Online Shopping**
- \*Online Music, Videos  
& Books**
- \*INTERNET SAFETY\***



**LOCATION:**  
Evansburg,  
LLLS Office.

**INSTRUCTOR:**  
Jacqueline Smith

**TIME:** By Appointment

**FEE:** \$15 /Hour

**to inquire please call  
Nancy: 780-727-4077**

# ENGLISH AS AN ADDITIONAL LANGUAGE

**WELCOME!**



**OFFERING:**

## **LEARN TO SPEAK, READ AND WRITE ENGLISH**

-Tutoring classes by appointment.

## **ENGLISH LANGUAGE CAFÉ**



Improve your English fluency by joining us! We will have fun sitting around the table visiting and practicing English. Snacks and refreshments will be provided. Each week, we will talk about something new!

**WHEN: Tuesdays, October 8 to November 19, 7-8:30 pm**

**Thursdays, October 10 to November 21, 1:30-3 pm**

**At The Heritage House**

**Please call or email to register ahead of time.**



## **EVERYDAY READING AND WRITING**

Would you like to improve your reading and writing? Or, do you know someone who could benefit from a little help? If so, contact us! We tutor adults one-on-one to help them improve their reading, writing and spelling!

## **CANADIAN ADULT EDUCATION CREDENTIAL (CAEC)**

**HAS REPLACED**

**GENERAL EQUIVALENCY DIPLOMA**

### **Executive Director**



**Nancy Dinsdale**

The CAEC is for Canadian adults who do not have a highschool diploma but need an education credential to open new doors to educational or employment opportunities. Subjects covered are: English, Math, Social Studies and Science. We are offering tutoring for people who are planning to write the exams. INSTRUCTOR: Verna Wicks

## **MATH TUTORING**

LLLS can assist you with any math skills you'd like to learn or brush up on.

From basic to advanced, we have you covered!

Call today to reserve your one-on-one session.



**Please contact us at 780-727-4077 or [lobsticklls@gmail.com](mailto:lobsticklls@gmail.com) for more information or to set up a session.**

*Alberta*

# SKILLS FOR LEARNING PARENTING EDITION

Prepared by **Jacqueline Smith,**  
**Lobstick Literacy & Learning Society**

The Skills for Learning, Parenting Edition is not just another program; it's a comprehensive toolkit that equips parents and caregivers with skills, tools, and knowledge. Participating in this program, parents and caregivers can deepen their connection with their children and gain the confidence to implement these strategies in their parenting. This program is perfect for caregivers keen on exploring ways to enhance their children's success. The Skills For Learning, Parenting Edition is specifically tailored for parents and caregivers with children ages 2-17.

Please contact us at **780-727-4077** or **lobsticklls@gmail.com** for more information or to set up a session.

## GOALS IN ACTION!

Did you know that the secret to reaching your goals may hide in the smallest of habits?

Have you ever thought about a goal or resolution that you would like to accomplish but you just don't know where to start?

**WE ARE HERE TO HELP! NOW OFFERING:  
GROUP OR INDIVIDUAL SESSIONS**

learn fun tricks, tips & **HABIT HACKS** to turn little changes into big results.



Lobstick Literacy  
& Learning Society

FOR MORE INFO CONTACT Nancy:  
780 727-4077 or email:  
lobsticklls@gmail.com



“Wisdom is not a product of schooling but of the lifelong attempt to acquire it.”

– Albert Einstein

**BELIEVE**

**YOU CAN**

## **SKILLS FOR LEARNING**

Do you feel that it is too difficult to learn something new? We are here to help! We can help you understand the difference between confidence and self-esteem and the importance they play in learning new skills. We will help you learn strategies to boost your self-confidence and self-esteem, which will support your future learning. And, you will have the opportunity to practice these strategies, which will help you meet new learning challenges. Call or email for more info or to set up an appointment.

## **GET THAT JOB!**

Are you seeking employment, or wishing to change jobs? We can help you put together an impressive statement of your qualifications and strengths and help to prepare you for a job interview. You will learn good word usage, grammatical strength and detail that will impress a potential employer. The fee is \$15/hour. Contact us to set up an appointment.

## **SENIORS FITNESS**

### ***ENERGIZING CHAIR EXERCISES***

Fee: \$2 drop in fee, Instructor: TBA

Wildwood Seniors Hall, Date & Time TBA! Join us for an hour of fun and get energized! These exercises will work your upper body and limber your joints, muscles and legs. You can look forward to improved vitality, strength, balance and flexibility.



### ***SILVER AGE MOVE & GROOVE***

Heritage House

Tuesdays, 10:30 to 11:30 beginning Sept. 24.

Fee: \$2 drop in fee, Instructor: Tineke Lillo

These exercise sessions will emphasize overall wellness, physical movement and fun! We will concentrate on balance, strength and endurance.

**Seniors fitness is made possible with Yellowhead County Parks & Recreation funding.**

## GENEALOGY

Lobstick Genealogy Resource Group is a club where you can explore your family roots. Work sessions are hands-on using websites such as Ancestry, Family Search, Canada Library and Archives and other genealogy sites.

Dates: Mondays, 10 am- 3 pm.

Sept. 16 & 30; Oct. 7 & 21; Nov. 4 & 18; Dec. 2

For more information call Wanda Gylander at 780-727-2669 or Billie Winfield at 780-325-2697.

## COMMUNITY KITCHENS

Come and Join Us For a Fun Cooking Day!

Community Kitchen programs take place in Entwistle, and Mackay! At these kitchens, you will learn new recipes, meet new people, plan meals, prepare the food and then take the meals home. At the end of each session, you will usually bring home three main course meals, one soup and one dessert! The cost is only \$12 per person in your family (\$24 for 2, \$48 for 4, etc.). Proper nutrition, shopping economically and food safety will also be discussed.

Location: Entwistle Community Hall

Dates: Sept. 10, Oct. 8, Nov. 12, Dec. 10

Location: MacKay Community Hall

Dates: Sept. 11, Oct. 9, Nov. 13, Dec. 11

Time: 9:00 am – 2 pm (end time approximate)

Registration Deadline: 1 week prior to session

Facilitated by Noreen Utri

Contact Noreen at 780-236-0501 or Nancy at: 780-727-4077 or [lobsticklls@gmail.com](mailto:lobsticklls@gmail.com)

The Entwistle Community Kitchen is made possible with support from the Entwistle Community League, the WEE Food Bank and LLLS.

The Mackay Kitchen is sponsored by Lobstick Literacy & Learning Society.



## LLAMA LAUGHTER PLAYSHOPS



Laughter Yoga is a combination of laughter as exercise and deepbreathing. The benefits of laughing for 15-20 minutes are stress reduction, stimulates the immune system, reduces pain and anxiety. It builds a laughing community and much more.

If you are interested in a laughter session contact [donnastrongman@gmail.com](mailto:donnastrongman@gmail.com) or 780-325-2333.

## Join Us In Celebrating!

LLS' 50th Year & Our New Location  
Grand Opening / Open House

Thursday, Oct. 24,

2-5 pm Coffee & Donuts

7 pm Wine and Cheese

Location: The Heritage House  
5009-49 St, Evansburg, Ab.



Lobstick Literacy  
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### Parent's Time Out & ECD Program

#### SUCCESSFUL KIDS & FAMILIES RESOURCE NETWORK

This is a free program for Parents and caregivers to meet other families, listen to speakers and enjoy a coffee break!

Children 0 – 5 share in an interactive fun setting to learn and enjoy fun activities with their peers and childcare workers.

**Mondays & Wednesdays at the Evansburg Arena, upstairs;**  
**Tuesdays at the Wildwood Complex; 9:30 to 11:45 am**



Monthly community events in Entwistle, Evansburg, Wildwood & Niton Junction!  
Please join our Facebook page, Successful Kids & Families Resource Network.  
[successfulkids@hotmail.com](mailto:successfulkids@hotmail.com) • 780-218-1608



**For Youth Group Events**  
**Please follow our FaceBook**  
**Page:**  
**Successful Kids & Families**  
**Resource Network**

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**Lobstick Literacy & Learning Society (LLLS)**  
provides learning opportunities, resources and  
services to adults.

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## **OFFICE INFORMATION**

**LOCATION:** WE HAVE MOVED! LLLS is now  
conveniently located at the Heritage House.  
5009 49 St, Evansburg, Ab.

**OFFICE HOURS:** Monday – Thursday, 9 am to 4 pm.  
We are available to meet outside of these hours, by  
appointment.

**PRICES:** Most learning opportunities are offered  
at a rate of \$15 per hour.

Fees can be waived or reduced, so please let us  
know if you need some financial assistance.

**For more information or to register please contact Nancy.**

 780.727.4077

 lobsticklls@gmail.com

 www.lobstickliteracy.com



**JOIN our FaceBook Page:**  
lobstickliteracylearning



**TO KEEP UP TO DATE WITH ALL OF OUR EVENTS!**


**1 FREE SESSION**

**This coupon is valid for 1 free  
digital session OR one-on-  
one tutoring / help @ LLLS**

\*No Cash Value \*Must present at time of  
session, \*supplies not included

