

WINTER & SPRING 2025



SUPPORTING ADULT LEARNING

LOBSTICK LITERACY & LEARNING SOCIETY



Lobstick Literacy
& Learning Society

Alberta 

ENGLISH AS AN ADDITIONAL LANGUAGE

WELCOME!



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!

Dates: Tuesdays, Feb. 4 to March 11, 1 to 2:30 pm
Thursdays, Feb. 6 to March 13, 7 to 8:30 pm

Location: The Heritage House

Please call or email to register ahead of time.

WE CAN HELP YOU GAIN DIGITAL CONFIDENCE!



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.

Google Workspace



LEARN ALL OR JUST ONE OR TWO!

We can teach you the basics of:

GOOGLE DRIVE

GOOGLE DOCS

GOOGLE SHEETS

GOOGLE CALENDAR

GOOGLE EMAIL

GOOGLE MEET

-FOR BEGINNERS

-FOR PRESENTERS

LOCATION: Our Office

INSTRUCTOR:

Jacqueline Smith

TIME & DATE:

By Appointment

FEE: \$15/hour

to inquire, please call

Nancy or Jacqueline at

780-727-4077

DEVICE TUTORING

1 ON 1 APPOINTMENTS AVAILABLE

SMART PHONE

TABLET

IPAD

LAPTOP

CALL OR EMAIL TO
BOOK YOUR SESSION.



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.

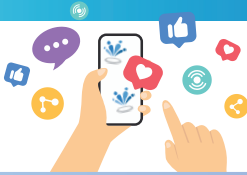
This course is one on one. Please call or email to book your session.

LOCATION: LLLS Office **COST:** \$25

Instructor: Jacqueline Smith

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



DIGITAL SAFETY

Presentation @ Wildwood Library

In today's technology-driven world, protecting personal information and maintaining privacy are increasingly crucial.

This presentation will introduce the fundamental concepts of digital safety, understanding cyber threats such as phishing, malware, and ransomware. It is important to educate yourself on the significance of strong passwords and the use of two-factor authentication to safeguard your accounts. We will also cover safe browsing habits, the importance of keeping software up to date, and recognizing suspicious activity. In addition, Melinda Buttrey, Servus Credit Union, and an ATB representative, will speak about online banking safety. Refreshments will be provided!

Date: January 28, 2025; **Start time:** 1 pm; **Cost:** \$5.00

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

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!

BELIEVE

YOU CAN

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!

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.

SKILLS FOR LEARNING

Do you feel that it's difficult to learn something new? We can help! In our sessions you will learn 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.

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

Alberta

WORKSHOPS

new year **NEW YOU!**

THE SUCCESS BLUEPRINT

Navigating Your True Potential

Discover the secrets to success in this inspiring workshop. Learn actionable strategies to set meaningful goals, overcome obstacles, and stay motivated. Unleash your potential with tools designed to boost confidence, focus, and resilience, guiding you toward a fulfilling and successful future.

Feb. 21, or Mar. 21, 10-4 pm



AWARENESS IN PRACTICE

Harnessing CBT and Mindfulness for Positive Change

Discover how mindfulness and Cognitive Behavioral Therapy (CBT) work together to transform thought patterns and improve well-being. This workshop introduces practical strategies to stay present, challenge negative thinking, and foster emotional resilience, empowering you to create lasting positive change in your life.

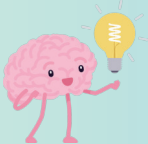
Jan. 24, or Mar. 7, 10-4 pm

IGNITING CHILDREN'S POTENTIAL

Create a home environment that nurtures personal growth, academic success, and a lifelong love for learning.

This workshop provides practical strategies to boost children's cognitive and emotional growth. Learn how to create a nurturing learning environment, inspire curiosity and build resilience.

Jan. 10, or Feb. 10, 10-4 pm



**WORKSHOPS ON THIS PAGE ARE CREATED AND FACILITATED BY
JACQUELINE SMITH**

PARTICIPANTS WILL RECEIVE A CERTIFICATE OF COMPLETION

LOCATION: LLLS OFFICE (HERITAGE HOUSE) IN EVANSBURG

COST PER WORKSHOP: \$45

FOR INQUIRIES OR TO REGISTER: LOBSTICKLEARNING.INFO@GMAIL.COM

OR CALL US AT 780-727- 4077

SIMPLE BOOKKEEPING

Basic Bookkeeping (non-computerized) & Bookkeeping 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: \$25

Basic Bookkeeping: Mon. Jan. 27 & Feb. 3 from 10 am - 11:30 am
Bookkeeping on EXCEL: March 10 & 17 from 10 am - 11:30 am

Tutoring AVAILABLE

You will learn 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.



INTRO TO MICROSOFT EXCEL

Have you tried using MS Excel and been lost or overwhelmed by it? Do you have a spreadsheet you are expected to use and maintain? Do you want to be more efficient and confident using Excel? In this class you will learn to create, save and edit spreadsheet files; to enter and edit information; create basic formulas; use basic functions and format and print your spreadsheet.

Dates: Mondays, February 24 & March 3, 10 to 11:30 am; Fee: \$25

Canadian Adult Education Credential (CAEC)

has replaced

GENERAL EQUIVALENCY DIPLOMA

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.

Make IT
HAPPEN

EMPOWER YOUR POTENTIAL WORKSHOPS TO INSPIRE LIFE-LONG LEARNING AND GROWTH

WORKSHOPS LISTED ARE CREATED & FACILITATED
BY BRENDA SCATTERTY.

BOUNDARIES AND WORK-LIFE BALANCE

Explore the critical impact that healthy boundaries (personal and professional) play in navigating the stressors of daily life and upon the quality of relationships with others. Embrace a new mindset that fosters a healthy work-life balance, with greater control over personal power in choosing time allocation that incorporates rich immersion into your passions. (4 hours) Cost: \$30, Wednesday, Jan. 29, 10 - 2:30 Pm, Tipple Park Museum.

SELF-ESTEEM, CONFIDENCE, ASSERTIVENESS AND ACCOUNTABILITY

Discover the key elements to healthy self-esteem and identify tell-tale indicators that highlight habits and behaviours connected to self-image and core beliefs, which can possibly hamper achieving and realizing your potential. As you immerse in skill-building for confidence, create a catalyst to moving forward with assertiveness, which enables healthy and positive interactions with others in all areas of your life. Learn how accountability empowers impactful positive change. (6 hours)

Cost: \$45, Tuesdays, Feb. 4 & 11, 1 - 4 Pm, Wildwood Library.

EFFECTIVE COMMUNICATION, BODY LANGUAGE AND SELF-AWARENESS

Effective Communication, Body Language and Self-Awareness - Discover the critical impact that effective communication has upon enhancing life success with attaining personal goals and aspirations, strengthening relationships and building trust to open doors for new opportunities. Explore the role that body language plays in determining our projected image vs. our intended message, and how practicing self-awareness can empower the authenticity and efficacy of communication. (6 hours)

Cost: \$45, Thursdays, Feb. 13 & 20, Noon - 3 Pm, Wildwood Library.

THE NEXT
LEVEL



WORKSHOPS LISTED ARE CREATED & FACILITATED BY BRENDA SCATTERTY.

BUILDING RESILIENCE

Increase awareness of the importance that establishing resilience plays, with empowering our ability to manage and navigate the many stressors that we encounter – major life changes, finances, relationships and loss. Learn the key elements in building resilience and its positive impact on our overall health and wellness. Cost: \$25 (3 hours)

Date: Wednesday, Feb. 26. Time: Noon-3 pm. Location: Tipple Park Museum.



UNLEASH YOUR POSITIVE CREATIVITY

Gain a greater understanding of the role that creativity plays with innovation and new approaches to problem-solving with positivity and passion. Spark your creative flow and experience unique avenues to express thoughts and ideas and gain new perspective on how embracing positivity attracts positive opportunities and outcomes into our lives. Cost: \$25 (3 hours) Date: Wednesday, March 12. Time: Noon-3 pm. Location: Tipple Park Museum.

THE RELUCTANT READER

Parents will gain awareness of the critical role that literacy development plays with diagnosis, intervention and motivating the reluctant reader. Insight will be gained into the underlying factors that influence both the struggling and reluctant reader. Parents will be guided through building a powerful resource skill bank and to assist their child's reading experience and foster their love of literature. Cost: \$30 (4 hours)

Date: Tuesdays, March 4 & 11. Time: 1-3 pm. Location: Tipple Park Museum.

ROCKET TO READING

A reading readiness workshop for parents and caregivers of children (0-5 years). This workshop will provide awareness and strategies to prepare your child for successful progression through literacy development as they enter Kindergarten. Cost: \$30 (4 hours)

Date: Tuesdays, Feb. 18 & 25. Time: 1-3 pm, Location: Tipple Park Museum.

Please contact Nancy or Jacqueline at 780-727-4077 or lobsticklearning.info@gmail.com for more information or to set up a session.

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: Wednesdays, 10 am to 2 pm. January 8 & 22; February 5 & 19; March 5 & 19; April 2, 16, 30.

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: Tuesdays, Jan. 14, Feb. 11, March 11, April 8, May 13, June 10

Thursdays, Jan. 16, Feb. 13, March 13, April 10, May 15, June 12

Location: MacKay Community Hall

Dates: Wednesdays, Jan. 15, Feb. 12, March 12, April 9, May 14, June 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 Our office at: 780-727-4077 or
lobsticklearning.info@gmail.com



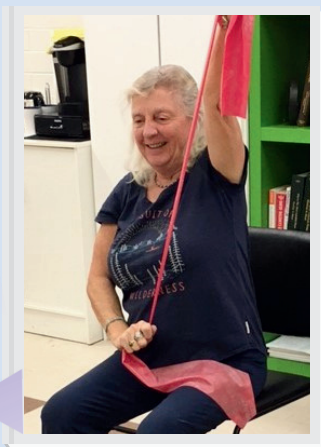
The Entwistle Community Kitchen is made possible with support from the Entwistle Community League, the WEE Food Bank and LLLS. The Mackay Kitchen is sponsored by Lobstick Literacy & Learning Society.

LLAMA LAUGHTER PLAYSHOPS



Laughter Yoga is a combination of laughter as exercise and deep breathing. Laughter Yoga reduces stress, stimulates the immune system, reduces pain and anxiety. It builds a laughing community and much more. Location: Evansburg Heritage House
Dates: Thursdays, March 6 to June 12; Time: 10 to 11 am; Cost: \$2 drop in fee;
Instructor: Donna Strongman
For more information contact Donna at 780-325-2333 or donnastrongman@gmail.com.

SENIORS FITNESS Fee: \$2 drop-in



SILVER AGE MOVE & GROOVE

Instructor: Tineke Lillo

Heritage House
Tuesdays, 10:30 to 11:30.
January 28 - May 13

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.

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;
Tuesdays,
at the Wildwood Complex
Time: 9:30 to 11:45 am**



Please join our Facebook page, Successful Kids & Families Resource Network.
successfulkids@hotmail.com • 780-218-1608



For Youth Group Events Please follow us on Facebook @ Successful Kids & Families Resource Network

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

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.

 1-780-727-4077

 lobsticklearning.info@gmail.com

 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


Executive Director



Nancy Dinsdale