
ADULT PROGRAMS (Ages 18 years+)

INTRODUCTION TO TAROT CARD READING (Ages 18+ years)

This introductory workshop will introduce students to the basics of the Tarot deck. Participants will learn the history, symbolism, mythology, and the true purpose of this ancient tool. We will learn how to use the cards as a personal development tool and learn to incorporate its ancient lessons into today's modern life. By the end of the course students will be able to do basic readings for their family and friends.

Thursday Jan 15 - Jan 29, 2009
Time: 7:00 - 9:00 pm
Location: Aurora Town Hall, Cafeteria
Fee: \$78.75 (3 weeks), \$20.00 (Supply Fee-Tarot Cards)
Code: 18372

BALLROOM AND LATIN DANCING **Level 1**

In many dance situations, the eternal question when the music comes on is: "What should we dance this to?". This basic level class will appeal to couples who want to enjoy themselves dancing to a wide variety of music on boat cruises, company parties, weddings and benefit dances. You need a partner to register for these classes.

Saturday Jan 10 - Mar 7, 2009; canc Feb 14
Time: 2:00 - 3:15 pm
Location: Aurora Senior's Centre
West Mckenzie Multi-Purpose Room
Fee: \$64.00 (8 weeks)
Code: 18522

BALLROOM AND LATIN DANCING **Level 2**

This class is an opportunity to review the Ballroom Standard and Ballroom Latin America dances you learned in Level 1. As well as to integrate a few new fancy moves to your previous routines, a time to practice what you already know, adding the extra pizzazz to your feel and appearance. You need a partner to register for these classes.

Saturday Jan 10 - Mar 7, 2009; canc Feb 14
Time: 3:15 - 4:30 pm
Location: Aurora Senior's Centre
West Mckenzie Multi-Purpose Room
Fee: \$64.00 (8 weeks)
Code: 18524

WEDDING DANCE BOOT CAMP

Getting married this spring, summer or fall? Perhaps you are the mother or father-in-law to be and want to feel more comfortable dancing with your soon-to-be son or daughter-in-law after the main wedding dance. You can prepare for the great event by learning one (or two) dances during this session.

Saturday Jan 10 - Mar 7, 2009; canc Feb 14
Time: 4:30 - 5:30 pm
Location: Aurora Senior's Centre
West Mckenzie Multi-Purpose Room
Fee: \$64.00 (8 weeks)
Code: 18525

INTRODUCTION TO REIKI (Ages 18+ years)

This introductory workshop will explain the wonderful healing abilities of Reiki. Participants will learn a basic practice that they can use on themselves and family members to help with stress and pain relief. We will discuss the history, the purpose and the benefit of this gentle energy practice.

Thursday Feb 19, 2009
Time: 7:00 - 9:00 pm
Location: Aurora Town Hall - Cafeteria
Fee: \$26.25 (1 week)
Code: 18371

STAGING YOUR HOUSE TO SELL (Ages 18+ years)

Learn some inexpensive and easy techniques to increase the overall appeal of your home and your listing prices. "Staging" your home has been proven to increase the value of your home and will ensure it sells quickly. For those not wishing to sell this workshop is great to learn some techniques for making your home more appealing for increased personal enjoyment.

Thursday Jan 20, 2009 **OR**
Tuesday Mar 17, 2009
Time: 7:00 - 9:00 pm
Location: Aurora Family Leisure Complex - Meeting Room
Fee: \$26.25 (1 week)
Code: 18754 (Jan) 18755 (Mar)

STRESS MANAGEMENT 101 (Ages 18+ years)

This workshop will focus entirely on the effects of stress. We will examine in depth the causes, the triggers and the effects that these have on our physical, mental, emotional and spiritual well being. Stress is the number one cause of disease and chronic illness in our society. Participants will learn effective coping mechanisms and various methods and techniques that they can use for stress reduction and stress maintenance. All handouts included; note book and pen optional but recommended.

Thursday Apr 16, 2009
Time: 7:00 - 9:00 pm
Location: Aurora Town Hall - Cafeteria
Fee: \$26.25 (1 week)
Code: 18381