



RAINBOW
Literacy & Learning Society

Rainbow Literacy and Learning Program Guide for Vulcan County 2019/20

Current course times and dates visit our website:

www.rainbowliteracy.com

Office: 110 1 St Avenue South Vulcan, AB T0L 2B0

Monday – Thursday 9:00am – 4:00 pm

Pre-registration is mandatory for all classes and must be done through Rainbow Literacy and Learning Society either in person, by phone or on our website.

It takes less than 5 minutes to register through our website.

Charity/BN registration: #88927 9386 RR0001



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Vibrant, welcoming, and engaging learning experiences that empower everyone to achieve personal goals and contribute to an enhanced quality of life.

Rainbow Literacy is a non-profit society that provides literacy support and education through accessible programs and services to improve the quality of life for everyone in Vulcan County.

**** We offer learner support through fee reduction and babysitting for those that have financial barriers.
Please inquire directly with our office. ****



Adult Learning and Literacy

PROGRAM

Book Club / Conversation Café

Book Club is designed for adult literacy learners to make reading an enjoyable experience and to develop a sense of community, while improving reading, writing, verbal and comprehensive skills in a warm, safe and inclusive learning environment.

LOCATION

Time: TBA

Dates: Spring (6 weeks)

Location: Lomond Library

Time: 12:00 - 1:00 pm

Dates: Tues, Jan 7 - Feb 11

Location: Rainbow Literacy and Learning

ELL Beginner CLB 1 & 2

CLB - The Canadian Language Benchmarks are used in Canada to teach and test language skills.

This class is designed for the beginner student.

Time: 4:00 - 5:00 pm

Dates: Tues, Oct 15 –
Nov 19 (6 weeks)

Location: Rainbow Literacy and Learning

Time: 5:00 - 6:00 pm

Dates: Thurs, March 19 –
April 30 (6 weeks)

Location: Rainbow Literacy and Learning



ELL Collective Kitchen

This class is designed for preparation of healthy meals. The course encompasses how math is used in the kitchen and helps newcomers come together in a friendly environment.

Time: TBD
Dates: Winter
Location: TBD

Time: TBD
Dates: SPRING
Location TBD

ELL Intermediate CLB 3 and 4

These classes are for speaking, listening, reading and writing in the English Language. Levels are directly related to what is needed for basic social and employment within Canada and a start towards the preparation of the CELPIP exam.

Time: 6:00 – 7:00 pm
(6 weeks)
Dates: Thurs, Oct 17 –
Nov 21
Location: Rainbow Literacy
And Learning

Time: 6:00 - 7:00 pm
Dates: Thurs, March 19 -
April 30 (6 weeks)
Location: Rainbow Literacy
and Learning

ELL Multi-Level Class with Pronunciation

This Multi-Level class is designed to teach and test language but will focus on the pronunciation of the English oral language.

Time: TBD
Dates: Spring (6 weeks)
Location: Lomond Library

Time: 12:00 - 1:00 pm
Dates: Tues, Jan 7 - Feb 11
(6 weeks)
Location: Rainbow Literacy
and Learning



PROGRAM

LOCATION

ESL / ELL Multi-level

English as a Second Language (ESL) / English Language Learning (ELL) multi-level class.

Time: 6:00 – 7:00 pm

Dates: Tues, Sept 10 –
Oct 15

Location: Rainbow Literacy
and Learning

Time: 11:00 am – 12:00 pm

Dates: Tues, Oct 15 –
Nov 19

Location: Rainbow Literacy

Time: 12:00 - 1:00 pm

Dates: Tues, Jan 7 - Feb 11

Location: Arrowwood Library

English Language Learning

This class is designed for newcomers to help them with the basics of the English Language.

They will learn to read, write, basic listening and communication skills.

Time: 2:00 - 3:00 pm

Dates: Thurs, May 7 –
June 11

Location: Lomond Library





English Literacy

Dreaming of becoming an author, a poet, a journalist or do you just want to be able to be a descriptive writer? This class captures the basics in structure, penmanship and correlation of ideas.

Time: 12:00 - 1:00 pm

Dates: Thurs, May 7 –
June 11

Location: Lomond Library

Language Lab

This program is done through the technology of a language lab. You will be guided either individually or with a friend to learn English or a second language. Onsite instructor.

Mon 9:00 am – 12:00 pm

Wed 9:00 am – 4:00 pm

Location: Rainbow Literacy and Learning

Dates: Yearlong closed on holidays.

One on One Tutoring

Trained volunteer tutors assist adults in Vulcan County who wish to improve their literacy, comprehension and speaking skills for either work, school, or daily life.

Contact the office for more information and
To arrange intake appointment.

403-485-3107

Pronunciation Class

This class is designed to aid someone with their speech, including articulation, and intonation of the English Language.

Time: 5:00 – 6:00 pm

Dates: Tues, Oct 15 - Nov 19

Location: Rainbow Literacy and Learning



Reading for Beginners

This class is designed for the adult reader. Reading material is honed for each individual

Time: 1:00 - 2:00 pm

Dates: Thurs, May 7 –
June 11

Location: Lomond Library

Canadian Citizenship

PROGRAM

Preparation for CELPIP

The Canadian English Language Proficiency Index Program (CELPIP) is an English Language proficiency test designated by Immigration, Refugees and Citizenship Canada (IRCC) for permanent resident status in Canada and Canadian Citizenship.

This course prepares you for this test and provides a valid and reliable measurement of a test taker's English abilities in a variety of everyday situations.

LOCATION

Time: 7:00 – 8:00 pm

Dates: Thurs, Oct 24 - Dec 12

Location: Rainbow Literacy
and Learning

Cost: Free

Time: 7:00 – 8:00 pm

Dates: Thurs, March 19 –
May 7

Location: Rainbow Literacy
and Learning

Cost: Free



Preparation for Citizenship Exam

This class will cover all the material that is required for this exam in six weeks preparing you to be able to take this exam. The material and classes are derived from the book Discover Canada, on which the test is based.

Time: 6:00 – 7:00 pm
Dates: Tues Oct 15 - Nov 19
Location: Rainbow Literacy
and Learning Classroom
Cost: \$90.00

Computer & Internet

PROGRAM

Computer Basics

This class covers the computer basics.

LOCATION

Time: 12:00 pm - 1:00 pm
Dates: Thurs, Oct 17 –
Nov 21
Location: Rainbow Literacy
and Learning

PROGRAM

Internet Café

This class covers the computer basics, the Internet, e-mail, as well as Microsoft Office Suite. The class is a relaxed, fun place to learn all the computer basics in a friendly environment.

LOCATION

Time: 4:00 - 5:00 pm
Dates: Tues, Oct 22 - Nov 26
Location: Rainbow Literacy
and Learning



Internet Café

Time: 11:00 - 12:00 pm

Dates: Thurs, Oct 24 –
Nov 28

Location: Milo Library

Time: 6:00 -7:00 pm

Dates: Tues, Nov 5 - Dec 10

Location: Champion School
Library

Time: 11:00 - 12:00 pm

Dates: Tues, March 17 –
April 21

Location:

Carmangay Seniors Centre

Time: 12:00 – 1:00 pm

Dates: Thurs, March 19 -
April 30

Location: Lomond Library

Time: 2:00 – 3:00 pm

Dates: Thurs, May 7 –
June 11

Location: Arrowwood
Library



Introduction to iPads

This course is designed to help you utilize and learn about your iPad. You will learn to use it as a tool for Face timing, videos, photos accessing the internet and more.

Time: 7:00 – 8:00 pm
Dates: Tues, Nov 5 - Dec 10
Location: Champion School Library

Time: 11:00 – 12:00 pm
Dates: Thurs, March 19 -
April 23
Location: Lomond Library

Introduction to iPhone

Learn the basics of how to use your iPhone. You will learn how to access the internet, text and use other resources.

Time: 3:00 – 4:00 pm
Date: Tues, March 17 –
April 21
Location: Rainbow Literacy and Learning

Introduction to Samsung

Learn how to use your android tablet for work or recreation. Increase your technology skills and confidence while learning about available resources.

Time: Tuesday 11:00 am –
12:00 pm
Dates: Tues, Oct 8 – Nov 12
Location:
Carmangay Seniors Centre



PROGRAM

LOCATION

Introduction to Tablets

Learn how to use your tablet for work or recreation.

Time: 3:00 – 4:00 pm

Dates: Tues, Oct 22 - Nov 26

Location: Rainbow Literacy and Learning Classroom

Introduction to MacBooks

Navigation of a MacBook and how it differs from a PC.

Learn how to adapt and change as you become better accustomed to this computer.

Time: Thursday 11:00 –
12:00 p.m.

Dates: April 4 – May 9

Location: Rainbow Literacy and Learning

Time: Thursday 12:00 –
1:00 pm

Dates: May 2 – June 6

Location: Lomond Library

Online Safety / How to Avoid Scams

Vital in knowing how to detect a scam and how to avoid it. Tips and tricks on how to know when something isn't quite right.

Time: Thursday 1:00 –
3:00 pm

Date: November 14

Location: Vulcan Municipal Library

Time: TBD

Date: March TBD

Location: Peter Dawson Lodge



Introduction to Microsoft Office

This course will teach about Microsoft Office. It is an integrated suite of business software applications for Windows and Macintosh computers. Office includes word processing, spreadsheet, presentation graphics and email communication programs that provide functionality which is commonly used to run a business office and essential for employment in many job areas.

Time: 6:00 – 7:00 pm

Dates: Tues, Nov 19 –
Dec 10

Location: Rainbow Literacy
and Learning

Cost \$45



Family Literacy & Learning

PROGRAM

LOCATION

Alphabet Soup

Do fun and food appeal to you? Check this out - together parents and children enjoy a snack, songs, rhymes and books. At the same time, we will challenge ourselves to learn all the trends and truths of nutrition. Our hope is the families who come will share what they know already and learn other ways to advance their child's healthy learning for all the growing years to come!

Time: 10:00 – 11:30 am

Dates: Thurs, Oct 17 –
Nov 21

Location: Champion Legion

Cost: Free

Time: 10:00 – 11:30 am

Date: TBA

Location: Vulcan,
Church of Christ

Cost: Free



Animal Tales

This 4-week program is a partnership between Wheat Country Special Needs, Porthos Pet Supplies and Rainbow Literacy. Each week there will be a different theme and animal introduced to the children. A fiction and non-fiction book will be read to the children followed by a literacy component. During this activity time each child will have the chance to read to the animal in a safe, non-judgemental space. A snack will be provided by Wheat Country Special Needs. This is a free event.

Time: 4:00 – 5:00 pm

Dates:TBD

Location: Vulcan,
Porthos Pet Supplies

Cost: Free

BASIS - Building

Adolescent Skills in School

This after school program helps adolescents work on homework, give support and encouragement through engaging different learning styles. Focus on building self-esteem and social skills. This program is done by school referral.

Time: 3:45 – 5:00 pm

Dates: Tuesday Oct 15 –
Dec 15

January 14 –
May 26

Location:
County Central High
School, Vulcan

Cost: Free



Books for Babies

This 4-week program supports new parents in learning how to read, sing and interact with their newborn. We also work in partnership with AHS where they will deliver a Books for Babies bag full of resources.

Time: 11:00 – 12:00 pm

Dates: Wed, November 6 – 27

Location:

Vulcan Municipal Library

Time: 1:00 – 2:00 pm

Dates: Nov 5 – 26

Location: Arrowwood Library

Building Blocks

Building Blocks is a free 10-week program that happens in your home. We will provide you with strategies, games, activities and learning tools to help aid with your child's learning.

Please contact our office for more information or to register.

LAPS - Literacy & Parenting Skills

This 6-week group program that will focus on a specific topic and each session will feature a new learning activity. Supper and childcare provided

Please contact our office for more information.



Mentoring

High School Students must sign up with Palliser Beyond Borders at Vulcan and be enrolled in the following: HSS1050 Introduction to Mentorship (credit course), HSS2050 Becoming a Mentor (credit course), and HSS3060 Extending the Mentoring Relationship (credit course). Elementary School aged children must be signed up through their school.

Please contact our office for more information.

Pillowslip Stories

Interactive backpacks are available through all Municipal Libraries in Vulcan County. These backpacks contain games, interactive activities, books and CD's for books to follow along

Carmangay, Arrowwood, Milo, Lomond, and Vulcan Municipal Libraries. Champion School Library



Time for Rhymes

Our most popular program for parents/guardians and their children. Join us to rhyme, sing and interact with your child.

This is a wonderful place to meet new people in your community and to find out what other learning opportunities hosted and facilitated by Rainbow Literacy and Learning Society

Time: 10:00 – 11:00
Dates: Tues Oct 8 – Dec10
(10 weeks)
Location: Arrowwood Library

Time: Friday 10:00 – 11:30
(10 weeks)
Dates: Fri Oct 11- Dec 13
Jan 10 - March 13
March 20 - June 5
Location: Carmangay Library

Time: 10:00 – 11:30 am
(10 weeks)
Dates: Tues, Oct 8 - Dec 10
March 3 – May 12
Location: Lomond Library

Time: 9:30 – 11:00 am
(10 weeks)
Dates: Wed, Oct 9 - Dec 11
Jan 8 - March 11
March 18 - May 27
Location: Milo Library

Time: 10:00 – 11:30 am
(10 weeks)
Dates: Thurs Nov 26 - Dec 17
Jan 9 - March 12
Location: Champion Legion

Time: Friday 10:00 – 11:30
(9 weeks)
Dates: Fri Oct 25- Dec 20
Jan 10 - March 13
March 20 - June 5
Location: Vulcan Library



Unity of Belonging

This program is open to students from grade 5 through grade 12. This is a yearlong program that delves into unconscious bias as well as macroaggressions, micro insults, micro invalidations, oppression and the history of this, homophobia, sexism, internalized oppression, Indigenous issues and inequality.

Location: Vulcan
Rainbow Literacy and Learning
Dates: November
Times: 4:00 – 5:00 p.m.

Firearm Safety

PROGRAM

Non-restricted Firearm Safety

The Canadian Non-Restricted Firearms Safety Course (CFSC) is required if you're interested in obtaining your firearms license (PAL) for non-restricted firearms. Course covers: The evolution of firearms, major parts,

LOCATION

Time: Saturday 9:00 am –
7:00 pm
(10 hours)
Dates: November 16
& March 21
Location: Rainbow Literacy
and Learning
Cost: \$155 per person



types and actions; Basic firearms safety practices; Ammunition; Operating firearm actions; Safe handling and carry procedures; Firing techniques and procedures; Responsibilities of the firearms owner/user; and Safe storage, display, transportation and handling of non-restricted firearms.

Restricted Firearm Safety

The Canadian Restricted Firearms Safety Course is required for anyone aged 18 & older upgrading a firearms license (PAL) to include restricted firearms. Course covers: Major parts, types and actions; Basic safety practices; Ammunition; Operating restricted firearm actions; Safe handling and carry procedures; Firing techniques and procedures; Responsibilities of the firearms owner/user; and Safe storage, transportation and handling of restricted firearms.

Time: Sunday 9:00 am –
4:00 pm
(7 hours)

Dates: Nov 17, 2019

Location:
Rainbow Literacy and
Learning

Cost: \$155 per person





Food Safety

PROGRAM

LOCATION

Healthy Eating – All You Need to Know

Learn effective ways to navigate the ins and outs of eating, labels and cooking healthy meals for yourself and your family. Each session you will prepare a healthy meal to take home.

Time: TBD

Dates: TBD

Location: Lomond School

Indian Cooking with Ela

This class will teach you how to prepare an Indian meal using spices and techniques that you will be able to use at home. Each learner will receive a recipe and prepare their own meal to enjoy that night.

Time: 6:00 – 9:00 pm

Date: Nov 22, 2019

Location: Vulcan County
Central High School

Home Economics Room

Cost: \$35 per person



Health Safety

PROGRAM

LOCATION

ELL First Aid/Farm Safety

This program for ELL adults covers basic First Aid training with a focus on critical first aid care; including CPR, stroke recognition, choking, treatment of shock and traumatic injury. The last hour of the program will be dedicated to basic farm and workplace safety including working alone, communication and workplace training. This is a non-certificate course.

Time: 9:00 – 3:00 pm
(6 hours)

Dates: Thursday,
November 7, 2019

Location: Tri Services
Classroom

Cost: \$50 per person

First Aid Recertification

Course Content

- The Red Cross
- Poisons
- Sudden Medical
- Airway emergencies
- The EMS system

Time: 4 hours online learning
(to be completed before
teaching time) and 3-4 hours
teaching time

Dates: Tuesday, October 22



- Environmental Emergencies
- Check, Call, Care
- Wound care
- Head and spine injuries
- Preparing to respond
- Breathing and Circulation emergencies
- First aid for respiratory and cardiac arrest
- Bone, muscle and joint injuries


10am – 2:00pm Location:
Tri-Service Building
Cost: \$125 per person

Standard First Aid Level C

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards

Time: 9:00 am – 5:00 pm
(8 hours)
Dates: Oct 30 & Oct 31
Location: Tri Services
Classroom
Cost: \$160 per person





and includes the latest first aid and CPR guidelines. Ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles.

Workplace Essential Skills

This program will be targeted to help keep your employees up to date on the skills they need to be prepared for their work environment. Please contact our office directly to find out cost and arrange classes for your employees.

Please contact our office



Math & Language

PROGRAM

LOCATION

Basic Math

This course offers the basic skills to gain confidence and incorporates a strong foundation for everyday life.

Time: 2:00 - 3:00 pm

Dates: TBD

Location:

Arrowwood Library

Basic Writing Skills

This short program delves into the basic skill set of writing. It is designed for the student to help them understand and grasp sentence structure and the beauty of words.

Time: 5:00 - 6:00 pm

Dates: Tues, Feb 4 - March 10

Location: Rainbow Literacy and Learning

Cost: Free

Math Essentials for Daily Use

This course offers the basic skills to gain confidence and incorporates a strong foundation for everyday life.

Time: 2:00 – 3:00 pm

Dates: Tues, February 18
March 24

Location: Milo Library

Cost: Free

Introduction to Blackfoot Language

This class will be a beginner class and will teach the basics of the Blackfoot Language. Learn some basic traditions and essential history and heritage

Time: TBA

Dates: TBA

Location: Rainbow Literacy and Learning

Cost: TBA



Money Matters

Learn everything you need to manage your finances, balancing your needs versus wants within your budget and how to take control of your own financial management.

Time: 5:00 - 6:00 pm

Dates: TBD

Location:

Arrowwood Library

Cost: \$35

Preparation for GED

This class prepares you to take the GED exam. The GED Tests are a way to obtain an Alberta Education High School Equivalency Diploma. These exams not only cover each subject area, but also test a person's skills at communicating, processing information, problem solving, and critical thinking.

Time: 6:00 – 8:00 pm

Dates: Tuesday, March 3 –
April 21
(10 weeks)

Location: Rainbow Literacy
and Learning

Cost: \$180

Spanish Basics 1

This class is a fun, informative way to learn the basics of Spanish including speaking, reading and writing. No previous skills are required. This class is designed for the beginner.

Time: Thursday 6:00 –
7:00 pm

Dates: April

Location: Rainbow Literacy
and Learning

Cost: \$25



Spanish Basics 2

This class is a fun, informative way to learn the basics of Spanish including speaking, reading and writing. No previous skills are required. This class is designed for the beginner.

Time: Thurs 7:15 – 8:15
(6 weeks)

Dates: April

Location: Rainbow Literacy
and Learning

Cost: \$25

QuickBooks Accounting

PROGRAM

LOCATION

QuickBooks Online

This class will cover how to set-up, chart of accounts, lists, quotes, invoicing, sales receipts, bills, expenses, reports, payroll, inventory, GST, budgets, bank reconciliations, bank feeds, and year-end preparation.

Time: 10:00 – 11:00 am

Dates: Thurs, Oct 17 –
Nov 21

Location: Rainbow Literacy
and Learning

Cost: \$180 per person

Software Skills

PROGRAM

LOCATION

Genealogy – How to Research Online

You will learn how to research and find information on how to trace your family history online using the internet. You will learn how to navigate through

Time: 7:00 – 8:00 pm

Dates: Thursday, March 26
- April 30

Location: Rainbow Literacy
and Learning

Cost: \$50



the internet to find information pertinent to making these connections.

Excel – Essential Basics

Excel is an Electronic Spreadsheet Program that is used in many jobs. Learn the basics of this software program that is used for storing, organizing and manipulating data.

Time: 7:00 – 8:00 pm

Dates: Tues, Oct 15 - Nov 19

Location: Rainbow Literacy and Learning

Cost: \$50

Introduction to Skype & Facebook

Communication skills have transitioned over many years. Facebook is a social networking site that makes it easy for you to connect and share with your family and friends online.

Time: 3:00 – 4:00 pm

Dates: Thurs, Nov 7 – Dec 12

Location: Vulcan Library

Cost: \$45

Introduction to Word

This course teaches you how to make documents using the word processing program that is called Word. You will learn how to use save documents, insert photos, graphics and decipher all of the tools.

Time: 6:00 – 7:00 pm

Dates: Thurs, May 5 – June 9

Location: Rainbow Literacy and Learning

Cost: Free



Videography & Photography

PROGRAM

Storage Solution for Photos

This class will teach you how to edit, save, organize and find your digital photos.

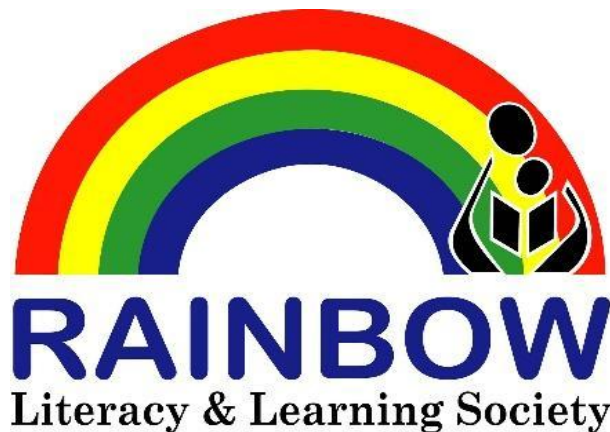
LOCATION

Time: TBA

Dates: TBA

Location: Rainbow Literacy and Learning

Cost: \$50



Volunteer!

We have many volunteer opportunities within Rainbow Literacy and Learning Society.

For further information please call:

403-485-3107





Game Night!

**This is our first fundraising event in over 9 years!
Please come out and support us!**

Mark your calendars!

**March 21st
6:30 p.m.
Vulcan Lodge Hall**

**Tickets are:
Single \$60
Two: \$100
Group of 8: \$360**

Limit of 150 tickets to be sold!!

Come out for a unique fun evening!

County/Town family feud!

**Bingo
Spelling Bee
Live auctions
Silent auctions
Raffles
Cash Bar**





**Oeuvres
Life size games
Table games
Photo ops
Local Celebrities
Music
And just plain fun!**

**Enjoy 2 floors of fun and games while
supporting a local charity!**

All proceeds go to direct programming

**Tickets go on sale November 1st
(Just in time for Christmas!!)**

Available online: www.rainbowliteracy.com

**Or in person at our office:
110 1st Avenue South
Vulcan, AB**

**Get your tickets early and enjoy a unique evening
with friends - full of laughter and fun!**





Donate today!

Did you know that your gift will help Rainbow Literacy and Learning Society break down barriers of learning?

Donations receive a tax receipt and you are supporting a local charity.

Together we can inspire and prepare our learners for a lifetime of accessible learning and knowledge.

Donations support our family and adult literacy and learning programming making it possible for us to continue to offer the majority of our classes either free of charge or on a cost recovery basis.

With this gift you will receive a tax receipt and have the knowledge that your donation helps your community members and makes our programs accessible to all citizens of Vulcan County.

Charity/BN Registration: #88927 9386 RR0001

We continue to update and add classes throughout the year so please check our website monthly for class changes and new and exciting classes.

www.rainbowliteracy.com

