



SEMINARS

All seminars will be conducted online and have limited capacity.

If you are interested, please register early to help guarantee your spot.

Register today using the form attached.

STAND-UP COMEDY | MONDAY, MARCH 15 | 6:00 - 8:00 PM

Cost: Free AESES members | \$5 Non-members

LAUGHTER YOGA | WEDNESDAY, MARCH 24 | 7:00 - 8:00 PM

Cost: \$6 AESES members | \$11 Non-members

MASK MAKING WITH KAREN | TUESDAY, APRIL 6 | 7:00 - 9:00 PM

Cost: Free AESES members | \$5 Non-members

PAINT AND WINE NIGHT | WEDNESDAY, APRIL 21 | 6:00 - 9:00 PM

Cost: \$8 AESES members | \$13 Non-members

YOGA | THURSDAY, MAY 6 | 7:00 - 8:00 PM

Cost: Free AESES members | \$5 Non-members

DISABILITY TAX CREDITS | THURSDAY, MAY 20 | 6:30 - 8:30 PM

Cost: Free AESES members | \$5 Non-members

SEMINAR DESCRIPTIONS

Stand-Up Comedy | Monday, March 15 | 6:00 - 8:00 pm

~~Free AESES members | \$5 Non-members | Max 20~~

Everyone can be a more effective communicator by adding wit and humour effectively to their writing and even everyday speech. Holding and maintaining a group's attention is an invaluable skill. Lara Rae, a 30-year award-winning stand-up comedian, will show you how. **FULL**

Laughter Yoga | Wednesday, March 24 | 7:00 - 8:00 pm

~~\$6 AESES members | \$11 Non-members | Max 15~~

The seminar includes an introduction, gentle stretches, laughter exercises and a cool-down period. Laughter yoga can relieve stress and tension, boost your immune system and improve your blood pressure while preventing hardening of the "attitudes." A good laugh will leave you feeling refreshed and invigorated for work, play, and everyday life. **FULL**

Mask Making with Karen | Tuesday, April 6 | 7:00 - 9:00 pm

Free AESES members | \$5 Non-members | Max 20

Need a mask? Try your hand at making one yourself. Kits (material, thread and needles) will be available for pickup by appointment at the AESES Business Office after registration.

Register by March 19, 2021.

Paint and Wine Night | Wednesday, April 21 | 6:00 - 9:00 pm

\$8 AESES members | \$13 Non-members | Max 30

Join other AESES members virtually for a fun paint night to help beat the COVID-19 blues. Whether you join us by yourself or have your household members join in, all are welcome!

Register by March 31, 2021. There are two options for supplies.

- **Direct from Winnipeg Art and Wine (\$16.75).** They offer ordering and curbside pickup a week before the event. Supplies include a 16x20 canvas, plate for the palette, paint, brushes, cup and paper towel. Please mark off **WA&W** for this option under registration.
- **Supply your own.** You can choose to purchase your supplies yourself at a store (Dollarama, Michaels, Staples). A supplies list will be provided to you after registration. This option allows you to buy larger bottles of paint and canvases for multiple painters or future projects.

CONTACT INFO:

Name: _____ Department: _____

Other participants: _____ Phone Number: _____

Email Address: _____ Total amount enclosed (\$): _____

MAILING INFO:

eTransfer

AESES will be accepting registrations up to one week before the seminar (unless full or otherwise noted).

Confirmation emails will be sent out after the deadline. All fees are non-refundable after the registration deadline. Make cheques payable to AESES. Cash and eTransfer is also accepted

Completed registration forms can be sent to [aesese@aeses.ca](mailto:aeses@aeses.ca) if fees are not required or using eTransfer (payment instructions will be sent once your spot is secured). Registrations with cheques/cash can be sent via inter-office or postal mail to:

UM - AESES c/o Mail Room, Stores Building | UW - AESES c/o Mail Room | AESES 103-900 Harrow Street East, Winnipeg MB R3M 3Y7

Yoga | Thursday, May 6 | 7:00 - 8:00 pm

Free AESES members | \$5 Non-members | Max 30

Repetitive flows and long holds work our muscles in a variety of ways. This workout will focus on concentric, eccentric, isometric and isotonic muscle work. Holding our poses at different ranges of motion, we gain isometric strength. We combine body-toning rounds of Sun Salutations with strong standing postures that target and sculpt all major muscle groups and defines your arms, chest, abs, legs and butt muscles. All you will need is a clear workout space. You can use a mat, blocks or strap if you have, but they are not required.

Disability Tax Credits | Thursday, May 20 | 6:30 - 8:30 pm

Free AESES members | \$5 Non-members | Max 25

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. If you would like to find out more about this tax credit, this seminar will help you find the answers.



REGISTRATION:

Please indicate which seminars you will be attending:

Stand-Up Comedy | AESES ____ (Free) | Non ____ (\$5)

Laughter Yoga | AESES ____ (\$6) | Non ____ (\$11)

Mask Making with Karen | AESES ____ (Free) | Non ____ (\$5)

Paint and Wine | AESES ____ (\$8) | Non ____ (\$13) | WA&W

Yoga | AESES ____ (Free) | Non ____ (\$5)

Disability Tax Credits | AESES ____ (Free) | Non ____ (\$5)