

Fall Program Registration — September 13, 14 & 15

New Program Descriptions (Fall 2016)

55 Alive Mature Driving Course — David Jones

You should update your driving skills even if you haven't been involved in a collision in 40 years. With aging, changes occur in hearing, vision, flexibility and reaction time. You can learn to adjust your skills to compensate for those changes. This course will take place in a classroom setting over 2 half day sessions. You must attend both sessions to obtain the certificate. The instructor is trained by the Canada Safety Council.

Angel Pins — Margo & Elizabeth

Make pretty ribbon angel pins for the holiday season. The angel's are made by weaving ribbon into plastic canvas and are fun to make.

Beginners Quilting by Hand — Deborah Sunter

This course is a prerequisite for our advanced quilting class. We will teach step by step how to prepare fabric or hand piecing and how to hand sew the pieces into a patterned block using 1/4 inch seams.

Bridge Lessons (Beginner/Intermediate) - John Arscott

Back by popular demand! Join John on Wednesday mornings to learn how to play Bridge or to brush up on your Bridge skills. Both beginner & intermediate levels are welcome.

Chair Hatha Yoga — Kim Hannah & Cathy Brophy

A calming, gentle form of yoga that is practised sitting in a chair and that has wonderful benefits for health and wellbeing. In a seated position gain the benefits of strengthening, meditating and deep breathing.

Christmas Cards with a Cricut Cutter — Linda J.P/Marlin D.

Come and try our new Circuit Create. It is an electronic cutting machine. With the touch of a button you can create fine and intricate patterns and overlay designs. Press your designs instead of using scissors. You can make custom cards very quickly and our theme will be Christmas.

Christmas Crafts — Adeline/Naomi/Marie

Come and join in the holiday preparation. We will be making a variety of Christmas themed crafts for our Christmas Bazaar and Craft Studio sale. We will be making natural themed ornaments, angels, gift tags etc.

Container Gardening — Dr. Lynn Koroniak

Gardening is great exercise and it's good fun to see the plants growing! Never garden before? No problem, come and learn! Are you an experienced gardener...you'll love helping new gardeners discovering this calming and yet invigorating activity.

Dance for Parkinson's — Susan Barker

This is an artistic expression class...in other words, a movement class. All dancers will be encouraged to participate at their own level of comfort and ability. Much of the dancing is done seated and the parts of the class not done in chairs are adapted for those that choose to remain seated.

Gem Wire Wrapping — Margo/Elizabeth

We will create interesting one of a kind pendants for the centre. This is a jewellery making craft called wire wrapping. The class involves using wire to wrap gemstones and glass.

Knitter's Circle — Adeliene Crawford

Our new charity work initiative this fall will be teaching newcomers to Canada from Syria to knit. We will host a Knitter's Circle in partnership with 'Kind Canada Généreux' and 'Capital Welcomes'. Be involved in this special opportunity to welcome Syrians to our community. We are looking to partner our volunteer knitters with non-knitters. Come and share your knowledge of this ancient craft.

Memory Fitness - Maria Giovannitti & Kimberly Knoefoel

The memory fitness program is a recreational class for healthy older adults who do not have a diagnosis of dementia. The class incorporates physical and cognitive exercises and socialization. A low-impact cardio routine is offered at the beginning of every class to prime the brain for learning. Classes offer a variety of fun activities that stimulate the senses and challenge memory function.

Mindfulness Based Stress Reduction (MBSR) — Randy Walsh

Stress is common for everyone. At times it can motivate us and give us energy to meet deadlines; other times we can be overwhelmed. We will work at the challenges and benefits of stress. You will develop your own program to reduce stress in a compassionate environment with like-minded people.

Paper Paste Decorating — Will Jenkins

Paper paste painting is a lovely way to create easy decorative papers. You will experience the joy of being experimental in a medium that creates a covering material. The papers can be used for collage, book binding, box decorating, scrapbooking and card making. We will create abstract and playful images which encourage creative flow.