









Summer Program Guide 2018

Registration June 26, 27 & 28 from 10 am to 2 pm

\$10 Administration fee for 'member requested' refunds. Courses are subject to change.

Please note: Duration of program may not be in consecutive weeks.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Physical Activity						
Personal Training available. \$45 for one hour. Must be a member. Book your appointment at front reception today!						
Fitness						
Please Note: There may be some additional supply costs for classes marked with an asterisk						
182010 Beyond the Chair	Jul. 9	7 Weeks	Monday 11:30 am - 12:30 pm	Assembly Hall	\$37	Cathy Brophy
182011 Fitness for Arthritis & Balance 	Jul. 9	7 Weeks	Monday 11:45 am - 12:45 pm	Fitness Room 028	\$37	Zarina Grundy
182012 Chair Fitness	Jul. 9	7 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall	\$37	Cathy Brophy
182013 Gentle Aerobics + Weights	Jul. 9	7 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$37	Wendy Gagnon
182014 Working with Weights	Jul. 9	7 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$37	Wendy Gagnon
182015 Nordic Pole Walking	Jul. 3	8 Weeks	Tuesday 9 - 11 am	Outdoors	\$84	Margie Cain
For Active Walkers - Must be able to walk 5-7 km continuously at a brisk pace. Urban Poling 300 Series Poles provided to use for the class.						
182016 Ball Bands Balance NEW!	Jul. 3	8 Weeks	Tuesday 9:50 - 10:50 am	Fitness Room 028	\$42	Cathy Brophy
182017 Chair Hatha Yoga	Jul. 3	8 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$42	Cathy Brophy
182018 Strength, Core & Balance	Jul. 3	8 Weeks	Tuesday 10 - 11 am	Assembly Hall	\$42	Sarah Leger
182019 Strength, Core & Balance	Jul. 3	8 Weeks	Tuesday 11:15 am - 12:15 pm	Assembly Hall	\$42	Sarah Leger
182081 nia NEW!	Jul. 3	8 Weeks	Tuesday 1 - 2 pm	Assembly Hall	\$42	Penny-Lee Prevost
182020 Zumba Gold 	Jul. 4	9 Weeks	Wednesday 11 am - 12 pm	Assembly Hall	\$48	Susan Sloan
182021 Pickleball	Jul. 4	8 Weeks	Wednesday 12:45 - 2:15 pm	Assembly Hall	\$25	Unsupervised
182022 Working with Weights	Jul. 4	9 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
182023 Strength & Stretch (New)	Jul. 4	9 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
182024 Mat Gentle Hatha Yoga 	Jul. 12	7 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$37	Kim Hannah
182025 Strength, Core & Balance 	Jul. 12	7 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall	\$37	Kim Hannah
182026 Better Balance	Jul. 5	8 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$42	Susan Jahudka
182027 Joint Mobility & Flexibility	Jul. 5	8 Weeks	Thursday 12:25 - 1:25 pm	Assembly Hall	\$42	Susan Jahudka
182028 Chair Hatha Yoga 	Jul. 12	7 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$37	Kim Hannah
182029 Companions Walking Group 	Jul. 6	9 Weeks	Friday 9:30 - 10:30 am	Outdoors	\$48	Zarina Grundy
Must be able to walk 3-5km continuously at a brisk pace						
182030 Pickleball	Jul. 6	9 Weeks	Friday 12:45 - 2:15 pm	Assembly Hall	\$27	Unsupervised
182031 Restorative Yoga	Jul. 6	8 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$42	Natalie Fraser
182032 Mindfulness & Meditation	Jul. 6	8 Weeks	Friday 2:30 - 3:30 pm	Fitness Room 028	\$42	Natalie Fraser
Recreational Dance						
182033 Latin Style Dance Beg. *			Cancelled			Stella Carrillo
182034 Spanish Dance Beg.	Jul. 9	7 Weeks	Monday 10 - 11 am	Fitness Room 028	\$37	Stella Carrillo
182035 Learn To Play Castanets Int.	Jul. 4	9 Weeks	Wednesday 10 - 11 am	Fitness Room 028	\$48	Stella Carrillo
182036 Spanish Dance Int.	Jul. 4	9 Weeks	Wednesday 11 am - 12 pm	Fitness Room 028	\$48	Stella Carrillo
182037 Castanets Adv.	Jul. 6	9 Weeks	Friday 10 - 11am	Fitness Room 028	\$48	Stella Carrillo
182038 Spanish Dance Adv.	Jul. 6	9 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$48	Stella Carrillo

Classes marked with this logo are designated as **Heart Wise Exercise** and meet specific criteria developed by the University of Ottawa Heart Institute. For more information about this program please visit www.heartwiseexercise.ca.

Heart Wise Exercise programs are available through some Physical Activity classes

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
182039 New to Spanish	Jul. 9	4 Weeks	Monday 9:30 - 10:30 am	Activity 236	\$32	Maria Cuburu
182040 Spanish, Advance AM	Jul. 9	4 Weeks	Monday 10:45 - 11:45 am	Activity 236	\$32	Maria Cuburu
182041 Spanish, Basic	Jul. 9	4 Weeks	Monday 12 - 1 pm	Activity 236	\$32	Maria Cuburu
182042 Spanish, Advanced PM	Jul. 9	4 Weeks	Monday 1:30 - 2:30 pm	Activity 236	\$32	Maria Cuburu
182043 Spanish, Intermediate	Jul. 9	4 Weeks	Monday 2:45 - 3:45 pm	Activity 236	\$32	Maria Cuburu
182044 French Conversation(Beg)	Jul. 9	7 Weeks	Monday 2 - 3 pm	Activity 019	No Charge	A. Kubacki
182045 English Conversation	Jul. 5	9 Weeks	Thursday 10 - 11 am	Activity 019	No Charge	Mari-Joy Trigo
182046 Learn to Speak Mandarin	Jul. 5	9 Weeks	Thursday 10 - 11:30 am	Library 121	No Charge	Dr. Qian
182047 French Conversation (Int.)	Jul. 6	8 Weeks	Friday 1 - 3 pm	Activity 019	No Charge	Michel Gauvin
General Interest						
182048 Container Gardening	Jul. 3	Continuous	See Ana Valença for schedule	Outdoors	No charge	Lynn Koroniak
182049 Computer Workshop	Jul. 4	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
182050 Computer Workshop	Aug. 1	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
182051 Drop-In Coffee Club	Jul. 5	Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ana Valença
182052 Introductory Computer	Jul. 5	6 Weeks	Thursday 12:30 - 2 pm	Library 121	\$28	Karim Ghaltaee

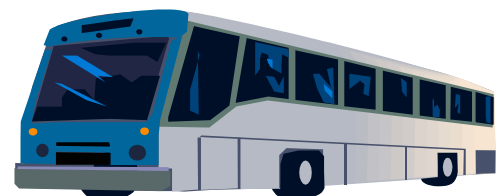
Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Games						
182053 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
182054 Carpet Bowling	Jul. 3	9 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$10	Burgi Drews
182055 Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
182056 Euchre		Continuous	Tuesday 1 - 3 pm	Activity 019	\$1/week	Marilyn/Verna
182057 Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Mtg. Room 014	No charge	Coby Fuykschot
182058 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Mtg. Room 014	No charge	Margaret Donnelly
182059 Bingo		Continuous	Thursday 2 - 3:45 pm	Dining Activity 141	3cards/\$1.50	
182060 Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	Marilyn/Verna
Performing Arts						
182061 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
182062 Grey Jazz Big Band	Aug. 17	Continuous	Friday 9 am - 12 pm	Activity 024	No charge	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO						
* Please note that the Stained Glass Studio class is a self-run program where you can come and work on your own in the company of other members. This program is for Level 1 and Advanced only.						
Charity Work						
182063 Weaving Milk Bag Mats	Jun. 26	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary & Evelyn
182064 Izzy Dolls	Jun. 27	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary & Addie C.
182065 PICC Line Covers	Jun. 27	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
182066 Twiddlemuffs	Jun. 27	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
182067 Wildlife Bird's Nest	Jun. 27	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
Creative Arts						
182068 Woodworking Shop Mbrs.	Jun. 25	Continuous	Mon/Tues/Thur 9:30 -12 & 1-3	Woodshop 015	\$32	Renaud/Andre/Henry
182069 Stained Glass Studio*	Jun. 28	10 Weeks	Thursday 10 am - 12 pm	Crafts 236	\$20	Addi J./John K.
Production Volunteer						
182070 Knitting & Crocheting	Jul. 9	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Valerie
182071 Organizational Team	Jul. 10	6 Weeks	Tues. 10 am - 12 pm & 1 - 3 pm	Crafts 236	Volunteer	Linda J.P.
182072 Woodshop Bazaar Crafts	Jun. 27	Continuous	Wed. 9:30 am-12 pm & 1-3 pm	Woodshop 015	Volunteer	Ron L.
182073 Needlework	Jun. 27	Continuous	Wed. 9:30am-12pm & 12:30-3pm	Solarium Hallway	Volunteer	Sylvia G.
182074 Painting on Fabric	Jun. 27	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Beryl/Myungsook
182075 Jewellery	Jun. 27	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise G.
182076 Mixed Media Card Making	Jun. 27	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Marlin/Marta
182077 Stocking Stuffers & Wreaths	Jul. 11	6 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sandra/Marie
182078 Beaded Santa Earrings	Jul. 11	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.
182079 Learn to Crochet	Jun. 28	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T-L
182080 Knitting & Crocheting	Jun. 28	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Ruth T-L

Summer Day Trips

(non-members pay \$10 extra per person)

Tuesday, June 12 Morrisburg, ON (\$95)
 Wednesday, July 18 Kingston, ON (\$100)
 Tuesday, August 28 Smiths Falls & Perth, ON (\$65)



Please see the summer bulletin for more information regarding summer day trips. Transportation is provided by deluxe

New & Returning Program Information:

Beaded Santa Earrings - Margo C.

Christmas is coming to the jewellery studio, too! Come and make some festive Christmas earrings.

Container Gardening - Volunteers

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

Needlework - Sylvia G.

Come and explore the fun of cross stitch, no experience is necessary. You can choose embroidery thread or yarn for your projects. You can embellish cards or try working on plastic canvas. This needle craft is great for everyone. You can get beautiful results in a relatively short period of time.

nia - Penny-Lee Prevost

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced.

Stocking Stuffers and Wreaths - Sandra/Marie

Let's do Christmas in July! Come create some unique holiday crafts. This year we'll be making stocking stuffers including small ornaments or gifts. The only limit is your imagination - the possibilities are endless!

Stained Glass Studio - Addi/John

This is a self-run stained glass program where you can come and work on your own alongside other members. Please note this is not a class for beginners. Level 1 and Advance only.

Twiddlemuffs - Mary

Our latest charity project is to knit or crochet Twiddlemuffs,(dementia cuff). Have fun adorning it with buttons, ribbons, pompoms and more. Twiddlemuffs helps people with dementia to ease agitation, lessen anxiety and improve mood overall by twiddling with the bits and pieces to keep busy