



New Program Descriptions (Fall 2018)

Fall Program Registration is September 11, 12 & 13 from 10:00 am to 2:00 pm.

Arts for Wellness — Solange T. and Suzanne V.

In this 6 week session you will get a chance to explore different artistic approaches to stimulate your mind, get your creative juices flowing while enjoying the company of others in a gentle, encouraging and supportive environment. This is time for you to explore your creative side with visual art, writing, music, voice, movement, dance and more! Each class is a unique experience. No experience is necessary at all.

Beaded Cabochons — Margo C.

Create one of a kind beaded jewellery pieces using gems, glass and other materials. Stitch a beautiful pendant design to create a 3-D look. You will learn the basic technique which you can then adapt for your own use. The knowledge of beading is required.

Cardio for Fitness — Pauline S.

Have you always wanted to try out the treadmills, stationary bikes or elliptical trainer in our Fitness Centre? This is your chance. In this class you will have the opportunity to use the wide array of equipment in our fitness centre to increase your cardiovascular endurance. There will be a certified fitness instructor there to guide you on how to use the machines. The instructor will also be able to assist you through a series of stretching exercises after your workout.

Cognitive Exercise — Pauline S.

A blend of regular exercise that will challenge your mind too. Emphasis will be on balance, coordination and strength training.



Companions Walking Group — Zarina G.

This low impact fitness activity combines the benefits of a physical activity with socialization. It is perfect for you if you want an outdoors activity but do not want the solitary experience of walking alone. Regular walking strengthens your heart, helps you lose weight, tones up legs, bums and tums and even prevents dementia. It boosts circulation and increases oxygen supply and like any other exercises it boosts your mood!

Deco Mesh Christmas Crafts — Addi J. and Marie M.

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 deco mesh angels and ornaments, door decorations and more!

Guide to Self Healing — Dr. Yu Ming Ye

Open the fascinating TCM (Traditional Chinese Medicine) map to explore the interesting healing history. Understand how we can use the ancient wisdom in our modern fast paced life. Each week you will learn simple natural healing practices for improved emotional well-being and physical health.

Nordic Pole Walking — Margie C.

This class is meant for people that are able to walk **5-7 km** continuously at a fairly brisk pace. The class takes place outdoors along the scenic Ottawa River Pathways and lasts for up to two hours. There is a brief warm-up before you head out and stretching outside upon your return to the centre. (Urban Poling 300 Series Poles are provided).

Piano Lessons — Vicky Palmer

Individual lessons will be given by a trained professional piano instructor. The lessons are a half hour in length and will be provided on Tuesdays morning and Friday afternoon. Students need not have previous experience. There may be supply cost for piano book.

Woodworking for Women — Susan B and Ron L.

Get comfortable with woodworking hand and power tools. You will get a choice between simple but rewarding projects.

Yoga for Healthy Spine & Better Posture — Susan J.

A healthy spine leads to a healthy life! This yoga class will have a warm up, a strengthening and stretching component focusing on limbering up all of the muscles that help move, and often constrict, the spine (muscles around back, shoulders, hips and spine). Some of the stretching component will done on the mat for longer held shapes to stretch the connective tissue around the joints which can help to improve posture. The class will end with a blissful relaxation.