



Spring 2019

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Fun, Friendship & Activities

April to June 2019

Welcome to our New Centre!

I would like to take this time to thank all the members, staff and City of Ottawa Staff that were instrumental in the smooth transition from the Earl Armstrong Arena to the Pat Clark Community Centre!

A special thank you to Tim Tierney for his ongoing support and vision of this partnership.

Welcome to the New Members (Volunteers) that have joined G50+ since we opened the doors at the Pat Clark Centre.

As we settle into our new space and we invite new members and friends to join our programs it would be helpful for members to wear their name tags. If you have not had your name tag updated please stop by Reception and Rhea will put your name on the list.

We have new spaces and new opportunities for programs and services to grow. If you have any ideas for new programs or workshops that would be of interest to our members please let us know.

We look forward to the Spring and our continued partnership at the Pat Clark Centre.
Carol Nicholson, President

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Insert:

JOHNSON 

The Centre gratefully acknowledges the financial support of:



Nominating Committee



G50+ Centre is seeking members who may have an interest in joining our Board of Directors. Do you have an interest in or experience in membership growth, fundraising, advertising or general governance; then G50+ needs you! Chat with a member of the Nominating Committee or ask for an information package at Reception. Our new location provides awesome new opportunities, come join the Board and use your skill set to guide us through exciting times ahead.

Volunteer Board of Directors

Carol Nicholson - President
Leonard Kleine - Secretary
Danielle Lapointe - Treasurer
Cécile Schryburt - Vice President
Marilyn Johnson - Vice President
Jim Eadie

Carol-Anne Faucher
Albert Faucher
Jackie Lafontaine
Mark Merriman
Hélène White



We are a registered Charity #11894 0535 RR0001. Tax receipts will be provided for donations over \$20.00. Please remember us as your Charity of Choice. Many Thanks.

WELCOME NEW MEMBERS!

Jalal Aouatif, Karen Barrington, Sonia Bazinet, Eva Beland, Helen Boisvert, Carol Bond, John Botman, Frances Carroll, Debbie Burch, Michelle Cederberg, Jack Chander, Sonia Chartre, Lorraine Chenier, Lois Cherniak, Barbara Critchley, Wayne Crowe, Barry Culham, Carole De Champlain, Fran Dennett, Debbie Dowding, Bette Dubas, Catherine Dussault, David Elliott, Raief Elnaserallah, Rachel Emery, Pamela Fox, Juliette Flanagan, Roger Gascon, Ruth Gates, Audrey George, Patricia (Pat) Giddings, Claudette Hamelin, Grace Hargrave, Ken Harley, Maxine Harley, Dale Hayward, Chris Hayward, Jane Hayami, Mary Holding, Lorraine Houle, Eric Iduma Gitoni, Romeo Houle, Shirley Ingram, Waverley James, Belinda Jimmo, Douglas and Nancy Keddy, Brenda Kelly, Sharon Kirkpatrick, Marie-Paule Lacelle, Rose LaFrance, Richard Lauzon, Helga Lavigne, Diane Lawson, Yeeseng Lee, Bernard l'Ecuyer, Bill Lee, Louise Lessard, Rita Letemplier, Gloria Manuel, Madeleine Marchand, Antoine Matte, Lorraine Matte, Bill May, Diane McCabe, Debora (Debby) McClymont, Helen McGurrian, Paul McTaggart, Brian Meyers, Fatuma Mulan, Carol Morgan, Lil Nannini, Jackie Neva, Mathilde Nsunda Balu, Jalal Oauatif, Pat O'Driscoll, Ann Olive, Charles Orifici, Mary Parsons, Dhiru Patel, Patricia Powell, David and Susan Prebble, Teresa Proulx, Ruth Ann Read-Clay, Brian Reilly, Pauline Ritchie, Brian Roberts, Claire Robitaille, Claire Rochon, Richard Rowan, Clifford, Carmen and Joan Sabourin, Indu Sahay, Krishna Sahay, Paulette Saumure, Francine and Shirley Scott, J. Bob Seward, Sharon Sharp, Helen Shields, Margaret Shufelt, Bernice Shurb, Stan Skinner, Louise Smith, Pearl St. Amour, Robert and Suzanne St. Denis, Suzanne St. Denis, Linda Standish, Suzanne Sumner, Pierre Thibault, Yolande Tarnowski, Louise Tremblay



Did You Know?
Cécile Schryburt is the Board Director responsible for Activities. If you have any questions regarding your activity including volunteering, purchases, etc. Please ensure you speak with Cécile, stop by Reception!

Suggestion Box

Thank you for your suggestions. Give us an opportunity to speak with you and share information, please include your contact information. The suggestion box is located in the Main Hall.



Booking a trip with Ottawa Valley Tours?

We receive a commission for all trips booked by G50+ Members. Be sure to identify yourself as a Member of our Centre with OVT and also let us know which trip(s) you are booking. Visit Reception for a list of the OVT Trips G50+ is promoting. Happy Trails!



Memory IN LOVING

- Bob Hill's wife Ester Ann Hill – 20 July 2018
- Lillian Carriere – 24 August 2018
- Paulette Johnston's son Kevin Johnston – 20 September 2018
- Frances Kean's brother – Robert Edward Tourangeau - 29 September 2018
- Lynn Smith's brother Denis Smith – 14 October 2018
- David Berry's mother Pauline Elizabeth Berry – 14 November 2018
- Monique Poirier – 20 November 2018
- Don and Donna Guenette's son Denis Andre Guenette – 28 December 2018
- Marilyn Scribner's uncle Harry "LeRoy" Bailey – 5 January 2019
- Rose-Therese Wagner-Hough's son Robert Wagner – 19 February 2019



Please inform us at Reception if you or a fellow member is unwell or has lost a loved one.

Services & Events



Blood Pressure Clinic ♦ April 18 ♦ May 16 ♦ June 20 ♦
Compliments of Bearbrook Retirement 11:00 am to 11:45 am Main Hall (drop in)



Foot Care Clinic ♦ April 10 & 24 ♦ May 8 & 22 ♦ June 5 & 19
Tired Sole \$27 (\$25 for members) Appointments booked at Reception



Hearing Clinic ♦ April 10 ♦ May 22 ♦ June 5 & 26 Compliments of Kowalski Hearing Clinic H.I.S
RSVP at Reception

Special Lunches

Tickets for the following meals must be purchased on or before the Tuesday before the scheduled date of the meal in person or over the phone with a credit card.

Volunteer Lunch April 11 Spaghetti Dinner & Piano by Ruth Ann Read-Clay \$8 for Guests

Easter Lunch April 18 Salad, Ham Dinner, Lemon Pie \$10

Mothers Day May 9 Salad, Chicken Kiev Cake & Ice Cream \$10

Grand Opening Friday May 10 (details to follow)

Annual Meeting & Father's Day Reception Buffet June 13 \$8

Canada Day Back Yard Buffet & Canada Day Cake June 27 \$10



Please note A La Carte menu items are not available on Scheduled Special Lunch dates.

Regular Thursday Luncheon \$8.00

Purchase tickets at Reception on Thursday in person or by phone with a credit card.

Thursday Luncheon

Includes:
Appetizer
Main Course
Dessert
Tea/Coffee
\$8.00

April 4 Chicken Thighs
April 25 Meatloaf
May 2 Pork Chop
May 16 Lasagna
May 23 Salisbury Steak
May 30 Meatballs
June 6 Chili
June 20 Chicken Pot Pie

A La Carte

A La Carte menu items are available on Thursday Luncheon days.

General Housekeeping

Food consumption is limited to the Dining Room.
Remember to take all footwear and clothing with you daily.



G50+ Food Services

Meals are served from 11:00 am to 12:30 pm.
Monday, Tuesday, Wednesday and Friday
Thursday Luncheon is served at noon. Tickets for Thursday Luncheon are sold at Reception on a First Come, First Served basis.



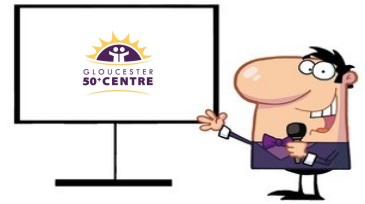
Pot of Gold Results

Sept 6, 18	Georgette Berard	\$505.50
Sept 27, 18	Vera Finnigan	\$123.00
Nov 22, 18	Marie Pelletier	\$299.50

The Pot of Gold is an ongoing Fundraiser for G50+. Drop by Reception to play. Weekly on Thursdays we pull a name from the Membership and if that Member has paid their \$1 that week, they will win the Pot of Gold. New Members will be informed at Reception when their name has been added to the Pot of Gold names. If you have any questions please stop by Reception!

"May the odds be forever in your favour!"

Spring Presentations/Workshops
RSVP required for all Workshops.
Register early to avoid cancellations.



New Member Orientation

Tuesday April 23

Monday June 17

12:30 to 2:00 pm (Board Room)

Meet other new members ask questions and learn about the G50+ Centre and all we offer.
RSVP at Reception.



Free Technology Workshop

Friday April 26 from 1 to 3:30 pm

Bring your mobile device and let the professionals show you how it works.

Refreshments provided!

Dining Room



Introduction to Nordic Pole Walking

Friday 11:00 am to 12:30 pm

May 17 GYM/Outdoors

Instructor: Nina LePage

Cost: \$10



Paper Quilling

Cutting paper into long thin strips, rolling and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Supplies included.



Monday May 13

1 - 3 pm Dining Room

Cost: \$10

Reiki Healing Circle

Friday June 7

9:00 to 11:30am (Studio)

Come experience the exchange of healing energy.

Cost: Donation to the Centre



Act Now & Stay Sharp

Friday April 26

12:30 to 2:00 pm (Studio)

The Ottawa School of Theatre presents an afternoon workshop to awaken your inner actor!

Stay young, Have fun
Meet people, Entertain!

Cost: \$5.00



Protect yourself from

Distraction Fraud

Identity Theft

Phone Scams



Join Brad Burleau from the Ottawa Police

Tuesday April 30 10:30 to 11:30 am

Board Room

Complimentary Presentation

Spring Registered Courses

Refer to Calendars for Course dates

Monday	Course	Time	Week	Cost	Instructor	Fee	Room
SP19OILINT	Oil Intermediate	9:30 to 11:30 am	8		Tricia Savoie	\$120 (\$80)	Main Hall
SP19WCBE	Water Colour Beg.	9:30 to 11:30 am	8		Allison Luedtke	\$120 (\$80)	Main Hall
SP19ZUMM	*Zumba Gold	11:30 to 12:30 pm	8		Susan Sloan	\$60 (\$40)	Gym
SP19WIN	Write It Now	1 to 2 pm	6		Judith Coulter	\$16 (\$11)	BR
Tuesday	Course	Time	Week		Instructor	Fee	Room
SP19FIT1	*Fitness	9:30 to 10:30 am	10		Nina Lepage	\$75 (\$50)	Gym
SP19CORE2	*Core	10:35 to 11:35 am	10		Nina Lepage	\$75 (\$50)	Gym
SP19Brain	Brain Fitness	9:30 to 10:30	5		Pat Hehner	\$40 (\$20)	BR
Wednesday	Course	Time	Weeks		Instructor	Fee	Room
SP10TAI	Tai Chi	9:30 to 11:00 am	10		Peter Chan	\$112.50 (\$75)	Studio
SP19WCINT	Water Colour Int.	9:30 to 11:30 am	10		Allison Luedtke	\$150 (\$100)	Main Hall
SP19OILBEG	Oil Beginner	1:15 to 3:15 pm	10		Tricia Savoie	\$150 (\$100)	Main Hall
SP19MAT	*Mat Yoga	11:30 to 12:30	10		Kim Hannah	\$75 (\$50)	Studio
SP19CHAIR1	*Chair Yoga 1	12:40 to 1:40 pm	10		Kim Hannah	\$75 (\$50)	Studio
SP19CHAIR2	*Chair Yoga 2	1:45 to 2:45 pm	10		Kim Hannah	\$75 (\$50)	Studio
SP19ZUMW	*Zumba Gold	12:45 to 1:45 pm	10		Susan Sloan	\$75 (\$50)	Gym
Thursday	Course	Time	Weeks		Instructor	Fee	Room
SP19FIT2	*Fitness	9:30 to 10:30 am	9		Nina Lepage	\$67.50 (\$45)	Gym
SP19CORE2	*Core Strength	10:35 to 11:35 pm	9		Nina Lepage	\$67.50 (\$45)	Gym
SP19FLOW	Flow & Yin Yoga	10:45 to 11:45 am	10	NEW	Kim Bolton	\$75 (\$50)	Studio
SP19MEDIT	Mindful Meditation	noon to 1:00 pm	10	NEW	Kim Bolton	\$75 (\$50)	Studio
SP19YINREST	Yin & Restorative	1:10 to 2:10 pm	10	NEW	Kim Bolton	\$75 (\$50)	Studio

\$ Non Member Fee (\$ Member Fee)



REGISTRATION

Registration for the Spring Session is April 1 to 5.

Member prices for Spring Courses will not be honored after April 5.

Registration can be completed in person with Cash, Debit, Credit or Cheque or over the phone with a Visa or Master Card.



* identifies Registered Courses that meet the University of Ottawa Heart Wise Exercise Program criteria. See page 10 for the Spring Course descriptions.

Want to drop into a Course or Activity to see if it's a good fit for you? Please visit Reception to learn how.

REFUND POLICY

Enjoy your Spring Session, and thank you for honoring our registration period. If needed, refunds will be payable by cheque until the second week of your class. Refunds will be prorated and administration fees will apply. Special thanks to our team of instructors! They are working diligently behind the scenes as well as during their classes to offer you the best experience possible.

Activities Please refer to Calendars for activity dates

Drop in Activities

MONDAY

500	12:35 to 2:30
Duplicate Bridge	6:00 to 9:00

TUESDAY

Pétanque - Atout	10:00 to 11:30
Sandbags	12:30 to 2:00
Whist	12:35 to 3:00

WEDNESDAY

Social Bridge	9:00 to 11:30
Bridge (sign in at noon)	12:35 to 3:00

THURSDAY

Stamp Club (see calendar)	9:30 to 11:30
Bid Euchre	9:00 to 11:30
Bingo (new time)	1:15 to 2:45
Euchre	12:45 to 2:45

FRIDAY

Cribbage	9:30 to 11:30
Darts - Sign in 9:45 am	10:00 to 11:30
Bridge - Sign in noon	12:35 to 3:00

SATURDAY

Benefit Bridge MH	12:30 to 3:00
Chase the Ace	1:00 to 4:00
Kitchen Bridge	7:00 to 10:00 pm

SUNDAY

Bid Euchre	1:00 to 4:00
Social Bridge	1:00 to 4:00
Darts	2:00 to 4:00

Drop in Activities



G50+ & Ottawa Valley Tours are promoting the following OVT Day Trips

April 24: Glory Days

Upper Canada Playhouse: cost \$134 includes lunch, transportation, concert and taxes. Enjoy an incredible musical afternoon to remember. Lunch is at the McIntosh Country Inn in Morrisburg and then on to the Upper Canada Playhouse for the live concert with hits from the 60s, 70s and 80s.

June 19: Where Are You

Upper Canada Playhouse; cost: \$134 includes lunch, transportation, theatre and taxes. Enjoy a comedy filled with laughs and lots of heart. Lunch is at the McIntosh Country Inn in Morrisburg and then on to the Upper Canada Playhouse.

June 26: Anne of Green Gables

1000 Islands Playhouse; cost: \$ 137 includes lunch, transportation, theatre and taxes. Enjoy a play full of song and dance, that will warm will warm your hearts. Lunch at the Gananoque Inn and then travel on to the Springer Theatre.

Visit Reception for Details










Coming Soon



Activities are reserved for members only and are subject to a \$1 drop in fee. Please visit Reception or the Volunteer Coordinator for more information.

Spring 2019

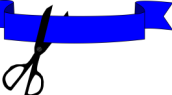

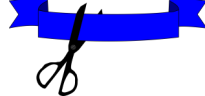







April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 500 Duplicate Bridge	SPRING PROGRAM REGISTRATION				6 Benefit Bridge MH 12:30 to 3pm	
7 Darts	8 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge	9 Pétanque- atout Sand Bags Whist Fit1 Core1 Brain	10 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2	11 Stamp Club Volunteer Appreciation Bid Euchre Bingo Euchre Fit2 Core2 Flow Medit YinRest	12 Cribbage Darts Bridge	13 Chase the Ace MH 1 to 4pm	
14 Darts Social Bridge Bid Euchre 1 to 4 pm	15 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge	16 Pétanque- atout Sand Bags Whist Fit1 Core1 Brain	17 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2	18 Board Meeting Easter Lunch Bingo Euchre Fit2 Core2 Flow Medit YinRest	19 No Programs 	20	
21 No programs 	22 No programs 	23 New member orientation BR Pétanque- atout Sand Bags Whist Fit1 Core1 Brain 	24 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2 	25 Bid Euchre Bingo Euchre Fit2 Core2 Flow Medit YinRest	26 Cribbage Darts Bridge Technology Work shop Act Now Workshop 	27 Kitchen Bridge 7 to 10pm	
28 Darts Social Bridge Bid Euchre 1 to 4	29 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge	30 Pétanque- atout Sand Bags Whist Fit1 Core1 Fraud Prevention 	WE  VOLUNTEERS			Volunteer Appreciation Lunch April 11 noon Free for Registered Volunteers \$8.00 for Guests RSVP by April 9	

 **April at a glance...**
 Centre Closed April 19 & 22
 Program Registration April 1 to 5
 Easter Lunch April 18
 New Member Orientation April 23
 Act Now April 26
 Technology Workshop April 26
 Fraud Prevention April 30



Foot Care
 Appointments must be booked in advance at Reception. Members \$25 Non Members \$27
 New Clients \$50 /\$54 book 2 consecutive appointments .
 Receipts for insurance claims are available.

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Grand Opening May 10 Lunch Reception!			1 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2	2 Bid Euchre Bingo Euchre Fit2 Core2 Flow Med Rest	3 Cribbage Darts Bridge	4 Benefit Bridge MH 12:30 to 3 pm
5 Darts Social Bridge Bid Euchre 1 to 4	6 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge	7 Pétanque- atout Sand Bags Whist Fit1 Core1 Brain	8 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2 	9 Stamp Club Mother's Day Bid Euchre Bingo Euchre Fit2 Core2 Flow Medit YinRest	10 Cribbage Darts Bridge Grand Opening 	11 Duplicate Bridge
12 Happy Mother's Day	13 Paper Quilling Workshop Possible 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge 	14 Pétanque- atout Sand Bags Whist Fit1 Core1 Brain	15 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2	16 Board Meeting Bid Euchre Bingo Euchre Fit2 Core2 Flow Medit YinRest 	17 Cribbage Darts Bridge Nordic Walking 	18 Chase the Ace MH 1 to 4
19 Darts	20 No Programs 	21 Sand Bags Whist Fit1 Core1	22 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2  	23 Bid Euchre Bingo Euchre Fit2 Core2 Flow Medit YinRest	24 Cribbage Darts Bridge	25 Kitchen Bridge 7 to 10 pm
26 Darts Social Bridge Bid Euchre 1 to 4	27 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge	28 Pétanque- atout Sand Bags Whist Fit1 Core1	29 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2	30 Bid Euchre Bingo Euchre Fit2 Core2 Flow Medit YinRest	31 Cribbage Darts Bridge 	














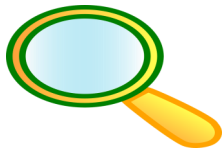
At a glance
 Mother's Day Lunch May 9
 Grand Opening May 10
 Paper Quilling May 13
 Nordic Pole Walking May 17
 Centre Closed May 20



Help us engage the seniors in our community and wipe out loneliness. Do you know a friend or neighbour that would benefit from our great Centre? Invite them to visit us and experience the fellowship. If the new member identifies you when they purchase their membership, G50+ will give you a Lunch Voucher!

Spring 2019

June is Seniors Month 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 June 13 Annual Meeting and Father's Day Reception If you cannot attend please visit Reception for a Proxy Form and instructions						1 Benefit Bridge MH 12:30 to 3
2 Darts	3 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge	4 Pétanque- atout Sand Bags Whist Fit1 Core1	5 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2  	6 Stamp Club Bid Euchre Bingo Euchre Fit2 Core2 Flow Medit YinRest	7 Cribbage Bridge Darts Reiki Healing Circle 	8
9 Darts Social Bridge Bid Euchre 1 to 4 pm	10 500 Oil Int Watercolour Beg Zumba WIN Duplicate Bridge	11 Pétanque- atout Sand Bags Whist Fit1 Core1	12 Social Bridge Bridge WCInt OILBeg TaiChi ZUMW Mat Chair 1 & 2	13 Annual Meeting Fathers day lunch Bingo Euchre BR Flow Medit YinRest 	14 Cribbage Darts Bridge	15 Chase the Ace MH 1 to 4
16 Happy Father's Day	17 New member Orientation 500 Duplicate Bridge 	18 Pétanque- atout Sand Bags Whist	19 Social Bridge Bridge 	20 Board Meeting Bid Euchre Bingo Euchre 	21 Cribbage Darts Bridge	22 Kitchen Bridge 7 to 10 pm
23 Darts Social Bridge Bid Euchre 1 to 4 pm	24 500 Shuffle Board	25 Pétanque- atout Sand Bags Whist	26 Social Bridge Bridge 	27 Canada Day Party Bid Euchre Bingo Euchre BR Fitness Core 	28 Cribbage Darts Bridge	29
30 	July 1 Closed 	Reiki Healing Circle June 7 Annual Meeting & Father Day Reception June 13 New Member Orientation June 17 Canada Day Lunch June 27 Closed July 1				

Summer Registration Dates

June 24, 25, 26, 27, 28



Spring 2019 Course Descriptions

Fitness

Stretch tone and gain or maintain your personal fitness level. A combination of hand weights, exercise bands, small balls, glides and functional movements will increase your range of motion and flexibility in a fun, social and non-competitive atmosphere. All levels of fitness are welcome. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Core Fitness

Find your core muscles in the group exercise class. Posture, balance, confidence and flexibility are all enhanced with movement and exercise designed to strengthen core muscles. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Zumba Gold

Join this awesome Latin Style dance/exercise Fitness class. This class has been described as "Exercise in Disguise". Learn dance moves you never imagined with the safety and comfort of a trained instructor. Wear comfortable clothing, supportive, closed toe foot wear and bring a water bottle. Leave your inhibitions at the door and have fun!

Wu – Style Tai Chi

Cultivate your inner Chi and improve your balance while you reduce your risk of falls. Stretches reach into the pelvis, where a number of back problems begin and will relieve the deep, tension-holding areas of the back, neck and shoulders. Even as a beginner, it's possible to quickly master the moves in Wu tai chi, however Master Peter Chan welcomes all levels. Please wear comfortable clothing and bring a water bottle.

Chair Yoga

In a seated position gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is gently designed for those who cannot easily get up and down from a floor mat. Namaste.

Mat Yoga

Improve your flexibility, balance and strength, feel wonderful and enjoy the benefit of increased circulation and feelings of peace and gratitude. Bring your yoga mats, water bottle and comfortable clothing. Namaste.

Oil/Acrylic Painting – Beginner

Budding Artists will learn the importance of colour and techniques in this class designed just for beginners. The instructor will provide comprehensive instructions on all facets of Oil/Acrylic painting while working in unison on the same project as the students. Please see Reception for supply list.

Oil/Acrylic Painting - Intermediate

Experienced painters will love this dynamic class. The instructor embraces the individuality of each artist while preserving the art of instructional techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Beginner

Students new to Water Colour will learn the basics of proper technique and discover their inner artist. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Intermediate

Experienced painters will love this dynamic class. The instructor embraces the individuality of each artist while preserving the art of proper techniques. Painting supplies required. Please see Reception for supply list.

Write It Now!

Join a group of budding writers who want to preserve memories and stories for their loved ones. This fellowship will share stories, laugh, cry and applaud. Your stories will be safe with them! Come have fun under the support of Judith Coulter as she guides this wonderful session.

French Conversation

Want to brush up your French? Meet weekly with a group of French enthusiasts and a certified teacher. In a safe environment have a fun, yet educational session including homework!

Brain Fitness

Our brain starts deteriorating in our early 20's, but have not fear Brain HQ has designed exercises to combat dementia and help increase speed, quality and brain chemistry! Increase your brain plasticity. Participants must have your own wireless device (Laptop or Tablet) and personal ear bud (headphones).

Slow Flow & Yin Yoga

Weaving together the benefits of slow, mindful movements from Tao & Hatha Yoga practices (think Tai Chi) with the meditative, longer held Mat Poses of Yin Yoga. Yin Yoga is the quiet practice that allows ample time to sink into your poses and release tension from tight areas of the body. In Yin Yoga we nourish the deeper tissues of tendons, ligaments and bone along with the subtle energy in our bodies. Bring your Yoga Mat and a blanket.

Meditation

Meditation and Mindfulness techniques can help us to manage the ups and downs of life with much more ease and kindness towards ourselves and others. Using varying techniques of Meditation & Mindfulness, together we will learn, explore, and practice, adding more tools to our life toolboxes. Bring your own Blanket. Yoga Mat (optional).

Yin & Restorative

Combining the mindful practice of Yin Yoga with the soothing practice of Restorative Yoga. Restorative Yoga allows the practitioner to find rest in the day. Restorative practices allow for the nervous system to take a break. Each pose offers the potential for recalibration of body, heart, mind to be able to move forward in the day with much more ease. Bring your own Yoga Mat and Blanket.



All Courses must be pre-registered. Please ensure you wear comfortable clothing and supportive footwear. Most of all enjoy the experience, the instructors are instructing for you! Remember our Kitchen always has coffee and snacks ready for fellowship. Coffee/Tea/Hot Chocolate is 50 cents. Muffins 75 cents. Fellowship priceless.....