

Activity Descriptions  
September to December 2014

<b>Class</b>	<b>Description</b>
<b>Astronomy</b>	In this class, we watch DVDs of astronomical facts and theories. Each class is independent of previous classes. Newcomers can enter our class at any time and not be subject to accumulated data of previous classes. We are currently working on DVDs presented by a professor from UCLA. We stop the DVDs periodically and discuss the presentations. In our group, we have several members with knowledge and experience in astronomical sightings, facts and theory. Some of our members have astronomic telescopes which they bring to class on occasion. Sometimes we have night telescope sessions to view astronomic features.
<b>Badminton</b>	Game played with own racquet and proper shoes. It is geared to people who have some playing experience.
<b>Book Club</b>	Consists of 10 participants at the Brockville Library that meet once a month. Most members continue from the First Semester.
<b>Camera Club</b>	Group discusses different aspects of photography & picture taking. Seniors learn how to make the best use of their own cameras. They discover the best ways to take great photos.
<b>Computer Class - Level 1</b>	Introduction to computers to learn mouse and cursor functions, open and send emails and use Google for internet information.
<b>Computer Class - Level 2</b>	This class will enhance computer knowledge in: use of email and of Google; opening and sending attachments and uploading photos from your computer to a memory stick to take them to a photo shop to print.
<b>Exercise; Low Impact for Seniors</b>	A fun exercise class offering a good workout. You can go at your own pace. All you need to bring is a bottle of water and a good pair of running shoes.
<b>Exercise; Gentle Mobility</b>	The goal for this Senior Fitness Program is to make it as effective and inclusive as possible. The biggest obstacle to muscular fitness improvements for seniors, physically, is the loss of muscular strength and endurance due to inactivity, (and aging). An effective program to reduce this loss and improve mobility will include the following five components: 1. Aerobic Fitness 2. Muscular Fitness 3. Balance 4. Flexibility & 5. Relaxation. If you like music we are hoping you will have fun in this class.
<b>French - Beginners Class</b>	Instruction for Basic French and beyond. Medium sized 3-ring binder, dividers and a pen required for this class.
<b>French - Intermediate Class</b>	Instruction for Intermediate French conversation & beyond. Medium sized 3-ring binder, dividers and a pen required for this class.
<b>French - Conversation Class</b>	Sharing French conversation with other students.

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<b>Genealogy</b>	Course will instruct participants on basic genealogical sources & techniques. Sources such as vital statistics, census data, land records, cemetery & church records for example will be covered. Computer research for genealogical records will help discover your ancestors from the United Empire Loyalist to establish a connection to ancestors who came to Canada.
<b>Music Jam Session</b>	The group has beginners as well as seasoned musicians. They use a guitar, banjo, fiddle, drums, keyboard, mandolin and a harmonica. They share an interest in music as they sit in a circle where everyone gets a chance to lead a song, if they want to do so. There are between four to twelve participants typically.
<b>Quilting Class</b>	Students need a rotary cutter, cutting mat, quilter's ruler, scissors, pencil for fabric and a good sewing machine. The class decides which projects they will be working on.
<b>Spanish - Conversational Part I</b>	Conversational Spanish Part I is an introductory Spanish course which emphasizes speaking and listening comprehension. Some reading and writing may be done to reinforce oral communications skills. Join us for a fun, informal, interactive introduction to "survival" Spanish. !Hasta luego! Materials Required: 3-ring binder, notepaper, pen or pencil.
<b>Tai Chi - Beginners</b>	This involves gentle bends, stretches and twists to improve seniors well-being in a gentle activity that teaches Taoist style 108 Tai Chi moves. Each week 3-4 moves are taught for beginners.
<b>Tai Chi - Level 2</b>	Students who know the 108 Tai Chi set and are ready to perfect the moves for optimum benefit.
<b>Tai Chi Practice</b>	This class is a practice activity with little or no specific instruction. Extra time to gain experience with Tai Chi moves.
<b>The Painting Class</b>	Participants with a wide range of skill levels will work on their own projects in acrylic and oil (non-toxic products only). Those who use water colours are welcome as well. Class members support one another via critique and encouragement in a friendly atmosphere. If you paint you are welcome to join the group.
<b>Tole Painting</b>	This class is the folk art of decorative painting working on such items as tin & wooden utensils and other objects. The class project for each session is decided by the group.
<b>Up for Discussion</b>	Group selects topics to be discussed each week.
<b>Yoga (Chair)</b>	A gentle form of yoga for seniors with disabilities or health problems. Participants use a chair to stand & sit to support themselves while learning yoga positions, breathing techniques, meditation and ways of relaxation.