

COURSE DESCRIPTIONS
(JAN 2015)

Astronomy	Group discussions & study about the planets, stars and the galaxies.
Badminton	Game played with own racquet and proper shoes. It is geared to people who have some playing experience.
Book Club	Consists of 10 participants at the Brockville Library that meet once a month. Most members continue from the First Semester.
Camera Club	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.
Computer Class - Level 1	Introduction to computers to learn mouse and cursor functions, open and send emails and use Google for internet information.
Computer Class - Level 2	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.
Exercise; Low Impact for Seniors	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.
Exercise; Gentle Mobility	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.
French - Beginners Class	Instruction for Basic French and beyond. Medium sized 3-ring binder, dividers and a pen required for this class.
French - Intermediate Class	Instruction for Intermediate French conversation & beyond. Medium sized 3-ring binder, dividers and a pen required for this class.
French - Conversation Class	Sharing French conversation with other students.
Genealogy	Interested in Genealogy and family history? Join the members of the Leeds and Grenville Branch of the Ontario Genealogical Society to work on your family history and learn more about this popular pastime. Beginning January 14th, the Society will be hosting a Genealogy Club on Weds mornings at the Society's Archives and Library, located in the basement of the Brockville Museum, 5 Henry St. The Club will be held from 10 am to 12 on Weds, weather permitting. Members of the SWC are invited to come in and talk about their genealogy research, their brick walls, and where to look for elusive records with our members. There is a one-time annual fee of \$5 payable the first time a member attends. This helps offset the Genealogy Society's contribution to the Museum.

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Music Jam Session	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.
Painting Class, The	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. The class is a paint studio in effect with assistance available when needed. Class members support one another via critique and encouragement in a friendly atmosphere. If you paint you are welcome to join the group.
Quilting Class	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.
Spanish - Conversational Part 2	Over the course of 10 weeks from Jan 13 to March 17, under the direction of instructor Elizabeth Stratton, participants in Part 2 will expand travel-related vocabulary, ask and respond to questions, and compose sentences in the present tense. If you have some basic knowledge of Spanish and would like to practice in an informal, friendly, environment, come and join us! ¡Hasta pronto! Materials required: 3-ring binder, notepaper, pen/pencil.
Tai Chi - Beginners	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.
Tai Chi - Level 2	Students who know the 108 Tai Chi set and are ready to perfect the moves for optimum benefit.
Tai Chi Practice	This class is a practice activity with little or no specific instruction. Extra time to gain experience with Tai Chi moves.
Tole Painting	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.
Up for Discussion	Group selects topics to be discussed each week.
Yoga (Chair)	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.