

Brockville 50+ Activity Centre
Formerly The Shepherd's Welcome Centre
Activity Descriptions

NOTE: The Activity Schedule gives details of class day, times, location and instructors.

Art Studio, 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.

Badminton

Game played with own racquet and proper shoes. It is geared to people who have some playing experience.

Book Clubs

This consists of 10 participants per club. Each meets once a month on a separate day at the Brockville Library on Buell Street. Most members continue from the First Semester.

Bridge

Instruction on bridge rules, how to play and how to bid. Instructor is Jim Shaw.

Chair Yoga

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.

Exercise; Low Impact for Seniors

A fun exercise class that offers a moderate to intense cardio workout followed by balance and strengthening exercises. You will be challenged, but are encouraged to go at your own pace.

COURSE REQUIREMENTS: indoor running shoes (not worn outside), comfortable loose clothing, a bottle of water (strongly advised) and light dumbbell weights (optional). (Note: there are no floor exercises).

French - Conversation Class

To share French conversation with other students. (Note: French instruction classes currently not available.)

Mindful Meditation

A non-invasive approach to stress relief and inner peace. It also helps to resolve sleep issues and pain relief. Anyone can meditate. This course will be open to seniors regardless of physical or health condition. One may participate by sitting comfortably on a chair.

Mosaic Art

Students will learn how to create a mosaic using broken dishes and pieces of glass. Instructions regarding how to do Mosaic Art and a list of materials that will be required will be provided during the first class.

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.

Nordic or Pole Walking

Often called urban poling, Nordic walking was developed in Europe as a method of off-season training for skiers. If you're looking to increase your fitness level, Nordic walking just might be the perfect activity. It's a great form of exercise that works your entire body, combining the simplicity and accessibility of walking with the many fitness benefits of cross-country skiing.

Photography

Group discusses different aspects of photography & picture taking. The class is not intended to be a how to use your camera, as there are so many different models in use by attendees. Rather, the intention is to learn and discover the best ways to take great photos in terms of creativity, composition, etc.

Pickle Ball

This game has been described as a cross between badminton, tennis and table tennis, requiring a low net, paddles and a light ball that is about the size of a baseball. Is played in the church gym.

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

Intermediate Level

Intermediate Conversational Spanish is geared towards learners who already speak some Spanish, and who are looking for an opportunity to practice their listening and speaking skills. Using short texts as a jumping-off point, we will explore the topic of the day in an informal relaxed setting.

Table Tennis

A single table is available for play in the lower area of the Wall Street church. Some equipment provided but the use of own paddles is encouraged.

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 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.