

**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.

**Art Drawing, Basic**

If you have always wanted to draw, this is the class for you. We will start at the beginning with simple materials and have fun with all the possibilities.

Materials Required:

- Pencils: start with HB, 2B, 4B
- Pencil sharpener
- A sketchbook, not bigger than 9x12 in.

**Badminton**

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

**Bell Ringing, Maximal**

This class is for the enjoyment of people who can read music written in the treble clef. There will be minimal theory – only when required to support maximal bell ringing. Handbell ringing is a team activity. Participants must be prepared to arrive on time; attend regularly for the 10 week session; and to purchase their own copy of a book of handbell music costing approximately \$20.00. Please bring \$20.00 to registration. The instructor will provide the bells. There will be a maximum of 8 participants.

**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**

Currently the class will be for playing only, without formal instruction.

**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.

## **Drawing, Basic**

(See under **Art Drawing, Basic** above.)

## **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.

## **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. Page 2 of 2 AC Activity Descriptions **January 2018 (R2)**

## **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.

## **Pole Walking/Walking**

If you're looking to increase your fitness level, Pole 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. The class will also be open to those interested in group walking in the more conventional 'pole-less' fashion.

## **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.

**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.