

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.

Book Club

This consists of 10 participants, who meet once a month at the Brockville Library on Buell Street. Most members continue from the First Semester.

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.)

Mind, Body Connection

If you are interested in the aura, working with energy, and how the mind, emotions and stress affect the body, you will love this interactive, fun, exploration of our energy fields over 8 weeks (1 hour per week). At 21, instructor Ursula Dowd was struck down with an auto-immune condition and unable to walk for almost a year. She spent the following 20 years taking pain killers and Ibuprofen to survive each day. At 45 it struck in force again – suddenly an AHA moment: more stress equaled more pain. Ursula has spent the last 15 years exploring why and would love to share these adventures to find the answers, (no more pain killers) which has taken her all over the world.

Mosaic Art

Students will learn how to create a mosaic using broken dishes and pieces of glass.

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.

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.

Pickleball

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.

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.