

Brockville 50+ Activity Centre

Description of Activities Fall 2021 Semester

(Revised September 8th, 2021)

Art Studio - Tuesday & Wednesday

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.

Book Club- Monday- one time per month

This consists of participants who meet once per month to discuss a book chosen by the group the previous month.

Chair Yoga – Tuesday & Thursday

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.

Dutch - Conversation Class

This is an opportunity for people to practice their Dutch conversation. No instruction is provided.

Euchre (playing only) - Monday

The popular card game is a playing only session with no formal instruction.

Facial Reflexology (via Zoom Noon- 1p.m.) – Wednesdays

Fun and easy techniques will be taught and practiced by all. All communication will occur online via Zoom and lessons will be sent out by e-mail so that you will be ready for class in advance. The course will run for 15 weeks, and cover 15 steps to effective facial reflexology. Each class will be one hour long. The first Zoom meeting is scheduled to occur on September 20th.

French – Advanced as a Second Language (FSL)- Thursday

Created to help you speak, read and write in French, using practical strategies to improve any conversation. You will have input in the direction of the course to help answer your individual needs.

This course will be based on the theory that in order to learn a language, you need to speak it, listen to it, read it, and revise it. Different tasks will come together and give you an effective learning experience, including mini grammar lessons and authentic conversational situations.

French – Basic- Thursday

In this introductory course, students will develop basic French language skills by building a rapport with their instructor and classmates and becoming more at ease with a second language. Course content will include: vocabulary, pronunciation, listening, simple conversation, basic writing and reading lessons. Such a varied exploration of the French language will allow each student to better understand and appreciate its virtues.

Prerequisite:

Limited understand of the French language

Key to success:

Being opened to learning something new and experiencing the beauty of the language

French - Conversation Class (Intermediate) - Thursday

To share French conversation with other students.

Line Dancing Beginners- Friday

Have never line danced before, or it's been a long time since you did? Join us for these introductory refresher classes. You'll learn the basic steps and some easier dances to get you started.

Line Dancing- Intermediate- Tuesday & Wednesday

Join us and dance to a variety of music from country to rock, and more. This faster paced class is for experienced dancers. It's great exercise and lots of fun!

Meditation- Monday

Come and experience the method of quieting the mind into a state of calm and peacefulness that best suits you. Learn this practical tool of meditation so you can use it any time, anywhere it serves you best. Watch as your life unfolds into something you never dreamed was possible. Enjoy!

Mosaic Art- Monday

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

Music Jam Sessions (2) – Monday afternoons

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.

Because of the limited resources during covid a participant will only be able to enroll in either the first or second course activity, but not both.

Quilting Class - Monday

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.

Seniors Low Impact Exercise – Monday, Wednesday, Friday

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).

Due to the popularity of this class a third one is being offered.

Spanish (Beginners) - Thursday

A slow introduction to Spanish. Over a 10-week period, we'll learn how to roll *r*'s, practice greetings and numbers, talk about ourselves and our family, order a meal, and ask for the washroom. Lots of laughs guaranteed.

Spanish Conversation Intermediate - Thursday

Basic Spanish Conversation Peer Support Group is going to provide an opportunity to practice Spanish speaking while learning from each other.

Table Tennis- Wednesday

Table Tennis or ping pong for any skill level. We have lots of fun on 3 tables.

Tai Chi – Beginners- Tuesday

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 Boost- Wednesday

Primarily a practice session for those registered in Beginners Tai Chi. Beginners who wish to improve their knowledge and execution of the 108 moves will receive instruction from more experienced members.

Tai Chi – Intermediate- Monday

Students who know the 108 Tai Chi set are ready to perfect the moves for optimum benefit. Minimal instruction is provided.

Tai Chi Practice- Friday

This class is a practice activity with little or no specific instruction.

Tole Painting - Friday

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.

Ukulele – Intermediate- Friday

Members who previously took the *Beginners Course* are encouraged to participate in this group. Newcomers are welcome, as some basic lessons could be provided.

Ukulele – Intermediate Plus- Monday

For those ukulele players who wish to advance their skills.

Walking Class- Wednesday

Meet behind the Brockville Arts Centre at Metro @ 1:50 PM. Walking starts at 2 PM, rain or shine.