

Brockville 50+ Activity Centre

Description of Activities Fall 2022 Semester

(Revised August 18, 2022)

Art Studio

Participants with a wide range of skill levels will work on their own projects in all painting and drawing mediums (non- toxic). The class is an art studio in effect with assistance available when needed. Class members support one another via critique and encouragement in a friendly atmosphere. If you paint or draw you are welcome to join the group. Bring your own supplies.

Badminton

Badminton provides an excellent opportunity to exercise and socialize. It is open to all levels of playing experience, partners being chosen to balance expertise. There are several rackets that participants can borrow, but most bring their own. It is important to wear proper shoes that grip but don't scuff the floor.

Book Club- one time per month

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

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.

Chess

Chess is a wonderful board game to help your brain increase memory, focus and to problem solve. It will give you timeless enjoyment. We welcome those who want to learn the game and those with experience to join this activity. Playing chess will add to the quality of your life.

Dutch Conversation Class

We meet weekly in a relaxed atmosphere. We converse in Dutch. Conversation topics vary, ranging from current affairs to Dutch culture and memories. No instruction is provided. Gentle assistance is offered.

Drumming

This West African hand drum is fun and easy to play. Learn the basics, beginning with simple beats, and build your skills. Playing the djembe will help you gain confidence, improve concentration and relieve stress. Mainly, it's fun! Participants are encouraged to bring their own drums. 50+ will be seeking drums for those who don't have one.

Euchre (playing only)

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

French – Advanced as a Second Language (FSL)

Created to help you speak, read and write in French, using practical strategies to improve any conversation. You will have input into 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

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 understanding of the French language

Key to success:

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

French - Conversation Class (Intermediate)

Improve your fluency by speaking French in a relaxed atmosphere that builds your vocabulary and conversational skills in an interactive setting that's relaxed and fun! Conversational French includes both structured discussion such as current events as well as spontaneous conversation.

Harmonica (Blues)

Learn blues harmonica by playing blues riffs, chord rhythms, songs, basslines, and improvising through call and response. Reading music is NOT required or needed. Each student will bring a notebook and their own harmonica. It is recommended that a harp which ranges in price from \$50 to \$90 be used. Less expensive harps will generally have quality issues that affect the tone or the durability of the reeds.

Line Dancing Beginners

Have never line danced before, or you still need to work on basic steps and the easier dances? Join us for these introductory refresher classes. We dance to a variety of music. This is a fairly strenuous activity and becomes more so as the class progresses. For our returning dancers you will be learning several new dances. Please wear clean, indoor shoes that do not scuff.

Line Dancing – High Beginners

This class is for those with some recent line dance experience who know the basic steps. While we will revisit the dances we've learned in the past, the focus is to continue to expand our dance repertoire across the different music genres. This is a strenuous class. Please wear clean indoor shoes that do not scuff.

Line Dancing- Intermediate

Join us and dance to a variety of music from country to rock, and more. This fast paced class is for experienced dancers. While you may not know the dances, you are expected to know the various line dance steps. It's great exercise and lots of fun! Please wear clean, indoor shoes that do not scuff.

Mahjong

Mahjong is a tile-based game of skill, strategy and luck. It was developed in China in the 19th century and is now played in most countries around the world.

While there are many regional variations of Mahjong, we are playing the Hong Kong version. It is not the same as the online Mahjong solitaire game, but has similarities to the card game Gin Rummy.

The first four classes will focus on teaching all participants (new or returning) how to play the game, while the remaining six will focus simply on playing.

Mahjong tile sets are provided by Brockville 50+.

Come join us to learn a new game, meet some new friends, and have fun!

Meditation

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 anytime, anywhere it serves you best. Watch as your life unfolds into something you never dreamed was possible. Enjoy!

Mosaic Art

Mosaics is the decorative art of creating pictures and designs on a surface, by setting small pieces of china, coloured/stained glass, ceramic or other materials (ex. metals, jewelry, etc) in a bed of adhesive and then grouting and finishing the piece. Participants learn how to create mosaic art projects of their choice. Your project could be a simple trivet, a tabletop or wall hanging, garden art, glass on glass mosaic, etc! Whether interior or exterior projects, the choices are endless. Very few tools are needed to get started. A list of recommended tools and supplies and where to obtain them, is provided at registration. Mosaic "newbies" are most welcome! Lots of instruction is provided weekly to those new to this art form, on design, material and colour choices, glass and china cutting skills and techniques, all the way to finishing your project. Help from group members who are experienced in making mosaics is also invaluable. Leader is mosaic enthusiast Rosalie Morris-Spencer.

Music Jam Sessions

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. Participants provide their own musical instruments.

A second session may be scheduled if necessary to accommodate a larger number of participants.

Peer to Peer Acoustic Guitar Workshop, Intermediate skill level

This activity will enable intermediate level guitar players to improve their playing skills. It is based on players sharing their knowledge and skills, to develop and polish songs.

With input from your peers, the group aims to include workshop topics such as: intros & outros to songs, tempo & strumming patterns, downstrokes & upstrokes, choosing the right key for your voice, finding the start note, chord shapes and chord changing using 'anchor' fingers, bass runs, and simple finger picking.

Group members are encouraged to present information on music related topics e.g. bar chords, the chromatic scale and transposing.

Pickleball

This game has been described as a cross between badminton, tennis and table tennis, requiring a low net, paddles and a light ball about the size of a baseball. It is played in pairs on a court that is a bit smaller than a tennis court. All levels of experience are welcome, pairs combine new and experienced players and some training/teaching is provided. There are several rackets that participants can borrow. It is important to wear proper shoes. **It is also recommended that players wear safety glasses.**

Quilting Class

Students need a rotary cutter, cutting mat, quilter's ruler, scissors, pencil for fabric and a good sewing machine. Quilters are free to work on their own projects or with the group.

Seniors Low Impact Exercise

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).

Self Reflexology

The goal of this course is to increase balance and mental clarity and to stimulate the body's organs and glands to improve health and quality of life.

Participants will be doing hands on application of self learning on their hands, ears and feet.

Participants should wear comfortable clothing that allows stretching and ease of movement and socks that are easy to remove. Each class will begin with a good long stretch and hand rubbing.

Beginner Conversational Sign Language

This will be a fun, casual, interactive class designed to introduce people to basic sign language. You can expect to learn some signs and be exposed to visual communication. I will sign and speak at every lesson. I'll also invite my adult deaf daughter to class on occasion which will give you an opportunity to ask questions about deaf culture and navigating through a hearing world. I look forward to meeting you in person.

Spanish Refresher

This 10 week course is designed to meet the needs of learners who have taken an introductory Spanish course and/or picked up some conversational skills through their travels. It's a fast paced beginner level which will provide the opportunity to review basic grammar and vocabulary and practice them within the context of common tourist experiences. If you are getting ready to travel again and would like to brush up on your skills, this course is for you!

NOS VEMOS PRONTO!

Spanish Conversation Intermediate

Spanish Conversation Intermediate peer support group is for people who have some understanding of Spanish and a desire to increase their ability and comfort level to speak and comprehend Spanish.

Current members' skills come from formal training in the past, online courses and experience in a Spanish speaking environment.

Our focus is on speaking and understanding Spanish, learning from each other as we go. We are very informal and flexible, working together as a group to determine how we structure each session.

To keep minds flowing, members can use the present tense throughout and insert English words when they come to a vocabulary block. Peer support helps with vocabulary and addressing verb tenses and grammar as individuals gain confidence.

Table Tennis

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

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. Comfortable clothing and indoor shoes are all that is required.

Tai Chi Boost

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 – Continuing

The 108 Tai Chi moves will be done with instruction on a different move or section of moves each week. The goal being improved Tai Chi, to obtain maximum benefit from our practice.

Tai Chi Practice

This class is a practice activity with little or no specific instruction. Usually, 2 or 3 sets of the 108 Tai Chi steps are performed with a short break in between. Participants must know the 108 steps of the set.

Tole Painting

Tole Painting is often thought of as the folk art of decorative painting, working on such items as tin & wooden utensils. This class uses a broader variety of subjects, including portraits, landscapes and materials such as shaped wood and stones. The project for each session is decided by the group. Individuals provide their own supplies.

Ukulele

This class is suitable for intermediate level players. Beginner players, with a knowledge of some basic chords, are also welcome. We encourage each participant to play what they can and have fun strumming along – learning happens through practice. You must provide your own ukulele, music stand and a 3-ring binder. For information, please contact the leaders Peter and Lynne Meleg by email: lynnemeleg@gmail.com

Yoga

The yoga class will begin with a grounding and calming breath meditation. You will then be led through a gentle class focusing on flowing from pose to pose, and linking the movement with the breath. Participants will be introduced to yoga postures through step-by-step verbal description and demonstration. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers.

Walking Group

Meet behind the Brockville Arts Centre at Metro @ 1:50 PM. Walking starts at 2 PM, rain or shine. The leader of this activity is taking a break. Without a leader, this cannot be considered a 50+ activity, but it does continue throughout the semester and anyone is welcome to join.