

## **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.

#### **Chimers**

St Lawrence Chimers is a hand chime group that meets Thursdays at 3 pm at St Lawrence Anglican Church. Each person plays one or two of 37 hand chimes. Their leader, Jeff Reusing, has been their director over the last eight years. The group plays out very occasionally at local seniors' homes and in churches, but mostly just have a good time playing music together. There are no fees or prerequisites, although a very elementary knowledge of music is helpful.

#### **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.)

### **French (Advanced as a Second Language; FSL)**

This course has for an objective: to help you speak: read and write French, using practical strategies to improve any conversation. We will use the Quebec French language not the Parisian French. You will have input in the direction of the course to help answer your individual needs.

This French course will be based on the theory that to learn a language you need to speak it, listen to it, read it and revise it. We believe in authenticity in our activities and exposing students to the language at study. Different tasks will come together and give you a well- balanced and worthwhile learning experience, including mini grammar lessons and authentic conversational situations.

### **Mahjong - Introduction to the game and to Chinese characters**

This course will introduce Mahjong to beginners who wish to learn to play this tile-based game, and to learn more about the Chinese characters and symbols involved. Participants who know how to play can improve their skill and expand their knowledge of the Chinese characters and of the history of the game.

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

### **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.

## **Spanish (Beginners)**

Spanish for Beginners is an introductory Spanish course which emphasizes speaking and listening comprehension. Some reading and writing may be done to reinforce oral communications skills. Join us for a fun, informal, interactive introduction to "survival" Spanish. ¡Hasta luego! Materials Required: 3-ring binder, notepaper, pen or pencil.

## **Table Tennis**

This sport is now played at the Salvation Army Building. Some equipment provided but the use of own paddles is encouraged.

## **Tai Chi Classes**

*Individual class leaders will explain the differences between the various classes on offer and help you decide on which best meets your needs.*

### **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 Boost**

Primarily a practice session for those enrolled in Beginners' Tai Chi. It is open to those more experienced members who wish to assist beginners in their knowledge of the 108 moves. This course may be taken at no extra cost.

### **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.