

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.

Basics of Painting

The purpose of this course is to provide you with the knowledge and skills to paint, and to enjoy painting.:

- Learn the purpose of different brushes; how to load a brush with paint (acrylic); types and application of strokes; care of brushes.
- Introduction of primary and secondary colours
- Learn how to prepare canvas, metal, wood and glass.
- Learn how to begin a painting.

Learning may include variations of textures, using sponges, paper, saran wrap...

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.)

Euchre (playing only)

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

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 (Intermediate)

To share French conversation with other students. (Note: French instruction classes currently not available.)

French (Advanced as a Second Language)

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

A Chinese game played with a set of tiles. The name “Mahjong” refers to the bird-like chattering sound made by the tiles as they are shuffled. There are several variations of Mahjong enjoyed around the world. Our teacher Ping Wu currently teaches the Hong Kong style of Mahjong.

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!

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.

School of Rock

A two hour jam session devoted to classic rock.

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 applications 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.

Seniors Warmup Exercises

Lucy Braganza will lead a low impact fitness class which includes dance cardio, strength training with balls and bands, and balance and coordination drills. This will help you to feel fit and look fantastic!!

Course requirements: Indoor running shoes, comfortable loose clothing, a bottle of water. Lucy's kit will contain a light ball, band and light dumbbells (will explain at registration).

Spanish: Beginners PART 2

¿Habras un poco de español? This 10- week course is for learners who wish to build on their beginner level skills. Short stories, present tense verbs, more vocabulary for travellers, listening for verbal cues, and lots of giggles are all in the mix.

Table Tennis

Table Tennis now has 3 tables at the **Salvation Army on First Ave.** Plenty of parking, enter by the north door. Provision is made for a fun or a serious game; for singles or doubles.

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 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. Maximum of 20. This is a paid class.

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.

Ukulele Practise

Members who took the Beginners Course in the first semester can use this scheduled time to practice the skills they learned, and to prepare for the formal ukulele lessons that will be presented throughout the month of May, 2020.

Writers Group

If you've been writing fiction, nonfiction, memoir, poetry (or dabbling in any other form of creative writing) and would like feedback from your peers, this group is for you.

Each week you're invited to bring a sample of your writing (one to five pages of text or one or two poems) to read to the group, who will then offer suggestions for improvement and lots of encouragement. This group will help us help each other improve our writing skills.