

Brockville 50+ Activity Centre

Description of Activities Winter 2022 Semester

(Revised March 1, 2022)

Art Studio

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. Bring your own supplies.

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.

Dutch Conversation Class

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

Euchre (playing only)

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

Facial Reflexology

Fun and easy techniques will be taught and practiced by all. The course will run for 15 weeks and cover 15 steps to effective facial reflexology. Each class will be one hour long located at Mint Wellness, unit 7, in the Brockville Shopping Centre.

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 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

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)

To share French conversation with other students.

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 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.

Karaoke

Participants have the opportunity to sing their favourite, old-time songs (in any genre) to downloaded music. This is for folks that love to sing the oldies / want to improve their singing voice / like to entertain others or simply like to come out and listen and enjoy others singing. Music has the ability to heal the soul / bring us joy / and bring back wonderful memories. Each participant would need to purchase their own sponge mic cover.

Line Dancing Beginners

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. Please wear clean, indoor shoes that do not scuff.

Line Dancing – Continuing Beginners

This class is a continuation of the fall session. We will revisit the dances we've learned so far and continue to expand our dance repertoire. If you have some recent line dance experience and a refresher, this class may be a good fit for you.

Line Dancing- Intermediate

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

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. A list of recommended tools and supplies and where to obtain them, is provided at registration. 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.

Mosaics for Beginners

Participants will learn how to create a mosaic project by breaking china into small pieces with a hammer, gluing and arranging the pieces in a creative and artful way. Other materials such as pebbles, glass, etc. can be used also. The pieces are glued to the backing (wall hanging, piece of furniture, vase, etc), and then grouted. Also covered will be discussion of art history, influence

of different artistic styles, and different mosaic techniques. This introductory class will be a small group of 5-7, lead by mosaic artist Elske Harris in her home.

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.

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.

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).

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 (Beginners)

¡Hola! Part 2 offers an opportunity to build on the conversational skills acquired during the Fall semester. If you have picked up some basic Spanish during your travels or in a previous course, we'd be happy to have you join us for building vocabulary, exploring some useful verbs and practicing conversation. Smiles, giggles and a supportive learning environment await you.

Spanish Conversation Intermediate

Spanish Intermediate conversation 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, on line 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.

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. 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

Walking Class

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 and, without a leader this is not a 50+ activity, but it is continuing.