

MWSA SUMMER 2017 PROGRAMS (JUNE/JULY/AUGUST)

ABSTRACT PAINTING

This class is designed for beginners and experienced artists looking to make the shift from representational (still life) to abstract painting. Explore paint materials in unexpected ways! Students in this 6 week course will be able to experiment with contemporary and historical artists' processes and discuss how to use colour, line, and texture to create rhythm and mood in abstract work. *Instructor: Samantha Walrod*

- Mondays, 9-12 PM | **June 12- July 24, 2017 (No Class—Jul 3, 2017)**
- Cost for 6 Weeks: **\$90 M/\$120 NM (+ cost of supplies)**

ACRYLIC PAINTING: STILL LIFE AND PORTRAITURE

This class is designed for beginners and experienced artists looking to work on their representational (still-life) painting techniques. Explore an introduction to colour mixing and paint application with acrylic paint! Students in this 6-week course will be able to experiment with contemporary and historical artists' processes and discuss how to use colour, line, and texture depict still life and portraiture. *Instructor: Samantha Walrod*

- Thursdays 1-4 PM | **Jun 15-Jul 20, 2017**
- Cost for 6 Weeks: **\$90 M/\$120 NM (+ cost of supplies)**

BADMINTON

- Mondays, 2:15-4:15 PM (**No Badminton—Jul 3, 10, 17, Aug 7**)
- Tuesdays, 10:15-11:45 AM (**No Badminton—Jul 4, 11, 18**)
- Thursdays, 10:15-11:45 AM (**No Badminton—Jul 6, 13, 20**)
- Ongoing Drop-in Program
- Cost: **\$2 M/\$3 NM** (Punch Cards Available)

BINGO

- Mondays, 12:30-2:30 PM (**No Bingo--Jul 3 & Aug 7**)
- Ongoing Drop-In Program

CABARET DANCE

A fun energetic dance class for beginners. Learn step and combination work while building a routine with props (hats, canes, gloves and fans) to a variety of different music styles, including 50's music, Disco, Swing, Tango or more! No partner required to have fun in this class. This is a great way to do something different and meet some new friends. Drop-ins accepted, but please note participants will be learning dance moves progressively. *Instructor: Michelle Mitchell*

- Mondays, 1-2 PM | **Jul 10- Aug 21, 2017 (No Class—Aug 7, 2017)**
- Cost for 6 Weeks: **\$42 M/\$54 NM/\$10 Drop-In**

CANASTA

- Tuesdays, 11:30-1:30 PM (Ongoing Drop-in Program)

CANASTA--HAND & FOOT

- Thursdays, 9:30-11:30 AM (Ongoing Drop-in Program)

CHAIR YOGA

Experience all of the benefits of yoga (increase flexibility, build muscle strength, increase energy levels and improve circulation) from a seated position. This class is perfect for participants looking for a gentle introduction to yoga, and those with mobility or chronic conditions. All exercises are performed from a chair. No mat work is required. All levels are welcome. No previous yoga experience is required.

Instructor: Barb Deneka

- Wednesdays 3-4 PM
- Spring Session: Apr 12-Jun 14, 2017
- **Summer Session: June 21- Jul 26, 2017 (6 W).** Cost: **\$36 M/\$48 NM/\$10 Drop-in**

CHAIR ZUMBA

Chair Zumba is a lower impact class for those who are not able to participate in the regular Zumba classes. The Latin rhythms and easy-to-follow moves create a fun fitness program for all abilities. Chair Zumba improves cardiovascular capacity, overall muscular strength and endurance, range of motion, posture, and cognitive function - just to name a few benefits. If you can sit, you can do Chair Zumba! *Instructor: Catherine Laverdine*

- Tuesdays, 3-4 PM
- Spring Session: April 11-Jun 13, 2017
- **Summer Session: Jul 18-Aug 22, 2017 (6W).** Cost for 6 Weeks: **\$36 M/\$48 NM/\$10 Drop-In**

CONVERSATION CIRCLE (DISCUSSION GROUP)

This is a discussion group where men and women come together to discuss current events and interesting topics in an open and friendly environment. There is a different topic each week, as determined by the group.

- Wednesdays, 2:15-4:15 PM
- Ongoing Drop-in Program
- Cost: **Free for Members/\$2 NM**

CONVERSATIONAL ENGLISH CLASS

- Fridays, 2:30-3:30 PM
- Drop-in Program.
- Cost: Free program (Outreach Program)

CRIBBAGE

- Thursdays, 12:15-2:30 PM
- Ongoing Drop-in Program
- Cost: **\$1M/\$2 NM**

CULTURAL CIRCLE (Formerly Friendship Group)

- Wednesdays, 12-2 PM
- Free Program (Outreach Program)

FUN CURLING

Floor curling is very similar to the game of ice curling – the main difference is that there is no sweeping. Wooden curling rocks are pushed with sticks along the waxed floor. All levels of curlers are welcome to play the game in a fun, non-competitive environment. Minimum of 8 curlers are needed to run this program.

- Tuesdays, 2:15-3:30 PM: **Jun 6- Aug 29, 2017 (No Fun Curling—Jul 4, 11, 18)**
- Drop-in Program
- Cost: **\$2 M/\$3 NM**

GENTLE YOGA

Improve your flexibility, strength and well-being through this ancient practice. Learn basic gentle yoga poses and breathing techniques. This class is suitable for all fitness levels. Some mat work is required. Please bring your own yoga mat. *Instructor: Barb Deneka*

- Wednesdays, 1:30-2:30 PM
- Spring Session: Apr 12-Jun 14, 2017
- Summer Session: **June 21- Jul 26, 2017 (6 W)**. Cost: **\$36 M/\$48 NM/\$10 Drop-in**

JAM SESSIONS

Bring your own instrument and jam with other musicians. All music styles and levels welcome. Come for fun, music and friendship.

- Wednesdays, 9 AM-12 Noon (Ongoing Drop-In Program)
- Cost: **\$2 M/\$3 NM**

JAM SESSION FOR BEGINNERS

- Fridays 9 AM-12 Noon (Ongoing Drop-In Program)
- **Cost: \$2 M/\$3 NM**

KEEP FIT--ACTIVE

Keep Fit Active is for active older adults who are looking for a challenge that is fun and burns big calories. The class consists of a warm up and a vigorous low-impact half hour of cardio. We also use weights to increase strength and a variety of movement patterns and exercises to improve posture and balance. Participants are required to do exercises and stretches on the floor to increase core strength and flexibility.

Instructor: Cathy Matthews

- Mondays, 1-2 PM: **Jul 24, Aug 14/21/28 (4 Classes—No Class Jul 31, Aug 7)**
- Wednesdays, 1-2 PM: **Jul 26, Aug 16/23/30 (4 Classes—No Class Aug 2 & 9)**
- Cost for 4 Classes (1 day/week): **\$28 M/\$36 NM/Drop-In: \$10**
- Cost for 8 Classes (2 days/week): **\$48M/\$64 NM/Drop-In:\$10**

Summer 2017 Programs

Updated: May 26, 2017

KEEP FIT--MODERATE

This exercise class is based on the format of Keep Fit Active but has significant differences meant to accommodate participants who are less fit and may have some balance challenges. There are no floor exercises. Equipment will be introduced to ease movement and vary the difficulty of exercises. This is NOT a seated class, but should breaks or balance support be required at times, a chair is available. Cardio, balance, posture and proper movement technique are the basis of this class, ending with cool-down and stretch.

Instructor: Cathy Matthews

- **(New Day!)** Wednesdays, 2:15-3:15 PM | **Jul 26, Aug 16/23/30 (4 Classes)**
- Cost for 4 Classes: **\$28 M/\$32 NM/Drop-In \$10**

- Fridays, 10-11 AM | **Jul 28, Aug 18/25**
- Cost for 3 Classes: **\$21 M/\$24NM/Drop-In \$10**

- Cost for 7 Classes: **\$45 M/50 NM**

KNITTING/CROCHETING

- Tuesdays, 9-11 AM (Ongoing Drop-in Program)
- Cost: **Free for Members/\$2 NM**

LINE DANCING—BEGINNERS

This dance class is for beginners. It is low impact, great exercise, and fun for all ages. Most of the music that will be used is country. No previous dance experience required, just a fun attitude. Footwear with a leather or similar type sole (with no grips) preferred. A clean pair of runners will also be appropriate.

Instructor: Tracy van Dyk

- Tuesdays, 9:30-10:30AM: **Jul 11- Aug 22, 2017 (6 W) (No Class—Jul 18)**
- Cost for 6 Weeks: **\$36M/\$48 NM/\$10 Drop-in**

LINE DANCING—INTERMEDIATE

This class is for those who have had at least one year of line dance experience. A basic knowledge of some of the line dance terms would be beneficial. This class will be a little more challenging than the beginner class, as more complex dances will be taught. Line dancing is a great way of getting some exercise and having lots of fun. Shoes with leather soles recommended. *Instructor: Tracy van Dyk*

- Tuesdays, 11-12 Noon: **Jul 11- Aug 22, 2017 (6 W) (No Class—Jul 18)**
- Cost for 6 Weeks: **\$36M/\$48 NM/\$10 Drop-in**

MEDITATION, *Thursdays 9-10:30 AM*

- Thursday, 9-10:30 AM (Ongoing Drop-in Program)
- Cost: **Free for Members/\$2 NM**

MIXED LINE DANCE (NEW PROGRAM!)

Do you enjoy moving to an array of different music styles, such as Disco, Country, Latin, and Swing? In this new dance class, you will learn fun mini line dance routines. No previous line dancing experience necessary as you will practice the moves each week. All you need is clean shoes and a love of music to begin.

- Mondays, 2:30-3:30 PM: **Jul 10-Aug 21, 2017 (No Class—July 3, Aug 7)**
- Cost for 6 Weeks: **\$42 M/\$63 NM/\$10 Drop-In**

PICKLEBALL

- Ongoing Drop-In Program
- Mondays, 9-11 AM (**No PB—July 3, 10, 17, Aug 7**)
- Wednesdays, 2:30-4:00 PM (**No PB—July 5, 12, 19**)
- Thursdays, 12-2:30 PM (**No PB—July 6, 13, 20**)
- Cost: **\$2 M/\$5 NM (Punch Cards Available)**

PICKLEBALL—INTERMEDIATE

- Drop-in Program
- Tuesdays, 12-2 PM: **Jun 6-Aug 29, 2017 (No Pickleball—Jul 4, 11, 18)**
- Fridays, 12-2 PM
- Cost: **\$2 M/\$5 NM (Punch Cards Available)**

PICKLEBALL—BEGINNERS

- Ongoing Drop-In Program
- Mondays, 11:15-12:45 PM (**No PB—July 3, 10, 17, Aug 7**)
- Thursdays, 2:30-4:00 PM (**No PB—July 6, 13, 20**)
- Fridays, 9:00-11:30 AM (**No PB—July 7, 14, 21**)
- Cost: **\$2 M/\$5 NM**

PILATES

Pilates classes are done on the mats with emphasis on core strength and stretching. This class will help to improve your posture, spinal mobility, balance, and flexibility. Please bring a yoga mat. No previous experience necessary. No previous Pilates experience necessary. The class is open to seniors and non-seniors.

Instructor: Kate Stashko

- Spring Session: Saturdays, 9:30-10:30 AM | Apr 22- Jun 24, 2017
- **Summer Session:** Wednesday 9-10 AM | **July 5-Aug 16, 2017** (6 W, No Class July 26)
- Cost for 6 Weeks: **\$36 M/ \$48 NM/ \$10 Drop-in Fee**

POOL/BILLIARDS

- Monday-Friday, 9 AM-4 PM
- Cost for 2 hours per table: **\$4 M/\$10 NM**

QUILTING

- **Mondays, 9-12 Noon** (Ongoing Drop-in Program) (No Class July 3 & Aug 7, 2017)
- Free Program for members. Completed projects are donated back to the Centre.

SEWING & CRAFTING

This drop-in program is for people who love making things. Come learning new crafting techniques and have fun making projects together. Bring your own materials and enjoy the company of other crafters. Limited sewing machines and materials are available. All levels of crafters welcome. Please see our Special Events Calendar for Craft of the Month (with instruction).

- Mondays, 1-4 PM (**No Class—Jul 3, Aug 7**)
- Ongoing Drop-in Program
- Cost: **\$2 M/\$3 NM**

STRETCH & RELEASE

This class will be a combination of stretching and release techniques to help lengthen and relax tense muscles. Kate's career as a professional dancer continues to provide her with experience and new information on stretching techniques, as well as a deeper understanding of fascia, the connective tissue of the body. She is eager to share her knowledge and help participants to achieve relaxation and release of both the body and the mind. The class is open to seniors and non-seniors. *Instructor: Kate Stashko*

- Spring Session: Saturdays, 10:45-11:45 AM | Apr 22 - Jun 24, 2017
- Summer Session: Wednesday 10:05-11:05 AM / **July 5-Aug 16, 2017** (6 W, No Class July 26)
- Cost for 6 Weeks: **\$36 M/ \$48 NM/ \$10 Drop-in Fee**

STRONG & STABLE

A low impact fitness class for those with chronic conditions or mobility issues. Keeping active, and increasing your fitness level is more important when you have a chronic condition. In this one-hour class, you will learn safe and effective movements to work on your flexibility, strength, and endurance level. Class format consists of 10-15 minutes flexibility, 10-26 minutes strength training, and 25-35 minutes cardio.

Instructor: Bill Climie

- Tuesdays, 9-10 AM: **Jun 20/27, Jul 25, Aug 1/8** (5 Classes)
- Thursdays, 9-10 AM: **Jun 22/29, Jul 27, Aug 3/10** (5 Classes)
- Cost for 1 day/week : **\$28 M/\$38 NM/\$8 Drop-In Fee**
- Cost for 2 days/week: **\$50 M/\$65 NM/\$8 Drop-In Fee**

TAI CHI

Tai Chi is a form of martial art that can improve one's health, sense of balance, and overall well-being. It is a gentle and graceful exercise that works with the body, mind and soul. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing. All levels are welcome. No previous Tai Chi experience necessary. This class is a "Yang" Style Tai Chi, with a focus on better balance and range of body motion. *Instructor: Ken Chui*

- Wednesdays, 11-12 Noon
- Spring Session: Apr 12-June 14, 2017
- **Summer Session: Jul 26-Aug 30, 2017 (6 W) Cost: \$42 M/\$54 NM/\$10 D.I**

UKULELE GROUP LESSONS—ABSOLUTE BEGINNERS

This class is for those who have absolutely no experience with the ukulele, a small guitar-like instrument that is fun to learn and play. . You will learn the basic chords and strumming techniques with fun songs. Please bring your own ukulele. *Instructor: Elaine Mann*

- Tuesdays, 12:30-2 PM, **July 11-Aug 29, 2017**
- Cost for 8 Weeks: **\$65 M/\$80 NM/+** photocopying fee (payable to instructor at the first class)

UKULELE GROUP LESSONS—MULTI-LEVEL

The ukulele is a small instrument with BIG possibilities. There will be chording, strumming and picking styles for every level. The more, the merrier. Please bring your own ukulele. *Instructor: Elaine Mann*

- Tuesdays, 2:15-3:45 PM, **July 11-Aug 29, 2017**
- Cost for 6 Weeks: **\$65 M/\$80 NM/+** photocopying fee (payable to instructor at the first class)

UKULELE/GUITAR LESSONS—PRIVATE

These one-on-one lessons are offered for participants at any level who are looking for individual instruction for the guitar or ukulele. You are encouraged to bring songs and/or questions about strumming and picking styles. When registering for this program, please indicate the session times. *Instructor: Elaine Mann*

- Tuesdays, Session Times: **9:00-9:30AM | 9:45-10:15 AM | 10:30-11:00 AM | 11:45-12:15 PM**
- **July 11-Aug 29, 2017**
- Cost for 8 Weeks: **\$145 M/\$190 NM**

WHIST

- Wednesdays, 12-2 PM (June-August 2017)
- Monthly Whist Tournament, 1st Wed of the Month, 12-2 PM
- Cost: **\$1 M/\$2 NM**

ZUMBA GOLD

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. No prior Zumba experience necessary.

Instructor: Catherine Laverdine

- Mondays, 9-10 AM, **July 17-Aug 28, 2017** (6 Classes--No Class Aug 7)
- Cost for 6 Weeks: **\$42 M/\$54 NM/\$10 Drop-In**

For special events and outings, please see our monthly Special Events Calendar, which is available online at www.mwsac.ca and at our Centre at 201-2610 Hewes Way.

***MWSA reserves the right to cancel programs due to low registration numbers.
Please register early to avoid disappointment.***