

# 55 PLUS CLUB

## FALL PROGRAMS 2017 rev. Sept. 26

### MONDAYS

#### ED'S LINE DANCE with Ed Rocha

1:30 – 3:00 Sept. 18 – Dec. 4  
\$70 for 10 weeks

Completed an ultra beginner session but not yet ready for intermediate? Come dance to a wide range of music, e.g., cha cha, contemporary, country, Latin, mambo, modern, rock & roll, tango, waltz, etc. Dances will be in the beginner, high beginner and possibly low intermediate range.

### TUESDAYS

#### MAT YOGA with Wendy Jackson

8:30 – 9:30 Sept. 19 – Dec. 12  
\$80 for 12 weeks

Soothe your body and calm your mind. Stretch, increase your mobility and relax in this gentle class, with modifications provided for different body types and abilities.

#### LINE DANCE LEVEL 2 (TUESDAYS) with Cindy Knowles

11:00 – 12:30 Sept. 19 – Nov. 28  
\$70 for 10 weeks

Traditional line dancing, based on ballroom-style steps, is a gentle and fun way to exercise your body and your mind, and make new friends! The music is lively and upbeat. So much fun you don't realize you're exercising! This is not a beginner class.

#### CHAIR YOGA TUESDAYS with Wendy Jackson

9:45 – 10:45 Sept. 19 - Dec. 12  
\$80 for 12 weeks

Chair yoga allows almost everyone to experience a very gentle form of yoga using the chair as a prop. It works the joints and muscles to increase flexibility, strength, balance, and circulation. Yoga in chairs encourages quiet reflection, proper breathing and improved posture. Join us to get fit where you sit! We suggest a yoga mat to put under your feet.

#### COMPUTING : WINDOWS 10 PART 1 with Zorina Kir

10:00 – 12:00 Sept. 19 – Oct. 10  
\$50 for 4 weeks

Do you have a new computer that came with Windows 10? Have you upgraded from Windows 7 or 8? In this 4-week series, you will learn what's new and how to use it or ignore it (new screens & functions, Cortana, Edge, Cloud, Photos). Set things up the way you want them (start menu, lock screen, home screen, task bar). Figure out where things are located and how to look for them. Laptop required.

**COMPUTING : WINDOWS 10 PART 2 with Zorina Kir****10:00 – 12:00 Oct. 17 – Nov. 14  
\$50 for 4 weeks**

More settings, things to change or leave alone and why; more personalization; working with files and the File Explorer; the Edge browser's new features; exploring new apps for mail, photos, etc.; Cortana and the Cloud. Laptop required.

**WEDNESDAYS****ACRYLIC PAINTING with Marg Skinner****1:00 – 3:30 Sept. 27 – Dec. 13  
\$144 for 12 weeks**

Students will learn how to blend colours and apply them to a canvas. They will also learn about composition, how to transfer a photo to a painting. A little about perspective and a lot of fun! Materials list available. Maximum of 10 students.

**BRIDGE : TWO OVER ONE : SUPERVISED PLAY with Bob Carey****9:30 – 11:30 Sept. 27 – Nov. 29  
\$12 per person per class**

This course will deal with hand evaluation and scoring, basic opening bids and responses, play of the hand, plus an introduction to 2/1 and 1 No Trump forcing. All in a relaxed atmosphere. Limited space.

**THURSDAYS****TAI CHI YANG STYLE with Ricky and Rosa****9:30 – 10:30 Sept. 21 – Dec. 7  
\$75 for 12 weeks**

A graceful healthy ancient Chinese form of exercise that combines relaxed, fluid movement with a calm, alert, mental state. Tai chi is a non-impact exercise ideal for all fitness levels.

**CHAIR YOGA THURSDAYS with Wendy Jackson****10:45 – 11:45 Sept. 21 – Dec 7  
\$80 for 12 weeks**

Chair yoga allows almost everyone to experience a very gentle form of yoga using the chair as a prop. It works the joints and muscles to increase flexibility, strength, balance, and circulation. Yoga in chairs encourages quiet reflection, proper breathing and improved posture. Join us to get fit where you sit! We suggest a yoga mat to put under your feet.

**DRAWING: AN INTRODUCTION with Simon Coates****1:00 – 3:30 Sept. 21 – Nov. 30  
\$100 for 10 weeks**

Learn techniques and tricks in basic mark-making and sketching; use different drawing implements and surfaces; learn perspective skills and optical cues; draw from other sources; draftsmanship and abstraction; learn how to be confident drawing objects, locations, people and much, much more! Materials list available. Note there are no classes on October 5, October 12 and November 2.

## **FRIDAYS**

### **ZUMBA GOLD with Roseanne Pegler**

**9:30 – 10:15 Sept. 22 – Dec. 8  
\$75 for 12 weeks**

This Zumba class is specifically designed for older adults. If you would like to get some exercise in a fun class that keeps you moving, then this is the one for you! You don't need to know how to dance! Just move to the music. The instructor will gear the exercise pace to the participants' level.

### **MINDFUL LIVING with Anna Durante**

**11:00 – 12:00 Sept. 22 – Dec. 8  
\$65 for 12 weeks**

This class will provide basic instruction on what it means to live "mindfully" with more love, compassion, gratitude towards ourselves and others. These themes will be explored and expanded in simple guided meditations. You will learn to cope better with anxiety, depression and other chronic health conditions. Limited space.

### **STRETCH 'N' CORE with Joanne Byers**

**10:30 – 11:15 Sept. 22 – Dec. 8  
\$75 for 12 weeks**

This gentle class offers weight bearing and resistance exercises that stretch and strengthen your whole body. The class also targets the torso muscles, abdominal, back, hips and buttocks. It balances the body, builds strong, lean muscles, improves efficiency of movement, mobility and reduces stress.

### **WATERCOLOUR PAINTING with Hi-Sook Barker**

**1:00 – 3:30 Sept. 22 – Dec. 8  
\$144 for 12 weeks**

This course will focus on developing a solid foundation through basic techniques. With demonstrations and individual assistance, you will learn how to paint loose, transparent watercolours in an impressionistic style. An experienced instructor will accommodate all levels of expertise. Materials list available.

## **SATURDAYS**

### **YOGA STRETCH with Wendy Jackson**

**10:00 – 11:00 Sept. 23 – Nov. 25  
\$60 for 8 weeks**

Are you looking to regain your flexibility or increase what you have? Join Wendy for a gentle stretch class. Bring a yoga strap and mat and get more flexible. She will work on stretching out all tendons, ligaments, bones and muscles gently and slowly in this class individually geared towards you! Modifications offered. You will leave the class very stretched out and relaxed.