

## Thanksgiving Centrepiece

In this workshop you will learn how to create your own festive thanksgiving centrepiece for your table. All materials will be provided including flowers, grasses and seasonal elements. Bring your own clippers and a box to carry your creation home and please feel free to bring your own embellishments.

**Thursday – October 5, 2017**

**9:30-11:30am Fee: \$15.00**

**Location: Forrest Dennis Senior  
Citizens Centre, Campbellford**

## Paper Crafting

Enjoy an evening out and learn how to create lovely paper crafts that you will be delighted to share with friends and family. The workshop is designed for any level of crafter with lots of instruction and in-class help from our very talented instructor Christine Bowman.

**Thursday – October 12, 2017**

**6-8pm Fee: \$10.00**

**Location: Forrest Dennis Senior  
Citizens Centre, Campbellford**



## Making your own probiotic rich foods!

Join Robert Goudrealt to learn how to make the three basic healing ferments: Kefir, Kombucha and Fermented Vegetables. These three delicious fermented foods are praised for providing a wonderful diversity of vital gut microbes that work together to heal us from the inside out!

**Thursday – October 19, 2017**

**6-8pm Fee: \$10.00**

**Location: Forrest Dennis Senior  
Citizens Centre, Campbellford**



## Acrylic Painting

Please join us and bring out your creativity with this acrylic art project on canvas. Artist and teacher, Rachel Harbour will help you discover and explore your own artistic style. Please bring your own artist brushes if you have any and all other materials are supplied.

**Thursday – October 26, 2017**

**9am-12pm Fee: \$10.00**

**Location: Hastings Civic Centre Hall,  
Hastings**

## Vegetarian Cooking with Global Flair

Many people are interested in eating less meat but don't want to give up great flavour in their food. One solution is to look to the cuisines of other countries and incorporate them into your cooking. In this workshop, Dorothy Fletcher takes you on a whirlwind taste tour from a curry in India to a tagine in Morocco to an Asian salad--and much more. If you love food with big flavour, you're going to love these. The class includes a sample taste of everything and all the recipes to take home.

**Thursday – November 2, 2017**

**6-8pm Fee: \$10.00**

**Location: Forrest Dennis Senior  
Citizens Centre, Campbellford**

This project is funded by  
the Government of Canada.

**Canada**

**Space is limited, please pre-register in person, by phone or e-mail:**

In Person Register at the CCN office in Campbellford: 174 Oliver Rd., Campbellford

• By phone: Call CCN's Campbellford - 705-653 1411

• By e.mail: [g.ellis@commcare.ca](mailto:g.ellis@commcare.ca)

(Classes may be cancelled due to low enrollment)



## Impressionistic Landscapes in Acrylic

Artist Bob Pennycook's work explores colour and shape relationships in the landscape. His approach is to create narrative landscapes using simple lines and form. Please join us in this step-by-step class and bring out your creativity with acrylic on canvas. All materials are supplied.

**Thursday – November 9, 2017**  
**9am-12pm**      **Fee: \$10.00**  
**Location: Forrest Dennis Senior Citizens Centre, Campbellford**

## Decorative Mason Jars

Come out for a fun and relaxing class with Decorative Artist Cheryl Lafferty as she guides you through the steps to bring a Mason Jar to life with a gorgeous design. Cheryl has taught Acrylic painting for over 30 years and is a Published Artist in National Magazines.

**Thursday – November 16, 2017**  
**9-11:30am**      **Fee: \$10.00**  
**Location: Forrest Dennis Senior Citizens Centre, Campbellford**

## Acrylic Painting

Please join us and bring out your creativity with this acrylic art project. Artist and teacher, Rachel Harbour will help you discover your own artistic style.

**Thursday – November 23, 2017**  
**1-4pm**      **Fee: \$10.00**  
**Location: Warkworth Town Hall Centre for the Arts**

## Christmas Cookie Madness

Christmas cookies are almost synonymous with the holidays and most people enjoy baking their favourites. If you'd like to add a few new recipes to your cookie selection, this is the workshop for you. Dorothy Fletcher will show you how to make some different and unusual cookies and also share some of her favourites with you. And you'll get a chance to decorate a gingerbread person to practice your icing skills. All this and a feast of cookies at the end of the workshop will make for a fun evening.

**Thursday – November 30, 2017**  
**6-8pm**      **Fee: \$10.00**  
**Location: Forrest Dennis Senior Citizens Centre, Campbellford**

## Acrylic Painting

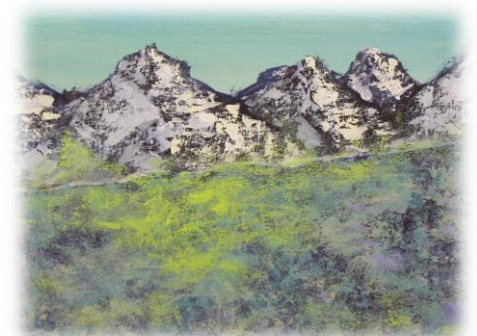
Please join us and bring out your creativity with this acrylic art project on canvas. Artist and teacher, Rachel Harbour will help you discover and explore your own artistic style. Please bring your own artist brushes if you have any and all other materials are supplied.

**Thursday – December 7, 2017**  
**9am-12pm**      **Fee: \$10.00**  
**Location: Hastings Civic Centre Hall, Hastings**

## Wire & Bead Workshop

Please join us and learn wire and beaded techniques in this workshop. Rachel Harbour will guide you step-by-step to create a simple yet unique piece! Please bring your own pair of smooth long nose jewellery pliers to the class if you have any at home.

**Thursday - December 14, 2017**  
**9am-12pm**      **Fee: \$10.00**  
**Location: Forrest Dennis Senior Citizens Centre, Campbellford**



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