

## 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 the container, 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.

**Wednesday – October 4, 2017**  
**2-4pm Fee: \$15.00**

## Knitting - Lace Shawl

Enjoy a creative intermediate to advanced knitting 2 session class (4 hours total) with master knitter Anna-Lisa Barnes. Lace knitting has become very popular in recent years, join in and make an elegant lace shawl project.

**Session 1: Tuesday – October 10, 2017**  
**Session 2: Wed – November 15, 2017**  
**6-8pm**

**Fee: \$10.00 (Instruction only) + cost of supplies (List will be provided)**



## 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!

**Tuesday - October 17, 2017**  
**6-8pm Fee: \$10.00**

## 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.

**Wednesday – October 25, 2017**  
**1-4pm Fee: \$10.00**

## Cooking Wild Style

Ever wanted to try something more exotic than beef, or is your freezer full of venison and you are just looking for some inspiration to prepare delicious, healthy recipes? This two hour class is being taught by Susan Doyle, the longtime cooking editor for Ontario Out of Doors and author of the national award winning, *Cooking Wild Style*. She will discuss how to successfully cook game meats, demonstrate a few recipes that you will get to sample and even prepare Uncle Ernie's famous smoked salmon dip for an appetizer.

**Wednesday – November 1, 2017**  
**6-8pm Fee: \$10.00**



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

In Person Register at the CCN office in Brighton: 46 Prince Edward Street, Unit 13

- By phone: Call CCN's Wellness Programs Project Leader – Gail Ellis 613-475 4190
- By e-mail: [g.ellis@commcare.ca](mailto:g.ellis@commcare.ca) (Classes may be cancelled due to low enrollment)



### Abstract Watercolour

Please join artist and teacher Rachel Harbour as she walks you through this abstract project. In the workshop you will be using basic watercolour techniques and simple designs. Please bring your artists brushes if you have any. Come and play!

**Wednesday – November 8, 2017**  
2-5pm Fee: \$10.00  
6-9pm Fee: \$10.00

### 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.

**Wednesday – November 22, 2017**  
1-4pm Fee: \$10.00



### 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.

**Wednesday – November 22, 2017**  
6-8pm Fee: \$10.00



### Christmas in Quebec

The holiday of Christmas has been celebrated, and celebrated well, in Quebec ever since it was known as New France. Today, many old traditions live on including the *réveillon* dinner with the "must" Tourtiere and all the trimmings. Whether you want to recreate this feast in your home or are just interested in learning more about these traditions, this workshop is for you. Dorothy Fletcher will talk about the many customs and demonstrate how to make several dishes including the *Buche de Noel* (Yule Log). A taste of everything and the recipes will complete this *plaisir du soir*.

**Wednesday – December 6, 2017**  
6-8pm Fee: \$10.00

### 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.

**Wednesday – December 13, 2017**  
2-5pm Fee: \$10.00



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## NEW WELLNESS PROGRAMS COMING TO CODRINGTON

### Farmers' Market Tour

The Codrington Farmers' Market is Brighton's hot spot for fresh food. Join chef and teacher Dorothy Fletcher as she leads you through the Market. The Codrington Farmers' Market is in its third phenomenal year bringing farmers and their freshest products together in a friendly and fun atmosphere. Take a tour of the Market with a chef who knows the products and the people and learn more about both. Along with meeting some of the vendors, we'll be taking some of the best of that day's market into the hall to demonstrate to you ways of preparing and cooking it to bring out its best. Then you'll have the opportunity to sample everything, including some exclusive products from selected vendors. You'll also receive all the recipes and a market tote bag.

**Sunday – September 10, 2017**

**Sunday – October 15, 2017**

**10:30am to 12:30pm**

**Fee: 10.00/class**

### Location:

**Codrington Community Centre**

**2992 County Rd 30**

**Codrington, Ontario K0K 1R0**

**(613) 475-4002**



### The Big Fat Greek Cooking Class

Greek food is a restaurant favourite for many people yet it is easy to make at home. In this workshop, Dorothy Fletcher will show you how simple it is to work with phyllo pastry and a couple of items you can make with it--yes, including Baklava! You'll learn how to make a real Greek salad and some appetizers to complete a delicious meal. The class includes a sample taste of everything and all the recipes to take home.

**Tuesday – October 24, 2017**

**6-8pm**

**Fee: \$10.00**

### 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.

**Tuesday – November 14, 2017**

**6-8pm**

**Fee: \$10.00**

### 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.

**Tuesday – November 28, 2017**

**6-9pm**

**Fee: \$10.00**



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