

TRENT HILLS -WELLNESS SCHEDULE
October – December 2018
COMMUNITY WORKSHOPS

OCT 4, 2018 9am-12pm IMPRESSIONISTIC ART Forrest Dennis Senior Cnt. - Campbellford \$10.00

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.

OCT 11, 2018 9am-12pm LEARN TO DRAW Forrest Dennis Senior Cnt. - Campbellford *\$15.00

This workshop is geared towards those who have never drawn before or looking to improve their skills. Our instructor, the very talented Lynn VanderHerberg, will guide you step by step during the class. All materials are supplied, *\$10.00 for class and \$5.00 for supplies.

OCT 18, 2018 9am-12pm HAND FORMED POTTERY Hastings Civic Centre Hall – Hastings *\$25.00

Come and try your hand at pottery! We will make a mini platter and dipping bowl in clay using hand building techniques and then apply underglazes to colour it. This will be taken away to be fired, then a clear glaze added and re-fired. Turnaround time will be 3-4 weeks. Instructor: Melanie Horner

OCT 25, 2018 9am-11:30am ACRYLIC POURING Masonic Hall - 13944 Cty Rd 9 - Warkworth \$10.00

Add colour and flow to your life. Enter the exciting world of acrylic paint pouring where the paint takes on a life of it's own and creates beautiful marbled art. All materials provided, bring an apron or wear old painting clothes, this will get messy! Instructor: Rachel Harbour

NOV 1, 2018 6-8pm PAPER CRAFTING Forrest Dennis Senior Cnt. – Campbellford \$10.00

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.

NOV 8, 2018 9am-12pm ACRYLIC ART Hastings Civic Centre Hall – Hastings \$10.00

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.

NOV 15, 2018 9am-12pm IMPRESSIONISTIC ART Forrest Dennis Senior Cnt. - Campbellford \$10.00

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NOV 22, 2018 6-8pm THE FOOD OF SPAIN Forrest Dennis Senior Cnt. - Campbellford \$10.00

Spanish cuisine is as diverse as it is delicious. Much of it fits within what's come to be known as the Mediterranean Diet so it's healthy food too. Learn all about it at this workshop with Dorothy Fletcher. Included will be what is said to be Spain's national dish--Paella. There will be a Tapas or two, Gazpacho, a Traditional Dessert and a thirst quenching Sangria. A taste of everything and the recipes to take home makes for a fun evening.

NOV 29, 2018 9am-12pm WATERCOLOUR PENCILS Masonic Hall 13944 Cty Rd 9-Warkworth \$10.00

Watercolour pencils are light, quick and versatile to use. Rachel Harbour provides step by step instruction on the use of watercolour pencils, using simple watercolour techniques. If you can bring your own artists brushes if have them at home, all other supplies will be provided.

DEC 6, 2018 6-8pm MAKE YOUR OWN SPICE MIXES Forrest Dennis Senior Cnt.-Campbellford \$10.00

Spice mixes are sold in supermarkets and bulk stores but they are very easy to make yourself. Plus you get to balance the spices to your taste--and use the freshest available. Dorothy Fletcher will be blending up a storm of spices creating some popular mixes such as Garam Masala, Curry, Ras el Hanout, Taco Mix and more along with ways of using them. And you will get to make some mixes for yourself that you can take home.

DEC 13, 2018 9am-12pm ALCOHOL INK ART Forrest Dennis Senior Cnt. - Campbellford \$10.00

Alcohol inks are bold and beautiful, unlike watercolours, acrylics or oils, alcohol inks offer a whole new experience in painting. In this lively, fun filled workshop you will learn various techniques and create a one-of-kind work of art on tile. No prior experience is required. Please bring a paint shirt or an apron to protect clothing, all other materials are supplied.

EXERCISE PROGRAMS

GENTLE CHAIR YOGA
WARKWORTH

Mondays: 10:00am to 10:45am

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September 10 – December 10, 2018

Fee: \$65 13weeks (no class Oct 8)

Location: Masonic Hall
13944 County Road 29, Warkworth
Instructor: Alec Dewdney

STRETCH & STRENGTHEN
CAMPBELLFORD

Mondays: 11:00am to 12:00pm

September 10 – December 10, 2018

Fee: \$65 13weeks (no class Oct 8)

Location: Forrest Dennis Seniors Centre
55 Grand Road, Campbellford
Instructor: Anne Newman

Space is limited, pre-register

Office Hours

Monday – Friday 8:30am-4pm

174 Oliver Rd. Campbellford

www.commcare.ca



Wellness Coordinator

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