

OCTOBER 3, 2018 6-8pm FOOD TRUCK SPECIALITIES CCN'S Activity Room – Brighton \$10.00

Food trucks are crazy trendy and popular but much of what they make and sell can be made at home. Join Dorothy Fletcher as she shows you how to make shawarmas, a wacky pulled pork parfait and more. She says she can even do a recipe of oven fries poutine for those who love the "chip truck." Tasting is believing and you'll get to do that at the end of the evening and take home the recipes.

OCTOBER 10, 2018 3:30-5:30pm ACRYLIC POURING CCN'S Activity Room – Brighton \$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

OCTOBER 17, 2018 1-4pm IMPRESSIONISTIC ACRYLIC CCN'S Activity Room – Brighton \$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 22, NOV 19, DEC 17, 2018 5-6pm MEDITATION CCN'S Activity Room – Brighton *\$5.00

Mindfulness Meditation is a form of meditation or induced relaxation that focuses awareness on breathing and encourages positive attitudes to achieve a healthy, balanced mental state. Mindful meditation is advocated for reducing reactions to stress by inducing the relaxation response, lowering the heart rate, reducing anxiety, and encouraging positive thought patterns and attitudes. Practitioners of mindfulness meditation aim to cultivate self-awareness, and a nonjudgmental, loving, kind, and compassionate feeling toward themselves and others.
*\$5.00/class – These are 3 individual classes, if there is space you can register for more than one class.

OCTOBER 24, 2018 1-4pm LEARN TO DRAW 101 CCN'S Activity Room – Brighton *\$15.00

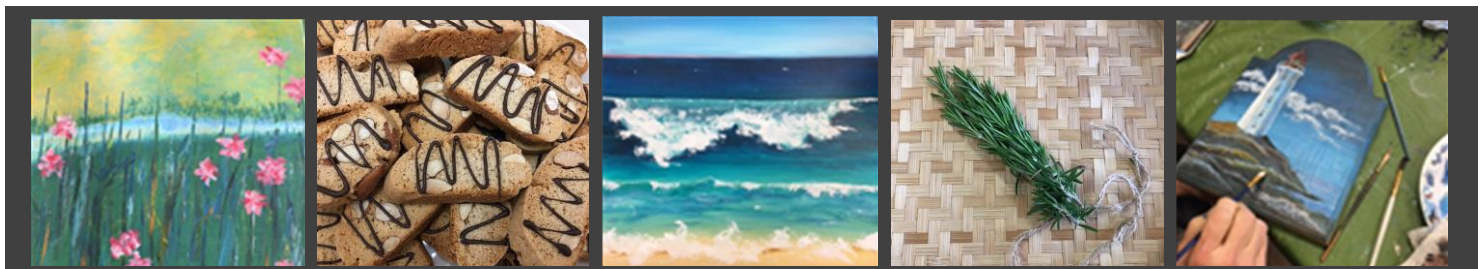
This workshop is geared towards those who have never drawn before or looking to improve their skills. Our instructor, the very talented Lynn VanderHerberg, will guide you step by step during the class. All materials are supplied, * \$10.00 for class and \$5.00 for supplies.

OCTOBER 24, 2018 6-8pm PAPER CRAFTING CCN'S Activity Room – Brighton \$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.

OCTOBER 31, 2018 1-4pm HAND FORMED POTTERY CCN'S Activity Room – Brighton \$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



BRIGHTON-WELLNESS SCHEDULE
October – December 2018
COMMUNITY WORKSHOPS

NOVEMBER 7, 2018 1-4pm IMPRESSIONISTIC ACRYLIC CCN'S Activity Room – Brighton \$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.

NOVEMBER 14, 2018 6-8pm THE FOOD OF SPAIN CCN'S Activity Room – Brighton \$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.

NOVEMBER 19, 2018 1-4pm ACRYLIC PAINTING CCN'S Activity Room – Brighton \$10.00

Please join us and bring out your creativity with this acrylic art project on wood. 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. (space is limited to 10 people for this class with a choice of two different wood surfaces)

NOVEMBER 21, 2018 1-4pm ACRYLIC PAINTING CCN'S Activity Room – Brighton \$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.

NOVEMBER 28, 2018 1-4pm LEARN TO DRAW 201 CCN'S Activity Room – Brighton * \$15.00

This workshop is geared towards those who attended the learn to draw 101 class 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.

NOVEMBER 28, 2018 6-8pm PAPER CRAFTING CCN'S Activity Room – Brighton \$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.

DECEMBER 3, 2018 1-4pm ACRYLIC LANDSCAPE CCN'S Activity Room – Brighton \$10.00

Jan Zeldenrust will be teaching an acrylic design depicting a crisp, cold, winter night landscape. Jan studied fine art and commercial art majoring in graphic design and has been a painting instructor for 20 years. She encourages her students to develop their creativity and broaden their acrylic painting skills. All materials supplied.

DECEMBER 5, 2018 1-4pm WATERCOLOUR PENCILS CCN'S Activity Room – Brighton \$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.

DECEMBER 12, 2018 6-8pm MAKE YOUR OWN SPICE MIXES CCN'S Activity Room – Brighton \$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.