

JANUARY 9 & FEBRUARY 13, 2019 3-5pm KNIT SOCKS CCN'S Activity Room – Brighton \$10.00

Ready to tackle sock knitting? Please join master knitter Anna Lisa Barns for this two part workshop. You will learn how to make your very own cozy warm pair of socks. Perfect as a gift or to keep your feet toasty during the cold winter months. The \$10 fee is for instruction only and a supply list will be provided when you register for the class. Please note this project is suitable for an intermediate level knitter.

JANUARY 16, 2019 1-4pm TRIPTYCH ART CCN'S Activity Room – Brighton \$10.00

A triptych is a picture in three parts. The triptych is a very popular format in the art's, please join us for this workshop to create your very own beautiful triptych masterpiece in acrylic. Instructor Rachel Harbour will guide you step by step during the class. All materials provided.

JANUARY 23, 2019 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.

JANUARY 28, 2019 4:30-5:30pm MEDITATION CCN'S Activity Room – Brighton \$5.00

Mindfulness Meditation is a form of 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.

JANUARY 30, 2019 6-8pm INSTANT POT® CCN'S Activity Room – Brighton \$10.00

Do you have an Instant Pot® or are you thinking about getting one? Are you wanting to learn more about this revolutionary multi-use programmable pressure cooker so you can get the most out of it? Instant Pot® enthusiast Pamela Vanderburg will get you familiar with it, show you how to use it and let you sample a few recipes cooked in it. Best of all, Pamela will answer your questions and offer advice based on her considerable experience.

FEBRUARY 6, 2019 1-4pm 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



**BRIGHTON-WELLNESS SCHEDULE
JANUARY - MARCH 2019
COMMUNITY WORKSHOPS**

FEBRUARY 13, 2019 6-8pm PAPER CRAFTING CCN'S Activity Room – Brighton \$10.00

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FEBRUARY 20, 2019 1-4pm WOOD SIGN MAKING CCN'S Activity Room – Brighton \$15.00

Bring your creativity and roll up your sleeves to transform unfinished wood into a beautiful personalized work of art. In the workshop we teach you artistic methods to give your wood sign the look of antiqued reclaimed wood. We provide all the materials needed to create your project to display and decorate in your home.

FEBRUARY 27, 2019 6-8pm A WORLD OF SOUPS CCN'S Activity Room – Brighton \$10.00

Brrr...cold enough for you? Then come on in and have some hot soup. Hardly anything will warm you up faster. Join Dorothy Fletcher as she brings several soup recipes both familiar and new. Some are a nice way to begin a larger meal and some are a meal in themselves. Plus, you'll learn an easy way to make stock, the foundation of good soup. You'll taste them all, take home the recipes and be able to share the warmth with family and friends.

MARCH 6, 2019 1-4pm ALCOHOL INK ART CCN'S Activity Room – Brighton \$10.00

Alcohol inks are bold and beautiful, and 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.

MARCH 20, 2019 1-4pm ACRYLIC ART CCN'S Activity Room – Brighton \$10.00

Jan Zeldenrust will be teaching an acrylic design. 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.

MARCH 27, 2019 1-4pm IMPRESSIONISTIC ART 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.

Space is limited, pre-register
Office Hours
Monday-Friday 8:30am-4:00pm
46 Prince Edward St. Unit 13 Brighton

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