

**TRENT HILLS -WELLNESS SCHEDULE  
JANUARY - MARCH 2019  
COMMUNITY WORKSHOPS**

**JANUARY 17, 2019 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.

**JANUARY 24, 2019 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.

**JANUARY 31, 2019 10am-12pm LEARN TO KNIT Forrest Dennis Senior Cnt. – Campbellford \$10.00**

Learn the basic fundamentals of knitting! In just a couple of hours, you'll learn how to cast on, the knit stitch and binding off. Our instructor will guide you through the process and you will complete a basic knitting project. The \$10 fee is for instruction only and a supply list will be provided when you register for the class.

**FEBRUARY 7, 2019 6-8pm A WORLD OF SOUPS Forrest Dennis Senior Cnt. – Campbellford \$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.

**FEBRUARY 14, 2019 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

**FEBRUARY 21, 2019 9am-12pm WOOD SIGN MAKING Hastings Civic Centre Hall – Hastings \$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 28, 2019 9am-12pm GET READY TO ROCK! Forrest Dennis Senior Cnt. – Campbellford \$10.00**

Please join us for this acrylic rock painting class, to awaken a rock with a gorgeous design. Create your very own rock masterpiece to give as a gift or find a special place to put in your home or garden. Please bring your own artist brushes if you have any and all other materials are supplied.



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**MARCH 7, 2019 6-8pm GERMAN COOKING Forrest Dennis Senior Cnt. – Campbellford \$10.00**

Comfort food to the max! A German meal generously served is rich and delicious and sometimes just what you need, especially in the winter. In this workshop, Dorothy Fletcher brings you all you need to know to cook and serve traditional German food such as Beef Rouladen, Spätzle, Red Cabbage and, of course, that glorious dessert, Black Forest Cake. Plus, you'll have all the recipes to take home. You'll be saying *das schmeckt!*

**MARCH 21, 2019 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.

**MARCH 28, 2019 9am-12pm TRIPTYCH ART Forrest Dennis Senior Cnt. – Campbellford \$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.

**EXERCISE PROGRAMS – CHAIR YOGA CLASSES**

Improve your strength, flexibility, mobility and utilizing breath to leave you feeling relaxed and re-energized. This class is specially adapted for seniors (55+) at any level of fitness and health. An accessible practice for individuals who wish to experience the benefits of Yoga with the support of a chair.

**WARKWORTH**

**Mondays: 10:00am to 10:45am**  
**Mondays: 11:00am to 11:45am**

**January 7 to March 25, 2019**  
**Fee: \$50 10wk (no class Feb 18 & Mar 11)**

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

**CAMPBELLFORD**

**Mondays: 11:00am to 12:00pm**

**January 7 to March 25, 2019**  
**Fee: \$50 10wk (no class Feb 18 & Mar 11)**

**Location: Forrest Dennis Seniors Centre 55**  
**Grand Road, Campbellford**  
**Instructor: Roxanne Odell**

Space is limited, pre-register  
Office Hours  
Monday – Friday 8:30am-4pm  
174 Oliver Rd. Campbellford  
www.commcare.ca



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