

**TRENT HILLS -WELLNESS SCHEDULE
APRIL-JUNE 2019
EXERCISE PROGRAMS**

APRIL 11, 2019 6-8pm A WORLD OF SOUPS Forrest Dennis Senior Cnt. – Campbellford \$12.00

Whatever the weather, soup always hits the spot. Join Dorothy Fletcher as she offers five 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 how to make stock, the foundation of good soup. You'll taste them all, take home the recipes and be able to share with family and friends.

APRIL 18, 2019 9am-12pm WATERCOLOUR PENCILS Hastings Civic Centre Hall – Hastings \$15.00

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.

APRIL 25, 2019 6-8pm PAPER CRAFTING Forrest Dennis Senior Cnt. – Campbellford \$12.00

Enjoy an evening out and learn how to create your own shaker greeting cards 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.

MAY 2, 2019 9am-12pm WIRE/BEAD SUNCATCHER Masonic Hall 13944 Cty Rd 29 – Warkworth \$15.00

Invite a little sunshine into your life with this suncatcher workshop, hang it in your window to reflect the colours! Join Rachel Harbour as she teaches you how to work with wire and beads to create a tree of life suncatcher.

MAY 9, 2019 6-8pm WOOD SIGN MAKING Forrest Dennis Senior Cnt. – Campbellford \$20.00

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.

MAY 16, 2019 6-8pm INSTANT POT® Forrest Dennis Senior Cnt. – Campbellford \$12.00

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.

MAY 23, 2019 9am-12pm HAND FORMED POTTERY Hastings Civic Centre Hall – Hastings \$25.00

Come and try your hand at pottery! We will make a mini coil birdhouse 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



COMMUNITY WORKSHOPS

MAY 30, 2019 9am-12pm IMPRESSIONISTIC ART Forrest Dennis Senior Cnt. – Campbellford \$15.00

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.

JUNE 6, 2019 9am-12pm PENCIL & INK LANDSCAPE Masonic Hall 13944 Cty Rd 29 – Warkworth \$15.00

Get inspired and discover your inner-artist. Learn how to sketch a landscape in pencil and how to add fine ink highlights to your scene, with step-by-step guidance from Artist Peggy Goslin. All levels welcome.

JUNE 13, 2019 6-8pm PAPER CRAFTING Forrest Dennis Senior Cnt. – Campbellford \$12.00

Enjoy an evening out and learn how to create a masculine theme greeting card and treat holder 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.

JUNE 20, 2019 9am-12pm IMPRESSIONISTIC ART Forrest Dennis Senior Cnt. – Campbellford \$15.00

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.

JUNE 27, 2019 9am-12pm ACRYLIC ART Forrest Dennis Senior Cnt. – Campbellford \$15.00

Please join us and bring out your creativity with this acrylic art project. The very talented 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.

EXERCISE CLASSES

CHAIR YOGA – WARKWORTH

Mondays: 10:00am-10:45am

Mondays: 11:00am-11:45am

April 1 to June 24, 2019

Fee: \$55 11wk (no class Apr 22 & May 20)

Wednesdays: 10:00am-10:45am

April 3 to June 26, 2019

Fee: \$65 13wk

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

CHAIR YOGA – CAMPBELLFORD

Mondays: 11:00am-12:00pm

April 1 to June 24, 2019

Fee: \$55 11wk (no class Apr 22 & May 20)

Fridays: 11:00am-12:00pm

April 53 to June 26, 2019

Fee: \$60 12wk

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

CARDIOFIT – CAMPBELLFORD

Wednesdays: 10:00am-11:00am

April 3 to June 26, 2019

Fee: \$65 13wk

**Location: Bennett Lounge
Campbellford & District Curling &
Racquet Club, 381 Front Street North,
Cty Road 38, Campbellford
Instructor: Natisha Taylor**

Office Hours

**Monday – Friday 8:30am-4pm
174 Oliver Rd. Campbellford
www.commcare.ca**



Space is limited, pre-register necessary

**Tel: 705-653-1411
email: campbellford@commcare.ca**