

SEPTEMBER 25, 2019 6-8pm COOKING THE BOUNTY OF THE SEASON CCN'S Activity Room – Brighton \$12.00

At this time of year, stores and markets are overflowing with beautiful fresh produce at excellent prices. Dorothy Fletcher will help you find ways to cook delicious meals that you can enjoy now and, by taking advantage of your freezer, right through the cold winter months. You'll get to try everything and take home all the recipes too.

OCTOBER 2, 2019 1-4pm PENCIL & INK CCN'S Activity Room – Brighton \$15.00

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

OCTOBER 9, 2019 3:30-6:30pm ACRYLIC DIPTYCH STILL LIFE CCN'S Activity Room – Brighton \$15.00

Working from life is a good way to sharpen our observational skills. Join artist and teacher Rachel Harbour as she takes you through the steps and stages of this acrylic pair of 5x7 paintings.

OCTOBER 16, 2019 1-3pm POETRY CCN'S Activity Room – Brighton \$12.00

Let the creative writer in you explore poetry writing. Our instructor Peggy will help make poetry writing exciting, and help you develop the proper technics using your own ideas as inspiration.

OCTOBER 23, 2019 1-4pm ACRYLIC POURING CCN'S Activity Room – Brighton \$15.00

Pouring paint is quite unpredictable, but there are some ways we can influence the outcome of our adventures. Join artist and teacher Rachel Harbour as she leads you through some alternative techniques to use on your pours.

OCTOBER 30, 2019 1-3pm CREATIVE WRITING CCN'S Activity Room – Brighton \$12.00

Come and write with us, have some fun learning how to release thoughts and tell your story. No worries about spelling and grammar or pressure....just ideas, discussion and adventure.

NOVEMBER 6, 2019 1-3pm INDIAN COOKING CCN'S Activity Room – Brighton \$12.00

If you've ever thought Indian food is too difficult to cook at home, this workshop will prove that is not true. Dorothy Fletcher will show you how to prepare a delicious Indian meal from ingredients that are readily available using regular cookware. Then you'll be able to serve the wonderful spicy Indian flavors to family and friends any time you like using the recipes you'll take home with you.



**BRIGHTON-WELLNESS SCHEDULE
SEPTEMBER-DECEMBER 2019
COMMUNITY WORKSHOPS**

NOVEMBER 13, 2019 3:30-6:30pm WATERCOLOUR CCN'S Activity Room – Brighton \$15.00

A lovely feature of watercolour is how it blends. When we affect that blending with household products, all sorts of interesting things happen. Join artist and teacher Rachel Harbour as we combine salt, soap or alcohol with paint to create this whimsical stain-glass-like tree.

NOVEMBER 20, 2019 1-3pm WOOD SIGN MAKING CCN'S Activity Room – Brighton \$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.

NOVEMBER 27, 2019 1-3pm CAKES FOR CHRISTMAS CCN'S Activity Room – Brighton \$12.00

The holiday season always calls for meals for family and guests. What better way to end a special meal than a cake? And it's not just Fruit Cake that suits the season. There's Rum Cake and Carrot Cake and Angel Food Cake and, of course, Cheesecake. Join Dorothy Fletcher for a real cake extravaganza and be ready for the holidays.

DECEMBER 4, 2019 6-8pm WREATH MAKING CCN'S Activity Room – Brighton \$15.00

As we prepare for the holiday season, join us and let your creativity flow as we use various materials to create a holiday wreath that can be used and enjoyed for many years to come.

DECEMBER 11, 2019 3:30-6:30pm ACRYLIC ART CCN'S Activity Room – Brighton \$15.00

Please join us and bring out your creativity with this acrylic art project. The very talented Artist, Peggy Goslin will help you discover and explore your own artistic style.

**NEW: NO REFUNDS!// ALL WELLNESS PROGRAMS
MUST BE PREPAID AT REGISTRATION ON AUGUST 21st
&22nd**

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

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