

Community Care

Northumberland



GENTLE CHAIR YOGA

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.

WARKWORTH

Mondays: 10:00am to 10:45am
Date: April 9 - June 25, 2018
Fee: \$44 11 wk (no class May 21)
Location: Masonic Hall
13944 County Road 29, Warkworth
Instructor: Alec Dewdney

CAMPBELLFORD

Tuesdays: 9:15am to 10:00am
Date: April 10 - June 26, 2018
Fee: \$48 12 wk
Location: Forrest Dennis Seniors Cnt.
55 Grand Road, Campbellford
Instructor: Kim Bright-Wallace

Space is limited, pre-register

Office Hours

Monday - Friday 8:30am-4pm

174 Oliver Rd. Campbellford

www.commcare.ca



Wellness Coordinator

Gail Ellis

Tel: 705-653 1411

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TRENT HILLS - WELLNESS SCHEDULE
April - June 2018
COMMUNITY WORKSHOPS

APRIL 5, 2018 9am-12pm ACRYLIC ART Masonic Hall - 13944 Cty Rd 9 - Warkworth \$10.00

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

APRIL 12, 2018 6-8pm COOKING WITH EGGS Forrest Dennis Senior Cnt. - Campbellford \$10.00

Some believe eggs are the perfect food. You may agree or you may just think they are perfectly delicious. Either way, join Dorothy Fletcher in this workshop where you will learn more about eggs and how to cook them from the basics, such as an easy way to make a perfect Hard Boiled Egg, to the more complicated Choux Pastry. Of course, there will be Quiches and Frittatas and everyone's favourite--Devilled Eggs. A taste of everything and all the recipes will make for an egg-cellent evening.

APRIL 19, 2018 9am-12pm WATERCOLOUR ART Forrest Dennis Senior Cnt. - Campbellford \$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.

APRIL 26, 2018 9am-12pm LINO PRINTING Hastings Civic Centre Hall - Hastings \$15.00

Please join Jillian Roos-Markowitz in this beginners lino printing workshop. An exciting way to make prints for all levels of the creative artist within us! Cutting on soft easy cut linoleum, we will quickly produce striking original images. Images are then inked with brightly coloured water based inks, and printed on a variety of papers and fabric. Experience printing with its joyous unexpected happenings! All materials are supplied.

MAY 3, 2018 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.

MAY 10, 2018 9am-12pm ACRYLIC ART Masonic Hall - 13944 Cty Rd 9 - Warkworth \$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.



TRENT HILLS -WELLNESS SCHEDULE
April – June 2018
COMMUNITY WORKSHOPS

MAY 17, 2018 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.

MAY 24, 2018 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.

MAY 31, 2018 9am-12pm UFO ACRYLIC PAINTING Forrest Dennis Senior Cnt. Campbellford \$10.00

UFO - (Unfinished Art Projects) Do you have an unfinished art project that you just can't finish, or looking to refresh an old piece of canvas art. If so, this is the workshop for you! We will supply paint, brushes and the very talented Rachel Harbour will be on hand to help you resurrect your discarded creations. A date will be provided to all registered participants to drop off your old canvases to prep with gesso.

JUNE 7, 2018 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.

JUNE 14, 2018 9am-12pm SUNCATCHER Hastings Civic Centre Hall – Hastings \$10.00

Invite a little sunshine in 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 suncatcher.

JUNE 21, 2018 6-8pm SUMMER SALADS Forrest Dennis Senior Cnt. Campbellford \$10.00

When summer arrives, the living is easy. And what could be easier than a fresh, delicious and nutritious salad? Join Dorothy Fletcher for an exploration of seasonal vegetables and fruits that make super salads, both classic and modern, that you can enjoy all through the upcoming summer. You'll also learn how to make four homemade dressings that put store-bought to shame. All that, and the recipes to take home with you at the end of the evening.

JUNE 28, 2018 9am-12pm ACRYLIC ART Forrest Dennis Senior Cnt. Campbellford \$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.

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