

EXERCISE PROGRAMS

INDOOR WALKING Walking is a great way to keep fit & healthy, walking with a friend or a partner is a great way to stay connected. The indoor walking at East Northumberland Secondary School (Kawartha Pine Ridge District School Board) provides a safe and warm environment for walkers. Pre-register and collect your walking package.

Monday-Thursday 6-8pm
October 2, 2017 - April 26, 2018 Cost \$5
Location: ENSS - Brighton

GENTLEFIT This class is geared for anyone who prefers a slower paced class, and is designed to improve muscular and cardiovascular strength and endurance at moderate intensity with low-moderate impact activities. No high-impact exercises are performed in this class, making it appropriate for older adults.

Thursday 1-2pm
April 5 - June 28 13wk Cost \$65
Location: YMCA - Brighton

AQUA FIT Tone & Stretch - Therapeutic pool. This gentle aqua fitness class is intended for those with muscle and joint injuries or disease. This class is slower paced and will work on flexibility, mobility, coordination, and muscular endurance. This class is taught in the Leisure Pool.

Monday 10:15-11:00am
Date: April 9 - June 18 10wk (No class May 21)
Cost \$70 Class & Bus \$50 Class only

Friday 10:15-11:00am
Date: April 6 - June 22 12wk
Cost \$84 Class & Bus \$60 Class only

Location: YMCA - Quinte West
Bus Departs: CCN Brighton - 9:30am
Bus Departs: YMCA - Quinte West - 11:30am

PILATES Fundamental Pilates - Mat work and vertical exercises that help you gain strength, flexibility and balance. Each class is designed to focus on good form and breath pattern. Classes use props such as flexi-bands and flexi-balls to enhance your mat work experience.

Tuesday 9-10am or 10:15-11:15am
April 10 - June 26 10wk Cost \$50
(No class May 22, 29)

Wednesday 9-10am
April 4 - June 27 12wk Cost \$60
(No class May 30)
Location: CCN'S Activity Room - Brighton

YOGA Gentle Hatha Yoga classes include gentle stretches to increase flexibility, strength and balance. Breath work throughout brings relaxation and rejuvenation to the practices as well as meditation techniques to calm the mind. This is a slow paced class for all levels of student, including seniors and those new to yoga.

Friday 9:45 -10:45am
April 6 - June 29 13wk Cost \$65
Location: CCN'S Activity Room - Brighton

CHAIR YOGA This class is ideal for anyone who is not able to get down to the mat on the floor for some of the movements due to physical restrictions. Chair yoga still allows the participant to enjoy all the benefits of yoga by stretching and strengthening the body as you move through various poses, utilizing breath to leave you feeling relaxed and re-energized. The chair can also be used as a stabilizer for some standing poses to help build strength in the legs and helps to improve balance to prevent falls.

Wednesday 11:15am-12:00pm
April 4 - June 27 13wk Cost \$52
Location: CCN'S Activity Room - Brighton

APRIL 4, 2018 1-4pm LEARN TO DRAW CCN'S Activity Room – Brighton \$10.00

This workshop is geared towards those who have never drawn before or looking to improve their skills. Our instructor the very talented Lynn VanderHerberg, will guide you step by step during the class. You are welcome to bring your own supplies if you have them, if not we will have materials for all participants.

APRIL 11 & MAY 9, 2018 3-5pm KNITTING CCN'S Activity Room – Brighton \$10.00

During this workshop we will be creating an elegant leaf motif lacey scarf. Our instructor Anna-Lisa, Master Knitter will guide you through the process to complete your knitting project. The skill level is intermediate and the fee is instruction only for two 2hr classes + cost of supplies (participants to purchase their own supplies)
Supplies: **Needles** 4.5mm **Yarn** 4 balls of Fingering weight up to double knit weight yarn (90m/ball) total 360m

APRIL 11, 2018 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.

APRIL 18, 2018 6-8pm COOKING WITH HERBS CCN'S Activity Room – Brighton \$10.00

Herbs are a wonderful edible addition to your culinary creations. Come out and discover herbs with Tina. Herbs are easy to grow and preserve, you will learn different ways to preserve your favourite herbs and to make different combinations in a short time. Get inspired for your summertime herb garden.

APRIL 25, 2018 1-4pm GET READY TO ROCK! CCN'S Activity Room – Brighton \$10.00

Rock painting with acrylics... please join decorative artist Cheryl Lafferty as she guides you through the steps to awaken a natural rock with a gorgeous floral design. Cheryl has taught acrylic painting for over 30 years and is a published artist in national magazines. All materials will be supplied.

MAY 2, 2018 6-8pm COOKING WITH EGGS CCN'S Activity Room – Brighton \$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.



BRIGHTON-WELLNESS SCHEDULE
April – June 2018
COMMUNITY WORKSHOPS

MAY 16, 2018 1-4pm WATERCOLOUR PENCILS CCN'S Activity Room – Brighton \$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.

MAY 23, 2018 1-3pm HIGH TEA CCN'S Activity Room – Brighton \$10.00

A proper tea service is a wonderful treat and a most pleasant way to spend an afternoon. Bring your friends and join other tea aficionados as you sip the tea of your choice and enjoy fresh scones with devon cream and jam, tea sandwiches and sweets. There will also be a touch of royalty--a short presentation to celebrate the marriage of Prince Harry. Participants are invited to dress up for the event so bring out your summer best. Seating is limited for this special event so book early!

MAY 30, 2018 1-4pm IMPRESSIONISTIC ACRYLIC 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.

JUNE 6, 2018 1-4pm UFO ACRYLIC PAINTING CCN'S Activity Room – Brighton \$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 13, 2018 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.

JUNE 20, 2018 1-4pm IMPRESSIONISTIC ACRYLIC 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.

JUNE 27, 2018 1-4pm SUNCATCHER CCN'S Activity Room – Brighton \$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.

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



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