

toll free registration hotline 1-844-288-4700

# Fall Session of Registered Programs

**The Fall Session begins on Monday, September 13**

Please read through the description of your class for further information

Centre Closed October 11 & November 11



**55 Plus Registration starts on WEDNESDAY, AUGUST 11 at 8:30 am  
(NO REGISTRATIONS WILL BE ACCEPTED BEFORE THIS TIME)**

### REGISTRATION PROCESS

***\*NOW 2 WAYS TO REGISTER!\****

1. Register by calling the registration Hotline at 625-8463.
2. Our New Online Registration system: [www.cityofthunderbay.perfectmind.com](http://www.cityofthunderbay.perfectmind.com)  
Login using your email and password or create an account (try using forgot password to check if an account was already created for you). View and register for your classes online. If you are having trouble setting up your account or using the system, please call the help line at 625-3738 or 630-1691 (Monday – Friday, 8:30 am – 4:30 pm)

- You must pay with VISA or MasterCard -

**Pursue Life— Engaging. Exciting. Energizing**

55 Plus Centres of Thunder Bay —700 River St & 1914 Arthur St W.

There is no membership fee to participate. Open to everyone 55 or better!



## ~ Fall 2021 Registered Programs ~

Programs start the week of Monday, September 13, 2021

**HST NOT INCLUDED IN PRICE**

**No Punch Cards accepted at this time.**

### FITNESS, YOGA & WELLNESS CLASSES

**No Classes on October 11 & November 11 (Centre Closed)**

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE
<b>Low Impact Aerobics</b>	<b>00001327</b>	<b>Mon &amp; Wed Sept 13 – Dec 8</b>	<b>1:30 – 2:30 pm</b>	<b>L. Mork-Geurts</b>	<b>\$127.50</b>
A gentle warm-up, 20 minutes of a low impact cardio, use of light hand weights, bands and other equipment.					
<b>Fusion Fitness</b>	<b>00001328</b>	<b>Tues &amp; Thurs Sept 14 – Dec 9</b>	<b>8:35 – 9:15 am</b>	<b>L. Mork-Geurts</b>	<b>\$100</b>
<b>Fusion Fitness</b>	<b>00001334</b>	<b>Sat Sept 18 – Dec 11</b>	<b>11 – 11:45 am</b>	<b>L. Mork-Geurts</b>	<b>\$52</b>
This class will fuse all the movements of YOGA and PILATES together. You will metabolize, gain muscle and get into waist management in this amped up Body Resistance Workout...no weights...just sweat and smiles! All you need is a yoga mat, chair, water bottle and towel. Suitable for beginners and strong seniors as well.					
<b>Morning Energizer Gold</b>	<b>00001329</b>	<b>Mon, Wed &amp; Fri Sept 13 – Dec 10</b>	<b>8:35-9:35 am</b>	<b>L. Mork-Geurts</b>	<b>\$193.80</b>
<b>Morning Energizer Gold</b>	<b>00001330</b>	<b>Mon, Wed &amp; Fri Sept 13 – Dec 10</b>	<b>10 – 11 am</b>	<b>L. Mork-Geurts</b>	<b>\$193.80</b>
With a mix of cardio, stretching, & toning using a variety of equipment, get moving to some fantastic music and get your morning energized!					
<b>Evening Energizer Gold</b>	<b>00001331</b>	<b>Mon &amp; Thurs Sept 13 – Dec 9</b>	<b>5:15 – 6:15 pm</b>	<b>L. Mork-Geurts</b>	<b>\$127.50</b>
With a mix of cardio, stretching, & toning using a variety of equipment and get moving to some fantastic music!					
<b>F.I.T. (Functional Interval Training)</b>	<b>00001364</b>	<b>Tues &amp; Fri Sept 14- Dec 10</b>	<b>1:30 – 2:30 pm</b>	<b>A. Parr</b>	<b>\$132.60</b>
Learn to work the core, become strong from the inside out. Specific exercise taught to strengthen weak muscles, ligaments and tendons, correct balance, alignment & posture. This progressive class will challenge cardiovascular & muscular strength, endurance, flexibility, co-ordination and agility.					
<b>Bender Ball</b>	<b>00001362</b>	<b>Thurs Sept 16 – Dec 9</b>	<b>1 - 2 pm</b>	<b>A. Parr</b>	<b>\$61.20</b>
This low impact class uses the little ball that does it all! Bender Balls are highly effective for strengthening your core muscles, relaxing tight muscles, increasing your range of motion, improving your posture & body awareness. All levels welcome					
<b>Metabolic Pole Walking</b>	<b>00001363</b>	<b>Wed Sept 15 – Dec 8</b>	<b>12:30 - 1:30 pm</b>	<b>A. Parr</b>	<b>\$66.30</b>
If you enjoy walking outdoors, join this fun group and learn how to use proper techniques for pole walking and all the numerous benefits that come with it! Weather permitting; you will walk at various outdoor trails around the city. First class takes place at the Centre, meet outside on the back patio.					
<b>Simply Stretching</b>	<b>00001332</b>	<b>Tues &amp; Thurs Sept 14 – Dec 9</b>	<b>9:45 – 10:45 am</b>	<b>L. Mork-Geurts</b>	<b>\$127.50</b>
<b>Simply Stretching</b>	<b>00001333</b>	<b>Sat Sept 18 – Dec 11</b>	<b>9:30 – 10:30 am</b>	<b>L. Mork-Geurts</b>	<b>\$66.30</b>
This beginner stretch class will start your day with flowing movements of Tai chi, energizing postures of Yoga and gentle stability of Pilates. All fitness levels welcome in this fun and functional class.					

**Thunder Bay 55 Plus Centre, 700 River Street. Tax Not Included**

**FITNESS, YOGA & WELLNESS CLASSES**  
**No Classes on October 11 & November 11 (Centre Closed)**

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE
Yoga	00001335	Mon & Wed Sept 13- Dec 8	11:30am–12:30 pm	I. Hauta	\$127.50
Yoga	00001361	Tues & Fri Sept 14- Dec 10	11am–12 pm	I. Hauta	\$132.60
Evening Yoga	00001365	Mon & Wed Sept 13 – Dec 8	6:30 – 7:30 pm	I. Hauta	\$127.50
Sunday Yoga	00001366	Sun Sept 19 – Dec 12	3 – 4 pm	I. Hauta	\$66.30

Yoga is gentle movement through stretches and postures. This class is designed for those with some previous yoga experience but not necessary. Expanding upon learned yoga movements and offering a few more yoga positions. Please note that all positions can be modified to meet participant’s needs.

Sign up for our monthly E-Newsletter at [www.thunderbay.ca/55plus](http://www.thunderbay.ca/55plus)

Zumba Gold	00001369	Tues Sept 14 – Dec 7	2:30 – 3:30 pm	K. Gorst-Vigliarolo	\$66.30
Zumba Gold	00001370	Sat Sept 18 – Dec 11	10:30 – 11:30 am	K. Gorst-Vigliarolo	\$66.30

Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.

Hoop It Up!	00001382	Fri Sept 17 – Dec 10	11:30 am – 12:30 pm	L. Mork-Geurts	\$66.30
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In this fun class, use a hula hoop as an exercise tool for stretching, strengthening and to help you improve your balance and flexibility.

Just for Guys Fitness	00001359	Mon & Wed Sept 13-Dec 8	9 - 10 am	D. Ortgiese	\$127.50
Just for Guys Fitness	00001360	Tues & Thurs Sept 14-Dec 9	9 – 10 am	D. Ortgiese	\$127.50

Help increase your cardiovascular fitness level along with toning and stretching. You will use a variety of equipment to help you reach those fitness goals! This class is geared towards men only.

Feldenkrais Method	00001383	Fri Sept 17 – Dec 10	11 am - 12 pm	O. Reimer	\$78
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Lying down, participants engage in precisely structured movements that involve thinking, sensing, moving and imagining. Lessons consist of comfortable, easy movements that gradually develop into greater range and complexity. This challenges the body and brain to new ways of understanding in the way your body moves.

Joy of Latin Line Dancing – Beginner	00001384	Thurs Sept 16- Dec 9	9 – 10 am	A. Del Rosario	\$61.20
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Line dancing isn't just country and western anymore! It's modern, sophisticated, flowing waltz and night club rhythm with Latin flavour. It is FUN, GREAT EXERCISE and YOU DON'T NEED A PARTNER. Learn new and traditional line dances in a comfortable, welcoming class. For beginners and those who feel they have two left feet.

Joy of Latin Line Dancing – Intermediate	00001385	Thurs Sept 16- Dec 9	10:30 – 11:30 am	A. Del Rosario	\$61.20
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If you have already taken the Joy of Line Dancing at the beginner level, it is time to move on to the next steps.....enjoy moving and grooving with Armin with new moves and more complex steps.

Thunder Bay 55 Plus Centre, 700 River Street.					Tax Not Included
<b>FITNESS, YOGA &amp; WELLNESS CLASSES</b>					
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<b>Meditation for Beginners</b>	<b>00001398</b>	<b>Wed</b> <b>Sept 15 – Dec 8</b>	<b>12 – 1 pm</b>	<b>K. Makinen</b>	<b>\$66.30</b>
Join our certified yoga teacher to embrace the power of meditation in this beginner class. Learn the art of breathing, focusing and find your inner calm.					
<b>Meditation - Advanced</b>	<b>00001397</b>	<b>Wed</b> <b>Sept 15 – Dec 8</b>	<b>10:30 – 11:30 am</b>	<b>K. Makinen</b>	<b>\$66.30</b>
If you previously enjoyed beginner meditation, get ready to take your skills up a notch with our advanced classes. Must have taken beginner meditation previously.					
<b>Sit and Be Fit</b>	<b>00001394</b>	<b>Mon</b> <b>Sept 13 – Dec 6</b>	<b>11:30 am -</b> <b>12:30 pm</b>	<b>L. Young</b>	<b>\$61.20</b>
<b>Sit and Be Fit</b>	<b>00001395</b>	<b>Thurs</b> <b>Sept 16 – Dec 9</b>	<b>10:30 – 11:30 am</b>	<b>L. Young</b>	<b>\$61.20</b>
This gentle seated exercise class is perfect for those just starting a fitness program or reintroducing fitness into their lives. It includes rhythmic movement, range of motion, strength and stretching exercises.					
<b>Chair/Seated Yoga</b>	<b>00001399</b>	<b>Tues</b>	<b>9:30– 10:30 am</b>	<b>K. Makinen</b>	<b>\$66.30</b>
<b>Chair/Seated Yoga</b>	<b>00001400</b>	<b>Tues</b>	<b>11 am– 12 pm</b>	<b>K. Makinen</b>	<b>\$66.30</b>
<b>Chair/Seated Yoga</b>	<b>00001396</b>	<b>Wed</b>	<b>9 – 10 am</b>	<b>K. Makinen</b>	<b>\$66.30</b>
<b>Chair/Seated Yoga</b>	<b>00001401</b>	<b>Fri</b>	<b>9 – 10 am</b>	<b>K. Makinen</b>	<b>\$66.30</b>
Chair Yoga - one hour of stretching, toning, breathing exercises, smiling and laughing. Using the chair, we learn basic yoga postures and breathing techniques designed to de-stress, strengthen and bring flexibility to your body and mind. All levels of ability welcome. Level 2 same as level 1 in addition more balancing postures.					
<b>Keep Moving with Parkinson's</b>	<b>00001358</b>	<b>Mon &amp; Wed</b> <b>Sept 13 – Dec 8</b>	<b>11:15 am –</b> <b>12:15 pm</b>	<b>K. Gorst-Vigliarolo</b>	<b>\$127.50</b>
<b>Keep Moving with Parkinson's</b>	<b>00001402</b>	<b>Fri</b> <b>Sept 17 – Dec 10</b>	<b>9:15 – 10:15 am</b>	<b>D. Ortgiese</b>	<b>\$66.30</b>
This class is specifically designed for those with Parkinson's Disease. Includes aerobic conditioning, functional strengthening, and mobility and balance exercises. Must have been assessed by St. Joe's, call St. Joe's at 346-2334.					
<b>Strength in Motion</b>	<b>00001356</b>	<b>Mon</b> <b>Sept 13 – Dec 6</b>	<b>10 – 11 am</b>	<b>K. Gorst-Vigliarolo</b>	<b>\$61.20</b>
<b>Strength in Motion</b>	<b>00001357</b>	<b>Wed</b> <b>Sept 15- Dec 8</b>	<b>10 – 11 am</b>	<b>K. Gorst-Vigliarolo</b>	<b>\$66.30</b>
Join us for an easy-to-follow work out that includes exercises designed to increase flexibility, joint stability, balance, coordination and muscular strength. You can use a chair for support if needed.					
<b>Solid Gold Fitness</b>	<b>00001622</b>	<b>Wed</b>	<b>5:15 – 6:15 pm</b>	<b>L. Winter</b>	<b>\$61.20</b>
A high energy fitness workout for your core and upper body strength as well as cardio, balance, glutes and abs; using weights, bands, balls and some floor work on the mat, all set to your favorite solid gold tunes!					
<b>Functionally Fit</b>	<b>00001623</b>	<b>Tues</b>	<b>10:30 –11:30am</b>	<b>L. Winter</b>	<b>\$61.20</b>
Functional Fitness trains your whole body for real life activities, such as stairs, getting up off the floor, carrying groceries and more; allowing you to maintain your independence longer. Standing movements, mat work and light weights will be used.					
<b>Yoga Fit – Hatha Yoga</b>	<b>00001403</b>	<b>Wed &amp; Fri</b> <b>Sept 15 – Dec 10</b>	<b>10:30am-12pm</b>	<b>M. Levanto Gleeson</b>	<b>\$156</b>
An intermediate fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement and strength training.					
<b>*NEW* Getting to the Core</b>	<b>00001611</b>	<b>Tues &amp; Thurs</b> <b>Oct 5 – Dec 9</b>	<b>6:30 – 7:30 pm</b>	<b>G. Hoogsteen</b>	<b>\$102</b>
This cardio interval exercise class focuses on strengthening the core while burning belly fat, and getting a great cardio workout. Made up of warmup, cardio/muscle training and cool down/stretching, and is for everyone!					

**Thunder Bay 55 Plus Centre, 700 River Street.****Tax Not Included****FITNESS, YOGA & WELLNESS CLASSES****No Classes on October 11 & November 11 (Centre Closed)**

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE
<b>Tai Chi - Advancing</b>	<b>00001386</b>	<b>Mon &amp; Thurs Sept 13 – Dec 9</b>	<b>10:30 am – 12 pm</b>	<b>O. Reimer</b>	<b>\$146.40</b>
First you will work on beginning forms, then move on to advanced. The emphasis will be on refining movements to make them more relaxed, efficient and enjoyable and on cultivating inner calm and focus.					
<b>Whole Body Taiji Qigong</b>	<b>00001414</b>	<b>Fri Sept 17 – Dec 10</b>	<b>11 am – 12 pm</b>	<b>S. MacKenzie</b>	<b>\$66.30</b>
This class is a good introduction to Taiji and Qigong but will also enhance the health benefits of those who already practice Taiji. This class encompasses unique whole body moves, along with warm up and cools down routines.					
<b>Taiji – Qigong – 6 Forms</b>	<b>00001415</b>	<b>Thurs Sept 16 – Dec 9</b>	<b>12:15 – 1:15 pm</b>	<b>S. MacKenzie</b>	<b>\$61.20</b>
Taiji Qigong is a combination of the ancient Chinese forms of Taiji and Qigong. Mental concentration and calmness are developed as one practice's these forms. They can also be done standing or in a seated position.					

**WORKSHOPS taking place at the Thunder Bay 55 Plus – 700 River Street**

Workshop Title	Code	Date	Time	Instructor	Fee
<b>Knitting – Clinic</b>	<b>00001490</b>	<b>Tuesdays Oct 5 &amp; 12</b>	<b>1 – 4 pm</b>	<b>M. Duncan</b>	<b>\$60</b>
Brush up on your knitting skills and learn some new techniques with this 2 day workshop. You will learn the bind off methods, cast on methods, finishing basics and more. Not for beginners, must have some knitting skills already.					
<b>Knitting - Sweater</b>	<b>00001491</b>	<b>Tuesdays Oct 26 – Nov 9</b>	<b>1 – 4 pm</b>	<b>M. Duncan</b>	<b>\$90</b>
This workshop is for the beginner to intermediate knitter. You will learn to make a top down sweater with no seams to sew. Instructor will contact with a list of supplies needed before the class.					
<b>Sunset Painting</b>	<b>00001570</b>	<b>Fri Sept 17</b>	<b>1 – 3 pm</b>	<b>F. Valenzuela</b>	<b>\$35</b>
Using acrylic paint and a stencil, you will paint on a canvas and end with a sunset landscape. Supplies included.					
<b>Cold Porcelain Program</b>	<b>00001571</b>	<b>Fri Nov 5 - 26</b>	<b>1 – 3 pm</b>	<b>F. Valenzuela</b>	<b>\$164</b>
During this 4 weeks program, you will learn to use the clay, how to dye it, store it, glue, protect and use tools and molds, finally ending with a few projects and many different elements you can do with this material. Includes all supplies, including a full bag of clay to work with.					
<b>Cold Porcelain Cookie Jar</b>	<b>00001572</b>	<b>Fri Oct 22</b>	<b>1 – 4 pm</b>	<b>F. Valenzuela</b>	<b>\$35</b>
Working with porcelain clay, you will learn to use the cold porcelain and mold different shapes of cookies and sweets to attach to your pot. All supplies included.					
<b>Decoupage Pumpkins</b>	<b>00001573</b>	<b>Fri Oct 8</b>	<b>1 – 4 pm</b>	<b>F. Valenzuela</b>	<b>\$32</b>
<b>Decoupage Pumpkins</b>	<b>00001574</b>	<b>Fri Oct 1</b>	<b>1 – 4 pm</b>	<b>F. Valenzuela</b>	<b>\$32</b>
You will learn the decoupage technique and make 2 – 3 decorative and festive pumpkins.					
<b>Fall Plaque</b>	<b>00001575</b>	<b>Fri Sept 24</b>	<b>1 – 4 pm</b>	<b>F. Valenzuela</b>	<b>\$27</b>
Using a messy stencil paint technique, you will create a beautiful Thankful or Hello fall sign for your home. All supplies included.					

## Visual Arts

No Classes on October 11 &amp; November 11 (Centre Closed)

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE
<b>Acrylic Painting</b>	<b>00001492</b>	<b>Tues</b> <b>Sept 14- Nov 16</b>	<b>9 am – 12 pm</b>	<b>L. Lindsey</b>	<b>\$140</b>
This class is designed for those who are starting out with acrylics. Everything from composition to personal expression will be covered. Individual critiques, one on one instruction and personal guidance is provided at your own pace.					
<b>The Art of Portrait Painting – Advanced</b>	<b>00001493</b>	<b>Mon</b> <b>Sept 13 – Nov 22</b>	<b>1 – 4 pm</b>	<b>G. Stephens</b>	<b>\$140</b>
This class is for the experienced watercolour painter. Portrait painting is a genre in painting, where the intent is to represent a specific human subject. If you are a skilled watercolour artist looking for a new challenge, why not try this class.					
<b>Beginner Watercolour</b>	<b>00001532</b>	<b>Thurs</b> <b>Sept 15 – Nov 25</b>	<b>9 am – 12 pm</b>	<b>B. Baker</b>	<b>\$140</b>
This class is designed to show you the ins and outs of how to paint with watercolours. Learn the basic techniques, terms and how to mix colours and blend to create your own work of art.					
<b>Intermediate Watercolour</b>	<b>00001533</b>	<b>Thurs</b> <b>Sept 15 – Nov 25</b>	<b>1 – 4 pm</b>	<b>B. Baker</b>	<b>\$140</b>
If you took beginner watercolours in the past and want to move on to the next steps in your artistic skill building, then this class is for you!					
<b>Basket Weaving – Advanced</b>	<b>00001595</b>	<b>Fri</b> <b>Nov 5 - 26</b>	<b>1 – 4 pm</b>	<b>S. Breckenridge</b>	<b>\$116</b>
This is an advanced class designed for weavers proficient in basic basket weaving skills who have already taken the beginner course. Admission is based upon previous experience at the instructor's discretion. All materials for baskets supplied but may need to purchase tools from instructor if you do not already own them.					
<b>Basket Weaving – Beginners</b>	<b>00001596</b>	<b>Wed</b> <b>Oct 6 - 27</b>	<b>1 – 4 pm</b>	<b>L. Salini</b>	<b>\$104</b>
You will learn the basic techniques of basket weaving and complete 1 or 2 baskets by the end of the course. All materials are supplied but may need to purchase some tools from instructor in first class.					

## General Interest Programs

No Classes on October 11 &amp; November 11 (Centre Closed)

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE
<b>Guitar lessons for Beginners</b>	<b>00001494</b>	<b>Wed</b> <b>Sept 15 – Dec 1</b>	<b>9:30 – 10:30 am</b>	<b>T. O'Brien</b>	<b>\$144</b>
Learn to play the guitar, no experience required. Must bring own guitar					
<b>Guitar Lessons – Green Group</b>	<b>00001497</b>	<b>Wed</b> <b>Sept 15 – Dec 1</b>	<b>1 – 2 pm</b>	<b>T. O'Brien</b>	<b>\$144</b>
Formerly the beginner group, participants will learn music notation and tablature, chords and rhythms. You will complete book 1.					
<b>Guitar Lessons- Purple Group</b>	<b>00001508</b>	<b>Tues</b> <b>Sept 14 – Nov 30</b>	<b>11 am – 12 pm</b>	<b>T. O'Brien</b>	<b>\$144</b>
Formerly called the intermediate group, participants in this lesson will read guitar notation and are presently learning chords, rhythms and song arrangements.					
<b>Guitar Lessons – Blue Group</b>	<b>00001513</b>	<b>Wed</b> <b>Sept 15 – Dec 1</b>	<b>11 am – 12 pm</b>	<b>T O'Brien</b>	<b>\$144</b>
Previously the Advanced 1 group, this group will continue to learn guitar notation, play chords and work on song arrangements.					
<b>Guitar Lessons – Red Group</b>	<b>00001519</b>	<b>Tues</b> <b>Sept 14 – Nov 30</b>	<b>9:30 – 10:30 am</b>	<b>T. O'Brien</b>	<b>\$144</b>
Previously called Advanced 2, this group will read guitar notation, play chords and work on song arrangements.					

**General Interest Continued****No Classes on October 11 & November 11 (Centre Closed)**

<b>Ukulele for Beginners</b>	<b>000001526</b>	<b>Tuesday Sept 14 – Nov 2</b>	<b>11 am – 12 pm</b>	<b>M. Morrow</b>	<b>\$42</b>
<b>Ukulele – Advanced</b>	<b>000001527</b>	<b>Thurs Sept 16 – Nov 4</b>	<b>2 – 3 pm</b>	<b>M. Morrow</b>	<b>\$42</b>
Learn to play the Ukulele with our experienced instructor. Please bring your own Ukulele. Intermediate must have taken beginner previously.					
<b>French Level Beginner</b>	<b>00001531</b>	<b>Wed Sept 15 – Dec 1</b>	<b>1 – 3 pm</b>	<b>M. Langevin</b>	<b>\$120</b>
Ces't la vie! Join our fun and knowledgeable French instructor to learn some basic French to help you in your travels!					

**Technology Programs****No Classes on October 11 & November 11 (Centre Closed)**

<b>Program</b>	<b>Code</b>	<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Fee</b>
<b>iPad Beginner</b>	<b>00001549</b>	<b>Tues Sept 14 – Oct 12</b>	<b>10 am – 12 pm</b>	<b>D. Brown</b>	<b>\$90</b>
<b>iPad Beginner</b>	<b>00001578</b>	<b>Wed Oct 27 – Dec 1</b>	<b>10am – 12 pm</b>	<b>D. Brown</b>	<b>\$90</b>
In this very beginner class, you will learn about messaging, emails, contacts, calendars, taking pictures, internet, apps and so much more.					
<b>iPad Intermediate</b>	<b>00001550</b>	<b>Tues Sept 14 – Oct 12</b>	<b>1 – 3 pm</b>	<b>D. Brown</b>	<b>\$90</b>
<b>iPad Intermediate</b>	<b>00001579</b>	<b>Wed Oct 27 – Dec 1</b>	<b>1 – 3 pm</b>	<b>D. Brown</b>	<b>\$90</b>
You will learn more in depth editing of photos, videos, panoramic settings, apps, Facetime, copy & paste items & more.					
<b>iPad – All about photos</b>	<b>00001576</b>	<b>Wed Sept 22 – Oct 6</b>	<b>1 – 3 pm</b>	<b>D. Brown</b>	<b>\$45</b>
<b>iPad – All about photos</b>	<b>00001580</b>	<b>Tues Nov 2 – 16</b>	<b>10 am – 12 pm</b>	<b>D. Brown</b>	<b>\$45</b>
<b>iPad – All about photos</b>	<b>00001582</b>	<b>Fri Nov 12 – 26</b>	<b>1 – 3 pm</b>	<b>D. Brown</b>	<b>\$45</b>
Learn all you ever wanted to know about your photos on your iPad. How to store, edit, create albums, send by email and much more.					
<b>How to type like a Pro on your iPad</b>	<b>00001581</b>	<b>Fri Nov 5</b>	<b>10 am – 12 pm</b>	<b>D. Brown</b>	<b>\$25</b>
Learn to use your iPad keyboard better and become a fast and efficient typer.					
<b>How to Zoom</b>	<b>00001551</b>	<b>Fri Sept 17</b>	<b>1 – 3 pm</b>	<b>D. Brown</b>	<b>\$25</b>
<b>How to Zoom</b>	<b>00001577</b>	<b>Wed Oct 13</b>	<b>1 – 3 pm</b>	<b>D. Brown</b>	<b>\$25</b>
Learn how to use these new popular virtual meeting spaces so you can meet up with friends and family while staying safe. Bring your own device (iPad or laptop) or use our desktop.					
<b>Windows 10</b>	<b>00001547</b>	<b>Tues &amp; Thurs Sept 14 - 30</b>	<b>9 – 11 am</b>	<b>G. Reguly</b>	<b>\$ 90</b>
<b>Windows 10</b>	<b>00001548</b>	<b>Tues &amp; Thurs Nov 2 - 18</b>	<b>9 – 11 am</b>	<b>G. Reguly</b>	<b>\$ 90</b>
This class covers email, settings and basic computer skills. Good for beginners. You may bring your own laptop or use our desktop computers.					

## West Arthur Community Centre 55 Plus Programs

Located at 1914 Arthur St. W – your south side location for 55 plus programs!

Programs start the week of September 13, 2021

### FITNESS & WELLNESS

No Classes on October 11 & November 11 (Centre Closed)

Tax NOT included

Activity	Code	Day	Time	Instructor	Fee
<b>Zumba Stretch</b>	<b>00001567</b>	<b>Fri</b> <b>Sept 17 – Dec 10</b>	<b>1:30 – 2:30 pm</b>	<b>L. Mork-Geurts</b>	<b>\$ 66.30</b>
Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.					
<b>Yoga Fit - Hatha Yoga</b>	<b>00001583</b>	<b>Thurs</b> <b>Sept 16 – Dec 2</b>	<b>10:30 am-12 pm</b>	<b>M. Levanto - Gleeson</b>	<b>\$ 72</b>
A fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement, strength training and the use of balls and bands.					

### Visual Arts & General Interest

Activity	Code	Day	Time	Instructor	Fee
<b>Acrylic Painting</b>	<b>00001584</b>	<b>Fri</b> <b>Sept 17 – Nov 19</b>	<b>9 am –12 pm</b>	<b>L. Lindsey</b>	<b>\$140</b>
This class is designed for those who are starting out with acrylics. Everything from composition to personal expression will be covered. Individual critiques, one on one instruction and personal guidance is provided at your own pace.					
<b>Watercolours – Florals &amp; Birds</b>	<b>00001586</b>	<b>Mon</b> <b>Sept 13 – Nov 22</b>	<b>1 – 4 pm</b>	<b>L. Fidler</b>	<b>\$140</b>
This course is for experienced painters. It will cover colour theory, using the colour wheel for mixing of colours and various painting techniques with the focus on a direct/realistic style. Florals and birds are the main subjects covered.					
<b>Coloured Pencil</b>	<b>00001587</b>	<b>Thurs</b> <b>Sept 16 – Nov 25</b>	<b>1 – 4 pm</b>	<b>L. Fidler</b>	<b>\$140</b>
Coloured pencil is accepted as a fine art medium that is rapidly growing in popularity worldwide. Instruction will include colour theory, composition, techniques and materials. Enjoy working in this versatile, clean and portable medium in a fun and relaxing atmosphere.					
<b>Abstract Mixed Media</b>	<b>00001588</b>	<b>Wed</b> <b>Sept 15 – Nov 17</b>	<b>1 – 4 pm</b>	<b>P. Izsak</b>	<b>\$140</b>
Let's go Abstract - Express yourself through the magic of Mixed Media Painting. During these classes you will use acrylics, mediums, collage papers, and a variety of embellishments. This class will be freeing, fun and forgiving - perfect to relax and explore new possibilities. A list of supplies will be provided prior to start of classes. Some supplies will be available for purchase from instructor					
<b>Watercolour &amp; Beyond!</b>	<b>00001585</b>	<b>Tues</b> <b>Sept 14 – Nov 16</b>	<b>1 -4 pm</b>	<b>P. Izsak</b>	<b>\$140</b>
Watercolour is a wonderful medium which can be made even more magical with the addition of inks, pastels, coloured pencil, watercolour pencil, gouache, gesso, powdered pigments, and charcoal. We will also be adding the use of stencils and collage papers. The possibilities are endless. Supply list will be provided prior to start of classes.					