



## Creative Seniors

Are you recently retired and looking for ways to challenge your mind, ignite your imagination and channel your energy in a positive and fun filled social setting? Creative Seniors, a project of the Heritage Social Club provides seniors (55+) with opportunities to learn or perfect creative skills, share personal skills and talents with others and just have fun . A variety of programs are available and are guided by spirited and enthusiastic facilitators. The 2013 fall session will be getting underway in mid-September so don't miss your chance to sign up.

### Registration Information

There will be no official registration day this fall. You may register for programs and workshops by calling the facilitator at the numbers provided below or by leaving a message at the Heritage Social Club at: 450-473 5429.

Most of the programs or workshops will take place at the Heritage Social Club at 503 Cedar, Deux-Montagnes, Quebec, J7R-1H1. Materials required for the programs are either included in the price of registration or will be provided by the facilitator at a reasonable cost. Programs can only accommodate a certain number of participants so registration is on a first come, first served basis. Program duration and cost vary so please refer to the details below.

There will be a new offering this year in the form of day long workshops. The fall workshops will be focused on art activities and in the winter session a variety of topics will be integrated into the program. Winter workshops will address some of the concerns of the Baby Boomer generation as well as those of older seniors.

## **Forever Young Senior Theatre Group**

The Theater group will be continuing this fall under the umbrella of the Coop On the Wings of Artisans and under the leadership of the two fabulous facilitators whose names are below. Most theater activities will be held at the Heritage Club on Mondays but for all information on any of the theater activities including dates, times, locations and cost please contact either Heather or Valerie.

### **Events to mark in your calendars:**

**October 18<sup>th</sup> and 19<sup>th</sup>** - A Rock'n Roll song and dance presentation will take place at Holy Family Church Hall.

**December 13<sup>th</sup> and 14<sup>th</sup>** - A dinner theater show will be presented at the Heritage.

**Facilitators: Valerie Glover-Drolet (450-962-1064) or  
Heather Tremblay (450-472-8927)**

## **Exercises for Independent Living**

**Tuesdays & Thursdays 9:00am to 10:40am**

**Facilitator:** Dale Hammond (Older adult fitness specialist & personal trainer/diabetes certified)

**Phone:** 450-473-5985

**Cost: Contact Dale for details**

This course teaches safe exercise for older adults. Proper exercise can be beneficial to improving quality of life and maintaining independence. This program will address all components of fitness including warm-up, balance training, cardio, strength training, flexibility and cool-down. Exercises are modified for persons with issues such as high blood pressure, heart disease, arthritis and other mobility problems. Join us and discover that fitness can be fun as well as good for you. Please contact Dale for any other pertinent information.

## AVAILABLE PROGRAMS

### Wednesday Lunches

Our hearty healthy Wednesday lunches will continue each and every 1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> week of the month at a cost of \$6.00.

The first lunch of the fall season will be served on **Wednesday September 11, 2013.**

The Heritage Hall will open at 11:30 am and lunches will be served at 12:00 pm.

**Dates:** Sept. 11,25

Oct. 2,9,23,30

Nov. 6,13,27

Dec. 4

The following special event lunches will be served at a cost of \$10.00.

**October 9<sup>th</sup>** -----Octoberfest

**October 30<sup>th</sup>** -----Halloween (featuring a pumpkin carving contest)

**December 4<sup>th</sup>** -----Christmas (surprise)

**Remember Bingo takes place every third Wednesday at the Heritage Club and lunch can be purchased then as well.**

### Learning Circle

**Mondays 1:00pm to 3:00pm**

**Start date: September 16 (duration 10 weeks)**

**Facilitator:** Myrna Goyetche

**Phone:** 450-472-8601

**Cost:** \$ 30.00

**Maximum number of participants: 12**

This is a program for seniors who still love to learn. It is based on a unique peer-learning concept where people gather in small groups to participate in discussions and share their expertise, interests and passions. The group decides what subject to explore from a wide variety of topics such as art, music, culture, history, politics, health and science to name a few. There are no academic requirements, no grades, no exams and no age limits. Join us if you enjoy discovering new facts, ideas, trends or just like having a good old discussion.

## Quilting

**Tuesdays 1:00pm to 3:00pm**

**Start date: September 19 (duration 6 weeks)**

**Facilitator: Darlene Gargul**

**Phone: 450-472-6292**

**Cost: \$30.00 (cost of material extra)**

**Maximum number of participants: 8**

Learn traditional patchwork quilting techniques while fabricating a beautiful table runner and /or place mats. Material can consist of fabric scraps that you have been saving or beautiful new fabric that has been specifically designed for making quilts. Choices of design and pattern will be available and most of the tools you need will also be available on site for your use.

No previous sewing experience is necessary to take this course. Just bring your energy and a lot of patience and goodwill.

## Woodcarving

**Fridays 12:30pm - 2:30pm**

**Start date: September 13 (duration 10 weeks)**

**Facilitator: François Labelle**

**Phone: 450-258-3310**

**Cost: \$30.00**

**For beginners or those who have already dabbled.**

Join an experienced woodcarver and sculptor to learn or perfect woodcarving techniques in a fun and relaxed atmosphere. You will be amazed at the art that emerges under your carving knife----animals, birds, buildings and other fabulous pieces. You may have to purchase a few woodcarving tools.

## WORKSHOPS

### Getting Busy with Beads

**Wednesday, September 25<sup>th</sup> - 10:00am to 3:00pm**

**Facilitator:** Johanne Argo

**Phone:** 514-684-9629

**Cost: \$30 includes lunch and all materials**

**Maximum number of participants: 10**

Choose your favorite colored beads and get busy making a matched set of earrings and bracelet using the right-angle weave technique. This beginner technique can be used again and again to make other interesting jewelry pieces on your own to gift or enjoy. Johanne is an experienced teacher who likes to share her love of beading with others in a stress free learning environment.

### Hand-Crafted Pottery --- Two Day Workshop

**Wednesday, October 2<sup>nd</sup> and Wednesday, November 6<sup>th</sup> - 10:00am to 3:00pm**

**Facilitator:** Viviane Godon

**Phone:** 450-623-3765

**Cost: \$80 includes lunch**

**Maximum number of participants: 8**

**For : Beginners and Intermediate**

Designed for those interested in experimenting with clay for fun and relaxation. You will be introduced to simple pinch-pot, slab and molding techniques on the first day. If you have already taken a pottery class you can work on your own project.

The second day will be devoted to decorating and glazing all the pieces from the first session that have been bisque fired.

Over the two days you will have produced several pieces of beautiful handcrafted pottery .

**Included in the cost of this workshop are; 10 pounds of clay, all the glazes for your pieces and the cost of the two firings.**

## **OIL ROUGING**

**Wednesday , October 23<sup>rd</sup> - 10:00am to 3:00pm**

**Facilitator: Linda Supinski**

**Phone: 450-472-8620**

**Cost: \$40 includes lunch and all material except your Pigma MICRON 005 pen which you will have to purchase at a cost of \$5.00 so you can use it again and again.**

**Maximum number of participants: 8**

Have you ever wished to create a beautiful work of art but thought you needed to be really good at drawing and painting. Not so. You can fulfill your dream by taking this workshop with Linda. You will produce a beautiful work of art using pen and ink, an overhead projector and an oil rouging technique that is 100% correctable. Surprise yourself and your friends and family with your accomplishment.

## **Folk Art and Antiquing**

**Wednesday , November 13<sup>th</sup> - 10:00am to 3:00pm**

**Facilitator: Cindy Potter**

**Phone: 450-479-8018 or 514-726-0968**

**Cost \$30 includes lunch and all materials**

**Maximum number of participants: 10**

Turn a small wooden box into an item you will use and cherish by learning how to antique the wood and paint a design of your choice on it . Folk art is a ancient skill that has been used by every culture to decorate homes, furniture and household items. No previous art instruction is necessary. Spend an enjoyable day with Cindy and the group learning the basics of folk art.

## **Fun with Fabric Workshop**

**Wednesday, November 27<sup>th</sup> - 10:00am to 3:00pm**

**Facilitator: Darlene Gargul**

**Phone: 450-472-6292**

**Cost: \$35 includes lunch and most of the material**

**Maximum number of participants: 10**

Use your imagination to create unique beautiful fabric items to take away with you for the holidays. Some require a little sewing and some none. See for yourself.

You will need scissors that cut fabric, a needle and thimble and if you have beautiful buttons that you have been saving to use on something special bring them along. No previous experience with sewing is necessary.