

LEARNING FROM THE ROOTS

ART AND CULTURAL ACTIVITIES BY SENIORS FOR SENIORS

Learning from the Roots is a project of the On the Wings of Artisans Coop in partnership with the Heritage Social Club. Its purpose is to encourage seniors to share their wealth of knowledge and skills with other seniors or other generations.

WHY PARTICIPATE ?

- To make new acquaintances
- To share a skill
- To learn something new
- To enjoy yourself

Registration

The following programs will be offered for a 10 week period starting September 12, 2011. The cost for all the programs is \$10 for 10 weeks except Line Dancing and Tai Chi which are \$5. per week.

Most materials will be available from the facilitator at little or no cost.

Registration will be limited to 12 people per program on a first come, first served basis. The exception is the theater program which can accommodate more participants.

You may register for these programs by calling the facilitators that are offering the programs at the phone numbers listed after each program description or at the seniors' information day.

T'ai Chi

Monday 9:30 am to 11:00 am

Facilitator: Christine Neumayer

Phone: 514-827-1361

Embrace Tiger. Return to Mountain.---the essence of this form of T'ai Chi. Learn to move with wind and water not only in the T'ai chi exercises but also in your everyday life. Smooth and graceful movements characterize this style of T'ai chi and strength and focus are the outcome. **Space available.**

Hand-crafted Pottery

Monday 1pm to 3 pm

Facilitator: Viviane Godon

Phone: 450-623-3765

Designed for those who are interested in experimenting with clay for fun and relaxation.

You will learn the simple techniques of pinching pots, making slabs and coil

You will explore different decorating techniques such as slips, under glazes and glazes. You will learn to add texture and drawing to your pieces. **2 spaces left**

Exercise for Independent Living

Tuesday 9 :30 am to 11 am

Facilitator : Dale Hammond

Phone: 450-473-5985

Geared to provide safe exercise for older adults to permit them to maintain and improve their quality of life and their independence, these sessions will be led by a facilitator with special training in this field. The exercises will be tailored to the needs of the group and will respect physical limitations. **Class is filled and a waiting list has been started.**

Painting on Glass with Vitrail – Beginner

Tuesday 1:00pm to 3 pm

Facilitator: Jan O'Neil

Phone; 450-974-7408

No previous drawing or painting skills are required to participate in this course. Participants will learn how to outline and paint a flower on glass to create a stained glass effect. Other small projects will follow based on the ability and speed of the group.

You will be able to create decorative items for your home or for gifts. **Class is filled**

Cooking For One or Two

Wednesday 9am to 11:30 am. --on the 1st, 2nd, and 4th Wednesdays of the month.

Facilitators: Darlene Gargul & Beverley Taillon

Phone: 450-472-6292

If you are finding it difficult to cook for only yourself or for only two people ---you are not alone.

This activity will take into account your individual situation and knowledge of food preparation. There will be an opportunity to discuss food purchasing, easy menus, your preferred dishes and to learn how to cook what you like to eat. Issues such as how to buy in small quantities and what to do with leftovers will be addressed.

This group is for men and women who want to learn how to cook or for those who want to share their favorite recipes with others. Each week some of the food prepared will be served as lunch and some will be taken home to enjoy. **This class is filled . cultural cooking will be available in the winter session.**

Whacky Wednesdays

Wednesday 1 pm to 3 pm

Facilitator: Anita Vandervan

Phone:514-244-3797

Join Anita to participate in a variety of activities on the 1st, 2nd and 4th Wednesday of the month. The 3rd Wednesday will remain BINGO day. Some Wednesdays may be devoted to informative topics, some to creative ventures and some to practical matters. You will be informed weekly on what will be taking place the following week and you can have input into what you would like to do. . Whatever the activity, you can be assured of having a lot of fun in a relaxed and friendly atmosphere.

Lunch will be available every 1st, 2nd, & 4th Wednesday at a cost of \$4.00 per person.

Lunch will include a main course, a mini salad, and a dessert with tea or coffee. Menus will be posted a week ahead.

Senior Theatre

Monday 1pm to 3pm

Facilitators: Valerie Glover Drolet & Heather Tremblay

Phone: Val: 450-962-1064 or Heather: 450-472-8927

Senior theater thrives as a vehicle to highlight the talents of creative folks over the age of 55. It is challenging, rewarding and fun for those who enjoy acting or singing or dancing or writing or doing make-up, set or costume design. Plays are being written specifically for inter-generational or seniors groups. Seniors are flocking to it as a way to stay sharp and vibrant and get involved. Not to worry if your memory is not what it used to be or if you can't move as quickly as you once did---it is a great time to join a group such as this one and participate in the old world of theater with a new slant. Sign up for a great experience. **A few spaces left.**

For Men Only

Thursday 9:30 to 11:30am or 1 to 3pm (based on interest)

Phone: Heritage hall and leave a message: 450-473-5429

If you are a guy that is interested in more than mutual funds and football and are looking for the right social circle, this may be the group for you. In this group you can decide what activities you want to try. You can work at improving your golf shot, your pool shot or your shot at a royal flush. You can learn to fly fish, tell tall tales, do wood carving, play music or whatever you would like to do. A facilitator will be available to help you find what you need. The sky is the limit. **Canceled due to lack of participation**

Social Line Dancing--Beginners

Friday 10:30 to 12:00

Facilitator : Pamela Therien

Phone: 450-979-1312

Pamela is a long-time line dancing enthusiast and teacher who keeps current by attending workshops and animating classes. If you want to keep active and improve your memory while enjoying the movement to music, follow in Pamela's footsteps for a morning of line dancing. This class will proceed at the pace of the group with no stress or expectations put on the participants. A minimum of 12 people are required to run this program and the cost is \$5.00 a session for 10 sessions. **Many spaces still available**

If you have other interests or program ideas or if you wish to offer a program or lead a group please let us know and we will do our best to accommodate your requests in the winter or spring sessions. Information concerning the winter session will be available in December.

If you would like to volunteer either for the Learning from the Roots Project or for the Heritage Social Club activities please call Darlene at 450-472-6292 or call the club at : 450-473-5429.

WE ARE LOOKING FORWARD TO SERVING YOU!