



## SPRING 2018 **COURSE GUIDE**



**LEISURE & EDUCATIONAL OPPORTUNITIES  
FOR THE WHOLE COMMUNITY**

COURSE GUIDE SPRING 2018  
**TABLE OF CONTENTS**



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**COMPUTER COURSES & WORKSHOPS**

Digital Art Workshop \_\_\_\_\_ 3  
Social Media Workshop \_\_\_\_\_ 3  
iPad Tablets \_\_\_\_\_ 3/4  
iPhone Workshop \_\_\_\_\_ 4  
PowerPoint Workshop \_\_\_\_\_ 4

---

**GENERAL INTEREST COURSES**

Active Exercise \_\_\_\_\_ 5  
Bones and Balance \_\_\_\_\_ 5  
Bridge \_\_\_\_\_ 5/6  
Bring It On! \_\_\_\_\_ 6  
Bunka Shishu \_\_\_\_\_ 7  
Crocheting/Knitting Bee \_\_\_\_\_ 7  
Drawing \_\_\_\_\_ 7  
Flower Arranging \_\_\_\_\_ 8  
Japanese Basics \_\_\_\_\_ 8  
Kindai Ikebana \_\_\_\_\_ 8  
Movement and Meditation \_\_\_\_\_ 9  
Pilates \_\_\_\_\_ 9  
Pottery \_\_\_\_\_ 9  
Quilting Bee \_\_\_\_\_ 10  
Sumi-e (Japanese Brush Painting) \_\_\_\_\_ 10  
Tai Chi \_\_\_\_\_ 10  
Watercolour Painting \_\_\_\_\_ 11  
Yoga \_\_\_\_\_ 11/12  
Zumba \_\_\_\_\_ 12

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**REGISTRATION INFORMATION \_\_\_\_\_ 14/15**



# COMPUTER COURSES & WORKSHOPS



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## Digital Art Workshop

Learn tech-savvy skills to create your amazing works of art. Explore how the computer can introduce you to another level to your artistic possibilities.

**Note:** Students are asked to bring their own laptop computer or tablet. Registered students will receive an information sheet regarding graphic software for the course.

Monday, April 30  
or Monday, May 28 (1 class)  
1:00–4:00 pm

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All Students: \$45  
Instructor: Margaret Chown

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## Social Media: Keeping in Touch Workshop

Whether you want to keep in touch with family and friends, show off your latest creative effort, or promote your business or cause, there's a social media website or application for everyone.

Thinking about joining Facebook or Twitter or chatting on Skype? Or maybe you have a social media account but aren't sure how to use it or how to make it work for you. You may also be concerned about privacy, safety and security on social media. Come find out the answers to your questions about Facebook, Twitter, Skype, LinkedIn, Reddit and more.

**Note:** Students are asked to bring their own laptop computer if possible, due to a limited number of in-class computers available.

Monday, May 14  
or Monday, June 11 (1 class)  
1:00–4:00 pm

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All Students: \$45  
Instructor: Margaret Chown

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## iPad Tablets – Touchscreen Magic

Tablets come in all sizes and with endless applications. Bring your iPad and come learn about the versatility of this one-piece mobile computer operated by touchscreen. Please note: This course is for iPad Tablets and **DOES NOT INCLUDE ANDROID TABLETS.**

Mondays  
9:30–11:30 am  
April 9–30 (4 classes)  
or Fridays  
9:30–11:30 am  
April 6–27 (4 classes)

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Adults: \$80/ Seniors: \$70  
Instructor: Lauren Clancy



## COMPUTER COURSES & WORKSHOPS



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### **MORE iPad Tablets – Touchscreen Magic**

Come and Learn MORE about the versatility of this one-piece mobile computer operated by touchscreen. Add Webpage to iBooks. Use iCloud to back up files. Investigate Apple maps to view various city flyover tours ... and so much more at the touch of your fingertips! Please note: This course is for iPad Tablets and **DOES NOT INCLUDE ANDROID TABLETS.**

**Dates/Time and fees to be announced.**

Please call for additional information.

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Instructor: Lauren Clancy

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### **iPhone Me Workshop**

iPhones are everywhere and it's time to learn how to use one! This introductory course will teach the basics of the iPhone. You can learn how to download applications, adjust setting, add contacts, send text messages, use the camera, and more!

**Wednesdays**

**8:30–10:30 am**

**April 18 & 25 (2 classes)**

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All students: \$50

Instructor: Lauren Clancy

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### **PowerPoint Presents Workshop**

Have you ever wanted an effective way to get your point across? Take this introductory course on PowerPoint. This course will teach you how to add text and images, use effects and transitions, and more! It will also provide guidelines on how to make a visually dynamic presentation.

**Dates/Time and fees to be announced.**

Please call for additional information.

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Instructor: Lauren Clancy

COMBINE ANY 2 FITNESS  
COURSES INDICATED  
BY A \* AND SAVE \$10

## GENERAL INTEREST COURSES



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### Active Exercise for Everyone \*

Come and join us for a fun and functional workout that will incorporate music and movement to increase the heart rate and strengthen your cardiovascular system, as well as increase your muscle strength, balance and bone density. Not only will you feel physically stronger, but research tells us that exercise has an impact on your self-esteem and brain health. Come and reap the rewards...all while having a light-hearted, fun and safe workout. Modifications will be given to help everyone work at their own perfect pace. Join us and before long, you will begin to feel like a stronger YOU!

Tuesdays

11:15 am–12:15 pm

April 10–June 5 (9 classes)

Adults: \$100/Seniors: \$90

Instructor: Lauren Singleton

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### Bones and Balance \*

This workout is designed to support your bones by blending muscular balance, strength, flexibility and mobility in a gentle fitness format. With guided mind-body connection, this program will promote overall health, through physical and mental focus. It is suitable for students who understand the importance of maintaining bone strength and balance as they age, and are interested in giving themselves the gifts of mind body awareness, improved fitness and lowered stress. Join Toni as she guides you through a practice that will benefit your body and inspire your mind.

Thursdays

10:00–11:00 am

April 19–June 21 (10 classes)

Adults: \$100/Seniors: \$90

Instructor: Toni Blay

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### Bridge – Competitive Bidding

“Competitive bidding covers the information needed when both partnerships are bidding during the auction. We still want to get to our best contract, but we also try to make it as difficult as possible for the opponents to reach their best spot.”

~ Audrey Grant, Bridge Basics II

Each lesson will include an introductory lesson on a competitive bidding topic and multiple practice hands and exercises to reinforce the concepts. Topics include: Pre-emptive opening bids (at the two and three level), overcalls and takeout doubles.

Fridays

1:00–3:00 pm

April 20–June 15 (8 classes)

*Please note:* Class cancelled  
Friday, May 18

Adults: \$90/ Seniors: \$80

Instructor: Glenna Richardson



# GENERAL INTEREST COURSES

COMBINE ANY 2 FITNESS COURSES INDICATED BY A \* AND SAVE \$10

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## Beginner Bridge 2

This lesson series builds on concepts introduced in the Beginner Bridge course. We will continue to practice the basics of opening the bidding at the one level. We will also introduce the take-out double, preempts and big hand bidding. Also welcome are students of bridge who have not played for a while or who would like to consolidate some basic bidding and play concepts. In each two hour class we will deal, bid and play a variety of hands. There isn't a specific textbook for this course but handouts will be provided for a nominal fee.

**Mondays**

**10:00 am–12:00 noon**

**April 16–June 11 (8 classes)**

**Please note:** Class cancelled Monday, May 21

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Adults: \$90/Seniors: \$80

Instructor: Glenna Richardson

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## Introduction to Duplicate Bridge

These afternoon sessions are designed to provide an opportunity to play pre-dealt hands of bridge that reinforce concepts taught in the weekly lessons. The format is non-competitive, duplicate play. Participants will be introduced to elements of duplicate bridge in a supportive environment. Each session will begin with a brief lesson about a bidding or play of the hand technique. It's kind of like "kitchen bridge" but it's not in your kitchen and the scoring is a little different. Bring a partner or come and play with fellow classmates.

**Mondays**

**1:00–3:00 pm**

**April 16–June 11 (8 classes)**

**Please note:** Class cancelled Monday, May 21

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Adults: \$90/Seniors: \$80

Instructor: Glenna Richardson

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## Bring It On! \*

Come and join a fast paced hour of moves that improve balance, strength and cardiovascular fitness. Totally adaptable to all ages and fitness levels. High energy music provides motivation and fun for calorie blasting and proven results. Get exposure to a variety of fitness moves that will leave you feeling fit, toned and energized for the rest of your week.

**Tuesdays**

**10:00–11:00 am**

**April 17–June 5 (8 classes)**

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Adults: \$80/Seniors: \$70

Instructor: Lynda Kirow

# GENERAL INTEREST COURSES



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## Bunka Shishu

This form of embroidery that originated in Japan uses a special punch needle and rayon threads to create lovely works of art such as traditional Japanese scenes, flowers, animals or people.

**Materials Fee:** To be announced by Instructor

### Mondays

7:30 - 9:30 pm

April 9–June 4 (8 classes)

*Please note:* Class cancelled Monday, May 21

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### Thursdays

1:00-3:00 pm

April 12–May 31 (8 classes)

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Adults: \$70/Seniors: \$60

Instructor: Pauline Tanaka

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## Crocheting/Knitting Bee

A support group for those that like to crochet or knit in a relaxed atmosphere. Enjoy this opportunity to get together with like minded people of varied abilities to share projects, ideas, and expertise.

### Saturdays

10:00 am–12:00 noon

April 21–June 9 (8 classes)

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Adults: \$35/ Seniors: \$30

No Instructor

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## Drawing for the Fun of It

Drawing is a learned skill. It's like discovering a whole new language, only way more fun. With just a little training and some practice the ability to draw comes with a confidence that is truly inspiring. No special talent is required. Whether you're a novice or someone with drawing experience this class is for you.

**Materials:** pencils (HB, 2B, 4B), 2 pieces of soft conté, kneaded eraser, pad of newsprint (18" x 24"), sketch book (approx. 8" x 11"), paper stumps – 2 different sizes, ultra fine permanent marker.

### Thursdays

2:30–4:30 pm

April 19–June 7 (8 classes)

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### Fridays:

10:00 am–12:00 noon

April 20–June 8 (8 classes)

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Adults: \$95/ Seniors: \$85

Instructor: Melinda Calway



# GENERAL INTEREST COURSES

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## Flower Arranging

Learn the art of Western flower arranging. Create a different arrangement each week to brighten up your home. Students should bring gardening shears and a small towel.

**Materials Fee:** \$30.00 per week

**Tuesdays**

**1:00–3:00 pm**

**May 8–June 19** (6 classes)

*Please note:* Class cancelled on Tuesday, May 29

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Adults: \$85/ Seniors: \$75

Instructor:

Rosemary Passafiume-McLean

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## Japanese Basics (Beginners)

Become acquainted with the Japanese language by developing listening, speaking and reading skills. Participants will increase their understanding of cultural context as they practice basic and useful daily expressions.

**Materials Fee:** Cost of textbook may be incurred

**Thursdays**

**7:00–8:30 pm**

**April 19–June 7** (8 classes)

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Adults: \$70/ Seniors: \$60

Instructor: Noriko Furuya

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## Japanese Basics (Intermediate +)

Develop natural communication skills for the office and everyday life through Japanese customs.

**Materials Fee:** Cost of textbook may be incurred

**Thursdays**

**7:00–8:30 pm**

**April 19–June 7** (8 classes)

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Adults: \$70/ Seniors: \$60

Instructor: Sachiko Suzuki

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## Kindai Ikebana (Kakko-Ryu)

Japanese flower arrangement has for several centuries provided an artistic outlet for people sensitive to the beauty of nature. Come and learn the art of traditional Japanese flower arranging in a shallow vase, using fresh flowers, branches and leaves, to decorate your home. Students should bring gardening shears if possible.

**Materials Fee:** Approx. \$10.00 per week

**Tuesdays**

**1:00–2:00 pm**

**April 10–May 1** (4 classes)

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Adults: \$35/ Seniors: \$30

Instructor: Eileen Mitsui



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## GENERAL INTEREST COURSES



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### Movement and Meditation \*

If you are looking for a class that combines gentle movement with relaxation techniques then this is the class for you. Beginning with a gentle warm up and progressing to mindful exercises using chairs and thera-bands. The goal is for you to experience changes in your range of motion, strength and flexibility at a pace that suits YOU. A period of meditative breath work and relaxation will leave you feeling relaxed and de-stressed. Ahhhh.....a workout that is good for both the body and the mind.

#### Mondays

11:15 am–12:15 pm

April 9–June 18 (10 classes)

*Please note:* Class cancelled  
Monday, May 21

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Adults: \$100/ Seniors: \$90

Instructor: Lauren Singleton

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### Pilates \*

Pilates mat exercise is suitable for all ages. In addition to developing breathing awareness, it strengthens the body core, improves balance, posture, and coordination while developing long lean muscles and flexibility.

**Students provide their own mats.**

#### Wednesdays

9:00–10:00 am

April 18–June 6 (8 classes)

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Adults: \$80/ Seniors: \$70

Instructor: Jayna Corbett

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### Pottery

This course is comprised of hand building and wheel throwing techniques, which can be applied to both functional and sculptural forms. Guided by the instructor, students will create projects of their own design based on their level of ability. Discover the simple pleasure of forming an object out of a mound of clay.

**Materials Fee:** To be announced by Instructor

#### Tuesdays

3:30–6:00 pm

or 6:30–9:00 pm

April 17–June 19 (10 classes)

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Adults: \$145/ Seniors: \$135  
(includes firing)

Instructor: Csilla Perenyi



# GENERAL INTEREST COURSES

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## Quilting Bee

This is an opportunity for quilters of varied abilities to get together to share projects, ideas and expertise. If you have quilted before and want to finish your quilt, or begin a new one, come and enjoy working on your project in a quiet setting with a friendly support group for quilters.

**Tuesdays**

**10:00 am– 2:00 pm**

**April 17–June 5 (8 classes)**

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Adults: \$30/ Seniors: \$25  
No Instructor

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## Sumi-e (Japanese Brush Painting)

Sumi-e is a traditional Japanese brush painting discipline with a water-based medium. The emphasis will be on technique with general instruction on history and philosophy. Beginner, intermediate, advanced and extension levels will be taught.

**Materials Fee:** To be announced by Instructor.

**Thursdays**

**10:00 am–12:00 pm**

**April 19–June 7 (8 classes)**

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Adults: \$70/ Seniors: \$60  
Instructor: Hiroshi Yamamoto

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## Tai Chi ALL LEVELS \*

Tai Chi is an effective and elegant ancient system of exercise which promotes health, strength and balance for mind and body. This course will teach the 108 move long form Tai Chi set, with adaptations for those with restricted movement. These exercise arts help you learn to release and transform tension, creating a relaxed yet energized feeling of wellbeing.

The basic elements and first 55 moves will be taught and practiced, as well as practicing all 108 moves of the complete set. Beginners, intermediate and advance students are all welcome to participate and progress within their own capabilities.

**Fridays**

**10:00–11:00 am**

**May 11–June 29 (8 classes)**

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Adults: \$80/ Seniors: \$70  
Instructor: Doug Nettleton

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## GENERAL INTEREST COURSES



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### Watercolour Painting

This course is designed for intermediate to advanced students. Traditional watercolour technique will be introduced and taught with impressionistic style from the basics. Learn how to paint loose, light, transparent, beautiful watercolours with an experienced teacher.

**Materials Fee:** To be announced by Instructor

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### Watercolour Painting Techniques

Beginner and intermediate students will benefit from this course. Come and learn watercolour techniques, colour theory and how to mix colours. Enjoy this relaxing pastime.

**Materials List:** To be provided by Instructor

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### Yoga - Be Seated \*

This class is designed for people who would like to participate in yoga but would have difficulty doing the mat work. Chairs are used to modify postures and for balance enabling participants to practice safely. Now you can get the benefits of yoga while using a chair.

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### Yoga \*

Ancient Yoga teachings have always emphasized the importance of keeping the body light, supple and strong. This course is designed to help tone and relax your muscles in a stress free way, slow down your breathing and deepen your powers of concentration. Come and enjoy these gentle yoga exercises taught by an experienced teacher.

**Students provide their own mats.**

#### Wednesdays

10:00 am–12:00 pm

or 12:30–2:30 pm

April 18–June 6 (8 classes)

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Adults: \$95/ Seniors: \$85

Instructor: Hi-Sook Barker

#### Fridays

12:30–2:30 pm

or 2:45–4:45 pm

April 20–June 8 (8 classes)

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Adults: \$95/ Seniors: \$85

Instructor: Melinda Calway

#### Wednesdays

11:00 am–12:00 noon

April 18–June 6 (8 classes)

---

Adults: \$80/ Seniors: \$70

Instructor: Anita Thachuk

#### Tuesdays

Level 1: 9:30–10:45 am

Level 2: 11:00 am–12:15 pm

April 17–June 5 (8 classes)

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Adults: \$85/ Seniors: \$75

Instructor: Anita Thachuk



## GENERAL INTEREST COURSES

COMBINE ANY 2 FITNESS COURSES INDICATED BY A \* AND SAVE \$10

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### Yoga \*

This course approaches movement with inner awareness, helping to bring balance between strength, flexibility and relaxation. The stretches, poses and breathing practices are designed to release stress from the body. Suitable for beginner and intermediate levels. **Students provide their own mats.**

**Wednesdays**

**6:45–8:00 pm**

**April 11–June 13 (10 classes)**

Adults: \$105/ Seniors: \$95

Instructor: Lauren Singleton

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### Zumba® \*

Zumba® Fitness with Dawn is an inclusive program for anyone wanting to add some fun physical activity to their lives. Sometimes called exercise-in-disguise, Zumba® Fitness leverages interval-style training for quicker results. Designed for everyone: any age; gender; size; fitness level; no dance experience required. Dawn demos low and high impact in each class but offers a full range of options including seated, no impact and other personalized modifications, just right for you. Ditch the workout. Join the Party!

**Thursdays**

**7:00–8:00 pm**

**April 19–June 21 (10 classes)**

Adults: \$100/ Seniors: \$90

Instructor: Dawn D'Sa

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### Zumba® \*

Shall we dance? It's a great way to keep fit and you don't need a partner. This dance class features the same upbeat, rhythmic music of Zumba® without the hopping and bopping that are so hard on aging joints. Fast and slow rhythms are combined to achieve a unique balance of cardio and muscle-toning benefits. The dance movements are easy to follow steps that target your legs, arms, core abdominals, glutes and the most important muscle in the body, your heart. It's different! It's effective! It's fun!

**Mondays**

**1:00–2:00 pm**

**April 9–June 18 (10 classes)**

**Please note:** Class cancelled Monday, May 21

Adults: \$100/ Seniors: \$90

Instructor: Jayna Corbett

## Momiji's Education Program is *Celebrating 25 Years!*

We are so pleased to be able to celebrate this accomplishment with all our new students and with those we have seen year after year return to their favourite courses and teachers to reunite with classmates.

Many of you already know that over the past two decades, Momiji has been committed to maintain the high quality and variety of courses at an extremely affordable and accessible price. We understand that friendships are priceless, and staying socially connected and active are essential to creating a life of meaning and quality.

What you may not know is that Momiji is a registered charity providing many essential community programs and services, which the Education Program is a very important one. Therefore Momiji relies heavily upon donations received from community members.

In honour of the Education Program's 25th anniversary, we are asking you to consider making a charitable donation to Momiji.

### *Ways to Give*

- **Registering for Class:** When completing your registration form you can simply add your donation amount to your total.
- **In-person, by Mail or by Phone:**
  - ✓ At Momiji reception make your donation by cheque, cash or credit card (VISA or MasterCard)
  - ✓ Cheques are made payable to Momiji Health Care Society
  - ✓ Mail to: Momiji Health Care Society, 3555 Kingston Road, Scarborough, Ontario M1M 3W4
  - ✓ Or call Sheri-Lynn at 416.261.6683 x 259
- **Online:** From [www.momiji.on.ca](http://www.momiji.on.ca) use [CanadaHelps.org](http://CanadaHelps.org) secure server to make a credit card donation (VISA, MasterCard or AMEX) or Paypal gift.
- **Monthly Giving:** For as little as \$5 a month, and you can easily increase or stop your donation payments at any time just by calling our office.

Your donation can be made to acknowledge someone who has impacted your life, honour someone special who has passed, or create a lasting legacy by leaving a gift in your Will to Momiji Health Care Society.

Another great way to help is to attend any one or more of Momiji's annual fundraisers – Bazaar, Bowlathon and Crafts, Collectables & Café sale.



## REGISTRATION INFORMATION

You **MUST REGISTER** according to the dates listed below either in person, by mail, or drop off the enclosed registration form **with your payment**.

**MAIL-IN REGISTRATION:** Accepted from **Friday, March 23, 2018**

By cheque only, to be mailed or left at Momiji Centre reception.

**REGISTRATION DATE: Wednesday, April 4, 2018, 10:00 am - 6:30 pm**

Credit Card information will be taken and processed **one week before the class/workshop runs.**

**The Annual membership fee is now optional for students in the education classes!**

If you would like to continue to support Momiji, your membership will be welcomed and appreciated. You will also continue to receive the Momiji newsletter.

Please note: Membership fees have increased effective November 2016.

Individual:	<b>\$30.00</b>	Senior: (60 years +)	<b>\$20.00</b>
Couple:	<b>\$50.00</b>	Senior Couple:	<b>\$30.00</b>

### REGISTRATION FEE & MATERIALS FEE

Fees vary. All courses and workshops are subject to minimum and maximum enrollment.

### REFUND POLICY

Full refund will be issued to those registered in classes cancelled due to low enrollment. **Under special circumstances** a partial refund may be considered if the request is received in writing before the 3rd class, or one week prior to the workshop. An administrative fee will be deducted.

### CANCELLATION POLICY

On occasion classes may have to be cancelled due to circumstances beyond our control. Although every effort will be made to reschedule them it may not always be possible to do so.

*Please note: A course will be cancelled if the minimum number has not registered and/or made payment one week prior to the first class.*

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**For further information, please call the Educational Coordinator at (416) 261-6683 ext. 242.**

**Your senior membership at Momiji Health Care Society enables you to participate in the following activities:**

- A.M. Tea
- Bingo
- Bull's Eye
- Classic Café
- Exercise
- Five Pin Bowling
- Gateball
- Karaoke
- Keyboard
- Koto
- Lug a Mug
- Mah Jong
- Matinee Movie
- Mixed Choir
- Momiji Club
- Move & Groove
- Noah's Ark - Pet •
- Therapy
- Odori
- Oshare Craft
- Outings
- Shigin
- Singalong
- Special Events

**To join, please contact the Elderly Persons Centre Coordinator: (416) 261- 6683 ext. 248.**



# REGISTRATION FORM (Please print)

Please note: The Annual membership fee is now **optional** for students in the education classes! However, if you would like to continue to support Momiji, a donation will be welcomed and appreciated.

Name: Mr./Mrs./Ms. \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: (Res.) \_\_\_\_\_ (Cell) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_  
( M M / D D / Y Y ) **\*\*I consent to correspondence via E-mail\*\***

I prefer a brochure:  Mailed to me  Viewed online at [www.momiji.on.ca](http://www.momiji.on.ca)

## Person To Notify In Case of Emergency

Name: \_\_\_\_\_

Phone: (Res.) \_\_\_\_\_ (Cell) \_\_\_\_\_

### Name of Course(s)

### Cost

1. \_\_\_\_\_ \$ \_\_\_\_\_

2. \_\_\_\_\_ \$ \_\_\_\_\_

3. \_\_\_\_\_ \$ \_\_\_\_\_

4. \_\_\_\_\_ \$ \_\_\_\_\_

Membership # \_\_\_\_\_ Membership Fee \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_

## OFFICE USE ONLY:

Cash Paid/Initials \_\_\_\_\_ Cheq#/Amt \_\_\_\_\_ M/C; Visa; Debit Amt. \_\_\_\_\_

If mailing your registration, please ensure sufficient time for delivery as registrations are processed on a **first-come first-served** basis.

Make your cheque payable to: **Momiji Health Care Society**

**IT IS IMPERATIVE THAT FITNESS PARTICIPANTS AND THOSE WITH HEALTH ISSUES CHECK WITH THEIR DOCTOR TO ENSURE ONE'S HEALTH AND SAFETY ARE NOT AT RISK.**

### Waiver of Responsibility: (signature required)

I hereby release Momiji Centre, Momiji Seniors Centre, Momiji Health Care Society, Momiji Seniors Residences, Momiji Board of Directors, Staff, Instructors and Volunteers from damages or losses resulting from any accidents or injuries that are caused by or arise from my participation during or while in attendance in the facility.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# MOMIJI COMMUNITY BAZAAR

will be held on

**Saturday, March 24, 2018**

**12:00 noon - 3:30 p.m.**

*Fab Finds including:*  
Japanese Wares • Collectibles • Jewellery  
Pink Elephant • Garage Sale • Books  
Take-home & Eat-in Treats • Silent Auction • Quilt Raffle



## Momiji Health Care Society

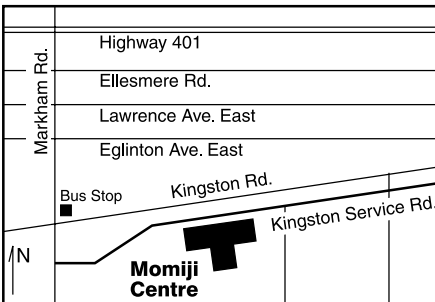
*Respect, dignity and independence for our seniors*

### Vision

Momiji commits to serve our seniors in our community with excellence.

### Mission Statement

Momiji Health Care Society is a not-for-profit charitable organization whose objective is to assist seniors, primarily of Japanese Canadian descent, to live independently in their own homes as long as possible by arranging for services. When needed, Momiji will assist individuals in finding appropriate accommodation, and services to maximize their independence, health, and personal growth, where the seniors can enjoy an enriched quality of life.



Not to Scale

### Momiji Centre

3555 Kingston Road  
Scarborough ON M1M 3W4

Phone: **416.261.6683**

Fax: **416.261.9384**

Email: **info@momiji.on.ca**

Web: **www.momiji.on.ca**



## MOMIJI SPRING 2018 Workshops & Information

If you would like to register for a workshop or class, or have any questions, please contact 416-261-6683 ext. 242.

**PLEASE NOTE: A minimum number of students must be registered, with payment, at least one week prior to the first class for a course/workshop to run. Full refund will be issued to those registered in classes cancelled due to low enrollment. Under special circumstances, a refund may be considered if the request is made no later than ONE WEEK PRIOR to the workshop. A \$10 administrative fee will be deducted.**

\*\*\*\*\***ART**\*\*\*\*\*

### WATERCOLOUR PAINTING ON TERRA-SKIN: Subject Flowers

(For Beginner & Intermediate Artists)

**Instructor:** Melinda Calway

This will be a **fun** and freeing workshop designed for something a little different ... an opportunity to try **or** gain more experience using this unique type of paper for watercolour. The colours are vibrant and the finish is amazing. But most importantly it's fun!

**Materials List:** your usual watercolour supplies. Terra-skin and image will be supplied.

**Materials Fee:** Under \$5

**Sun. May 6, '18** 10:00am-4:00pm

**Registration Fee:** \$65

### DRAWING & SHADING A ROSE

(For Beginner & Intermediate Artists)

**Instructor:** Melinda Calway

A Rose is a tricky flower to draw and shade without getting lost in the petals and be totally frustrated. You're not alone. Come learn what to look for and draw it in a studio setting with the assistance of an instructor. And, it's good to learn how to draw it if you hope to paint it one day!

**Materials List:** your usual Drawing supplies (pencils & erasers) - 7"x11" artist quality piece of **Hot Press** watercolour paper (Arches, Curry's, Winsor Newton, etc. - (the Instructor will have some of this paper available for purchase)

**Material Fee:** Approx. \$2

**Sat. May 12, '18** 10:00am-4:00pm

**Registration Fee:** \$65

### PAINTING A VENICE GONDOLA SCENE -Watercolour

(For Beginner & Intermediate Artists)

**Instructor:** Melinda Calway

Come paint a lovely scene from one of the most romantic cities in the world. Learn to paint water, reflections, and other components of this fun composition.

**Materials List:** your usual watercolour supplies- 7"x11" artist quality **Cold Press** watercolour paper (Arches, Curry's, Winsor Newton, etc. - (the Instructor will have some of this paper available for purchase), a **Plastic** board to tape your watercolour paper to, Green painters tape.

**Material Fee:** Approx. \$2

**Sun. May 20, '18** 10:00am-4:00pm

**Registration Fee:** \$65

### DRAWING A SELF-PORTRAIT WITH A TWIST

(For Beginner & Intermediate Artists)

**Instructor:** Melinda Calway

Learn to draw a simple self-portrait and put a little more of you into it. Examine who you are and what is important to you ... include this in your drawing. Do it all with the guidance of an instructor.

**Materials List:** your usual Drawing supplies (pencils & erasers)- 7"x11" artist quality piece of **Hot Press** watercolour paper (Arches, Curry's, Winsor Newton, etc.- (the Instructor will have some of this paper available for purchase)

**Material Fee:** Approx. \$2

**Sat. June 9, '18** 10:00am-4:00pm

**Registration Fee:** \$65

## MOMIJI SPRING 2018 Workshops & Information

If you would like to register for a workshop or class, or have any questions, please contact 416-261-6683 ext. 242.

**PLEASE NOTE: A minimum number of students must be registered, with payment, at least one week prior to the first class for a course/workshop to run. Full refund will be issued to those registered in classes cancelled due to low enrollment. Under special circumstances, a refund may be considered if the request is made no later than ONE WEEK PRIOR to the workshop. A \$10 administrative fee will be deducted.**

### \*\*\*\*\*GENERAL INTEREST\*\*\*\*\*

#### **SCRUMPTIOUS SCONES**

**Instructor:** Irene Sakata

Learn the technique for making delicious scones to accompany soups or stews or as a treat with tea and coffee. Participants will prepare one savoury recipe and one sweet. Each one should yield about 3 dozen scones. Once the liquid ingredients are added to the dry, the dough should be baked as soon as possible. Butter is used for both recipes but shortening can be substituted. Please advise the instructor when registering whether butter or shortening is preferred. A list of equipment to bring from home will be provided. If participants are unsure about the equipment, extras will be available in class.

**Materials fee:** \$25

**Sat., April 21, '18** 10:00am-12:30pm

**Registration Fee:** \$30

### \*\*\*\*\*ART\*\*\*\*\*

#### **IRIS FOLD KIMONO DOLL CARDS – Part 4**

**Instructor:** Irene Sakata

This is fourth in the series of workshops using a technique called "Iris Folding" to create Kimono Doll Cards. There are 2 new patterns: # 7 and # 8. Using various origami and other foldable papers, participants will use a frame in the shape of a kimono, tape the folded papers on the frame following a pattern and then attach the completed design to a card. The instructor will prepare kits in a variety of colours and designs. The kits include a pre-cut frame, paper, card, envelope and any embellishments. Everything needed to complete the cards is provided. Scissors are included but if you are left-handed or have a favourite pair, please bring them with you.

**Materials fee:** \$26

**Sat., June 16, '18** 10:00am-12:30pm

**Registration Fee:** \$30

#### **NEWS FROM MOMIJI'S EDUCATION DEPARTMENT**

After a year long hiatus, **Tai Chi** had returned this past Winter 2018 semester. With Doug Nettleton teaching the classes, our dedicated students were able to resume their weekly regimen of stretching, posing and balancing. New comers are always welcome to join.

**Pilates** has also recently started up again. Core strengthening will help the rest of your body balance and function properly. You will learn how to control your body and will develop endurance through a specific routine of exercises. Everyone, at any level of ability, will benefit from this class.

**Active Again Exercise for Everyone** started this Spring 2018 semester. If you enjoy working out with movements to the music, this class is for you.

Coming in the **Fall 2018** semester, a **Japanese Basic –Intermediate** class will also be offered. No matter what level you are learning at, there will be a class agenda that is suitable for you: beginner, intermediate or advanced. The small class setting is (relatively) stress free and the atmosphere welcoming. There is a lot to learn, so come and get started.

## MOMIJI SUMMER 2018 Workshops & Information

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### **THE WORLD OF ART -Watercolour Painting**

**Instructor: Art Cunanan**

Experience the joy of connecting with your natural artistic skills. Join Art Cunanan's thoughtful and expressive workshops where you will learn about composition, colour and light theory while painting landscapes and city scenes and more. Both demonstration and critique will be used to help improve your painting techniques in this enlightening 3 day watercolour workshop. For all levels of expertise.

**Tues., July 24, Wed., July 25, Thurs., July 26, '18 (3 days)**

10:00am-4:00pm

**Registration Fee: \$195**

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### **BOOTCAMP FOR WATERCOLOUR PAINTING**

**Instructor: Hi-Sook Barker**

This 3-day watercolour painting workshop will be led by a highly qualified art professional who knows the drill. She will take you on a mission to hone your basic art skills and then have you take command of your artistic intuitiveness. With a focus on landscapes (and more), you will take on the wonderful world of impressionism: light, loose and transparent. For these three days, you will definitely be in "the zone".

**Wed., Aug. 22, Thurs., Aug. 23, Fri., Aug. 24, '18 (3 days)**

10:00am-4:00pm

**Registration Fee: \$195**

**Registration Fee per day: \$75**

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## MOMIJI SUMMER 2018 Workshops & Information

### PORTRAITS IN MORE DETAIL WORKSHOP

**Instructor: Debra Bannister**

This workshop will focus on analyzing, drawing and painting the finer anatomical features and artistic aspects of a facial portrait as well as the more creative side of expressing that person's personality. We will examine the effects of aging from youth to mature person, how this changes our features and how we express this in our paintings. There will also be some discussion about placing people in portraits and larger settings. Participants will be working from photos and other drawings in the workshop. Participants are encouraged to bring a variety of photos (young to older) e.g. daughter, son, grandchild, husband or wife, friend or a famous celebrity that they would like to analyze, draw and paint in this workshop. Photo sizes recommended: 5x7 to 8x10. Larger photos make it easier to analyze fine anatomical features. A supply list will be sent out in August to participants attending this workshop.

**Wed., Aug 29, Thurs., Aug. 30,'18 (2 days)**

10:00am-4:00pm

**Registration Fee:** \$130

### STRETCH AND STRENGTHEN + YOGA

**Instructor: Junko Hammond**

These classes will begin with a warm up of a combination of Tai-chi, Pilates and Yoga mixed together where long, flowing movements are practiced. You will learn how to relax your muscles, keep joints healthy and strengthen your body by using your own body weight –it is safe and proportion perfect. You will then learn “how to get to” basic yoga poses, and with a few modifications, you can practice according to your level and flexibility. Good health also involves knowing the importance of having good balancing abilities. You will be taught proper posture through feet and ankle joint exercises. Very quickly, you will notice improvement in your posture, your range of motion and you will feel energized and rebalanced.

**Tuesdays, 10:00am – 11:00am**

June 19 – July 31, '18 (7 classes)

**Fees:** Adults: \$70 / Seniors: \$60

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