



Creative Seniors

(formerly Learning from the Roots)

funded by



Are you a senior 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 in collaboration with On the Wings of Artisans Coop., is funded by the Federal New Horizons for Seniors Program. The project provides seniors (55+) with opportunities to learn or perfect creative skills. Seniors can also share their particular skills and talents with others. A variety of programs are available and are guided by spirited and enthusiastic facilitators. The 2013 winter session will soon get underway so don't miss your chance to sign up.

Registration Information

Registration takes place on **Tuesday, January 15th from 10:00 AM until 2:00 PM** at the Heritage Social Club, 503 Cedar, Deux-Montagnes, Quebec, J7R 1H1. Let the fun begin as you mingle with fellow seniors, share a refreshment and snack, while selecting and signing up for the program(s) that interest you.

Most programs will last for a 10 week period and will start on or around January 21st and end during the week of March 17th. 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.

Available Programs

Forever Young Senior Theatre Group

We are a group of theatre lovers ranging from seasoned veterans to stage struck beginners. Join this active and vibrant 50+/inter-generational group that will present staged productions throughout the year. Learning and working with a theatre group builds confidence and provides opportunities to meet and form relationships with a "cast" of dynamic and talented people. Three classes are being offered this winter. You may join one, two or all three classes.

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

Cost Details:

Classes are \$30.00 each. Sign up for two or more classes at a discounted rate of \$50.00. Take advantage of our family rate of \$75.00 for couples signing up for 2 or more classes.

Class one - Broadway Song and Dance

Monday 9:00 to 11:00 AM

Broadway dance is a combination of easy jazz, tap and modern dance, which improves co-ordination, strength and flexibility. Join us in discovering the basics of musical theatre that will culminate with your participation in a variety show. Develop new skills and techniques while learning songs and dances. This course is open to all skill levels, even if you have never sung or danced before. If you have the desire to learn something new and have a passion for performing, this class is for you. This troupe may tour senior residences and perform at community and special events.

Class two - Skits and Sketches

Monday 11:30 AM to 1:00 PM

Develop acting skills while learning to perform skits and sketches. This course is open to all skill levels. This troupe may tour senior residences and perform at community and special events.

Class three - Theatre Productions and Reader's Theatre

Monday 1:30 to 3:30 PM (times to be adjusted as required)

Learn the various elements of theatre including acting, staging and behind the scenes work (sound, lighting, costume makeup, props, publicity, etc...). We will also explore Reader's Theatre, where actors read from scripts and use vocal expression to tell a story rather than make use of costumes and elaborate sets. As we get closer to a performance, rehearsals will increase as required.

Information about the facilitators:

Valerie is a director choreographer, member of the Dance Educators America and two time winner of the New York University's SUNY Theatre Award.

Heather is a dynamic former school teacher who has been involved in over 30 productions ranging from revues to Shakespeare.

Exercises for Independent Living

Tuesdays & Thursdays 9:30 to 11:30 AM (10 week session)

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

Phone: 450-473-5985

Cost: \$30.00 for one class per week or \$60.00 for two classes per week

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.

Circle of Learning

Monday 1:00 to 3:00 PM

Facilitator: Myrna Goyetche

Phone: 450-472-8601

Cost: \$25.00

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

Hand-Crafted Pottery

Tuesday 1:00 to 3:00 PM

Facilitator: Viviane Godon

Phone: 450-623-3765

Cost: \$30.00 (additional cost for firing)

Designed for those interested in experimenting with clay for fun and relaxation. Learn the simple techniques of pinching pots, making slabs and coil. Explore decorating techniques such as slips, under glazes and glazes. Learn to add texture and drawing to give your pieces that polished finish.

Wacky Wednesdays

Wednesday 1:00 to 3:00 PM (the 1st, 2nd and 4th Wednesday of every month)

Facilitator: Various

Cost: \$30.00

You will be guided through a host of activities that will challenge your imagination and foster your artistic expression. The winter program will include activities such as painting on wood, a card making session, Chinese painting, and jewelry making. Towards the end of the session, the class will enjoy an enriching experience as they support the theatre group by building and painting props for the 2013 spring extravaganza. Your ideas for other projects that may interest the class are always welcome.

Woodcarving

Thursday: 1:00 - 3:00 PM

Facilitator: François Labelle

Phone: 450-258-3310

Cost: \$20.00

A class to tickle the fancy of the men in the community and the ladies are also welcome. Carve and sculpt wood creating memorable artistic pieces. Learn the tools of the trade guided by François who is anxious to share his passion for this art form.

Fun with Fabric

Thursday 1:00 to 2:30 PM

Facilitator: Darlene Gargul

Phone: 450-472-6292

Cost: \$30.00

If you have long wanted to learn how to use a variety of fabrics to create artistic and functional items such as pillows, quilts and wall art, join us to learn how to paint on fabric and with fabric. Dabble in traditional forms of needlework such as applique, patchwork, and trapunto. Learn the basics of knitting and felting wool and how it can be used. No experience in sewing or knitting is required but access to a sewing machine would be an asset. Examples of some of the products that can be created will be available for viewing at registration.

Weekly Luncheons

Lunches will continue to be served at The Heritage Social Club on the 1st, 2nd and 4th Wednesday of every month at a cost of \$5.00 per person. As well as tantalizing your taste buds, we will titillate your mind with several "Lunch and Learn" themed luncheons.

Join us, be entertained and expand your horizons at these Lunch and Learns!

Wednesday, January 23rd - **A Caribbean Travelogue**

Wednesday, February 27th - **The Spices of Life**

Wednesday, March 13th - **Irish Sing-a-Long**

Wednesday, March 27th - **Genealogy**

and...

Attend the winter program closing lunch on **Wednesday, April 3rd** where the menu is a surprise.

(A complete listing of menus will be available at registration on January 15th)

Limited seating is available for each lunch. You can guarantee your seat at the table by participating in our prepayment plan. Be sure to ask for more information at the luncheon registration station on January 15th.