

CREATIVE ARTS

Write Your Personal Memoir

Everyone has a unique story to tell and memoir is the fastest growing form of literature today. Learn where to begin, what experiences to choose, and how to start writing. Turn your personal experiences into a story. Our instructor is the author of four books and teaches writing workshops throughout BC.

Sunday | Sept 29 | 1:00 pm - 5:00 pm
1/\$50 | Code: 78771
Instructor: Suzanne Anderson

You've Written a Book – Now What?

You have written a book and are ready to have it published - this workshop will show you the steps to finding a publisher and how to query them. You will also learn how to self-publish your own book. There will be lots of handouts. Our instructor is the author of four books and teaches writing workshops throughout BC.

Sunday | Oct 6 | 9:00 am - 4:00 pm
1/\$75 | Code: 78770
Instructor: Suzanne Anderson

Witch's Hat & Broom

Come create a unique witch's hat and broom. All materials supplied. You will have options to make your creation truly one of a kind. Bring a friend and join us!

Saturday | Oct 5 | 9:00 am - 12:00 pm
1/\$70 | Code: 79195
Instructor: Connie Smith

Wednesday | Oct 9 | 6:00 pm - 9:00 pm
1/\$70 | Code: 79196
Instructor: Connie Smith

Introduction to Oil Painting

If you have experience in another medium such as acrylic or water colours and would like to explore oil painting, this course is for you. Learn about materials and how to use them. We won't use any of the unpleasant solvents that are typically associated with oil painting.

Thursdays | 9:30 am - 11:30 am
Oct 10 - 31 | 4/\$85 | Code: 79208
Instructor: Roger Jackson

Acrylic & Oil Painting: Continuing the Journey

This course is for anyone who paints in either acrylic or oil and focuses on basic aspects of painting: perspective, composition, light and shadow.

Thursdays | 9:30 am - 11:30 am
Nov 7 - 28 | 4/\$85 | Code: 79209
Instructor: Roger Jackson

The Basics of Drawing

Explore our instructor's heart-led methods in this supportive, passion-driven workshop. Get guidance in basic sketching, expressive linework, and valuable self-critique, for the subject of your choice. Designed for beginner to intermediate artists.

Thursday | Oct 17 | 1:00 pm - 4:00 pm
1/\$54 | Code: 79126
Thursday | Nov 7 | 1:00 pm - 4:00 pm
1/\$54 | Code: 79817
Instructor: Penny Boden

Ukulele Beyond the Basics

We will introduce ideas and songs to help raise your playing to the next level. With study sheets and tunes to practice at home, you can build your skills and confidence. Bring your ukuleles, ideas, and smiles.

Thursdays | 1:00 pm - 2:00 pm
Oct 17 - Nov 21 | 6/&75 | Code: 80008
Instructor: Laura Circle

Paint Night

Paint a beautiful landscape picture with the Northern Lights on a primed, stapled 11"x14" canvas. Learn how to paint the Northern Lights and trees. All supplies included, as well as easy to follow instructions.

Wednesday | Dec 4 | 6:00 pm - 8:00 pm
1/\$60 | Code: 79187
Instructor: Island Girls

Miniature Live Christmas Tree

These miniature trees are made with fresh greens and make a great centerpiece, or a substitute for a large tree. Please bring miniature decorations such as pompoms, stars, battery operated string lights, mini ornaments, etc. to make your tree your own.

Thursday | Dec 12 | 1:00 pm - 3:30 pm
1/\$40 | Code: 79197
Instructor: Connie Smith

Thursday | Dec 12 | 6:00 pm - 8:30 pm
1/\$40 | Code: 79198
Instructor: Connie Smith

COWICHAN COMMUNITY CENTRE

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COWICHAN COMMUNITY CENTRE



ADULT GENERAL INTEREST



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DANCE / MOVEMENT

Social Ballroom Dance Level 1

Join this introductory level dance class that will explore the world of modern ballroom, Latin and swing couple dancing. Please sign up with a partner.

Thursdays | 7:00 pm - 7:55 pm
Sept 26 - Dec 5 | 10/\$137 | Code: 75382
Instructor: E & R Ballroom Dance
No session Nov 14

Social Ballroom Dance Level 2

This class is designed for those who have completed our Social Ballroom Dance Level 1 (or equivalent). The focus is on the introduction of new Level 2 material, along with the relevant technique necessary to enable you to look and feel your best on the dance floor. Please sign up with a partner.

Thursdays | 8:05 pm - 9:00 pm
Sept 26 - Dec 5 | 10/\$137 | Code: 75383
Instructor: E & R Ballroom Dance
No session Nov 14

Social Ballroom Dance Level 3

This is the next step up after completion of Level 2. The main focus is the introduction of new Level 3 material. We will also continue to focus on technique to improve the overall quality and enjoyment of your dancing. Please sign up with a partner.

Tuesdays | 7:00 pm - 7:55 pm
Sept 24 - Dec 3 | 10/\$137 | Code: 75381
Instructor: E & R Ballroom Dance
No session Nov 12

Social Ballroom Dance Pre-Bronze

This class follows the completion of Social Ballroom Dance Level 3. In addition to learning new figures, we will continue to focus on improving the overall quality of our dancing. Samba and quickstep will also be introduced. Please sign up with a partner.

Tuesdays | 8:05 pm - 9:00 pm
Sept 24 - Dec 3 | 10/\$137 | Code: 75384
Instructor: E & R Ballroom Dance
No session Nov 12

Zumba Gold

Zumba® Gold is a lower-intensity version of the typical Zumba® class and was designed to meet the anatomical, physiological and psychological needs of seniors, but it is also a great introduction for people brand new to Zumba® or those that require a slower and modified version.

Wednesdays | 4:00 pm - 4:45 pm
Sept 25 - Oct 30 | 6/\$78 | Code: 78940
Instructor: Izmet Barranco

BollyX

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with world music. It's cardio workout cycles between high and low-intensity dance sequences to get you moving, sweating, and smiling.

Wednesdays | 5:00 pm - 6:00 pm
Sept 25 - Oct 30 | 6/\$78 | Code: 78945
Nov 6 - Dec 11 | 6/\$78 | Code: 78946
Instructor: Izmet Barranco

Adult Tap Dance

Tap is a great class for exercising the mind and body. All skill levels are welcome in this class.

Fridays | 11:15 am - 12:00 pm
Oct 4 - Nov 29 | 8/\$100 | Code: 78846
Instructor: Ricki-Lee Allison
No session Oct 25

GARDENING

Introduction to Soil Biology Part 1

Participants will learn what the soil food web is, why it is important, and gain an understanding of the different types of biology, what they do and how to recognize them. We will also learn about thermophilic composting and the Johnson-Su Method, and practical tips for home composting. Participants are invited to bring in soil and compost samples to see what is currently living in their soil on the big screen.

Wednesdays | 7:00 pm - 8:30 pm
Nov 7 - 21 | 3/\$85 | Code: 79129
Instructor: Amy Luck-MacGregor

Introduction to Soil Biology Part 2

These sessions are for people who have completed Introduction to Soil Biology Part 1. We will build on knowledge gained so far and teach you how to turn your microbially diverse composts into liquid extracts and teas to restore soil biology both above and below ground. We will cover a variety of extraction, storage and application methods.

Thursdays | 7:00 pm - 8:30 pm
Nov 28 - Dec 5 | 2/\$56 | Code: 79130
Instructor: Amy Luck-MacGregor

See our Arena, Adult Sports, Adult General Interest, and Adult Wellness Flyers for more great programs



LANGUAGES

Beginner Spanish

This class is based on and geared to short conversations and basic vocabulary to help you communicate when in a Spanish speaking country. Emphasis will be on proper pronunciation and you will learn to use vocabulary and grammar for different situations. Please bring a notebook and a pen.

Tuesdays | Oct 8 - Nov 12
10:30 am - 12:00 pm | 6/\$80 | Code: 78768
6:00 pm - 7:30 pm | 6/\$80 | Code: 78769
Instructor: Miriam Beechey

Beginner Spanish 2

If you know some Spanish or have taken the Beginner Spanish class with us then this class is for you. It is geared to expand the short conversations and vocabulary that you previously learned. Emphasis will be on proper pronunciation and you will learn to use vocabulary and grammar in different situations. Please bring a notebook and a pen.

Mondays | 6:00 pm - 7:30 pm
Oct 7 - Nov 25 | 6/\$80 | Code: 78767
Instructor: Miriam Beechey
No session Oct 14, Nov 11