

## 50 PLUS PROGRAMS

A **Wellness Pass** is required to access these programs. All programs are at the Welland Community Wellness Complex. Registration information and form on pages 9-12.

### ❖ADVANCING TECHNOLOGY❖

#### Creative Digital Photography

The days of film photography are fast becoming a memory. Learn the basic operation of your digital camera. This course is designed for beginners: how to operate and get the best possible images from your camera; basic editing; emailing your photos to friends and family; downloading and printing your favourite images and even preparing slideshows. Participants will learn and enjoy the entire process. Minimal computer skills are required, but a working knowledge of the Windows operating system will be most beneficial.

Mar 20 - Apr 10 (4 classes)  
Tuesday 10:00 AM - 12:00 PM  
Fee: \$38.00 \$44.00 Non-resident

Jun 26 - Jul 17 (4 classes)  
Tuesday 10:00 AM - 12:00 PM  
Fee: \$38.00 \$44.00 Non-resident

#### Computer Basics Beginners Level 1

This introductory course is designed for those interested in learning to use a personal computer. Students will be given "hands on" instruction in the use of basic components such as the mouse and the keyboard and how to use the Windows 7 operating system on our new computers. Additionally students will be

#### Computer Basics Beg. Level 1, cont.

taught how to use the internet for a variety of purposes and how to make use of an email program effectively. All users will be required to obtain a free online email account using either Hotmail, Gmail or Yahoo mail.

Mar 21 - May 9 (8 classes)  
Wednesday 9:30 AM - 11:30 AM  
Fee: \$57.00 \$62.00 Non-resident

Jun 27 - Aug 15 (8 classes)  
Wednesday 9:30 AM - 11:30 AM  
Fee: \$57.00 \$62.00 Non-resident

#### Computers Basics - Intermediate Level 2

This is a continuation of Level 1 for Beginners or for someone who has had some recent experience in using a computer and wants to expand their knowledge. This course not only demonstrates the computer's potential as a personal tool, but the basics of keeping it safe, and operating efficiently. Included will be "hands on" practice to develop your own expertise and self confidence in using computers. Instruction also includes more advanced use of Windows 7 and previous operating systems, internet software and email programs, the basics of digital photography and audio/video management using Windows Media Player. Also included is instruction in social networking programs such as Facebook, Twitter, Skype and MSN Messenger.

Mar 21 - May 9 (8 classes)  
Wednesday 1:00 PM - 3:00 PM  
Fee: \$57.00 \$62.00 Non-resident

Jun 27 - Aug 15 (8 classes)  
Wednesday 1:00 PM - 3:00 PM  
Fee: \$57.00 \$62.00 Non-resident

## Intergenerational Computer Literacy Program

This is a computer mentoring class designed to bring youth and the older adult together. One-to-one mentoring is provided by volunteer students for basic e-mail and surfing the web. Self-paced learning for any level of computer proficiency, newcomers also welcome. Pre-registration is required to be placed together with a student volunteer.

Spring Session

Mar 19 - Jun 10

Fee: Free with Wellness Pass  
(Pre-registration required)

Summer Session

Jun 25 - Sep 2

Fee: Free with Wellness Pass  
(Pre-registration required)

**(Program subject to Volunteer availability)**

Computer Club meetings  
see page 73

## ❖ARTS & CULTURE❖

### Acrylic Painting Classes

Welcome to the exciting world of acrylic painting for beginners and semi-intermediate painters. Learn techniques, colour mixing, composition and design and discover the mediums amazing flexibility. A class list of supplies will be provided.

Mar 20 - May 15 (9 classes)

Tuesday 9:00 AM - 12:00 PM

Fee: \$66.00 \$72.00 Non-resident

## Line Dancing

Line Dancing is more than just country. Folks are tapping to all kinds of music including the Cha Cha, Tango and Waltz. It's an all around excellent way to stay fit. Line Dancing helps keep your memory in good working order and committed to your fitness in a social way. No partner or previous experience is required to enjoy this favourite form of dancing. Come out for some fun and fitness.

### BEGINNERS

Mar 20 - May 22 (10 classes)

Tuesday 1:15 PM - 2:45 PM

Fee: \$37.00 \$43.00 Non-resident

Jun 26 - Aug 14 (8 classes)

Tuesday 1:15 PM - 2:45 PM

Fee: \$30.00 \$36.00 Non-resident

### ADVANCED

Mar 21 - May 23 (10 classes)

Wednesday 1:15 PM - 2:45 PM

Fee: \$37.00 \$43.00 Non-resident

Jun 27 - Aug 15 (8 classes)

Wednesday 1:15 PM - 2:45 PM

Fee: \$30.00 \$36.00 Non-resident

## Watercolours

Discover the delights and challenges of watercolours. This friendly course introduces the exciting possibilities of this medium through colour mixing and paint application, while exploring a sense of subject matter. You will enjoy this 3 hour class. A list of program supplies will be available at time of registration.

Mar 19 - May 28 (9 classes)

Monday 9:00 AM - 12:00 PM

No Class: Apr 9

Fee: \$66.00 \$72.00 Non-resident

Mar 19 - May 28 (9 classes)

Monday 1:00 PM - 4:00 PM

No Class: Apr 9

Fee: \$66.00 \$72.00 Non-resident

## ❖FITNESS❖

### 50 Going on 30

A program designed for older adults, is full of basic body movements with minimal equipment. when you visit various workout stations it gets the body moving and increases a range of motion without stressing the joints.

Mar 21 - Jun 6 (12 classes)  
Wednesday 1:30 PM - 2:30 PM  
Fee: \$40.00 \$46.00 Non-resident

Jun 27 - Aug 29 (10 classes)  
Wednesday 1:30 PM - 2:30 PM  
Fee: \$34.00 \$39.00 Non-resident

### Low Impact Aerobics & Toning

This class is for those who want to exercise with easy to follow choreography. The cardiovascular portion is set to slower music and contains no jumping. A toning segment and relaxing stretches complete this fun work out. This is a safe cardio and strengthening program for people 50+. Participants will be using dynabands and tubing, which can be purchased from the instructor. Hand weights are provided.

Mar 22 - Jun 7 (12 classes)  
Thursday 8:30 AM - 9:30 AM  
Fee: \$33.00 \$39.00 Non-resident

Jun 28 - Aug 30 (10 classes)  
Thursday 8:30 AM - 9:30 AM  
Fee: \$28.00 \$34.00 Non-resident

### Tai Chi to Improve Motion

A NEW programme of exercises (related to Tai Chi) for Seniors who have limited range of movements. These exercises will include series of slow, gentle, relaxing stretches. The aim will be to increase mobility, flexibility, and strength, while reducing stress and pain. Please wear loose comfortable clothes. Most exercises will be done from a sitting position.

Mar 20 - Jun 5 (12 classes)  
Tuesday 11:15 AM - 12:15 PM  
Fee: \$29.00 \$35.00 Non-resident

Jun 26 - Aug 28 (10 classes)  
Tuesday 11:15 AM - 12:15 PM  
Fee: \$25.00 \$31.00 Non-resident

### Tone & Fit - Beginner

Are you ready to take the first step towards a stronger leaner you? This program is created for beginners, or for those who have been away from the gym for a while. Don't be shy, come and join us for a fun and gentle work out at your own pace. A dynaband and a sponge ball will be used, which can be purchased at the first class. Light weights are provided.

Mar 19 - Jun 11 (11 classes)  
Monday 10:30 AM - 11:30 AM  
No Class: Apr 9 & May 21  
Fee: \$31.00 \$36.00 Non-resident

Mar 21 - Jun 6 (12 classes)  
Wednesday 11:45 AM - 12:45 PM  
Fee: \$33.00 \$39.00 Non-resident

Jun 25 - Aug 27 (8 classes)  
Monday 10:30 AM - 11:30 AM  
No Classes: Jul 2 & Aug 6  
Fee: \$23.00 \$29.00 Non-resident

Jun 27 - Aug 29 (10 classes)  
Wednesday 11:45 AM - 12:45 PM  
Fee: \$28.00 \$34.00 Non-resident

## Tone & Fit - Intermediate

This class will focus on toning and strengthening all the major muscle groups in the body. Emphasis will be placed on the proper use of hand weights, tubing and dynabands. The class includes a brief cardio warm up segment and effective stretches to enhance flexibility. Participants will be using dynabands and tubing. Light weights are provided.

Mar 19 - Jun 11 (11 classes)  
Monday 8:30 AM - 9:30 AM  
No Class: Apr 9 & May 21  
Fee: \$31.00 \$36.00 Non-resident

Jun 25 - Aug 27 (8 classes)  
Monday 8:30 AM - 9:30 AM  
No Classes: Jul 2 & Aug 6  
Fee: \$23.00 \$29.00 Non-resident

## Tone & Fit - Advanced

Want a total body workout? Join this class for advanced exercises that will focus on the major muscles in the body. Hand weights, tubing and dynabands will be used to increase muscle strength and endurance. Participants must be able to get down on the floor as mat work will be a large part of this class. Tubing and dynabands will be used in the class which may be purchased from the instructor. Hand weights are provided.

Mar 21 - Jun 6 (12 classes)  
Wednesday 8:30 AM - 9:30 AM  
Fee: \$33.00 \$39.00 Non-resident

Jun 27 - Aug 29 (10 classes)  
Wednesday 8:30 AM - 9:30 AM  
Fee: \$28.00 \$34.00 Non-resident

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## Zumba Gold

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

Mar 20 - Jun 5 (12 classes)  
Tuesday 11:45 AM - 12:45 PM  
Fee: \$41.00 \$47.00 Non-resident

Mar 20 - Jun 5 (12 classes)  
Tuesday 1:00 PM - 2:00 PM  
Fee: \$41.00 \$47.00 Non-resident

Mar 22 - Jun 7 (12 classes)  
Thursday 1:30 PM - 2:30 PM  
Fee: \$41.00 \$47.00 Non-resident

Mar 22 - Jun 7 (12 classes)  
Thursday 2:45 PM - 3:45 PM  
Fee: \$41.00 \$47.00 Non-resident

Jun 26 - Aug 28 (10 classes)  
Tuesday 11:45 AM - 12:45 PM  
Fee: \$35.00 \$40.00 Non-resident

Jun 26 - Aug 28 (10 classes)  
Tuesday 1:00 PM - 2:00 PM  
Fee: \$35.00 \$40.00 Non-resident

Jun 28 - Aug 30 (10 classes)  
Thursday 1:30 PM - 2:30 PM  
Fee: \$35.00 \$40.00 Non-resident

Jun 28 - Aug 30 (10 classes)  
Thursday 2:45 PM - 3:45 PM  
Fee: \$35.00 \$40.00 Non-resident

## ❖GENERAL INTEREST❖

### Mayor's Coffee Break



Mayor Barry Sharpe will be on hand to chat and answer your questions on local civic issues. Light refreshments will be served. Register for this free event at (905) 735-1700 ext. 4000.

May 8 (Seminar)  
Tuesday 10:45 AM - 12:00 PM  
Fee: Free (Pre-registration required for refreshments)

Aug 14 (Seminar)  
Tuesday 10:45 AM - 12:00 PM  
Fee: Free (Pre-registration required for refreshments)

### INCOME TAX CLINICS

**\*FREE\*** to all those who qualify  
Tuesday, April 3, 2012  
9 am-4 pm  
OR Tuesday April 17th, 2012  
9 am-4 pm  
Brought to you by the CCRA  
(Canada Customs and Revenue Agency)

\*Qualifications:

- 2011 Taxation Year ONLY
- Single person annual income must not exceed \$25,000.
- A married or Common Law combined annual income must not exceed \$30,000.
- NOT** included in this FREE service if you have Rental Income; Capital Gains, Foreign Income, Support, Partnership Income, Self-employment Income or Employment Expenses

**BOOK APPT. AT THE RECEPTION COUNTER**  
A WELLNESS PASS IS REQUIRED  
TO ACCESS THIS CLINIC

## ❖HEALTH & WELLBEING❖

### Tai Chi - Beginners Level I & II

Introduction to Tai Chi Yang Style adapted to seniors, consisting of a series of gentle, flowing movements.

Mar 20 - Jun 5 (12 classes)  
Tuesday 10:00 AM - 11:00 AM  
Fee: \$23.00 \$28.00 Non-resident

Jun 26 - Aug 28 (10 classes)  
Tuesday 10:00 AM - 11:00 AM  
Fee: \$19.00 \$25.00 Non-resident

### Tai Chi - Level III & IV

Review movements learned in Level I and II, with new instructions of the continuing Tai Chi set (108 movements). Introduction to Qi Qong, a health and energy practice with other relaxing techniques.

Mar 20 - Jun 5 (12 classes)  
Tuesday 9:00 AM - 10:00 AM  
Fee: \$23.00 \$28.00 Non-resident

Jun 26 - Aug 28 (10 classes)  
Tuesday 9:00 AM - 10:00 AM  
Fee: \$19.00 \$25.00 Non-resident

### Yoga

Work with your body and mind in a way that enhances increased health, well being and inner peace. Yoga also increases range of motion, joint mobility alleviates pain and reduces stress. This combined level class introduces beginners to basic poses and challenges more advanced students.

Mar 21 - Jun 6 (12 classes)  
Wednesday 9:45 AM - 11:15 AM  
Fee: \$60.00 \$65.00 Non-resident

Jun 27 - Aug 29 (10 classes)  
Wednesday 9:45 AM - 11:15 AM  
Fee: \$50.00 \$56.00