

CREATIVE ARTS

Writing Short Stories, Theatre & More

This series is for beginners and more advanced writers. Through a guided process, participants will have the opportunity to explore the literary world of short stories, poetry and novels. In a welcoming and caring environment, time will be dedicated to character's development, story telling canvas, author's study, sharing creations (according to everyone's comfort level), as well as constructive and inspiring feedback.

Tuesdays | Jan 14 - Feb 18 | 10:00 am - 1:00 pm
6/\$195 | Code: 87646
Instructor: Joëlle Boily

The Art of Theatre

In a safe and inspiring environment, you will embody diverse characters, explore and create a variety of roles. Through reading, writing and moving, you will approach different sides of acting and improvisation. No experience necessary. Laughter guaranteed.

Wednesdays | Jan 15 - Feb 19 | 2:30 - 4:30 pm
6/\$195 | Code: 87642
Instructor: Joëlle Boily

Introduction to Watercolours

This course is for those with limited or no experience with watercolours. Discover the unique delight and challenge of using this medium. Through colour mixing and paint application, you will be introduced to the variety and possibilities of watercolours. Supply list at the Ticket Centre.

Tuesdays | Feb 4 - 25 | 10:00 am - 12:30 pm
4/\$95 | Code: 87197
Instructor: Cim Macdonald

Drawing with Ink & Watercolour

Join us and learn how to draw with ink and a touch of watercolours.

Thursday | 1:00 - 4:00 pm
Feb 13 | 1/\$54 | Code: 87627
Mar 6 | 1/\$54 | Code: 87628
Instructor: Penny Boden

Creative Writing

This workshop will teach you point of view, narration, description, characters and dialogue. You will learn how to give your stories strong beginnings, believable conflict and satisfying endings.

Sunday | Mar 9 | 9:00 am - 4:00 pm
1/\$75 | Code: 87430
Instructor: Suzanne Anderson

Intro to Wire Wrapping Jewelry

In this immersive 3-hour workshop, you'll learn the basics of wire wrapping techniques for rings, pendants, and crystals. By the end of the class, you'll take home 7-10 stunning pieces that you've crafted yourself.

Sunday | Mar 2 | 11:00 am - 2:00 pm
1/\$150 | Code: 88469
Instructor: Alicia Meek

Rock Painting

Join this fun, self-directed activity for all levels. All supplies are included. Paint a small/medium rock freehand or use the images and templates provided.

Monday | Mar 31 | 1:00 - 3:00 pm
1/\$25 | Code: 87383
Instructor: Sandra-Faye Nagy

Painting with a Limited Palette

This class is for either acrylic or oil painting and is an opportunity to explore painting with a limited palette of only 4 colours.

Thursdays | Apr 3 - May 24 | 9:30 - 11:30 am
4/\$85 | Code: 87444
Instructor: Roger Jackson

Reckless Stitch | Ages 50+

Play with texture, colour and stitch to create a unique fabric collage or 3D artifact. All materials provided.

Thursday | May 8 | 1:00 - 3:30 pm
1/\$46 | Code: 87565
Instructor: Nora Ready

MUSIC

Beginner Guitar

Join this class for beginners with little or no experience. With practice, participants will be able to strum a few songs. Please bring your own guitar and a music stand if you have one.

Thursdays | Jan 30 - Mar 20
10:30 am - 12:00 pm | 8/\$112 | Code: 86870
6:30 - 8:00 pm | 8/\$112 | Code: 86871
Instructor: Brian Hicks

Beginner Ukulele | Ages 50+

Learn the basic ukulele chords, including strumming and the names of strings on the C ukulele. Please bring your own playable ukulele, paper and a pen.

Saturdays | Mar 15 - 29 | 10:00 am - 12:00 pm
3/\$42 | Code: 86637
Instructor: Al Lawrence

COWICHAN COMMUNITY CENTRE

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COWICHAN COMMUNITY CENTRE



ADULT GENERAL INTEREST



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DANCE

Social Ballroom Dance

Please sign up with a partner.
Instructor: E & R Ballroom Dance

Level 1

This class will explore the world of modern ballroom, Latin and swing couple dancing.

Jan 23 - Mar 27 | 10/\$137 | Code: 86764
Apr 17 - June 19 | 10/\$137 | Code: 86767

Level 2

This class is 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 technique necessary to enable you to look and feel your best on the dance floor.

Thursdays | 8:05 pm - 9:00 pm
Jan 23 - Mar 27 | 10/\$137 | Code: 86765
Apr 17 - June 19 | 10/\$137 | Code: 86768

Level 3

The main focus in this class 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.

Tuesdays | 7:00 pm - 7:55 pm
Jan 21 - Mar 25 | 10/\$137 | Code: 86762
Apr 15 - June 17 | 10/\$137 | Code: 86772

Pre-Bronze

This class follows Level 3. We will learn new figures, focus on improving the quality of our dancing and introduce Samba and Quickstep.

Tuesdays | 8:05 pm - 9:00 pm
Jan 21 - Mar 25 | 10/\$137 | Code: 86763
Apr 15 - June 17 | 10/\$137 | Code: 86773

Zumba Gold

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

Feb 5 - Mar 12 | 6/\$78 | Code: 87217
Mar 26 - Apr 30 | 6/\$78 | Code: 87219
Instructor: Izmet Barranco

BollyX

This Bollywood-inspired dance-fitness program combines dynamic choreography with world music. It's cardio workout of high and low-intensity dance sequences gets you moving, sweating, and smiling.

Wednesdays | 5:00 pm - 6:00 pm
Feb 5 - Mar 12 | 6/\$78 | Code: 87221
Mar 26 - Apr 30 | 6/\$78 | Code: 87222
Instructor: Izmet Barranco

Adult Tap Dance

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

Fridays | 11:15 am - 12:00 pm
Jan 10 - Feb 28 | 8/\$100 | Code: 87207
Apr 4 - May 30 | 8/\$100 | Code: 87210
Instructor: Ricki-Lee Allison
No session Apr 18

GENERAL INTEREST

Introduction to Generative AI

Explore Generative AI, applications and ethical considerations through hands-on projects. Some light homework will be assigned that will reinforce your learning.

Wednesdays | Jan 29 - Feb 12 | 6:30 - 8:00 pm
3/\$65 | Code: 87638
Presenter: Rosa Montgomery

Food Safe

This one-day course is designed for front line food service workers such as cooks, servers, bussers, dishwashers and deli workers. The course covers food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Requires a minimum of grade 8 reading level.

Saturday | Feb 1 | 8:30 am - 4:00 pm
1/\$99 | Code: 86779
Sunday | Apr 5 | 8:30 am - 4:00 pm
1/\$99 | Code: 87192
Instructor: Alert First Aid

Why Seniors Should Learn Computers | Ages 50+

This easy workshop will introduce you to computer essentials for using email, websites and social media. You do not need to bring a device to attend and you'll receive handouts.

Wednesday | Feb 12 | 1:00 - 2:30 pm
1/\$14 | Code: 88084
Presenter: Lori King

Take the Stress Out of Small Talk Ages 50+

Get some tips and tactics to make yourself more comfortable meeting people and enjoying conversation again.

Wednesday | Mar 12 | 10:00 - 11:30 am
1/\$14 | Code: 88185
Presenter: Lori King

Caleb Kroffat Memorial CPR/AED Training
Members of St. John Ambulance Brigade will be on-site to provide complimentary training in adult CPR and the use of AEDs. Training will be provided through a drop-in open house style format. Please note: No certificate will be issued.

Monday | Feb 17
12:00 - 3:00 pm
FREE Admission

FireSmart

The free FireSmart Program Home Ignition Assessment is available to homeowners through Emergency Management Cowichan (EMC). We will cover wildfire risks and mitigation, emergency planning, hazards to homes, response and recovery.

Thursday | Apr 2 | 10:00 - 11:00 am
1/\$6 | Code: 87422
Presenters: Sarah Jackman & Todd Carnahan

The Strategic Air War | Ages 50+

This series covers the strategic bombing campaign against Germany and Japan during World War 2. Please note: Imagery and descriptions will be used that may be disturbing to some people.

Tuesdays | Apr 22 - May 6 | 10:00 am - 12:00 pm
3/\$50 | Code: 87577
Presenter: Chris Comars

LANGUAGES

Beginner Spanish

This class is geared to short conversations and basic vocabulary to help you communicate when in a Spanish speaking country. Please bring a notebook and a pen.

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

Beginner Spanish 2

If you know some Spanish or have taken the Beginner Spanish then this class is for you. It is geared to expand the short conversations and vocabulary that you previously learned. Please bring a notebook and a pen.

Mondays | Jan 27 - Mar 10 | 6:00 pm - 7:30 pm
6/\$80 | Code: 87188
Instructor: Miriam Beechey
No session Feb 17