

Abstract Art, Colour and Composition

Expand your creativity through abstract art. Learn and apply the fundamentals of composition and color theory by experimenting with acrylic paint and mixed media and discover how to use color and your imagination for self-expression. Bring color to your life and celebrate yourself! **Materials not provided.**

Adult Jazz Ensemble

This advanced class is great for adults of all ages to play music with others in the context of a jazz band. Learn how to think like a Jazz musician in a class that covers a rich musical tradition with emphasis on the songs of the 1920's-1950's. feature the elements of a typical performance including; accompanying a soloist, improvising as soloist, creating introductions and cadenzas and trading 4' and 8' with other instruments. Students will perform and learn about swing along with Latin rhythms that are part of the music's heritage. Prerequisite: previous music experience and basic understanding of the instrument the student wishes. **Participants should be able to read easy to intermediate or advance melodies and scales; piano and guitar students should also be familiar with extended chords like: Cmaj7, Am7b5, Dm7, G7**

Archery

This program is designed to teach adults basic archery skills and techniques. Qualified Instructors introduce the fundamental skills of archery in a fun and safe environment. **All equipment is supplied.**

ART - Beyond the Brush Mixed Media & Collage

Join this course to learn more about using paints, papers and found objects in your art. Mixed media and collage afford tremendous opportunities for creative exploration and artistic growth. The principles of composition and design, surface, texture and conceptual work will be studied to guide you in your creative process. In-class demonstrations, gallery visits, class critiques are important components of the course. **Materials not included.**

ART - Drawing for the Terrified Beginner

This course is perfect for students just beginning to explore making art. Artist Glenn Bernabe introduces the fundamentals of form, perspective, proportion, contour and composition. Students will be introduced to conté, charcoal and ink through simple exercises. Learn and develop drawing and observation skills in a safe and friendly environment. In-class demonstrations, gallery visits and discussions are important components of the program. **Materials not included.**

ART - Drawing into Watercolours - Beginner to Intermediate

This course in drawing and painting is suited for the absolute beginner. From weeks one to four, the emphasis will be on learning the fundamentals of drawing including composition, contour, proportion, form and perspective. Weeks five to eight will be based on sketching and painting with watercolours. Students will study Varley's field sketches and proceed by rendering in pen and ink and learning to layer washes. In-class demonstrations, gallery visits, independent work and discussions are important components of the course. **Materials not included.**

ART - Micro/Macro - Acrylic Painting

Artists will change their perspectives as they examine objects at their extremes. Students will learn how to paint in acrylics on both a miniature and oversized scale. Work closely with artist/instructor Andrew Hamilton and understand how to use the elements of design, focusing on proportion, balance, and unity. Using unique tools, you will discover techniques that will enhance your painting skill and personal style. In-class demonstrations, gallery visits and discussions are important components of the course. **Materials not included.**

NEW! ART - Acrylic Painting - Beginner to Intermediate

Explore how dynamic acrylic paints can be! Students will play with unique tools and techniques to apply paint, mediums and varnishes. Whether painters are new to acrylics or returning to their practice, they will enjoy using all of paper, canvas and wood, while working at their own pace to create finished works. This course will explore the fundamentals including colour mixing, tone and value, while challenging students to apply elements of design including balance, unity and emphasis. In-class demonstrations, gallery visits and discussions are important components of the program. **Materials not included.**

NEW! ART - Exploring Acrylic Skins

Allow your creative vision to flow! A fun exploration of non-traditional methods for working with acrylic paints. Enjoy the techniques for creating works of art using poured acrylic skins. Learn how to blend colours in making unique skins that can stand alone, be used in collage, or incorporated into works with traditional painting techniques...the options are endless! **Suitable for intermediate to advanced artists.**

ART - Oil Painting - Beginner

In this introductory course you will learn how to use oil paints in a variety of ways experimenting with different art tools and media. Students will also learn how to use line, shape, colour and texture and explore the principles of composition, balance and perspective. Classes are based at the Gallery, allowing participants to study oil painting from the Gallery's permanent collection and current exhibitions Canada on Canvas, featuring Canadian art masterpieces. **Materials not provided.**

For ART programs

Supply lists where applicable for programs can be found at www.varleyartgallery.ca. Refunds must be requested 7 business days before the first day of class.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Adult Jazz Ensemble	18 yrs+	Thornhill C.C.	Fri.	8:00 p.m. - 9:00 p.m.	Apr. 5	12	339409	\$183.34
Archery	15 yrs+	Thornhill C.C.	Sun.	9:30 a.m. - 10:30 a.m.	Mar. 31	12	339420	\$166.68
	16 yrs+	Thornhill C.C.	Thu.	7:00 p.m. - 8:00 p.m.	Mar. 28	12	339418	\$166.68
	18 yrs+	Armada C.C.	Fri.	8:00 p.m. - 9:00 p.m.	May. 24	5	342748	\$70.03
ART - Beyond the Brush Mixed Media & Collage	18 yrs+	Varley Art Gallery	Fri.	10:00 a.m. - 12:30 p.m.	Apr. 12	8	337565	\$301
ART - Drawing for the Terrified Beginner	16 yrs+	Varley Art Gallery	Tue.	7:00 p.m. - 9:30 p.m.	Apr. 9	8	337555	\$301
ART - Drawing into Watercolours - Beginner to Intermediate	18 yrs+	Varley Art Gallery	Thu.	1:00 p.m. - 3:30 p.m.	Apr. 11	8	337563	\$301
ART - Micro/Macro - Acrylic Painting	18 yrs+	Varley Art Gallery	Thu.	1:00 p.m. - 3:30 p.m.	Apr. 11	8	337562	\$301
ART - Acrylic Painting - Beginner to Intermediate	18 yrs+	Varley Art Gallery	Tue.	7:00 p.m. - 9:30 p.m.	Apr. 9	8	337554	\$301
ART - Exploring Acrylic Skins	18 yrs+	Varley Art Gallery	Wed.	1:00 p.m. - 3:30 p.m.	Apr. 10	8	337560	\$301
ART - Oil Painting - Beginner	18 yrs+	Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	Apr. 11	8	337553	\$301

ART - Oil Painting - Advanced

This advanced course is designed to challenge artists painting in oil. Artist Sam Paonessa will work one-on-one with students to practice techniques to enhance personal style. Rhythm, harmony, movement and more will be explored with new materials and a variety of tools. Students will work from life and from photographic references. In-class demonstrations, gallery visits, independent work and discussions are important components of the program. *Materials not included.*

ART - Painting Pros - Acrylics for the Advanced Artist

Students will build on skill and experience to further develop their representational and abstract paintings. Students will go in-depth to deepen their understanding of painting and advance their practice with critiques, one-on-one instructor guidance and a creative space to explore their style. Students will learn how to build up a cohesive body of work for art shows/exhibitions while working with a professional artist to build their portfolios. *All media welcome. Materials not included.*

ART - Portrait Drawing - Advanced

Portrait is an examination of character. But to be able to portray that effectively there are a number of factors that need to be taken into consideration for a portrait to be successful. This includes an understanding of the human face and figure, composition, light and shadow, drapery and colour. This course will build on those foundations that were learned in the Art of the Portrait, and test your ability to apply them. Using live subjects, extended poses will be used to enable the student to

complete finished portraits as in-class exercises. Emphasis will be put on the actual set up of the subject and backdrop as well as the chosen pose. The poses themselves may last for two consecutive classes. This class is for students who have already taken a portraiture or figure drawing and want to hone their abilities of creating finished portraits. *No materials provided; A model fee of \$50 (cash) is payable to the instructor on the first day.*

ART - Landscapes for the Avid Painter

Suitable for intermediate artists, students will develop techniques and approaches that capture the unique rhythms and moods of the landscape in painting. Working in acrylic or oil, students will be guided to use line, shape, colour, balance and perspective effectively in order to refine and develop their personal style. In-class demonstrations, gallery visits, independent work and discussions are important components of the program. *Materials not included.*

ART - Life Drawing Drop-in

Join us every Thursday from 7:00 – 9:30 p.m. for Life Drawing Drop-in sessions in our studio! We offer the opportunity for artists to practice nude drawing and build a social and artistic network by meeting and working amongst their peers. We provide easels, sinks, Wi-Fi, and free admission to the exhibition spaces. *Bring your own sketching and drawing materials. Note: The sessions are non-instructional. Artists under the age of 18 must have parental permission to participate in nude life drawing sessions. Limited space available. Pre-register to save \$5.00, or purchase a four-class pass.*

ART - Watercolour - Beginner

Learn the basics of watercolour painting while having fun with distinctive techniques. Students experiment with paper, water, salt and wax as they build their understanding of colour, layering and space. Emphasis will be placed on solid drawing, composition, and colour theory. *No experience required. Materials not included.*

ART - Watercolour Progression Beginner - Intermediate

Designed for the more advanced artists, traditional and experimental techniques, colour and value systems are explored in this class. Students will study composition and painting styles through artist demonstrations, in-class painting and homework. Individual attention and class critiques complement the learning process. *Please note that students must have taken previous Watercolour classes prior to registering for this course, or possess the equivalent knowledge. ** Materials not included.*

Badminton

An opportunity to play recreational badminton with players of varying skill levels. This program includes instruction. *Birds supplied, racquet required.*

Badminton Intermediate

This program has been designed for the more skilled player. This co-ed setting offers a friendly competitive atmosphere. *Birds supplied, racquet required.*

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
ART - Oil Painting - Advanced	18 yrs+	Varley Art Gallery	Mon.	7:00 p.m. - 9:30 p.m.	Apr. 8	8	337564	\$301
ART - Painting Pros - Acrylics for the Advanced Artist	18 yrs+	Varley Art Gallery	Fri.	1:00 p.m. - 3:30 p.m.	Apr. 12	8	337569	\$301
ART - Portrait Drawing - Advanced	18 yrs+	Varley Art Gallery	Wed.	7:00 p.m. - 9:30 p.m.	Apr. 10	8	337559	\$301
ART - Landscapes for the Avid Painter	18 yrs+	Varley Art Gallery	Thu.	10:00 a.m. - 12:30 p.m.	Apr. 11	8	337561	\$301
ART - Life Drawing Drop-in	18 yrs+	Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	Mar. 21	1	337545	\$15
		Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	Mar. 28	1	337546	\$15
		Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	Apr. 4	1	337547	\$15
		Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	Apr. 11	1	337548	\$15
		Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	Apr. 18	1	337549	\$15
		Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	Apr. 25	1	337550	\$15
		Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	May. 2	1	337551	\$15
		Varley Art Gallery	Thu.	7:00 p.m. - 9:30 p.m.	May. 9	1	337552	\$15
ART - Watercolour - Beginner	18 yrs+	Varley Art Gallery	Tue.	7:00 p.m. - 9:30 p.m.	Apr. 9	8	337556	\$301
ART - Watercolour Progression Beginner - Intermediate	18 yrs+	Varley Art Gallery	Wed.	1:00 p.m. - 3:30 p.m.	Apr. 10	8	337558	\$301
Badminton	14 yrs+	Thorntlea Pool/Gym	Sun.	7:00 p.m. - 8:30 p.m.	Mar. 31	12	339428	\$116.82
	16 yrs+	Angus Glen C.C.	Mon.	7:00 p.m. - 8:30 p.m.	Mar. 25	11	337929	\$107.16
		Angus Glen C.C.	Thu.	8:30 p.m. - 10:00 p.m.	Mar. 28	13	337928	\$126.47
Badminton Intermediate	16 yrs+	Aaniin C.C.	Wed.	7:30 p.m. - 9:00 p.m.	Mar. 27	13	341679	\$126.47
		Angus Glen C.C.	Mon.	8:30 p.m. - 10:00 p.m.	Mar. 25	11	342093	\$107.16

Ballet



Many adults wish they had the opportunity to enjoy ballet. Now is your chance! This course covers the basic technical aspects of ballet. Not only will you have fun learning, but you will develop strength, and muscle control.

Ballroom & Latin Dance: Beginners



Learn modern ballroom and Latin American dancing. Our instructors teach the fox trot, swing, waltz, cha-cha and merengue and many more as you advance. **Fee is per couple.*

Ballroom Dance - Rumba/Tango - Beginner



Good dancing starts with a good foundation. With these two dances you'll learn both a Latin and a traditional Ballroom style starting you on the wonderful journey of couple dancing.

Ballroom Dance - Salsa & Merengue - Beginners



Learn the basics and get ready to go out to the hottest Latin clubs in town. *No experience necessary.*

Ballroom Dance - Waltz/Cha Cha - Advance



Advanced - Enhance your repertoire of these two popular dances by focusing in on Lead/follow, technique and exciting new patterns. *Prior knowledge in these two dances required.*

Basketball: Recreational



The program provides an opportunity for men and women to play recreational basketball. A 10-minute warm-up is followed by a non-competitive game for the remainder of the class.

Bharatha Natyam - Indian Classical Dance



Bharatha Natyam is a classical dance originated in south India. It consists of lots of footwork and facial expression. Trained instructors will start with basic steps, positions of arms and legs and will work toward techniques for each set of the steps. Simple and short songs will also be introduced. The session will conclude with a short performance for family and friends.

BollyFit



Great music, great moves! Have fun with a mix of Bollywood dance, fitness and stretching to gain health benefits of cardio, muscle conditioning, upper body, core strength, stretching and flexibility for a total body workout.

Bollywood



This program is ideal for those who wish to learn Bollywood dancing. Our instructor leads you through a variety of dance steps each week with the goal of dancing full routines by the end of the session.

Bridge Camp Learn to Play Bridge

Bridge is logic and math in the form of a game. It develops and reinforces logical thinking, precise calculation, decision making, concentration, patience, partnership communication skills, sportsmanship, team work, social skills & it's a lifetime enjoyment. *Instructional Manual included.*

Bridge Lessons: Beginner

These lessons are geared towards brand new Bridge players with no or very little experience. Topics cover the basics rules, game scenarios and basic bridge strategy.

Bridge Lessons: Intermediate

These lessons are geared towards bridge players with some experience. Topics cover bidding, game scenarios and general bridge strategy.

Chess

Chess is an excellent avenue for learning both logical and intuitive thinking skills. This program is for those who would like to play chess at a recreational level in an enjoyable, relaxed setting.

DIY Nursery

From letter art to felted mobiles, add some personalized touches to your bundle of joy's nursery!

Drawing & Painting

A course in drawing and painting for the absolute beginner. The emphasis is on learning the fundamentals in drawing such as composition, contour, proportion, form and perspective and painting through focus on colour theory, mixing colour, brush work and composition. *Materials are provided.*

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Ballet	16 yrs+	Thornhill C.C.	Sun.	8:30 a.m. - 9:30 a.m.	Mar. 31	12	339431	\$83.93
Ballroom & Latin Dance: Beginners	16 yrs+	Centennial C.C.	Thu.	8:00 p.m. - 9:30 p.m.	Apr. 4	10	341463	\$164.41
		Cornell C.C.	Sun.	6:00 p.m. - 8:00 p.m.	Mar. 31	8	337858	\$175.31
Ballroom Dance - Rumba/Tango - Beginner	16 yrs+	Milliken Mills C.C.	Wed.	8:30 p.m. - 10:00 p.m.	Mar. 27	10	338775	\$208.10
Ballroom Dance - Salsa & Merengue - Beginners	16 yrs+	Milliken Mills C.C.	Wed.	5:30 p.m. - 7:00 p.m.	Mar. 27	10	338776	\$164.41
Ballroom Dance - Waltz/Cha Cha - Advance	16 yrs+	Milliken Mills C.C.	Wed.	7:00 p.m. - 8:30 p.m.	Mar. 27	10	338777	\$164.41
Basketball: Recreational	16 yrs+	Angus Glen C.C.	Tue.	8:00 p.m. - 9:30 p.m.	Mar. 26	13	337956	\$126.47
		Centennial C.C.	Thu.	8:30 p.m. - 10:00 p.m.	Mar. 28	13	343029	\$126.47
Bharatha Natyam - Indian Classical Dance	16 yrs+	Cornell C.C.	Sun.	3:30 p.m. - 5:00 p.m.	Mar. 24	8	339351	\$94.73
BollyFit	16 yrs+	Aaniin C.C.	Mon.	10:00 a.m. - 11:00 a.m.	Mar. 25	11	341022	\$86.92
		Aaniin C.C.	Fri.	10:00 a.m. - 11:00 a.m.	Mar. 29	12	341023	\$94.73
		Armada C.C.	Thu.	6:30 p.m. - 7:30 p.m.	Mar. 28	13	342806	\$102.55
Bollywood	18 yrs+	Aaniin C.C.	Mon.	7:30 p.m. - 8:30 p.m.	Mar. 25	11	341026	\$120.84
		Armada C.C.	Tue.	7:30 p.m. - 8:30 p.m.	Mar. 26	9	338778	\$99.05
Bridge Lessons: Beginner	18 yrs+	Thornhill C.C.	Fri.	1:30 p.m. - 3:30 p.m.	Apr. 26	6	339448	\$96.78
Bridge Lessons: Intermediate	16 yrs+	Thornhill C.C.	Fri.	1:30 p.m. - 3:30 p.m.	May. 3	8	339450	\$128.71
Chess	16 yrs+	Thornhill C.C.	Wed.	9:00 p.m. - 10:30 p.m.	Mar. 27	12	339458	\$120.73
DIY Nursery	18 yrs+	Centennial C.C.	Thu.	7:00 p.m. - 8:30 p.m.	May. 9	4	342980	\$57.23
Drawing & Painting	16 yrs+	Aaniin C.C.	Mon.	8:00 p.m. - 9:00 p.m.	Mar. 25	11	341036	\$104.08

Drumming

Our qualified instructor leads you through basic drumming skills to enable you to play along with your favourite songs. The 4:1 student-to-instructor ratio ensures one-on-one time in a small group setting. *Electronic drums are provided.*

Estate Planning

How to effectively transfer your assets to the next generation/family/charity. Who keeps the cottage?

Fencing

Learn the exhilarating sport of fencing. Trained instructors teach you a variety of skills and techniques in a fun and safe environment. *All equipment is provided.*

French - Learn the Basics

Do you need French for business or work or travel? Do you have a child in French Immersion you want to help or would you like to learn French as a second language. Whether you are new to it or would like a refresher, come learn in a fun and relaxed environment. You will practice pronunciation, understand how to construct sentences step by step and begin to develop basic vocabulary. You will be guided through activities to put into practice what you learn in class.

French - Practice it in Conversation

You have learned some French basics and now you want to speak it. Join us for an informal French conversation where you get to practice on fun and easy topics. Improve your

comprehension and increase your vocabulary. You will be provided with prompts to get conversations started. Various activities include watching short videos, listening to songs, reading texts, playing games, doing role-plays in pairs or in small groups and of course, La Minute Culturelle!

Fusion Dance: Women

This fusion of internationally inspired dance blends movement and music in a workout that is great for the mind and body. Dance styles include Bollywood, Jamaican, line dancing and Latin. The class motivates participants to be fit, reduce weight and enjoy international dance. *Held in a closed room to ensure a private environment for women only.*

Guitar Lessons: Beginner

This course teaches the basics of note learning on all six strings, basic chords and simple songs employing right-hand fingerstyle and picking techniques for the beginner. Some basic theory is covered, and ear training is introduced. *Each student is required to bring an acoustic guitar to every class.*

Guitar Lessons: Intermediate

Assuming students have knowledge of notes and chords, these lessons cover more advanced techniques, from learning the entire fretboard with fingerstyle and picking techniques to playing more advanced songs, along with ear training to transcribe tunes from CDs. Theory covers major and minor scales as well as chord construction. *Own guitar is required. (Cap. 8)*

Hip Hop Dance

Learn the latest dance moves. Put on your sneakers and get funky! It's not just for teens anymore!

Indoor Golf

Here is your chance to brush up on your golf swing before you go on your vacation or just improve your overall skills. * Indoor instruction * Learn the skills of a proper golf swing * Once weekly for 5 weeks * Supervised practice time **Please bring a #7 iron to the first class.*

Indoor Soccer

This program provides an opportunity for men and women to play indoor soccer in a recreational, friendly manner. A 10-minute warm-up is followed by game play.

Jewellery Making

Learn how to make necklaces, bracelets, earrings and other styles of jewellery. Tools, handouts and beading supplies are included in the course fee.

Karate

This program is designed for men and women to learn traditional Japanese style Karate, and achieve self-confidence, discipline, leadership and physical strength. Students develop all areas of kicking, punching, throwing, and sparring. *Work towards Belt training; details provided in class.*

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Drumming	15 yrs+	Milliken Mills C.C.	Sun.	4:45 p.m. - 5:30 p.m.	Mar. 24	12	338819	\$166.68
		Milliken Mills C.C.	Mon.	7:15 p.m. - 8:00 p.m.	Mar. 25	10	338818	\$139.07
Estate Planning	18 yrs+	Thornhill C.C.	Thu.	7:00 p.m. - 8:30 p.m.	Apr. 18	1	339478	\$8.94
Fencing	16 yrs+	Rouge River C.C.	Wed.	7:30 p.m. - 9:00 p.m.	May. 15	6	342740	\$125.26
French - Learn the Basics	18 yrs+	Angus Glen Library	Wed.	6:00 p.m. - 8:00 p.m.	Mar. 27	8	337526	\$175.31
French - Practice it in Conversation	18 yrs+	Markham Village Library	Thu.	10:00 a.m. - 12:00 p.m.	Mar. 28	8	337525	\$175.31
Fusion Dance: Women	16 yrs+	Aaniin C.C.	Tue.	7:40 p.m. - 8:40 p.m.	Mar. 26	13	341175	\$122.82
		Armada C.C.	Mon.	7:00 p.m. - 8:00 p.m.	Mar. 25	12	342771	\$113.45
		Armada C.C.	Thu.	8:00 p.m. - 9:00 p.m.	Mar. 28	13	342773	\$122.82
		Angus Glen C.C.	Wed.	8:00 p.m. - 9:00 p.m.	Mar. 27	13	338363	\$122.82
		Centennial C.C.	Tue.	6:30 p.m. - 7:30 p.m.	Mar. 26	13	341634	\$122.82
Guitar Lessons: Intermediate	16 - 64 yrs	Thornhill C.C.	Tue.	7:30 p.m. - 8:30 p.m.	Mar. 26	12	339502	\$113.45
		Armada C.C.	Thu.	7:00 p.m. - 8:00 p.m.	Mar. 28	13	342774	\$122.82
		Thornhill C.C.	Tue.	8:30 p.m. - 9:30 p.m.	Mar. 26	12	339503	\$113.45
Hip Hop Dance	16 yrs+	Milliken Mills C.C.	Wed.	8:30 p.m. - 9:30 p.m.	Mar. 27	13	338832	\$122.82
Indoor Golf	16 yrs+	M.M. Soccer Dome	Tue.	8:30 p.m. - 9:30 p.m.	Apr. 2	5	338838	\$70.03
		M.M. Soccer Dome	Tue.	8:30 p.m. - 9:30 p.m.	May. 14	5	342643	\$70.03
Indoor Soccer	18 yrs+	Cornell C.C.	Thu.	8:30 p.m. - 10:30 p.m.	Mar. 28	13	341071	\$126.47
Karate	11 yr+	Old Unionville Lib. C.C.	Wed.	7:30 p.m. - 8:30 p.m.	Mar. 20	13	337953	\$90.86
		Old Unionville Lib. C.C.	Mon.	7:30 p.m. - 8:30 p.m.	Mar. 25	11	337952	\$77.04

K-Pop Dance

Strengthen your stage presence and confidence by learning Korean Pop style dance, an upbeat genre grounded in hip hop sounds with elements of jazz funk and house. Break down and master iconic K-pop moves from idols such as SHINee and BTS, while practicing a dance routine that incorporates group transformations and stage personas.

Latin Dance

Emphasis on Salsa, with excursions into Rumba, Cha Cha, Merengue and Bachata. Classes focus on dancing not choreography. Participants will learn to move to and with, the rhythm and tempo of the music and apply the movements learned to the various dances listed above. And as a by-product, participants will also learn how to dance to the changing emotions and rhythms of a song and how to let go and allow their natural creativity to take over. *Classes are progressive. All levels are welcomed and a partner is not required.*

Latin Dance 2

Latin Dance 2 is a follow up to the Latin Dance class. Expanding on the emphasis on Salsa, with excursions into Rumba, Cha Cha, Merengue and Bachata. Classes focus on dancing not choreography. Participants will learn to move to and with, the rhythm and tempo of the music and apply the movements learned to the various dances listed above. And as a by-product, participants will also learn how to dance to the changing emotions and rhythms of a song and how to let go and allow their natural creativity to take over. *Classes are progressive. Participants who have taken Latin Dance are recommended for this class. A partner is not required.*

Latin Line Dance: Beginner

Come join the fun with Latin line dancing. Learn Cuban-style hip and body movement

as you groove to great Latin music. Study Cha-cha, Mambo, Salsa, Rumba, Swing, Samba and a variety of other steps as we progress. Develop poise, posture and confidence as you sizzle! *No partner required.*

Latin Line Dance: Intermediate

Come join the fun with our high-energy Intermediate Latin line dancing. Progress to additional footwork, styling and Latin movement through advanced Cuban and body motion. *(You must know all 10 Latin dances before moving up to Intermediate). No partner required.*

Line Dance - Beginner

Learn the basics of footwork, including vines and shuffles in an easy-going atmosphere. An assortment of music and dance rhythms will be taught to all levels. Wear comfortable clothing and smooth-soled shoes and get ready to have fun! *No partner required.*

Line Dance - Intermediate/Advanced

Ready for more of a challenge? Advanced/Intermediate line dance challenges you with some new routines and fancy footwork. Keep fit and have fun. *No partner required.*

Line Dance Extravanza

Come and join a fun day of line dancing with a variety of dances lead by your favorite instructors. Booklet of dance steps included. *Basic Dance experience is recommended.*

Mindfulness and Transformation

Join in a journey of spiritual and personal growth based on mindfulness practice. The group explores the science of happiness and peace. This forum is based on a non-secular mindfulness practice based on the 16 guidelines for living. Using visualization, intention, meditation and self-awareness exercises.

Muay Thai: Kickboxing

Muay Thai, referred to as the martial art of eight limbs, effectively uses punches, kicks, elbows and knee strikes. This program is perfect for those looking to 'kick start' their Muay Thai journey. Take part in a variety of traditional Muay Thai exercises and drills to develop proper striking technique from head to toe while increasing endurance and strength. Instructional techniques include shadow boxing, focus mitts, kick pad work and non-contact, reaction-based countering. **Boxing gloves and hand wraps are provided.*

Museum Pottery - Hand Building

This course is designed for students to learn and develop their hand built pottery skills. This class is geared towards the beginner, intermediate and advanced hand builder. Techniques such as slab building, coil pots, and pinch pots will be taught and expanded, to teach students how to create more detailed and complicated forms and intricate decorative design. *Includes all supplies and firing costs.*

Museum Pottery - Introduction to Pottery

Spend some 'me time' in our Pottery Studio and explore the wonderful world of clay in a fun and relaxed environment. With the guidance of our professional artist instructor, explore methods of hand building such as sculpting, surface decoration, slab building and coiling. Participants have the opportunity to try the pottery wheel. Complete a variety of projects such as bowls, mugs and vases while mastering basic pottery techniques. The perfect class for beginners and those looking to build their skills. *Includes all supplies and firing.*

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
K-Pop Dance	16 yrs+	Aaniin C.C.	Sat.	3:30 p.m. - 4:30 p.m.	Mar. 23	13	343011	\$122.82
Latin Line Dance: Beginner	16 yrs+	Thornhill C.C.	Wed.	7:00 p.m. - 8:00 p.m.	Mar. 27	10	339533	\$94.71
Latin Line Dance: Intermediate	16 yrs+	Thornhill C.C.	Wed.	8:00 p.m. - 9:00 p.m.	Mar. 27	10	339534	\$94.71
Line Dance - Beginner	18 yrs+	Rouge River C.C.	Mon.	7:30 p.m. - 9:00 p.m.	Mar. 25	10	342726	\$141.57
	16 yrs+	Thornhill C.C.	Thu.	7:00 p.m. - 8:30 p.m.	Mar. 28	10	339553	\$141.57
Line Dance - Intermediate/Advanced	18 yrs+	Thornhill C.C.	Mon.	7:30 p.m. - 9:00 p.m.	Apr. 8	10	339554	\$141.57
		Aaniin C.C.	Sun.	10:15 a.m. - 11:15 a.m.	Mar. 24	13	341218	\$128.91
		Milliken Mills C.C.	Thu.	7:15 p.m. - 8:15 p.m.	Mar. 28	13	338904	\$183.74
Line Dance - Intermediate/Advanced	18 yrs+	Milliken Mills C.C.	Thu.	8:15 p.m. - 9:45 p.m.	Mar. 28	13	338905	\$183.74
Line Dance Extravanza	16 yrs+	Thornhill C.C.	Sat.	10:00 a.m. - 11:00 p.m.	Sep. 21	1	339557	\$55
Mindfulness and Transformation	18 - 80 yrs	Markham Village Library	Thu.	7:00 p.m. - 8:00 p.m.	Apr. 11	8	338399	\$136.64
Museum Pottery - Hand Building	16 yrs+	Markham Museum	Thu.	4:00 p.m. - 6:00 p.m.	Apr. 11	6	341461	\$248.60
		Markham Museum	Thu.	4:00 p.m. - 6:00 p.m.	May. 23	6	341462	\$248.60
Museum Pottery - Introduction to Pottery	16 yrs+	Markham Museum	Tue.	7:00 p.m. - 9:00 p.m.	Apr. 9	6	341459	\$248.60
		Markham Museum	Tue.	7:00 p.m. - 9:00 p.m.	May. 21	6	341458	\$248.60

Museum Pottery - Open Studio Time



This two hour program is for those who have have intermediate to advanced pottery skills in either hand-building or throwing on the pottery wheel. There will be no formal instruction given however there will be staff on hand for technical help if needed. **Includes one bag (10 kg.) of clay and firing costs, additional \$25 for each additional bag of clay/firing costs.**

Museum Pottery - Wheel Throwing



Learn how to throw on the pottery wheel! Techniques include centering, creating different forms such as bowls, plates, vases and mugs. We also explore sculptural elements, handle making, surface decoration and glazing techniques. **No experience required. Includes all supplies and firing.**

Museum Pottery: Get Centered Wheel Throwing Workshop

All work and no play? Get centered this season at our Pottery Studio. Learn an incredible new skill in a relaxed environment. Our professional instructor teaches all the basics to enable you to throw your own shapes on the pottery wheel and make pinch-pots. **Includes all supplies and firing.**

Pickleball



Come out and learn the fun game of pickleball, any level can play. We supply the racquets and balls and you will have lessons and game play each week.

Planning For Your Retirement

In this interactive session, learn what practical financial steps you can take to create a worry free retirement, including: how much you really need to save; maximizing government and pension benefits; and other tax saving tips.

Pre-Registered Drop in Badminton

Here is your opportunity to come out and practice your badminton skills. Bring your own badminton racket. **Please note this program does not include instruction. Please see Alert and confirmation text for skill level.**

Reiki 1 Certificate Course

Reiki is a non-invasive laying-on-of-hands healing technique in which you participate in your own healing. In this eight-hour course, the Reiki student learns to be a clear channel through which universal energy (ki) flows. Reiki energy allows you to heal physically, emotionally, mentally and spiritually.

Shoot Wrestling and Kung Fu



Learn self-defense and the fundamentals of sword, spear, boxing, and wrestling through Eastern style martial arts and a games-based learning system. Exercise and play through a variety of activities that develop strength and agility. Safety and fun are emphasized.

Simply Fun Improv

This program is for anyone who would like to learn improvisation acting, improve communication and public speaking skills, meet new people, and have lots of fun! Learn how to think on your feet in a fun, relaxed, supportive and nurturing environment. Throughout the sessions, students will learn a new set of skills while playing fun improv games with other group members and the instructor. Participants leave each session feeling energized, relaxed and happy because they've just spent an hour and a half laughing and having fun!

Tai Chi: Beginner



This honoured Chinese exercise art form gently mobilizes every muscle and joint in the body. Improves circulation, coordination, muscle tone, flexibility and concentration as well as promoting relaxation. The Tai Chi practiced at Centennial, Markham Village, Milliken and Armadale is Yang's Style.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Museum Pottery - Open Studio Time	18 yrs+	Markham Museum	Wed.	6:00 p.m. - 8:00 p.m.	Apr. 10	6	341468	\$169.50
		Markham Museum	Wed.	6:00 p.m. - 8:00 p.m.	May. 22	6	341469	\$169.50
Museum Pottery - Wheel Throwing	16 yrs+	Markham Museum	Thu.	7:00 p.m. - 9:30 p.m.	Apr. 11	6	341465	\$310.75
		Markham Museum	Thu.	7:00 p.m. - 9:30 p.m.	May. 23	6	341464	\$310.75
Museum Pottery: Get Centered Wheel Throwing Workshop	18 yrs+	Markham Museum	Sun.	4:00 p.m. - 6:00 p.m.	Apr. 28	1	341473	\$45.20
		Markham Museum	Sun.	4:00 p.m. - 6:00 p.m.	Jun. 2	1	341472	\$45.20
Pickleball	16 yrs+	Aaniin C.C.	Tue.	8:30 p.m. - 9:30 p.m.	Mar. 26	13	341223	\$84.64
		Cornell C.C.	Mon.	6:15 p.m. - 8:15 p.m.	Mar. 25	11	341149	\$155.42
Planning For Your Retirement	16 yrs+	Thornhill C.C.	Thu.	7:00 p.m. - 8:30 p.m.	May. 16	1	339578	\$8.94
Pre-Registered Drop in Badminton	16 yrs+	Thornhill C.C.	Tue.	11:00 a.m. - 1:00 p.m.	Apr. 2	11	339584	\$35.60
	16 yrs+	Thornhill C.C.	Tue.	9:30 p.m. - 11:00 p.m.	Apr. 2	12	339587	\$42.70
	8 yrs+	Thornlea Pool/Gym	Sun.	6:30 p.m. - 8:30 p.m.	Mar. 31	12	339588	\$42.70
	10 yrs+	Thornhill C.C.	Fri.	9:00 p.m. - 11:00 p.m.	Apr. 5	12	339585	\$42.70
	16 yrs+	Thornhill C.C.	Thu.	10:15 a.m. - 1:00 p.m.	Apr. 18	11	339586	\$35.60
	16 yrs+	Thornlea Pool/Gym	Sat.	11:00 a.m. - 1:30 p.m.	Apr. 6	12	339581	\$35.60
Reiki 1 Certificate Course	18 yrs+	Thornhill C.C.	Sun.	9:00 a.m. - 5:00 p.m.	Apr. 21	1	339594	\$171.02
Shoot Wrestling and Kung Fu	16 yrs+	Rouge River C.C.	Sat.	9:00 a.m. - 10:00 a.m.	Mar. 23	13	342737	\$122.82
		Rouge River C.C.	Tue.	8:00 p.m. - 9:00 p.m.	Mar. 26	13	342736	\$122.82
		Rouge River C.C.	Thu.	8:00 p.m. - 9:00 p.m.	Mar. 28	13	342735	\$122.82
Simply Fun Improv	16 yrs+	Cornell C.C.	Thu.	8:00 p.m. - 9:30 p.m.	Mar. 28	10	342203	\$125.39
Tai Chi: Beginner	16 yrs+	Aaniin C.C.	Sun.	9:00 a.m. - 10:00 a.m.	Mar. 24	13	343008	\$94.73
		Angus Glen C.C.	Tue.	7:00 p.m. - 8:00 p.m.	Mar. 26	13	339680	\$102.55
		Angus Glen C.C.	Wed.	1:30 p.m. - 2:30 p.m.	Mar. 27	13	339679	\$102.55
		Thornhill C.C.	Fri.	7:30 p.m. - 8:30 p.m.	Apr. 5	10	339623	\$79.11
	18 yrs+	Thornhill C.C.	Mon.	8:00 p.m. - 9:00 p.m.	Apr. 8	10	339622	\$79.11

Tai Chi: Intermediate

For individuals who have attended the beginner course or desire a more advanced program, this program includes a review of Section 1. Students learn the kicking technique of Tai Chi Chuan.

Tennis - Outdoors

An Ontario Certified Tennis Coach will conduct a series of group lessons for beginner and intermediate tennis players. The new concept Actions Method, as endorsed by Tennis Canada, will be used to teach beginners the basic fundamentals of the forehand and backhand ground strokes, the volley and the serve. For intermediate players the progression strokes of the offensive and defensive lobs, the smash, plus game strategy will be taught. *'Fun tennis play is the name of the game!'* *Bring your own racquet

Tennis Round Robin: Intermediate/Advanced

For the intermediate to advanced player who enjoys recreational competition. All registered players plays every other player in the Round Robin. Staff organize and oversee to ensure fair play.

Tennis

This recreational tennis program is designed for men and women interested in learning the game. Each session consists of a warm-up, skill development and game play. **You MUST bring your own tennis racquet.**

Tennis Level 2

The class focuses on adjusting to technical and practical play, including weight distribution, proper footwork, forehand, backhand swings and stroke fundamentals. **Tennis racquet and proper tennis shoes are required.**

Tennis: Ace Players

This class is designed for players who have tennis experience and can hit a tossed ball consistently. Players are expected to have knowledge of the basic strokes and are ready for the next level of play. The class focuses on game strategy, tactical, technical, physical and mental with forehand, backhand, serve and volley strokes. **This fast-paced program is not geared to introductory players. Please bring a tennis racquet and have a bottle of water at all times.**

Ultimate Frisbee - (Indoors)

Ultimate is a team sport played with a flying disc. The object of the game is to score points by passing the disc to a player in the opposing end zone, similar to an end zone in American football. It's an incredibly fun and active sport.

Volleyball: Instructional

Are you a beginner or novice volleyball player and wish to improve your skill and techniques? Join us for an evening of instruction, followed by game play!

Watercolour

An introduction to the diverse medium of watercolour painting, this program helps the beginner watercolourist develop a sense of confidence and knowledge. Explore the fundamentals of BASIC colour theory and mixing, composition, value study, and a review of basic techniques. A strong, hands-on approach with individual assistance and entertaining demonstrations will bring out the painter in you!

Wealth Accumulation

Explore how to create an effective Financial Plan to accumulate assets in today's markets using RRSPs, TFSA's and non-registered assets.

Women's Self-Defence

Empower and protect yourself by learning practical self-defence, skills to de-escalate situations, and assess risks. Practice karate and jiu-jitsu with a martial arts instructor and gain confidence. **No training required.**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Tai Chi: Intermediate	18 yrs+	Thornhill C.C.	Fri.	8:30 p.m. - 9:30 p.m.	Apr. 5	10	339624	\$79.11
Tennis - Outdoors	18 yrs+	Bur Oak Tennis Courts	Thu.	7:30 p.m. - 8:30 p.m.	May. 23	6	342069	\$74.31
Tennis Round Robin: Intermediate/Advanced	16 yrs+	Angus Glen Tennis Centre	Sun.	7:00 p.m. - 8:30 p.m.	Mar. 24	7	341222	\$76.53
		Angus Glen Tennis Centre	Sun.	8:30 p.m. - 10:30 p.m.	Mar. 24	7	341221	\$101.70
Tennis	16 yrs+	Angus Glen Tennis Centre	Sat.	3:00 p.m. - 4:00 p.m.	Mar. 23	13	341242	\$270.23
		Angus Glen Tennis Centre	Mon.	11:00 a.m. - 12:00 p.m.	Mar. 25	11	341244	\$135.40
		Angus Glen Tennis Centre	Fri.	8:00 p.m. - 9:00 p.m.	Mar. 29	12	341241	\$166.68
		Angus Glen Tennis Centre	Mon.	8:00 p.m. - 9:00 p.m.	Mar. 25	11	341243	\$135.40
		Angus Glen Tennis Centre	Fri.	7:00 p.m. - 8:00 p.m.	Mar. 29	12	341245	\$166.68
Tennis Level 2	16 yrs+	Angus Glen Tennis Centre	Mon.	9:30 a.m. - 11:00 a.m.	Mar. 25	11	341219	\$202.60
		Angus Glen Tennis Centre	Mon.	7:00 p.m. - 8:00 p.m.	Mar. 25	11	341512	\$202.60
		Angus Glen Tennis Centre	Wed.	9:30 a.m. - 11:00 a.m.	Mar. 27	13	341220	\$270.23
Tennis: Ace Players	16 yrs+	Angus Glen Tennis Centre	Sat.	7:00 p.m. - 8:30 p.m.	Mar. 23	13	341247	\$270.23
		Angus Glen Tennis Centre	Tue.	8:00 p.m. - 9:30 p.m.	Mar. 26	13	341514	\$270.23
		Angus Glen Tennis Centre	Wed.	8:00 p.m. - 9:30 p.m.	Mar. 27	13	341249	\$270.23
		Angus Glen Tennis Centre	Fri.	9:00 p.m. - 10:30 p.m.	Mar. 29	12	341248	\$249.52
Volleyball: Instructional	16 yrs+	Aaniin C.C.	Sat.	4:00 p.m. - 5:00 p.m.	Mar. 23	12	342675	\$78.21
		Centennial C.C.	Fri.	7:30 p.m. - 8:30 p.m.	Mar. 29	12	342522	\$78.21
Watercolour	18 yrs+	Aaniin C.C.	Wed.	7:45 p.m. - 8:45 p.m.	Mar. 27	13	341308	\$122.82
Women's Self-Defence	11 yr+	Old Unionville Lib. C.C.	Sat.	12:30 p.m. - 1:30 p.m.	Mar. 23	13	338402	\$122.82
	16 yrs+	Aaniin C.C.	Fri.	8:00 p.m. - 9:00 p.m.	May. 17	6	341386	\$57.23
		Centennial C.C.	Mon.	8:00 p.m. - 9:00 p.m.	Mar. 25	7	342837	\$66.60

Appetizers: Easy and Fun

Appetizers capture the spirit of hospitality that we extend when we welcome people into our homes. From dips and spreads, to tantalizing tidbits featuring mushrooms, cheeses and more, this collection of easy to prepare recipes will help you impress your guests. This course is hands-on.

Cake Decorating: Level 1

There's more to cake decorating than ready-made frosting. Learn the basics of decorating cakes for all occasions: level a cake or torte, fill and ice to a smooth finish. Borders, pattern transfers, figure piping, floral sprays, sweet peas, and roses are covered. *No supplies required at the first class.*

Cake Decorating: Level 2

Experience the beauty of cake decorating in an advanced setting. Learn to design intricate pattern transfers, decorating techniques, borders and flowers. Fondant and royal icing decorating are featured in this program.

Chinese Style Cooking

With three dishes every lesson, we will immerse you in the flavours of Chinese cooking. This program incorporates a variety of cooking methods including seafood, dim sum, vegetarian dishes and stirfry cooking.

Classical French Cuisine

Can't get to France? Bring France to your kitchen! Approach classical cooking in a modern way, Coq au Vin, Steak au poivre, Sole Meunière and a buttery Béarnaise sauce.

Dumplings 101

Dumplings can be found in many cultures, prepared as small bite-sized portions of food served in small steamer baskets or on small plates. Learn how to create, momos, gyoza, pierogi, at an easy beginner level pace.

Everyday Healthy Cooking!

In the Everyday Healthy Cooking classes we open up to the world of cuisine and get in-depth about ingredients, nutrition, equipment selection and culinary techniques. Through these classes you will be able to master basic dishes and important techniques that will keep you cooking for life.

Indian Gourmet Cooking

Learn how to cook healthy Indian gourmet food easily and economically in this three-part workshop. Make different breads, rice, succulent main dishes, appetizers and smashing desserts.

Instant Pot

Learn all the fascinating and time-efficient ways to use this environmentally friendly, fast and safe pressure cooker. Flavourful soup in 20 minutes, chicken in 12 minutes and a traditional Sunday supper in less than an hour!

International Cooking

You will be introduced to recipes from around the world. Add spice and variety to your recipe repertoire through the guidance of your instructor. Much of the program will be lecture and observation based learning.

Introduction to Northern Indian Cooking

North Indian classes will consist of: simple homemade curries as well as Moughli curries using nuts. Hands on approach to tandoori and kebabs. Perfect your homemade chutneys and snacks.

Just Desserts

Make desserts of all kinds, baked, refrigerated, frozen - you name it! We do pastry, cookies, muffins, cakes, and so much more, always using the freshest ingredients and ideas galore. You'll never be at a loss for a tasty treat again! *Additional \$45 payable to the instructor for food costs.*

Modern Cake Design

Learn how to bake and decorate the Instagram-worthy cake of your dreams. Impressing your friends and yourself with your flawless chocolate drip, cake toppers and edible art. We will create and build multi-tier cakes that will look beautiful on your table, but can also be transported to any event space.

Party Planning 101

Get a head start on planning your next great party! Stop feeling overwhelmed with what to buy and how to cook that amazing entree you read about. With Party Planning 101 we will help you plan, cook and execute a party you can enjoy! From your shopping list, a beautiful table and tasty desserts, we've got you covered.

Patio Party Favourites

Patio season just around the corner! From tasty punch to fancy flatbreads, learn some summer favourites that are sure to impress your guests.

Restaurant HACKS

Dining out is something we all do, especially when our busy schedules don't allow us to cook at home or when we need to take part in social gatherings. However, it's not always the best on your wallets, and more importantly, on your health. Every week, Restaurant Hacks will guide you through easy, healthy and delicious recipes which resemble what you often enjoy at restaurants.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Appetizers: Easy and Fun	18 yrs+	Centennial C.C.	Fri.	7:30 p.m. - 9:00 p.m.	Mar. 29	3	342832	\$52.39
Cake Decorating: Level 1	16 yrs+	Thornhill C.C.	Sat.	11:00 a.m. - 1:00 p.m.	Apr. 6	5	343878	\$94.71
Cake Decorating: Level 2	18 yrs+	Thornhill C.C.	Sat.	11:00 a.m. - 1:00 p.m.	Jun. 1	4	339456	\$75.97
Chinese Style Cooking	16 yrs+	Aaniin C.C.	Mon.	7:30 p.m. - 9:30 p.m.	May. 27	3	343013	\$113.45
Classical French Cuisine	16 yrs+	Aaniin C.C.	Thu.	7:30 p.m. - 9:30 p.m.	Apr. 18	3	341697	\$113.45
Dumplings 101	16 yrs+	Aaniin C.C.	Mon.	7:30 p.m. - 9:30 p.m.	Apr. 1	3	341422	\$113.45
Everyday Healthy Cooking!	16 yrs+	Aaniin C.C.	Thu.	7:30 p.m. - 9:30 p.m.	May. 30	3	343022	\$113.45
Indian Gourmet Cooking	16 yrs+	Aaniin C.C.	Wed.	7:30 p.m. - 9:30 p.m.	Mar. 27	3	343014	\$113.45
		Armada Dale C.C.	Tue.	6:30 p.m. - 8:30 p.m.	May. 14	3	342777	\$113.45
Instant Pot	16 yrs+	Aaniin C.C.	Tue.	7:30 p.m. - 9:30 p.m.	May. 28	3	343021	\$113.45
International Cooking	16 yrs+	Aaniin C.C.	Tue.	7:00 p.m. - 9:00 p.m.	Apr. 23	3	343015	\$113.45
Introduction to Northern Indian Cooking	16 yrs+	Aaniin C.C.	Thu.	7:30 p.m. - 9:30 p.m.	Mar. 28	3	341669	\$113.45
Just Desserts	16 yrs+	Armada Dale C.C.	Thu.	7:00 p.m. - 10:00 p.m.	Apr. 4	4	342780	\$113.45
Modern Cake Design	16 yrs+	Aaniin C.C.	Sun.	2:00 p.m. - 4:00 p.m.	Apr. 7	3	342063	\$128.71
Party Planning 101	16 yrs+	Aaniin C.C.	Tue.	7:30 p.m. - 9:30 p.m.	Mar. 26	4	341700	\$113.45
Patio Party Favourites	18 yrs+	Centennial C.C.	Fri.	7:30 p.m. - 9:00 p.m.	May. 31	4	343006	\$69.52
Restaurant HACKS	16 yrs+	Aaniin C.C.	Sat.	2:00 p.m. - 4:00 p.m.	Apr. 13	3	341952	\$113.45

Saturday Brunch

Why go to out to brunch when you can learn how to prepare deccent from scratch bunch options to enjoy on your own or your entire family!

Supermarket HACKS

No time to make the dinner you want? You will learn some supermarket 'HACKS' that will save you time and money. We will create some household favorites, with some help from the grocery store. Focusing on time efficient meals from snacks, on the go food, tomorrow's lunch AND end of the week family dinner.

Act Early! Child Development Workshop

Are you worried about your child's development? Wondering if your young child's development is on track? Research shows that early intervention results in greater outcomes for children! If you have a child who has not yet started school and have questions about their development bring your child to an informal meeting with one of our child development professionals. **Presented by York Region Early Intervention Services.**

Administrative Professional Workshop

Working as an Administrative Professional requires a flair for communication, time management and computer proficiency with second-to-none organizational and coordination skills. This workshop will help you pursue a variety of dynamic administrative careers such as Human Resources Administrator, Executive Assistant, Medical Secretary, Bookkeeper, and Office Manager. Let us help you uncover exciting job search strategies within the administrative sector, including industry trends, designation, and core competencies to succeed in this field.

Anger Management and Emotional Regulation Workshop

MiNDSET address our core beliefs and unhelpful thoughts that lead to worry and frustration. The program will assist community members to manage emotions in a healthy way. Topics include: understanding emotions, anger styles, socialization, core beliefs, assertiveness, problem solving, empathy building, and stress management. **This workshop is sponsored by John Howard Society of York Region.**

ART - ? Translastions Lost

'? Translastions Lost' is about communication. Even the title may be read, and interpreted, in more than one way. Join Judith Livingston exploring various forms of ancient communication such as hieroglyphs, petroglyphs, and ideograms. Using mixed media and collage these ancient 'glyphs' are then woven into pieces of art to be translated by the viewer - or are they 'lost translations'? This two-day workshop includes a gallery tour, artist's demonstrations, and exercises in mixed media, collage and mixed media collage, weaving the distant past with the present. **All media, except oils, welcome. Materials not included; Supply list available at varleyartgallery.ca**

ART - Playing with Acrylics - Pouring Techniques

Let it pour! A fun, creative, relaxing exploration using some of the acrylic pouring mediums available in todays world of art materials. Starting with attention to the technical aspects of mixing paint with mediums for the correct consistencies etc., it focuses on allowing you the artist to adapt methods suiting your creative vision, in discovering the surprising results from each pour. **Materials not included. Visit varleyartgallery.ca for supply list.**

Canada Day Paper Hat Workshop

Canada Day is a special day for our home country to celebrate a Happy Birthday. This free workshop will pay tribute to our nation's birthday through teaching the children and their parents how to make a hat with their own design. Join us to celebrate the upcoming Canada Day. **Sponsored by Support Enhance Access Services Centre. Registration is per person.**

Cardiac Rehabilitation

This ongoing cardiac rehab support program is designed for patients who have completed a medically supervised Cardiac Program or have been recommended by their physician to become more active to combat cardiovascular disease. The program includes two components: walking a track and in-class resistance training. Instructors are Certified Exercise Physiologists as designated by the Canadian Society of Exercise Physiology (CSEP). **Potential participants must complete a detailed health questionnaire and meet with the class instructor before joining the class. For details please contact Barb Lant (blant@markham.ca).**

Chronic Pain Management: Aqua Rehab

Aqua therapy is well researched as a gateway to better health and has long been revered for its effectiveness in increasing function and decreasing pain from fibromyalgia and other chronic pain conditions. Using the warm therapy pool at Cornell, chiropractic doctors help you decrease your pain, increase your energy and reclaim your life. You will be shown specific exercises to increase flexibility, strength and function. Learn which movements to avoid, both in the pool and in regular daily activities, to prevent pain from recurring. Expert guidance and support from fellow participants add to the joy of this experience. Move more, enjoy life! **This class is held in the warm therapy pool at Cornell Community Centre & Library.**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Saturday Brunch	16 yrs+	Aaniin C.C.	Sun.	10:30 a.m. - 12:00 p.m.	Mar. 31	3	342995	\$113.45
Supermarket HACKS	16 yrs+	Aaniin C.C.	Mon.	7:30 p.m. - 9:30 p.m.	Apr. 29	3	341699	\$113.45
Act Early! Child Development Workshop	18 yrs+	Aaniin C.C.	Thu.	10:00 a.m. - 12:00 p.m.	Jun. 20	1	342464	FREE
Administrative Professional Workshop	14 yrs+	Aaniin C.C.	Thu.	4:00 p.m. - 6:00 p.m.	Apr. 11	1	342840	FREE
Anger Management and Emotional Regulation Workshop	16 yrs+	Aaniin C.C.	Mon.	7:00 p.m. - 9:00 p.m.	Jun. 3	1	343050	FREE
ART - ? Translastions Lost	18 yrs+	Varley Art Gallery	Sun.	1:00 p.m. - 4:00 p.m.	Mar. 24	2	337570	\$60.50
ART - Playing with Acrylics - Pouring Techniques	18 yrs+	Varley Art Gallery	Sun.	1:00 p.m. - 4:00 p.m.	Apr. 7	2	343020	\$60.50
Canada Day Paper Hat Workshop	2 yrs+	Aaniin C.C.	Mon.	7:00 p.m. - 8:30 p.m.	Jun. 17	1	342470	FREE
Cardiac Rehabilitation	16 yrs+	Cornell C.C.	Wed.	1:00 p.m. - 2:00 p.m.	Mar. 20	8	341134	\$77.33
Chronic Pain Management: Aqua Rehab	15 yrs+	Cornell C.C.	Tue.	7:00 p.m. - 7:45 p.m.	May. 7	7	-	\$44.16

Chronic Pain Management: Educational

This four-week, dry-land classroom session addresses conditions such as fibromyalgia, musculoskeletal pain/injuries (including hips, knees, shoulders and spine), vehicle accident-related injuries, disc injuries, sacro-iliac dysfunction and other health conditions. Develop new skills for managing pain, improving nutrition, creating mind-body connection, reducing stress and improving postural/body awareness using proven techniques. Chiropractic doctors and exercise therapists help you to understand the challenges you face and offer potential solutions for regaining function while more effectively controlling your pain. *A prerequisite to the Chronic Pain Management Aqua Rehab program.*

Creating through the Seasons: Spring



Participants will be encouraged to contemplate experiences that occurred in Spring and explore the themes, senses and delights of spring through word prompts: thawing, growth, renewal, seeds, releasing, remembering. They will be asked to 'plant' a creative intention in the soil of spring, with the hopes of it blooming in the summer. Weather permitting, participants will make spring mandalas.

Dementia and Keeping a Healthy Brain

This information session is about Alzheimer's Disease and related dementia, its warning signs, and how to get diagnosed. We will also share information about how to maintain a healthy brain and lower the risk of dementia. *Sponsored by Carefirst Seniors and Community Services Association*

Diabetes 101 in Urdu and Hindi

Please join us for a free workshop on staying healthy with Diabetes presented in Urdu and Hindi. The workshop will be presented by a Certified Diabetes Educator nurse and dietitian. They will discuss how to lower your risk of developing diabetes and how to manage your diabetes through healthy eating, physical activity, medication and stress relief. *This workshop is presented by the staff of Markham Stouffville Hospital's Adult Diabetes Education Centre.*

Diabetes and Nutrition

Make the most of your meal time choices. Come learn how to plan healthy meals for you and your family when you have diabetes. *This workshop is sponsored by the Centre for Complex Diabetes Care.*

Diabetes and Your Feet

Understand how diabetes can affect your feet including learning to identify risk factors associated with diabetic foot complications, and how to prevent and/or manage diabetic foot complications. *This workshop is sponsored by the Centre for Complex Diabetes Care.*

Diabetes What you need to Know

Learn about what is diabetes including identifying risk factors for developing diabetes, signs and symptoms of diabetes and how to live healthy with diabetes. *This workshop is sponsored by the Centre for Complex Diabetes Care.*

Disability Film Festival

Hand Over Hand is pleased to present our first Disability Film Festival! This exciting and glamorous night features a series of short films produced, directed by, or starring people with disabilities. After the screenings, a panel featuring people with disabilities will provide their insights on the collection of films. Free popcorn for all participants (while supplies last)! *This event is sponsored by Hand Over Hand.*

Driving in Ontario (Mandarin)

The workshop will give you the information about how to get a driver's license in Ontario and what are your rights and responsibility if you have a driver's license from another country. Participants will also learn about what to do in a car accident and tips on submitting claim to insurance company after the accident. *Sponsored by Chinese Family Services of Ontario.*

Haircutting (For men & women)

Learn to cut boys', teens' and men's hair using instruments such as clippers, thinning shears and razors. *All supplies are included in this three-hour session.*

Meditation Workshop

Meditation helps to undo the patterns of 'stress' and tension in the body and mind, and to assist participants in accessing their inner potential for freedom and inner peace. This introduction to meditation class will teach gentle breathing techniques, visualization and meditation. *This workshop is brought to you by Seniors Services Network.*

Mindfulness and Stress Reduction for Caregivers

Mindfulness is a way of paying attention: on purpose, in the present, and nonjudgmentally. It is a simple practice that is easy to learn. In this workshop, we will learn basic mindfulness meditation and discuss how to bring mindfulness to stressful situations. *No prior experience with mindfulness or meditation is necessary. Sponsored by Community Living York South.*

MoneySmart 101

This workshop will cover; strategies and the importance of saving for needs, wants and emergencies. Strategies for establishing and reaching your financial goals, money exercise, ten rules of money management, budgeting and warning signs of financial difficulty. *Presented by: Family and Credit Counseling Services of York Region.*

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Chronic Pain Management: Educational	15 yrs+	Cornell C.C.	Wed.	7:00 p.m. - 8:00 p.m.	Apr. 10	4	330778	\$25
Creating through the Seasons: Spring	18 yrs+	Unionville Library	Sat.	11:30 a.m. - 1:30 p.m.	Apr. 13	1	343108	\$22.79
Dementia and Keeping a Healthy Brain	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 8:00 p.m.	May. 30	1	342985	FREE
Diabetes 101 in Urdu and Hindi	16 yrs+	Aaniin C.C.	Wed.	3:30 p.m. - 5:00 p.m.	May. 1	1	342871	FREE
Diabetes and Nutrition	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 7:30 p.m.	May. 9	1	342957	FREE
Diabetes and Your Feet	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 7:30 p.m.	Jun. 6	1	342872	FREE
Diabetes What you need to Know	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 7:30 p.m.	Apr. 18	1	342956	FREE
Disability Film Festival	11 yr+	Aaniin C.C.	Thu.	6:30 p.m. - 8:30 p.m.	May. 2	1	342427	FREE
Driving in Ontario (Mandarin)	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 8:30 p.m.	Apr. 4	1	342465	FREE
Meditation Workshop	16 yrs+	Aaniin C.C.	Mon.	6:30 p.m. - 8:00 p.m.	May. 6	1	342904	FREE
Mindfulness and Stress Reduction for Caregivers	16 yrs+	Aaniin C.C.	Mon.	6:30 p.m. - 8:30 p.m.	Apr. 29	1	342468	FREE
MoneySmart 101	16 yrs+	Aaniin C.C.	Thu.	7:00 p.m. - 8:30 p.m.	May. 16	1	342842	FREE

Newcomer Orientation (Mandarin)

This workshop covers essential subjects and information for newcomers. The objective of this session is to increase newcomers' knowledge about important documents to have after landing and benefits that are available in the community. Topics include accessing health services, housing, education, employment related information, social benefits, and community resources for families. The workshop also provides resources and details of different benefits and relevant application requirements. *Sponsored by Chinese Family Services of Ontario.*

Optimal Nutrition For Seniors

A Registered Dietitian from Markham Family Health Team will give an interactive talk about Optimal Nutrition For Seniors. Topics of focus will include common nutrition concerns of older adults including best nutrition for longevity and prevention of disease, poor appetite, weight concerns, meal planning, and eating healthy for one or 2.

Paper Flower Craft Workshop

Celebrate the upcoming beautiful spring weather at this free Paper Flower Workshop. You and your child are welcome to join us as we create a handful of flowers to brighten up your space. *All materials included. Register per person. Sponsored by Support Enhance Access Services Centre.*

Preparing for Summer: Youth & Teen Safety

The aim of this workshop is to promote awareness among parents, caregivers, teens and youths on the importance of adopting a proactive approach to safety especially during the summer months. This presentation will provide the attendees with practical tips and other resources for engaging and empowering our youth and teens to make decisions driven by safety first. *This workshops is sponsored by Markham African Caribbean Association.*

Purchasing Insurance in Ontario (Mandarin)

This life insurance workshop helps participants to learn about the categories of insurance in Canada, the benefit of having a life insurance, how to choose an insurance that meets your need, how to decide the insuring period and how to use insurance to do Insured Retirement Plans.

Raising Resilient Children - A Triple P seminar

One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. This workshop provides parents with some ideas on how to help children become emotionally resilient. *This workshop is presented by York Region's Child Care Services*

Reiki Level 2

The Reiki practitioner will gain a deeper knowledge of In this 8 hour certification course, the Reiki practitioner will gain a deeper knowledge of the Self. Reiki 2 has a particular effect on the chakras (etheric bodies) that govern your emotional system and your intuition. The 2nddegree helps to expand your healing ability and to use energy in non-physical dimensions called Distant Healing. Furthermore, you learn a special method for handling deep mental and emotional problems. You will also learn 3 confidential Reiki symbols to increase your energy and generate a higher light vibration within you. The 2nddegree Reiki Attunements increase the energy in the chakras and activate the symbols. *Prerequisite: Reiki 1 (Usui Ryoho Method). Required Book: Inner Reiki by Tanmaya Honervogt*

Seniors and Depression

The Seniors and Depression workshop gives seniors and their caregivers the tools to identify and respond to the feelings and behaviours of depression. With an understanding of the impact chronic diseases, medical conditions and medications can have on the

mental health of seniors, you will learn techniques to increase mental wellness, prevent depression and strategies for coping with depression. Space is limited, so register now! *This workshop is sponsored by the Canadian Mental Health Association.*

Supporting People with Intellectual Disabilities

This workshop will focus on sharing helpful information and resources beneficial to families and caregivers of people with intellectual disability. This session will explore the different options for individuals graduating high school and what the next steps should be taken to ensure their success. We understand that graduating high school can be a stressful time and options after that may seem limited. Explore with us the different options and have your questions answered.

Join the NEW Markham Sports Leagues



Any and All Skill Levels are Welcome



Basketball | Volleyball | Pickleball

markham.ca/leagues

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Newcomer Orientation (Mandarin)	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 8:30 p.m.	Apr. 25	1	342466	FREE
Optimal Nutrition For Seniors	16 yrs+	Aaniin C.C.	Mon.	6:30 p.m. - 8:00 p.m.	Apr. 1	1	342863	FREE
Paper Flower Craft Workshop	1 yr+	Aaniin C.C.	Mon.	7:00 p.m. - 8:30 p.m.	May. 13	1	342482	FREE
Preparing for Summer: Youth & Teen Safety	16 yrs+	Aaniin C.C.	Thu.	7:00 p.m. - 9:00 p.m.	Jun. 20	1	342416	FREE
Purchasing Insurance in Ontario (Mandarin)	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 8:30 p.m.	May. 23	1	342467	FREE
Raising Resilient Children - A Triple P seminar	16 yrs+	Aaniin C.C.	Mon.	6:30 p.m. - 8:30 p.m.	Apr. 8	1	342417	FREE
Reiki Level 2	18 yrs+	Thornhill C.C.	Sun.	9:00 a.m. - 5:00 p.m.	May. 5	1	337374	\$270
Seniors and Depression	16 yrs+	Aaniin C.C.	Thu.	6:30 p.m. - 7:30 p.m.	Apr. 11	1	342982	FREE
Supporting People with Intellectual Disabilities	16 yrs+	Aaniin C.C.	Mon.	6:30 p.m. - 7:30 p.m.	May. 27	1	342469	FREE