

THURSDAY JUNE 8 cont...

CRAFTING WITH SHARLENE "FLOATING TEA-CUP"

Amaze your friends with a cup suspended in the air and overflowing with flowers. Only you will know the secret behind the magic!

1:00 pm - 3:00 pm

FEE: \$10 (non member \$40) +\$10 supplies payable to instructor

INSTRUCTOR: SHARLENE WYNESS



SENIOR'S WEEK

WORKSHOPS

JUNE 7 - 8, 2017

Join us for
Laughter, Learning & Living

**NORTHGATE LIONS
RECREATION CENTRE
7524—139 avenue
EDMONTON, Alberta
780 496 6969**

SENIOR'S WEEK WORKSHOPS

Wednesday, June 7

SCULPTING WITH POLYMER CLAY - **2 days

Bring out your own mini Michelangelo with polymer clay!

This 2 day seminar will teach the fundamentals of polymer clay sculpture (you can bake this in any conventional oven) including design, setting up the base and underwire (and under bake) of the subject to be sculpted. Methods of rendering heads, eyes, hair and textures will be discussed.

10:00 am—12:00 pm

FEE: \$20 (non member \$50) +\$10 at time of booking for supplies

INSTRUCTOR: DALE FOWLER

DRUMMING "DRUM 'n FUN"

Drumming is a wonderful, healthy way to release the negative energies and stress and restore balance. It is even more powerful when drumming in a group. Whether you are feeling joyful, stressed, lonely, happy or simply excited to drum for the first time or the 100th time you are welcome to join in this inclusive drum journey.

Songs, laughter, games, an African rhythm or two and joyful creative "in the moment music"

1:00 pm - 3:00 pm

Fee: \$10 (non member \$40)

FACILITATOR: DEB BORTSCHER

ABORIGINAL ROUND DANCE

Round Dances are performed by Native peoples all across North America. Join our instructor Mary Matchee to find out more about the history of Round Dance. What can I expect at a Round Dance? Drumming, singing and dancing! You do not need to know how to round dance to attend, please join us and learn by watching for a while or just joining hands in the circle and going with the flow.

1:00 pm - 3:00 pm

Fee: \$10 (non member \$40)

FACILITATOR: MARY MATCHEE

PERFORMANCE STORY TELLING and IMPROV

We all have stories to tell, from the recent past to long ago. Through theatre games, improv, laughter and fun, you'll share memories, use your imagination, and watch your stories come alive.

1:00 pm - 4:00 pm

FEE: \$10 (non member \$40)

FACILITATORS: GERI-ACTORS

CRAFTING WITH SHARLENE "FAIRY GARDEN"

Whether or not you believe in Fairies, you should have a little garden ready for them spend the summer on your deck or balcony.

1:00 pm - 3:00 pm

FEE: \$10 (non member \$40) +\$10 payable to instructor for supplies

INSTRUCTOR: SHARLENE WYNESS

SENIOR'S WEEK WORKSHOPS

Thursday, June 8

SCULPTING WITH POLYMER CLAY - **continued

Fee: continued from previous day 10:00 am—12:00 pm

ARABIC CALLIGRAPHY

Calligraphy is considered the quintessential art form of the Islamic world— Arabic letters decorate objects ranging from bowls to buildings. Numerous scripts have emerged over the centuries that serve a multitude of religious, political, social, and cultural functions. This short workshop explores the variety and versatility of Arabic calligraphy and historical efforts to perfect and codify scripts and generate new forms.

10:00 am - 11:30 am

FEE: \$10 (non member \$40)

INSTRUCTOR: NAJM ALTAMEEMI

DRUMMING - MUSIC MEDICINE JOURNEY

Drumming has many healing properties; Spiritual, Emotional, Physical. The ancient practice is well known around the world but has only been studied and scientifically proven in recent years. Sometimes it takes a bit of time for us to see the results that show up in our lives.

Join me in this mindful practice incorporating the 4 elements of rhythmic music to release the negative energies and stress and restore balance. Using a variety of instruments we will connect with each other in a softer, gentler mode of play. All instruments provided. Frame drums, wood blocks, bells, chimes and shakers will be in the mix.

Rosewater will be used for clearing instead of smudge due to sensitivities.

1:00 pm - 3:00 pm

Fee: \$10 (non member \$40)

FACILITATOR: DEB BORTSCHER

INTRO TO SQUARE DANCING

Join Wayne Russell for an afternoon of fun on the dance floor. Not only is square dancing fun it's also a great way to get in some exercise and meet new people.

1:00 pm - 3:00 pm

Fee: \$10 (non member \$40)

INSTRUCTOR: WAYNE RUSSELL

IMPROVISATION, COMEDY and LAUGHS

This laugh-a-minute workshop will introduce you to the skills to analyze and perform a scene and/or monologue (if desired); plus you will play Improv Games to help you gain a treasure trove of skill right at your fingertips.

1:00 pm - 3:00 pm

FEE: \$10 (non member \$40)

INSTRUCTOR: MICHELE MILLER