

# Dufferin Centre for Continuing Education

## Winter 2023 Programs



### WRITER'S CIRCLE

Everyone has a story. Writer's Circle is for you, no matter where you are on your writing journey. If you are just starting out, find some inspiration. If you are slogging through a long project, get reinvigorated. Please join us for weekly sessions where you will engage in writing prompts, have time to write, reflect upon your successes and struggles, and learn from a supportive writing community. Each student will have a chance to meet with the instructor to discuss their ideas/project, so that they will have a focus going forward.

Wed Jan 18—Mar 8 Orangeville DSS—Library	7-9 pm	8 classes Anna Armstrong	\$85.00 + HST PR-7073
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### NORDIC WALKING - AGES 55+

Walking using poles is a low stress, total body workout that's fantastic for weight loss, lowering blood pressure, reducing cholesterol, relieving back, shoulder and neck pain and recovery from knee and hip replacement surgeries. It improves your posture, balance and core muscles. It is also great for your body and mind. Why attend? If you don't know the technique, you won't get all the benefits! Ages 55+ Walking poles provided.

Thur Jan 19 — Mar 2 (no class on February 2nd.) Centre Dufferin DHS - Rm 75	7-8 pm	6 classes Barry Bartlett	\$45.00 + HST PR-7123
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Wed Jan 18—Feb 22 Orangeville DSS - Rm 128	7-8 pm	6 classes Barry Bartlett	\$45.00 + HST PR-7122
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### MINDFUL GENTLE YOGA WITH CAROL-ANNE

A Yoga class designed to let you move and stretch with awareness. We'll include a variety of breath work, movement and meditation each week. No previous experience necessary, accessible for everyone.

Tue Jan 10 – Feb 28 Orangeville DSS - Library	7-8 pm	8 classes Carol-Anne Fisher	\$120.00 + HST PR-7074
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### VOLLEYBALL WINTER

Come on out for a fun game of volleyball during this 8-week program (non-instructional). Men and women welcome. Please wear indoor, non-marking sole running shoes.

Wed Jan 11 - Mar 8 (No session on February 1st) Orangeville DSS - Double Gym	8-10 pm	8 sessions Rita Baldassarra	\$48.00 + HST PR-6998
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### SWING DANCE

You can't dance swing without smiling. Learn to dance with snazzy syncopations, spontaneity and serendipity. Beginner? Advanced? This class works well for all. No partner required. Make-up class will be held on February 1 if needed.

Wed Jan 11 – Jan 25 Orangeville DSS Cafetorium	7-8 pm	3 classes Jonathon Neville	\$30.00 + HST PR-7086
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### LATIN DANCE FITNESS

Grow skills while growing fit. Learn moves from Merengue, Samba, Salsa, Cha Cha. Danced as a group, not a partnered class. Make-up class will be held on February 1 if needed.

Wed Jan 11 – Jan 25 Orangeville DSS Cafetorium	8-9 pm	3 classes Jonathon Neville	\$30.00 + HST PR-7113
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### SALSA

Partnered salsa dance. Keys to freedom on a salsa dance floor. Tailored to students' skill levels. Make-up class will be held on March 1 if needed.

Wed Feb 8 – Feb 22 Orangeville DSS Cafetorium	7-8 pm	3 classes Jonathon Neville	\$30.00 + HST PR-7119
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### ROMANCE DANCE

A gliding dance perfect for love songs - simple yet sophisticated - where the sky's the limit. Versatile skills for all music. No partner required. Make-up class will be held on March 1 if needed.

Wed Feb 8 – Feb 22 Orangeville DSS Cafetorium	8-9 pm	3 classes Jonathon Neville	\$30.00 + HST PR-7121
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### FOR ADVANCED SOLO DANCERS - PARTNER DANCING

Partner dancing - Freestyle, Salsa, Swing, etc - for trained contemporary / ballet / modern / jazz dancers. Make-up class will be held on March 29th if needed. PLEASE NOTE: There is no class on March 15.

<b>Wed Mar 8 – Mar 22</b>	<b>7-8 pm</b>	<b>2 classes</b>	<b>\$20.00 + HST</b>
<b>Orangeville DSS Cafetorium</b>		<b>Jonathon Neville</b>	<b>PR-7125</b>

### CREATIVE WORKOUT

Grow skills and imagination as you grow fit. All welcome. A blend of precise technique, guided imagination, and free play. Fitness for living with finesse. Getting up from the floor, for example - who knew you could have so much fun just living your life? Athletic dance, creative cardio. Make-up class will be held on March 29th if needed. PLEASE NOTE: There is no class on March 15 (MARCH BREAK).

<b>Wed Mar 8 – Mar 22</b>	<b>8-9 pm</b>	<b>2 classes</b>	<b>\$20.00 + HST</b>
<b>Orangeville DSS Cafetorium</b>		<b>Jonathon Neville</b>	<b>PR-7126</b>

### BEGINNER GUITAR LESSONS—AGES 8-10

This beginner guitar course is geared towards kids and will teach them all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have a basic understanding of how to play guitar. PLEASE NOTE: There is no class on March 15th (MARCH BREAK).

<b>Wed Feb 8 - Apr 5</b>	<b>6:30 - 7:30pm</b>	<b>8 classes</b>	<b>\$45.00</b>
<b>Orangeville DSS - Rm 313</b>		<b>Stephanie Edwards</b>	<b>PR-7064</b>

### BEGINNER GUITAR LESSONS—AGES 11-15

This beginner guitar course is geared towards kids and will teach them all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have a basic understanding of how to play guitar. PLEASE NOTE: There is no class on March 16th (MARCH BREAK).

<b>Thur Feb 9 - Apr 6</b>	<b>6:30pm - 7:30pm</b>	<b>8 classes</b>	<b>\$45.00</b>
<b>Orangeville DSS - Rm 607</b>		<b>Stephanie Edwards</b>	<b>PR-7066</b>

### BEGINNER GUITAR LESSONS

This beginner guitar course will teach you all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have everything you need to call yourself a guitarist. PLEASE NOTE: There is no class on March 15th (MARCH BREAK).

<b>Wed Feb 8—Apr 5</b>	<b>7:45pm - 8:45 pm</b>	<b>8 classes</b>	<b>\$45.00</b>
<b>Orangeville DSS - Rm 313</b>		<b>Stephanie Edwards</b>	<b>PR-7063</b>

### BEGINNER GUITAR LESSONS - LEVEL 2

This course is for students with some guitar experience. This class builds upon our Beginner Guitar class for adults. If you have taken our beginner guitar course before or have some guitar experience, this class is for you.

<b>Thur Feb 9—Apr 6</b>	<b>7:45pm - 8:45 pm</b>	<b>8 classes</b>	<b>\$45.00</b>
<b>Orangeville DSS - Rm 607</b>		<b>Stephanie Edwards</b>	<b>PR-7065</b>

### THE INS AND OUTS OF THE CRICUT WORLD - COMPLETE SERIES

Do you have a Cricut machine at home collecting dust and just haven't been able to navigate Design Space? Do you scroll through Pinterest wishing you could create these same projects but just don't know where to start? This 7-week course is designed to explore the ins and outs of the Cricut world. Throughout the lessons, you will learn how to use and manipulate the Cricut Design Space and create a variety of items. In each class, you will learn and create something new. There is a list of supplies needed in each individual class. (Full description of this program can be found in the Course Book on page 3)

<b>Tues Jan 24 - Mar 7</b>	<b>7-9 pm</b>	<b>7 classes</b>	<b>\$150 + HST</b>
<b>Orangeville DSS—Rm 502</b>		<b>Chrissy Robertson-Mizzy</b>	<b>PR-7127</b>

To register call Continuing Education at 519-941-2661

Or go online at: [learning4you.ca](http://learning4you.ca)

View the Course Guide online at: [www.ugdsb.ca/continuing-education](http://www.ugdsb.ca/continuing-education)

**\*\* Watch out for our Spring 2023 Flyer with more exciting courses\*\***

