

# Welcome to the OSCC!

## OUR MANDATE

*The Oshawa Senior Citizens Centres and their community operations are non-profit multi-purpose community facilities for adults aged 55 and over. The Corporation of the Oshawa Senior Citizens Centres promotes the health, welfare and happiness of seniors by providing programs and services to foster senior empowerment, social interaction, public education and advocacy.*

## MEMBERSHIP SERVICES

Welcome to the OSCC!

We are committed to providing a vast array of programs and services that are fun, interactive and foster the values of personal health, growth, happiness and a sense of community.

Your \$10 membership fee (January to December) entitles you to many benefits such as:

- ... Meeting new people
- ... Meaningful volunteer opportunities
- ... Ability to participate at any of the 4 Branches
- ... Drop-in recreation programs
- ... Bi-monthly Newsletter
- ... Monthly Program Calendars
- ... Full service cafeterias serving nutritional food
- ... Lounges, Newspapers, magazines

## 2011 Board of Directors

Nancy Bone  
Len Cserhati  
Marty Epp  
Collette Forrest  
Garth Johns - President  
Gary Malach  
John Neal  
Gord Reid - Secretary  
Sylvia Rhodes  
John Vesters - Vice-President  
Garry Cubitt - Honorary Life Member

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## BUSINESS HOURS

### **John Street Branch-Main Administration 43 John Street West Oshawa ON L1H 1W8**

Business Hours: Monday to Friday: 9:00 am - 9:00 pm  
Saturday: 9:00 am - 5:00 pm  
Sunday: 11:00 am - 4:00 pm  
Statutory Holidays: 9:00 am - 5:00 pm  
Closed Christmas Day

### **Northview Branch 150 Beatrice Street East**

Business Hours: Monday to Friday: 9:00 am - 4:00 pm  
Program Hours: Program Specific

### **Legends Branch 1661 Harmony Road North**

Business Hours: Monday to Friday: 9:00 am - 4:00 pm  
Program Hours: Program Specific

### **Conant Branch 115 Grassmere Avenue**

Business Hours: Monday to Friday: 9:00 am - 4:00 pm  
Program Hours: Program Specific

Financial Support

Fees are based on individual program costs.

Financial support to some OSCC programs or opportunities to post-date cheques are available to those who require it.

Please speak to staff for details.

This is a confidential service.

Check us out at [www.oscc.ca](http://www.oscc.ca)!

Register for courses or check out daily lunch menus and monthly event calendars!

# 2011 REGISTRATION INFORMATION

Participation card can be purchased at the reception desk of any OSCC Branch for \$10.00 per calendar year.  
There is a \$5.00 fee to re-print lost participation cards.

**OSCC Membership is Non-Refundable and Non-Transferable.**

Registration Type	Payment Method	Start Date/Time
<p><b>Drop Off</b> Registration forms may be dropped off starting at 8:00 am at John Street, Northview, Legends or Conant Branches. Registration forms will be processed daily during regular business hours.</p> <p>... <b>A separate cheque, payable to OSCC, is required for each course registration on this day only.</b></p> <p>... <b>Registration forms available at all front desks</b></p>	<p>... Cheque</p> <p>... MasterCard/VISA</p> <p>... American Express</p> <p><b>No Debit or Cash during drop-off registration</b></p>	<p>August 15 at 9:00 am</p> <p>Drop off starts at 8:00 am</p>
<p><b>On-Line: You need a PIN# (available from any front desk)</b></p> <p>Register for courses on-line at <a href="http://www.oscc.ca">www.oscc.ca</a>; <b>Click</b> on program registration tab; <b>Click</b> on on-line registration; <b>Click</b> on the sub section that interests you (i.e. OSCC Fitness &amp; Dance); <b>Click</b> on the activity of your choice; <b>Select</b> the correct course code; <b>Click</b> the 'Add' button to put into your basket; <b>Enter</b> your Personal ID# (OSCC Card #); <b>Enter</b> your family PIN#; <b>Select</b> family member (your name); now <b>either Continue Shopping or Make your Payment</b>; To make Payment: <b>Click</b> on 'Go To Checkout' button; <b>Select VISA, American Express or MasterCard</b>; <b>Enter</b> number &amp; expiry date; <b>Click on Complete Transaction</b>; <b>Print</b> out your receipt. John Street Branch and Northview Branch computer labs are open for on-line registration. Assistance is available if needed.</p>	<p>... MasterCard/VISA</p> <p>... American Express</p>	<p>August 15 at 9:00 am</p>
<p><b>Fax</b></p> <p>Your completed registration form can be faxed to <b>905-576-0848</b>.</p>	<p>... MasterCard/VISA</p> <p>... American Express</p>	<p>August 15 at 9:00 am</p>
<p><b>Mail</b> - Your completed registration form can be mailed to: <b>The Oshawa Senior Citizens Centres,</b> <b>43 John Street West</b> <b>Oshawa, ON L1H 1W8</b></p>	<p>... Cheque</p> <p>... MasterCard/VISA</p> <p>... American Express</p>	<p>August 15 at 9:00 am</p>
<p><b>In-Person</b></p> <p>Registrations will be processed at the front desk during regular business hours.</p>	<p>... Cash/Cheque</p> <p>... Debit</p> <p>... MasterCard/VISA</p> <p>... American Express</p>	<p>August 16 at 9:00 am</p>

## \*\* LOOKING FOR A REFUND?? \*\*

The Executive Director may refund fees to a participant when the participant makes a written request to the Executive Director and/or when: A doctor's certificate indicates that they cannot take advantage of the program, activity or event concerned OR The Executive Director has reason to believe that financial hardship would result if the charge was not refunded.

... Requests must be submitted prior to the 3rd week of class.

... Refund Request forms are available at the front desks.

... An administration fee of \$5.00 will be charged for a participant initiated refund for money back, however, no administration fee will be charged if money is credited to your OSCC account.

... Refunds over \$20.00 can be mailed to the participant or credited to account or refunded at front desk if paid by credit card or debit.

... Refunds under \$20.00 can be picked up at the front desk during regular business hours.

... Event tickets will not be refunded unless the event has a waiting list and the ticket is resold.



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# Course Levels

In order to serve our members better, the Oshawa Senior Citizens Centres have classified "Levels" for all the courses. This will allow participants to choose the classes which best suit their needs.

<b>Beginners</b>	little or no experience	<b>Level 1</b>	little or no experience
<b>Intermediate</b>	taken a beginners program	<b>Level 2</b>	have completed a Level 1 class
<b>Advanced</b>	taken an intermediate program	<b>Level 3</b>	have completed a Level 2 class
<b>General</b>	all levels are invited to participate	<b>Level 4</b>	have completed a Level 3 class
		<b>Level 5</b>	most vigorous level

## Fitness & Dance

Par-Q Health Form is required to participate in a physical activity course.  
2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Aquafit General:** This workout is recommended for participants that may have arthritis, osteoporosis, and knee or hip replacements. It will improve both cardio and pulmonary strength as it builds endurance.

174039 Mon	Oct 3	Legends Branch	9:00 - 9:45 am	\$57.50 (10 weeks)
174040 Mon	Oct 3	Legends Branch	9:45 -10:30 am	\$57.50 (10 weeks)
174041 Mon	Oct 3	Legends Branch	3:00 - 3:45 pm	\$57.50 (10 weeks)
173989 Tues	Sept 20	Donevan Complex	9:00 - 9:45 am	\$57.50 (10 weeks)
174042 Wed	Oct 5	Legends Branch	3:00 - 3:45 pm	\$57.50 (10 weeks)

**Aqua Zumba:** Jump into the Latin inspired, easy to follow, calorie burning dance fitness party that makes working out a splash. This class is easy on your joints. Water shoes recommended.

174043 Fri	Sept 23	Donevan Complex	9:00 - 9:45 am	\$56.50 (10 weeks) Veronica Vargas
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**Ballroom Dance Level 1:** The Tango and the Waltz will be featured at 3:00 pm class. The Rumba and the Cha Cha will be featured at 4:00 pm class. **A partner is required.**

174291 Mon	Sept 12	Conant Branch	3:00 - 4:00 pm	\$45.00 (12 weeks)
174292 Mon	Sept 12	Conant Branch	4:00 - 5:00 pm	\$45.00 (12 weeks) Michelle Mitchell

**Ballroom Dance Beginner:** Learn the Rumba and the Cha Cha at 5:00 pm class. Learn the Foxtrot and Swing at 6:00 pm class. **A partner is required.**

174563 Wed	Sept 14	Conant Branch	5:00 - 6:00 pm	\$45.00 (12 weeks)
174564 Wed	Sept 14	Conant Branch	6:00 - 7:00 pm	\$45.00 (12 weeks) Bob Kerby

**Jazz Cabaret Dance: \*NEW\*** A mixture of stylized Jazz and modern dance steps in mini combos or routines. Sometimes a prop is used for fun! Great exercise and a way to casually learn "show style" routines.

174640 Thur Lev 1	Sept 15	Conant Branch	8:30 - 9:30 am	\$45.00 (12 weeks) Michelle Mitchell
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**Belly Dancing-Shimmy Level 1: \*NEW\*** Learn the ancient art form of belly dance while toning and shaping your body. Learn such movements as undulations, myiahs and shimmys.

Tues 174390	Sept 13	Legends Branch	10:30 - 11:30 am	\$30.00 (10 weeks) Zahra Hariri
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**Brain Gym Fitness:** Keep the mind active with brain gym exercises. This course also incorporates toning, stretching and cardio.

174293 Mon Gen	Sept 12	Conant Branch	10:45 - 11:45 am	\$18.00 (6 weeks) Laura Clements
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**Cardio Salsa:** Combines Latin steps with basic cardio exercises . Objective is to learn basic steps, get healthy and have fun . Not recommended for those with hip/knee problems.

174490 Mon Lev 2	Sept 12	Legends Branch	3:30 - 4:30 pm	\$30.00 (10 weeks) Veronica Vargas
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**Chair Exercise General Level:** This course is a great way to sit and be fit. Exercises can be done either standing or sitting in a chair. This course is recommended for those with limited mobility.

175340 Thurs	Sept 15	John Street Branch	9:45 - 10:45 am	\$30.00 (10 weeks)
175341 Thurs	Sept 15	John Street Branch	11:00 - 12:00 pm	\$30.00 (10 weeks) Donna Davidson

**Clogging Level 1 \*NEW\*:** Enjoy the rhythm of “Clicking” while learning steps and patterns. First time cloggers should wear running shoes or rubber bottom shoes. Taps are approx. \$22.00. Gwen Lohnes Volunteer Instructor

175342 Tues Lev 1	Sept 13	John Street Branch	9:30 - 10:30 am	\$10.00 (10 weeks)
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**Clogging Lev 2/3:** This course is not for beginners. Students have already completed a level 2 clogging or have clog dance experience. Course includes introduction of more complex dance steps and choreography.

174492 Wed	Sept 14	Legends Branch	1:30 - 2:30 pm	\$24.00 (8 weeks) Brenda Hancock
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**Dance Fit:** Dance your way to fitness in an upbeat and jazzy class. Groove to the basic dance rhythms of Swing, Latin, Meringue, Samba, Mambo, Ballroom and more for a full body workout loaded with fun and easy to do movements. So you think you can't dance, let us prove you wrong.

175343 Thurs Gen	Sept 29	John Street Branch	12:20 - 1:05 pm	\$21.00 (9 weeks) Jean Brown
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**Drums Alive:** Using fitness balls and drumsticks, improve physical/mental fitness and above all, have fun! Drums Alive® is full of powerful and motivating music and drumming rhythms that will get your body moving.

174547 Wed Gen	Sept 14	Conant Branch	2:40 - 3:40 pm	\$30.00 (10 weeks) Carol Drew
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**Fitness-Dance Aerobics:** Suitable for majority of fitness levels using simple aerobic dance patterns to pop music. Light weight training and stretching is incorporated into the workout.

175289 Fri Gen	Sept 16	Conant Branch	10:35 - 11:35 am	\$36.00 (12 weeks)
174495 Mon Gen	Sept 12	Legends Branch	10:35 - 11:35 am	\$36.00 (12 weeks) Barb Wallace



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**Fitness:** Components may include 30 minutes of cardio, followed by balance training, muscle strengthening, stretching and relaxation. Floor mats, chairs, resistance bands and free weights are routinely used.

174542 Mon Lev 1/2	Oct 3	Legends Branch	7:55 - 8:55 am	\$27.00 (9 weeks)
174552 Wed Lev 2	Oct 12	Legends Branch	7:55 - 8:55 am	\$27.00 (9 weeks)
174541 Fri Lev 1/2	Oct 7	Legends Branch	7:55 - 8:55 am	\$27.00 (9 weeks)
175392 Mon Lev 1/2	Sept 12	John Street Branch	10:00 - 11:00 am	\$30.00 (10 weeks)
175439 Mon Lev 1/2	Sept 12	John Street Branch	11:15 - 12:15 pm	\$30.00 (10 weeks)
174491 Tues Lev 4	Sept 13	Conant Branch	9:15 - 10:15 am	\$30.00 (10 weeks)
175339 Thurs Lev 1/2	Sept 15	Legends Branch	10:45 - 11:45 am	\$30.00 (10 weeks)
Sam Hansen Donna Davidson Brenda Hancock Susan Gumbley				

**Fitness for Men:** Components may include 30 minutes of cardio, followed by balance training, muscle strengthening, stretching and relaxation. Floor mats, chairs, resistance bands and free weights are routinely used.

174690 Mon	Sept 12	Northview Branch	8:00 - 9:00 am	\$36.00 (12 weeks)
174691 Wed	Sept 14	Northview Branch	8:00 - 9:00 am	\$36.00 (12 weeks)
174692 Fri	Sept 16	Northview Branch	8:00 - 9:00 am	\$36.00 (12 weeks)
Toni Johnston				

**Fitness for Osteo:** Includes cardio respiratory balance training, muscle strengthening, stretching and relaxation using resistance bands, free weights, small rhythmic balls and chairs.

175440 Mon Lev 3	Sept 12	John Street Branch	8:15 - 9:15 am	\$30.00 (10 weeks)
175441 Wed Lev 3	Sept 21	John Street Branch	8:45 - 9:30 am Express	\$23.00 (10 weeks)
174693 Wed Lev 3	Sept 14	Northview Branch	9:10 - 10:10 am	\$36.00 (12 weeks)
174694 Wed Lev 3	Sept 14	Northview Branch	10:20 - 11:20 am	\$36.00 (12 weeks)
Susan Johnston Jean Brown Toni Johnston				

**Fitness for Osteo, Train the Trainer:** Same as Fitness for Osteo, with Toni Johnston and a student trainer.

174695 Fri Lev 2/3	Sept 16	Northview Branch	11:45 - 12:45 pm	\$36.00 (12 weeks)
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**Fitness on the Ball:** Includes cardio respiratory (studio style and walking format), balance training, muscle strengthening, stretching and relaxation using resistance bands, free weights, stability ball and floor mats. Must bring your own fitness ball to the Legends Branch. This class is for men and women.

174545 Tues Lev 1/2	Oct 4th	Legends Branch	4:10 - 5:10 pm	\$30.00 (10 weeks)
174550 Thurs Lev 1/2	Oct 6th	Legends Branch	4:00 - 5:00 pm	\$30.00 (10 weeks)
176090 Tues Lev 3	Sept 13	Conant Branch	9:45 - 10:45 am	\$36.00 (12 weeks)
174557 Thurs Lev 3	Sept 15	Conant Branch	9:45 - 10:45 am	\$36.00 (12 weeks)
174498 Fri Lev 3	Sept 16	Northview Branch	10:30 - 11:30 am	\$36.00 (12 weeks)
174497 Tues Lev 4/5	Sept 13	Conant Branch	8:30 - 9:30 am	\$36.00 (12 weeks)
174556 Thurs Lev 4/5	Sept 15	Conant Branch	8:30 - 9:30 am	\$36.00 (12 weeks)
174696 Fri Lev 5	Sept 16	Northview Branch	9:15 - 10:15 am	\$36.00 (12 weeks)
Sam Hansen Toni Johnston				

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# Fitness & Dance

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**Fitness-Light Weight Training: General Level.** Maintain and improve body strength, endurance, flexibility and balance. Instruction is based on proper body alignment and techniques to ensure a safe workout.

174543 Mon	Sept 12	Legends Branch	9:30 - 10:30 am	\$36.00 (12 weeks) Barb Wallace
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**Fitness with Weights:** Focus is on maintaining and improving body strength, endurance, flexibility and balance.

175443 Fri Lev 3	Sept 16	John Street Branch	9:30 - 10:30 am	\$30.00 (10 weeks)
175442 Fri Lev 1	Sept 16	John Street Branch	10:45 - 11:45 am	\$30.00 (10 weeks) Donna Davidson

**Functional Fitness:** Doctors note required to participate in this class. Designed to meet the needs of participants with health concerns in a supportive environment where strides can be made at their own pace. Participants are required to complete a Physical Activity Readiness Questionnaire.

174739 Wed	Sept 14	Northview Branch	11:45 - 12:45 pm	\$36.00 (12 weeks)
174740 Fri	Sept 16	Northview Branch	1:15 - 2:15 pm	\$36.00 (12 weeks) Toni Johnston

**Fitness for Arthritis: \*NEW\*** This class helps to increase range of motion, agility and balance and helps to decrease pain, swelling and stiffness related to Osteo Arthritis, Rheumatoid Arthritis and Fibromyalgia.

175444 Tues	Sept 13	John Street Branch	2:15 - 3:15 pm	\$30.00 (10 weeks)
174741 Fri Lev 1	Sept 16	Northview Branch	2:20-3:20 pm	\$30.00 (10 weeks) Doris Lee

**Jive and Waltz Line Dance:** A level 2 course presenting two disciplines of dance. The excitement of the fast moving Jive dance combined with the elegance of the Waltz. Some previous line dance experience is required.

174554 Tues	Sept 13	Legends Branch	11:30 - 12:30 pm	\$24.00 (8 weeks) Brenda Hancock
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**Latin Party Mix: \*NEW\*** You are invited to a party where you will be dancing from Tango (Argentina) to Quebradita (north of Mexico), Spain and the Caribbean. Learn step by step basic choreographies and moves. Also, feel free to add your own flavour and enjoy the party. Partners are not required.

174639 Wed Gen	Sept 14	Conant Branch	1:30 - 2:30pm	\$30.00 (10 weeks) Veronica Vargas
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**Line Dance:** Learn dance steps to a variety of music. A knowledge of basic line dance steps is required before moving from a Level 1 class.

175291 Fri Lev 1	Sept 16	Conant Branch	11:40 - 12:40 pm	\$36.00 (12 weeks)
174789 Thurs Lev 2	Sept 15	Northview Branch	9:30 - 10:30 am	\$30.00 (10 weeks)
174790 Thurs Lev 3	Sept 15	Northview Branch	10:35 - 11:35 am	\$30.00 (10 weeks) Barb Wallace
175445 Mon Lev 1	Sept 12	John Street Branch	1:30 - 3:00 pm	\$32.00 (10 weeks)
174493 Tues Lev 2/3	Sept 13	Conant Branch	10:30 - 11:30 am	\$30.00 (10 weeks)
175448 Thurs Lev 2	Sept 15	John Street Branch	1:30 - 3:00 pm	\$32.00 (10 weeks)
175449 Wed Lev 4	Sept 14	John Street Branch	4:00 - 5:30 pm	\$32.00 (10 weeks) Donna Davidson



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**Line Dance - Movies/Broadway:** An intermediate themed class set to a musical backdrop of selections from the Movies and Broadway musicals.

175249 Tues Lev 2	Sept 13	Legends Branch	12:35 - 1:35 pm	\$24.00 (8 weeks) Brenda Hancock
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**Line Dance Latino:** Line dance experience and knowledge of terminology is required for this intermediate course. Basic Latin steps and body motion in both social and international Latin styles are presented in a line dance format.

174559 Wed Lev 2	Sept 14	Legends Branch	12:25 - 1:25 pm	\$24.00 (8 weeks) Brenda Hancock
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**NIA Dance:** This class blends forms of dance, Yoga and Tai Chi for a full body workout with great music. Join the movement revolution.

175040 Tues	Sept 13	Northview Branch	1:15 - 2:15 pm	\$36.00 (12 weeks) Carol Drew
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**Osteoflex:** Safe muscle resistance training, increased flexibility and improved balance training are all key components of this whole body workout geared to improve bone density and overall fitness.

175039 Fri Lev 1	Sept 23	Northview Branch	8:20 - 9:20 am	\$33.00 (11 weeks) Jean Brown
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**Pilates:** Exercise problem areas of the body, for example back or sciatic problems. Drawn from therapeutic roots it adapts to any and all body issues. This class is done entirely on mats.

175041 Mon Gen	Oct 3	Northview Branch	11:45 - 12:45 pm	\$24.00 (8 weeks) Deborah Miller
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**Qigong** (pronounced Chee gong). **General Level:** An integrated mind-body healing method. Exercises acupressure points, coordinated breathing with muscle movements, mild stretching and relaxation.

175042 Tues	Sept 13	Northview Branch	9:00 - 10:30 am	\$32.00 (10 weeks) Donna Elliott \$30.00 (10 weeks) Dr. Lai
175239 Thurs	Sept 15	Legends Branch	1:15 - 2:15 pm	

**Qigong/Meditation General level:** A relaxing, slow moving exercise that will bring you to a calm and revitalized state followed by meditation.

175246 Wed	Sept 14	Legends Branch	11:15 - 12:15 pm	\$30.00 (10 weeks) Greg Bradshaw
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**Salsa for Couples:** Learn to dance salsa style with a partner. Bring a friend and join the fun with great music.

174290 Mon Gen	Sept 12	Conant Branch	12:15 - 1:15 pm	\$30.00 (10 weeks) Veronica Vargas
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**Scottish Country Dance General Level: NEW** Designed for new people wanting to learn how to Scottish Country Dance as well as seasoned dancers. Beginners need to wear running shoes and bring a bottle of water.

175690 Wed	Sept 14	John Street Branch	7:00 - 9:00 pm	\$35.00 (10 weeks) Wendy Loberg
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**Socacize General:** This exhilarating work-out to Caribbean music focuses on cardio, weight and strength training, toning and tightening drills to help you tone those arms, abs and legs!

174494 Tues	Sept 13	Conant Branch	12:15 - 1:15 pm	\$30.00 (10 weeks)
175089 Mon	Sept 12	Northview Branch	11:15 - 12:15 pm	\$30.00 (10 weeks)
				Kimberly Ariri

**Square Dance Beginner:** Learn Modern Western Square Dancing. No previous experience is required. Square dancing is healthy exercise for both mind and body. Wear some comfortable shoes, come out and Dosido.

174553 Thurs	Sept 15	Conant Branch	2:30 - 4:30 pm	\$35.00 (10 weeks)
				Barry Clasper

**Square Dance Mainstream:** This session will be teaching the calls on the CALLERLAB Mainstream list. As a pre-requisite, participants must already be familiar with the CALLERLAB Basic List.

174499 Tues	Sept 13	Conant Branch	2:45 - 4:45 pm	\$35.00 (10 weeks)
				Barry Clasper

**Stretch and Sculpt General:** Full body workout using light weights and resistance bands. Emphasis on proper body alignment to develop strength, endurance and slow stretching to improve flexibility. No floor work.

174558 Fri	Sept 16	Conant Branch	9:30 - 10:30am	\$36.00 (12 weeks)
175243 Mon	Sept 12	Legends Branch	11:45 - 12:45 pm	\$36.00 (12 weeks)
175244 Mon	Sept 12	Legends Branch	1:00 - 2:00 pm	\$36.00 (12 weeks)
				Barb Wallace

**Tai Chi:** The slow, rhythmic movements of this powerful eastern exercise/art improve the physical condition, boost energy and relieve stress, helping participants to relax and sleep better. Yang 24 movement used.

175091 Mon Beg	Sept 12	Northview Branch	12:10 - 1:10 pm	\$39.00 (13 weeks)
175242 Thurs Gen	Sept 15	Legends Branch	12:10 - 1:10 pm	\$39.00 (13 weeks)
				Dr. Lai
174544 Wed Gen	Sept 14	Conant Branch	9:45 - 10:45 am	\$30.00 (10 weeks)
				Sandra Jin

**Tai Chi Sword:** Is one of nuance and grace. It fosters careful attention to the movements, position and inclinations of the hand that manifest itself through the sword. It is an advanced class for those who have taken Tai Chi classes before.

175092 Mon	Sept 12	Northview Branch	1:15 - 2:15 pm	\$39.00 (13weeks)
				Dr.Lai

**Tap Dance:** Learn the basic steps of tap dance and practice routines to music.

174289 Mon Gen	Sept 12	Conant Branch	9:20 - 10:20 am	\$30.00 (10 weeks)
				Veronica Vargas

**Urban Poling Trails:** Experience a variety of terrain (roads, trails, some hills/incline, nature paths, etc) and new areas. Learn tips from the trainer to move your fitness level to the next notch.

174489 Mon Gen	Sept 12	Conant Branch	1:00 - 2:00 pm	\$24.00 (8 weeks)
				Laura Clements



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**Yoga General:** Increase your flexibility, improve your blood circulation and restore balance to your body. Reduce tension and raise your energy level. Mat work is used.

175689 Mon	Sept 26	John Street Branch	9:30 - 10:45 am	\$32.00 (10 weeks) Jackie James
175139 Mon	Sept 12	Northview Branch	1:30 - 2:45 pm	\$39.00 (12 weeks) Lee Anne Nowell
175043 Wed	Sept 14	Legends Branch	10:00 - 11:00 am	\$36.00 (12 weeks) Greg Bradshaw
175140 Thurs	Sept 15	Northview Branch	11:00 - 12:15 pm	\$34.00 (11 weeks) Deborah Miller
175142 Fri	Sept 9	Northview Branch	11:05 - 12:20 pm	\$39.00 (12 weeks) Bonnie McIntyre

**Yoga - Chair:** With the support of a chair, you can participate in a great yoga class without getting up and down off the floor. This class offers the same benefits as other yoga classes.

174548 Wed Gen	Sept 14	Conant Branch	8:30 - 9:30am	\$30.00 (10 weeks) Lydia Vooy
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**Yogalates General:** Can't decide between Yoga and Pilates? Yogalates is excellent for developing tone and fitness in the body while creating inner calm, relaxation and overall well being.

175143 Mon	Oct 3	Northview Branch	10:05 - 11:35am	\$26.00 (8 weeks)
175149 Thurs	Sept 15	Legends Branch	9:00 - 10:30am	\$35.00 (11 weeks)
174551 Thurs	Sept 15	Conant Branch	12:45 - 2:00pm	\$35.50 (11 weeks) Deborah Miller

**Yoga Gentle:** Believe in the power of yoga! A not-so-serious course that will improve your mind, body and spirit through gentle movements.

174496 Tues Gen	Sept 13	Conant Branch	2:45 - 4:00pm	\$32.00 (10 weeks) Bonnie McIntyre
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**Yoga Restorative: \*NEW\*** Gentle, supported postures help to restore movement and flexibility to your body. Assisted by the use of props such as bolsters, blocks, folded blankets, poses are held for longer periods of time, allowing you to let go of long-held tensions that manifest both mentally and physically.

175144 Thurs	Sept 15	Northview Branch	2:00 - 3:00 pm	\$30.00 (10 weeks) Debi Beiko/ Mary Dobos
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# Fitness & Dance

Par-Q Health Form is required to participate in a physical activity course.  
2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Yoga Muscle Fusion General:** This program takes Yoga and Pilates and adds strength training to focus on developing strength, stamina, mobility, stability and flexibility. This practice sets the stage for greater steadiness and ease for other daily activities. Closes with Savanasa, providing us with an opportunity to be still and relax.

174989 Wed	Sept 14	Legends Branch	3:15 - 4:15 pm	\$36.00 (12 weeks) Lee Anne Nowell
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**Yoga General 5 Tibetan:** Known as the Five Rites of Rejuvenation, this yoga practice is for both newcomers & those who wish to expand their practice. Re-charge the energy centres of the body, balance the hormonal systems, improve circulation, increase bone density, relieve muscular tension, improve respiration and digestion. These postures are great core strengtheners. Each class will include a relaxation practice.

174440 Thurs	Sept 15	Legends Branch	11:00 - 12:00 pm	\$24.00 (8 weeks) Lee Anne Nowell
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**Yoga/TaiChi:** An intrinsic method of moving the energy around the body, gently stretching into yoga postures, deep concentration, building energy and relaxing at the same time.

175090 Fri Gen	Sept 16	Legends Branch	9:20 - 10:20 am	\$30.00 (10 weeks) Greg Bradshaw
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**Zumba:** Features routines of interval training where fast and slow rhythm and resistance training are combined to tone and sculpt your body while burning fat.

175290 Fri Lev 3	Sept 16	Conant Branch	12:45 - 1:45pm	\$30.00 (10 weeks) Veronica Vargas
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**Zumba Gold Lite:** Designed for an older adult participant. Starts slow and speeds up as class progresses. Features interval training where rhythm and resistance training combine to tone your body while burning fat.

175148 Tues	Sept 13	Northview Branch	2:20 - 3:20 pm	\$30.00 (10 weeks) Veronica Vargas
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# General Interest

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Acrylics /Watercolours-Painting:** Have some fun in a casual environment learning to use paints to make pleasing pictures. Watch class demonstrations on a variety of subjects such as landscapes, flowers and people.

Mon Gen 175245	Sept 12	Legends Branch	12:15 - 2:15 pm	\$34.00 (10 weeks) Paul Livingston
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**Art History: \*NEW\* Stories of Artists and Relationships:** Many artists have relationships that inform, motivate, or radically change what they do. This course will examine some of those complex relationships including The Sistine Chapel, Michelangelo and Pope Julian 11, the birth of Baroque, Vincent Van Gogh.

175691 Wed	Sept 14	John Street Branch	9:30 - 11:00 am	\$24.00 (7 weeks) David Aurandt
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**Bearmaking Studio:** Socialize and work with other Bear makers. No instructor.

175152 Tues	Sept 13	Northview Branch	9:00 - 11:00 am	\$10.00 (8 weeks)
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**Bid Euchre Lessons:** Prior euchre experience needed. You will learn hi/low as well as bid euchre. Bob Richardson is the volunteer instructor.

175154 Tues	Oct 18	Northview Branch	12:30 - 2:30 pm	\$10.00 (8 weeks)
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**Billiards Lessons for Ladies:** Beginner level will cover the basic skills to play the game. Volunteer Instructor.

175157 Wed	Oct 5	Northview Branch	10:15 - 12:15 pm	\$10.00 (4 weeks)
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**Birdcarving:** Beginner to Advanced carvers. Morning class will be carving a kestrel. Evening class will be carving a Sharp Shinned Hawk. Step by step instructions will be provided. Cut outs sold separate at first class - Bring carving knife to first class if you have one. Experienced carvers can bring their own projects

175158 Wed	Sept 14	Northview Branch	8:00 - 10:30 am	\$24.00 (12 weeks)
175159 Wed	Sept 14	Northview Branch	6:00 - 9:00 pm	\$24.00 (12 weeks) Rodney Maahs

**Bridge Absolute Beginner:** Club series. This course is suitable for brand new players. It will cover Hand Evaluation, Opening Bids and Responses, Rebids, Overcalls and Takeout Doubles. Participants will be asked to purchase a Club Series Text which will be available from the instructor for approx. \$23.00.

175160 Mon	Sept 12	Northview Branch	11:15 - 1:15 pm	\$34.00 (10 weeks) Rea Rennox
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**Bridge Intermediate:** Students who have taken the Club Series course and wish to advance to the next level. Emphasis will be on Play of the Hand—making a plan, counting winners and losers, when to draw trump, finesses, developing long suits and promoting winners. There will also be a review of partnership bidding.

175161 Mon	Sept 12	Northview Branch	9:00 - 11:00 am	\$34.00 (10 weeks)
175162 Tues	Sept 13	Northview Branch	2:15 - 4:15 pm	\$34.00 (10 weeks) Rea Rennox

**Bridge Advanced:** This course will focus on bidding, conventions, and competitive auctions. Each class will feature a convention with prepared hands to practice what you learn.

175164 Mon	Sept 12	Northview Branch	6:30 - 8:30 pm	\$34.00 (10 weeks) Robert Hanly
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# General Interest

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Bunka:** Learn the art of punch needle using special thread to create works of art. Beginners should bring a small pair of scissors. Cost for Beginners kit is approx. \$43.00.

175692 Wed	Sept 14	John Street Branch	1:30 - 3:30 pm	\$34.00 (10 weeks) MaryLee Chisholm-Morgan
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**Calligraphy: \*NEW\*** A step by step guide to the fine art of lettering, using Italic script, from pencil to pen and ink. The perfect craft to learn for gifts, scrapbooking, cards and more!

174391 Fri Gen	Sept 23	Legends Branch	1:30 - 3:30pm	\$14.00 (4 weeks) Margaret Challenger
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**Craft of the Month: \*NEW\*** A list will be posted of upcoming projects. Supplies will be provided. Students who wish to keep their finished project will pay a \$6.00 supply fee. Individuals who donate their completed piece for the Fall craft sale will not be charged for materials. All students will receive complete instructions that they can take home to use. Volunteer Facilitator.

175693 Tues	Sept 27	John Street Branch	1:00 - 2:30 pm	See Poster for Projects
175739 Tues	Oct 25	John Street Branch	1:00 - 2:30 pm	

**Creative Writing \*NEW\*- Beginner level:** Explore the elements of fiction in this fun introductory course. We'll conjure up characters, chat with them, then learn a little about where they live and what's important to them.

175171 Fri	Sept 16	Northview Branch	9:00 - 11:00 am	\$34.00 (10 weeks) Heather O'Connor
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**Creative Writing:** This course will gently guide you through the process of writing short stories with intriguing plots, sympathetic characters, believable dialogue, evocative settings and much more.

175172 Wed	Sept 14	Northview Branch	10:30 - 12:30 pm	\$34.00 (10 weeks) Sherry Hinman
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**Creative Writing Studio:** Meet and share stories and ideas with other writers. No Instructor.

175789 Thurs	Sept 15	John Street Branch	1:15 - 3:15 pm	\$10.00 (8 weeks)
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**Crochet General:** Learn **basic** stitches. Bring a 4.5 crochet hook and ball of wool to first class. Sheila Pereira is the volunteer instructor.

175790 Mon	Sept 12	John Street Branch	11:15 - 1:15 pm	\$10.00 (10 weeks)
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**Drawing: Beginner/ Intermediate.** Learn to draw from scratch, building upon the most basic shapes found in everyday life. Refresh existing, yet neglected drawing skills such as perspective, shape, form, light, and shading. Class demonstrations and personal assistance offered. Art questions answered.

174539 Mon	Sept 12	Legends Branch	9:45 - 11:45 am	\$34.00 (10 weeks) Paul Livingston
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**Drumming For Health - Beginner:** Learn some basic rhythms. Reduce stress, energize, relax and have fun.  
**Level 2:** Take your drumming to the next level. Learn more complex rhythms and polyrhythm's. Explore the art of group improvisation. Prior drumming experience is a prerequisite for Level 2.  
 Mary Brennan, John Fair and Joanne Davison are the volunteer instructors.

175174 Mon Lev 1	Sept 12	Northview Branch	2:20 - 3:20 pm	\$10.00 (8 weeks)
175175 Tues Lev 2	Sept 13	Northview Branch	12:00 - 1:00 pm	\$10.00 (8 weeks)



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# General Interest

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Euchre Lessons: Beginner Level \*NEW\***. Come join us to learn the basic skills required to play the popular 4 player card game. Susan Fawns is the volunteer instructor

174540 Wed	Oct 5	Legends Branch	3:00 - 4:00 pm	\$10.00 (5 weeks) Susan Fawns
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**Embroidery Machine General:** How to create an Heirloom quilt: learn how to apply all those beautiful stitches on your machine. No embroidery unit required, just a machine. Book required; How to create an Heirloom Quilt – Pauline Ineson (D&C).

175156 Wed	Sept 21	Legends Branch	10:00 - 2:00 pm Every other week	\$34.00 (5 weeks) Dolores Hopps
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**Energy Medicine - Introduction:** This course introduces you to Energy Medicine techniques. Learn how to stop stress in it's tracks, energy test for compatibility of foods, boost your energy, immune system and much more.

175176 Tues	Sept 20	Northview Branch	11:00 - 12:00 pm	\$37.50 (11 weeks) Donna Elliott
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**Expressionist Painting:** 3 aspects are explored: colour theory, composition and brush expression through a series of guided paintings. Observation, expressionistic then free abstract pieces are created.

175177 Fri	Sept 16	Northview Branch	12:00 - 2:00 pm	\$34.00 (10 weeks) Alex Christiani
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**French: \*NEW\*** This course offers individuals an opportunity to learn the basic vocabulary words and phrases associated with greetings, "small talk", shopping, travelling in France.

175178 Tues Level 1	Sept 13	Northview Branch	8:45 - 9:45 am	\$17.00 (10 weeks) Mel Benaissa
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**Guitar:** Learn the basics of playing this instrument. Must bring own guitar.

175792 Thurs Lev 1	Sept 15	John Street Branch	1:30 - 3:00 pm	\$29.00 (5 weeks)
175793 Thurs Lev 1	Oct 27	John Street Branch	1:30 - 3:00 pm	\$29.00 (5 weeks)
175794 Thurs Lev 2	Sept 15	John Street Branch	3:10 - 4:40 pm	\$29.00 (5 weeks)
175795 Thurs Lev 2	Oct 27	John Street Branch	3:10 - 4:40 pm	\$29.00 (5 weeks) Alex Christiani

**History - Time to Re-write the History Books: \*NEW\*** We examine Central Asia's effect on Western History - a non Euro Centric View of our Past. Where we came from, Why we believe what We Believe.

175796 Fri Gen. Level	Sept 16	John Street Branch	9:30 - 11:00 pm	\$24.00 (7 weeks) Gord Dowsley
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**History of Oshawa:** Join Staff from Oshawa Community Museum to explore stories about Oshawa from the earliest Native settlement to present day. Using artifacts and archival documents investigate personalities that help shape our community. Laura Suchin, Melissa Cole Instructors

176089 Thurs	Sept 15	John Street Branch	9:30 - 11:30 am	\$34.00 (10 weeks)
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**Knit and Crochet:** Learn basic stitches in knitting and crochet as well as reading patterns. Bring a pair of knitting needles size 10 or 4.5 MM, crochet hook and a ball of wool. Frankie Spracklin is the volunteer instructor.

175179 Wed Beg. /Int.	Sept 14	Northview Branch	1:45 - 3:45 pm	\$10.00 (12 weeks)
175180 Wed Adv	Sept 14	Northview Branch	11:15 - 1:15 pm	\$10.00 (12 weeks)

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# General Interest

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Meditation:** Learn the unity of spirit, mind and matter. Classes involve meditation, mild breathing work and movement to learn about the limitless possibilities of meditation.

174296 Mon	Sept 26	Conant Branch	6:00 - 7:00 pm	\$24.00 (8 weeks) Elizabeth McAvoy
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**Oil Painting:** Techniques for all levels. Painting as well as sketching and much more.

175189 Wed Gen	Sept 14	Northview Branch	1:30 - 3:30 pm	\$10.00 (10 weeks)
175797 Thurs Gen	Sept 15	John Street Branch	9:00 - 11:00 am	\$10.00 (10 weeks) Mary Gartlan

**One Stroke Painting:** If you've never painted before but admired Donna Dewberry's ONE-STROKE Painting, this class is for you. Create beautiful one-stroke flowers etc. Elsa Pogue volunteer instructor.

175190 Wed	Sept 7	Northview Branch	9:00 - 11:00 am	\$10.00 (10 weeks)
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**Open Art Studio:** Open Studio time to work on your art projects. No instructor.

175191 Mon	Sept 12	Northview Branch	9:00 - 11:00 am	\$10.00 (10 weeks)
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**Paper Toile General:** Learn to build a beautiful piece of art through cutting prints and pasting 3 dimensionally. Supplies for this class are available from instructors. Marilyn McIntosh and Chris Kowal instructors.

174549 Thurs	Sept 15	Conant Branch	10:15 - 12:15 pm	\$34.00 (10 weeks)
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**Quilting: "Log Rhythms": Intermediate/Advanced Level.** Create fun gifts with traditional or non-traditional Log Cabin designs. Add stars, split stars, squares or triangles. Use class sets of Marti Michell's 1 1/2" OR 3/4" / 1 1/2 " Log cabin rulers, to create small or medium projects: a pillow, centerpiece, or table-runner, or one large quilt. Kit Fee: \$15.00.

175192 Thurs	Sept 15	Northview Branch	10:45 - 12:45 pm	\$34.00 (10 weeks) Janet Coates
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**Quilting: "Heart & Hand Appliqué: Intermediate/Advanced Levels.** Prepare special gifts for loved ones. Using Celtic-style appliqué, create a stained glass "Nativity Scene". Design a small needle-turn "Appliqué Landscape" exploring the ideas of Jo Diggs. Create a "Santa Stocking" with appliqué and hand embroidery. Kit fee: \$12.00 payable at first class. Materials list provided at first class.

175193 Tues	Sept 13	Northview Branch	10:45 - 12:45 pm	\$34.00 (10 weeks) Janet Coates
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**Quilting - "Finished is Better":** Open Quilting Studio and Review. Bring your sewing machine and extension cord and complete "works in progress". Review assistance for those who request it.

175194 Tues	Sept 13	Northview Branch	1:30 - 3:30 pm	\$10.00 (10 weeks) Janet Coates
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**Quilting General:** Choose one out of two quilt options. Both quilts will require piecing and working with templates. Size – wall hanging.

175166 Wed	Sept 14	Legends Branch	10:00 - 2:00 pm Every other week	\$34.00 (5 weeks) Dolores Hopps
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# General Interest

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Meditation for Winter and Warmth: \*NEW\*** Learn to circulate your radiant heat with breathing, visualization and subtle spinal movements; liberating inner heat to meet the seasonal chill

175247 Wed Gen	Nov 9	Legends Branch	3:00 - 4:00 pm	\$17.00 (5 weeks) Elizabeth McAvoy
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**Rug Hooking:** Learn how to hook as our ancestors did. Course is set up for any level. Beginner kits are available for approximately \$35.00. This is not latch hooking.

175798 Mon Gen	Sept 12	John Street Branch	1:15 - 3:15 pm	\$28.00 (8 weeks) Marie Miller
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**Spanish:** Welcome to conversational Spanish. Learn language skills to meet new amigos when travelling south. The four language skills will be implemented with the use of visual and audio aids. Oral practice is the focus for retention when learning vocabulary of food/travelling/shopping.

175799 Wed Lev 1	Sept. 14	John Street Branch	9:30 - 11:30 am	\$34.00 (10 weeks) Micaela Arnold
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**Swedish Weaving:** Learn this craft that uses a large eyed bodkin needle, monks cloth and variegated 4 ply yarn. Supply list available on receipt and where to purchase cloth. Jeanne Taylor is the volunteer instructor.

174546 Wed Gen	Sept 14	Conant Branch	10:00 - 12:00 pm	\$10.00 (10 weeks)
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**Watercolours - Beg/Int:** Learn the basics of watercolour in easy step by step lessons. Hands on practice in a relaxed, friendly atmosphere.

175248 Tues	Sept 13	Northview Branch	10:30 - 12:30 pm	\$34.00 (10 weeks) Heather Banks
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**Watercolours Intermediate/Advanced:** Traditional techniques are introduced and taught with impressionistic style from the basics. Learn to paint loose, light, transparent watercolours.

175195 Mon	Sept 12	Northview Branch	1:00 - 4:00 pm	\$48.00 (10 weeks) Hi-Sook Barker
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**Wood Carving - Caricatures Beginner to experienced :** In this class you will get step-by-step instruction. Start with a rough cutout (sold separately at the first class) and finish a complete carving. Project is a "Santa".

174389 Tues	Sept 27	Legends Branch	8:15 - 10:15 am	\$34.00 (10 weeks) Bryan Middleton
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**Wood Carving:** Beginners to experienced. Work with wood using techniques such as relief, caricature, "in the round" and chip carving. Wood supplies and tools are extra.

175196 Thurs Gen	Sept 29	Northview Branch	8:15 - 10:15 am	\$34.00 (10 weeks) Bryan Middleton
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# Computers & Technology

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Computers for Beginners:** Learn basic mouse and keyboarding skills, surfing the internet, email, setting up an account on Face Book, Twitter plus lots of time to ask questions. Frank Kokut is the volunteer instructor.

175900 Thurs	Sept 15	Northview Branch	12:30 - 2:30 pm	\$10.00 (3 weeks)
175901 Thurs	Oct 20	Northview Branch	12:30 - 2:30 pm	\$10.00 (3 weeks)

**Computers Level 1:** Basics of computer hardware and software, 2: Intro to the Desktop, Icons & Taskbar  
3: Windows, Files & Folders, 4: The Internet: browsers, ISP, Favorites, searching & security, 5: Email: address, sending & receiving, setting up and security.

175891 Mon	Sept 12	Northview Branch	9:00 - 11:00 am	\$28.00 (3 weeks)
175892 Mon	Oct 24	Northview Branch	9:00 - 11:00 am	\$28.00 (3 weeks)
175840 Tues	Sept 20	John Street Branch	9:30 - 11:30 am	\$38.00 (5 weeks)
175841 Tues	Nov 1	John Street Branch	9:30 - 11:30 am	\$38.00 (5 weeks)
175842 Sat	Sept 17	John Street Branch	10:00 - 12:00 pm	\$38.00 (5 weeks)
175843 Sat	Oct 29	John Street Branch	10:00 - 12:00pm	\$38.00 (5 weeks)
				Bud Gushue Tanya Cochrane Susan Somerford

**Computers Level 2:** A continuation of Level 1. Introduction to: making desktop shortcut icons, merging names into letters (Word), building a sample budget and expense record (Excel). Internet search and download techniques will be discussed as well, any topics that may come up in the class room.

175894 Tues	Sept 13	Northview Branch	9:00 - 11:00 am	\$28.00 (3 weeks)
175896 Tues	Oct 25	Northview Branch	9:00 - 11:00 am	\$28.00 (3 weeks)
				Bud Gushue

**Digital Camera:** Learn how digital cameras work with computers. Computer experience is necessary.

175844 Fri	Oct 28	John Street Branch	1:00 - 3:00 pm	\$7.00 (one class)
175897 Mon	Sept 12	Northview Branch	11:30 - 1:30 pm	\$13.00 (one class)
175898 Mon	Oct 24	Northview Branch	11:30 - 1:30 pm	\$13.00 (one class)
				Bud Gushue

**Introduction to Laptops:** Learn the basic skills of the PC laptop, while being entertained by all of the features it has to offer. The instructor will bring you a new experience each class and will set aside time for questions.

174555 Thurs	Sept 15	Conant Branch	10:00 -12:00pm	\$46.00 (6 weeks)
				Sharon Babbs

**Photo Shop Elements:** Take your photos to the next level using Photoshop Elements! Learn how to organize, crop, touch up and enhance your photos. Create your own photo collages and add creative photographic effects.

175839 Mon Level 1	Sept 12	John Street Branch	1:00 - 3:00 pm	\$38.00 (5 weeks)
				Rosemarie Sood



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# Computers & Technology

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**What's on your Mac?** Get introduced to some of the most exciting applications that are used today. This course will review the fun behind iTunes, iPhoto and iMovie.

174295 Mon Lev 1	Oct 31	Conant Branch	11:15 - 1:15 pm	\$38.00 (5 weeks) Brian Elston
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**Facebook:** Learn about all the applications of this social media program including chat, share photos, emails.

175845 Fri	Oct 14, 21	John Street Branch	9:30 - 11:30 am	\$16.00 (2 weeks) Brian Elston
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**Mac Computer Essentials:** This beginner program designed to instruct users on the basics of Macintosh computers and their key applications. Students are encouraged to bring their Mac laptop to class if they have one.

174294 Mon Lev 1	Sept 12	Conant Branch	11:15 - 1:15pm	\$38.00 (5 weeks) Brian Elston
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**Skype/Twitter Workshop:** Learn how to use these social media programs.

175846 Fri	Sept 23, 30	John Street Branch	9:30 - 11:30 am	\$16.00 (2 week) Brian Elston
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**Computer Workshops: Bring a flash drive or memory stick to class. Instructor Tanya Cochrane**

**Overview of Windows 7:** Learn the differences between Windows XP and the new Windows 7 operating system. Explore Windows 7 and find out where things are located and how it is laid out. Ideal session for those with basic experience with computers but looking to upgrade to a new laptop or desktop.

175889 Thurs	Sept 15	John Street Branch	9:30 - 11:30 am	\$13.00 (1 class)
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**Windows 7 Photo Gallery:** An opportunity to explore basic photo editing such as cropping, rotating, red eye reduction, etc. Lots of time to practice and learn techniques will be offered. Level 1 computers is a recommended pre-requisite. Please bring 5-10 favourite photos saved on a flash drive to class to practice on.

175890 Thurs	Sept 22	John Street Branch	9:30 - 11:30 am	\$13.00 (1 class)
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**Exploring the Internet Level 2:** Go beyond basic searches. Topics covered will include: managing favourites, customizing a start page, printing content from the Internet, nifty websites that are interesting/fun and other tips and tricks to making your "surf". Sessions more effective. Level 1 Computers is a recommended pre-requisite.

175895 Thurs	Oct 27	John Street Branch	9:00 - 12:00 pm	\$16.00 (1 class)
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**Microsoft Excel Level 1:** This class will review beginner topics such as creating a basic spreadsheet, formatting, common calculations and spreadsheet layout. Lots of time to practice techniques and ask questions will be offered during each class. Level 1 Computers is a recommended pre-requisite.

175893 Thurs	Sept 29	John Street Branch	9:30 - 11:30 am	\$23.00 (3 weeks)
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**Microsoft Word Level 1:** This introductory course will give an overview of Microsoft Word for Windows 7. Topics covered include: creating opening, saving and printing documents plus an opportunity to explore what this program has to offer. Time for questions will be available. Previous computer experience is a pre-requisite.

175902 Thurs	Nov 3	John Street Branch	9:00 - 12:00 pm	\$35.00 (3 weeks)
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# General Interest Workshops

## 2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

**Calligraphy \*New\*:** 2 hour workshop for beginners or those who wish to refresh their skills. The workshop will cover tools, papers, scripts and explanation of the wide usage for good lettering and layout. Experiment with the italic script. Bring pens if you have them. Markers supplied.

174439 Fri Gen	Sept 16	Legends Branch	1:30 - 3:30 pm	\$9.00 (1 class) Margaret Challenger
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**Cardmaking:** Make your own handcrafted cards using everyday materials. Kit fee - \$2.00.

175905 Mon	Sept. 26	Northview Branch	9:00 - 12:00 pm	\$7.00 (1 class) Elsa Pogue
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**Festive Holiday Table Centre Piece \*NEW\*:** Learn how to make easy festive Centre pieces for you holiday entertainment. Approx. cost for supplies is \$10.00. Barbara Lorne Volunteer Instructor.

175903 Tues	Nov 29	John Street Branch	1:30 - 3:30 pm	\$10.00 (1 week)
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**Oil Painting Workshop:** Perfect for those who have always wanted to learn to paint. Everyone in the class works on the same painting and you will go home with a finished product. Instructor gives one on one attention. All supplies and equipment are included (except a frame). Pictures of paintings will be on flyers.

175907 Sat	Sept. 17	John Street Branch	9:30 - 3:30 pm	\$80.00 (1 class)
175909 Sat	Oct 29	John Street Branch	9:30 - 3:30 pm	\$80.00 (1 class)
175910 Sat	Nov 26	John Street Branch	9:30 - 3:30 pm	\$80.00 (1 class) Joanne Purdy

**Quilting Workshop - .** Template Tango– intermediate/ advanced level. Time to “practice and play” as you make 2 or 3 SMALL gifts. Bring Gems 5 & 10, and Easy Angle 6 1/2” templates. Try the Marti Michell “Tumbler” template and the new Gems 5& 10 pattern that are included in the kit fee of \$10.00.

175906 Sat	Sept 17	Northview Branch	9:30 - 3:30 pm	\$10.00 (1 class) Janet Coates
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**Scrapbooking General \*New\*:** Learn the basic steps it takes to create your own personal scrapbook including how to put scrapbook pages together, how to use color to enhance photos, journaling and embellishments.

175240 Mon	Oct 17	Legends Branch	2:30 - 4:30 pm	\$14.00 (4 weeks) Janice Barrett
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**Silk on Silk:** Painting on silk using non toxic dyes we will use a variety of techniques such as batik, resist, shabori. 3D silk ribbon will be added to the project as it was used in fashion history. A \$25.00 material fee is required at the first class.

175241 Tues	Nov 8	Legends Branch	1:00 - 3:00 pm	\$17.00 (5 weeks) Marilyn Whitbread
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**Zentangle \*NEW\*:** Zentangle is: 1. An easy, fun, relaxing method of creating beautiful images from repetitive patterns and 2. A pattern drawn on a 3 1/2 in. sq. which includes a border, a string, sections, patterns, shading, initials and signature. Kit fee: \$10.00

175904 Mon	Sept 19	Northview Branch	1:00 - 2:30 pm	\$7.00 (1 week) Bunny Wright
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# Information and Wellness Seminars

- Living With Osteoarthritis:**  
 Saturday, September 17 - 9:00 - 12:00 pm  
 Northview Branch Code: 175989 \$1.00  
 Focuses on aspects of arthritis management.
- Stroke Recovery Seminar:**  
 Tuesday, September 20 - 10:00 - 12:00 pm  
 Conant Branch Code: 175990 \$1.00  
 This seminar will introduce Lakeridge Health's new Stroke Recovery group being held at the OSCC Conant Branch. Come out for support, discussion and socials in a welcoming environment. Caregivers welcome.
- Women's Only Work-It-Circuit Seminar:**  
 Tuesday, September 20 - 10:00 - 11:00 am  
 North Oshawa Clubhouse Code: 175991 \$1.00  
 Wednesday, September 21 - 11:00 - 12:00 am  
 Conant Branch Code: 175992 \$1.00  
 Find out about a new circuit exercise class designed for women 55+ who are new to exercising.
- Preparing for End of Life Arrangements:**  
 Wednesday, September 21 - 3:00 - 4:00 pm  
 Legends Branch Code: 175993 \$1.00  
 Come and find out about traditional burial and cremation.
- What is T.O.P.S?:**  
 Thursday, September 22 - 2:30 - 4:00 pm  
 Northview Branch Code: 175994 \$1.00  
 TOPS Club Inc. is the original, non profit, weight loss support and wellness education organization. Find out about successful, affordable weight management.
- Will, Estate Planning & Planned Giving:**  
 Monday, October 17 - 10:30-11:30 am  
 Conant Branch Code: 175995 Free  
 A local Lawyer discusses Wills and Powers of Attorney, Estate Planning and Estate Administration issues, appointing representatives, essential documents and capacity issues. Learn about giving to charities and the OSCC planned giving program.
- Senior Safe Driving:**  
 Monday, October 17 - 1:00 - 2:30 pm  
 John Street Branch Code: 175996 \$1.00  
 Join Sgt. Amott, for a review of pertinent legislation and discuss tips for safe driving.
- Living a Healthy Lifestyle with Chronic Conditions:**  
 Thursday, October 20 - 9:00-11:30 am  
 Northview Branch Code: 175997 Free (8 Weeks)  
 This course will help you to better manage symptoms and daily life, including healthy eating, exercise, pain and fatigue management, stress management, managing medications, planning and problem solving.
- Insurance Seminar:**  
 Wednesday, October 26 - 1:15-2:30 pm  
 Northview Branch Code: 175998 \$1.00  
 Join Yvonne Brady from Johnson Insurance as she speaks about the ins and outs of insurance coverage. Learn how to properly read your home, auto, life and travel policies.
- Fire Safety and Fall Prevention:**  
 Wednesday, November 2 - 9:30-10:30 am  
 John Street Branch Code: 175999 \$1.00  
 Come out and learn some tips regarding fire and fall prevention to help keep you safe.
- Maintaining Your Independence With Exercise:**  
 Wednesday, November 16 - 1:30-3:30 pm  
 Northview Branch Code: 176000 \$1.00  
 Toni Johnston leads an interesting and practical session on how exercise can improve function which is necessary to take care of personal, household, social and daily living needs. Exercise precautions for common chronic conditions will be discussed.
- Safe Banking:**  
 Tuesday, December 8  
 Legends Branch Code: 176001 Free  
 Going south for the winter? Learn how to make banking secure and easy! Find opportunity to save on you day to day banking, reduce taxes & build savings.

**Check us out at [www.oscc.ca](http://www.oscc.ca)!**  
 Register for courses or check out daily lunch menus and monthly event calendars!



# PREFERRED<sup>®</sup>

® Preferred is a service mark of Johnson Inc.

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1.800.563.0677 | [www.johnson.ca/oscc](http://www.johnson.ca/oscc)

(Please provide your Group ID code: OZ)

For each qualifying member, not already insured with Johnson, who receives a home or auto insurance quote, Johnson will donate \$20 to the OSCC.



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Home and auto insurance is available through Johnson Inc., a licensed insurance intermediary. Policies are primarily underwritten by Unifund Assurance Company (Unifund). Unifund and Johnson Inc. share common ownership. Only home insurance is available in BC, SK and MB. An alternate plan is available in QC. Certain conditions may apply. AIR MILES<sup>®</sup> reward miles awarded on regular home and auto insurance policies underwritten by Unifund. At the time the premium is paid, one AIR MILES reward mile is awarded for each \$20 in premium (including taxes). AIR MILES reward miles not available in SK, MB or QC. \*TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Johnson Inc. (for Unifund). \*Mediacorp Canada Inc. MVM/MAC, May 2010

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# OSCC in Partnership with the Oshawa Public Libraries

**Book Chats:** Books are chosen in advance. One book discussed each month. Free

2nd Tuesday of each month	2:00 - 4:00 pm	Northview Branch	Celine Boutin
3rd Tuesday of each month	9:30 - 11:00 am	John Street Branch	Joyce Stocker

**Demystifying Technology:** Confused about the terms you hear on the news? This seminar will help de-mystify the different terms. You will receive non jargon definitions of this new technology. Could include: Blackberry, MP3 players/Ipods, PVR's Cell phones and texting. This seminar won't teach how to use the new equipment but help you make an informed decision if you want to incorporate some of this new technology in your life.

175197 Wed. Nov. 2	1:30 - 2:30 pm	Northview Branch	Aaron Kimberly
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**News and Views:** Hosted by Oshawa Public Libraries. Lively discussions focus on Current Events of past week. Registration at Northview Public Library.

Tuesday	9:00 - 10:15 am	Legends Branch	Free	Librarian
Friday	10:30 - 11:30 am	Northview Branch	Free	Librarian

**Great Lives in History: Alexander the Great:** Considered to be the greatest military leader of the ancient world, Alexander carved out an empire stretching from Greece to India. He achieved greatness in most of the known world before his death at age 33. He was brilliant, enigmatic, and charismatic. Join Joseph Sansalone, Manager of Adult Information Services, as he explores the exploits of this larger than life individual.

175911 Monday Sept 26	1:00 - 2:00 pm	John Street Branch	Joseph Sansalone
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## When I Was a Teen:

### Intergenerational Project with the Oshawa Public Libraries

McLaughlin Branch, Free registration at any branch.

Are you a senior with a story to tell about your teen years?

If you are, then you won't want to miss this opportunity. We will put you together with a teen who will talk to you and digitally record your story. Then you can work together to create a fabulous podcast to let the rest of the world hear your story. What's a podcast? It is a multimedia digital file made available on the Internet for

listening to or free for downloading. Are you ready to share your story? Applications will be accepted beginning September 10, at all branches.

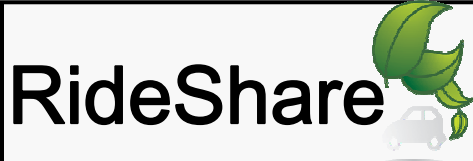


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# Recreation



**Share the Ride, Share the Fun!**

**PASSENGERS AND DRIVERS WANTED**

**Badminton:** Played on 2-3 gym courts. Beginners welcome with racquet provided, or can bring own.

Monday	9:10 - 11:10 am	Northview Branch	Free	Sharon Clarke & Mario Cicci
Tuesday	6:30 - 9:00 pm	Conant Branch	Free	Chris Lievaart, Hans Tim
Wednesday	1:30 - 3:30 pm	Northview Branch	Free	Bill Stevenson, Sharon Clarke & Mario Cicci

**Basketball:** Knowledge of game necessary. Teams decided upon arrival. One on one also available

Friday	2:30 - 4:00 pm	Conant Branch	Free	TBA
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**Bid Euchre:** Knowledge of card game recommended. Lessons are available.

Friday	1:15 - 3:30 pm	Northview Branch	\$1.00	Jack Phillips
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**Bid Euchre High Low:** Enhanced version of game. Knowledge of game necessary. Lessons are available.

Monday	1:00 - 3:00 pm	John Street Branch	\$2.00	Tony Vander Cruysen
Monday	6:30 - 9:00 pm	John Street Branch	\$2.00	Grace Conway
Tuesday	1:00 - 3:30 pm	Conant Branch	\$2.00	Ron Yeo, Grace Conway
Tuesday	6:30 - 9:00 pm	Northview Branch	\$2.00	Faye Burkey
Wednesday	6:30 - 9:30 pm	Northview Branch	\$2.00	Bob and Louise Richardson
1st Wed/Month	6:45 start			
Thursday	1:00 - 3:30 pm	Conant Branch	\$2.00	Ron Yeo, Grace Conway
Thursday	6:30 - 9:30 pm	Northview Branch	\$2.00	Bob and Louise Richardson
Friday	6:30 - 9:30 pm	Northview Branch	\$2.00	Bob and Louise Richardson
Saturday	1:00 - 3:30 pm	Conant Branch	\$2.00	Tom White, Grace Conway
Sunday	1:30 - 4:30 pm	Northview Branch	\$2.00	Toni Wolynski

**Billiards:** John Street Branch offers both Snooker and 8 Ball. Cues are provided or bring your own.

Tues Daily	9:00 - 12:00 pm	Northview Branch John Street Branch	Free	Ed Arnold Bill Hayes
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**Bingo:** Join us for this traditional game. Bingo cards are provided.

Monday	2:00 - 4:00 pm	John Street Branch	\$0.25	Brian and Susan Whitaker
Tuesday	2:00 - 4:00 pm	John Street Branch	per	Brian and Susan Whitaker
Wednesday	2:00 - 4:00 pm	Conant Branch	card	Richard and Helen Williams
Thursday	6:30 - 9:00 pm	John Street Branch		Jeanne Taylor

**Bridge Duplicate:** For advanced players. Partners are recommended. Lessons are available.

Monday	1:00 - 4:00 pm	Conant Branch	\$3.00	Al Fice
Monday	6:45 - 10:00 pm	Northview Branch	\$3.00	Bill McHugh
Tuesday	12:45 - 3:30 pm	Legends Branch	\$3.00	Mary Alton
Wednesday	6:15 - 8:30 pm	John Street Branch	\$3.00	Al Fice
Thursday	1:00 - 4:00 pm	Northview Branch	\$3.00	Barb & Pete Jones
Friday	1:00 - 4:00 pm	Northview Branch	\$3.00	Al Fice
Friday	6:45 - 10:00 pm	Northview Branch	\$3.00	Chris Adair

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**Register for courses or check out daily lunch menus and monthly event calendars!**

# Recreation

**Bridge Foursome:** A friendly card game played with partners. Lessons are recommended for beginners.

Tuesday	12:45 - 3:30 pm	John Street Branch	\$2.00	Peggy Mathys
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**Bridge Social:** Often called "Kitchen" Bridge. Knowledge of game required. No partner necessary.

Tuesday	6:30 - 9:30 pm	Northview Branch	\$1.00	Bob and Claire Nickerson
Thursday	6:30 - 9:30 pm	Northview Branch	\$1.00	Jerry Bretherick
Friday	12:45 - 3:30 pm	John Street Branch	\$1.00	

**Camera Club:** All levels are welcome. Share techniques and tips for the perfect picture.

First Tuesday of the month	9:00 am	John Street Branch	Free	Jim Grieve, Denis Lalonde
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**Canasta:** This card game is played with 3 to 6 players. New players are welcome.

Tuesday	9:30 - 12:00 pm	John Street Branch	Free	Andrea Ross
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**Carpet Bowling:** Played on carpets using weighted balls. A gentle game. Beginners welcome.

Monday	6:30 - 9:00 pm	John Street Branch	Free	Betty Kerr
Wednesday	9:30 - 11:00 am	John Street Branch		Betty Kerr
Friday	1:30 - 3:30 pm	Legends Branch		Joan Niven

**Chess:** Standard Game with 16 pieces per side. A base knowledge is helpful.

Daily	12:00 - 1:30 pm	John Street Branch	Free	Derek Haddon
Daily	6:30 - 9:00 pm	John Street Branch	Free	Derek Haddon, Leanne Colvin-Baker
Tues/Thurs	9:30-11:00 am	Conant Branch	Free	

**Choir:** The weekly practices help the group prepare for Spring and Fall concerts.

Wednesday	1:00 - 3:00 pm	John Street Branch	Free	Joan Fontaine, Kay Hayes
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**Coin Collecting:** Collect, trade or unload coin collections.

Wednesday	1:00 - 4:00 pm	Conant Branch	Free	Terry Campbell
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**Cribbage Progressive:** This card game can be played with two to four players. Lessons are encouraged if no knowledge of the game. No partner necessary.

Monday	1:30 - 3:30 pm	Conant Branch	\$1.00	Doug Gibbs, Glen Baird
Tuesday	1:15 - 3:15 pm	Northview Branch	\$1.00	Bob Wilson, Duane Perry
Wednesday	1:15 - 3:30 pm	John Street Branch	\$1.00	Pat Lacroix, Mary Reid
Thursday	1:30 - 3:45 pm	Legends Branch	\$1.00	Bob Wilson

### Chess for Beginners

Learn the basics of this board game.  
 Wednesday, October 5 - 5 Weeks  
 John Street Branch 1:00 - 2:00 pm  
 Code: 175791 Cost: \$10.00  
 Volunteer Instructor Derick Haddon

### Cribbage for Beginners

Learn to play the fun and strategic game of cribbage.  
 Monday, September 12 - 5 Weeks  
 Conant Branch 1:30 - 3:30 pm  
 Code: 174297 Cost: \$10.00



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# Recreation

**Cycling - Medium distance:** Social not competitive. Code: 163190

Tuesday May 10 -Oct 18	9:00 - 11:00 am	Northview Branch Local bike Path	Free	Gerry Henderson Please Pre-Register
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**Darts:** Socialize and join this standard game. Baseball, Cricket, 501 and others. Beginners are welcome.

Monday	6:30 - 9:00 pm	Northview Branch	Free	Marion Condy, Audrey Stephenson
Tuesday	7:00 - 9:00 pm	John Street Branch	Free	May McLean, Betty Kerr
Wednesday	2:00 - 4:00 pm	John Street Branch	Free	May McLean Betty Kerr
Wednesday	2:30 - 4:30 pm	Conant Branch	Free	Doug Gibbs, Glen Baird
Wednesday	7:00 - 9:00 pm	Legends Branch	Free	Marion Condy, Barb Jessup
Friday	7:00 - 9:00 pm	John Street Branch	Free	May McLean, Betty Kerr

**Dominoes:** A small tile represents the roll of two dice. Beginners welcome. No partners needed.

Monday	9:00 - 11:00 am	Legends Branch	Free	Margot Vear
Monday	1:30 - 3:30 pm	Legends Branch	Free	Maureen Lariviere
Wednesday	9:00 - 11:00 am	Legends Branch	Free	Margot Vear
Wednesday	1:30 - 4:00 pm	Northview Branch	Free	Audrey Stephenson
Friday	9:00 - 11:00 am	Legends Branch	Free	Margot Vear
Friday	1:00 - 3:00 pm	Conant Branch	Free	Maureen Lariviere

**Drumming:** Bring your own drum and enjoy open drum circle.

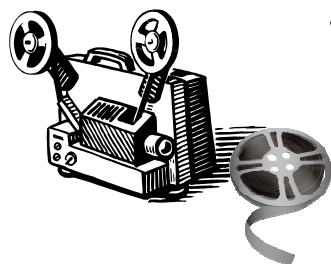
Wednesday	7:00 - 9:00 pm	Conant Branch	Free	Ernestine Vallee
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**Euchre Progressive:** This card game does not require a partner. Euchre experience recommended.

Tuesday	1:15 - 3:30 pm	Legends Branch	\$1.00	Donna Jones
Tuesday	6:30 - 8:30 pm	John Street Branch	\$1.00	
Tuesday	6:45 - 9:30 pm	Northview Branch	\$1.00	Beryl Astington, Phyllis Doherty
Wednesday	12:30 - 3:00 pm	Conant Branch	\$2.00	Joe Byrne
Wednesday	1:15 - 3:30 pm	Northview Branch	\$1.00	Bob Wilson, Duane Perry
Thursday	6:45 - 9:30 pm	Northview Branch	\$1.00	Beryl Astington/Phyllis Doherty
Friday	6:30 - 8:30 pm	John Street Branch	\$1.00	



**Cyber Café:** Open Daily at John Street Branch FREE Computers are available on the main floor for standard game play. Some have internet access.



Join us each month for a popular movie and snacks. Movies are **free** and will be advertised one month before the event

**Prize Pics  
John Street Branch**

1st Thursday of the month,  
2:30 pm John Street Branch

**Prize Pics "North"  
Legends Branch**

Last Thursday of the month,  
1:30 pm Legends Branch

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# Recreation

## SENIORS CONNECTING SENIORS

Join us for a Seniors Connecting  
Seniors Social

Friday, September 16  
2:00 pm Northview Branch

Thursday, October 27  
2:00 pm Legends Branch

Wednesday, November 30  
2:00 pm John Street Branch



<b>Horseshoes:</b> Players take turns throwing horseshoes at stakes in the ground. Instruction available.				
Mon-Fri	9:00 - 4:00 pm	Conant Branch	Free	
<b>Jam Session: *NEW*</b> Bring your musical instruments and jam with other like minded people.				
Tuesday	2:30 - 4:00 pm	John Street Branch	Free	Carman Shirk
<b>Mah-jong:</b> Make combinations of tiles to play this ancient Chinese tile game.				
Tuesday	2:00 - 4:00 pm	Northview Branch	Free	Linda Fong
<b>Open Crafts:</b> Bring craft projects you are working on and meet other crafters for a morning of pleasant conversation. Share patterns, techniques and expertise. Beginners will find the help they require.				
Tuesday	1:00 - 3:00 pm	John Street Branch	Free	Sheila Pereira
Wednesday	9:00 - 11:00 am	Northview Branch	Free	Jean Warner
Wednesday	9:30 - 11:30 am	Conant Branch	Free	Iris Sargent
<b>Pickle Ball:</b> A fun combination between tennis, ping pong and volleyball. Easy to learn and fun to play				
Tuesday	12:45 - 2:45 pm	Legends Branch	Free	Russell French
Wednesday	11:00 - 12:15 pm	Conant Branch	Free	Hans Tim
<b>Quilting Circle: *NEW*</b> For people who want to get together for quilting and conversation.				
Tuesday	1:00 - 3:00 pm	John Street Branch	Free	Lynne Huether
<b>Rikken:</b> A card game with tricks, trumps and bidding. Lessons are encouraged.				
Tuesday	6:30 - 9:30 pm	John Street Branch	Free	John Loeffen, Bill Loeffen
Thursday	1:00 - 3:30 pm	John Street Branch		



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# Recreation

**Rummikub:** Be the first to play all your tiles to win while having fun and meeting others. Beginners welcome.

Saturday	10:00 - 12:00 pm	John Street Branch	Free	Lorette Magnan
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**Rummoli:** A lively game played with your pot of pennies. Beginners welcome.

Tuesday	1:30 - 3:30 pm	Conant Branch	Pennies	Doug Gibbs, Glen Baird
Wednesday	6:30 - 9:00 pm	John Street Branch	Pennies	Yolande Bourgeois
Thursday	1:30 - 3:30 pm	Northview Branch	Pennies	Marion Condy, Barb Jessup

**Scrabble:** Play by official Scrabble rules. Play in pairs and change partners after every game.

Monday	1:30 - 4:00 pm	Northview Branch	Free	Beryl Astington
Wednesday	2:00 - 4:00 pm	Legends Branch	Free	Hilda Schlechter
Thursday	1:00 - 4:00 pm	Conant Branch	Free	Hilda Schlechter, Lorette Magnan
Friday	1:00 - 4:00 pm	John Street Branch	Free	Lorette Magnan,

**Shuffleboard:** All equipment provided. Partners not necessary. Beginners welcome.

Tuesday	8:30 - 10:30 am	John Street Branch	Free	Jack Carr
Thursday	8:30 - 10:30 am	John Street Branch	Free	Jack Carr
Friday	2:15 - 4:15 pm	Conant Branch	Free	Doug Gibbs, Glen Baird
Saturday	1:30 - 3:30 pm	John Street Branch	Free	Jack Carr

**Stamp Enthusiasts:** Are you a life long collector or are you just starting? Join us. Beginners welcome.

Wednesday	6:00 - 8:30 pm	Conant Branch	Free	Larry Friend
Friday	10:45 - 12:45 pm	Legends Branch	Free	Larry Friend

**Table Tennis:** Previous experience an asset but not necessary. Tables and balls provided. Bring own paddle.

Tuesday	12:15 - 2:30 pm	Conant Branch	\$1.00	Steve Arvay
Wednesday	11:20 - 1:20 pm	Northview Branch	\$1.00	Charlie Koch
Thursday	6:00 - 8:30 pm	Conant Branch	\$1.00	Steve Arvay
Saturday	12:30 - 3:30 pm	Conant Branch	\$1.00	Steve Arvay

### Internet Access For Seniors

#### JOHN STREET BRANCH

#### NORTHVIEW BRANCH

Monday, Wednesday, Friday 9:00 - 12:30p.m.	Monday-Friday (except on course dates) 9:00 - 2:00 pm
Tuesday, Thursday 1:30 - 5:00 pm	

At times, room will be in use for computer classes. Volunteers are present to assist you with your computer questions. There may be times that a computer tutor is available to give one on one instruction.  
If you require more details see Ellen at John Street Branch or Kersti at Northview Branch.

## FOUR SEASONS

### House Cleaning Services

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(H) 905-728-0311

(C) 905-404-7585

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# Recreation

**Story Telling:** Join us of afternoon that will open your imagination to a whole new world. Everyone has a story to tell. What's yours?

Every other Thursday	1:45 - 3:45 pm	Legends Branch	Free	Nancy Bone
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**Texas Hold'Em Poker:** Poker with three chances to get a great hand with "the flop", "the turn" and "the river".

Monday	1:15 - 3:15 pm	Legends Branch	Pennies	Duane Perry
Friday	1:00 - 3:30 pm	Conant Branch	Pennies	Ruby Perkins
Saturday	1:30 - 3:30 pm	Legends Branch	Pennies	

**Urban Pole Walking:** Enhance your walking with Urban Poles. Join others and walk paths and sidewalks. Beginners welcome. Limited "loaner" poles.

Tues/Thurs	9:30 - 10:30 am	Conant Branch	Free	
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**Volleyball:** A fun energetic game played in the gym. Equipment and balls provided.

Thursday	1:00 - 3:30 pm	Conant Branch	Free	Rod Maahs
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**Walking at Conant Branch:** Walk around the indoor hallway loop at Conant Branch to help keep fit.

Daily	8:30 - 10:30 am	Conant Branch	Free	
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**Walking at Legends Branch:** Walk along Legend's track while logging km's as you "Walk Across Canada". Participants must have Level 1 or Level 2 fitness membership with the City of Oshawa to access the walking track.

Daily	open to close	Legends Branch	Free	
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**Walking Club Sneakers:** Walk inside the Oshawa Centre and receive incentives while logging your kilometers as you walk across Canada.

Daily	7:00 - 9:00 am	Oshawa Centre United Way Kiosk	Free	Steve Arvay Kiosk opens at 8:00 am
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**Walking Outdoors:** Log your km as you walk across Canada. Incentives for each province crossed.

Monday/Friday	8:30 am	Rossland and Wilson	Free	Beryl Astington
Wednesday	8:30 am	5 Points Mall, Metro	Free	Beryl Astington
Tuesday	8:30 am	John Street Branch	Free	Bud Ellegett
Thursday	8:30 am	John Street Branch	Free	Bud Ellegett

**Wii:** Learn how to play such games as bowling, tennis and boxing in an electronic format! Monday to Friday

Mon/Thurs/Fri	9:00 - 11:00 am	Conant Branch	Free	
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**Wizard:** The ultimate card game of trump. Beginners Welcome.

Tuesday	2:00 - 4:00 pm	Legends Branch	Free	
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## Events

### Culture Days

Friday Sept 30th 10 - 2 p.m.  
Northview Branch

A collaborative pan-Canadian volunteer movement to raise the awareness, accessibility, participation and engagement of all Canadians in the arts and cultural life of their communities. We will be having many different hands-on, interactive activities including drumming , arts and crafts.

### Peer Mentor Awareness Week

November 21 - 25, 2011

All Branches

Displays

Come out and learn about the peer mentor program.

We help with Bereavement, Loneliness, Information & Referral, Elder Abuse, Housing, Finances, emotional Issues, Stress, Filling out Forms and more.

Refreshments

Presentations

Seniors Helping Seniors

AJAX \* BROCK \* CLARINGTON \* OSHAWA \* PICKERING \* SCUGOG \* UXBRIDGE \* WHITBY

DURHAM REGION **SENIOR GAMES**

DSRG<sup>district</sup>13

ONTARIO SENIOR GAMES ASSOCIATION  
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**Badminton Duplicate Bridge Cribbage Curling Volleyball  
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**The Durham 55+ Senior Winter Games will be held in October and November 2011 at various locations in the region. Get your partners and teams ready! Schedules and registration forms will be available in early September at Seniors' Centres.**

**Visit [www.durhamseniorgames.com](http://www.durhamseniorgames.com) for more information or call Ruth at 905-666-9067.**

Check us out at [www.oscc.ca!](http://www.oscc.ca!)

Complete the new online survey or support the OSCC through an online donation!

# Events

Please pre-register for events  
2011 PARTICIPANT CARD REQUIRED FOR REGISTRATION

★ denotes fundraising event supported by the Seniors Advisory Committee fundraising strategy for the purchase of program equipment and supplies.

<b>Men's Night Out</b> Wednesday, September 7 5:30 - 7:30	Code 175150	Join us for BBQ chicken breast, mashed potato, coleslaw and dessert with socializing followed by lawn bowling.	\$10.00 Northview Branch
<b>Bingo Bonanza</b> Thursday, September 8 5:00 - 9:00 pm	Tickets	Join us for a great afternoon of Bingo with great prizes. 15 Games and a jackpot game guaranteed. Tickets are \$5.00	\$5.00 John Street Branch
<b>Grandparents Day Theme Lunch</b> Friday, September 9 Regular Lunch Time		Bring your grandchildren for lunch with a menu of spaghetti and meat sauce, garlic bread, Caesar salad and ice cream sundaes for dessert.	\$6.40 (Full Meal) All Branches
<b>Conant Entertains</b> Monday, September 13 1:30 - 2:30 pm	Code: 175539	Telling Tales - Listen to an hour of story telling followed by light refreshments.	\$5.00 Conant Branch
<b>Welcome Back BBQ</b> Tuesday, September 13 5:30 - 8:00 pm	Code: 175540	Join us at the John Street Branch for our Welcome Back BBQ featuring Hot Dogs, Hamburgers, and entertainment by "The Vaillancourt Family" Advanced tickets are strongly encouraged for this popular event.	\$7.00 John Street Branch
<b>Progressive Euchre Party</b> Tuesday, September 13 7:00 - 10:00 pm ★		Come and enjoy an evening of playing cards with light refreshments.	\$5.00 Conant Branch
<b>Texas Hold'em Poker Night</b> Thursday, September 15 4:00 - 8:30 pm	Code: 171600	We will play poker, have dinner, more poker, snacks and even more poker. Lots of great prizes to be won!	\$10.00 Legends Branch
<b>Mardi Gras Pub Night</b> Monday, September 19 6:00 - 10:00 pm	Code: 175541	It's hard to believe Mardi Gras is in it's 7th year. Enjoy a fabulous meal and the sounds of the "Ragweed Jazz Band". Beads and dress are always highly recommended. This is one event you don't want to miss!!!	\$14.00 John Street Branch
<b>Breakfast &amp; a Laugh</b> Wednesday, September 21 8:00 - 9:30 am	Code: 175542	Start your day off with a full hot breakfast, some great conversation, warm surroundings, and then we'll enjoy an episode of a great comedian.	\$5.00 Legends Branch
<b>Time for Tetley</b> Thursday, September 22 12:30 - 2:00 pm	Code: 175545	We kick things off in style with Swing into Summer MC Bill McKee Singing. Let us know if you are celebrating a birthday.	\$5.00 John Street Branch



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<b>World of Tours</b> Thursday, September 22 5:30 - 8:00 pm	Code: 175546	Join us for a look at the world of Nunavut, Northern Canada. Dinner included.	\$10.00 Conant Branch
<b>Ladies Luncheon</b> Monday, September 26 12:00 - 2:00 pm	Code 175146	Join us for a meal and a presentation on zentangle which is a type of "doodling" that can be relaxing. No drawing skills needed!	\$10.00 Northview Branch
<b>Recreational Golf Tournament</b> Tuesday, September 27 8:30 - 1:00 pm	Code 175167	Join us for a fun, recreational 18 hole golf tournament at Oshawa Airport Golf Club. Price includes 18 holes of golf, snacks and prizes followed by a BBQ lunch at Northview Branch.	\$42.00 Oshawa Airport Golf Club Northview Branch
<b>Bid Euchre Party</b> ★ Saturday, October 1 1:00 - 4:00 pm	Tickets	Join us for an afternoon of fun and Bid Euchre. Prizes and light refreshments included.	\$5.00 Northview Branch
<b>Thanksgiving Lunch</b> Monday, October 3 12:00 - 2:00 pm	Code 175168	Join us for a traditional thanksgiving meal followed by musical entertainment featuring big band music from the Swing Easy Big Band of the Clarington New Horizons Bands.	\$14.00 Northview Branch
<b>Thanksgiving Dinner</b> Tuesday, October 4 5:00 - 8:00 pm	Code: 175547	Enjoy a traditional Thanksgiving meal followed by great entertainment. David Wildsmith takes the stage following dinner.	\$14.00 John Street Branch
<b>Thanksgiving Breakfast</b> Wednesday, October 5 8:30 - 10:30 am	Code: 175548	Too much Turkey? Come out and celebrate Thanksgiving. Enjoy a hot breakfast, and pumpkin pie. Great music by Sweet Charity.	\$7.00 Legends Branch
<b>Men's Night Out</b> Wednesday, October 5 3:15 - 6:30 pm	Code 175151	We are off to nearby UOIT for a tour of their OPG Engineering Building and Automotive Centre of Excellence, (aka the Wind Tunnel). Followed by dinner.	\$10.00 Northview Branch



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Register for courses or check out daily lunch menus and monthly event calendars!

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<b>Conant Entertains in the Evening</b> Thursday October 6 6:30 - 8:00 pm	Code: 175549	Come and enjoy an evening of Conant Entertains with the Wilmont Roadshow and light refreshments.	\$10.00 Conant Branch
<b>Wonderful Women's Wednesday</b> Wednesday, October 12 5:00 - 8:30 pm	Code: 175550	Baker, Sharon Coseni, will show us how to make some spooky cupcakes for Halloween. You will be able to sample and take home some of these delicious treats for yourself.	\$10.00 Legends Branch
<b>Yarn Crafter Sale</b> ★ Friday, October 14 10:00 - 8:00 pm		Start your Christmas shopping early. The crafters will have a wide variety of handmade items for sale.	Oshawa Centre
<b>Down Omer Night</b> A Salute to Newfoundland Friday, October 14 7:00 - 10:00 pm	Code: 175551	A night of some tasty Newfoundland treats and Newfie jokes. A video tour of Canada's friendliest province and then some great Down Omer music by the Newfie Bullet Band. Cash bar.	\$12.00 Legends Branch
<b>Carpet Bowling BBQ</b> Saturday, October 15 9:00 - 3:00 pm	Code: 175552	The Fred Miller Tournament comes to Legends Branch including morning and afternoon games and a BBQ. Great prizes and great fun. Sign up today!	\$10.00 Legends Branch
<b>Breakfast &amp; a Laugh</b> Wednesday, October 19 8:00 - 9:30 am	Code: 175543	Start your day off with a full hot breakfast, some great conversation, warm surroundings, and then we'll enjoy an episode of a great comedian.	\$5.00 Legends Branch
<b>World of Tours</b> Thursday, October 20 5:30 - 8:30	Code: 175553	With Halloween just around the corner, come out and have a look at the paranormal world. Dinner included.	\$5.00 Conant Branch
<b>Time for Tetley</b> Thursday, October 27 12:30 - 2:00 pm	Code: 175554	The talented Al Mathews performs. Let us know if you are celebrating a birthday.	\$5.00 John Street Branch
<b>Port of Call</b> Friday, October 28 5:00 - 10:30 pm	Code 175163	All aboard on our "Cruise" to the Caribbean! Featuring the culture of the ports, pictures, the Captains Ball and entertainment. Cash Bar.	\$15.00 Northview Branch
<b>Halloween Theme Lunch</b> Monday, October 31 11:00 - 1:30 pm		Dare to enter our dining rooms for a meal featuring "worms & eyeballs", salad, boiling drinks and a terrific dessert.	All Branches
<b>Ladies Luncheon</b> Monday, October 31 12:00 - 2:00 pm	Code 175147	Join us for a great meal and our annual fashion show featuring Nygard. Register early, this one fills up quickly.	\$10.00 Northview Branch



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<b>Wonderful Women's Wednesday</b> Wednesday, November 2 5:00 - 8:30 pm	Code: 175555	Glamour shots, Dinner and Jewelry! OSCC Camera club are ready to take your glamorous photo. Bring your funkiest hat and scarf. Bonnie Cox will be displaying good quality used jewelry.	\$10.00 Legends Branch
<b>Men's Night Out</b> Wednesday, November 2 5:30 - 7:30 pm	Code 175153	Join us for socializing followed by dinner and entertainment by the Unpaid Bills.	\$10.00 Northview Branch
<b>Autumn Party</b> Saturday, November 5 7:00 - 12:00 am	Code: 175556	Bring your friends and party the leaves away. Yes a party to bring us into the Fall. DJ Scott Barry is back so bring your music and he will play it for you along with a cash bar and light refreshments.	\$10.00 Conant Branch
<b>Progressive Euchre Party</b> Tuesday, November 8 7:00 - 10:00 pm ★	Tickets	Enjoy an evening of cards and light refreshments.	\$5.00 Conant Branch
<b>Remembrance Day Lunch</b> Thursday, November 10 11:00 - 1:30		Liver & Onions, Roasted Potatoes, Corn, Coffee/Tea, Roll, Carrot Cake.	\$6.40 (Full Meal) All Branches
<b>We Remember Tea</b> Thursday, November 10 2:30 - 4:00 pm	Code 175170	Join us in a time of Remembrance hosted by the Oshawa Public Library.	\$2.00 Northview Branch
<b>Gals Only Girl Guide Celebration</b> Monday, November 14 5:30 - 8:00 pm	Code: 175557	Do you remember the Girl Guides? Join us for an evening of reminiscing including photos and history of yesteryear. Full dinner included.	\$10.00 John Street Branch
<b>Breakfast &amp; a Laugh</b> Wednesday, November 16 8:00 - 9:30 am	Code: 175544	Start your day off with a full hot breakfast, great conversation, warm surroundings, and we'll enjoy an episode of a great comedian.	\$5.00 Legends Branch
<b>Camera Club Photo Salon</b> Thursday, November 17 John Street Branch: Conant Branch:	175558 175559	Come and view great photo's created by our own members. Free refreshments.	John Street Branch 1:00 - 3:00 pm Conant Branch 7:00 - 9:00 pm

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<b>Jewelry Sale</b> Saturday, November 19 9:00 - 1:00 pm ★		Attention: All treasure hunters! The OSCC is having a gently used jewelry sale. Everybody Welcome!	Conant Branch
<b>Holiday Fashion Show</b> Monday, November 21 5:00 - 8:00 pm	Code: 175561	Enjoy a great meal followed by the latest fashions. This years host is to be confirmed.	\$10.00 John Street Branch
<b>Time for Tetley</b> Thursday, November 24 12:30 - 2:00 pm	Code: 175560	David Wildsmith takes the stage. Let us know if you are celebrating a birthday.	\$5.00 John Street Branch
<b>A Christmas Story - Lunch and Movie</b> Thursday, November 24 1:20 - 3:20 pm	Code: 175562	Enjoy an old fashion lunch, grilled cheese, tomato soup and some festive treats, as we enjoy a classic Canadian Film - A Christmas Story.	\$6.00 Legends Branch
<b>World of Tours</b> Thursday, November 24 5:30 - 8:30 pm	Code: 175563	Join us for another exciting night looking at the world down under - Australia. Dinner included.	\$10.00 Conant Branch
<b>Ladies Luncheon</b> Monday, November 28 9:45 - 1:00 pm	Code 175145	Join us for breakfast followed by a Christmas Shopping Party featuring a variety of vendors. Cross items off your Christmas shopping list, treat yourself to a gift or just browse.	\$6.00 Northview Branch



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<b>Christmas Shopping Sale</b> Monday, November 28 12:00 - 2:00 pm	Code 175173	Join us for a Christmas Shopping Sale. Tea/Coffee and treats and draw for great door prizes included. Everyone Welcome!	\$2.00 Northview Branch
<b>Conant Entertains</b> Monday, November 28 1:30 - 2:30 pm	Code: 175564	Come and enjoy an afternoon with the Bell Choir and light refreshments	\$5.00 Conant Branch
<b>Christmas Tour of Lights</b> Monday, December 5	Code: 175565	Enjoy our annual tour of Oshawa's best Christmas Lights. Refreshments are included.	\$2.00 Northview Branch 6:15 pm John Street Branch 6:30 pm
<b>Men's Night out</b> Wednesday, December 7 5:30 - 7:30 pm	Code 175155	Join us for a Christmas meal of Turkey and all the fixings followed by a presentation from Bill Oxley on his travels to New Zealand	\$10.00 Northview Branch



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**Register for courses or check out daily lunch menus and monthly event calendars!**

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<b>Christmas Variety Show</b> Friday, December 9 1:00 - 3:00 pm	Code: 175566	This show highlights the tremendous talent in our community. Be sure you get your ticket early. This is one event you don't want to miss!	\$8.00 John Street Branch
<b>Christmas Lunch</b> Monday, December 12 12:00 - 2:00 pm	Code 175141	Join us for a traditional Christmas meal followed by listening to Christmas stories told by members of the Durham Folklore Society.	\$14.00 Northview Branch
<b>Christmas Dinner</b> Thursday, December 15 5:30 - 8:30 pm	Code: 175567	Come out and enjoy a traditional Christmas dinner followed by entertainment by Jeanette Vanderwoonen	\$14.00 Conant Branch
<b>Troubadours</b> Saturday, December 17 ★ Sunday, December 18 2:00 pm	Tickets	Join us for a new exciting musical, "The Casting Call" starring the Troubadours. Sing along as we enter the world of hopefuls who dream of making it big!	\$15.00 Oshawa Little Theatre
<b>Christmas Dinner</b> Monday, December 19 12:00 - 2:00 pm 5:00 - 8:00 pm	Code: 176143 175570	We save the best for last. Enjoy traditional Christmas Dinner with all the trimmings. Entertainment will be provided.	\$14.00 John Street Branch
<b>Christmas Breakfast</b> Wednesday, December 21 8:30 - 10:30 am	Code: 175571	A hot Breakfast with all the fixings, great surroundings and this year we'll again be entertained by the great sounds of the festive season. Book early limited seating.	\$7.00 Legends Branch
<b>Time for Tetley</b> Thursday, December 22 12:30 - 2:00 pm	Code: 175572	Join us for a special Christmas Tetley featuring Meredith Cutting. Let us know if you are celebrating a birthday for a special treat.	\$5.00 John Street Branch
<b>Ring in the New Year</b> ★ Saturday, December 31 7:00 - 12:30 am	Tickets	A gathering of friends and acquaintances. All welcome. Light lunch provided, popular DJ, door prizes. Cash bar. Toast to the New Year: Tickets available at all OSCC branches. Limited seats. Hosted by Legends Branch.	\$25.00 Northview Branch



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## Staff Listing

Debra Prescott	Executive Director	Ext 2835
Colleen Zavrel	Program & Services Director	Ext 2834
Kim Evans	Manager of Leisure Programs	Ext 2875
Teresa Shearer	Manager of Independent Living Services	Ext 2906
Leisa Davie	Manager of Volunteer & Community Relations	Ext 5841
Bernice Petryshyn	Manager of Administration & Finance	Ext 2813

### Leisure Programs

Ellen Oliver Ext 2857  
 Ashley Lamont Ext 2911  
 Kersti Pascoe Ext 3640  
 Stephen Vrantsidis Ext 2905  
 Andrew Goss Ext 2858  
 Sarah Wintle Ext 2864  
 Doug Rancourt Ext 5840  
 Karen Pelzowski Ext 2903

### Administration

Angela Tasevski Ext 2836  
 Mack Dickson Ext 2839  
 Kristen Deeth Ext 2837  
 Deb Brown Ext 2902  
 Delilah Labignan Ext 2869  
 Leonora Mopas Ext 5843  
 Claire Bishop Ext 2830  
 Fred Tan Ext 2830  
 Kathy Burley Ext 2830

### Independent Living Services

Erin Robinson Ext 2878  
 Rob Boomhour Ext 2858  
 Sherrie Aldred Ext 2847  
 Jennifer McDonnell Ext 2904  
 Karen Cotnam Ext 2833  
 Misty Mazza Ext 2865  
 Darlene Freeman Ext 2844  
 Esterlita Repulles Ext 2917  
 Kimberly Finn Ext 2917  
 Linda Mackie Ext 2844  
 Mary Anne Farrell Ext 2537  
 Sharon Ayotte Ext 2844  
 Sharon Coseni Ext 2537

### Community Relations

Jennifer Milligan Ext 2832

## 2011 Seniors Advisory Committees

### John Street Branch

Collette Forrest, Co-Chair  
 Jeanne Taylor, Vice Chair  
 Carrollynn Michie, Secretary

### Legends Branch

Nancy Bone, Co-Chair  
 Wayne Campkin, Vice-Chair  
 Lynne McKeown, Secretary

### Northview Branch

Barbara Lorne, Co-Chair  
 Lois Heaton, Vice-Chair  
 Rita Silvestri, Secretary

### Conant Branch

Joe Byrne, Co-Chair  
 Lynda O'Connor, Vice Chair  
 Gladys Schram, Secretary

Check us out at [www.oscc.ca](http://www.oscc.ca)!

Complete the new online survey or support the OSCC through an online donation!

# Day Trips from Lakeshore Tours Ltd.

- ... CIRQUE DU SOLEIL - TOTEM - Sunday, September 25 - Departs @ 9:15am - Cost: \$145.00
- ... CREDIT VALLEY TRAIN EXPLORER & MORE - Wednesday, September 28  
Departs @9:00am - Cost: \$120.00
- ... BIG CHUTE COLOUR CRUISE - Tuesday, October 4 - Departs @ 8:00am - Cost: \$95.00
- ... JERRY WHITE AND THE GENTLEMEN OF SWING - Wednesday, October 5  
Departs @ 10:00am Cost: \$99.00
- ... GANANOQUE CRUISE & CASINO - Thursday, October 6 - Departs @ 7:15am - Cost: \$44.00
- ... SHAW FESTIVAL-CAT ON A HOT TIN ROOF - Thursday, October 13 - Departs @ 9:00am  
Cost: 145.00
- ... SHAW FESTIVAL-THE ADMIRABLE CHRICHTON - Tuesday, October 18 - Departs @ 9:00am  
Cost: \$145.00
- ... WATERTOWN SHOPPING - SATURDAY, October 29 - Departs @ 7:00am - Cost: \$45.00
- ... ROYAL WINTER FAIR - Saturday, November 12 - Departs @ 9:00am - Cost: TBA
- ... MADE IN CANADA SHOPPING TOUR - Saturday November 12 - Departs @ 9:00am  
Cost: \$39.00
- ... FAMOUS PEOPLE PLAYERS - Wednesday, November 30 - Departs @ 10:30am - Cost: \$110.00
- ... "PUSS IN BOOTS" AT THE STERLING THEATRE - Wednesday, December 14  
Departs @ 9:45am

\*For overnight trips see posters and brochures.

**For more information on Lakeshore Tours, please look at our flyers!**

***Are you interested in travel? Are you looking for a travel partner?***

The OSCC Travel Group meets monthly to discuss what's new! Listen to guest speakers share their exciting travel adventures, learn about upcoming trip opportunities and meet other people who are interested in travel.



### Travel Presentation

Presented by:  
Ruth Holtz  
Tuesday, September 13  
John Street Branch  
2:30 pm  
Code: 176139

### Travel to New York

Presented by:  
Marilyn Care  
Monday, October 17  
Conant Branch  
2:30 pm  
Code: 176140

### Vietnam and Cambodia

Presented by:  
David Helmer  
Thursday, November 10  
Legends Branch  
2:30 pm  
Code: 176141

### Travel to an African Safari

Tuesday, December 13  
Northview Branch  
2:30 pm  
Code: 176142



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LOCAL 222  
Retirees Chapter

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# Volunteers



Make a difference

## Did you know...

There are four OSCC Senior Leadership Councils (SLC's):  
Previously called Senior Advisory Committees - (SAC's)

**John Street Branch SLC**

**Northview Branch SLC**

**Legends Branch SLC**

**Conant Branch SLC**

***The purpose of the Senior Leadership Council is to represent and communicate the interests of participants involved in programs and services at the Centres.***

Does this sound like you? Or someone you know? Join us at an open meeting in October to learn more about the Senior Leadership Council.

Meet new friends and have your say! Dates and times are as follows:

<b>John Street Branch SLC</b>	<b>Monday October 24th</b>	<b>9:30 a.m.</b>
<b>Northview Branch SLC</b>	<b>Monday October 19th</b>	<b>10:00 a.m.</b>
<b>Legends Branch SLC</b>	<b>Monday October 17th</b>	<b>1:30 p.m.</b>
<b>Conant Branch SLC</b>	<b>Tuesday October 18th</b>	<b>9:15 a.m.</b>

***Remember, it's your Centres – use your voice!***

***You are the KEY to our success!***

