



COMMUNITY LIVING
Campbellford / Brighton
Inspiring Possibilities

Resource Centres

Spring 2019

YOGA WEDNESDAYS

~ ROXANNE O'DELL

Chair Yoga 10 Weeks
3:00 pm - 3:45 pm \$100
Wednesdays April 24-June 26, 2019

Beginners Gentle Yoga 10 Weeks
4:00 pm - 5:00 pm \$110
Wednesdays April 24-June 26, 2019

Slow Flow Yoga 10 Weeks
5:15 pm - 6:15 pm \$110
Wednesdays April 24-June 26, 2019

CREATIVE WRITING

~ URSULA PFLUG

***Short Fiction*

8 Weeks 10:00am-12:00pm \$125.00
Tuesdays - April 23-June 11, 2019

LINE DANCING

~ MEAGHAN KING

8 weeks 2:30pm - 3:30pm \$95
Tuesdays April 23 - June 11, 2019
8 weeks 7:00pm - 8:00pm \$95
Wednesdays - April 24 - June 12, 2019

SMART SERVE

~ GRACE GRANT

Wednesday April 24, 2019 5:00pm - 9:00pm
Wednesday May 8, 2019 5:00pm - 9:00pm
Thursday June 6, 2019 5:00pm - 9:00pm
***each workshop \$60.00*

COMPUTER CLASSES

~ WAYNE MATTHEWS

Windows 10
Tuesdays 10:00am - 12:00pm
\$30 each session or \$115 for all 4

- Intro Tues May 7, 2019
- Word Processing Tues May 14, 2019
- File Management Tues May 21, 2019
- Email & Internet Tues May 28, 2019

JUST FOR KIDS

~ JANET JEFFERY

Modern Jazz Dance For Kids
Ages 6-8 years
8 Weeks 6:00pm - 6:45pm \$75
Tuesdays-April 23-June 11, 2019

Ages 9 - 12
8 Weeks 6:45 pm- 7:30pm \$75
Tuesdays-April 23-June 11, 2019

THE ARTS

~ ROD BERGERON

Mixed Media-Sculptural Elements 6 Weeks
9:00am - 12:00pm \$110
Tuesdays - April 23 - May 28, 2019

Sculpture for Absolute Beginners 6 Weeks
1:00pm - 3:00pm \$75
Tuesdays - April 23 - May 28, 2019

~ GREG MAUDE

Watercolour Paint Nights \$45
Monday April 29, 2019 6:00pm-9:00pm
Monday May 13, 2019 6:00pm-9:00pm

~ LUCY MANLEY

Spring and Summer Landscapes in Oils
8 Weeks 12pm - 3pm \$145
Wednesdays April 24 - June 12, 2019
***Located at Warkworth Town Hall Centre for the Arts*

COOKING CLASSES

~ AMELIA SHEWEN

Learn to make it and then eat it!!
\$35 per class or \$100 for all 3 5:30pm - 7:30pm
Chili & Tacos
Thursday May 2nd, 2019
Chicken Noodle Soup & Chicken Fajitas
Thursday May 30, 2019
Meatloaf with Sweet Potatoes & Eggroll in a bowl
Thursday June 27, 2019

***Kitchen located at 27 Doxsee, Campbellford*

ESSENTIAL OIL WORKSHOP SERIES

~ ROXANNE O'DELL

Everyday Benefits and uses of Essential Oils \$25
Wednesday April 17, 2019 7:00 pm - 9:00pm
Spring Cleaning with Essential Oils \$25
Wednesday May 1, 2019 7:00pm - 9:00pm



Register online at
www.resourcecentres.ca
Call to register at 705-653-5161
Drop in to register:
Monday to Friday 8:30 to 4:30
65 Bridge Street East, Campbellford



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RED CROSS COURSES

Recertification **9:00 am – 4:00 pm** **\$85**
 Tuesday May 14, 2019
 Sunday June 2, 2019
 Wednesday June 5, 2019
 Tuesday July 23, 2019
 Thursday August 15, 2019
 Saturday August 24, 2019

Standard First Aid/CPR Level C **9:00 am – 4:00 pm each day** **\$120**
 Saturday/Sunday May 4 & 5, 2019
 Monday/Tuesday June 10 & 11, 2019
 Saturday/Sunday June 15 & 16, 2019
 Monday/Tuesday July 8 & 9, 2019
 Saturday/Sunday August 10 & 11, 2019

Babysitting Courses (11-15 years) ***** **Stay Safe Courses (9 & 10 years)**
*Saturday April 20, 2019 9:00am - 4:00pm \$60 **** Saturday May 4, 2019 10:00am - 2:00pm \$30*



Learn the art of soothing massage!

“Give back to the mother in your life, with massage! Jen will teach you massage techniques to calm and soothe your significant other, what a great way to celebrate Mother’s Day. This two hour workshop will focus on hands, feet, scalp as well as techniques for back and shoulder massage.”

Saturday May 11, 2019 10:00am - 12:00pm \$35 per couple

***** ***Jammin’ with Jane!!*** *****

You know she’s coming back!! We will confirm time and day!! 10 classes \$50

***** ***Watch for our next Bus Trip Flyer!!*** *****

Hint: “They’re at the post.....”



DID YOU KNOW.....

When visiting the Campbellford Community Resource Centre always check in at the front desk and sign in. This is a mandatory Health and Safety requirement!

We are open Monday to Friday from 8:30 am - 4:30 pm

We have a new website! Visit us at www.resourcecentres.ca

You can now register online, call or drop in!

We have faxing, photocopying, scan-to-email services, rental rooms, courses and more!!

Call us for more information or to register for a course at 705-653-5161