

## FITNESS, TAI CHI, BRIDGE & BABY SIGN FOR ADULTS

Course name	Date/Time	Cost
<p><b>Function Fitness I, II, III, IV, V, VI</b> Inst: Janet Greer Come and enjoy some function fitness and exercise for adults of all ages including older adults. Work on body alignment, core strength, movement education, strength and endurance for over-all body aerobic endurance, coordination of movement, balance training and more!</p> <p>Classes are co-ed.</p>	<p><b>Mon, Wed &amp; Fri</b> <b>I.</b> Jan 8 - Feb 2 <b>II.</b> Feb 5 - Mar 2 (no class Feb 19) <b>III.</b> Mar 5 - Ap 2 <b>IV.</b> Ap 4 - 30 <b>V.</b> May 2 - 30 (no class May 21) <b>VI.</b> June 1 - 27</p> <p>10:30 - 11:30 or 12:00 - 1:00</p>	<p>\$75.00 each 12 class set</p> <p>Some equipment needed</p>
<p><b>Tai Chi Directions I, II, III</b> Inst: Mary Lynn Gollan The initial attraction of tai chi is the soft, flowing movement but there is more! The health benefits of tai chi can be awesome and include: increased flexibility; more energy; improved balance and coordination; decreased risk of falls; improved posture; increased muscle strength, stamina and energy; enhanced mental and spirit well being. Beginner and intermediate level.</p>	<p><b>Tues, Wed, Thurs</b> <b>I.</b> Jan 16 - Feb 15 <b>II.</b> Feb 20 - Mar 22 <b>III.</b> Mar 27 - Ap 26</p> <p>Beginner: 12:05 - 12:50 Intermediate: 1:00 - 2:00</p>	<p>Beginner \$60 per set</p> <p>Intermediate \$75 per set</p>
<p><b>Baby Sign</b> Inst: Anne Loewen Adult Get a sitter and enjoy an evening out learning how to effectively communicate with your baby through signing.</p>	<p><b>Thurs</b> Feb 8 or Mar 1</p> <p>7:00 - 9:00</p>	<p>\$10</p>

Course name	Date/Time	Cost
<p><b>Beginner Bridge</b> Inst: Frances Fodchuk Always wanted to learn how to play bridge? Well here's your opportunity to learn the general language of bidding, scoring, practice, hand evaluation and guidelines for play. Students must to the best of their ability be able to commit to attending each class. Knowledge of other card games is an asset.</p>	<p><b>Thurs'</b> Mar 8 - Ap 26</p> <p>6:30 - 8:30</p>	<p>Purchase of the book 'The Club Series: An Introduction to Bridge Bidding.'</p>



• IF YOU ARE INTERESTED IN  
TEACHING A COURSE  
OR HAVE A COURSE SUGGESTION  
PLEASE LET US KNOW

# CAMROSE ARTS AND RECREATION PROGRAM WINTER/SPRING 2018

AGES 4—ADULT



## CAMROSE ARTS SOCIETY

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Most classes are held at the Chuck MacLean Arts Centre (4809-52 St). You may register for courses by calling Jane at **672-9949**. N/B: Classes are subject to cancellation if registrations are insufficient. Gift certificates are available. Samples of some projects may be on display at the Arts Centre. Payment arrangements and subsidies may be possible for all classes, please inquire when you call. More detail for each class is available at the Arts Centre or by calling the number above. If you or someone you know is interested in teaching a class please let us know. We can now accept pay pal on our website as well as cash and cheques at the Arts Centre.

<b>CLASSES FOR CHILDREN &amp; TEENS</b>		
<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Creative Arts for Children</u></b> I, II & III Ages 7-9 Inst: Mindy Marshall Children will learn to work with pencil, charcoal, acrylics and mixed media to create 3 different pieces. All 3 sessions are different.	<i>Mon's</i> I. Jan 22 - Feb 5 II. Mar 12 - 26 III. Ap 23 - May 7  6:30 - 7:45	\$53 incl supplies
<b><u>Experience Watercolour</u></b> Inst: Carlene Yaremko Ages 6-8 Children will complete 2 projects while exploring the use of watercolour paints & brushes & how to vary the intensity of colour.	<i>Tues'</i> Jan 30 - Feb 20  6:00 - 7:00	\$45 incl supplies
<b><u>Creative Arts for Youth</u></b> I, II & III Ages 10 + Inst: Mindy Marshall Students will learn to work with pencil, charcoal, acrylics and mixed media to create 3 different pieces. All 3 sessions are different.	<i>Mon's</i> I. Feb 12 - Mar 5 (no class Feb 19) II. Ap 2 - 16 III. May 14 - June 4 (no class May 21) 6:30 - 7:45	\$53 incl supplies
<b><u>Skating on Mirror Lake</u></b> Inst: Renate Burns Ages 8+ Students will create an acrylic painting depicting children having fun on Mirror Lake!	<i>Thurs</i> Feb 22  6:15 - 7:45	\$18 incl supplies
<b><u>Paint Night for Youth</u></b> Inst: Carlene Yaremko Ages 9 - 12 Have fun creating the northern lights while learning how to use acrylic paints.	<i>Fri</i> Feb 23  6:00 - 8:30	\$30 incl supplies

<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Starry sky in Watercolours</u></b> Inst: Carlene Yaremko Ages 9-12 Learn a variety of techniques such as blending, drawing, wet on dry and combining watercolour with other mediums.	<i>Tues'</i> Feb 27 & Mar 6  7:00 - 8:00	\$30 incl supplies
<b><u>Fantasy Flower Garden</u></b> Inst: Renate Burns Ages 7+ A messy and fun way to create a colourful array of flowers using acrylic paints in a variety of ways!	<i>Thurs</i> Mar 15  6:15 - 7:45	\$18 incl supplies
<b><u>Feathered Friend</u></b> Inst: Renate Burns Ages 8+ Learn to blend colour as you fill your canvas with a cute bird portrait!	<i>Thurs</i> Ap 19  6:15 - 7:45	\$18 incl supplies
<b><u>Mother's Day Duet</u></b> Inst: Renate Burns Ages 7+ Mom and child will each paint an owl picture that when hung together display a loving message	<i>Thurs</i> May 3  6:15 - 7:15	\$20 incl supplies
<b><u>3 Cats on a Fence</u></b> Inst: Renate Burns Ages 7+ Paint 3 cats on a fence with a full moon backdrop!	<i>Thurs</i> May 17 6:15 - 7:15	\$15 incl supplies
<b><u>Dancing Fairies</u></b> Inst: Renate Burns Ages 7+ Create lively little fairies dancing under the stars.	<i>Thurs</i> May 24 6:15 - 7:45	\$18 incl supplies
<b><u>Drawing Workshop for Children</u></b> Inst: Susan Casault Ages 8 - 10 Join this celebrated artist to learn the basics of drawing with pencil	<i>Sat</i> Ap 7  10:00 - noon	\$45 incl supplies
<b><u>Drawing Workshop for Youth</u></b> Inst: Susan Casault Ages 11 - 13 Join this celebrated artist to learn the basics of drawing with pencil	<i>Sat</i> Ap 7 1:00 - 3:00	\$45 incl supplies

<b>PAINTING CLASSES FOR TEENS/ADULTS</b>		
<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Paint n Sip—Night Lights</u></b> Inst: Tara Ages 14 - adult Capture earths natural light display with acrylic paint to create your own Aurora Borealis! No experience needed. Cash bar	<i>Fri</i> Feb 16  6:30 - 9:30	\$45 incl supplies
<b><u>Old Red Barn in Watercolour</u></b> Inst: Willie Wong Teen/adult Create this old character barn and foliage. All levels welcome.	<i>Sun</i> Feb 25  10 :00 - 4:00	\$60 bring own supplies or buy from Willie for \$10
<b><u>Country Barn in Acrylics</u></b> Inst: Tara Ages 14 - adult Love that country feeling? Enjoy a fun night painting this classic country icon.	<i>Tues</i> Mar 13  6:00 - 9:00	\$45 incl supplies
<b><u>Paint n Sip—Stiletto Rouge</u></b> Inst: Tara Adult Take a walk on the wild side with these powerful red stilettos! A striking modern piece that's fun to create using acrylic paints.	<i>Fri</i> Mar 16  6:30 - 9:30	\$45 incl supplies  No experience needed. Cash bar
<b><u>Koi Fish Swimming</u></b> Inst: Willie Wong Teen/adult Paint a stunningly colourful watercolour featuring beautiful koi fish. All levels welcome.	<i>Sun</i> Mar 18  10:00 - 4:00	\$60 bring own supplies or buy form Willie for \$10
<b><u>Fleur de Lis</u></b> Inst: Tara Ages 14 - adult Work on two canvases at once to create a stunning 'set' of opposite coloured paintings of the classic Fleur de Lis. Choose your own colours. Acrylic.	<i>Sun</i> Mar 18  1:00 - 4:30	\$55 includes supplies  No experience needed
<b><u>Prairie Warbler</u></b> Inst: Tara Ages 14 - adult Bring this beautiful bird to life on your canvas in this two acrylic day acrylic workshop.	<i>Tues'</i> Mar 20 & 27  6:00 - 9:00	\$85 incl supplies

<b><i>PAINTING FOR TEENS AND ADULTS</i></b>		
<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Paint n Sip - Butterfly on Barn Board</u></b> Inst: Tara Ages 14 - adult Choose the colour of your butterfly to create this beauty as it clings to the old barn boards! No experience needed. Cash bar.	<i>Fri</i> Mar 23 6:30 - 9:30	\$45 incl supplies
<b><u>A Copper Pot, 2 Lemons &amp; An Orange</u></b> Inst: Gene Prokop Adult Create aa beautiful Impressionistic Style painting in oils.	<i>Sat</i> , Mar 17 2:30 - 6:30 & <i>Sun</i> , Mar 18 10:00 - 4:00	\$150 bring a good quality 12 x 16 canvas & brushes
<b><u>Paint n Sip - Venice Canal</u></b> Inst: Tara Ages 14 - adult Float down a canal in the beautiful old Italian City of Venice. No experience needed. Cash bar	<i>Fri</i> Ap 6 6:30 - 9:30	\$45 incl supplies
<b><u>Couples Tree Heart</u></b> Inst: Tara Ages 14 - adult A fun and creative way to spend some quality time with your partner, family member or BFF! Work on Three canvases together to create trees that intertwine. No experience needed.	<i>Sun</i> Ap 8 1:00 - 5:00	\$90 couple incl supplies
<b><u>Into the Night</u></b> Inst: Tara Ages 14 - adult Capture a luminous glow with moonlight reflecting on water in this night time acrylic painting. No experience needed.	<i>Tues</i> Ap 17 6:00 - 9:00	\$45 incl supplies
<b><u>Paint n Sip - Paris at Night</u></b> Inst: Tara Ages 14 - adult Light up your night with this impressionistic creation of the Eiffel Tower all lit up! No experience needed. Cash bar.	<i>Fri</i> Ap 20 6:30 - 9:30	\$45 incl supplies

<b>Course Name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Vintage Bookshelf</u></b> Inst: Tara Ages 14 – adult Slip back in time and create the feel of an old library by painting a shelf of vintage books on a specialty sized long narrow canvas. No experience needed	<i>Sun</i> Ap 22 1:00 - 5:00	\$65 incl Supplies
<b><u>Mushrooms</u></b> Inst: Tara Ages 14 - adult Slip into the enchanted world of the forest floor to create this up-close study of mushrooms. No experience needed.	<i>Tues</i> Ap 24 6:00 - 9:00	\$45 incl supplies
<b><u>Owl Buddies</u></b> Inst: Tara Ages 14 - adult Two owls in tree? Yes please! Learn some finer painting techniques to bring these two buddies to life! No experience needed.	<i>Tues</i> ’ May 1 & 8 6:00 - 9:00	\$85 incl supplies
<b><u>Winter Elk</u></b> Inst: Terry Knull Teen/adult Enjoy painting this majestic creature set in a winter scene in acrylic. No experience needed.	<i>Sat</i> May 5 9:00 - 3:30	\$65 incl supplies
<b><u>Acrylic Landscape</u></b> Inst: David Shkolny Teen/adult Create 2 beautiful 11 x 14 landscape paintings with the instruction of this experienced Edmonton artist. Beginner to intermediate level.	<i>Sun</i> May 6 10:00 - 5:00	\$60 plus \$40 supplies or bring your own
<b><u>Evening Campfire</u></b> Inst: Tara Ages 14 - adult Create the warmth of a crackling campfire using acrylic paints. No experience needed.	<i>Thurs</i> May 10 6:00 - 9:00	\$45 incl supplies

<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Female Nude in Watercolour</u></b> Inst: Willie Wong Adult Create this exquisite nude working from a handout. No experience needed.	<i>Sat</i> May 12 10:00 - 4:00	\$60 bring your own supplies or buy form Willie for \$10
<b><u>Branch Out</u></b> Inst: Tara Ages 14 - adult Detailed and bright foliage steal the show in this nature lovers workshop! No experience needed.	<i>Sun</i> May 13 1:00 - 5:00	\$55 incl supplies
<b><u>Mountain on the Lake</u></b> Inst: Tara Ages 14 - adult Paint your own beautiful view of a wooded lake in the morning light!	<i>Thurs</i> May 15 6:00 - 9:00	\$45 incl supplies
<b><u>Prairie Journey</u></b> Inst: Tara Ages 14 - adult Travel through the Prairies with easy step-by-step instruction to capture this timeless scene on canvas. No experience needed.	<i>Tues</i> May 22 6:00 - 9:00	\$45 incl supplies
<b><u>Paint n Sip—’Sea’ the Light</u></b> Inst: Tara Ages 14 - adult Learn impressionistic techniques using loose brushstrokes to create this lighthouse scene. No experience needed. Cash bar.	<i>Fri</i> May 25 6:30 - 9:30	\$45 incl Supplies
<b><u>One Day Masterpiece</u></b> Inst: Summer Bozohora Ages 14 - adult Students will complete a painting while being encouraged to explore their own personal expression while increasing their familiarity with acrylics.	<i>Sat</i> May 26 10:00 - 4:30	\$65 incl supplies

**TAKING AN ART CLASS IS LIKE GIVING YOURSELF A GIFT!**

[www.camroseartsociety.ca](http://www.camroseartsociety.ca)

**PHOTOGRAPHY COURSES FOR  
TEENS AND ADULTS**

Course name	Date/time	Cost
<b>Inst's: Camrose Camera Club</b> Teen/Adult  (Bring all equipment & manual to class)		
<b><u>Photographic Composition– How to put the ‘wow’ into your pictures!</u></b> Students will learn some <i>guidelines</i> for good composition. Designed for beginners to intermediate level.	<b>Sat,</b> Ap 21  1:00 - 4:00	\$30
<b><u>Taking Better People Pictures</u></b> Learn how to take better individual and group pictures of people. Designed for beginner to intermediate level photographers.	<b>Sat,</b> May 5  1:00 - 4:00	\$30
<b><u>Taking Better Landscape Pictures</u></b> We can help you capture those beautiful sunsets or fall colours. We will share some tips and tricks to enhance your picture taking, including an introduction to HDR (High Dynamic Range)	Sat May 12  1:00 - 4:00	\$30

**COLOURED PENCIL, DRAWING  
& MIXED MEDIA FOR TEENS/ADULTS**

Course name	Date/Time	Cost
<b><u>Coloured Pencil Portrait</u></b> Adult Inst: Susan Casault If you have an interest in portraits and have some experience with coloured pencil, this workshop is for you. Step by step guidance with skin tones, values, blending, facial features and problem solving. Past students welcome - new project will be created	<b>Sat</b>  Ap 14  10:00 - 4:00	\$60 plus own supplies
<b><u>Drawing with Pencil</u></b> Inst: Susan Casault Teen/adult Learn the basics of drawing with pencil from one of the best!	<b>Sat</b>  May 5  10:00 - 4:00	\$60 plus own supplies
<b><u>Tile Whimsy</u></b> Inst: Barbara Mitchell Teen/adult Have fun creating tile art using alcohol inks and embellishments like stenciling, acrylics, gems, mylar images, tissue paper images and more! Limited space. No experience needed.	<b>Sat</b>  Ap 28  10:30 - 4:30	\$85 incl supplies
<b><u>Mixed Media Triptych</u></b> Inst: Darlene Madden from Inspiro Mixed Media Works Adult Create a one of a kind mixed media triptych featuring found objects, polymer clay and vintage jewelry.	<b>Sat</b>  Ap 21  10:00 - 4:00	\$135 incl supplies

**COLOURED PENCIL, DRAWING  
& MIXED MEDIA FOR TEENS/ADULTS**

Course name	Date/Time	Cost
<b><u>Spirit Dolls - Sacred Artwork Series</u></b> Inst: Nikki Featherstone Teen/adult Join Art Therapist Nikki Featherstone, in an afternoon of Intention, Healing, and Creation.  The Spirit Doll is an ancient tradition in which the makers use the Doll as representation of a healing, a prayer, or a wish they want to manifest in themselves or a loved one (then gifted to that person). Spirit Dolls always begin with an Intention, and that is where we will begin.  Nikki will guide the group in the various ways to construct a Spirit Doll, encouraging each participant to follow the pathway that resonates with them. Each Doll will be unique to the maker, and all will be perfectly wonderful!  The clay face with the closed eyes will be provided, as will various types of art materials. Participants are encouraged and welcomed to bring personal items they would like to incorporate, such as meaningful fabrics, jewels/charms, and/or photographs to place inside the Doll.  All faiths and spiritual traditions are welcome and supported. Absolutely no artistic experience is required. You cannot do this wrong! :) Join us!	<b>Sat</b>  Feb 24  11:00 - 2:00	\$47.25   Take place at Haven Art Therapy Studio