



**Centre des Femmes West Island**  
**West Island Women's Centre**

**NEWSLETTER**

**Fall 2016**

**Join our Fall 2016 Courses!**

<b>Registration Dates to Remember</b>	
<b>Tuesday, August 30</b> 9-11 a.m./1-3 p.m./ 6:45-7:45 p.m.	Pre-registration for Current Members (and women on our mailing list)
<b>August 31-September 6</b> 8:30 a.m.-12 p.m./1-3 p.m. <i>The office is closed September 5.</i>	Pre-registration for members continues during office hours until 3 p.m. on September 6
<b>Thursday, September 8</b> 9-11 a.m./1-3 p.m./ 6:45-7:45 p.m.	Registration for New Members
<b>After September 8</b> Monday to Friday 8:30 a.m.-12 p.m./1-3 p.m.	Registration Continues

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**West Island Women's Centre**

11 Rodney Avenue, Pointe-Claire, QC, H9R 4L8

(Entrance via the parking lot entrance on Vincennes Avenue)

**Mailing Address:** P.O. Box 521, Pointe-Claire, QC, H9R 4S6

**Telephone:** 514-695-8529

**E-mail:** [womenscentre@wiwc.ca](mailto:womenscentre@wiwc.ca)

**Visit our website:** [www.wiwc.ca](http://www.wiwc.ca)

Follow us on **Facebook:**

<http://www.facebook.com/westislandwomenscentre>

## GENERAL INFORMATION

### **What you need to know ... Registration Information**

- The \$25 annual membership fee is due for all.
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, September 19, 2016
- Classes are either 10 or 12 weeks unless indicated otherwise.
- There are no classes on October 10 (Thanksgiving Day) or November 11 (WIWC event).
- Payment is by cash or cheque only.
- Consult the **WIWC Member's Guide** for more information on registration policies and procedures.

## SCHEDULE AT A GLANCE – FALL 2016

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES	11	\$50
	9:00-9:45	MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH MOM)	11	\$51
	9:30-11:30	LIFE LESSONS FROM LEGENDARY WOMEN	10	\$69
	10:00-10:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 10 a.m.	11	\$38
	10:00-10:45	TODDLER TUNES (12-24 MOS. WITH MOM)	11	\$51
	11:00-11:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 11 a.m.	11	\$38
	11:00-11:45	SILLY SONG SING ALONG (2-5 YRS WITH MOM)	11	\$51
Monday P.M.	1:00-2:15	MONDAY SWEAT AND TONE	11	\$63
	1:00-2:30	CHOIR	10	\$65
	1:00-3:00	DIGITAL PHOTOGRAPHY	10	\$86

29/08/16

## SCHEDULE AT A GLANCE – FALL 2016 Cont'd

DAY	TIME	COURSE	# WKS	COST
<b>Monday Evening</b>	7:30-8:30	ZUMBA® NITE	11	\$50
<b>Tuesday A.M.</b>	9:00-9:45	PRESCHOOL GYM (3-5 YRS)	12	\$55
	9:00-10:30	FIT FOR GLORY	10	\$52
	9:30-10:30	OUTDOOR STROLLER FIT (6 WKS-18 MOS.)	12	\$55
	9:30-11:30	KNITTING FOR ALL – AND SOME CROCHET TOO!	10	\$86
	9:50-10:35	MOMS AND TOTS GYM (2 YRS)	12	\$55
	10:45-11:45	TUESDAY SWEAT AND TONE	12	\$55
	11:00-11:45	FOOD & NUTRITION FOR YOU AND YOUR PRESCHOOLER (3-5 YRS WITH MOM)	12	\$55
<b>Tuesday P.M.</b>	1:00-2:30	BABY MASSAGE	7	\$36
	1:15-2:15	ESSENTRICS	10	\$46
<b>Tuesday Evening</b>	7:00-8:30	EVENING KRIPALU-INSPIRED HATHA YOGA	12	\$83
	7:00-8:30	SELF-DEFENCE	10	\$52
<b>Wednesday A.M.</b>	8:40-9:40	STEP	11	\$50
	9:00-9:45	BUILDING BLOCKS FOR BABIES (4-12 MOS. WITH MOM)	12	\$60
	9:45-11:45	EXPLORING THE WORLD OF HERBS	10	\$86
	9:50-10:50	TOTAL BODY FITNESS	11	\$50
	10:00-10:45	EXPLORATION THROUGH THE SENSES (18-36 MOS. WITH MOM)	12	\$60
	11:00-12:00	COOL TOOLS TO GET READY FOR SCHOOL (3-5 YRS WITH MOM)	12	\$60
	11:00-12:00	WEDNESDAY ZUMBA®	12	\$55
<b>Wednesday P.M.</b>	1:00-2:30	ADULT BALLET	12	\$83
	1:00-3:00	DRAWING	10	\$86
	1:00-3:00	HANDY WOMAN JANE	10	\$86

## SCHEDULE AT A GLANCE – FALL 2016 Cont'd

DAY	TIME	COURSE	# WKS	COST
Wednesday Evening	7:30-8:45	YOGALATES	12	\$69
	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	8 times	\$34
Thursday A.M.	9:30-11:00	MORNING BABY MASSAGE	7	\$36
	9:40-10:40	BOOTCAMP FITNESS	12	\$55
	10:00-12:00	ACTIVATE YOUR C.O.R.E. LEADERSHIP™	10	\$69
	10:50-11:50	BODY FACTORY	12	\$55
Thursday P.M.	1:00-1:45	KODOMO (KIDS') KARATE (4-5 YRS)	10	\$47
	1:00-3:00	SELSIGHT® JOURNALING	10	\$69
	1:30-3:00	¡CONVERSEMOS! - CONVERSATIONAL SPANISH	10	\$65
	2:00-2:45	MOM & TOTS ZUMBA® (4-5 YRS WITH MOM)	8	\$39
Thursday Evening	7:00-8:15	GENTLE FLOW YOGA AND MEDITATION	12	\$69
	7:00-8:30	GROWING MORE GARDENERS	10	\$65
Friday A.M.	9:00-10:00	FITNESS - TAKE IT OUTSIDE!	11	\$50
	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	11	\$76
	9:30-10:45	GUIDED MEDITATIONS, VISUALIZATIONS & BREATHWORK	10	\$43
	10:00-12:00	FRENCH FOR NEWCOMERS	10	\$69
	10:40-11:25	YOGA MOVEMENT FOR KIDS (3-5 YRS)	11	\$51
	11:15-12:00	PARENT & TOT CREATIVITY ART CLASS (2-5 YRS WITH MOM)	10	\$52
Friday P.M.	1:00-2:15	GENTLE TONING	11	\$63
	1:00-3:00	CONVERSE IN FRENCH – BEGINNERS AND INTERMEDIATES	10	\$69
	1:00-3:00	WATERMEDIA	10	\$86

## PERSONAL DEVELOPMENT/WELLNESS

### ***What you need to know ...***

#### ***Personal Development/Wellness classes***

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you to our women's courses.

### **LIFE LESSONS FROM LEGENDARY WOMEN**

**Monday 9:30 – 11:30 a.m.**

**Childcare Room 2**

History has documented the lives of women in love and war, adventure and survival, triumph and loss. Some prevailed, while others did not. Some offer extraordinary inspiration and motivation for their own generation and each that has followed. Others offer cautionary tales. What could we learn from each? Regardless of their outcome, there is a life lesson embedded. In this discussion class, we will examine the life of a different legendary woman each week, revealing what their attitudes, beliefs and choices are still teaching us today.

Please Note: There is no class October 10 (Thanksgiving). The last class is on November 28. This is a 10-week course.

**Instructor: Ann Papayoti, B.A. Communications, CPC (Certified Professional Coach), ELI-MP (Energy Leadership Index – Master Practitioner)**

## *PERSONAL DEVELOPMENT/WELLNESS*

**MOM AND BABY YOGA (FROM 3 MOS. TO CRAWLING) \* 10 A.M.  
Monday 10:00 – 10:45 a.m.**

**Gym**

Here's a 45-minute class for you and baby! Together we will learn the basics of infant massage and baby yoga, with time for you too. A wonderful way to reconnect with your practice or to begin your journey into yoga. Please bring a mat, a towel, and a diaper bag. It is recommended that you consult your health-care professional before beginning any post-natal exercise regime. Please Note: Strollers are not allowed in the class. Please leave your stroller outside the building.

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**

**MOM AND BABY YOGA (FROM 3 MOS. TO CRAWLING) \* 11 A.M.  
Monday 11:00 – 11:45 a.m.**

**Gym**

Here's a 45-minute class for you and baby! Together we will learn the basics of infant massage and baby yoga, with time for you too. A wonderful way to reconnect with your practice or to begin your journey into yoga. Please bring a mat, a towel and a diaper bag. It is recommended that you consult your health-care professional before beginning any post-natal exercise regime. Please Note: Strollers are not allowed in the class. Please leave your stroller outside the building.

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**

## *PERSONAL DEVELOPMENT/WELLNESS*

### **FIT FOR GLORY**

**Tuesday 9:00 – 10:30 a.m.**

**Upstairs Classroom**

Are you 100% happy with your body as it is right now? Do you eat well and sleep well most days of the week? Do you exercise, meditate, or actively express gratitude on a regular basis? Life is a journey of ups and downs and FIT for Glory is designed to help women engage in physical fitness while building a network of support and motivation. Throughout the program we will explore ways to overcome daily challenges and limitations that prevent us from feeling 100% happy with ourselves and our body. Each class will include 30 minutes of physical activity (Balance and Balls, Laughter Yoga, Gentle Stretch, etc.) followed by an interactive discussion on such topics as healthy body image, diet vs. “diet,” the power of our brain, limiting beliefs, transformation, and self-actualization. FIT for Glory knows that a woman is so much more than her physical being. Participants are encouraged to embrace fitness as a means to care not only for the body but for the soul. Please bring a pen, notebook and yoga mat to class.

Please Note: The last class is on November 22. This is a 10-week course.

**Instructor: Cori-Ann Surette, Certified Coach Practitioner,  
Laughter Yoga**

### **BABY MASSAGE**

**Tuesday 1:00 – 2:30 p.m.**

**Childcare Room 2**

Offering your baby a nurturing and loving massage is one of the best gifts you can offer. Touch is one of the most important sensory experiences, as it can bring peace and it can bring comfort. Massaging your baby helps strengthen the bond between parent and child, and can even help reduce or eliminate mild PPD in mommy. Massaging your baby stimulates

## *PERSONAL DEVELOPMENT/WELLNESS*

different body systems including digestion/elimination, helping to relieve pain caused by gas/colic.

In this course, parents will be guided in learning to massage their babies. There will be time for group discussion about topics relating to massaging their infants as well as other topics of interest to the group. Always remember that your baby's needs come first, and you are welcome to allow your baby to sleep through the class (while you practice with a doll) or have a fussy day if baby just isn't feeling it!

Participants are asked to bring a plasticized change pad and at least 2 receiving blankets (or towels) to class with them. Mobile babies under the age of 12 months are welcome. A \$2 fee is payable to the instructor at the first class for the baby massage oil.

Please Note: This is a 7-week course. Classes will take place on September 20 and 27, October 11 and 25 and November 8, 15 and 22.

**Instructor: Patricia Olinik, CIMI (Certified Infant Massage Instructor), RMT (Registered Massage Therapist)**

### **EVENING KRIPALU-INSPIRED HATHA YOGA**

**Tuesday 7:00 – 8:30 p.m.**

**Gym**

This Hatha yoga course in the Kripalu tradition is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath and discover strength already within you. This is a mixed-level class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer detailed instruction so that students feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations. Based on yogic teachings and silent observation, we may learn the tools necessary to



## **PERSONAL DEVELOPMENT/WELLNESS**

navigate joyfully through life. **Participants are strongly urged to come equipped with a sticky yoga mat and two yoga blocks.** Other props you enjoy are welcome as well.

**Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

### **SELF-DEFENCE**

**Tuesday 7:00 - 8:30 p.m.**

**Upstairs Classroom**

Do you know what to do if you are grabbed from behind? Did you know that 80% of self-defence is common sense? Are you aware of how your body language can help you avoid violent situations? Come and learn tricks and techniques to escape from every possible kind of attack and how to harness your power and deliver it in explosive strikes and kicks. Be prepared. Be empowered.

Please Note: The last class is on November 22. This is a 10-week course.

**Instructor: Meghan Greig, 2nd degree black belt in Wado Kai Karate**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

### **MORNING BABY MASSAGE**

**Thursday 9:30 a.m. - 11:00 a.m.**

**Childcare Room 2**

Offering your baby a nurturing and loving massage is one of the best gifts you can offer. Touch is one of the most important sensory experiences,

## *PERSONAL DEVELOPMENT/WELLNESS*

as it can bring peace and it can bring comfort. Massaging your baby helps strengthen the bond between parent and child, and can even help reduce or eliminate mild PPD in mommy. Massaging your baby stimulates different body systems including digestion/elimination, helping to relieve pain caused by gas/colic.

In this course, parents will be guided in learning to massage their babies. There will be time for group discussion about topics relating to massaging their infants as well as other topics of interest to the group. Always remember that your baby's needs come first, and you are welcome to allow your baby to sleep through the class (while you practice with a doll) or have a fussy day if baby just isn't feeling it!

Participants are asked to bring a plasticized change pad and at least 2 receiving blankets (or towels) to class with them. Mobile babies under the age of 12 months are welcome. A \$2 fee is payable to the instructor at the first class for the baby massage oil.

Please Note: The last class is on November 3. This is a 7-week course.

**Instructor: Patricia Olinik, CIMI (Certified Infant Massage Instructor), RMT (Registered Massage Therapist)**

### **ACTIVATE YOUR C.O.R.E. LEADERSHIP™**

**Thursday 10:00 a.m. - 12:00 p.m.**

**Upstairs Classroom**

Have you ever wished you could display the kind of leadership that was authentic, yet adaptable to different personalities and contexts? Have you ever been faced with discrepancies between the type of leader you would like to be and who you really are? Would you like to improve your leadership skills in your personal, social, and professional life? If so, come join coach and speaker Yasmina Jimenez for a 10-week course that will transform you and propel you towards the woman you dreamed of

## *PERSONAL DEVELOPMENT/WELLNESS*

becoming. Together we will explore the topic of leadership in our daily lives and answer various questions about how we can develop our leadership skills.

Please Note: The last class is on November 24. This is a 10-week course.

**Instructor: Yasmina E. Jimenez, Founder, Coach and Speaker at M.Y. WORK-SHOP**

**SELSIGHT® JOURNALING**  
**Thursday 1:00 p.m. - 3:00 p.m.**  
**Upstairs Classroom**

A journaling adventure offering enlightening insight into the many aspects of your Self. To know, understand, and accept your Self is to have ultimate freedom. You are set free to be your best you, to tap into untold inner resources, and to experience everything around you from a new, illuminated perspective.

Please Note: There is no class October 27 (WIWC event). The last class is on December 1. This is a 10-week course.

**Instructor: Jill Boileau, Holistic Journaling**

**GENTLE FLOW YOGA AND MEDITATION**  
**Thursday 7:00 – 8:15 p.m.**  
**Gym**

This class will benefit those who are looking for a gentle, grounding, relaxation practice. Together we will return to center by touching upon basic yoga asana, breath work, and meditation principles. The focus will

## *PERSONAL DEVELOPMENT/WELLNESS*

be on alignment, balance, improving strength and mobility, and stress release. All levels are welcome.

**Instructor: Laura Gilmour, RYT200 Hatha Yoga Instructor, Y.M.C.A. Corrective Conditioning Certificate and FIT Certified Personal Trainer**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

### **KRIPALU-INSPIRED HATHA YOGA**

**Friday 9:00 – 10:30 a.m.**

**Gym**

This Hatha yoga course in the Kripalu tradition is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath, and discover strength already within you. This is a mixed-level class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer detailed instruction so that students feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations. Based on yogic teachings and silent observation, we may learn the tools necessary to navigate joyfully through life. **Participants are strongly urged to come equipped with a sticky yoga mat and two yoga blocks.** Other props you enjoy are welcome as well.

Please Note: There is no class November 11 (WIWC Event). This is an 11-week course.

**Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher**

## PERSONAL DEVELOPMENT/WELLNESS

### **GUIDED MEDITATIONS, VISUALIZATIONS & BREATHWORK**

**Friday 9:30 – 10:45 a.m.**

**Upstairs Classroom**

Meditation in a group can be a powerful dynamic that helps us to connect with others while working on our individual issues. Guided meditation and visualizations then help to enhance and enrich that meditation journey. Comfortable clothing and a water bottle are recommended for this class.

Please Note: There is no class November 11 (WIWC Event). The last class is on December 2. This is a 10-week course.

**Instructor: Nazzarena Santini, Director of Avalon Massage Academy**

### **FRENCH FOR NEWCOMERS**

**Friday 10:00 a.m. – 12:00 p.m.**

**Childcare Room 2**

Bonjour! Vous venez d'arriver au Québec et voulez apprendre à parler français? This introductory class is made for you! It is designed for women with little or no background in French who would like to begin to navigate their way by learning basic sentences, grammar and expressions. Through vocabulary, idiomatic phrases and conversational activities, you will learn to meet and greet people as well as practice basic communication for other daily life situations. There is no homework and we put a strong emphasis on talking in a very relaxed and friendly atmosphere. *En espérant vous voir très bientôt!*

## *PERSONAL DEVELOPMENT/WELLNESS*

Please Note: There is no class November 11 (WIWC Event). The last class is on December 2. This is a 10-week course.

**Instructor: Thomas Maxwell, M.A. Communications (UQAM),  
Lecturer, Training Instructor & Facilitator**

### **CONVERSE IN FRENCH: BEGINNERS AND INTERMEDIATES**

**Friday 1:00 – 3:00 p.m.**

**Childcare Room 2**

Comment allez-vous aujourd'hui? This course is designed for women wanting to improve their skills in French, in order to communicate effectively in everyday situations. The aim of this class is to improve listening and speaking skills. A large amount of time is dedicated to addressing your specific needs (professional conversation, informal and formal conversation, etc.) that each participant can benefit from. Don't miss this great opportunity to improve your French in a relaxed and friendly atmosphere!

Please Note: There is no class November 11 (WIWC Event). The last class is on December 2. This is a 10-week course.

**Instructor: Thomas Maxwell, M.A. Communications (UQAM),  
Lecturer, Training Instructor & Facilitator**

## **SPECIAL INTEREST**

### ***What you need to know ...***

#### ***Special Interest classes***

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you to our women's courses.

### **CHOIR**

**Monday 1:00 – 2:30 p.m.**

**Upstairs Classroom**

Come and join us for a fun afternoon of singing in the choir course! We will be working on a variety of music in two-part harmony. There will also be some exercises to help develop vocal technique. If you like to sing, this is the place to be! Some previous musical knowledge would be helpful, but not necessary. All are welcome!

Please Note: There is no class October 10 (Thanksgiving). The last class is on November 28. This is a 10-week course.

**Instructor: Wendy Tilson, B. Mus. (McGill University), B.Ed. (University of Toronto)**

### **DIGITAL PHOTOGRAPHY**

**Monday 1:00 – 3:00 p.m.**

**Childcare Room 2**

Do you want to learn the basic techniques of understanding your digital camera? This course is aimed at anyone at the beginning of their

## ***SPECIAL INTEREST***

photographic journey, whether you just have a small point and shoot or a larger dslr camera. Participants will be introduced to digital imaging methods that focus on specific practical examples for reliable photographic results. The goal? Great photographs! The course will be divided into three modules. The first module provides a basic introduction to equipment and structural tools towards personal creative expression in photography. The second module will look at techniques, composition and exposure control; the final module will deal with presentation, storage and sharing your photos.

Whether it's a snapshot for a family member, a photo montage for an assignment, or images to go onto a developed website, this course will give you knowledge to highlight your creative expression!

Please note that participants should bring their digital cameras (8 mega pixels or more) to each class along with all cords and camera attachments. This includes additional lenses if applicable. Participants should expect to spend at least an additional hour of personal shoot time per week outside the classroom and have access to a computer to submit their homework images electronically each week.

Please Note: There will be no class October 10 (Thanksgiving). The last class is on November 28. This is a 10-week course.

**Instructor: Cassandra Leslie, C2 Studios**

### **KNITTING FOR ALL – AND SOME CROCHET TOO!**

**Tuesday 9:30 – 11:30 a.m.**

**Childcare Room 2**

Beginners and veteran knitters and/or crocheters are welcome to join this class to either learn a new craft or work on an ongoing project while picking up a few tips and tricks. Class projects will be presented, but are not mandatory. We will also be covering some basic crochet techniques,



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which will allow you to either embellish your knitting projects or learn a new craft! Please bring a ball of inexpensive light-coloured worsted yarn, size 4.5 mm (US 7) knitting needles, your current project and a crochet hook (if applicable) to the first class.

Please Note: The last class is on November 22. This is a 10-week course.

**Instructor: Debra-Lynn Tomiuk**

### **EXPLORING THE WORLD OF HERBS**

**Wednesday 9:45 a.m. - 11:45 a.m.**

**Childcare Room 2/Kitchen**

Learn to become a home herbalist. Discover which herbs are important to include in your life for your health and that of your family. Create a home apothecary. Prepare for the winter season for immune, digestive and nervous system health. Learn to make simple remedies using honeys, vinegars, teas, and medicinal concoctions to help everyone stay healthy. Learn herbal skin care and natural body care including remedies to have on hand for first aid. Many recipes, tastings and culinary information on using herbs for a variety of conditions will be explored. There will be samples to bring home. A fee of \$10 for consumables is payable to the instructor at the first class.

Please Note: The last class is on November 23. This is a 10-week course.

**Instructor: Lynda Swidzinski, Practicing Herbalist**

### **DRAWING**

**Wednesday 1:00 – 3:00 p.m.**

**Upstairs Classroom**

Throughout the course, participants will use simple tools and learn

## ***SPECIAL INTEREST***

fundamental drawing techniques to produce visual representations to both observed and imagined subjects. The instructor's objective is to guide and encourage the participants through the art making process to achieve successful application of perspective, shading, contour line, tones, and values.

### **Supplies List:**

**PAPER:** **Newsprint pad** – 18" x 24," **Sketchbook** – 11" x 14," **Notebook** – 100 pages+ (any size), **Bristol board** – 2 sheets for Portfolio, 20" x 28," bright colour, taped on three sides

**CHARCOAL/PASTELS:** **Vine charcoal**, soft (several pieces), **Compressed charcoal**, **Conte crayons** – white, brown, and sepia (soft)

**GRAPHITE:** **Set of Pencils:** range of leads from 4H to 6B (Staedtler, Derwent, Cretacolor, Koh-I-Noor), 1 **sharpener**

**ERASERS:** **Kneadable eraser**, Staedtler or other **white plastic eraser**, Metal **eraser shield**

**OTHER MATERIALS:** **Drawing Board** 23" x 26" and 4 **bulldog clips**, **Ruler**, 12 inches or longer. **Artist kit box**, or fishing tackle box, Small bottle of **India Ink**, Small bottle of **distilled water**, Small **Watercolour brush**, **Chinese brushes** (optional), **Watercolor pencils**

Please Note: The last class is on November 23. This is a 10-week course.

**Instructor: Ranya Essmat Saad, B.F.A. Visual Arts Education, B.F.A. Fine Arts (Concordia)**

## *SPECIAL INTEREST*

### **HANDY WOMAN JANE**

**Wednesday 1:00 - 3:00 p.m.**

**Childcare Room 2**

Is the “honey-do list” not getting any shorter? Have you ever wondered if you could afford a handy man to fix up all the little disasters around the house? This course will empower you to tackle some of the nitty-gritty problems and tasks that occur at home. Learn how to change a faulty electrical outlet, switch out those sticking dresser drawer runners, find a cost-cutting way to decorate your home with custom-cut picture frames, or give your kitchen a facelift by updating your backsplash with ceramic tiles — and even have the courage to create your own mosaic for behind the stove! Sign up and learn how to take on those everyday fix-ups with confidence and ease.

Please Note: The last class is on November 23. This is a 10-week course.

**Instructor: Angela Meklenschek**

### **WEDNESDAY NIGHT BOOK CLUB**

**Wednesday 7:30 – 9:30 p.m. (once a month on the third**

**Wednesday of every month)**

**Childcare Room 2**

The Women’s Centre’s book club offers you great reading, exciting discussion and warm companionship. Because there are no animators, participants rotate the leadership role on a monthly basis. The club meets on the third Wednesday of every month. For information about meeting dates and the book selected for the upcoming meeting, please refer to the Events Calendar on our website or call the WIWC Office at 514-695-8529.

**Please Note: The WIWC’s free childcare service is not available during evening courses.**

## *SPECIAL INTEREST*

### **¡CONVERSEMOS! - CONVERSATIONAL SPANISH**

**Thursday 1:30 - 3:00 p.m.**

**Childcare Room 2**

*Conversemos* is a conversational Spanish course geared to improve your oral communication skills in daily situations be it for personal growth, travel purposes, or simple amusement. This course will help you better enjoy your travelling experiences and enhance communications and intercultural understanding. Led by a native Spanish speaking teacher, the lessons are held in small groups in a friendly and non-stressful environment. Close attention is given to address each participant's specific needs. Come and have a great time while you improve your Spanish!

Please Note: There is no class October 27 (WIWC Event). The last class is on December 1. This is a 10-week course.

**Instructor: Ileri Vergara, Founder of the Montreal Spanish Center**

### **GROWING MORE GARDENERS**

**Thursday 7:00 – 8:30 p.m.**

**Childcare Room 2**

This 10-week journey into the world of gardening will inspire participants to start gardening and offer the essential tools to become a successful home gardener. Participants will learn about major plant groups, the soil and some of the best plants available to choose for their garden. A fall/winter container will also be created with participants. Among the gardening topics covered are starting plants from seed, edible gardening, creating privacy, pollinator gardens, and putting your garden to bed for the winter. There will be regular slide presentations to aid our learning, and a hands-on session will also help put what we learn to good use.

## *SPECIAL INTEREST*

Please Note: The last class is on November 24. This is a 10-week course.

**Instructor: Elaine Sanders, Landscape Designer, Gardening Coach**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

## **WATERMEDIA**

**Friday 1:00 – 3:00 p.m.**

**Upstairs Classroom**

Create beautiful watermedia paintings by going beyond the brush. This course will be offered in a workshop style so students will leave each 2-hour class with a finished or semi-finished project. Experiment with water-based paints (watercolour, ink, acrylic and gesso) and a variety of tools and techniques using the basic elements of design (line, space, colour, form, value, and texture) while exploring the principles of design (repetition, contrast, balance, unity and movement). Participants will learn about planning paintings by using thumbnail sketches and incorporating negative spacing, which may help to enhance their composition. In the final stage, participants have the option of applying handmade collage papers and/or stamps to add texture and fix balance issues in composition. Topics covered include inventory of materials and tools, transparency, layering, value, colour theory, negative space, and creating textures.

A full list of the materials and tools required over the course of the session will be distributed at the first class. For returning students, additional exercises are planned to extend your knowledge.

Please Note: There are no classes September 30 and November 11 (WIWC Event). The last class is on December 9. This is a 10-week course.

**Instructor: Valerie McKee, B.F.A. (Concordia)**

## **FITNESS**

### ***What you need to know...***

#### ***Fitness classes***

- Most classes run for 12 weeks.
- Prices include federal and provincial sales taxes.
- Courses range from gentle to more intense workouts.
- You will need running shoes, a water bottle and towel.
- Hand-held weights are needed for some classes. Check the course description.
- Please let the instructor know of any health condition or injury you have. Our instructors will provide alternate exercises when possible.
- If you have a health condition or injury, please check with your doctor before signing up for a course.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Do not bring a child with you to your class (unless it is a mom/child activity).
- Remember to put away the equipment you used at the end of the class.

### **CLASSICAL PILATES**

**Monday 8:45 – 9:45 a.m.**

**Gym**

This class will give you a full body workout. Pilates techniques include proper breathing, posture, and alignment — all of which help to improve core control, build strength, flexibility, balance, posture, mobility, and stability. Pilates is suitable for all fitness levels so if you want to tone up and transform your body, Pilates is perfect for you!

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

**Instructor: Orly Sharoni, PMA (Pilates Method Alliance)  
Certified Instructor**

## ***FITNESS***

### **MONDAY SWEAT AND TONE**

**Monday 1:00 – 2:15 p.m.**

**Gym**

Ultra concentrated! There will be lots of sweat and a ton of toning in a **75-minute** format. The class will begin with a half hour of cardio followed by core work, ab work, strengthening, and toning. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun!

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

**Instructor: Natalie Pesold, CAN-FIT-PRO, Fitness Instructor, Personal Trainer**

### **ZUMBA® NITE**

**Monday 7:30 – 8:30 p.m.**

**Gym**

The Zumba® program fuses hypnotic Latin and world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to work out, love working out, and get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

**Instructor: Ana Batista, Zumba Basic 1, Zumba Gold, Zumba Kids Licensed Instructor by Zumba®**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

## **FITNESS**

### **OUTDOOR STROLLER FIT (6 WKS-18 MOS.)**

**Tuesday 9:30 – 10:30 a.m.**

**Outside — Meet on the grass on the north side of the building**

Stroller fitness is a full body workout that includes cardio intervals, strength training, core work, and flexibility training. This course is open to all fitness levels. Women who want to join this class should be 4+ weeks postpartum if there was no complication during delivery (or 6 weeks for caesareans or other complications). No special stroller is required. You should bring a mat and wear comfortable clothing and running shoes. Childcare is available for older siblings. *Please note – this class will run rain or shine so a stroller rain shield or sun shield is recommended.*

**Instructor: Jasmina Wegrzycka, Certified YMCA, Can-FIT-PRO, Cardio Plein and NASM (National Academy of Sports Medicine)**

### **TUESDAY SWEAT AND TONE**

**Tuesday 10:45 – 11:45 a.m.**

**Gym**

Ultra concentrated! There will be lots of sweat and a ton of toning in a one-hour format. The class will begin with a half hour of cardio followed by a half hour of core work, ab work, etc. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun!

**Instructor: Natalie Pesold, CAN-FIT-PRO, Fitness Instructor, Personal Trainer**



## ***FITNESS***

### **ESSEINTRICS**

**Tuesday 1:15 – 2:15 p.m.**

**Gym**

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for women of all fitness levels, this program re-balances the body, prevents and treats injuries, and unlocks tight joints. With a diverse music playlist accompanying each routine, this workout leaves you feeling energized, youthful and healthy. Exercise elastics will be provided for part of the floor exercises however please bring a yoga mat for the class.

Please Note: There are no classes October 18 (WIWC Event) and November 29 (WIWC Event). This is a 10-week course.

**Instructor: Dolores Carroll, IDEA certified, Essentrics  
Classical Stretch (Certified Level 1)**

### **STEP**

**Wednesday 8:40 – 9:40 a.m.**

**Gym**

This class consists of a cardiovascular workout using the step. Choreography is interspersed with intervals to give your body a great workout without taxing your brain too much! Step segments are introduced and gradually built upon resulting in a fun and challenging experience. Come and enjoy the journey!

Please Note: There is no class October 5. This is an 11-week course.

**Instructor: Cathy Wagstaff, CAIA, M.A. (Phys. Ed.)**

## ***FITNESS***

### **TOTAL BODY FITNESS**

**Wednesday 9:50 – 10:50 a.m.**

**Gym**

This class has it all! Be prepared to never stop moving! Following a Tabata protocol, we will work hard for 20-second intervals then rest for 10. You will experience it all in this fun and challenging class! From fun cardio moves to full body muscular exercises, plus a beautiful stretch after it is all done, you will get a “total body” workout! The level of this fitness course is intermediate to advanced. However, the instructor will provide alternatives for those wanting less intensity.

Please Note: There is no class October 5. This is an 11-week course.

**Instructor: Cathy Wagstaff, CAIA, M.A. (Phys. Ed.)**

### **WEDNESDAY ZUMBA®**

**Wednesday 11:00 a.m. – 12:00 p.m.**

**Gym**

The Zumba® program fuses hypnotic Latin and other world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to work out, love working out, and get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

**Instructor: Violetta Naumiuk, Zumba®, Zumba Gold®, Zumba Step®, Certified YMCA Group Fitness Instructor**

## ***FITNESS***

### **ADULT BALLET**

**Wednesday 1:00 – 2:30 p.m.**

**Gym**

This is a class designed for adults interested in increasing their strength and flexibility through ballet movement. While all levels of experience are welcomed, some previous ballet experience would be advantageous. Participants will learn the basic positions and movements of ballet. We will learn several sequences of movement to be improved upon each week. If you took ballet lessons as a child, you will be amazed at how quickly it all comes back to you — please join us! Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Movimento (4307 St. Jean in Dollard) or Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.

**Instructor: Alison Dewar**

### **YOGALATES**

**Wednesday 7:30 – 8:45 p.m.**

**Gym**

Be in the moment with an hour of mindful 3D flowing movement while still respecting your range of motion. This class blends dynamic and therapeutic yoga postures with Pilates core awareness and alignment exercises. Coast within your comfort zone or progressively challenge it! The class will end with 15 minutes of restorative breath in an asana (pose) to further relax the body. It's all good!

**Instructor: Suzanne Reid, Stott Pilates, CAN FIT PRO, Certified Massage Therapist**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

## ***FITNESS***

### **BOOTCAMP FITNESS**

**Thursday 9:40 – 10:40 a.m.**

**Gym**

Incorporating traditional calisthenic and body weight exercises with interval training and strength training, this course will lead you through a variety of strength and cardio exercises designed to challenge your strength and endurance while burning calories. Hand-held weights (5 lbs) are required.

**Instructor: Sue Jollimore, CAN-FIT-PRO**

### **BODY FACTORY**

**Thursday 10:50 – 11:50 a.m.**

**Gym**

This is an overall muscular strengthening and endurance class using weights, tubing and the step to sculpt and enhance muscle conditioning. This will be a workout from head to toe. Hand-held weights are required. Tubing and steps are provided by the Women's Centre.

**Instructor: Sue Jollimore, CAN-FIT-PRO**

### **FITNESS - TAKE IT OUTSIDE!**

**Friday 9:00 – 10:00 a.m.**

**Outside — Meet on the grass on the north side of the building**

In this class we will be taking to the streets, parks and green spaces of Valois to enjoy some outdoor exercise! Classes will feature cardio elements as well as body weight exercises and strength training using the natural and man-made structures we find on our way. Expect to work hard, have fun, and get a bit muddy! The class will run rain or shine; dressing in layers is recommended.

## ***FITNESS***

Please Note: There is no class November 11 (WIWC Event). This is an 11-week course.

**Instructor: Hilary Jones, YMCA Individual Conditioning Instructor**

### **GENTLE TONING**

**Friday 1:00 – 2:15 p.m.**

**Gym**

A small group training class that allows you to work out at a slower pace and feel the target muscles working. The focus is on posture and the joints — even the small ones! We are always bent forward, so the back of the body will be worked more. Gait and balance will be challenged and the full range of motion of the muscles will be worked. This is a class that will leave you feeling a little straighter! Exercises will have options, allowing the participant to make a choice that works for her body. Equipment will be provided by the instructor and the Centre.

Please Note: There is no class November 11 (WIWC Event). This is an 11-week course.

**Instructor: Donna Lamontagne, YMCA Group/Individual Fitness Certification; YMCA & YM-YWHA Corrective Conditioning; C.A.L.A. Vertical & Healing Waters**

## FOR CHILDREN

### ***What you need to know...***

#### ***Children's classes***

- Most classes run for 12 weeks.
- Make sure your child will turn the minimum age required for the course during the session. (There are some exceptions to this rule as noted in the course descriptions.)
- Once your child turns 6, he or she is too old to register for our courses for 5-year-olds.
- Another adult (dads included) may accompany a child to his/her class at the Centre.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please remember that only registered children may attend our classes. Please do not bring a sibling to your child's class.

### **MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH THEIR MOMS)**

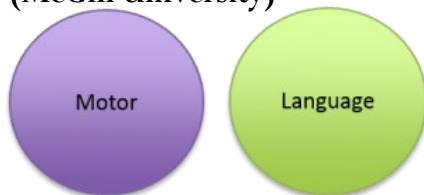
**Monday 9:00 – 9:45 a.m.**

**Upstairs Classroom**

This is an introduction to music for your child and a chance to learn new songs to sing with your child as he/she grows. Stimulate your child with soothing sounds and upbeat tunes. Meet other mothers and expand your musical vocabulary!

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

**Instructor: Heather White, B. Mus. (Memorial University), M. Mus. Studies (Bowling Green State University), PhD. Music (McGill University)**



## *FOR CHILDREN*

### **TODDLER TUNES (CHILDREN 12-24 MOS. WITH MOM)**

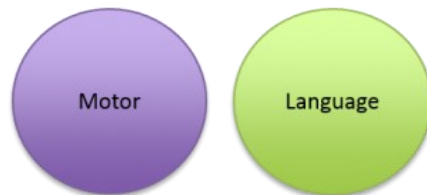
**Monday 10:00 – 10:45 a.m.**

**Upstairs Classroom**

Toddlers between 1 to 2 years of age are busy learning and exploring movement and speech. Using music as a vehicle, we will be connecting singing/speech with gesture and exploring beat through basic movement and small percussion instruments.

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

**Instructor: Heather White, B. Music (Memorial University),  
M. Music Studies (Bowling Green State University), PhD.  
Music (McGill University)**



### **SILLY SONG SING-ALONG (FOR CHILDREN 2-5 YEARS WITH MOM)**

**Monday 11:00 – 11:45 a.m.**

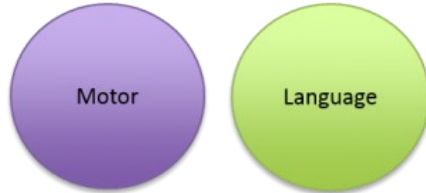
**Upstairs Classroom**

Preschoolers are ready to create and explore music with their voices and bodies. We will sing and dance and play and discover new sounds. Basic rhythm will be taught using Orff-style instruction and mallet instruments, all the while having fun!

Please Note: There will be no class October 10 (Thanksgiving). This is an 11-week course.

## FOR CHILDREN

**Instructor: Heather White, B. Music (Memorial University),  
M. Music Studies (Bowling Green State University), PhD.  
Music (McGill University)**



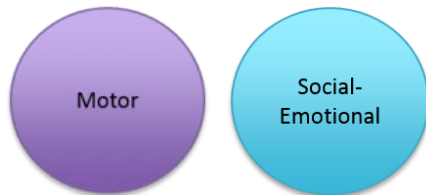
### **PRESCHOOL GYM (3-5 YRS)**

**Tuesday 9:00 – 9:45 a.m.**

#### **Gym**

This fun-filled class focuses on the physical and social development of children aged 3 to 5 years. Activities will include a mini-gym, games, parachute play and lots of fun with balls, hoops and other equipment. For children to get the most out of the class, it is preferable for them to arrive on time. This is a fast-paced class so you don't want to miss out on the fun! One or two mothers will be asked to stay in class each week as assistants. Other moms are welcome to wait in the waiting area near the WIWC Office.

**Instructor: Lesley Matheson, YMCA FIT; CAN-FIT-PRO; Mind  
& Body Fitness Specialist**





## *FOR CHILDREN*

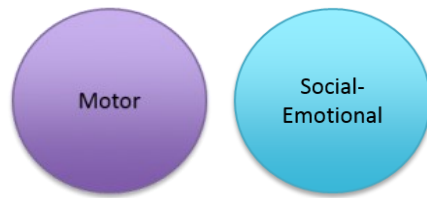
### **MOMS AND TOTS GYM (2-YEAR-OLDS WITH THEIR MOMS)**

**Tuesday 9:50 – 10:35 a.m.**

#### **Gym**

Moms attend this class with their child who will meet new friends and enjoy group participation. We offer parachute play, co-operative games, a mini-gym, songs, balls, and a fun time for the two of you. For children to get the most out of the class, it is preferable for the participants to arrive on time. This is a fast-paced class and you wouldn't want to miss out on some of the fun!

**Instructor: Lesley Matheson, YMCA FIT; CAN-FIT-PRO; Mind & Body Fitness Specialist**



### **FOOD & NUTRITION FOR YOU AND YOUR PRESCHOOLER**

**(3-5 YRS WITH MOM)**

**Tuesday 11:00 - 11:45 a.m.**

#### **Upstairs Classroom**

Come have some fun with food! This course will introduce children to a wide array of flavours at an early age in hopes of promoting acceptance of a variety of foods as they grow. We want to encourage healthy options and provide education on new foods and where they come from. We will also provide a forum for mothers to learn about both general and childhood nutrition, so they are more empowered when providing for their family's nutritional needs. We will create a fun, social, educational, messy, and delicious atmosphere for both mothers and children!

## FOR CHILDREN

Each class will begin with a short educational segment for both you and your child. The bulk of the time will be spent creating a fun, simple, nutritious recipe (no heat required) that your child will help prepare. The class will expose your child to new foods, textures, flavours, and kitchen techniques in hopes of encouraging adventurous eating, building confidence in the kitchen, and developing an interest in new foods while bonding with you. A \$10 fee to cover the cost of the food supplied is payable to the instructor at the first class. Please bring a plastic container to each class to bring home all the goodies made. A mason jar will also be required.

**Instructors: Emily Mills (B.Sc., M.Sc. candidate in Human Nutrition, Dietetics) and Elizabeth Glenn (B.Sc., M.Sc. candidate in Human Nutrition, Dietetics). Supervision by Maureen Rose, Ph.D., R.D. (McGill University)**



### **BUILDING BLOCKS FOR BABIES (4-12 MOS. WITH MOM)**

**Wednesday 9:00 – 9:45 a.m.**

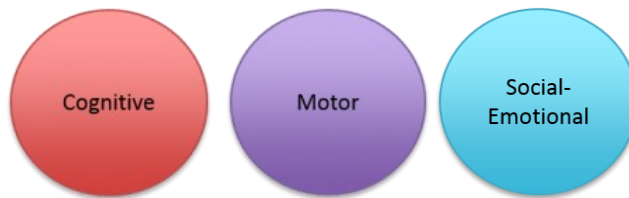
**Upstairs Classroom**

Would you like an opportunity to learn about and encourage your baby's development through the most important activity of all? Then, LET'S PLAY! Learn strategies and ideas to promote fine motor, sensory motor, and gross motor skills in a fun and casual environment. Interact with your baby while encouraging social and cognitive development in a group setting. Each week, the instructor will present a developmental topic for discussion, provide learning strategies and allocate time for any questions you may have. A great way to play with your child, meet other "Mommies" and share topics that are important to you.

## *FOR CHILDREN*

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor: Patricia Grasso, M.S. OTR/L, Masters of Occupational Therapy (Springfield College, Massachusetts), Bachelors of Adaptive Physical Education (Bridgewater University, Massachusetts)**



### **EXPLORATION THROUGH THE SENSES (18-36 MOS. WITH MOM)**

**Wednesday 10:00 - 10:45 a.m.**

**Upstairs Classroom**

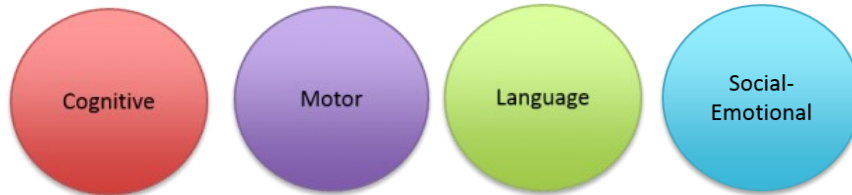
Come and explore the senses in a fun and stimulating class for you and your toddler. This class will promote body awareness, motor skill development and social interaction as your child participates in a group setting. Each week you and your child will be introduced to semi-structured activities that will provide your child with sensory-rich experiences and promote flexible learning. A great way for him/her to connect with other toddlers and learn valuable social skills.

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor: Patricia Grasso, M.S. OTR/L, Masters of**

## FOR CHILDREN

**Occupational Therapy (Springfield College, Massachusetts),  
Bachelors of Adaptive Physical Education (Bridgewater  
University, Massachusetts)**



### **COOL TOOLS TO GET READY FOR SCHOOL (3-5 YRS WITH MOM)**

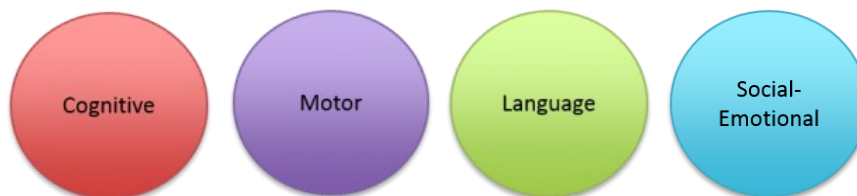
**Wednesday 11:00 a.m. – 12:00 p.m.**

**Upstairs Classroom**

Want to help your child learn some of the prerequisite skills for school? This class will provide you and your child with many pre-academic tools and strategies. Help develop his/her pre-writing, fine motor, gross motor, and sensory motor skills for success now and later on. Each week you will participate in fun thematic-based activities that will be reinforced by games, songs, movement activities, and crafts. This class also helps them learn valuable social skills and how to follow a routine. Help your child to “Get it Write” and jump ahead into school readiness!

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor: Patricia Grasso, M.S. OTR/L, Masters of  
Occupational Therapy (Springfield College, Massachusetts),  
Bachelors of Adaptive Physical Education (Bridgewater  
University, Massachusetts)**



## FOR CHILDREN

### **KODOMO (KIDS') KARATE (4-5 YRS)**

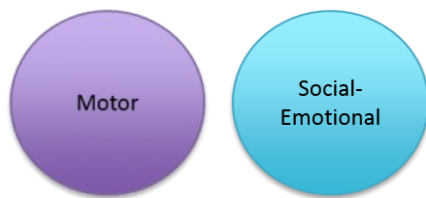
**Thursday 1:00 – 1:45 p.m.**

**Gym**

Teachers and doctors agree on the benefits children derive from martial arts training. In Kodomo Karate, your four- or five-year-old will get his/her first introduction to the world of Martial Arts. Each class will include a warm up consisting of exercises to increase flexibility and develop strength as well as a game tailored to develop these skills. The class will be taught in the traditional karate style, including various Japanese formalities, and even some Japanese words. During this session, your “karatekas” (students of karate) will be taught the basic foundations of karate. One or two mothers will be asked to stay in class each week as assistants. Please remember that mothers must remain in the building while their children attend this class. Children should wear loose comfortable clothing. This activity will be done in bare feet.

Please Note: There are no classes October 27 (WIWC Event) and December 8 (WIWC Event). This is a 10-week course.

**Instructor: Meghan Greig, 2nd degree black belt in Wado Kai Karate**



### **MOM & TOTS ZUMBA® (4-5 YRS WITH MOM)**

**Thursday 2:00 – 2:45 p.m.**

**Gym**

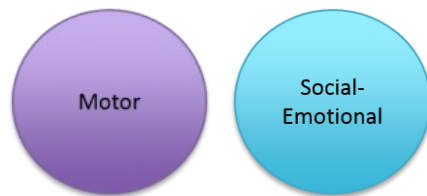
A fun light exercise where children and their moms get the chance to be active and jam out to their favourite music. Together you will enjoy

## FOR CHILDREN

dance routines from around the world and discover how easy it is to combine simple dance moves with fitness-based movements. The class will feature kid-friendly routines where we break down the steps; games; activities; and cultural exploration elements. It's a fun way to bond with your child and get active together through playful, creative, and celebratory experiences.

Please Note: There is no class October 27 (WIWC Event). The last class is on November 17. This is an 8-week course.

**Instructor: Donna Morris, Zumba Basic®, Zumba Step®, Zumba Kids and Zumba Kids Jr**



### **YOGA MOVEMENT FOR KIDS (3-5 YRS)**

**Friday 10:40 – 11:25 a.m.**

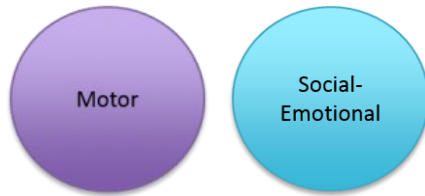
**Gym**

With a light-hearted approach, this yoga class for young children is designed just for them! Filled with movement, stories and laughter, the class encourages children to explore their unique expressions of self through yoga movement. Themed classes engage imaginations through storytelling, lively activities, and cooperative games. Children move from giggles to calm while developing motor coordination, focus, and social skills. **One or two mothers will be asked to help for the last 15 minutes each week as assistants. Other moms are welcome to wait in the waiting area near the WIWC Office.**

## FOR CHILDREN

Please Note: There is no class November 11 (WIWC Event). This is an 11-week course.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**



### **PARENT & TOT CREATIVITY ART CLASS (2-5 YRS WITH MOM)**

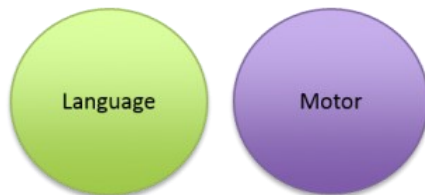
**Friday 11:15 a.m. - 12:00 p.m.**

**Upstairs Classroom**

For Mommy and me! Children and their moms will be introduced to various art techniques, tools and materials, with a focus on the experience of creating art together. It is all about the children having fun while developing self-esteem and pride in their work. Explore the fascinating world of art making, including drawing, painting, sculpture and more. Each week be inspired by a variety of themes such as history, nature, animals, and science. Emphasis is placed on the development of visual language through creative expression. All materials and supplies are included. Bilingual. It is advised that children bring a smock to wear during creative time.

Please Note: There are no classes November 11 (WIWC Event) and November 25. This is a 10-week course. A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor: Deirdre Potash, B.F.A., Owner of ArtWill Studio**



## WIWC Board of Directors

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Vice-Chair Natalie Earby  
Treasurer Marlyn Brownrigg  
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Mélanie Sisley  
Sharon Louie

Newsletter/Publicity

Rebecca Charlton

Volunteers

Robyn Ruckenstein

Childcare

Julia Gerke

Fundraising/Special Events

Jodi Pichovich

Executive Director (ex-officio)\*

Karen Henchey

\*Ex-officio: Non-voting member

Board members are here to serve you, our membership. Please leave a message for the appropriate board member should you have any concerns, questions, or suggestions.



Centre des Femmes West Island  
West Island Women's Centre

*We are an agency supported by  
Centraide of Greater Montreal.*

