



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

Join our Spring 2021 Courses!

General Registration Information

- Our Spring 2021 courses will take place online, mostly via Zoom.
- To register for a course, you must be a member. The membership fee for activities from **January to June 2021** is \$5.
- Pre-registration for current members begins on **March 9 at 9 a.m.** and open registration for new members takes place on **March 12 at 9 a.m.**
- In-person registration is by appointment only; please email programming@wiwc.ca or call 514-695-8529 to book an appointment.
- Courses begin **Monday, April 12, 2021** and there are no classes **May 22 and 24** (Victoria Day week-end).
- Most courses are 8 weeks unless otherwise indicated.
- Once open registration begins, refunds can only be issued under certain circumstances. For more information, please call the office.

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

Office hours: Monday to Friday, 8:30 a.m.-12 p.m. and 1-3 p.m.

Telephone: 514-695-8529

E-mail: womenscentre@wiwc.ca

Website: www.wiwc.ca

Register online: <https://www.amilia.com/store/en/west-island-womens-centre/shop/programs>

Follow us on Facebook: <http://www.facebook.com/westislandwomenscentre>

SCHEDULE AT A GLANCE - SPRING 2021

DAY	TIME	COURSE	#WKS	COST
Monday A.M.	10:00 - 11:00	HEALTHY, FUN COOKING WITH MOM	7	\$38
	10:00 - 11:00	STRENGTH AND TONING - ONLINE BUNDLE	7	Bundle
	11:30 - 1:00	ART IN QUARANTINE	7	\$49
Monday Evening	8:00 - 9:15	SPANISH CONVERSATION	7	\$41
Tuesday A.M.	9:00 - 10:00	3-PEAT FITNESS - ONLINE BUNDLE	8	Bundle
	9:30 - 11:30	KNITTING CLUB	8	\$56
Tuesday P.M.	1:00-2:00	ESSETRICS	8	\$40
Tuesday Evening	6:15 - 7:15	EVENING RUNNING GROUP - APRIL REGISTRATION	6	\$31
	7:30 - 9:00	EVENING KRIPLAU-INSPIRED HATHA YOGA	8	\$60
Wednesday A.M.	8:45 - 9:45	PILATES - ONLINE BUNDLE	8	Bundle
	9:00 - 9:45	SING-ALONG WITH SHANNON (0 TO 5 YRS)	8	\$41
	10:00 - 12:00	NEW CREATIVE JOURNALING™	8	\$58
Wednesday P.M.	1:00 - 2:30	ADULT BALLET	8	\$60
Wednesday Evening	7:00 - 8:30	UKULELE CLUB	8	\$56
	7:30 - 9:30	WEDNESDAY EVENING BOOK CLUB	2 times	\$10
Thursday A.M.	8:30 - 9:30	THURSDAY ESSETRICS	8	\$40
	10:00—11:00	OUTDOOR STROLLER FIT (6 WKS - 18 MOS) — APRIL REGISTRATION	5	\$25
	10:00-11:30	CONVERSE IN FRENCH FOR INTERMEDIATES	8	\$43
Thursday P.M.	4:00 - 5:00	YIN YOGA AND MEDITATION - ONLINE BUNDLE	8	Bundle
Thursday Evening	6:00 - 6:45	INTERVAL TRAINING - ONLINE BUNDLE	8	Bundle

SCHEDULE AT A GLANCE – SPRING 2021 Cont'd

DAY	TIME	COURSE	#WKS	COST
Thursday Evening Cont'd	7:00 - 8:30	COOKING AROUND THE WORLD	7	\$49
	7:00 - 9:00	ENTREPRENEURSHIP 101: STARTING YOUR VERY OWN BUSINESS	8	\$58
Friday A.M.	9:00 - 10:00	FRESH AIR FITNESS FRIDAY - APRIL REGISTRATION	6	\$31
	9:30 - 11:30	A PERSONAL GUIDE THROUGH <i>THE GIFT OF SHIFT</i>	8	\$58
	10:30 - 11:15	TOTAL BODY FITNESS (REPEAT OF WINTER CLASSES)	8	Bundle
Saturday A.M.	9:00 - 10:00	HATHA YOGA AND MEDITATION - ONLINE BUNDLE	7	Bundle

PERSONAL DEVELOPMENT COURSES

NEW CREATIVE JOURNALING

Wednesday 10:00 a.m. - 12:00 p.m.

Online via Zoom

\$58

New Creative Journaling™ is an unconventional journaling process, developed by an art therapist. This creative method combines writing, collage, and some very basic elements of drawing as a vehicle for personal expression. A powerful personal development tool, it is nonetheless playful, creative, and intuitive. This workshop is about process, not product, so no previous art or writing experience is required.

Required supplies:

- Mix media notebook or sketchbook with blank pages (no lines) about 9" x 12"
- Pens and/or pencils
- Coloured pencils
- Chalk pastels and/or oil pastels
- Felt markers
- Scissors and glue stick
- White glue (school glue) or matte acrylic medium
- Old magazines and papers (tissue paper, Japanese paper,

PERSONAL DEVELOPMENT COURSES

- newspaper, etc.)
- 1 or 2 paintbrushes (medium size)
- One water soluble medium: watercolours, acrylics in small tubes or any water-soluble pencils, crayons, or markers.

Note: It is not necessary to buy expensive materials - just have a good variety.

Instructor: Instructor: Helene Brunet, B.A. Honours, English; Certified Journal Facilitator; Journal to the Self Certified Instructor; Centre for Journal Therapy; Certifié en Journal Créatif®

CONVERSE IN FRENCH FOR INTERMEDIATES

Thursday 10:00 - 10:30 a.m.

Online via Zoom

\$43

Comment allez-vous aujourd'hui? This course is designed for women wanting to improve their skills in French, helping to communicate effectively in everyday situations. The aim of this class is to improve listening and speaking skills for conversation. 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!

Instructor: Hasnaa Rzouzi, Baccalauréat en Droit Français, Maitrise en Politiques Publiques, Certificat en Développement de Carrière

PERSONAL DEVELOPMENT COURSES

ENTREPRENEURSHIP 101: STARTING YOUR VERY OWN BUSINESS

Thursday 7:00 - 9:00 p.m.

Online via Zoom

\$58

This course will take you through the various steps of starting your own business. Details to follow.

Instructor: Frédérique Lissor, B.C.L./LL.B., Masters in Management of Innovation and Entrepreneurship

A PERSONAL GUIDE THROUGH *THE GIFT OF SHIFT*

Friday 9:30 - 11:30 a.m.

Online via Zoom

\$58

Join author Ann Papayoti for an intimate guide through the pages of *The Gift of Shift*. The book is a collection of 12 short personal and sometimes intimate stories written and shared to illustrate and inspire mindset change despite circumstances. Each chapter is followed by self-reflection questions for the reader to reveal their own story around common life themes. This will be a discussion-led class which will offer both support and group coaching opportunities to the participants, as well as a chance for Ann to answer reader's questions and dive deeper into the subject matter.

Important information:

- Please bring a journal and pen.
- Highly recommended for best course experience: A copy of *The Gift of Shift* by Tracey MacDonald & Ann Papayoti, available at Chapters Pointe Claire and at many popular online retailers.

Instructor: Ann Papayoti, CPC, PCC, is the founder of SkyView Coaching and the co-author of "*The Gift of Shift - Discover the Key within to Unlock Your Best Life*". She helps people help themselves through life's losses and transitions as a relationship and mindset expert through writing, speaking, teaching and private coaching.

SPECIAL INTEREST COURSES

ART IN QUARANTINE

Monday 11:30 a.m. - 1:00 p.m.

Online via Zoom

\$49

This mixed media course will cover various art techniques. Details and supplies information to follow.

Important information:

- There is no class on May 24 (Victoria Day). This is a 7-week course.

Instructor: Sabrina Louie

SPANISH CONVERSATION

Monday 8:00 - 9:15 p.m.

Online via Zoom

\$41

The goal of the course is to improve, increase and consolidate grammar, vocabulary and fluency. Participants will practice basic elements and their previous knowledge of spoken Spanish through games and activities, songs, short readings, expressing her opinion about a topic, formal and informal conversations, and language used for daily situations. A basic conversational level of Spanish is required.

Important information:

- There is no class on May 24 (Victoria Day). This is a 7-week course.

Instructor: Melba Mafun, Degree in Finance Administration, DVS (Interior Design), Business English Instructor, Native Spanish Speaker

SPECIAL INTEREST COURSES

KNITTING CLUB

Tuesday 9:30 - 11:00 a.m.
Online via Zoom
\$56

Experienced knitters are invited to join this class. Bring your ongoing project or start a new one, all while picking up a few tips and tricks. Class projects will be presented but are not mandatory. Please bring size 4.5 mm (US 7) straight knitting needles, and one 50 g ball worsted weight (4) yarn.

Instructor: Janet Callary

UKULELE CLUB

Wednesday 7:00 - 8:30 p.m.
Online via Zoom
\$56

Do you already play the ukulele or have a basic understanding of techniques? Are you looking for inspiration to play ukulele more often or expand your knowledge and skills? We will meet weekly, play for each other, share resources, cover intermediate topics and learn new music!

Instructor: Shannon Simpson, Bachelor of Music

WEDNESDAY NIGHT BOOK CLUB

Wednesday 7:30 - 9:30 p.m. on April 21 and May 19
Online via Zoom
\$10

The Women's Centre's book club offers you great reading, exciting discussion, and warm companionship. For information about meeting dates and the book selected for the upcoming meeting, call the WIWC Office at 514-695-8529.

SPECIAL INTEREST COURSES

COOKING AROUND THE WORLD

Thursday 7:00 - 8:30 p.m.

Online via Zoom

\$49

This spring, indulge your love of food and travel from the comfort of your own home. Each week you will prepare a meal from a different part of the world, with a focus on meals that can be made ahead of time. Although he couldn't always bring back the colourful potatoes from Chile or the delicious masala dosa he tasted in Mumbai, the instructor will share with you the essence of the flavours he has enjoyed in different places all over the globe.

Supplies list:

- Ingredients and suggested substitutions to be given ahead of each class

Important information:

- There is no class on May 20.

Instructor: Philip Bernardino, DEP Cooking. Philip, the "Hungry Flight Attendant" was born of a deep love for food, travel, and "joie de vivre." It is his humble effort to bring the spirit and excitement of exploration through food into the heart of your home.

FITNESS AND YOGA ON ZOOM

What you need to know...

Fitness classes on Zoom

- Most classes run for 8 weeks.
- Prices include federal and provincial sales taxes.
- Courses range from gentle to more intense workouts.
- Any required items will be noted in the course description.
- If you have a health condition or injury, please check with your doctor before signing up for a course.
- Please let the instructor know of any health condition or injury you have. Our instructors will provide alternate exercises when possible.

ESSETRICS

Tuesday 1:00 - 2:00 p.m.

Online via Zoom

\$40

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. This workout leaves you feeling energized, youthful, and healthy.

Equipment:

- A yoga mat and exercise tube, strap or towel are required.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 2)

FITNESS & YOGA ON ZOOM

EVENING KRIPALU-INSPIRED HATHA YOGA

Tuesday 7:30 - 9:00 p.m.

Online via Zoom

\$60

In the Kripalu tradition, this Hatha yoga course 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. Detailed instruction is provided so that you will feel safe, looked after, and confident. Mindfulness, compassion, and patience are encouraged throughout seated centering, warm-ups, standing sequences, and guided meditations.

Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)

ADULT BALLET

Wednesday 1:00 - 2:30 p.m.

Online via Zoom

\$60

Increase your 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!

Important information:

- 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

FITNESS & YOGA ON ZOOM

THURSDAY ESSETRICS - LOW INTENSITY

Thursday 8:30 - 9:30 a.m.

Online via Zoom

\$40

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. This workout leaves you feeling energized, youthful, and healthy.

Materials required:

- A yoga mat and exercise tube, strap, or towel are required.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 2)

FITNESS & YOGA BUNDLE

What you need to know...

Fitness & Yoga Bundle

- For one low fee, participants have access to all of the following courses within a closed Facebook group. The price of the bundle is \$40 if you register by April 12 and \$45 if you register after April 12. Prices include federal and provincial sales taxes.
- Most classes run for 8 weeks.
- Classes are scheduled on a once-per-week basis on a private Facebook, where they are archived so that participants can take the classes at their own convenience.
- Courses range from gentle to more intense workouts.
- If you have a health condition or injury, please check with your doctor before signing up for a course.

STRENGTH AND TONING

Monday 10:00 - 11:00 a.m.

This class will focus on improving muscle strength and tone through exercises using both hand-held weights and body weight. The instructor will offer different options, allowing the participant to make a choice that works for her body.

Important information:

- There is no class on May 24 (Victoria Day).

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

3-PEAT FITNESS

Tuesday 9:00 - 10:00

3-PEAT Fitness Tuesday 9:00 – 10:00 a.m. There will be lots of sweat and a ton of toning in this class. We will do a series of repeated cardio, strengthening, and toning exercises that can be performed in a small space and with weights or household items that you have on hand.

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

FITNESS & YOGA BUNDLE

PILATES

Wednesday 8:45 - 9:45 a.m.

This class will give you a full body workout. Pilates techniques include proper breathing, posture, and alignment. This all helps 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!

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

YIN YOGA AND MEDITATION

Thursday 4:00 - 5:00 p.m.

Yin Yoga is a slow-paced style of yoga, with postures (asanas) that are held for longer periods of time (3-5 minutes). Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. It also targets the body's ligaments, bones, and joints that are not normally stretched as much as in a more active style of yoga. Each class will include a meditative component which will tie together the mind and body for a more restorative and peaceful practice. Suitable for all levels and ages.

Instructor: Crystal Champagne, Certified Personal and Group Trainer, Certified Master Empowerment Coach

INTERVAL TRAINING

Thursday 6:00 - 6:45 p.m.

Cardio intervals, mixed with challenging full-body muscle conditioning, will guarantee you achieve your fitness goals. This is for women who are getting back into fitness or work out regularly. Each week, our instructor will introduce something new to keep you challenged. Prepare to sweat and reach your full potential!

Instructor: Lori Lesperance, CAN-FIT-PRO Group Fitness, YMCA Personal Trainer, Yogafit

FITNESS & YOGA BUNDLE

TOTAL BODY FITNESS

Friday 10:30 – 11:15 a.m.

This class has it all and be prepared to never stop moving! Following the Tabata protocol, we will work hard for 20-second intervals then rest for 10 seconds. You will experience it all in this fun and challenging class. From fun cardio moves to full body muscular exercises, with 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:

- These classes are from the winter session and are being kept available for spring participants with the instructor,s permission.

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

HATHA YOGA AND MEDITATION

Saturday 9:00 - 10:00 a.m.

Connecting to your breath and body while letting go of your stress, worries, and burdens will have you leaving this course feeling healthy and at peace. Hatha yoga is the foundation of all yoga styles; it is easy to learn, beginner-friendly, and can be used for physical, mental, and spiritual purposes. With the combination of controlled breathing with asanas and meditation, stress will be reduced, and it is a great way for non-meditators to experience the benefit of meditation. This class is for those who are looking for a gentle, grounding relaxation practice. Together we will return to centre by touching upon basic yoga asana, breath work, and meditation principles. The focus will be on alignment, balance, improving strength and mobility, and stress release. All levels are welcome.

Important information:

- There is no class on May 22 (Victoria Day weekend).

Instructor: Subanki Sivanantharajah, RYT 200, 300 YTT (Therapeutic Yoga), Pain management and Pranayama (Siddha Vedha – Ancient Science)

OUTDOOR FITNESS MINI SESSION

What you need to know...

Outdoor Fitness Mini Session

- This spring we have pencilled into our schedule three outdoor classes. Registration will take place after our regular spring registration, when we hope to have a better idea of what activities will be permitted in May and June.
- Pre-registration for the mini session starts on April 20 at 9 a.m. Open registration begins on April 23 at 9 am.
- The mini session is scheduled to begin the week of May 3, provided that this is permitted by public health directives.

EVENING RUNNING GROUP

Tuesday 6:15 - 7:15 p.m.

In-person on May 4, 11, 18, 25, June 1, 8

\$31

This is for those who have some running experience already and are looking to improve or just enjoy running in a group. We will do a combination of regular runs, speed and endurance work, and a little bit of runner's conditioning. Participants should be able to run at least 4 km to take part in this class. Varying participant running speeds will be accommodated, so do not hesitate to sign up even if you think you are a slower runner.

Important information:

- Class will only be cancelled in the case of extreme weather and will normally run rain or shine.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

OUTDOOR FITNESS MINI SESSION

OUTDOOR STROLLER FIT

Thursday 10:00 - 11:00 a.m.

In person on May 6, 13, 20, 27, June 3

\$25

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, as long as there were no complications during delivery (or 6 weeks for Caesareans or other complications).

Important information:

- No special stroller is required.
- You should bring a mat and wear comfortable clothing and running shoes.
- This class will run rain or shine so a stroller rain shield or sun shield is recommended.

Instructor: Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified Suspension Trainer (TRX), Prenatal and Postnatal Yoga (Institut de Gasquet)

FRESH AIR FITNESS FRIDAY

Friday 9:00 - 10:00 a.m.

In-person on May 7, 14, 21, 28, June 4, 11

\$31

Exercising outside is a great way to boost your fitness and your mood. Have fun improving your overall fitness by combining periods of running with strength and conditioning exercises in this fresh air class. Participants should be able to run at least 2 km. Variations for strength and conditioning exercises will be offered for all fitness levels. Expect to have a lot of fun, work hard and maybe get a bit muddy!

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

FOR CHILDREN

HEALTHY, FUN COOKING WITH MOM (3 TO 5 YRS WITH MOM)

Monday 10:00 - 11:00 a.m.

Online via Zoom

\$38

Join our fun online cooking classes designed for 3- to 5-year olds. There is no better way to encourage your little ones to eat more fresh fruits, berries and veggies than to let them have fun with it. In this course, little chefs will be invited to cook very simple, delicious and healthy recipes in a playful and fun environment. Along with learning about how to cook, kids also will be practicing skills like counting, measuring, mixing, and listening to and following instructions. Recipes will include healthy snacks like Rainbow Fruit Salads, Decorated Owl Rice Cakes, and more advanced snacks like healthy muffins, decorated pancakes, or kid-friendly mini quiches.

Important information:

- There is no class on May 24 (Victoria Day). This is a 7 week course.
- Participants will get the ingredients list, including suggested substitutes, a week ahead of each class.
- This class is focusing on healthy food. Parents will be encouraged to use fresh fruits, berries and vegetables as much as possible meaning that shopping for the class may need to be done on a weekly basis.
- Some recipes might contain milk and nuts. Please adjust the recipes if your child might have any allergies.

Instructor: Mila Siliayeva, B.A. Fashion Design, Vitebsk State University of Technology; Certificate in Integrated Marketing Communications, Concordia University

FOR CHILDREN

SING-ALONG WITH SHANNON (0 TO 5 YRS WITH MOM)

Wednesday 9:00 - 10:00 a.m.

Online via Zoom

\$41

Join us for an action-packed weekly music class! We'll sing a themed sing-a-long, play with home-made instruments, dance and creatively express our inner rhythm! Make your own musical instruments, or purchase instruments curated specially for this class for \$20.

Instructor: Shannon Simpson, Bachelors of Music

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