



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

Join our Fall 2021 Courses!

General Registration Information

- Our Fall 2021 courses will take place both online via Zoom and in-person at the Centre.
- To register for a course, you must be a member. The membership fee for activities from **September 2021 to June 2022** is \$5.
- Registration begins on **August 27 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, September 13, 2021** and there are no classes **October 11** (Thanksgiving).
- Most courses are 10 or 12 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 - FALL 2021

DAY	TIME	COURSE	#WKS	COST
Monday A.M.	10:00 - 11:30	NUTRITION AND MENTAL HEALTH	10	\$55
	10:30 - 11:30	MONDAY SWEAT AND TONE	11	\$55
Monday Evening	8:00 - 9:15	INTERMEDIATE SPANISH	10	\$58
Tuesday A.M.	9:30 - 11:30	KNITTING CLUB	12	\$110
	10:00 - 12:00	DISCOVER NEW CREATIVE JOURNALING™	10	\$72
	11:00 - 12:00	TUESDAY SWEAT AND TONE	12	\$60
Tuesday P.M.	1:00-2:00	ESSETRICS	12	\$60
Tuesday Evening	6:15 - 7:15	EVENING RUNNING GROUP	9	\$45
	7:00 - 8:30	BEGINNER'S UKULELE	10	\$69
	7:30 - 9:00	EVENING KRIPLAU-INSPIRED HATHA YOGA	12	\$90
Wednesday A.M.	8:45 - 9:45	PILATES - FITNESS AND YOGA FLEX	12	Flex
	9:30 - 10:15	SING-ALONG WITH SHANNON (0 TO 5 YRS)	12	\$58
	10:30 - 11:15	SING-ALONG WITH SHANNON (0 TO 5 YRS)	12	\$58
Wednesday P.M.	1:00 - 2:30	ADULT BALLET	12	\$90
	1:00 - 3:00	BEYOND COVID	10	\$72
Wednesday Evening	7:30 - 9:30	WEDNESDAY NIGHT BOOK CLUB	8 times	\$36
Thursday A.M.	8:30 - 9:30	THURSDAY ESSETRICS	12	\$60
	9:45 - 10:45	FUNCTIONAL STRENGTH FOR SENIORS	12	\$60
	10:00 - 12:00	SEWING OUTSIDE THE BOX	8	\$74
	11:00—12:00	OUTDOOR STROLLER FIT (6 WKS - 18 MOS)	8	\$40
Thursday P.M.	1:00 - 1:45	KODOMO (KIDS') KARATE	8	\$41

SCHEDULE AT A GLANCE – FALL 2021 Cont'd

DAY	TIME	COURSE	#WKS	COST
Thursday P.M.	1:00 - 3:00	JOURNALING TO THE SELF®	10	\$72
Thursday Evening	6:00 - 6:45	INTERVAL TRAINING - FITNESS AND YOGA FLEX	12	Flex
	7:00 - 8:30	UKULELE CLUB	10	\$69
Friday A.M.	9:00 - 10:00	FRESH AIR FITNESS FRIDAY	9	\$45
	10:00 - 12:00	CONVERSE IN FRENCH FOR INTERMEDIATES	10	\$72
Saturday A.M.	8:00 - 9:00	HATHA YOGA AND MEDITATION - FITNESS AND YOGA FLEX	12	Flex

PERSONAL DEVELOPMENT COURSES

What you need to know ...

Personal Development

- 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.

NUTRITION AND MENTAL HEALTH

Monday 10:00 - 11:30 a.m.

Online via Zoom

\$55

Foods and our mental health are linked in more ways than we think. Just like what and how much we eat can improve our overall well being, our mood can also have an impact on our food choices. In this course, you will learn more about the biology of stress and its effects on the body, how to manage emotional eating, and look at what foods and nutrients can improve our mood, all in an effort to enhance our overall well being.

Instructor: Zeina Khawam, R.D. (Diététiste professionnel), Membre du O.P.D.Q. (Ordre professionnel des diététistes du Québec) et Les diététistes du Canada

PERSONAL DEVELOPMENT COURSES

DISCOVER NEW CREATIVE JOURNALING

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

Online via Zoom

\$72

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

PERSONAL DEVELOPMENT COURSES

BEYOND COVID

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

Online via Zoom

\$72

We will be assessing insights and lessons from the pandemic and how to use them to make life better as we recover and move forward in the present. This discussion-led class will go beyond the headlines to review individual insights and the deeper life lessons of the pandemic crisis. Participants will share and learn tools and strategies for using these learnings to make life better as we recover and move forward now. Activities will include SMART goal setting for our new reality, Acts of Kindness impact journaling, and a class project for the WIWC community.

Important information:

- Please bring a journal and pen.

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.

JOURNALING TO THE SELF

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

Upstairs Classroom

\$72

Truly one of the very best life-tools, journal writing is holistic in its very nature - proven to wonderfully and positively impact mind, body, and spirit! You will be astonished at what appears at the end of your pen as you gift yourself this time and learn fascinating journaling techniques. Gain insight into your present, past, and future; de-stress, recognize synchronicity, address issues, get organized, improve memory, and have fun!! Best of all, you will be blessed with the magical camaraderie that always happens among journalers! No worries, no writing or creative skills

PERSONAL DEVELOPMENT COURSES

necessary.

Important information:

- In case of public health shutdown, this course will be moved online.

Instructor: Jill Grumbache, Holistic Journaling, Certified Journaling Facilitator

CONVERSE IN FRENCH FOR INTERMEDIATES

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

Upstairs Classroom

\$72

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!

Important information:

- In case of public health shutdown, this course will be moved online.

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

SPECIAL INTEREST COURSES

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.

INTERMEDIATE SPANISH

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

Online via Zoom

\$58

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. An intermediate conversational level of Spanish is required.

Important information:

- There is no class on October 11(Thanksgiving). The last class is on November 22.

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

KNITTING CLUB

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

Upstairs Classroom

\$110

Experienced knitters are invited to join this class. Bring your on-going project or start a new one, all while picking up a few tips and tricks. Class projects will be presented but are not mandato-

SPECIAL INTEREST COURSES

ry. Please bring size 4.5 mm (US 7) straight knitting needles, and one 50 g ball worsted weight (4) yarn.

Important information:

- The last class is on November 30. This is a 12-week course.
- In case of public health shutdown, this course will be moved online.

Instructor: Janet Callary

BEGINNER'S UKULELE

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

Upstairs Classroom

\$69

Classically trained musician Shannon leads first-time players through instrument care, posture, instrument technique, and introduces reading chord diagrams, strumming and tablature. With no previous musical knowledge necessary, this is a fun way to start a new passion and bring some music into your life! If you would like to try out the ukulele without committing to buying an instrument, ukuleles are available to rent.

Materials required:

- Ukulele. If you do not have your own ukulele, rentals are available for \$25. Please contact the office for more information.

Important information:

- In case of public health shutdown, this course will be moved online.

Instructor: Shannon Simpson, Bachelor of Music

SPECIAL INTEREST COURSES

WEDNESDAY NIGHT BOOK CLUB

Wednesday 7:30 - 9:30 p.m. on September 15, October 20, November 17, January 19, February 16, March 16, April 20, and May 18

Upstairs Classroom

\$36

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.

Important information:

- In case of public health shutdown, this course will be moved online.

SEWING OUTSIDE THE BOX

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

Online via Zoom

\$74

This sewing course will consist of four 2-week projects:

- Creating a pattern to make a leaf-shaped pillow.
- Create a wonderfully efficient apron using pattern making.
- Make a softie that is truly whimsical and unique.
- Make a fabric bunting and learn appliqué along the way.

A prerequisite of the course is owning a sewing machine and knowing how to use it.

Materials required:

- Scissors, pins, pencils, thread. The cost of the four projects will total approximately \$50.

Important information:

- The last class is on November 4. This is an 8-week course.

Instructor: Janet Callary

SPECIAL INTEREST COURSES

UKULELE CLUB

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

Upstairs Classroom

\$69

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!

Important information:

- In case of public health shutdown, this course will be moved online.

Instructor: Shannon Simpson, Bachelor of Music

IN-PERSON FITNESS

What you need to know...

Fitness classes in-person

- **In case of a public health shutdown, all in-person classes will be moved online to Zoom.**
- Limited spots are available for in-person fitness classes, with physical distancing measures in place.
- Most indoor classes run for 12 weeks and most outdoor classes run for 8 or 9 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.

MONDAY SWEAT AND TONE

Monday 10:30 - 11:30 a.m.

Gym

\$55

There will be lots of sweat and a ton of toning in this class. We 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, yoga mat, and a water bottle. Get ready for some sweaty fun.

Important information:

- There is no class on October 11 (Thanksgiving). The last class is on November 29. This is a 11-week course.

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

TUESDAY SWEAT AND TONE

Tuesday 11:00 a.m. - 12:00 p.m.

Gym

\$60

IN-PERSON FITNESS

There will be lots of sweat and a ton of toning in this class. We 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, a yoga mat, and a water bottle. Get ready for some sweaty fun.

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

ESSETRICS

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

Gym

\$60

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.

Important information:

- Please bring a yoga mat and an exercise tube or towel.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 3)

EVENING RUNNING GROUP

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

Outside

\$45

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

IN-PERSON FITNESS

sign up even if you think you are a slower runner.

Important information:

- Class will only be cancelled in the case of extreme weather such as freezing rain and will normally run rain or shine; dressing in layers is recommended.
- Please bring a headlamp and wear reflective clothing or arm-bands.
- This course ends on November 9. It is a 9-week course.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

ADULT BALLE

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

Gym

\$90

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

FUNCTIONAL STRENGTH FOR SENIORS

Thursday 9:45 - 10:45 a.m.

Gym

\$60

IN-PERSON FITNESS

This course will incorporate fundamental movements, such as squats, lunges and planks all in order to improve your strength, flexibility and balance and boost your quality of life.

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

OUTDOOR STROLLER FIT

Thursday 11:00 a.m. - 12:00 p.m.

Outside

\$40

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:

- This course ends on November 4. It is an 8-week course.
- 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)

IN-PERSON FITNESS

FRESH AIR FITNESS FRIDAY

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

Outside

\$45

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!

Important information:

- This course ends on November 12. This is a 9-week course.
- Class will only be cancelled in the case of extreme weather such as freezing rain and will normally run rain or shine; dressing in layers is recommended

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

FITNESS & YOGA ON ZOOM

What you need to know...

Fitness classes on Zoom

- Classes run for 12 weeks.
- Prices include federal and provincial sales taxes.
- 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.

EVENING KRIPALU-INSPIRED HATHA YOGA

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

Online via Zoom

\$90

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)

THURSDAY ESSETRICS - LOW INTENSITY

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

Online via Zoom

\$60

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

FITNESS & YOGA ON ZOOM

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 3)

FITNESS & YOGA FLEX

What you need to know...

Fitness & Yoga Flex

- For one low fee, participants have access to the three following courses on Zoom. The price of the bundle is \$60. Prices include federal and provincial sales taxes.
- Classes run for 12 weeks.
- Classes are scheduled on a once-per-week basis on Zoom. **Classes will be recorded and available for two weeks after they take place.**
- If you have a health condition or injury, please check with your doctor before signing up for a course.

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

FITNESS & YOGA FLEX

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

HATHA YOGA AND MEDITATION

Saturday 8:00 - 9:00 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.

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

FOR CHILDREN

What you need to know...

Children's classes

- 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.

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

Wednesday 9:30 - 10:15 or 10:30 - 11:15 a.m.

Upstairs Classroom

\$58

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.

Important information:

- In case of public health shutdown, this course will be moved online.

Instructor: Shannon Simpson, Bachelors of Music

FOR CHILDREN

KODOMO (KIDS) KARATE

Thursday 1:00 - 1:45 p.m.

Gym

\$41

What do whoopee cushions, pool noodles and paper plates have to do with martial arts? Your child will find out in this fun and entertaining class!

Kodomo Karate is a program designed specifically to introduce preschool-aged children to the beautiful world of traditional martial arts. However, Kodomo is dynamic, fun and allows young children to harness their natural energy in a positive manner. Each week, our instructor will use a different “theme” to explore “dojo etiquette,” basic karate techniques, and even some Japanese terminology. Please remember that mothers must remain in the building while their children attend this class. Children should wear loose comfortable clothing.

Important information:

- The last class is on November 4. This is an 8-week course.
- In case of public health shutdown, this class will be cancelled.

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

WIWC Board of Directors

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