



Centre des Femmes West Island  
West Island Women's Centre

## WINTER 2022 COURSE DESCRIPTIONS

### General Registration Information

- Our Winter 2022 courses will take place both online via Zoom and in-person at the Centre.
- **For the month of January, all in-person/indoor courses will be moved online due to the evolving Public Health situation. The intention is to return these courses to in-person as soon as feasible.**
- 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 December 3rd at 9 a.m.
- In-person registration is by appointment only; please email [programming@wiwc.ca](mailto:programming@wiwc.ca) or call 514- 695-8529 to book an appointment.
- Courses begin Monday, January 10, 2022
- There are no classes the week of February 28th (Spring Break), Friday, April 15th, and Monday April 18th (Easter)
- Most courses are 10 weeks unless otherwise indicated.
- Once open registration begins, refunds can only be issued under certain circumstances. For more information, please call the office.

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### West Island Women's Centre

**Address:** 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](mailto:womenscentre@wiwc.ca)

**Website:** [www.wiwc.ca](http://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: Winter 2022

\* For the month of January, all in-person/indoor courses will be moved online due to the evolving Public Health situation. The intention is to return these courses to in-person as soon as feasible.

DAY	TIME	COURSE	#WKS	COST
Monday A.M.	10:00 – 11:30 <i>ONLINE</i>	ANTI-INFLAMMATORY EATING FOR IMPROVED HEALTH	10	\$55
	10:30 – 11:30 <i>IN-PERSON*</i>	MONDAY SWEAT AND TONE	10	\$50
Monday P.M	1:00 – 2:30 <i>IN-PERSON</i>	WALKING CLUB	10	FREE
Tuesday A.M.	9:30 – 11:30 <i>IN-PERSON*</i>	KNITTING CLUB	10	\$92
	11:00 – 12:00 <i>IN-PERSON*</i>	TUESDAY SWEAT AND TONE	10	\$50
Tuesday P.M.	1:15 – 2:15 <i>IN-PERSON*</i>	ESSETRICS	10	\$50
	1:30 – 3:00 <i>ONLINE</i>	MINDFULLNESS	8	\$43
Tuesday Evening	6:15 – 7:15 <i>IN-PERSON</i>	EVENING RUNNING GROUP	8	\$40
	7:00 – 8:30 <i>IN-PERSON*</i>	INTERMEDIATE UKULELE	10	\$69
	7:30 – 9:00 <i>ONLINE</i>	KRIPALU-INSPIRED HATHA YOGA	10	\$75
Wednesday A.M.	8:45 – 9:45 <i>FLEX ONLINE</i>	PILATES***	10	Flex
	9:30 – 10:15 <i>IN-PERSON*</i>	SING-ALONG WITH SHANNON (0-5 YRS)	10	\$50
	10:30 – 11:15 <i>IN-PERSON*</i>	SING-ALONG WITH SHANNON (0-5 YRS)	10	\$50
Wednesday P.M.	1:00 – 2:30 <i>IN-PERSON*</i>	ADULT BALLET	10	\$75
	1:00 – 3:00 <i>ONLINE</i>	LIFE LESSONS FROM LEGENDARY WOMEN	10	\$72
Wednesday Evening	7:00 – 8:30 <i>ONLINE</i>	RESTORATIVE YOGA	8	\$60
	7:30 – 9:30 <i>IN-PERSON*</i>	FICTION BOOK CLUB September 15, October 20, November 17, January 19, February 16, March 16, April 20, and May18	8	Registration closed

## Schedule at a Glance: Winter 2022 cont.

DAY	TIME	COURSE	#WKS	COST
Thursday A.M.	8:30 – 9:30 <i>ONLINE</i>	THURSDAY ESSENTRICS	10	\$50
	9:45 – 10:45 <i>IN-PERSON*</i>	FUNCTIONAL STRENGTH FOR SENIORS	10	\$50
	11:00 – 12:00 <i>IN-PERSON</i>	OUTSIDE MOM AND BABY FIT (6 WEEKS TO 18 MONTHS)	8	\$40
Thursday Evening	6:00 – 6:45 <i>FLEX ONLINE</i>	INTERVAL TRAINING***	10	Flex
Friday A.M.	9:00 – 10:00 <i>IN-PERSON</i>	FRESH AIR FITNESS FRIDAY	8	\$40
	10:00 – 12:00 <i>ONLINE</i>	CONVERSE IN FRENCH FOR INTERMEDIATES	10	\$72
Saturday A.M.	9:30 – 10:30 <i>FLEX ONLINE</i>	HATHA YOGA AND MEDITATION***	10	Flex
	10:30 – 11:15 <i>IN-PERSON*</i>	SING-ALONG WITH SHANNON (0-2 YEARS)	10	\$50

\*\*\* Indicates Fitness and Yoga Flex Package inclusions



# PERSONAL DEVELOPMENT COURSES

## What you need to know for Personal Development Courses:

- 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.
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### **ANTI-INFLAMMATORY EATING FOR IMPROVED HEALTH**

Monday 10:00 – 11:30 a.m.

Online via Zoom

\$55

This class is for you if you would like to learn how to use nutrition to reduce inflammation, feel better and slow down the hands of time. You will learn how changing your diet and how what you eat plays a key role in slowing down the ageing process and getting rid of inflammation, so you have less joint pain, stiffness, you have more energy and are less likely to develop heart disease, type 2 diabetes, osteoarthritis, osteoporosis, depression, and slow cognitive decline. In this 10-week session you will discover how nutrition can help to reduce all your symptoms of inflammation so that you will feel better and have more energy. The goal of the class is for you to understand how inflammation is affected by nutrition and lifestyle, and then help you to develop your own toolbox of strategies to use in different circumstances. Using the nutrition information that we learn; you will be encouraged to develop your own personal action plan and to put the plan into action. Through journaling and group discussion we will continue to refine strategies and goals.

#### **Important information:**

- Materials needed: Journal, copy of book *Anti-inflammatory Eating Made Quick and Easy*
- There is no class on February 28. The last class is on March 21.

**Instructor:** Kim Arrey, registered dietitian nutritionist; Bachelor of Science in Nutritional Sciences (Dietetics major) from the McGill University, Certificate of Training in Adult Weight Management from the American Dietetic Association, Certificate of Training in RYGB (Roux-en Y Gastric Bypass) Nutrition from Taylor College for Continuing Education and the ASMBS, member of the Order of Dietitians of Quebec, Dietitians of Canada, and the Canadian Obesity Network.

## **MINDFULNESS**

Tuesday 1:30 – 3:00 p.m.

Online via Zoom

\$43

Mindfulness can change your life. This special sort of meditation doesn't just seek to feel *good*, but to feel *everything*—both good and bad. Cultivated as an ongoing, objective self-appraisal, mindfulness gives you direct insight into where you get stuck and shows you how to get free. Over eight weeks, we'll cover the following topics: reactivity, mindfulness, thinking, letting-go, anxiety, insight, acceptance, and stillness.

### **Important information:**

- There is no class on March 1. The last class is on March 22.

**Instructor:** Stephen Schettini, former Buddhist monk, author, host of [schettini.com](http://schettini.com) and [thenakedmonk.com](http://thenakedmonk.com).

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## **LIFE LESSONS FROM LEGENDARY WOMEN**

Wednesday 1:00 – 3:00 p.m.

Online via Zoom

\$72

Certainly, history has documented the lives of women for their triumphs and their tragedies, their successes and their failures, their courage and their cowardice, their wisdom and their naiveté. Over the course of these 10 weeks, you will be taken on a journey through the lives of women who may NOT be the first to cross your mind as legends, nonetheless, they are – or are becoming – legendary, and their lessons for us are deeply personal. Facilitator Ann Papayoti invites you to open your mind and take a look in the proverbial mirror as this is not your typical university course on the top 10 most influential women in history, although they may just prove to be 10 very influential women in your life, if you allow them to be. Are you intrigued?

### **Important information:**

- There is no class on March 2. The last class is on March 23.

**Instructor:** Ann Papayoti, PCC, ELI-MP, co-author of the intimate self-help book, *The Gift of Shift*

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## **CONVERSE IN FRENCH FOR INTERMEDIATES**

Friday 10:00 a.m. – 12:00 p.m.

Online via Zoom

FREE

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:**

- There is no class on March 4. The last class is on March 25.

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

## SPECIAL INTEREST COURSES

### What you need to know for Special Interest Courses:

- 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.
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#### **KNITTING CLUB**

Tuesday 9:30 – 11:30 a.m.

Moved online temporarily\*

\$92

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.

#### **Important information:**

- There is no class on March 1. The last class is on March 22.

**Instructor:** Janet Callary

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## **INTERMEDIATE UKULELE**

Tuesday 7:00 – 8:30 p.m.

Moved online temporarily\*

\$69

Do you have basic knowledge of the ukulele? Can you play a few chords but want to improve your strumming or confidence? Improve your chord, strum, and song repertoire in a fun and encouraging environment with this Intermediate Ukulele class. We will explore topics such as rhythm, TAB, ensemble playing, chucking, warm ups, and lots more.

### **Important information:**

- If you do not have your own ukulele, rentals are available for \$25. Please contact the office for more information.
- There is no class on March 1. The last class is on March 22.
- The WIWC's childcare service is not available during evening courses

**Instructor:** Shannon Simpson, Bachelor of Music

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## **WEDNESDAY NIGHT NONFICTION BOOK CLUB**

Wednesday 7:00-9:00 February 2, March 9, April 6, May 4 and June 8

Moved online temporarily\*

\$46

Reading nonfiction challenges us to explore new concepts, cultures, and experiences. Join us each month as we get together to tackle four very different books in a lively discussion format.

- Becoming (Michelle Obama)
- Unreconciled (Jesse Wentz)
- My Life in France (Julia Child)
- On Animals (Susan Orleans)

### **Important information:**

- The last class is on June 8.

**Instructor:** Lynn Collins

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# FITNESS AND YOGA COURSES

## What you need to know for Fitness and Yoga Courses:

- 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 10 weeks and most outdoor 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.

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### MONDAY SWEAT AND TONE

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

Moved online temporarily\*

\$50

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 February 28. The last class is on March 21.

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

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## **TUESDAY SWEAT AND TONE**

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

Moved online temporarily\*

\$50

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 March 1. The last class is on March 22.

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

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## **ESSEINTRICS**

Tuesday 1:15 - 2:15 p.m.

Moved online temporarily\*

\$50

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:**

- There is no class on March 1. The last class is on March 22.

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

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## **EVENING RUNNING GROUP**

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

At the Centre – Outside – **Start Date: January 25th**

\$40

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:**

- Meet on the grass on the north side of the building.
- 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.
- A headlamp is required, and reflective clothing or armbands are highly recommended and wear reflective clothing or armbands.
- There is no class on March 1. The last class is on March 8.
- The WIWC's childcare service is not available during evening courses.

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

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

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

Online via Zoom

\$75

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.

### **Important information:**

- There is no class on March 1. The last class is on March 22.

**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.

Moved online temporarily\*

\$75

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.
- There is no class on March 2. The last class is on March 23.

**Instructor:** Alison Dewar

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## **RESTORATIVE YOGA**

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

Online via Zoom

\$60

Be ready to completely immerse yourself in two hours of tranquil restoration. Restorative Yoga is an introspective, passive practice that enables our body to stretch deeply and safely. We rest comfortably in postures for extended periods of time, fully supported by all sorts of props. Relaxing breath techniques and heartwarming meditations will be explored. Minimal effort required. All levels of experience are welcome.

### **Important information:**

- There is no class on March 2. The last class is on March 23.

**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

\$50

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.

### Important information:

- There is no class on March 3. The last class is on March 24.

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

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## FUNCTIONAL STRENGTH FOR SENIORS

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

Moved online temporarily\*

\$50

This class based on Functional Movement System. The fundamental movements, such as crawling, kneeling and squatting, stimulate your motor control. These movements improve your balance, posture and even strength.

### Important information:

- There is no class on March 3. The last class is on March 24.

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

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## **OUTSIDE MOM AND BABY FIT (6 WEEKS TO 18 MONTHS)**

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

At the Centre – Outside – **Start Date: January 27th**

\$50

Carrying your baby in a carrier (backpack style), we will explore the Valois area, including the nature (park) with walking, lunging, high knee and balance walk. We will be aware of the optimal gait, breath, and posture.

### **Important information:**

- Class will be cancelled and rescheduled if the temperature is greater than **-10 degrees celsius**
- No equipment needed (no yoga mat).
- Please wear suitable winter exercise gear and gloves for you and baby.
- We will not use strollers, **only baby carriers** – baby to be carried on your back (preferable) or in front.
- There is no class on March 3. The last class is on March 10.

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

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## **FRESH AIR FITNESS FRIDAY**

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

At the Centre – Outside – **Start Date: January 28th**

\$40

Exercising outside in the winter is a great way to boost your fitness, your mood, and your immune system. This outdoor class will combine a variety of strengthening and conditioning exercises out and about in our beautiful local community. Enjoy the winter scenery, get some fresh air, and build your total fitness in a fun way! Classes will be cancelled in cases of extreme weather.

### **Important information:**

- There is no class on March 4. The last class is on March 11.
- 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 AND YOGA FLEX PACKAGE

### What you need to know for the Fitness and Yoga Flex Package:

- For one low fee, participants have access to the three following courses on Zoom. The price of the bundle is \$60. Price includes federal and provincial sales taxes.
  - Classes run for 10 weeks.
  - Classes are scheduled on a once-per-week basis on Zoom.
  - Classes will be recorded and available for four weeks after they take place.
  - If you have a health condition or injury, please check with your doctor before signing up for a course.
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### **PILATES**

Wednesday 8:45 - 9:45 a.m. / Online via Zoom

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!

#### **Important information:**

- There is no class on March 2. The last class is on March 23.

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

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### **INTERVAL TRAINING**

Thursday 6:00 - 6:45 p.m. / Online via Zoom

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!

#### **Important information:**

- There is no class on March 3. The last class is on March 24.

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

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## **HATHA YOGA AND MEDITATION**

Saturday 9:30 - 10:30 a.m. / Online via Zoom

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 March 5. The last class is on March 26.

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





## FOR CHILDREN

### What you need to know for Children's courses:

- 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)

0 TO 5 YRS WITH MOM  
Wednesday 9:30 - 10:15  
**Moved online temporarily\*/ \$50**

0 TO 5 YRS WITH MOM  
Wednesday 10:30 - 11:15 a.m.  
**Moved online temporarily\*/ \$50**

0 TO 2 YRS WITH MOM  
Saturday 10:30 - 11:15 a.m.  
**Moved online temporarily\*/ \$50**

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:

- There is no class on Wednesday, March 2. The last class is on Wednesday, March 23.
- There is no class on Saturday, March 5. The last class is on Saturday, March 26.
- The WIWC's childcare service is not available during Saturday courses.

**Instructor:** Shannon Simpson, Bachelors of Music

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# WIWC Board of Directors

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\*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.

For information about the upcoming Winter 2022 Session, please call the WIWC Office at 514-695-8529 or email [programming@wiwc.ca](mailto:programming@wiwc.ca).

We are an agency supported by Centraide of Greater Montreal



Updated: January 10, 2021