



IN-PERSON PROGRAMS

CRA-2024	The Art of Embroidery	Mon Jan 12 - Mar 2 10 am - 12 pm • \$140 • 8 sessions
FINE-203	Stone Sculpture	Mon Jan 12 - Mar 16 1- 4 pm • \$235 • 10 sessions
HOB-202	Mahjong for Beginners	Tues Jan 13 - Feb 17 10:30 am - 12:30 pm • \$130 • 6 sessions
FINE-298	Clay Sculpture	Thurs Jan 15 - Mar 19 1 - 4 pm • \$250 • 10 sessions
PER-212	Tap Dancing: Beyond Basics	Thurs Jan 15 - April 2 2:30 - 3:30 pm • \$140 • 11 sessions
WEL-2042	Functional Core	Fri Jan 16 - Mar 20 10 - 11 am • \$140 • 11 sessions
WEL-230	Strength & Stamina	Tues Jan 20 - Mar 24 10:30 - 11:30 am • \$100 • 10 Sessions
CLUB-201	Artist's Studio	Thurs Jan 22 - Mar 26 11 am - 1 pm • \$110 • 10 sessions
CLUB-212	Cummings University	Tue Feb 3 - Mar 17 12 - 1 pm • \$28 M/ \$42 G • 7 Sessions



ONLINE PROGRAMS

CRA-2035	Whimsical Art	Mon Jan 12 - Mar 2 1:30 - 3 pm • \$130 • 8 sessions
FINE-263	Watercolour Magic	Tues Jan 13 - Mar 17 1 - 3 pm • \$185 • 10 sessions
FINE-215	Landscape Painting	Wed Jan 14 - Mar 18 1 - 3 pm • \$185 • 10 sessions
LIT-276	Write About it	Wed Jan 21 - Feb 25 1 - 2:30 pm • \$140 • 6 sessions
WEL-227	Strength & Cardio Interval Intermediate/Advanced	Mon Jan 5 - Mar 23 12:45 - 1:15 pm • \$33 • 12 sessions
WEL-2043	Yoga: Standing & Seated	Tues Jan 6 - Mar 24 10 - 11 am • \$72 • 12 sessions
WEL-228	Strength & Cardio Interval Beginner/Intermediate	Wed Jan 7 - Mar 25 12:45 - 1:15 pm • \$33 • 12 sessions
WEL-204-02	Dance to the Rhythm/ Zumba	Fri Jan 9 - Mar 27 8:30 - 9:15 am • \$72 • 12 sessions
FINE-269-01	Drawing Basics	Wed Jan 14 - Mar 18 3:30 - 5:30 pm • \$185 • 10 sessions

*In-person programs take place at the Cummings Centre unless otherwise indicated.



NEWS AND VIEWS GLOB-202 ONLINE

Learn about the national and international news of the day with Stan Nachfolger

Thursdays, Jan 15 - March 12
10 - 11:30 am • \$75 • 5 sessions

GLOB-205 IN PERSON

DONALD TRUMP VS MARK CARNEY

Join us for an engaging discussion with Donald Cuccioletta as we explore the similarities and differences between US President, Donald Trump and Canadian Prime Minister, Mark Carney.

Wednesdays, Jan. 7 - Feb. 4
10 am - 12 pm • \$125 • 5 sessions



POWER UP YOUR PELVIS NEW ONLINE

A weakened pelvic floor can lead to incontinence, urgency, or pain; challenges that are common, but not often talked about. These issues can impact confidence, increase stress, and limit social life.

Join Maria as she clears up common misconceptions and teaches practical treatment strategies.

Start with a **FREE** introductory session. Online self-paced course available for purchase.

Intro Lecture WEL-237-01
Monday, January 19 • 10 - 11 am • **FREE**

Video Course WEL-237-02
Jan. 19 - Mar. 27 • \$50



TRAVEL PASSPORT TRIP-251 NEW ONLINE

Travel the World from Home.

Join us from the comfort of your home as we explore fascinating places and from around the globe. Purchase the virtual travel passport and get 4 trips for the price of 2.

- **Book Burning: Stamping Out the Past** - Jan 14
- **The Jews of Greece and Bulgaria** - Feb 11
FREE thanks to CHSSN funding
- **Schindler's Factory:
A Tour and Tales of Survival** - Feb 25
- **Jews of Ancient, Modern, and
Magical Morocco** - Mar 18

\$24 Member / \$36 Guest

