	Course Name	Description	Facilitator	Limit	Fee
1	Armchair Travel Series with Helen	Join the class for a trip to a different destination each night. It's a great way to visit parts of Canada as well as exotic and historical places abroad!	Helen Lockerby		$25
2	Crochet with Morgan	A class for beginners to learn the basics of crochet and to work on simple projects to get you comfortable with different stitches. Please bring a 4 mm crochet hook.	Morgan Bowser	12	$25
3	Fiddle/Violin with Urban	No experience necessary. Learn the basics of tuning and playing the fiddle. Must bring a fiddle, which you can rent from the library.	Urban Chaisson	10	$25
4	Introduction to Weightlifting with Tim	This class is an introduction to safely using the equipment in the weight room. Learn a basic routine to build your comfort and confidence.	Tim Murphy	10	$25
5	Knitting with Elizabeth	A class for beginners to learn the basics of knitting and work on simple projects to get comfortable with different stiches. Bring 4.5mm single point knitting needles and a ball of cotton yarn (Dollar Store) to start with a dish cloth. As you get the hang of it, the instuctuor will help you work on a project of your choice.	Elizabeth Lelacheur		$25
6	Line Dancing with Roger & Lenore	Line dance is fun way to participate in physical and mental exercise while grooving to the beat of a variety of musical styles. While this course will be focused on beginner line dances, folks with previous experience are most welcome. It is best to wear supportive footwear and take your water bottle.	Roger & Lenore Andrew		$25
7	Meet your Community Health Care Providers	Meet a different Health Care provider each evening to learn about their role in keeping our community healthy.	Terri-Anne Myers		$25
8	Mindfulness in Art led by the Buddhist Nuns	Quiet and calm our minds through meditations on art with the Buddhist nuns. Engage in mindfulness practices, group discussions, discovering inherent beauty and gaining inspiration from one another.	Buddhist Nuns		$25
9	Music Jam - All Instruments	Bring an instrument (any instrument!) and suggestions for songs the group can play together.	Ron Lipsius		$25
10	Print Making with MRHS Art Teacher Raj	Try your hand at screen printing, lithograph, linocut and gelli plate printing with artwork to be proud of at the end. Additional fee $20 for supplies.	Kathryn Rajamanie	12	$25 + $20
11	Rug Hooking with Jacki	No experience necessary. Learn the basics of rug hooking with yarn on a project of your choice. Please bring a hook, yarn, and an embroidery hoop or small plastic quilt frame if you have them. Some materials will be provided on Night 1 to get you started.	Jacki Roberts	10	$25
12	Who Wants to Play a Game of…?	A board or card game will be introduced and explained each week, and then participants can choose what they want to play for the rest of the class.	Susan MacLeod		$25

Classes Tues Jan 5th - March 2nd, 6:30 pm @ MRHS. Closing pot luck March 9th.

www.facebook.com/montaguecommunityschool