



Recreation Therapy Centre

**General Interest, Recreation
and Leisure Activities**

FALL SESSION

September to December 2017



Brantwood Community Services

envisions a community benefiting from diversity in culture, life experience and abilities.

The goals of the Recreation Therapy Centre are to:

- Provide opportunities for individuals in the community to improve or maintain their physical wellness in a well equipped and fully accessible environment.
- Provide opportunities for individuals to socialize with others during recreational and educational activities.



Recreation Therapy Centre
25 Bell Lane
Brantford ON N3T 1E1



REGISTRATION

Please return your completed registration sheet, with enclosed payment, to:
Brantwood Community Services, c/o Reception
25 Bell Lane, Brantford, ON N3T 1E1
 Registration can also be done in person at Reception. **Debit / Credit available.**

Name:	
Address:	
Phone :	
Email:	

Courses	Price	Quantity	Total
Weight Training Begins September 5, 2017	\$5 Drop-In	—	—
Canning 101 Register by: August 31, 2017	\$50.00		
Brantford Historical Tours Register by: September 11, 2017	\$15.00		
Live Music — “Lucky Sevens” Starting Thursday, Oct. 5th	Free Drop-in!	Please register	No Charge
Aerobic Water Fitness—Mon / Wed Session 1 Sept 6 / Session 2 October 30	\$40.00 \$80.00		
Gentle Water Fitness—Tues / Thurs Session 1 Sept 5 / Session 2 Oct 31	\$40.00 \$80.00		
Let's Make Sushi Register by: October 13, 2017	\$12.00		
Halloween Dinner & Dance Tickets \$20 (Dance only \$10.00)	\$20.00 (\$10.00)		
Rustic Wood Sign Register and pick design by Oct. 20	Various		
“Have a Grand Christmas” Craft Sale Saturday, November 25, 2017	\$1.00 Donation	No Registration	Pay At the Door
Company's Coming: Holiday Baking Register by: November. 6, 2017	Various		
Total Enclosed			

Company's Coming: HOLIDAY BAKING



Add to your holiday baking
as you try out these new recipes.

Mondays **November 20 to December 11**

6:30 pm - 8:00 pm

- | | | |
|-------------|---------------------------------------|---------|
| 1) Nov.20: | Homemade Butter Tarts (1 doz) | \$10.00 |
| 2) Nov. 27: | Gingerbread Cookies (1 doz) | \$10.00 |
| 3) Dec. 4: | White Choc. Cranberry Cookies (1 doz) | \$10.00 |
| 4) Dec. 11: | Candy Cane Brownies (8X8 pan) | \$12.00 |

Sign up for individual classes
or come to all *FOUR* for just \$40.00!

Register by November 6, 2017

This is a popular class so register early!



Brantwood Services Include:

- Hydrotherapy Pool & Modified Water Fitness Classes
- Snoezelen Multi-Sensory Room
- Fitness Room with specialized accessible exercise equipment
- Kinesiology Services, including physical fitness assessments
- General Interest, Recreation and Leisure Activities

To learn more visit us at
www.brantwood.ca

WEIGHT TRAINING

Join us on
Tuesday Evenings



Resistance Training is great for muscle mass, bone density, joint stabilization, balance, and improving toning and physical appearance.

This full body functional training will improve your posture and your waist line!

\$5 Drop-In
Starting September 5, 2017

7:00 - 8:00 pm

This class is for everyone, including beginners!

A minimum of 6 people needed to run class.

Instructor: Lisa Roney



Lisa Roney is a Certified Personal Trainer and Instructor with years of experience in the fitness industry. Her passion is to share the physical and emotional benefits of exercise while helping people to incorporate activity into their lives.

A decorative border made of a blue line with several Christmas ornaments hanging from it. The ornaments are in various colors: green, blue, yellow, and red. The border is shaped like a large, stylized letter 'C' or a partial frame.

4th Annual “Have a Grand Christmas” Craft Sale

Come and browse the tables of local vendors and crafters for unique Christmas gifts.

Saturday, November 25, 2017
10:00 am to 3:00 pm
Brantwood Recreation Therapy Centre
(Entrance #1)
25 Bell Lane, Brantford, ON

Admission: \$1.00 donation to the United Way
or a canned food donation
to the Brantford Food Bank.

For more information or if you are interested in having a table
contact Kristina Schuit at (519) 753-2658 X 139 or
kschuit@brantwood.ca

The logo for Brantwood Community Services, featuring a stylized blue and white circular design above the text "Brantwood" in a bold, sans-serif font, with "COMMUNITY SERVICES" in a smaller font below it.

Rustic Wood Signs



Create a handmade wooden plaque for your home or for a unique gift.

Choose from over 50 available stencils when you register for the class at RTC Reception Desk.

Unfortunately, we cannot accommodate personalized pieces.

Thursday, November 2nd

6:30 pm - 8:30 pm

Prices range from

\$45.00 to \$60.00

depending on the size of the piece you choose.

Register and choose your stencil by October 20, 2017



Learn different canning techniques while making

Dill Pickles

Red Pepper Jelly

& Salsa

Participants will take home 3 jars of each.

2 Classes

Wednesdays

September 6 & 13

5:30 pm - 8:30 pm

\$ 50.00

Register by August 31, 2017

Minimum of 4 people required.

BRANTFORD HISTORICAL TOURS

Learn about Brantford's rich history!



MYRTLEVILLE HOUSE

34 Myrtleville Drive
Thursday, Sept 14
6-7:30 pm

HER MAJESTY'S ROYAL CHAPEL OF THE MOHAWKS

National Historic Site
301 Mohawk Street
Thursday, Sept 21st
6-7:30 pm



BELL HOMESTEAD

National Historic Site
94 Tutela Heights Road
Thursday, Sept 28th
6:-7:30 pm

We will meet at each location at 6 pm.

Cost: \$15

Includes admission to all three historic sites.

Register by September 8, 2017

Join us for a SPOOKTACULAR HALLOWEEN DINNER & DANCE

Friday, October 27th

6:00 pm - 9:00 pm

DINNER - GAMES - PRIZES

DANCING & REFRESHMENTS

Tickets can be purchased at RTC Reception.

Spaghetti Dinner & Dance - \$20.00

Dance Only (7-9pm) - \$10.00

Space is limited — purchase your tickets
before October 25th!

Dress up in your favourite costume!

All proceeds to Brant United Way



Let's Make SUSHI!

Vegetarian California Rolls & Smoked Salmon Rolls



Join our cooking class and make dinner!

Tuesday, October 17th

6:00 pm - 7:30 pm
\$12.00

Please bring your own
cutting board (preferably wood)
and food storage container.

Register by October 13th.

Maximum 10 people

Take your sushi home to share
with family and friends!

“Lucky Sevens”

Live Music Night

Come and enjoy great music and hang out with great people.



Every Thursday starting

OCTOBER 5TH

6:30 pm – 8:00 pm

Please sign in at Reception when you arrive.



Although this is a drop-in event, we ask that you

COMPLETE THE REGISTRATION FORM

AT THE BACK OF THIS BOOKLET

with your name, phone number and/or email

SO WE CAN LET YOU KNOW IF THE SESSION IS CANCELLED.

Warm Water Fitness

*Choose between two water exercise classes
in our warm-water therapy pool with individualized instruction.*

AEROBIC CLASS

Session 1: September 6 to October 25, 2017

Session 2: October 30 to December 20, 2017

Mondays* / Wednesdays

1:00-1:45 pm

**High energy exercises in a fun
and active environment
to increase cardiovascular health
and improve muscle strength.**

**Proven benefits for arthritis,
fibromyalgia and chronic pain.**



GENTLE EXERCISE CLASS

Session 1: September 5 to October 26, 2017

Session 2: October 31 to December 21, 2017

Tuesdays / Thursdays

10:00-10:45 am

**Modified exercise to maintain
and increase your range of motion.
Programs can be personalized
to meet your individual needs.**

\$40.00 for 8 weeks (One class per week)

\$80.00 for 8 weeks (Two classes per week)

***Monday classes will be pro-rated due to Holiday Closures:**

Session 1: \$30.00 (No Class Sept. 4 and Oct. 9)

Session 2: \$35.00 (No class Nov. 13)

A minimum of 5 people, maximum 8 in each class.