



Recreation Therapy Centre
25 Bell Lane
Brantford ON N3T 1E1
519-753-2658
www.brantwood.ca



Recreation Therapy Centre

General Interest Activities

**SUMMER SESSION
May to August 2018**



***All Ages. All Abilities.
You Belong Here!***

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.



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or REGISTER IN PERSON

Please complete this registration sheet and drop it off, with payment, at:
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
Boot Camp Starting May 1, 2018	\$5 Drop-In	—	—
Mandala Stones May 8 & 9, 2018	\$20.00		
Hot Topics Various Dates	\$25.00		
AquaFit — Off the Wall—Active Class Starting April 30, 2018 (7 classes)	\$35.00		
AquaFit — Range of Motion Starting May 1, 2018 (8 classes)	\$40.00		
AquaFit — On the Wall—Strength & Balance Starting May 2, 2018 (8 classes)	\$40.00		
AquaFit — Low Impact Starting May 3, 2018 (8 classes)	\$40.00		
Eco Printing May 22, 2018	\$30.00		
Book Binding May 31, 2017	\$30.00		
Water Dance! June 6, 13, 20, 27, 2018	\$30.00		
Bath Bombs June 25, 2018	\$24.00		
15 Total Enclosed			



You can now

REGISTER ON LINE

We are very excited to inform you that you can now register and pay for our Recreation Therapy Programs at any time, from anywhere, on line at

MyCommunityHub.ca

What is My Community Hub?

My Community Hub is an online website that provides information on where to go for great activities offered by Developmental Service Agencies across Ontario. You can browse, register and pay for services in just a few clicks.

It's Easy & Convenient:

1. Go to www.mycommunityhub.ca
2. Create an **Account**
3. Find and **Register** for the Activity by Name or Number:
Simply enter the **4-Digit number** under the class name from the brochure in the Search box and you will be instantly directed to the class listing.
4. Select - **Add to Cart**
5. **Pay** - Proceed to checkout
6. Your **Receipt** will always be available online whenever you need it.

What happens if I don't have access to the Internet?

We will continue to assist you in registering for services and processing your payments in person at Reception.

Questions or Comments?

Call 519-753-2658 if you have any questions or need assistance.

SKIP THE LINE, REGISTER ONLINE! 



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



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SKIP THE LINE, REGISTER ONLINE! 

Bath Bombs
by Margaret
(#6930)



Choose what you want to create from a selection of brilliant bath bombs and shower fizzies and create it with guided instructions.

Once you are happy with all four of your large, luxurious bath bombs, you can package them to give as gifts or simply take them home to use!

Monday
June 25, 2018

6:00-8:00 pm

\$24.00

Please register by June 18th

WATER DANCE!

(#6906)



Join this up-tempo, challenging workout that burns calories quickly and strengthens virtually your entire body.

This exercise is ideal for both those who favor low-impact workouts, and also those who enjoy working out in a group.

The group dynamic and the energetic music will keep you entertained as you get in shape!

Wednesdays
June 6, 13, 20, 27, 2018

6:00 - 6:45 pm

\$30.00

Please register by June 1st

BOOT CAMP

Join us on
Tuesday Evenings



Advanced weight conditioning workout with high intensity intervals. This workout focuses on functional training with bodyweight exercises and weights thrown in for strength and power. You will work the heart, the mind, and the body in this all-over body blast! The class will move outside as soon as weather permits!

\$5 Drop-In
May 1 to June 26, 2018

7:00 - 8:00 pm

A minimum of 6 people needed to run class.



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.

MANDALA STONES

(#6901)



Mandala Stones

are the latest trend in the craft world!
The colourfully dotted patterns
are a real eye catcher and easy to create.



Many different patterns and
interpretations of
Mandala Stones can be
found on the internet.
You don't need special skills
or a lot of practice
to get great results.
With some simple
tips and tricks
you will get the hang of it
in no time!

\$20.00 for both classes

Tuesday & Wednesday

May 8 & 9, 2018

6:00 - 8:00 pm

Register before May 1st

BOOK BINDING

(#6909)

**Make some great little books
with artist Chandra Rice!**



If you are a **crafter, scrap booker, card maker, printer or paper artist**, or if you just want to



have some fun with
paper, this playful
workshop explores a
variety of simple and fun
bindings with a ton of
different cover papers to
choose from. You will make
several books in the class.

All materials are included but participants are welcome
to bring something from home.

These books make wonderful little gifts and can be carried
in your bag or car to keep little reminders or lists.

They are beautiful enough to want to show off,
but not so precious as to be afraid to write in them!

Thursday, May 31, 2018

6:00 pm - 8:30 pm

\$30.00

All skill levels are welcome: minimum age 12 years old.

Register by May 18th.

Eco Printing (#6908)

Each of our backyards, garages, and homes offer endless objects, both natural and manmade to make surprising and beautiful prints.

Give your creativity a new outlet without having to amass more stuff!



Join artist Chandra Rice to use tea bags and rusty objects

to print on fabric making a scarf for you to take home.



Then try your hand at using leaves and flowers to print on thick water colour paper.

The applications are endless!

All materials are included but participants are encouraged to bring flowers and leaves from their garden to try out!

Tuesday, May 22, 2018

6:00-8:30 pm

\$30.00

All skill levels are welcome: minimum age 12 years old.



PROMOTING RELATIONSHIPS FOR YOUNG ADULTS WITH DEVELOPMENTAL DISABILITIES

A fun night out where you will meet and make new friendships through natural conversations in a supportive environment. By connecting with your peers and promoting everyday conversations you will have the opportunity to become more engaged with your community and build new social skills through encouraged peer-to-peer socialization.

Getting to know other people who have similar interests can be a good way to get informal advice & support and to make new friends.

Discussion topics include:

- | | |
|--|--|
| <p>May 8
6:00-8:00 pm</p> | <p>Where do you go to meet new people?</p> <ul style="list-style-type: none"> ◆ How do you meet people? ◆ Face-to-face interactions vs texting or Facebook ◆ How do you build a relationship/friendship? |
| <p>May 29th
6:00-8:00 pm</p> | <p>Dating</p> <ul style="list-style-type: none"> ◆ Online dating ◆ Where do you meet people? ◆ Where do you go on a date? ◆ Dating boundaries/limits W ◆ What is appropriate? What is not? |
| <p>June 5
6:00-8:00 pm</p> | <p>What is going on in the Community?</p> <ul style="list-style-type: none"> ◆ Have you done this past month? ◆ How do you like to spend your day? ◆ Where do you like to spend your time? |
| <p>June 19
6:00-8:00 pm</p> | <p>Who do you talk to?</p> <ul style="list-style-type: none"> ◆ Who asks your opinion? ◆ Who do you discuss your thoughts and feelings with? |
- BBQ Dinner**
- ◆ How do you talk about your personal/intimate feelings?

Light Refreshments Included

Cost: \$25.00



#6899

**ON
THE
WALL**

Mondays

April 30 - June 18, 2018

1:00-1:45 pm

\$35.00 - 7 classes
(no class May 21)

STRENGTH & BALANCE

A slower paced class focused on improving balance and muscle strength with the use of the wall/pool bar. Participants will be encouraged to use the wall during all activities to increase their overall body strength.

#6903

**RANGE
OF
MOTION**

Tuesdays

May 1 - June 19, 2018

10:00-10:45 am

\$40.00 8 classes

A slower paced class focused on maintaining functional range of motion in all joints of the body. Proven benefits for arthritis, chronic pain, poor circulation, and chronic swelling.

#6904

**OFF
THE
WALL**

Wednesdays

May 2 - June 20, 2018

1:00-1:45 pm

\$40.00 8 classes

ACTIVE CLASS

High energy exercises in a fun and active environment. This is your class if you want to improve muscle strength, achieve personal fitness goals, and improve your heart health. Proven benefits for arthritis, chronic pain, and cardiovascular function.

#6900

**LOW
IMPACT**

Thursdays

May 3 - June 21, 2018

10:00-10:45 am

\$40.00 8 classes

A balance of range of motion, stretching, and low impact activities, incorporating activities on and off the wall, maintaining a slow pace, focusing on body balance. Low impact strengthening activities will help improve overall health and activities of daily living.