

# *Stay-At-Home with*

**GNAG**

**Feb - Mar 2021 online programs**



**Beat the winter blues while in lockdown.  
Take that course you've always wanted to try  
in the comfort of your own home.**

**This guide is a winter teaser. Stay tuned for more programs to come!**

# Trivivia

## Night

IN THE GLEBE

Friday, February 26

8:15 pm

\$25 / household



**Come to GNAG's first-ever virtual Glebe trivia and dining event!**

Team up with your friends while eating delicious food prepared by **My Catering Group** in the comfort of your own home and enjoy an evening of hilarity and friendly competition against your neighbours as you try to win the **Neighbourhood Exceptional Reasoning Distinction (the NERD)**.

**CUSTOMTRIVIA.COM**

- enter a team up to maximum of 6 households
- individual households can also join a team or play on their own
- trivia questions are provided by Customtrivia.com

**Make it a whole night and order-in with My Catering Group!**

- a beautiful 4-course meal \$45 /person or \$80 for two
- choice of platters \$30 (Charcuterie and Cheese; Cheese; Mezza)

A chance to win a dinner for 4 by My Catering Group

# Acting Online



Note: Your ZOOM link will be sent by email before your first class.

## An Introduction to Acting with John Muggleton

Tuesdays 7:00 - 8:30 pm Mar 9 - Apr 13

Adult

\$225+HST (6 classes)

Take your first steps into the world of acting! Discover the craft in a lively, fun and supportive atmosphere. Ideal for those with little or no acting experience, the course provides participants the opportunity explore acting in a fun & practical way. Everything from acting and auditioning techniques, scene study, improv and character development and the business of acting is covered. Whether you are serious about becoming an actor or simply wish to try something new and creative, you will find this course fun, social and rewarding. Improve your self-confidence, voice and presence while training with a professional acting coach.

## The Playwrights' Showcase: The Twist

Thursdays 10:00 am - Noon Mar 4 - Apr 15 (ex Mar 18)  
Mondays 7:00 - 9:00 pm Mar 1 - Apr 12 (ex Apr 5)

Adult

\$225+HST (6 classes)  
\$225+HST (6 classes)

This popular 6-week course is an entertaining and creative way of turning a story idea into a short play and getting it in front of an audience. Learn how to write natural dialogue, create drama or comedy, raise the stakes of a story and more. The completed works will be read and workshopped each week by all participants and a staged reading will take place online for an invited audience. What's your story?

What experience do I need?

None - all that's required is an enthusiasm for plays, creative writing and a sense of adventure!

## Theatre Ensemble 8 - 88 years

Tuesdays 7:00 - 8:30 pm  
Jan 19 - Feb 16 \$130 (5 classes)

Play in safety! Join our team of actors as we explore how to make Zoom work as theatre. We are all ages, working with award-winning director Eleanor Crowder, to build performance skills for now and for later. This time out we will focus on staging for the tiny screen. Share stories, laughs and our own creative take on Covid times. You need access to a Zoom link and a room where you can make noise and move around during the class. We work in improv and with pen and paper to hand. Enjoy making new friends and deepening your knowledge of acting. Registration accepted up to February 2nd at Noon.



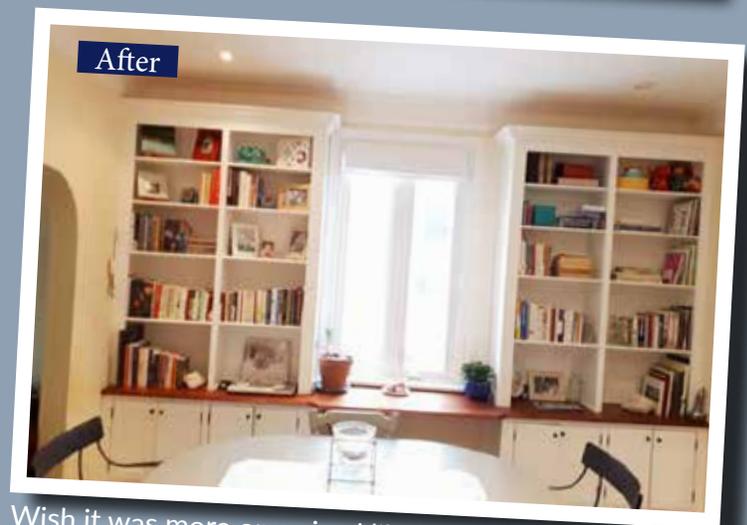
# Organizing Room 2 Breathe Decluttering

Join Martha Tobin for one or both of these informative virtual workshops and get some helpful tips on how to give your home some Room 2 Breathe!



Before

Do some of the rooms in your home look similar to this?



After

Wish it was more organized like this one? If so, it looks like you could use some Room 2 Breathe.

## Decluttering to Downsize

Thursday Feb 18      Noon - 1:00 pm  
\$25+HST

It's never more obvious how much stuff we have until it's time to move it all to a new home. Decluttering before you move you will save time, money and effort. Areas we'll cover in this workshop will include a plan reviewing how and where to start, how to sort items you want to keep and those you want to purge. For items you want to get rid of we'll explore options regarding selling/auctioning, as well as donating and green options. Included as well will be some key Do's and Don'ts as well as tips and tricks on decluttering sentimental items, paper items and photographs.

## Conquering Your Clutter Once & For All

Friday Feb 19      Noon - 1:00 pm  
\$25+HST

During COVID we have all been in close quarters for almost a year and we've come to realize that clutter is what we end up with when we have too much stuff. Our stuff has started to weigh us down and fence us in. In this workshop you'll learn the 5 step process for organizing and decluttering as well as tips and tricks for maintaining spaces so that they remain uncluttered and functioning optimally thereby saving you money and time and giving you back more space, more productivity and more alignment with those things that matter most to you.



# Spanish Conversation with Paco

Tuesday 7:00 - 8:15 pm  
Jan 26 - Feb 23 \$100+HST (5 classes)

Wednesday 1:00 - 2:15 pm  
Mar 3 - Apr 12 \$100+HST (5 classes)

For those who have little or no prior knowledge of Spanish, Paco's fun and social class will go over the basics of conversational Spanish. In this 5-week course, participants will examine practical grammatical rules and learn and practice words and phrases necessary for discussing familiar topics such as introductions, directions, assistance and so much more! Pour yourself a cerveza and discover the beautiful language of Spanish!

# Fundamentals of Drawing with Nina Birdi

Nina is trained in Renaissance style drawing and painting. She began teaching fine arts in 2003 and has offered classes at GNAG since 2008. To see some of Nina's paintings visit [www.ninabirdifinearts.com](http://www.ninabirdifinearts.com).



**Level 1:** Wednesday 10:15 am - 12:15 pm  
Mar 3 - Apr 7 \$160+HST (6 classes)

If you have no drawing experience and want to learn, or have done some drawing and want to improve your skills, this course is designed for you! Nina teaches a step by step approach to drawing and covers basic principles and techniques that can be applied to any subject matter. We will focus on line drawing of still life (easiest to learn from), before introducing shading. Reference photos will be sent to you by e mail at the start of the course. Nina offers one-on-one guidance and instruction, which is central to her teaching style. This is a relaxed, supportive environment and you can work at your own pace. The goal is to help you draw with ease and confidence.

**Level 2:** Wednesday 1:30 - 3:30 pm  
Mar 3 - Apr 7 \$160+HST (6 classes)

If you want to further develop your skills this class in applied drawing techniques is tailored to your specific area of interest. Instruction is individualized as each participant works on a piece of their choosing. We will focus on achieving drawing accuracy, creating depth, understanding perspective, working with tones and colour, as these apply to your artwork. Nina offers instruction in a relaxed, supportive environment and you work at your own pace. Media: graphite pencil, colour pencil, charcoal, pen and ink, soft pastel. As this is a level 2 course, participants must have taken a beginner level drawing class or have some drawing experience.

# Clever Clay Creations with Kathrin von Dehn: The Vase



Monday, Feb 8  
10:00 am - 1:00 pm  
\$50+HST

Wednesday, Feb 10  
6:30 - 9:30 pm  
\$50+HST

During this hands-on workshop you will learn how to build a vase using templates and decorate your piece by introducing texture with various simple materials and tools. You will learn many techniques including building a vessel, attach bottoms, handles, finishing details and when to apply texture at the various stages of construction. These techniques can be incorporated into future projects.

We will work over the course of 3 hours, with a break in between and a chance to have a cup of tea and chat. Katrin will be happy to answer any questions or just to catch up with you and your life during Lockdown.

All materials supplied at curbside pick-up. Drop off piece at the Glebe CC and we will fire and glaze it with your choice of 3 available colours.

# Dance with Emilie Phaneuf Drop-in online

Emilie is a motivating, experienced street dance teacher and choreographer who teaches fun, energy-packed classes. Ask any of her students and they'll tell you how much fun they had! She brings energy, passion and 20 years of teaching experience to her students, motivating them with a variety of skills and levels from beginner to advanced. Why not try something new this term?

Emilie's in-person classes have been temporarily moved online during the Provincial Stay-At-Home Lockdown.

Drop-ins are welcome while we are online. You can register up to 30 min before the class begins.

[www.dancewithemilie.com](http://www.dancewithemilie.com)  
#dancewithemilie  
@dancewithemilie

Mondays Jan 25 - Mar 29 while classes are online	Thursdays Jan 28 - Apr 1 while classes are online
<b>Feel the Vibes (Latin &amp; Caribbean) All Levels</b> 6:15 - 7:05 pm	<b>Hip Hop All Levels</b> 6:15 - 7:05 pm
<b>Bring It Back! All Levels</b> 7:15 - 8:05 pm	<b>Dancehall Funk Level 1</b> 7:15 - 8:05 pm
<b>Dancehall Funk Level 2</b> 8:15 - 9:05 pm	<b>Reggaeton All Levels</b> 8:15 - 9:05 pm
\$22.13+HST per drop-in for online only	

**Reggaeton All Levels:** Emilie started the first Reggaeton class in Ottawa over 10 years ago at GNAG! Reggaeton is a fusion of Hip Hop/Reggae movements with Latino rhythms. It is a free style that is sensual, energetic & fun. This class will emphasize body isolations focusing on core strength & movement and will teach you a combination of hot moves and an energetic routine that will give you a great workout – and make you more confident on the dance floor. Bring dance shoes with clean soles.

**Bring It Back! All Levels:** Bringing back the great hits from the

80s, 90s and 2000s! This is an all-level class where options will be given so everyone feels comfortable - and it's a great workout too! Find the schedule (songs and routines) on Emilie's website at [www.dancewithemilie.com](http://www.dancewithemilie.com). Bring running shoes with clean soles.

**Dancehall Funk Level 2:** Originating from the beautiful island of Jamaica and spreading rapidly on a global scale, Dancehall has made a huge impact on the dance community. This class will teach you a combination of hot moves and a challenging routine full of fresh, street smart chore-

ography, dancing to the hottest music. Bring running shoes with clean soles.

**Feel the Vibes (Latin & Caribbean) All Levels:** This class combines two of Emilie's most popular classes Latin Vibes and Caribbean Vibes, with added Vibes from around the world to bring you a global groove! Get ready to shimmy and shake to Reggaeton, Soca, Salsa, Samba, Dancehall, Bachata... and many other vibes! Bring dance shoes with clean soles.

**Hip Hop All Levels:** From classic, to old school, to recent hits, this class will keep you moving to great music! Hip Hop movements are all about confidence, creativity and attitude. Bring running shoes with clean soles.

**Dancehall Funk Level 1:** Originating from the beautiful island of Jamaica and spreading rapidly on a global scale, Dancehall has made a huge impact on the dance community. This class will teach you a combination of hot moves and a routine full of fresh, street smart choreography, dancing to the hottest music. Bring running shoes with clean soles.

# Belly Dance with Caroline Hawthorne

Saturdays

10:30 am - 12:30 pm

Jan 16 - Feb 13 \$65+HST (5 classes)

Feb 20 - Mar 20 \$65+HST (5 classes)

Develop fluidity, grace and strength in this low-impact activity that targets isolated muscle groups. It's a great way to improve posture, flexibility, balance and grace. New and experienced dancers are welcome! Don't be shy - unleash your inner goddess. This class is currently running online during the Provincial Stay-At-Home lockdown. They will resume to in-person at the Glebe Community Centre once the order has been lifted.



# Yin & Restorative Yoga with Gabrielle

Wednesday

Jan 20 - Mar 24

6:00 - 6:45 pm

\$118+HST

(10 classes)

Surrender into bliss with a blend of deeply relaxing yoga disciplines. Breathe into long the held yin poses. Let go in the supportive restorative poses. Grab your pillows and a blanket as we rewind the body back into balance.



# GNAG Group Fitness & Wellness

## Winter Season Membership

Feb 1 - Apr 1, 2021 (ex Feb 15)

\$150+HST

Includes ONLINE, IN-PERSON classes and our YouTube ON-DEMAND classes.

**No weights? No Problem!** Use whatever you have on hand (cans, water bottles, laundry detergent bottles, etc). Please wear appropriate shoes for fitness classes.



Monday Feb 1 - Mar 29 ex Feb 15	Tuesday Feb 2 - Mar 30	Wednesday Feb 3- Mar 31	Thursday Feb 4 - Apr 1	Friday Feb 5- Mar 26	Saturday Feb 6- Mar 27
HIRT 30 w/ Ruth 8:15 - 9:00 am		HIRT 30 w/ Mary 8:15 - 9:00 am		HIRT 30 w/ Christine 8:15 - 9:00 am	TMC / CSC w/ Mary 9:15 - 10:00 am
CSC w/ Ruth 9:15 - 10:00 am	TMC w/ Carol 9:15 - 10:00 am	CSC w/ Mary 9:15 - 10:00 am	TMC w/ Gina 9:15 - 10:00 am	CSC w/ Christine 9:15 - 10:00 am	Sunday Feb 7- Mar 28
	M & M w/ Carol 10:15 - 11:00 am		BodyTone w/ Gina 10:15 - 11:00 am		Yoga Strength w/ Ruth or Mary 9:15 - 10:00 am

**BodyTone:** A Barre inspired class focusing on functional movements, full range of motion and body alignment. Improve muscle tone through continued practice and progression.

**CSC (Cardio Strength Combo):** Treat your fitness taste buds to a platter of choreography, intervals and everything in between.

**HIRT 30:** 30 mins of Hitting It Hard with High Intensity Resistance Training, followed by 15 mins of stretching so you're ready for whatever the day brings. Options provided for all levels of fitness, we pinky swear!

**Movement is Medicine:** Work on muscles, ligaments, tendons and joints to enable ease of movement and range of motion as well as proper posture and spinal alignment.

**TMC (Total Muscle Conditioning):** A dynamic whole body muscle conditioning class. Be prepared to work out and stretch out!

**Yoga Strength:** A vinyasa based class to build overall strength and cardio vascular endurance while exploring postures and discovering strength.

# February Fitness Challenge



Challenge # 7: Buying flowers for yourself or someone else.

Get ready to join GNAG's February Fitness Challenge, a month filled with activities YOU choose! What activities do you like doing to keep your body moving, brain buzzing and heart bursting with joy? They may help you win the challenge!

Details coming to an inbox near you.

## FREE Wellness Workshops for Fitness members by Natural Sole

Fitness members are invited to attend Chiropractor *Dr. Kutney of Natural Sole Wellness Centre* for these educational health and wellness workshops online.

Dr. Kutney has her BScHK undergraduate degree with Honours, where the emphasis was placed on the biophysical aspects of the body. Her degree focused on anatomy, physiology, neuromotor control, and rehabilitation.

At the Canadian Memorial Chiropractic College, Dr. Kutney was taught to focus on evidence-based collaborative care to address the patient as a whole person. This approach is something she applies in her practice, and her goal is to get her patients feeling better and confident in getting back to moving the way they want to. She does this with a combination of hands-on treatment, exercise, and education.



### Working From Home & Spinal Pain Prevention

Tuesday, Feb 23 11:15 am

Throughout the pandemic many people have been working from home, often in setups that are not ideal for long term use! Join Dr. Kutney in a discussion about how you can prevent and decrease pain from the neck to low back that is associated with working from home.

### Daily Life Injury Prevention (vacuuming, lifting groceries, shoveling, gardening, etc)

Monday, Mar 8 10:15 am

Do you ever wake up feeling stiff or sore, wondering what may have caused it? Many of the activities in day-to-day life can cause pain and discomfort, but there are simple changes that can help you feel better. Join us to hear more with Dr. Kutney.

### Osteoarthritis & Joint Health

Wednesday, Mar 24 10:15 am

As we age, arthritis starts to be discussed more often around health. What is it? How do you know if you have arthritis? What can you do about it? Come listen to Dr. Kutney, a Chiropractor, and Sarab Dormani, Registered Nurse specialized in lower limb and foot care, as they discuss these questions and more!

### Osteoporosis & Bone Health

Friday, Apr 9 10:15 am

Bone health becomes increasingly important as we get older, but there are lots of things that can be done to improve and maintain bone health at any age! Join Dr. Kutney, a Chiropractor, and Sarab Dormani, a Registered Nurse who specializes in lower limb care, as they discuss bone health and osteoporosis, which can result from decreased bone health.



# Children & Youth Online

Break up your day with some of your favourite GNAG friends on Zoom! Your Zoom link will be sent by email before your first class. Stay tuned of more upcoming programs and workshops!

## Fun with Food at Home

## SK - Gr 2

Wednesdays 4:00 - 4:45 pm

Jan 13 - Mar 10

\$122 (9 classes)

Calling all mini chefs & bakers!! Spend Wednesday after school with Lauren Kirk making some easy and delicious treats that the whole family can enjoy. Recipes will be sent before class start date. Parent assistance is required.

# Youth Night Gr 5 - 8 Friday nights are back on!

Friday 6:30 - 8:30 pm  
Feb 5 - Mar 12 \$198 (6 classes)  
(ex Feb 12)

Spend your Friday nights at the GCC! We transform the centre into the perfect place to hang out and have a great time. Games, music, canteen, and even staff-youth challenges. Feel free to bring your ideas, and expect the unexpected! Please note: There will be NO youth night drop-in this year. This in-person program will take place online during lockdown.



photo:  
Youth Night 2019

# Private Online Tutoring Gr 1 - 12

Mondays - Thursdays

Jan 11 - Mar 11 (ex Feb 15)

\$39 per hour

Having trouble with Math, French, English or Science? We're here to help! Book a one-on-one online tutoring session, and choose from daytime, afterschool and evening time slots. Our tutors are qualified to assist students in most subjects and grades. Our academic centre has limited availability this year, so book early. Bilingual tutors are available. Ce programme est bilingue. Minimum registration: 5 one-hour sessions. Contact [katie@gnag.ca](mailto:katie@gnag.ca) to inquire about availability, and include grade and subject area for your child.