

Winter 2020



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Fun, Friendship and Activities

January to March 2020



**Bake Sale
and Bazaar**

Tinsel Tea & Bazaar

Thank you to our generous Sponsors!

Tim Tierney, TOSHCAN, Studio Jade, Kim'z Salon, Kowalski Hearing, Nina Lepage and the Members and Family of G50+.

To date we raised \$5000.00

Special thanks to Carol Nicholson and the Committee for their fearless leadership!

Mark your calendar for the Bazaar 2020 on November 7.



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President's Report / Carol Nicholson

Wishing everyone a very Merry Christmas and Happy New Year! If you are a "Snow Bird" happy, safe travels and we look forward to seeing you in the Spring.

To all the Members wintering in Ottawa, be sure to check out page 10 for Course descriptions and new fitness opportunities.

I would like extend our gratitude to Kowalski Hearing and Tim Tierney for their generous sponsorship of our Information Fair on October 23, 2019. Thanks to members and guests who donated food and cash to the Gloucester Emergency Food Cupboard.

Congratulations and thank you to all of the people who made the Bazaar a success! If you are an experienced crafter who would like to donate to our Bazaar in 2020, we are planning a weekly crafters group on Friday afternoons. You are invited to an information session on Friday February 21 at 1:00 pm for more details. Please RSVP at Reception.

In the month of February please join us in the Name Badge Contest see page 8 for more details.

In closing I want to thank all members for their loyalty and continued support of our centre and hope that we treat others with dignity and respect in all conversations and interactions.

Volunteer Board of Directors

Carol Nicholson - President
Leonard Kleine - Secretary
Danielle Lapointe - Treasurer
Cécile Schryburt - Vice President
Hélène White - Vice President
Marilyn Johnson

Jim Eadie
Carol-Anne Faucher
Albert Faucher
Jackie Lafontaine
Joan Costello



*The Centre gratefully
acknowledges the financial
support of:*



We are a registered Charity #11894 0535 RR0001. Tax receipts will be provided for donations over \$20.00.

Please remember G50+ as your Charity of Choice for 2020.

WELCOME NEW MEMBERS!

Jocelyne Albert, Ken Amesbury, Danny Armour, Madonna Atallah, Heather Bazinet, Marie Benak, Tony & Lorraine Bonacci, Margaret Booth, Lynda Boutet, Hazel Bowen, Lila Brooks, Paul Brunet, Lucie Chartrand, Naney Christensen, Lidia Chyla, Sandra Clark, Mary-Ellen Clark, Russell Clark, Lida Corbett, Maureen & William Crossley, Monique Culleton, Donna Cummings, Pierre De Breyne, Peter Dennett, Carol Dore, Jean Duclos, Gustave (Gus) Emond, Pat Ferraro, Helen Fournier, John Fulton, Diane Gagne, Carol Ann & Charles Gallant, Lucille Gaudet, Faye Gibbs, Dorothy & Bill Hall, Diane Henry, Teresa (Terry) Hicks, Allan Hicks, Mari Holness, Lesley Joly, Jeanette Kam, Shirley Kirkey, Dale Lafontaine, Micheline Latour, Debbie Leger, Carol Luck, Terry Lynch, Phillis MacLeod, Helen Miranda, Val Moir, Judy Muirhead, Wanda Nowosielski, Joan O'Grady, Rita Olson, Eppie Padura, Evelyne Parisien, Denise Passe, Anne-Marie Perras, Marie-Antoinette Pharell, Shirley & Anthony Plitnikas, Maureen Pope, Susan Poulin, Lucy Power, Janita Quashie, Cecile Rancourt, Monique Rouleau, Monique Savard, Veronica Scrimger, Natalie Singer, Emanuel (Many) Singer, Tina & Jim Smith, Jaga Stabryla, Richard Teed, Lina Trepanier, Marian Van Zandwort, Yvon Vincent, Eileen Wallbank, Nadia Zayed, Luda Ziobrowska.




Our deepest sympathy to the family and friends of Lorraine Krueger who passed away on November 1, 2019.




Pot of Gold Results

September 12	Bernice Cruikshank	\$448.00
September 19	Judy Lefebvre	\$37.50
November 7	Fayez Malek	\$191.50
December 12	John Fulton	\$154.50

 Please Inform Reception if you or a fellow member is unwell or has lost a loved one, the Centre will send a card on behalf of the Membership.

 **Starting January 2020 Foot Care Cost Increase**
Member \$27.00 & Non Member \$29.00
New Clients require two appointments.
Please reserve your appointment at Reception.

 Are you interested in trying a course? If the course has room, you can request a "Try It" class at Reception. Some restrictions could apply.

Pot Of Gold



Did you know that all Members that have been issued a name Badge are eligible to play Pot of Gold?

Stop by Reception for more details on how to get involved.

Services & Events



Foot Care Clinic ♦ January 15, & 29 ♦ February 12 & 26 ♦ March 11 & 25
Please book appointments at Reception. Mem \$27 Non Mem \$29



Complimentary Hearing Clinic ♦ Feb 5 ♦ Agnes Kowalski H.I.S
Please book appointments at Reception



Complimentary Blood Pressure Clinic Jan 16 ♦ Feb 20 ♦ Mar 19
Drop in from 11:00 to noon in the Main Hall



Coffee/Tea are available for 50 cents a cup.
We have recently noticed an increase in non Canadian currency being used. In order to continue the coffee/tea service please ensure you are paying 50 cents in Canadian currency.



Special Event Lunch



Ticket purchase is required by noon on Friday before the scheduled event, in person or by phone with a credit card.

Please take advantage of the Suggestion Box to help Debbie create your meal plans.

Happy 1st Anniversary Thursday January 23

Salad, Pork Loin,
Cake & Ice Cream
\$8



**Shrove Tuesday
February 25
Pancakes & Sausage Lunch**
(à la carte menu prices)



Valentines day February 13

Caesar Salad, Roast Beef Dinner
Hot fudge Brownie
\$10



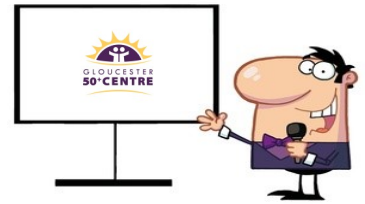
St. Patrick's Day March 12

Biscuits, Corned Beef & Cabbage
Fancy Ice Cream
\$10



Winter Presentations/Workshops

RSVP required. Register early to avoid cancellations.
Please Visit Reception.



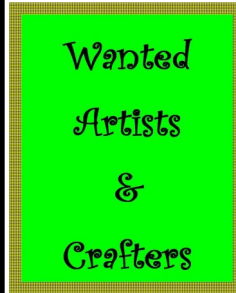
Members Forum

Wednesday January 8
10:00 am to 11:30 am

Our Board of Directors is hosting a forum for our members. We are suggesting the following as a starting point for the Agenda.

- Who We Are and What We Do: brief outline of committees in the Centre and mandate of each
- Programming Options: What is working for you, any new programs you wish introduced?
- Question and Answer period

What would you like to hear about or discuss?
Please call or visit Reception for Marilyn's contact information and RSVP.



**Bazaar Crafters
Information Session**
Friday February 21
1:00 pm Main Hall
We are looking for quilters, sewers, painters and wood workers for Bazaar 2020 projects. RSVP at Reception.



Free Nia Dance Demo

Friday January 10
11:30 am to 12:30 pm

Join Penny Lee for a Nia Dance Demo Class



Post Traumatic Stress Disorder PTSD

Wednesday March 4

1 to 2 pm

Join Kristina Gallai SSW
(Algonquin College Intern)

as she walks you through the cause and effects of PTSD and offers some strategies to combat the symptoms.

Discussion and Refreshments following the presentation. RSVP at Reception.



G50+ Orientation

Friday January 17

from 12:30 to 2:00

Thursday February

27 from 12:30 to 2:00

Meet other new members! Enjoy refreshments and learn about the G50+ Centre and all we offer.



Sustain Your Brain Workshops

Presented by Anne Dennehy, M.Ed.

1. Heckle Your Stress Feb 7
2. Creative Cognitive Fitness and Fun Feb 14
3. Positive Thinking – Change your thoughts and you change your world Feb 21
4. Creativity and Fun to Maintain a Healthy Brain Feb 28

Each workshop is \$15 and runs from 10 am to noon. Please RSVP on or before the Tuesday before each workshop.



Bust Fraud

Thursday February 6

10:30 am to noon

Margot Beak will walk you through the latest scams and give you tools to combat FRAUD.

RSVP at Reception



Freiheit Care Inc.

Care Giver Burn Out

Tuesday March 24

10 am to 11:30am

Join Kelly Shaw (BScN., MScN) from Freiheit Care Inc. as she shares strategies to identify and prevent care giver burnout.

Winter Courses

Monday	Course	Time	Weeks	Instructor	Fee	Room
W20OILINT	Oil Intermediate	9:30 to 11:30 am	8	Tricia Savoie	\$120 (\$80)	Main Hall
W20BEGWC	Beg Watercolour	9:30 to noon	8	Leslie Lambert	\$150 (\$100)	MP2
W20ZUMM	*Zumba Gold	11:30 to 12:30 pm	8	Susan Sloan	\$60 (\$40)	Gym
W20CHAIRFIT	*Chair Fitness	12:45 to 1:45 pm	8	Susan Sloan	\$60 (\$40)	Studio
W20FRENCH	Conversational French	2:00 to 3:00 pm	7	Salwa Khouzam	\$10.50 (\$7)	BR
W20COREFIT	CoreFit	11:00 am to noon	9	Michelle Boley	\$67.50 (\$45)	Studio
Tuesday	Course	Time	Weeks	Instructor	Fee	Room
W20FIT1	*Fitness	9:30 to 10:30 am	9	Nina Lepage	\$67.50(\$45)	Gym
W20CORE1	*Core	10:35 to 11:35 am	9	Nina Lepage	\$67.50(\$45)	Gym
W20WIN	Write It Now	12:30 to 1:30 pm	10	Judith Coulter	\$15 (\$10)	BR
Wednesday	Course	Time	Weeks	Instructor	Fee	Room
W20TAI	Tai Chi	9:30 to 11:00 am	10	Peter Chan	\$112.50 (\$75)	Studio
W20WCINT	Watercolour Int.	9:15 to 11:15 am	10	Laurie Hemmings	\$150 (\$100)	Main Hall
W20MAT	*Mat Yoga	11:15 am to 12:15 pm	7	Kim Hannah	\$52.50 (\$35)	Studio
W20CHAIR1	*Chair Yoga	12:30 to 1:30 pm	7	Kim Hannah	\$52.50 (\$35)	Studio
W20BARFIT	*Barre Fit	1:45 to 2:45 pm	7	Kim Hannah	\$52.50 (\$35)	Studio
W20ZUMW	*Zumba Gold	12:45 to 1:45 pm	9	Susan Sloan	\$67.50 (\$45)	Gym
Thursday	Course	Time	Weeks	Instructor	Fee	Room
W20FIT2	*Fitness	9:30 to 10:30 am	9	Nina Lepage	\$67.50(\$45)	Gym
W20CORE2	*Core	10:35 to 11:35 pm	9	Nina Lepage	\$67.50(\$45)	Gym
Friday	Course	Time	Weeks	Instructor	Fee	Room-
W20TAIF	Tai Chi	9:30 to 11:00 am	10	Peter Chan	\$112.50 (\$75)	Studio
W20NIA	Nia	11:30 to 12:30 pm	10	Penny Lee Provost	\$75 (\$50)	Studio
W20GDUPBR	Guided Duplicate Bridge	1:00 to 4:00 pm	7	Ken Pearson	\$10.50 (\$7)	BR



* identifies Registered Courses that meet the University of Ottawa Heart Wise Exercise Program criteria.



\$ Non Member Fee (\$ Member Fee)
Special Thanks to our Awesome Instructors!



Free WiFi for Members!
Visit Reception for the password.



Registration dates for the Winter Session are **January 6, 7, 8, 9, 10 (noon)**
Member prices for Winter 2020 Courses will not be honored after January 10 at noon.
 Registration can be completed in person with Cash, Debit, Credit or Cheque or **over the phone with a Visa or Master Card starting Tuesday.**
 Please call **613-749-1974.**

Enjoy the Winter Session, and thank you for honoring our registration period. If needed, refunds will be paid by cheque, less administration and class fees, until the second week of your class. Please visit Reception for a Refund Request Form.

REFUND POLICY

Winter 2020 Activities

Drop in Activities

MONDAY

500	12:30 to 2:30
Duplicate Bridge	6:00 to 10:00

TUESDAY

Pétanque - Atout	10:00 to 11:30
Sandbags	12:30 to 2:00
Whist	12:35 to 3:00

WEDNESDAY

Social Bridge	9:00 to 11:30
Pickle Ball	9:00 to noon
Bridge	noon to 3:00

THURSDAY

Stamp Club (see calendar)	9:30 to 11:30
Bid Euchre	9:00 to 11:30
Bingo	1:00 to 2:45
Euchre	12:45 to 2:45

FRIDAY

Cribbage	9:30 to 11:30
Darts - Sign in 9:45 am	10:00 to 11:30
Bridge - Sign in noon	12:35 to 3:00
Pickle Ball	9:00 to noon
Shuffleboard	12:30 to 2:30

SATURDAY

Benefit Bridge	noon to 4:00
Chase the Ace	1:00 to 4:00
Kitchen Bridge	6:00 to 10:00
Duplicate Bridge	6:00 to 10:00

SUNDAY

Bid Euchre	12:30 to 4:00
Social Bridge	1:00 to 4:00
Darts	2:00 to 4:00

Drop in Activities

Ottawa Valley Tours™

MOTORCOACH HOLIDAYS

March 28

Sweet Dreams - A tribute to Patsy Cline
Cost \$136 - Transportation, Lunch & Entertainment
 Enjoy a delicious Lunch at the McIntosh Country Inn in Morrisburg. After Lunch we are off to the Upper Canada Playhouse to enjoy Leisa Way and the Wayward Wind Band's sensational live concert featuring hits of Patsy Cline "I Fall to Pieces", "Crazy", "Sweet Dreams", "Walking After Midnight" and more!

See Page 3 of the OVT brochure

April 29

Remembering the Hits of the 60's & 70's
Cost \$136 - Transportation, Lunch & Entertainment
 Enjoy a delicious Lunch at the McIntosh Country Inn in Morrisburg. After Lunch we are off to the Upper Canada Playhouse to enjoy a blockbuster live concert featuring hits from the 60's & 70's. An incredible afternoon to remember!

See Page 4 of the OVT brochure

A minimum of ten G50+ registered participants is required for pick up at our Centre. Please visit Reception for more details.

Booking a different trip with Ottawa Valley Tours?

We receive a commission for all trips booked by G50+ Members. Be sure to identify yourself as a Member of our Centre with OVT and also let us know which trip(s) you are booking.



Activities are reserved for Members only and are subject to a \$1 drop in fee. Please visit Reception or ask the Volunteer Activity Coordinator for more Information.











Congratulations to Helen McGurrin!!

Helen competed in the Chicago Marathon and finished 4th in the women's 75 to 79 years of age and was the only Canadian athlete in her age category!

Winter 2020

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Member's Forum Wednesday January 8, 2020 10 to 11:30 am Share some of your experiences, concerns and new ideas to grow into our new home! Hosted by Marilyn Johnson RSVP at Reception</p>			1 Centre Closed 	2 Spaghetti & Meatballs Bid Euchre Bingo Euchre	3 Cribbage Darts Bridge	4 Benefit Bridge
5 Bid Euchre Social Bridge Darts	6 500 Duplicate Bridge	7 Pétanque- atout Sand Bags Whist	8 Social Bridge Pickle Ball Bridge Member Forum	9 Salisbury Steak Stamp Club Bid Euchre Bingo Euchre	10 Free Nia demo Cribbage Pickle Ball Darts Bridge 	11 Duplicate Bridge Chase the Ace
<div style="border: 1px dashed black; padding: 5px;"> WINTER PROGRAM REGISTRATION / Phone registration starts Tuesday </div>						
12 Darts	13 500 Int Oil Zumba Gold Chair Fitness CoreFit French Duplicate Bridge	14 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	15 Social Bridge Pickle Ball Bridge Tai Chi Int Watercolour Zumba Gold 	16 Chicken Parmesan Fit 2 Core 2 Board Meeting Bid Euchre Bingo Euchre 	17 Cribbage Pickle Ball Darts Bridge Tai Chi Nia Orientation Guided Dup Br Shuffleboard 	18
19 Bid Euchre Social Bridge Darts	20 500 Int Oil Beg Watercolour Zumba Gold Chair Fitness CoreFit French Duplicate Bridge	21 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	22 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair Yoga Barre Fit Zumba Gold	23 Fit 2 Core 2 Bid Euchre Bingo Euchre  Happy 1st Anniversary	24 Cribbage Pickle Ball Darts Bridge Tai Chi Nia Guided Dup Br Shuffleboard	25 Kitchen Bridge
26 Social Bridge Darts	27 500 Int Oil Beg Watercolour Zumba Gold Chair Fitness CoreFit French Duplicate Bridge	28 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	29 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair Yoga Barre Fit Zumba Gold 	30 Salmon Fillet Fit 2 Core 2 Bid Euchre Bingo Euchre	31 Cribbage Pickle Ball Darts Bridge Tai Chi Nia Guided Dup Br Shuffleboard	



Centre Closed January 1
Program Registration
January 6, 7, 8, 9,10
Members Forum Jan 8
Free Nia Demo Jan 10
Member Orientation January 17
Year One Time to Party
January 23

Best Foot Care in town!






Foot Care Appointments must be booked in advance at Reception.

New Clients book 2 appointments.
Members \$27 Non Members \$29
Receipts for insurance claims are provided.

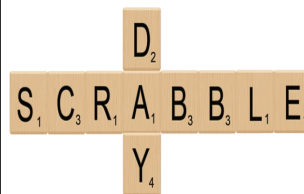
Winter 2020

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="display: flex; align-items: center;"> <div style="border: 2px solid red; padding: 5px; margin-right: 20px;"> <p style="color: red; font-weight: bold; font-size: 1.2em;">HELLO</p> <p style="font-size: 0.8em;">MY NAME IS</p> <p style="border: 1px solid black; padding: 2px; margin-top: 5px;">Your Name Here!</p> </div> <div> <h3 style="text-align: center;">Get to know your fellow members.</h3> <p style="text-align: center;">Join the Leap Year Name Badge Challenge! Wear your name badge when you are at the centre and have your name entered into the draw for the Leap Year Grand Prize! Visit Reception for more information.</p> </div> </div>						1 Benefit Bridge
2 Darts Bid Euchre	3 500 Int Oil Beg Watercolour Zumba Gold Chair Fitness CoreFit Duplicate Bridge	4 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	5 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair Yoga Barre Fit Zumba Gold	6 Stuffed Pasta Fit 2 Core 2 Bid Euchre Bingo Euchre Home Instead Senior Care Bust Fraud	7 Cribbage Pickle Ball Darts Bridge Tai Chi Nia Heckle Your Stress Guided Dup Br Shuffleboard	8 Duplicate Bridge
9 Social Bridge Darts	10 500 Int Oil Beg Watercolour Zumba Gold Chair Fitness CoreFit Duplicate Bridge	11 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	12 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair Yoga Barre Fit Zumba Gold	13 Fit 2 Core 2 Valentines Day Stamp Club Bid Euchre Bingo Euchre	14 Cribbage Pickle Ball Darts Bridge Tai Chi Nia Creative Cognitive Fitness and Fun Guided Dup Br Shuffleboard	15 Chase the Ace
16 Darts Bid Euchre	17  Family Day Centre Closed Duplicate Bridge	18 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	19 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair Yoga Barre Fit Zumba Gold	20 Fit 2 Core 2 Meat Balls & Gravy Board Meet Bid Euchre Bingo Euchre	21 Cribbage Pickle Ball Darts Bridge Tai Chi Nia Crafters Positive Thinking Guided Dup Br Shuffleboard	22 Kitchen Bridge
23 Social Bridge Darts	24 500 Beg Watercolour Int Oil Zumba Gold CoreFit Chair Fitness Duplicate Bridge	25 Shrove Tuesday Pancakes Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN  <small>Shrove Tuesday</small>	26 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Zumba Gold	27 Fit 2 Core 2 Chicken Pot Bid Euchre Bingo Euchre G50+ Orientation	28 Cribbage Pickle Ball Darts Bridge Tai Chi Nia Grand Prize Draw! Maintain Healthy Brain Guided Dup Br Shuffleboard	29 



Name Badge Challenge all Month
 Feb 6 Fraud Presentation
 Feb 17 Centre Closed
 Feb 21 Crafters Info Session
 Feb 25 Shrove Tuesday
 Feb 27 G50+ Orientation
 Feb 28 Leap Year Draw











**Looking for
Scrabble Players!**

If you are interested in playing scrabble please leave your name and member number at Reception!
 Can you spell F U N?

Winter 2020

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 500 Int Oil Beg Watercolour CoreFit French Duplicate Bridge	3 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	4  Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi PTSD Presentation	5 Fit 2 Core 2 Lamb Stew Bid Euchre Bingo Euchre	6 Cribbage Pickle Ball Bridge Darts Tai Chi Nia Shuffleboard	7
8 Darts Bid Euchre 	9 500 Int Oil Beg Watercolour Zumba gold Chair Fitness CoreFit French Duplicate Bridge	10 Pétanque- atout Sand Bags Fit 1 Core 1 Whist WIN	11  Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair Yoga Barre Fit Zumba Gold	12 Fit 2 Core 2 Stamp Club St. Patrick's Day Bid Euchre Euchre Bingo 	13 Cribbage Pickle Ball Bridge Darts Tai Chi Nia Shuffleboard	14 Benefit Bridge Duplicate Bridge
15 Darts	16 500 Beg Watercolour Zumba Gold Chair Fitness CoreFit French Duplicate Bridge	17 Pétanque- atout Sand Bags Whist WIN	18 Social Bridge Pickle Ball Bridge Tai Chi Int Watercolour Mat Yoga Chair Yoga Barre Fit Zumba Gold	19 Chicken Cordon Bleu Board Meeting Bid Euchre Bingo Euchre 	20 Pickle Ball Cribbage Darts Bridge Tai Chi Nia Shuffleboard	21
22 Bid Euchre Social Bridge Darts	23 500 French Duplicate Bridge	24 Pétanque- atout Sand Bags Whist Care Giver Burn Out 	25 Pickle Ball Bridge Social Bridge 	26 Sheppard's Pie Bid Euchre Bingo Euchre	27 Cribbage Pickle Ball Darts Bridge Shuffleboard	28 Kitchen Bridge Chase the Ace
29 Darts	30 500 Duplicate Bridge	31 Pétanque- atout Sand Bags Whist	 <h3>Suggestion Box</h3> <p>Thank you for your suggestions. Give us an opportunity to speak with you and share information, please include your contact information. The suggestion box is located in the back corner of the Main Hall.</p>			



Mar 4 PTSD
March 8 Daylight Savings
Mar 12 St. Patrick's Day Lunch
March 24 Care Giver Burn Out
Spring Program Registration
April 6 to 10 - 9:00 to 3:00 pm
Phone registration begins Tuesday
April 7

No Smoking Please.
All City of Ottawa Properties are Smoke Free. By-law fines are as high as \$500 per offense. Please be respectful of the Members, guests and staff of G50+ and the patrons and staff of the Pat Clark Community Centre.



Winter 2020 Course Descriptions

Fitness (Heart Wise)

Stretch tone and gain or maintain your personal fitness level. A combination of hand weights, exercise bands, small balls, glides and functional movements will increase your range of motion and flexibility in a fun, social and non-competitive atmosphere. All levels of fitness are welcome. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Core Fitness (Heart Wise)

Find your core muscles in this group exercise class. Posture, balance, confidence and flexibility are all enhanced with movement and exercise designed to strengthen core muscles. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Zumba Gold (Heart Wise)

Join this awesome Latin Style dance/exercise Fitness class. Learn dance moves you never imagined with the safety and comfort of a trained instructor. Wear comfortable clothing, supportive, closed toe foot wear and bring a water bottle. Leave your inhibitions at the door and have fun!

Wu – Style Tai Chi

Cultivate your inner Chi and improve your balance while you reduce your risk of falls. Even as a beginner, it's possible to quickly master the moves in Wu tai chi, however Master Peter Chan welcomes all levels. Please wear comfortable clothing and bring a water bottle.

Chair Yoga (Heart Wise)

In a seated position gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is gently designed for those who cannot easily get up and down from a floor mat. Namaste.

Mat Yoga (Heart Wise)

Improve your flexibility, balance and strength, feel wonderful and enjoy the benefit of increased circulation and feelings of peace and gratitude. Bring your yoga mat, water bottle.

Barre Fit (Heart Wise)

Exercises that incorporate the ballet bar are designed to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high repetition of small range-of-motion movements.

Guided Duplicate Bridge

Participants must have some knowledge of Bridge and will be encouraged to increase their confidence playing Duplicate Bridge in a safe, friendly environment guided by an instructor.

Oil/Acrylic Painting - Intermediate

Experienced oil painters will get the opportunity to expand their knowledge and technique with this medium. Enjoy the painting subject from the Instructor or create your own. Painting supplies are required. Please visit Reception for a supply list.

Watercolour Painting Beginner

Students new to Watercolour will learn the basics of proper technique and discover their inner artist. Painting supplies required (the instructor will discuss with you).

Watercolour Painting Intermediate

Experienced painters will love this dynamic class. The instructor embraces the individuality of each artist while preserving the art of proper techniques. Painting supplies required (the instructor will discuss with you).

Write It Now!

Join a group of budding writers who want to preserve memories and stories for their loved ones. This fellowship will share stories, laugh, cry and applaud. Your stories will be safe with them!

French Conversation

Want to brush up your French? Meet weekly with a group of French enthusiasts and a certified teacher. In a safe environment have a fun, yet educational session including homework!

Nia Dance

Nia is an integrative movement practice. Practiced with awareness, Nia has the power to facilitate optimal alignment, improved function and comfort in the body. As a practice, Nia 5 Stages supports your body holistically to sustain mobility, flexibility, strength, agility and stability.

Chair Fitness (Heart Wise)

This 45 minute class is designed for participants who may be in rehabilitation, are new to fitness or have mobility challenges. Stretch, cardio and strength components are all offered with options.

CoreFit

Join this group exercise class with specific movements designed to strengthen your core and increase your balance to reduce the risk of falls and maintain or improve posture. All levels of fitness are invited.

All Fitness Courses require a completed PAR-Q (Physical Activity Readiness Questionnaire) to be completed yearly (Sept 1 to Aug 31). Please ensure you are wearing supportive footwear (no open toes). There are two water fountains in the Centre however it is always better to bring a water bottle to class.