

55+ Programs Spring 2020

HST included on all pricing listed

Programs that do not have sufficient registration maybe cancelled & you will be notified.

Stretch 'n' Core

Instructor: Joanne

This gentle class offers weight bearing and resistance exercises that stretch and strengthen the whole body. Students will see improvements in their balance, build strong, lean muscles and improvement efficiency of movement and mobility.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Mon.	10:00 – 10:50 am	Mar. 30	June 15	12	\$98.31	\$122.86	11589

No class on May 18th

iPad for Seniors

Instructor: in partnership with WS Public Library

Students will learn how to properly use an iPad and learn about all its functions.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Mon.	10:00 – 11:30 am	April 20	May 25	8	\$90.40	\$114.95	11574

***No classes on May 18th**

Painting - Watercolour

Instructor: Hi-Sook

This course will focus on developing a solid foundation through basic techniques. With demonstrations and individual assistance, you will learn how to paint loose, transparent watercolours in an impressionistic style. Students are responsible for bringing their own supplies – supply list will be available.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Mon.	1:30 – 3:30 pm	Mar. 30	June 1	10	\$113.00	\$137.55	11577

***No classes on May 18th**

Pilates – Gentle Intro

Instructor: Debbie

Pilates is a gentle method of exercise that emphasizes proper postural alignment, core strength and muscle balance. Research shows it can help ease lower back pain, reduce body fat, improve flexibility, and even support mental well-being.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Mon.	7:00-8:00 pm	Mar 30	June 1	10	\$81.93	\$106.48	11588

***No classes on May 18th**

Yoga – Mat

Instructor: Wendy

All levels are welcome. This is a gentle class for those who can get up and down from the floor. Modifications are offered for each posture based on your level of yoga experience, mobility and flexibility.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Tues.	8:30-9:30 am	Mar. 31	June 16	12	\$98.31	\$122.86	11583

Yoga – Chair

Instructor: Wendy

All are welcomed and modifications are offered for every level of flexibility and mobility. All poses are adapted to the chair. The focus of this class is to improve balance and increase flexibility by bringing awareness to breath, lubricate all joints, tendons, ligaments and muscles.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Tue.	9:45 – 10:45 am	Mar. 31	June 16	12	\$98.31	\$122.86	11581

Line Dancing

Instructor: Cindy

Traditional Line Dancing, based on ballroom-style steps, is a gentle and fun way to exercise your body and mind, and make new friends! The music is lively and upbeat. This is not a beginner’s class.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Tues.	11:00 am - 12:30 pm	Mar. 31	June 9	10	\$84.75	\$109.30	11575

*No class on March 17th

Ballroom Dance

Instructor: Nenad

Students will become comfortable on the dance floor and will be taught all aspects of dancing that are critical for the beginners. During the classes, students will learn figures from the official bronze level syllabus of international ballroom dances. Students will understand the proper hold in dancing, body and foot position, footwork for the specific dance(s) and several figures that will help them to confidently dance around the floor in any type of dance setting.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Tues.	7:00 - 8:30 pm	Mar. 31	May 26	10	\$84.75	\$109.30	11572

Stretch ‘n’ Core

Instructor: Joanne

This gentle class offers weight bearing and resistance exercises that stretch and strengthen the whole body. Students will see improvements in their balance, build strong, lean muscles and improvement efficiency of movement and mobility.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Wed.	9:05 – 9:55 am	Apr. 1	June 17	12	\$98.31	\$122.86	11579

Tai Chi

Instructor: Ricky & Rosa

A graceful and healthy ancient Chinese form of exercise that combines relaxed, fluid movement with a calm and alert mental state. Tai Chi is a no-impact exercise and is ideal for all fitness levels.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Thurs.	9:30 – 10:30 am	Apr. 2	June 4	10	\$84.75	\$109.30	11580

Yoga – Chair

Instructor: Wendy

All are welcomed and modifications are offered for every level of flexibility and mobility. All poses are adapted to the chair. The focus of this class is to improve balance and increase flexibility by bringing awareness to breath, lubricate all joints, tendons, ligaments and muscles.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Thurs.	10:45 – 11:45 am	Apr. 2	June 18	12	\$98.31	\$122.86	11582

Gentle Fitness

Instructor: Outi

This class incorporates gentle aerobic movements to improve cardiovascular endurance and strengthening exercises with light weights or bands. It will help improve and maintain good flexibility and postural alignment.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Thurs.	1:00 – 1:50 pm	Apr. 2	June 18	12	\$98.31	\$122.86	11573

Osteo Fit

Instructor: Joanne

Join us for a low impact cardio class, which includes weight bearing and resistance conditioning exercises that will build bone mass and density. If you have been diagnosed with bone degeneration, this class can help you maintain and build bone mass.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Thurs.	11:50 – 12:45 pm	Apr. 2	June 18	12	\$98.31	\$122.86	11576

Country Line Dancing - New

Instructor: Nemad

Line dancing is all about fun and getting active! This class is designed for the beginner level participant. Each week basics steps will be introduced & practiced! No experience or partner is required, so come out and give it a try!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Thurs.	7:00-8:00 pm	Apr. 2	June 4	10	\$84.75	\$109.30	11587

Zumba

Instructor: Garlice

This Zumba class is specifically designed for older adults. If you would like to get some exercise in a fun class that keeps you moving, then this is the one for you! You don't need to know how to dance! Just move to the music. The instructor will gear the exercise pace to the participants' level.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Fri.	9:30 – 10:15am	Apr. 3	June 12	10	\$81.93	\$106.48	11586

*No classes on April 10th

Strength & Balance

Instructor: Jennifer

By participating in this exercise class, you will build strength through muscle conditioning exercises using light weights and bands. It incorporates exercises geared toward building better balance. This class is designed for the active 55+ participant

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Fri.	10:45 – 11:45 am	Apr. 3	June 26	12	\$98.31	\$122.86	11578

*No classes on April 10th

Workshop - Decluttering & Downsizing

How do you 'downsize' a life's worth of possessions? What can you do now to ensure you sell for the highest price possible? How do you decide where to move to? Learn from industry experts the essential steps you need to take when downsizing, relocating and improving your lifestyle to help make this next phase of your journey the most exciting and rewarding ever.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Fri.	1:30 - 3:30 pm	Mar. 6	Mar. 6	1	\$6.00	\$6.00	11590

Workshop - Executors Beware

Executors beware! The executor's role has changed drastically. Sweeping new legislation and risk of personal litigation has created the perfect storm. Learn from industry experts how to prepare yourself for the most difficult job you'll ever have!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Fri.	1:30 - 3:30 pm	May 1	May 1	1	\$6.00	\$6.00	11591

Yoga, Stretch & Flex

Instructor: Wendy

Are you looking to regain your flexibility or increase what you have? Work on slowly and gently stretching out your tendons, ligaments and muscles, lubricating your joints as well. Modifications will be offered. Leave the class feeling stretched and relaxed... a fabulous way to start the weekend!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON-Resident Fee	Barcode
Sat.	9:30 – 10:30 am	Apr. 4	June 13	10	\$81.93	\$106.48	11584

*No classes on April 11th