

Programs & Workshops – Fall 2021

Virtual Program – Yoga – Chair

Instructor: Wendy

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

Participants may want to use a yoga mat to put under their feet.

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Tues.	9:45 - 10:45 a.m.	Sept. 28 – Nov. 2	6	\$50.38	19648
Tues.	9:45 - 10:45 a.m.	Nov. 9 – Dec. 14	6	\$50.38	19649

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.

This class will run in person at 6240 Main.

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Wed.	9:45 - 10:30 a.m.	Sept. 29 – Nov. 3	6	\$50.38	19654
Wed.	9:45 - 10:30 a.m.	Nov. 10 – Dec. 15	6	\$50.38	19655

Ultra Beginner Line Dance - Outdoor

Instructor: Graham

Move to the music, step to the beat and learn the basics of line dancing with program instructor Graham Sparrow. Simple steps and great music!

Comfortable shoes is all you need.

Class will run outdoors at the Memorial Park Bandshell

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Wed.	6:15 – 7:15 p.m.	Sept. 22 – Oct. 13	4	\$33.58	19647

Line Dancing

Instructor: Cindy

Traditional line dancing, based on ballroom-style steps, is a gentle and fun way to exercise your body and your mind, and make new friends! The music is lively and upbeat. So much fun you don't realize you're exercising! Prior line dance experience is recommended for this class.

This class will run in person at 6240 Main

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Wed.	2:45 – 3:45 p.m.	Oct. 20 – Nov. 10	4	\$33.58	19658
Wed.	2:45 – 3:45 p.m.	Nov. 17 – Dec. 8	4	\$33.58	19659

Yoga - Mat

Instructor: Wendy

A gentle class for those who can get up and down from the floor. All are welcome - beginners through to intermediate. Modifications are offered for each posture, based on your level of yoga experience, mobility and flexibility. Starting with some breathing techniques, a gentle awakening of the joints to stretch and lubricate tendons, ligaments and muscle groups, balancing postures and movement through various postures. At the end of the class, enjoy some well-deserved relaxation.

Participants should bring a mat with them to each class.

This class will run in person at 6240 Main

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Thurs.	9:45 - 10:45 a.m.	Sept. 30 – Nov. 4	6	\$50.38	19656
Thurs.	9:45 - 10:45 a.m.	Nov. 11 – Dec. 16	6	\$50.38	19657

Historic Walk - Archaeology Alive! The Jean-Baptiste Lainé Site in Whitchurch-Stouffville Offered in partnership with the Whitchurch-Stouffville Museum & Community Centre.

The Jean-Baptiste Lainé Site (previously referred to as the Mantle Site) was home to a remarkable late 16th century ancestral Wendat community. Join the Whitchurch-Stouffville Museum for this guided tour of the archaeological site to discover why this site is considered one of the largest and most complex in Southern Ontario. Topics discussed will include what was uncovered, what it tells us about the Wendat who thrived here and more. **This tour will meet at (10:30 am) at 99 Reeves Way Boulevard (Wendat Village Public School) and will be 60 minutes in length.** Wear comfortable walking shoes.

All COVID-19 restrictions mandated by The Province of Ontario and York Region Public Health are in effect. Masks and screening upon arrival are required.

Day	Time	Date	# of Classes	Member Fee	NON-Member Fee	Barcode
Thurs.	10:30 – 11:30 a.m.	Oct.14	1	FREE	\$5.00	19653

Virtual Workshop - Financial Literacy **Presented by the Canadian Foundation for Economic Education**

Please join us for an informative virtual webinar to answer any questions you may have regarding your finances. Take part engaging in conversation with a representative from the *Canadian Foundation for Economic Education*, and other seniors in your community, to gain a better understanding of your financial issues and concerns.

The goal of the workshop is to help participants:

- learn how to set and reach financial goals
- adapt, plan for and manage retirement from a financial perspective
- learn how to continue saving in retirement
- plan and save for a second career
- cope with the loss of a partner or spouse
- make estate arrangements

The workshop will also address the financial challenges of living in a COVID-19 pandemic.

Day	Time	Date	# of Classes	Fee	Barcode
Fri.	1:30 – 3:00 p.m.	Oct. 15	1	FREE	17703

Virtual Workshop – Downsizing & Decluttering **HOW TO PLAN A STRESS-FREE AND PROFITABLE DOWNSIZE**

Thinking about downsizing, moving and selling your home can be overwhelming. But with the right tools and advice, you can begin to understand the process for downsizing a life's worth of possessions, how to decide what to keep and what to let go of and where to take your unwanted items.

Join Downsizing Expert and Realtor, Renee Procenko, as she paints a realistic picture of the marketplace and helps guide you through the process of decluttering and preparing your home for sale to achieve the maximum selling price.

Day	Time	Date	# of Classes	Fee	Barcode
Fri.	1:30 – 3:00 p.m.	Nov. 5	1	FREE	19650

Virtual Workshop – Estate Planning

We are experiencing the largest wealth transfer in the history of our country as Baby Boomers are aging. Estate planning is probably the most important legal exercise for all of us but there are many examples where it is not looked after, or it is looked after improperly. This is strange since the legal cost to generate proper Wills & Powers of Attorney is generally modest.

Steve Borlak & his son Jesse Borlak practice law in Stouffville & have offered to provide a 1-hour presentation that will deal in summary fashion with Wills, Powers of Attorney, & administration of Estates. They will also include some areas of change dictated by pandemic concerns. Join us for a very informative workshop on estate planning!

Day	Time	Date	# of Classes	Fee	Barcode
Fri.	1:30 – 2:30 p.m.	Nov. 12	1	FREE	19660

Virtual Workshop – Hearing Care

Helix Hearing Care Centre will be doing a brief virtual presentation which will focus on “Hearing the Best You Can”. Covering such topics as: hearing loss, how do we hear, hearing technology, hearing care in pandemic times as well as tele-hearing services that are currently available.

Day	Time	Date	# of Classes	Fee	Barcode
Fri.	1:30 – 2:15 p.m.	Dec. 3	1	FREE	19646

Online Registration – www.townofws.ca/Active

Begins August 24 at 6:00 p.m for residents; August 31 at 6:00 p.m for NON Residents

In Person Registration – [Leisure Center, 2 Park Drive, Stouffville](#)

Begins August 26th at 6:00 a.m. for residents; September 2nd at 6:00 a.m. for NON Residents

For assistance – leisure.services@townofws.ca or call 905-642-PLAY (7529)

Note Fees stated include HST