

Programs & Workshops - Winter 2022

Membership is NOT required to attend many programs that run at the 55+ Club. Membership discounts are available on many programs.

Preregistration is required for all programs.

Online Registration or Membership – www.townofws.ca/Active

- Begins at 6:00 p.m. November 30 for Residents / December 7 for NON-Residents

In Person Registration – Leisure Centre, 2 Park Drive, Stouffville

- Begins at 6:00 a.m. December 2 for Residents / December 7 at 6:00 p.m. for NON-Residents

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

Osteo Fit

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	Fee	Barcode
Mon.	11:30 a.m. – 12:15 p.m.	Jan. 3 – Feb. 7	6	\$51.00	22649
Mon.	11:30 a.m. – 12:15 p.m.	Feb. 14 – Mar. 21	5	\$42.50	22650

Yoga – Mat

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	Fee	Barcode
Tues.	8:30 – 9:30 a.m.	Jan. 4 – Feb. 8	6	\$51.00	22651
Tues.	8:30 – 9:30 a.m.	Feb. 15 – Mar. 22	6	\$51.00	22652

Yoga – Chair – Get Fit Where You Sit!

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	Fee	Barcode
Tues.	9:45 – 10:45 a.m.	Jan. 4 – Feb. 8	6	\$51.00	22653
Tues.	9:45 – 10:45 a.m.	Feb. 15 – Mar. 22	6	\$51.00	22654

Stretch ‘n’ Core

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	Fee	Barcode
Wed.	9:45 – 10:30 a.m.	Jan. 5 – Feb. 9	6	\$51.00	22655
Wed.	9:45 – 10:30 a.m.	Feb. 16 – Mar. 23	6	\$51.00	22656

Line Dancing

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.

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Wed.	2:45 - 3:45 p.m.	Jan. 5 – Feb. 9	6	\$51.00	22657
Wed.	2:45 - 3:45 p.m.	Feb. 16 – Mar. 23	6	\$51.00	22658

Tai Chi

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	Fee	Barcode
Thurs.	9:30 – 10:30 a.m.	Jan. 6 – Feb. 10	6	\$51.00	22659
Thurs.	9:30 – 10:30 a.m.	Feb. 17 – Mar. 24	6	\$51.00	22660

Bridge Practice

This program is suitable for those who already know how to play contract bridge, but just want to brush up on their bidding and playing skills and learn what is new in bridge.

Discount for 55+ Club Members – 50%, discount is applied at registration.

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Thurs.	10:00 – 11:30 a.m.	Jan. 6 – Feb. 10	6	\$30.00	22661

Zumba

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	Fee	Barcode
Fri.	9:45 – 10:30 a.m.	Jan. 7 – Feb. 11	6	\$51.00	22662
Fri.	9:45 – 10:30 a.m.	Feb. 18 – Mar. 25	6	\$51.00	22663

Workshop – DECLUTTER FOR GOOD
How to Shift Your Mindset and Remove Roadblocks to Downsizing

This workshop will help you identify and remove common pitfalls people encounter when attempting to downsize. Plus you'll get tips on how to navigate your transition to a smaller home with greater effectiveness and ease.

You will learn:

- How to imagine and create the best move of your life
- How to quickly sort through a lifetime of possessions
- How to get rid of your stuff for good with this easy 5-step process

This program is FREE for 55+ Club Members, discount is applied at registration.

Day	Time	Date	# of Classes	Fee	Barcode
Fri.	1:30 - 2:30 p.m.	January 28	1	\$5.00	22664

Workshop – Financial Literacy
Presented by the Canadian Foundation for Economic Education

Please join us for an informative session 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 others 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
Fr.	1:30 - 3:00 p.m.	Feb. 25	1	FREE	22666

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 - 2:30p.m.	March 25	1	FREE	22665

55+ Club Activities

55+ Club Memberships support many weekly activities and events at our club, located at 6240 Main Street. Many of your favourites are resuming. Preregistration is required for all activities and programs. **Membership is required for all activities listed below.** Membership and registration can be completed online [townofws/Active](http://townofws.ca/Active). Activities are FREE for members, contact 905-640-9992 for further details.

Billiards, Snooker & Table Tennis

Join us for “pool” or table tennis. A great chance to return to the club to socialize with previous acquaintances. Equipment is provided but you can bring your own if you wish. Cleaning protocols are followed for the safety of all. You can play “pool” or table tennis or both, sub groups will be set up to allow for rotation or matches.

Day	Time	Start Date / End Date	Fee	Barcode
Mon.	1:45 p.m. – 3:45 p.m.	Jan. 3	FREE	22671
Mon.	1:45 p.m. – 3:45 p.m	Jan. 10	FREE	22672
Mon.	1:45 p.m. – 3:45 p.m	Jan. 17	FREE	22673
Mon.	1:45 p.m. – 3:45 p.m	Jan. 24	FREE	22674

Duplicate Bridge!

Join us for duplicate bridge. Health and Safety Protocols will be applied to allow us to resume duplicate bridge.

Each player must register individually, regular partners will be paired together but both must register. Capacity will be gradually increased as we become familiar and comfortable with protocols

Day	Time	Date	Fee	Barcode
Tues.	1:00 - 3:00 p.m.	Jan. 4	FREE	22667
Tues.	1:00 - 3:00 p.m.	Jan. 11	FREE	22668
Tues.	1:00 - 3:00 p.m.	Jan. 18	FREE	22669
Tues.	1:00 - 3:00 p.m.	Jan. 25	FREE	22670

Canasta / Hand and Foot – It's back!

The fun returns on Tuesdays. Register individually, tables will be set up in our redesigned front room, allowing for distancing and smaller groups in each room.

Day	Time	Date	Fee	Barcode
Tues.	1:00 - 3:00 p.m.	Jan. 4	FREE	22675
Tues.	1:00 - 3:00 p.m.	Jan. 11	FREE	22676
Tues.	1:00 - 3:00 p.m.	Jan. 18	FREE	22677
Tues.	1:00 - 3:00 p.m.	Jan. 25	FREE	22678

Contract Bridge – It's back!

Join us for contract or kitchen bridge. Register individually. Meet new friends, sharpen your bridge skills and enjoy the FUN! We will start with smaller capacities and gradually add tables as we all become comfortable.

Day	Time	Date	Fee	Barcode
Wed.	1:00 - 3:00 p.m.	Jan. 5	FREE	22679
Wed.	1:00 - 3:00 p.m.	Jan. 12	FREE	22680
Wed.	1:00 - 3:00 p.m.	Jan. 19	FREE	22681
Wed.	1:00 - 3:00 p.m.	Jan. 26	FREE	22682

Art – Painting

Back for another session! Bring your own materials and supplies – create, socialize and share perspective. Tables will be socially distanced so that you will have plenty of space to work while still able to enjoy the work of others and share ideas. You work independently so no need to worry if you miss a week or start part way thru the session (space permitting), attendance will be taken weekly for the purpose of contract tracing.

Day	Time	Start Date / End Date	Fee	Barcode
Thurs.	1:00 – 3:30 p.m.	Jan. 6 – March 24	FREE	22683

Mah Jong – It’s back!

Join us for mah jong. Both Traditional and American Mah Jong will be available. Tables will be set up to allow distancing between each group.

Day	Time	Date	Fee	Barcode
Thurs.	1:00 - 3:00 p.m.	Jan. 6	FREE	22684
Thurs.	1:00 - 3:00 p.m.	Jan. 13	FREE	22685
Thurs.	1:00 - 3:00 p.m.	Jan. 20	FREE	22686
Thurs.	1:00 - 3:00 p.m.	Jan. 27	FREE	22687

Bid Euchre – New afternoon time slot

Join us for Bid Euchre. Health and Safety Protocols will be applied to allow us to resume this popular activity.

Capacity will be gradually increased as we become familiar and comfortable with protocols

Day	Time	Date	Fee	Barcode
Fri.	1:00 - 3:00 p.m.	Jan. 7	FREE	22688
Fri.	1:00 - 3:00 p.m.	Jan. 14	FREE	22689
Fri.	1:00 - 3:00 p.m.	Jan. 21	FREE	22690
Fri.	1:00 - 3:00 p.m.	Jan. 28	FREE	22691

Book Club

There’s nothing better than a good book to engage conversation and meet new friends. The title for January is Nineteen Minutes – the fourteenth novel by American author by Jodi Picoult. It was Picoult's first book to debut at #1 on the New York Times Best Seller list. This novel follows the unfolding of a school shooting, including the events leading up to the incident and the aftermath of the incident. Contact jen.mceachen@townofws.ca for further details on the book club.

Day	Time	Date	Fee	Barcode
Fri.	1:30-3:00 p.m.	Jan. 28	FREE	22692

Breakfast Out or Lunch Out

Come join us for a delicious meal out. Club members get together once a month for breakfast; and once a month for lunch, enjoying the comradery of members, supporting a local establishment.

Advance reservations are required, so sign-up is required. Email jen.mceachen@townofws.ca for January’s details! Meal is paid for at the restaurant.