

Programs & Workshops - Spring 2022

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

Online Registration or Membership – townofws.ca/Active

In Person Registration – Leisure Center, 2 Park Drive, Stouffville or at 6240 Main if payment is not required

For assistance – leisure.services@townofws.ca or call 905-642-PLAY (7529) or jen.mceachen@townofws.ca or 905-640-9992 ext. 7222

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.	Mar. 28 – May 2	6	\$51.00	23970
Mon.	11:30 a.m. – 12:15 p.m.	May 16 – Jun. 27	6	\$51.00	23971

- No class on Monday May 23rd due to the Victoria Day holiday!

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.	Mar. 29 – May 3	6	\$51.00	23981
Tues.	8:30 – 9:30 a.m.	May 17 – Jun. 21	6	\$51.00	23982

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.	Mar. 29 – May 3	6	\$51.00	23979
Tues.	9:45 – 10:45 a.m	May 17 – Jun. 21	6	\$51.00	23980

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.	10:00 – 10:45 a.m.	Mar. 30 – May 4	6	\$51.00	23972
Wed.	10:00 – 10:45 a.m.	May 18 – Jun. 22	6	\$51.00	23973

Tai Chi in the Park

Get your body moving in the warm wind and sunshine in this invigorating outdoor program. Eight basic movements are paired with breathing exercises to help the entire body and mind stay connected while following the instructor. Tai Chi is a no-impact exercise and is ideal for all fitness levels. Please note: start date is dependent on weather conditions!

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Wed.	11:00 a.m. – 12:00 p.m.	Apr. 27 – Jun. 1	6	\$51.00	23974

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.	Mar. 30 – May 4	6	\$51.00	24069
Wed.	2:45 - 3:45 p.m.	May 18 – Jun. 22	6	\$51.00	24070

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. **Members of 55+ Club receive a \$20 discount on this program. Join the Club; meet new players and friends. Annual membership is only \$21 for residents or \$26 for NON-Residents**

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Thurs.	10:00 a.m. – 11:30 a.m.	Mar. 31 – May 5	6	\$30.00	24072
Thurs.	10:00 a.m. – 11:30 a.m.	May 19 – Jun. 23	6	\$30.00	24073

Ultra Line Dance

Move to the music, step to the beat and learn the basics of line dancing. Simple steps and great music! Comfortable shoes is all you need.

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Fri.	9:15 – 10:15 a.m..	April 29 – Jun. 3	6	\$51.00	24071

Forever Fit

Cardio component enhances heart and lung function. Strength component improves balance, flexibility, bone density and coordination. Great for those that wish to improve and maintain health and wellness. Please remember to bring your own mat!

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Fri.	10:30 – 11:20 a.m..	April 29 – Jun. 3	6	\$51.00	23983

Workshops

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.	Rescheduled to Fall	1	FREE	

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
Fri.	1:30 - 3:00 p.m.	Apr. 29	1	FREE	22666

**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.	May 27	1	\$5.00	23976

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 back, more will resume as members return.

Membership is required for all activities listed below, activities are FREE for members, contact 905-640-9992 for further details.

Membership can be purchased online or at the Leisure Center, 2 Park Drive.
Residents - \$21.00 / NON Residents - \$26.00

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.

Mondays 1:45 – 3:45pm

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

Tuesdays 1:00 – 4:00 pm

Canasta / Hand and Foot

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

Tuesdays 1:00 – 4:00 pm

Contract Bridge

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.

Wednesdays 1:00 – 4:00 pm

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.	Mar. 31 – May 5	FREE	23985
Thurs.	1:00-3:30 p.m.	May 19 – June. 23	FREE	24074

Mah Jong

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.

Thursdays 1:00 – 4:00 pm

Bid Euchre

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

Fridays 1:00 – 4:00 pm

Book Club

There’s nothing better than a good book to engage conversation and meet new friends. The book club meets monthly. Contact jen.mceachen@townofws.ca for further details on the book club.

Day	Time	Book of the Month	Date	Fee	Barcode
Fri.	1:30-3:00 p.m.	Her Fearful Symmetry by Audrey Niffenegger	April 22	FREE	23969
		City of Girls by Elizabeth Gilbert	May 27		
		The Vanishing Half by Brit Bennett	June 24		

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 to sign up for the monthly outing!

Meal is paid for at the restaurant.