

Programs & Workshops - Summer 2022

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

Registration is required for all community & fitness 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)

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.	Jul. 4 – 25	4	\$34.00	<u>24824</u>
Mon.	11:30 a.m. – 12:15 p.m.	Aug. 8 - 29	4	\$34.00	<u>24825</u>

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.	Jul. 5 – 26	4	\$34.00	<u>24832</u>
Tues.	9:45 - 10:45 a.m.	Aug. 9 – 30	4	\$34.00	<u>24833</u>

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 - 10:35 a.m.	Jul. 6 – 27	4	\$34.00	<u>24826</u>
Wed.	9:45 - 10:35 a.m.	Aug. 10 - 31	4	\$34.00	<u>24827</u>

Ultra Line Dance at Memorial Park

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
Wed.	6:15 - 7:15 p.m.	July 6 - 27	4	\$34.00	<u>24821</u>
Wed.	6:15 - 7:15 p.m.	Aug. 10 - 31	4	\$34.00	<u>24822</u>

Bridge Practice

This program is suitable for those who already know the basics of **contract bridge**, but want to brush up on their bidding and playing skills and learn what is new in bridge. Program is open to non-members or members.

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Thurs.	10:00 - 11:30 a.m.	July 7 - 28	4	FREE	<u>24817</u>
Thurs.	10:00 - 11:30 a.m.	Aug. 11 – Sept. 1	4	FREE	<u>24818</u>

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	# of Classes	Fee	Barcode
Thurs.	1:00 – 3:30 p.m.	Jul. 7 - 28	4	FREE	<u>24811</u>
Thurs.	1:00-3:30 p.m.	Aug. 11 – Sept. 1	4	FREE	<u>24812</u>

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.	July 8 - 29	4	\$34.00	<u>24823</u>
Fri.	9:15-10:15 a.m.	Aug. 12 – Sept. 2	4	\$34.00	<u>24830</u>

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..	July 8 – July 29	4	\$34.00	<u>24819</u>
Fri.	10:30 - 11:20 a.m.	Aug. 12 – Sept. 2	4	\$34.00	<u>24820</u>

Workshops

Afternoon Tea Rightsizing Workshop - How to Maximize Profit When Downsizing

This workshop will help you identify and remove common pitfalls people encounter when attempting to downsize. 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
- quickly sort through a lifetime of possessions
- get rid of your stuff for good with this easy, 5-step process

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Fri.	1:30-2:30 p.m.	July 22 nd	1	FREE	<u>24831</u>

What is the difference between Alzheimer’s Disease and Dementia?

Dementia is an umbrella term that covers a wide range of cognitive conditions. Come learn about the most common types of dementia that are being diagnosed.

Advice will be given about how to have a healthy brain as well as outlining key warning signs and symptoms of Alzheimer's Disease. Recommendations will be highlighted on ways we can keep our brain healthy, as well as lowering our risk of developing Dementia.

Day	Time	Start Date / End Date	# of Classes	Fee	Barcode
Fri.	1:30-2:30 p.m. Q & A – 2:30-3:00 p.m.	August 26	1	FREE	<u>24901</u>

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.	Nineteen Minutes by Jodi Picoult	Jul. 22	FREE	24813
Fri.	1:30 - 3:00 p.m.	Mrs. Queen Takes the Train by William Kuhn	Aug. 26	FREE	24814

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 Jen McEachen – Recreation Programmer for Older Adults by email – jen.mceachen@townofws.ca or phone at 905-640-1900 extension 5332 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 – 3:45 p.m.

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 p.m.

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 p.m.

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 p.m.

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.

Thursday 1:00-4:00 p.m.

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 p.m.

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. Meal is paid for at the restaurant.

Email jen.meachen@townofws.ca to sign up for the monthly outing!