

# PROGRAM SCHEDULE

Schedule runs September 5 - December 22, 2017

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

## MONDAY

**Smart Fit II**  
Gym B  
9am - 9:45am

**Yoga Flow**  
Multipurpose  
10am - 11am

**Cardio Combo**  
Gym B  
10:30am - 11:15am

**Active Bodies**  
Gym B  
11:30am - 12:15pm

**Table Tennis**  
Gym A  
1pm - 3pm

**Yoga 55+**  
Multipurpose  
1pm - 2pm

**Bridge**  
Market Building  
1pm - 4pm

**Men's Group Training**  
Gym B  
1:30 - 2:15pm

## TUESDAY

**Pickleball**  
Gym A/B  
9am - 11am

**Wood Carving**  
Seniors Room  
9:30am - 12pm

**Line Dancing**  
Multipurpose  
9:30 - 10:30am

**Body Tone**  
Gym B  
11:15am - 12pm

**Carpet Bowling**  
Multipurpose  
1pm - 3:30pm

**Camera Club\***  
Market Building  
7pm - 10pm

## WEDNESDAY

**Quilting**  
HTM Room  
9am - 3pm

**Yoga Level II**  
Multipurpose  
9:15am - 10:15am

**Fun & Fit**  
Gym B  
9:30am - 10:15am

**Ladies Friendship Group**  
Seniors' Room  
9:30am - 11am

**Let's Get Physical**  
Gym B  
10:30am - 11:15pm

**Yoga 55+**  
Multipurpose  
10:30am - 11:30am

**Core and Stretch**  
Gym B  
11:30am - 12:15pm

**Pickleball**  
Gym A/B  
1pm - 3pm

**Scrabble**  
Seniors' Room  
2pm - 4pm

**Partner Bridge**  
Market Building  
1pm - 4pm

## THURSDAY

**Men's Yogafit 55+**  
Multipurpose  
9am - 10am

**Walking Intervals**  
Walking Track  
9:30am - 10:15am

**Tai Chi - Beginner**  
Multipurpose  
9:30am - 10:30am

**Table Tennis**  
Gym A  
9:30am - 11:30am

**Rug Hooking**  
Seniors Room  
9:30am - 12pm

**Pilates 55+**  
Multipurpose  
10:30am - 11:15am

**Zumba 55+**  
Gym B  
10:30-11:15am

**55+ Group Training**  
Gym B  
11:30am - 12:15pm

**Pickleball - Int/Adv**  
Gym A  
1pm - 3pm

**Carpet Bowling**  
Multipurpose  
1pm - 3:30pm

## FRIDAY

**Tai Chi - Int/Adv**  
Market Building  
9am - 10am

**Smart Fit I**  
Gym B  
9am - 9:45am

**Table Tennis**  
Multipurpose  
9:30am - 11:30am

**Cardio Mix**  
Gym B  
9:45am - 10:30am

**Yoga 55+**  
Multipurpose  
10:45am - 11:45am

**Euchre**  
Market Building  
1pm - 4pm

\* Camera Club operates the first and third Tuesday of every month

## CENTRE CLOSURES

The Cobourg Seniors' Activity Centre will be closed:  
Labour Day Sept. 4 • Thanksgiving Oct. 9  
Christmas/Boxing Day December 24-26

## REMINDER

Please make sure you have proper running shoes when participating in these programs as sandals, dress shoes, boots are not acceptable and you will not be permitted to take part in the program.



# REGISTERED PROGRAMS

MINIMUM AND MAXIMUM NUMBERS HAVE BEEN SET.

**YOGA 55+** One of our most popular programs yoga is a form of exercise that adapts your needs and abilities that it can be done by persons of all ages. Yoga makes your body fitter, the mind calmer and more relaxed. This is for all fitness levels and is taught by a certified teacher.

*Monday Afternoons 1-2pm*

**September 11 - December 4** \*No class October 9

*Wednesday Mornings 10:30- 11:30am*

**September 13 - November 29**

*Friday Mornings 10:45-11:45am*

**September 15 - December 1**

**COST \$65 +HST 12wk session**

**YOGA 55+ LEVEL II** Taking our Yoga 55+ to the next level those that feel they need a little extra are encouraged to try this program.

*Wednesday Mornings 9:15-10:15am*

**September 13 - November 29**

**COST \$65 +HST 12wk session**

## NEW! - FLOW YOGA

A Level 2 upbeat yoga class where one posture flows into the next. Build your strength and stamina, increase cardiovascular strength while improving your balance and flexibility. We will start slowly and progress over 12 weeks. Recommended for students that are comfortable getting up and down from the floor.

*Monday Mornings 10 -11am*

**September 11- December 4** \*No class on October 9

**COST \$65 + HST 12wk session**

**PILATES 55+** Pilates is a mat based, full body, muscle conditioning class. The exercises are designed to improve core physical strength, mobility, and help you become aware of your posture. You will leave each class feeling accomplished, yet relaxed and ready to tackle the world!

*Thursday mornings 10:30 -11:15am*

**September 14 - November 30**

**COST \$65 +HST 12wk session**

**55+ GROUP TRAINING** This program is for anyone that is searching for a semi-private forum to learn proper weight lifting techniques. The format of the class varies from week to week, but it will get your heart pumping, your muscles engaged, and leave you feeling fantastic! This class will be limited to 6 participants per session.

*Thursday Mornings 11:30-12:15 pm*

**September 14 - October 19 (Session 1)**

**October 26 - November 30 (Session 2)**

**COST \$ 60+ HST 6wk session**

**MEN'S YOGAFIT 55+** Improve balance, flexibility, core and muscle strength. Manage chronic pain and stress with relaxation techniques to help you cope with the daily stresses and demands of your life. No previous yoga experience required all fitness levels welcome.

*Thursday mornings 9:00-10:00am*

**September 14 - November 30**

**COST: \$65+ HST for a 12wk session**

**MEN'S ONLY GROUP TRAINING** This program is for anyone that is searching for a semi-private forum to learn proper weight lifting techniques. The format of the class varies from week to week, but it will get your heart pumping, your muscles engaged, and leave you feeling fantastic! This class will be limited to 6 participants per session.

*Monday Afternoons 1:30-2:15 pm*

**September 11 - October 23** \*No class October 9

**COST \$60+ HST 6wk session**

# AROMATHERAPY WORKSHOPS

ALL WORKSHOPS IN BEA'S PLACE \*Up to 15 participants in each workshop\*

## INTRO TO AROMATHERAPY

Four week registered program that will go over the basics of aromatherapy in the following areas: around the house, in relaxation, for skin care and pain management. In this course you will also take away your own blends to continue your aromatherapy voyage. This workshop will be taught by a certified aromatherapist. All materials will be supplied for this course.

**Thursday Afternoons September 14 - October 5 • 1 - 3pm** **COST \$50 +HST • 4wk session**

## WINTER SKIN CARE

This ONE DAY workshop will expand your knowledge from into to aromatherapy to keep your skin looking fresh all winter. You will get to take home a three piece skin care kit. All materials will be supplied for this course.

**Thursday October 19 • 1 - 3pm** **COST \$35 +HST**

## HOLIDAY BATH BOMBS

Join us for this ONE DAY bath bomb making workshop just in time for the holiday! You will take home TWO bath bombs that will be excellent stocking stuffers and ALL materials will be supplied for this course.

**Thursday November 23 • 1 - 3pm** **COST \$35 +HST**

# FITNESS PROGRAMS

**ACTIVE BODIES** The focus of this class is resistance training, along with some balance training. The goal is proper technique and increased body awareness, so your activities of daily living are more enjoyable. Mats and weights help achieve this goal.

**BODY TONE** Workout to the tunes of the 60s, 70s and 80s in this fun and interactive class which includes weights for muscle conditioning and some light movement to increase heart rate. Stretching and balancing exercises finish off the class.

**CARDIO COMBO** Take your cardio to the next level with optional high intensity cardiovascular segments interspersed with aerobic recovery periods. This class is best suited for the active adult who wants a fun and energizing workout!

**CARDIO MIX** This easy-to-follow cardio class improves cardiovascular endurance and balance while moving around the gym and having fun. Weights build muscle strength and stretching improves flexibility.

**FUN & FIT 55+** This class focuses on resistance training to strengthen your body in various movement patterns which will help to make your daily activities more enjoyable. Chairs and dumb bells are used as a tool to accomplish the desired outcome. This class is suitable for anyone wanting to become stronger and more aware of their body.

**LET'S GET PHYSICAL** This is a low impact, choreographed, aerobic style class to get your heart pumping and to have some fun while doing it! Exercise to the beat of the music at your own pace and intensity level. This class is suited for all fitness levels.

## SPA DAY WORKSHOP

With the holidays fast approaching life can get very busy! Take a day to unwind and enjoy a fitness class, create your own soothing aromatherapy blend, experience guided meditation, colouring for relaxation, and learn tips to manage stress. All materials and lunch will be included in the cost.

**Tuesday November 7, 10am - 3pm**

COST \$65 + HST

**WALKING INTERVALS** This class boasts intervals of cardiovascular activity using the walking track and pairs it with strength training using various forms of equipment for an all in one workout. Alternating between cardio and resistance training is the perfect combination if you are in a time crunch! This class is suitable for all fitness levels.

**CORE AND STRETCH** This is a mat-based class which combines core strengthening exercises with stretching. The first segment of class utilizes your own body weight to strengthen core muscles from your shoulders on down! The last part of class is dedicated to lengthening and relaxing your muscles. This class is suitable for all fitness levels.

**SMART FIT I** A chair based workout using exercise bands to improve muscle strength and flexibility. Cognition and memory exercises sharpen the mind. Safe for post-rehab, chronic pain, diabetes, arthritis, early Parkinson's, and if you are just starting out or getting back into exercise.

**SMART FIT II** Building on Level I, this standing class incorporates muscle conditioning, balance and motor coordination with safe movements. Improve your peripheral vision and reflexes with fun and challenging exercises.

**TAI CHI** This ancient Chinese exercise consists of slow flowing movements, which promote relaxation and improves balance and coordination.

**ZUMBA 55+** Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

All drop-in programs cost \$1

## UPCOMING EVENTS

August 23 • 12-2pm  
**CORN ROAST & MEMBERSHIP RENEWAL**  
Our biggest event of the year! Join us for a FREE lunch with your membership or renewal of your membership!

September 29 • 1-3 pm  
**HIGH TEA**  
Join us for a LIGHT lunch at our fall tea. Tickets will be available starting August 23rd for \$6. This event always sells out so make sure to get your ticket early!

October 13 • 10-4pm  
**ACTIVE LIVING FAIR**  
Over 35 vendors will be on display for all your information needs.

October 27 • 12-2pm  
**FALL POTLUCK**  
Bring your favourite dish and join us for lunch! Sign up sheet will be available mid-September in the seniors room.

November 8 • 2-3pm  
**FASHION SHOW**  
Presented with Alia N Tan Jay from Northumberland come out and see the latest fashions for fall/winter.

### ANNUAL MEMBERSHIP

**\$25 + HST**

(\$28.25) as of August 1, 2017

### SENIORS' PROGRAM COORDINATOR

Krista Williams  
kwilliams@cobourg.ca  
905-372-7371

### OFFICE HOURS

Monday - Friday  
8am-4pm

# ART PROGRAMS

ALL ART CLASSES IN THE SENIORS' ROOM • 6 WEEK COURSES

\*Minimum and maximum numbers have been set\*

## PAINTING FOR ABSOLUTE BEGINNERS

From colour mixing to which brush is for what, we will show you how to get paint on the page. We will explore watercolours and acrylic paints as well as different types of tools and processes. All materials will be supplied for this course.

**Friday Afternoons, October 27 - December 1 • 1 - 3pm** COST \$60 +HST • Instructor: Rod Bergeron

## DRAWING FOR ABSOLUTE BEGINNERS

We will cover all the basics, from how to draw lines to shading and everything in between. This course is designed to get the beginner started, or as a refresher course for those who previously drawn and want to get back into it. All materials will be supplied for this course.

**Friday Afternoons, September 15 - October 20 • 1 - 3pm** COST \$60 +HST • Instructor: Rod Bergeron

## PAINTING 101

This course will cover all of the foundations of drawing and will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value. This is a course for anyone with a basic knowledge of painting and just wants to improve. You will be encouraged to take risk and try new things. You will be required to have the basic materials; water colour and/or acrylic paints, paper and brushes.

**Friday Mornings, September 15 - October 20 • 9:30am - 12:30pm** COST \$60 +HST • Instructor: Rod Bergeron

## DRAWING 101

This course will cover all the foundations of drawing and will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value. This is a course for anyone with basic knowledge of drawing or who wish to expand their skill base. You will be encouraged to take risk and make marks in new and exciting ways. You will be required to have basic materials; sketch pad and drawing instruments of your choice.

**Friday mornings, October 27 - December 1 • 9:30am - 12:30pm** COST \$60 +HST • Instructor: Rod Bergeron

## OUTDOOR DRAWING & PAINTING

This course is designed to give you an experience with your art in the natural elements. We will cover drawing, painting and mixing media. Each week we will meet at new and interesting locations within Cobourg. A materials supply list and map will be provided to each participant. If weather does not permit us to work outside we will return to the Cobourg Community Centre.

**Wednesday Mornings, September 13 - November 1 • 9:30am - 12:30pm** COST \$60 + HST • Instructor: Rod Bergeron

## WINTER WATERCOLOUR SCENE

This session will be focusing on painting winter scenes in watercolour. While we will be mainly concentrating on how to develop a realistic snowscape we will also look at the effect that various shades of colour has on the finished painting. Although the work we complete will be frameable pieces of art we will examine the ways we can transfer these completed paintings to personalized greeting cards. There will be a selection of winter photos to choose from, however if participants have a favorite personal photo please bring it with you. Basic painting techniques will not be covered, however relatively new painters should be able to follow the course. Students will require the following materials: Selection of watercolour brushes from a 00 to 5 watercolour paints, Watercolour paper, at least 140 lb, backboard to attach paper and masking tape, paint palette and water containers, sketching pencil, ruler and eraser, paper towels. \*No class October 9.

**Monday Afternoons, September 11 - October 23 • 1-3 pm** COST \$25+HST • Instructor: Dianne Hawryszko

## INTERMEDIATE PAINTING

This course will take your painting skills to a new level. Throughout this course we will explore different painting styles and techniques. Each artist will develop technical and conceptual skills throughout each session. This course would be appropriate for an artist with at least two or three years of painting experience or someone who has taken Painting for Absolute Beginners and at least two sessions of Painting 101. This is **not** a beginner's course. \*No class October 9.

**Monday Mornings, September 11 - October 23 • 9:30am - 12:30pm** COST \$65 +HST • Instructor: Rod Bergeron

## INTERMEDIATE DRAWING

Drawing is considered to be the foundation of all art. A mastery of drawing will enhance the skills of any artist. Each week we will focus on a different technical skill. Each artist will develop technical and conceptual skills throughout each session. This course would be appropriate for an artist with at least two or three years of drawing experience or someone who has taken Drawing for Absolute Beginners and at least two sessions of Drawing 101. This is **not** a beginner's course.

**Monday Mornings, October 30 - December 4 • 9:30am - 12:30pm** COST \$65 +HST • Instructor: Rod Bergeron

## NEW! SCULPTURE FOR ABSOLUTE BEGINNERS

Creating a three dimensional object from a lump of clay is a fascinating process. In this course we will explore several sculptural media such as clay, Plaster-of-Paris and others. Participants will learn hand building and carving. We will discover different tools and all of their uses. Finally we will explore techniques for finishing and painting. Students will create several finished projects.

**Monday Afternoons, October 30 - December 4 • 1-3 pm** COST \$60 +HST • Instructor: Rod Bergeron