

PROGRAM SCHEDULE

Schedule runs April 3 - June 30, 2017

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smart Fit II Gym B 9am - 9:45am	Pickleball Gym A/B 9am - 11am	Quilting HTM Room 9am - 3pm	Men's Yogafit 55+ Multipurpose 9am - 10am	Tai Chi - Int/Adv Market Building 9am - 10am
Yoga Level II Multipurpose 10am - 11am	Wood Carving Seniors Room 9:30am - 12pm	Yoga Level II Multipurpose 9:15am - 10:15am	Muscle Mix Walking Track 9:30am - 10:15am	Table Tennis Multipurpose 9:30am - 11:30am
Cardio Combo Gym B 10:30am - 11:15am	Line Dancing Multipurpose 9:30 - 10:30am	Fun & Fit Gym A 9:30am - 10:15am	Tai Chi - Beginner Multipurpose 9:30am - 10:30am	Smart Fit Gym B 9am - 9:45am
Active Bodies Gym B 11:30am - 12:15pm	Body Tone Gym B 11:15am - 12pm	Ladies Friendship Group Seniors' Room 9:30am - 11am	Table Tennis Gym A 9:30am - 11:30am	Cardio Mix Gym B 9:45am - 10:30am
Table Tennis Gym A 1pm - 3pm	Carpet Bowling Multipurpose 1pm - 3:30pm	Let's Get Physical Gym B 10:30am - 11:15pm	Rug Hooking Seniors Room 9:30am - 12pm	Yoga 55+ Multipurpose 10:45am - 11:45am
Social Painting Seniors Room 1pm - 3:30pm	Camera Club* Market Building 7pm - 10pm	Yoga 55+ Multipurpose 10:30am - 11:30am	Pilates 55+ Multipurpose 10:15am - 11am	Euchre Market Building 1pm - 4pm
Bridge Market Building 1pm - 4pm		Stretch it Out! Gym B 11:30am - 12:15pm	Zumba 55+ Gym B 10:30-11:15am	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.
Men's Group Training Gym B 1:30 - 2:15pm		Pickleball Gym A/B 1pm - 3pm	55+ Group Training Gym B 11:30am - 12:15pm	
		Scrabble Seniors' Room 2pm - 4pm	Pickleball - Int/Adv Gym A 1pm - 3pm	
		Partner Bridge Market Building 1pm - 4pm	Shuffleboard Multipurpose 1pm - 3:30pm	

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

CENTRE CLOSURES

The Cobourg Seniors' Activity Centre will be closed:
 Good Friday April 14 • Easter Monday April 17
 Victoria Day May 22 • Canada Day June 30



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 to 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.

Wednesday mornings 10:30- 11:30am

April 12 - June 28

Friday mornings 10:45- 11:45am

April 7 - July 7 *No class April 14 & June 30

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.

Monday mornings 10:00 -11:00am

April 10 - July 3

NEW *Wednesday mornings 9:15-10:15am*

April 12 - June 28

COST \$65 +HST 12wk session

PILATES 55+ Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. This class is taught by a certified teacher.

Thursday mornings 10:15 -11:00am

April 13 - June 29

COST \$65 +HST 12wk 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

April 13 - June 29

COST: \$65+ HST for a twelve week session

NEW! 55+ GROUP TRAINING

Join us for a 6 week personalized fitness program. You will have semi-private instruction covering proper resistance training techniques and weight loss management. This class will be limited to 5 participants per session.

Thursday mornings 11:30am - 12:15pm

April 13-May 18 (session 1) or May 25-June 29 (session 2)

COST: \$60+ HST for a **six** week session

NEW! MEN'S ONLY GROUP TRAINING

Join us for a 6 week personalized fitness program geared specifically for the 55+ men. You will have semi-private instruction covering proper resistance training techniques and weight loss management.

Monday afternoons 1:30pm to 2:15pm

April 10 - May 15

COST: \$60 + HST for a **six** week session. Space limited to 5.

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.

All drop-in programs cost \$1

AROMATHERAPY WORKSHOP

ALL WORKSHOPS IN THE SENIORS' ROOM • 4-WEEK WORKSHOPS

Up to 15 participants in each workshop

NEW! Four week registered program that will go over the basics 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.

Thursday Afternoons May 4 - 25 • 1 - 2pm **COST** \$30 +HST

COMPUTER CLASSES

INTRO TO IPAD 101

A great introductory course for the novice user. In this two week course we will cover setting up your iPad, email, Siri, creating photo albums, iCloud backup, Notes, Reminders, Safari settings, Apple TV, Camera and others.

Tuesday, May 23 & May 30 • 10am - 12pm **COST** \$25 +HST • 2-week course

INTERMEDIATE IPAD 201

Pr-requisite is iPad 101. In this two week course we will cover navigating and exploring and downloading apps for seniors, Microphone, fun with BLOGS and Forums and Podcasts.

Monday, June 5 & 12 • 10am - 12pm **COST** \$25 +HST • 2-week course

FITNESS PROGRAMS

ACTIVE BODIES Resistance and balance training using body bars, dumbbells or toners, with occasional cardio segments.

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.

NEW! CARDIO COMBO Take your cardio to the next level! A 45 minute cardio class that will include a low to high impact cardio workout. Format will vary week to week but be ready for a fun and energizing class each time!

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+ Resistance training using dumbbells with instruction on proper weight lifting form. Occasional use of chairs as an aid for balance or exercise.

LET'S GET PHYSICAL A 45min low impact, choreographed aerobics class to maintain elevated heart rate. Balance training typically incorporated into each class.

MUSCLE MIX Interval training using the walking track for cardio and balance conditioning. Various equipment used, such as dumbbells, body bars, toners and balls.

STRETCH IT OUT! Mat-based class with core training done using your own body weight with a full body stretch for the last half of class.

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.

55+ FITNESS CLINICS

Are you a new member, or would you like personal support for your health and fitness goals? Join one of our 60 minute small group fitness clinics and receive a Personal Fitness Plan to get you on the right track!

Tuesday April 4 OR Wednesday April 19 • 1-2pm

COST \$10 +HST

55+ YOGA WORKSHOP

Join us as at this ONE DAY workshop as we explore a variety of yoga postures for the mature body, within a small group setting. Learn how to use props to make postures more comfortable, safe and accessible. Discover how to correct your alignment and deepen your practice. A healthy vegetarian lunch will be served. Please wear comfortable clothing and bring two blankets or large towels.

April 7, May 5 or June 2 • 10am-3pm

COST: \$53.10+ HST Space limited to 10

UPCOMING EVENTS

April 7 12:30-2pm

EASTER POTLUCK

Come and celebrate spring with us! Sign up in the seniors' room for this event starting in March.

June 23 12-2 pm

STRAWBERRY SOCIAL

Join us for an afternoon of strawberries and friends! A LIGHT lunch will be served as well as coffee, tea and a seasonal juice!

Tickets will be on sale May 8th for \$5 at the main reception desk or at the seniors' reception desk. There will only be a limited amount of tickets so make sure to pick yours up early!

June 10 & 11

55+ RANKED

PICKLEBALL TOURNAMENT

3rd annual 55+ pickleball tournament that will attract participants from across Ontario! Come out and see some fantastic pickleball this weekend!

ART PROGRAMS

ALL ART CLASSES IN THE SENIORS' ROOM • 6 WEEK COURSES *Minimum and maximum numbers have been set*

EXERCISE ON HOW PAINTING SURFACE EFFECTS THE OUTCOME OF WATER COLOUR

This class will concentrate on the interaction of watercolour on a variety of surfaces. We will be painting on some more traditional surfaces as well as those that are not specifically intended for watercolour. They will include, but may not be limited to, yupo paper, glossy photo paper, acrylic paper and very fine hot pressed paper. As it is expensive for the student to purchase all of these papers, most especially the yupo paper, a sample of each paper will be available for a small charge, quite likely around \$3 for the pack. (*This will be paid to the instructor directly*). The student should come prepared with a good variety of watercolour paints a brushes ranging from a good size water application brush to some small detail brushes. Also the usual material, which would include a panel board to attach the paper to, masking tape, artist eraser, graphite pencil, ruler, graphite paper, a palette, water containers, and paper towels. In addition, as some of these applications will be unconventional, they should also bring either straws or canned air and alcohol.

Monday Afternoons May 29 - July 3 • 1 - 3pm COST \$20 +HST • Instructor: Dianne Hawrysko *Registration limited to 16.

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, June 2 - July 14 • 1 - 3pm COST \$60 +HST • Instructor: Rod Bergeron *No class June 30

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, April 21 - May 26 • 9:30am - 12:30pm 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, April 21 - May 26 • 1 - 3pm 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, June 2 - July 14 • 9:30am - 12:30pm COST \$60 +HST • Instructor: Rod Bergeron *No class June 30

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, April 5-May 10, 2017 (Session 1) May 17-June 21 (Session 2) • 10am - 12pm

COST \$50 + HST • Instructor: Rod Bergeron

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.

May 29 - July 3 • 9:30am - 12:30pm COST \$60 +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, April 10 - May 15 • 9:30am - 12:30pm COST \$60 +HST • Instructor: Rod Bergeron