

Cobourg Community Centre

55+ Seniors Centre

Our 55+ Seniors Activity Centre offers something for everyone.



750 D'Arcy Street Cobourg, ON



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@Cobourg_CCC

Ontario 

55+ Seniors Centre Program Schedule

April 1 - June 28, 2024

Registered Programs

You must register online or by calling reception

Ontario 

Monday

Tuesday

Wednesday

Thursday

Friday

Pickleball Adv
9-10:45am
Gym A

Wood Carving
9:00-12:00pm
Seniors Room

Cardio & Core
8:45-9:15am
Gym B

Pickleball Adv
9-10:45am
Gym A

Active Fit
9:30-10:00am
Gym B

Active Fit
9:00-9:30am
Gym B

Zumba
9:30-10:15am
Gym B

Pickleball Adv
9-10:45am
Gym A

Circuit
9:30-10:15am
Gym B

Zumba
10:15-11:00am
Gym B

Friendship Group
9:30-11:30am
Seniors Room

Line Dancing
10:00-11:00am
Cameco

Quilting
9:00-3:00pm
HTM Room

Core & Stretch
10:30-11:15am
Gym B

Euchre
1:00-4:00pm
Seniors Room

Move it Monday
9:45-10:30am
Gym B

Core & Stretch
10:30-11:15am
Gym B

Muscle Hustle
9:30-10:15am
Gym B

Pickleball Int
11:30-1:15pm
Gym A+B

Muscle Hustle
10:45-11:30am
Gym B

Pickleball Int
11:30-1:15pm
Gym A+B

Sweat, Step, Stretch
10:30-11:15am
Gym B

Carpet Bowling
1:00-4:00pm
Cameco

Membership fees
increase on May
1st

Pickleball Beg
11:45-1:30pm
Gym A+B

Carpet Bowling
1:00-4:00pm
Cameco

Pickleball Int
11:30-1:15pm
Gym A+B

Table Tennis
2:00-4:00pm
Gym B

Pickleball Int
1:45-3:30pm
Gym A+B

Bridge
1:00-4:00pm
Seniors Room

Pickleball Beg
1:45-3:30pm
Gym A+B

Bridge
1:00-4:00pm
Seniors Room

Table Tennis
2:00-4:00pm
Gym B

Partner Bridge
1:00-4:00pm
Seniors Room

***Camera Club** runs the first and third Thursday of every month, 9:30-12:00pm.

***Book Club** runs the first Wednesday of every month at 10:30am (April 3, May 1, June 5)

Square Dancing
2:30-3:30pm
Cameco B+C

Bid Euchre
2:00-4:00pm
Cameco A

Coffee & Tea Time



Coffee & Tea Time is offered every Thursday from 1:00-3:00pm in the Seniors Room. Come chat and get to know the other members and new members of the 55+ Seniors Centre! No pre-registration required.



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Program Descriptions

Schedule running April 1 - June 28, 2024

Legend



Registered Programs



Uninstructed Program

Book Club

A social group that meets once a month to discuss their current group book over some coffee, tea and treats. Runs the first Wednesday or every month at 10:30am.

Card Games

Each of the card game times are uninstructed.

- Bridge
- Partner Bridge
- Euchre
- Bid Euchre

Carpet Bowling

A form of bowling played indoors on a strip of carpet, at the centre of which lies an obstacle round which the bowl has to pass.

Camera Club

A social group designed to target photography lovers. Runs the first and third Thursday of every month at 9:30-11:30am.

Line Dancing

Enjoy music and movement with this line dancing class. Using a variety of music styles that will form a line dance. Stay after for more social time and enjoy a coffee.

Friendship Group

An uninstructed social group that meets weekly for social interaction.

Pickleball

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net.

Quilting

An uninstructed social group that meets weekly for quilting.

Square Dancing

Enjoy some dancing in groups of 4 with structured moves and callouts with a variety of music.

Table Tennis

Table tennis, also known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets.

Wood Carving

An uninstructed social group that meets weekly for wood carving.



Fitness Program Descriptions

Schedule running April 1 - June 28, 2024

Legend



Registered Programs



Uninstructed Program

Active Fit

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.

Cardio & Core

Using cardio exercises to raise our heart rate into a zone of burning the most fat & calories. Core exercise will build strength, stability, and endurance in each part of the core area including abs, glutes, & back. Everything will improve balance posture, & stability while toning your heart & core.

Core & Stretch

This fun and interactive class includes weights for muscle conditioning and low impact cardio to gradually increase your heart rate. Stretching and balancing exercises finish off the class.

Move it Mondays

A cardio based program that will get you moving and start your week off right! This class includes some light weight training and stretching. A great beginner program that allows for simple changes to modify the intensity of the exercises based on your skill levels.

Muscle Hustle

Low impact, high intensity! Weight class will work your body, with weight training that is adjustable based on your personal levels. Focusing on different muscle groups each class, this program will have you working muscles you didn't know you had and making you stronger as you go!

Sweat, Step, Stretch

This class will get you moving! A low impact, choreographed, aerobic style class with some great music to get you moving! You're sure to be working hard the whole class, working different muscle groups, keeping that heart rate up and then cooling down with a great stretch and core workout at the end.

Circuit

Take your workout to the next level with this fun and energizing cardio training class! Stations will be set up with a variety of moves that are sure to get your heart pumping and muscles moving. You won't get bored with this class, stations are quick, effective and all allow for modifications, if you need them!

Zumba

Get a sweat on while having fun! This class is a big dance party that incorporates aerobic exercises to work on your cardio. This is a fun and high energy workout experience with easy to follow steps that will leave you with a smile on your face and some new dance moves.



When participating in our fitness programs it is important to dress appropriately for all classes which include proper footwear. Please make sure you have proper running shoes when participating in these programs. Sandals, dress shoes, boots and bare feet are not acceptable and you will not be permitted to take part in the program.

Specialty Programs

Schedule running April 1 - June 28, 2024



***Must hold a Seniors Membership to register for specialty programs.**

Yoga

Improve balance, flexibility, core & muscle strength. Manage stress with relaxation techniques to help you cope with the daily demands of your life.

- 6 week program, \$48 + hst.
- Wednesdays 12pm, April 24 - June 5.
- Registration open.

Chair Yoga

All the benefits of yoga but from a seated position. This class allows you to modify yoga poses based on your health and mobility.

- 6 week program, \$48 + hst.
- Wednesdays 1pm, April 24 - June 5.
- Registration open.

Outdoor Drawing & Painting

Outdoor drawing and painting, also called en plein air, is a French term for outdoors. Creating art outdoors allows you to be immersed in the landscape you are trying to capture with paint and paper. Participants will be introduced to plein air painting and drawing techniques and gain an understanding for creating art outdoors. Each week we will visit different locations in this area. This program is open to all skill levels.

- Begins Wednesday May 8, 10:00am
OR
- Wednesday May 8, 1:00pm

Art Programs

All programs are

- 6 week programs, \$75 + hst.
- Basic materials are supplied, additional materials may be required.

Drawing for Absolute Beginners

We will cover all the basics, from how to draw lines, to shading, and everything in between. Begins March 1, 1pm.

Drawing 101

This course will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value. Begins March 1, 9am

Intuitive Art

Intuitive art is about self expression in a non-judgmental way. The goal is to create without overthinking the process. Returns Fall 2024.

Intermediate Drawing & Painting

This course is for those artists that want to adventure outside their comfort zones, push their limits, and search for their own unique style. Returns Fall 2024.

Painting for Absolute Beginners

From colour mixing to which brush is for what, we will show you how to get paint on the page. Returns Fall 2024.

Painting 101

This course will take off where the Absolute Beginners ended. We will explore colour, composition, form, and brushwork. Returns Fall 2024.



Membership Fees

Schedule running April 1 - June 28, 2024



Membership fees
increase on May
1st

Seniors Membership Information

The Cobourg Seniors Activity Centre has been helping adults aged 55 and older to improve their quality of life by keeping active in programs and services, since 1999. We aim to keep residents, aged 55 and over, active, healthy and connected with their community. We welcome everyone to enjoy our numerous programs that suit every ability and provide a welcoming, fun atmosphere.

- Ability to participate at the CCC.
- Access to a wide range of registered programs for \$1 (+HST) or \$5.00 for visitors without an annual membership.

Membership Fee:

- Annual membership fee is \$30 +HST.
- Each class is an additional \$1.00+HST.

After May 1st

- **Annual membership fee is \$58 +HST**
- **Each class *remains* an additional \$1.00 +HST**
- Does not include specialty programs.

Membership Drop-In Packages:

- 11 passes for \$10.00 +HST
- 22 passes for \$20.00+HST
- 55 passes for \$50.00+HST

Must obtain an annual membership to purchase a pass package.

*Not valid for specialty programs.

Visitors Drop-in Pass:

\$5.00 per class. Valid for visitors wanting to drop-in to a registered class that do not have an annual membership or are out of town residents. Not valid for specialty programs, a separate drop-in fee of \$10.00 is required for specialty program drop-ins only if space permits.

Specialty Programs:

Our specialty programs are separate from our registered programs, must obtain an annual membership. For our current Specialty Programs please see our program schedule.



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