

Cobourg Community Centre

# 55+ Seniors Centre

**Our 55+ Seniors Activity Centre offers something for everyone.**



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Ontario 

# 55+ Seniors Centre Program Schedule

January 8 - March 29, 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  
9:00-11:30am  
Seniors Room

Pickleball Adv  
9-10:45am  
Gym A

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

Quilting  
9:00-3:00pm  
HTM Room

Muscle Hustle  
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

Top 10 "X"  
9:30-10:15am  
Gym B

Cardio & Core  
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

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

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

Carpet Bowling  
1:00-4:00pm  
Cameco

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

Carpet Bowling  
1:00-4:00pm  
Cameco

Pickleball Beg  
1:45-3:30pm  
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

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

Bridge  
1:00-4:00pm  
Seniors Room

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

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.

\***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 (Jan 10, Feb 7, Mar 6).

# Program Descriptions

Schedule running January 8 - March 29, 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 January 8 - March 29, 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.

## Top 10 "X"

This class is all about the Top 10 Exercises (X) for older adults. These exercises will focus on strength & balance to maintain muscle mass, improve posture, coordination and functional mobility.

## 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 January 8 - March 29, 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, Jan 17 - Feb 24.
- 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, Jan 17 - Feb 24.
- Registration open.

## iPad 101

An introductory program into the world of Apple iPads. During these lessons, we will discuss; Home Screen Apps, display, keyboard, widgets, settings, control panel. As we get comfortable, we will work on setting up emails, web browsing hacks and working with Google.

- 3 week program, \$45 + hst.
- Tuesdays and Thursdays 10am, Jan 16 - Feb 1.
- Registration open.

## iPad 201

Picking up where iPad 101 left off, 201 will dive into more advanced functions of your iPad. Some functions include Apple TV and Airplay, connecting to music, clocks, maps, QR codes, and what the cloud is and how it works.

- 3 week program, \$45 + hst.
- Tuesdays and Thursdays 10am, Jan 16 - Feb 1.
- Registration open.

## 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. Begins Jan 8 & Feb 26, 1pm.

### 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. Begins Jan 8, 9am.

### Painting for Absolute Beginners

From colour mixing to which brush is for what, we will show you how to get paint on the page. Begins Jan 12, 1pm.

### Painting 101

This course will take off where the Absolute Beginners ended. We will explore colour, composition, form, and brushwork. Begins Jan 12, 9am.



# Membership Fees

Schedule running January 8 - March 29, 2024

## 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.
- Drop-in pass packages are available or pay as you go.
- Does not include specialty programs.

Funds are also available to assist with the cost of programs and memberships. If you require financial assistance in order to participate, please contact us .

### 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.

