

Cobourg Community Centre

55+ Seniors Centre

Our 55+ Seniors Activity Centre offers something for everyone.



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ccc.cobourg.ca



@CobourgCommunityCentre



@CobourgCommunityCentre



@Cobourg_CCC

Ontario 

55+ Seniors Centre Program Schedule

September 5 - December 22, 2023

Registered Programs

You must register online or by calling reception

Ontario 

Monday

Tuesday

Wednesday

Thursday

Friday

Pickleball Adv
9-10:45am
Gym A

Table Tennis
9:00-11:00am
Gym A

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

Wood Carving
9:00-11:30am
Seniors Room

Quilting
9:00-3:00pm
HTM Room

Cardio Fit
9:30-10:15am
Gym B

Fitness Friday
10:15-11:00am
Gym B

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

Cardio Circuit
9:30-10:15am
Gym B

Weight Wednesdays
9:30-10:15am
Gym B

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

Walking Intervals
11:15-12:00pm
Walking Track

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

Line Dancing
10:00-11:00am
Cameco

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

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

Euchre
1:00-4:00pm
Seniors Room

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

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

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

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

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

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

Carpet Bowling
1:00-4:00pm
Cameco

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

Bridge
1:00-4:00pm
Seniors Room

Bridge
1:00-4:00pm
Seniors Room

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

***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 (Sept 6, Oct 4, Nov 1, Dec 6).

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.

Program Descriptions

Schedule running September 5 - December 22, 2023

Legend



Specialty Program



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.

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.

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 September 5 - December 22, 2023

Legend



Specialty Program



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 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!

Cardio Fit

This easy-to-follow cardio class improves cardiovascular endurance and balance while incorporating some choreography that keeps you moving around the gym and having fun. The class incorporates weights to build muscle strength and stretching improves flexibility.

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.

Chair Yoga

Allows you to modify yoga poses based on your health and mobility.

Group Training

Small groups with specific personal training programs. Offered in 6 week sessions. Please contact for season availability.

Fitness Fridays

A cardio based program that will get you moving and is a great way to finish off the week! This a cardio-based that 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.

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.

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 Monday

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!



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 are not acceptable and you will not be permitted to take part in the program.

Fitness Program Descriptions

Schedule running September 5 - December 22, 2023

Legend



Specialty Program



Registered Programs



Uninstructed Program

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.

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.

Weight Wednesday

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!

Yoga

Improve balance, flexibility, cores 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.

Yogalates

Combines Pilates exercises with the postures and breathing techniques of Yoga. Experience gentle stretching along with core-building strength & postural awareness.



Welcome Back!

We would like to welcome our
Seniors 55+ members back with a
Fall BBQ Social!

Tuesday Sept 12, 2023
12:00-2:00pm

Cobourg Community Centre

Games, beverages, treats, &
BBQ!

Tickets are \$5.00 per guest

Tickets available for purchase at CCC
Reception Aug 28 to Sept 8, 2023

Membership Fees

Schedule running September 5 - December 22, 2023

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 fees and schedule please see our program schedule on our website.

Yoga Lv 1: Mondays

12:00-12:45pm

Sept 11 - Oct 23

Nov 6 - Dec 11

Yoga Lv 2: Wednesdays

12:00-12:45pm

Sept 13 - Oct 18

Nov 8 - Dec 13

Chair Yoga: Wednesdays

1:00-1:45pm

Sept 13 - Oct 18

Nov 8 - Dec 13

Yogalates: Mondays

1:00-1:45pm

Sept 11 - Oct 23

Nov 6 - Dec 11

