

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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55+ Seniors Centre Program Schedule

January 9 - March 31, 2023

Registered Programs

You must register online or by calling reception

Monday

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

Pickleball
9:30-11:15am
Gym A (Adv)

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

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

Body Tone
10:45-11:30am
Gym B

Pickleball
11:45-1:30pm
Gym A/B (Beg)

Pickleball
1:45-3:30pm
Gym A/B (Int)

Bridge
1:00-4:00pm
Seniors Room

Tuesday

Cardio Training
9:00-9:45am
Gym B

Table Tennis
9:00-10:30am
Gym A

Wood Carving
9:30-12:00pm
Seniors Room

Line Dancing
10:00-11:00am
Cameco

Body Sculpt
10:00-10:45am
Gym B

Carpet Bowling
1:00-4:00pm
Cameco

Bridge
1:00-4:00pm
Seniors Room

Pickleball
1:30-3:30pm
Gym A (Int)

Wednesday

Quilting
9:00-3:00pm
HTM Room

Pickleball
9:30-11:15am
Gym A (Adv)

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

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

Pickleball
11:45-1:30pm
Gym A/B (Beg)

Pickleball
1:45-3:30pm
Gym A/B (Int)

Bid Euchre
2:00-4:00pm
Seniors Room

Partner Bridge
1:00-4:00pm
Cameco A

Thursday

Pickleball
9:00-10:45am
Gym A (Adv)

Cardio Fit
9:00-9:45am
Gym B

Creative Threads
9:30-12:00pm
Seniors Room

Body Sculpt
10:00-10:45am
Gym B

Pickleball
11:00-12:45pm
Gym A/B (Int)

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

Carpet Bowling
1:00-4:00pm
Cameco

Friday

Active Fit
9:30-10:00am
Cameco

Walking Intervals
10:15-11:00am
Walking Track

Euchre
1:00-4:00pm
Seniors Room

\$30 ANNUAL MEMBERSHIP FEE

\$1 DROP IN PROGRAMS

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 (Jan 11, Feb 1, Mar 1)



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Program Descriptions

Schedule running January 9- March 31, 2023

Legend



Specialty Program



Registered Programs



Uninstructed Program

Please register online or by calling reception for your programs each week. Registration opens on Fridays at 8:30am. Specialty programs require pre-registration and payment prior to class.

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 11:00am.

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. Starts in October 2022.

Creative Threads

A social group designed to target those who enjoy working with various types of threads! If you are a knitter, crocheter, rug hooker or other, this program is for you!

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 January 9- March 31, 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.

Body Tone

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.

Body Sculpt

Combining core strengthening exercises with stretching, Body sculpt will utilize your own body weight to strengthen core muscles from your shoulders, down. Suitable for all fitness levels

Cardio Training

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.

Please
bring your
own mat
to your
program!



Cardio Fit

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!

Chair Yoga

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

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.

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.

Group Training

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

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 as sandals, dress shoes, boots are not acceptable and you will not be permitted to take part in the program.



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Fitness Program Descriptions

Schedule running January 9- March 31, 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 Wednesdays

Low impact, high intensity! Weight Wednesdays 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!

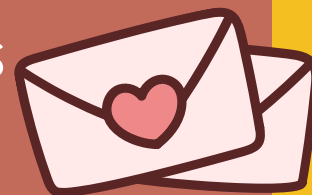
Yoga

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.

Specialty Class Fees:

- Yoga - \$48.00+hst for 6 weeks
- Chair Yoga - \$48.00+hst for 6 weeks

Valentines Day Social!



We would like to invite our
Seniors 55+ members to a
Valentines Day Social!

Tuesday February 14, 2023
1:00-4:00pm

Cobourg Community Centre

Games, beverages, cake, and
goodie bags!

Tickets are \$5.00 per guest

Tickets available for purchase at CCC
Reception Jan 16 to Feb 7, 2023

Membership Fees

Schedule running January 9- March 31, 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.
- Specialty Programs- Yoga, group training, chair yoga, and more!

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 on page 2.

