



COBOURG  
*Seniors'*

●●●●● ACTIVITY CENTRE

**FALL 2018 NEWSLETTER**



**COBOURG COMMUNITY CENTRE**

**905-372-7371**

CCC • 750 D'Arcy St.

Market Building • 201 Second St.

[ccc.cobourg.ca](http://ccc.cobourg.ca)

# PROGRAM SCHEDULE

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

Schedule runs September 4 - December 21, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Smart Fit II</b> Gym B 9am - 9:45am	<b>Yoga 55+</b> Multipurpose 8am - 9am	<b>Quilting</b> HTM Room 9am - 3pm	<b>Men's Yogafit 55+</b> Multipurpose 9am - 10am	<b>Tai Chi - Int/Adv</b> Market Building 9am - 10am
<b>Pickleball - B/I</b> Gym A 9am - 11am	<b>Pickleball - Int./Adv.</b> Gym A/B 9am - 11am	<b>Yoga 55+ Level II</b> Multipurpose 9:15am - 10:15am	<b>Walking Intervals</b> Walking Track 9:30am - 10:15am	<b>Smart Fit I</b> Gym B 9am - 9:45am
<b>Yoga Flow</b> Multipurpose 10am - 11am	<b>Wood Carving</b> Seniors Room 9:30am - 12pm	<b>Fun &amp; Fit</b> Gym B 9:30am - 10:15am	<b>Tai Chi - Beginner</b> Multipurpose 9:30am - 10:30am	<b>Table Tennis</b> Gym A 9:30am - 11:30am
<b>Cardio Combo</b> Gym B 10:30am - 11:15am	<b>Line Dancing</b> Multipurpose 9:30am - 10:30am	<b>Ladies Friendship Group</b> Seniors' Room 9:30am - 11am	<b>Table Tennis</b> Gym A 9:30am - 11:30am	<b>Cardio Mix</b> Gym B 9:45am - 10:30am
<b>Active Bodies</b> Gym B 11:30am - 12:15pm	<b>Body Tone</b> Gym B 11:15am - 12pm	<b>Let's Get Physical</b> Gym B 10:30am - 11:15am	<b>Rug Hooking</b> Seniors Room 9:30am - 12pm	<b>Yoga 55+</b> Multipurpose 10:45am - 11:45am
<b>Yoga 55+</b> Multipurpose 1pm - 2pm	<b>Chair Yoga 55+</b> Bea's Place 1pm - 2pm	<b>Yoga 55+</b> Multipurpose 10:30am - 11:30am	<b>Pilates 55+</b> Multipurpose 10:30am - 11:15am	<b>Euchre</b> Market Building 1pm - 4pm
<b>Group Training 55+</b> Gym B 1:30pm - 2:15pm	<b>Table Tennis - Adv.</b> Gym A 1pm - 3pm	<b>Core + Stretch</b> Gym B 11:30am - 12:15pm	<b>Zumba 55+</b> Gym B 10:30-11:15am	
<b>Table Tennis</b> Gym A 1pm - 3pm	<b>Carpet Bowling</b> Multipurpose 1pm - 3:30pm	<b>Pickleball - All levels</b> Gym A/B 1pm - 3pm	<b>Group Training 55+</b> Gym B 11:30am - 12:15pm	
<b>Social Painting</b> Seniors' Room 1pm - 3pm	<b>Pickleball</b> Gym A/B 6pm - 8pm	<b>Scrabble</b> Seniors' Room 2pm - 4pm	<b>Pickleball - Adv.</b> Gym A 1pm - 3pm	
<b>Bridge</b> Market Building 1pm - 4pm	<b>Camera Club*</b> Market Building 7pm - 10pm	<b>Partner Bridge</b> Market Building 1pm - 4pm	<b>Carpet Bowling</b> Multipurpose 1pm - 3:30pm	

## 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.

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

# REGISTERED PROGRAMS

MINIMUM AND MAXIMUM NUMBERS HAVE BEEN SET.

**All classes are taught by certified instructors.**

**YOGA 55+** One of our most popular programs, this gentle yoga class incorporates stretching, balancing and muscle strengthening postures. A variety of breathing techniques and guided meditation are introduced.

**Monday afternoons 1-2pm** Sept. 10-Dec. 3 \*No class Oct. 8

**Wednesday mornings 10:30-11:30am** Sept. 12 - Nov. 28

**Friday mornings 10:45-11:45am** Sept. 14 - Dec. 7 \*No class Nov. 30

**COST \$65 +HST 12wk session**

**YOGA 55+ LEVEL II** This yoga class explores intermediate standing, balancing and core postures for increased balance, flexibility and muscle strength. Breath work and meditation round out the practice. For students that are comfortable getting up and down off the floor.

**Tuesday mornings 8 - 9am** Sept. 11 - Nov. 27

**Wednesday mornings 9:15-10:15am** Sept. 12 - Nov. 28

**COST \$65 +HST 12wk session**

**MONDAY FLOW YOGA** A Level 2 upbeat yoga class where one posture flows into the next. Build your strength and stamina, increase cardiovascular strength while improving your balance and flexibility. We will start slowly and progress over 12 weeks. Recommended for students that are comfortable getting up and down from the floor.

**Monday mornings 10 - 11am** Sept. 10 - Dec. 3

\*No class Oct. 8

**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 10:30 - 11:15am** Sept. 13 - Nov. 29

**COST \$65 +HST 12wk session**

**GROUP TRAINING 55+** This program is for anyone that is searching for a semi-private forum to learn proper weight lifting techniques. The format of the class varies from week to week, but it will get your heart pumping, your muscles engaged, and leave you feeling fantastic! This class will be limited to 6 participants per session.

**Monday afternoons 1:30pm - 2:15pm**

S1- Sept. 10-Oct. 22 S2- Oct. 29 -Dec. 3 \*No class Oct. 8

**Thursday mornings 11:30am - 12:15pm**

S1- Sept. 13-Oct. 18 S2- Oct. 25-Nov. 29

**COST \$65 +HST 6wk 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 9-10am** Sept. 13 - Nov. 29

**COST \$65 +HST 12wk session**

**CHAIR YOGA 55+** A functional yoga class that is practiced sitting on a chair, or standing using a chair for support. Balance, flexibility and deep breathing are the focus of this class that will leave you feeling refreshed; gently easing stiff muscles and sore joints

**Tuesday afternoons 1-2pm** Sept. 11 - Nov. 27

**COST \$65 +HST 12wk session**

## ART PROGRAMS

### 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 1-3pm** Sept. 14-Oct. 19

**COST \$60 +HST** Instructor: Rod Bergeron



### CHRISTMAS SIGN MAKING WORKSHOP

Kick-start the holiday season with this hands-on sign making workshop. With our easy, step-by-step instructions you will create an adorable, hand stenciled Christmas sign to decorate your home or give as a gift. No experience necessary! All materials included.

**Thursday, November 1 • 1pm – 3pm | \$40 +hst**

### HOLIDAY CARD MAKING WORKSHOP

Personalize your own holiday cards in this hands-on card making workshop. You will make four different cards to give to your loved ones this holiday season. No experience necessary. All materials included.

**Thursday, November 15 • 1pm – 3pm | \$20 +hst**

### AROMATHERAPY BATH SALTS WORKSHOP

Let's create a beautiful bath salt blend in pretty jars for your friends this holiday! Soothing lavender, refreshing peppermint, sexy ylang ylang, cheerful orange and more! The options are endless when you learn how to blend essential oils. All materials included.

**Thursday November 29 • 1pm – 3pm | \$35 +hst**

# ART PROGRAMS

## PAINTING 101

This course will cover all of the foundations of painting 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 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 9:30am – 12:30pm Nov. 2 - Dec. 7**

**COST \$65 +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 1-3 pm Nov. 2 - Dec. 7**

**COST \$60 +HST** Instructor: Rod Bergeron

## OUTDOOR DRAWING & PAINTING FOR ABSOLUTE BEGINNERS

Working in natural light in an outdoor setting provides artist an exhilarating opportunity that cannot be equaled in any indoor setting. As exhilarating as painting and drawing in the outdoors may be, it also provides many challenges. In this course we will address those challenges and introduce ways to lessen them. Whether you choose to paint or draw, this course will help get you started. If weather does not permit us to work outside we will return to the CCC. A materials supply list will be provided to each participant. Please dress for the weather, this is an outdoor course.

**Wednesday afternoons 1-3pm Sept. 12 - Oct. 24**

\*No class Oct. 10

**COST \$50 +HST** Instructor: Rod Bergeron

## OUTDOOR DRAWING & PAINTING

This course is designed to give you experience with your art in the natural elements. We will cover drawing, painting and mixing media. Each week we will meet at a new interesting location in our area. A materials supply list will be provided to each participant. Please dress for the weather, this is an outdoor course. If weather does not permit us to work outside we will return to the CCC.

**Wednesday mornings 9:30am -12:30pm Sept. 12-Oct. 24**

\*No class Oct. 10

**COST \$50+HST** Instructor: Rod Bergeron

## INTERMEDIATE DRAWING & PAINTING

An intermediate level artist is someone with between 2 and 20 years of experience creating works of art. This artist will have developed many different artist talents. This program will expose participants to new and cross discipline medium. We will experiment with different artistic approaches. combine materials in diverse ways and

look at many different styles. This course is for those artist that want to adventure outside of their comfort zones, push their limits and search for their own unique style. If you are an artist that works outside of drawing and painting, you are most welcome to join this program

**Monday mornings from 9:30am – 12:30pm**

**S1- Sept. 10 -Oct. 22 \* No class Oct. 8 S2- Oct. 29 – Dec. 3**

**COST \$65 + HST** Instructor: Rod Bergeron

## SCULPTURE FOR ABSOLUTE BEGINNERS

Creating a three dimensional object from a lump of clay is a fascinating process. In this course we will explore several sculptural media such as clay, Plaster-of-Paris and others. Participants will learn hand building and carving. We will discover different tools and all of their uses. Finally we will explore techniques for finishing and painting. Students will create several finished projects.

**Monday afternoons 1-3pm Sept. 10 - Oct. 22**

\* No class on October 8

**COST \$60 +HST** Instructor: Rod Bergeron

## SCULPTURE 101

Taking off from where Sculpture for Absolute Beginners left off this program will focus on creating a three dimensional project. We will work through the entire process from concept to design and finally building a finished artwork.

**Monday afternoons 1-4pm Oct. 29 - Dec. 3**

**COST \$65 +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 risks 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 9:30am - 12:30pm Sept. 14-Oct. 19**

\*No class Oct. 12

**COST \$65 +HST** Instructor: Rod Bergeron

## WATERCOLOUR AND MIXED MEDIA

We will be experimenting with the reaction and combination of watercolour with various mixed mediums. Although it will be a personal journey for each student, I will have a suggested project; however as always students are free to, and encouraged to bring their own selection to paint. We will discuss and work with different additions to our watercolour paintings to achieve desired and occasionally unexpected results. Each participant will be given a supply sheet at registration.

**Monday afternoons 1-3pm Sept, 10 - Oct. 22 \* No class Oct. 8**

**COST \$25 + HST**

# FITNESS PROGRAMS

**ACTIVE BODIES** 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** Workout to the tunes of the 60's, 70's and 80's in this fun and interactive class which includes weights for muscle conditioning and low impact cardio to gradually increase your heart rate. Stretching and balancing exercises finish off the class.

**CARDIO COMBO** Take your cardio to the next level with optional high intensity cardiovascular segments interspersed with aerobic recovery periods. This class is best suited for the active adult who wants a fun and energizing workout!

**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+** This class focuses on resistance training to strengthen your body in various movement patterns which will help to make your daily activities more enjoyable. Chairs and dumb bells are used as a tool to accomplish the desired outcome. This class is suitable for anyone wanting to become stronger and more aware of their body.

**LET'S GET PHYSICAL** This is a low impact, choreographed, aerobic style class to get your heart pumping and to have some fun while doing it! Exercise to the beat of the music at your own pace and intensity level. This class is suited for all fitness levels.

**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.

**CORE AND STRETCH** This is a mat-based class which combines core strengthening exercises with stretching. The first segment of class utilizes your own body weight to strengthen core muscles from your shoulders on down! The last part of class is dedicated to lengthening and relaxing your muscles. This class is suitable for all fitness levels.

**SMART FIT I** A chair based functional fitness class using exercise bands to improve muscle strength, balance and flexibility. Cognition and memory exercises sharpen the brain. 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 for advanced functional fitness. Basic, low-impact cardio exercises gradually increase cardiovascular and respiratory strength.

**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.

## CORN ROAST & MEMBERSHIP RENEWAL

**August 22, 12-2pm** Our biggest event of the year! Join us for a FREE lunch with your membership or renewal of your membership!

## FALL HARVEST TEA PARTY

**September 28, 1-3 pm • \$7**  
Pumpkin! Cinnamon! Apple! Cranberry! The taste of fall....Enjoy a selection of fall inspired herbal teas, healthy wrap sandwiches and warm-spiced desserts. Join us for games and a chance to win a prize for best dressed in fall theme.



## 'COME TOGETHER' POT-LUCK LUNCH

**October 26, 12-2 pm**  
Celebrate the flavours of your heritage at this culturally inspired pot luck lunch. Bring your favourite dish and share the recipe. We'll take home a whole new selection of exciting recipes to try from around the world! Please sign up at reception.

## WINTER FASHION SHOW

**November 7, 2-3 pm** In partnership with Northern Reflections & Tan Jay come out and see winter's newest styles! Light refreshments will be served. This event is FREE!



### **CENTRE CLOSURES**

SEPTEMBER 3 • LABOUR DAY  
OCTOBER 8 • THANKSGIVING DAY  
DECEMBER 24 • CHRISTMAS EVE  
DECEMBER 25 • CHRISTMAS DAY  
DECEMBER 26 • BOXING DAY  
DECEMBER 31 • NEW YEARS' EVE  
JANUARY 1 • NEW YEARS' DAY

### **ANNUAL MEMBERSHIP**

\$25 + HST (\$28.25)

### **SENIORS' PROGRAM COORDINATOR**

Krista Williams  
kwilliams@cobourg.ca 905-372-7371

### **OFFICE HOURS**

Monday - Friday 8am-4pm