

PROGRAM SCHEDULE

Schedule runs April 9 - June 29, 2018

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smart Fit II Gym B 9am - 9:45am	Yoga 55+ Level II Multipurpose 8am - 9am	Quilting HTM Room 9am - 3pm	Men's Yogafit 55+ Multipurpose 9am - 10am	Tai Chi - Int/Adv Market Building 9am - 10am
Pickleball - Beg./Int. Gym A/B 9am - 11am	Pickleball - Int./Adv. Gym A/B 9am - 11am	Yoga 55+ Level II Multipurpose 9:15am - 10:15am	Walking Intervals Walking Track 9:30am - 10:15am	Smart Fit I Gym B 9am - 9:45am
Yoga Flow Multipurpose 10am - 11am	Wood Carving Seniors Room 9:30am - 12pm	Fun & Fit Gym B 9:30am - 10:15am	Tai Chi - Beginner Multipurpose 9:30am - 10:30am	Table Tennis Multipurpose 9:30am - 11:30am
Cardio Combo Gym B 10:30am - 11:15am	Line Dancing Multipurpose 9:30 - 10:30am	Ladies Friendship Group Seniors' Room 9:30am - 11am	Table Tennis Gym A 9:30am - 11:30am	Cardio Mix Gym B 9:45am - 10:30am
Active Bodies Gym B 11:30am - 12:15pm	Body Tone Gym B 11:15am - 12pm	Let's Get Physical Gym B 10:30am - 11:15pm	Rug Hooking Seniors Room 9:30am - 12pm	Yoga 55+ Multipurpose 10:45am - 11:45am
Table Tennis Gym A 1pm - 3pm	Chair Yoga 55+ Bea's Place 1pm - 2pm	Yoga 55+ Multipurpose 10:30am - 11:30am	Pilates 55+ Multipurpose 10:30am - 11:15am	Euchre Market Building 1pm - 4pm
Yoga 55+ Multipurpose 1pm - 2pm	Carpet Bowling Multipurpose 1pm - 3:30pm	Core and Stretch Gym B 11:30am - 12:15pm	Zumba 55+ Gym B 10:30-11:15am	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.
Social Painting Seniors' Room 1pm - 3pm	Knitting Circle Seniors' Room 3pm - 5pm	Pickleball - All levels Gym A/B 1pm - 3pm	55+ Group Training Gym B 11:30am - 12:15pm	
Bridge Market Building 1pm - 4pm	Camera Club* Market Building 7pm - 10pm	Scrabble Seniors' Room 2pm - 4pm	Pickleball - Adv. Gym A 1pm - 3pm	
55+ Group Training Gym B 1:30 - 2:15pm	<i>* Camera Club operates the first and third Tuesday of every month</i>	Partner Bridge Market Building 1pm - 4pm	Carpet Bowling Multipurpose 1pm - 3:30pm	



REGISTERED PROGRAMS

MINIMUM AND MAXIMUM NUMBERS HAVE BEEN SET.

YOGA 55+ One of our most popular programs, yoga is a form of exercise that adapts to your needs and abilities that it can be done by persons of all ages. Yoga makes your body fitter, the mind calmer and more relaxed. This is for all fitness levels and is taught by a certified teacher.

*Monday afternoons 1-2pm April 9 - June 25 *No class May 21*

COST \$60 +HST 11wk session

Wednesday mornings 10:30- 11:30am April 11 - June 27

Friday mornings 10:45- 11:45am April 13 - June 29

COST \$65 +HST 12wk session

YOGA 55+ LEVEL II Taking our Yoga 55+ to the next level those that feel they need a little extra are encouraged to try this program.

Tuesday mornings 8 -9am April 10 - June 26

Wednesday mornings 9:15-10:15am April 11 - June 27

COST \$65 +HST 12wk session

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 April 9 - June 25 *No class on May 21*

COST \$60 +HST 11wk session

MY HEALTH, MY WAY A six-week healthy, active living program to help you get fit, lose weight and make healthy choices.

Wednesday afternoons 1-2pm May 9 - May 30

COST \$40 +HST 4wk 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

April 10 - June 26

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 10:15 -11:00am April 12 - June 28

COST \$65 +HST 12wk 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 April 12 - June 28

COST \$65+ HST for a twelve week session

55+ GROUP TRAINING 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

April 9-May 14 (session 1 - 6wks)

or May 28-June 25 (session 2 - 5wks)

Thursday mornings 11:30am - 12:15pm

April 12-May 17 (session 1 - 6wks)

or May 24-June 28 (session 2 - 6wks)

COST \$60+ HST for a **six** week session

COST \$50+ HST for a **five** week session

NEW! INTRO TO SPANISH Suitable for beginners, this program will provide you with a very positive start into the Spanish language. All participants will receive a book to use through there studies that they can keep at the end of the program. *Tuesday mornings 10:30am - 12:30pm*

April 17-May 22

COST \$75+ HST for a **six** week session

INTRO TO AROMATHERAPY

Four week registered program that will go over the basics of aromatherapy in the following areas: around the house, in relaxation, for skin care and pain management. In this course you will also take away your own blends to continue your aromatherapy voyage. This workshop will be taught by a certified aromatherapist. All materials will be supplied for this course.

Thursday Afternoons April 12 - May 3 • 1 - 3pm

COST \$45+HST • 4wk session

AROMATHERAPY- SUMMER SURVIVAL

Get ready for summer! This one day aromatherapy workshop will be a hands-on class where you'll blend, shake and smell your way to a safer summer! Together we will learn how to blend an All Natural Bug Spray, Aloe Vera Soothing Gel, and take home a handy all-purpose lavender oil. No experience necessary, all materials included.

May 10 • 1 - 3pm

COST \$35.40 +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.

All drop-in programs cost \$1

UPCOMING EVENTS

May 11 • 1-3pm **HIGH TEA** Join us for a LIGHT lunch at our spring tea. Tickets will be available on April 9th for \$6. This event always sells out so make sure to get your tickets early!

May 23 • 2-3 pm **SPRING FASHION SHOW** Come see the latest spring fashions from Alia N Tan Jay. Light refreshments to be provided. This event is FREE.

June 9 & 10 **55+ 4TH ANNUAL RANKED PICKLEBALL TOURNAMENT** Participants from across Ontario! Come out and see some fantastic pickleball this weekend.

June 22 • 12-2pm **STRAWBERRY SOCIAL** Join us for an afternoon of strawberries and friends! A LIGHT lunch will be served as well as coffee, tea and a seasonal juice! Tickets will be on sale May 7th for \$7 at the main reception desk or at the seniors' reception desk. There will only be a limited amount of tickets so make sure to pick yours up early!

ANNUAL MEMBERSHIP

\$25 + HST

(\$28.25)

SENIORS' PROGRAM COORDINATOR

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

OFFICE HOURS

Monday - Friday
8am-4pm

THE WARRIOR WITHIN ONE DAY YOGA WORKSHOP

Explore the physical and mental aspects of the classic Warrior Yoga Series. Warriors train to become focused, physically and mentally fit individuals - you can too! Learn how to build core and leg strength, improving hip, shoulder and spinal flexibility. Warrior can be safely practiced at home and is accessible for most individuals, while still being great for building strength, confidence, and body awareness. If you'd like to create a basic home practice routine, this workshop will set you up for success! A healthy lunch is included. Bring your yoga mat and a blanket, and comfortable shoes for our fresh air breaks.

Friday March 23, 10am - 3pm

COST \$60 +HST

ART PROGRAMS

ALL ART CLASSES IN THE SENIORS' ROOM • 6 WEEK COURSES *Minimum and maximum numbers have been set*

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 just 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 April 20-May 25 • 9:30am-12:30pm 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 April 20-May 25 • 1-3 pm COST \$65+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 Cobourg Community Centre. A materials supply list will be provided to each participant. Please dress for the weather, this is an outdoor course.

Wednesday Afternoons April 16-May 23 • 1-3pm COST \$60+HST Instructor: Rod Bergeron

OUTDOOR DRAWING & PAINTING

This course is designed to give you an experience with your art in the natural elements. We will cover drawing, painting and mixing media. Each week we will meet at new and interesting locations within Cobourg. A materials supply list and map will be provided to each participant. If weather does not permit us to work outside we will return to the Cobourg Community Centre.

Thursday Mornings April 16-May 23 • 10am -12pm COST \$60+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 April 16-May 28 • 9:30am-12:30pm * No class on May 21 COST \$70+HST Instructor: Rod Bergeron

OVERSIZED FLORALS- ACRYLICS AND OILS

In this course you will be painting in mixed medium of oil and acrylics. The subject will be oversized florals and although it will be taught with an acrylic background and the flower painted with oils the student will have the opportunity to do the entire painting either an acrylics or oils if they choose. Because of the medium a subject will have been chosen, however as always if students prefer to choose their own subject it will be encouraged. You will require the following materials:

- Canvas preferably stretched of at least 16 by 20 in, larger if desired
- Primary colours and white and black oil paint.

Please note- If you wish to paint entirely in acrylic a reasonable selection of colors would be required. A selection of brushes that can be used for oil and acrylic paints with some fairly large ones as well as at least one smaller brush for detail. Pencil, eraser, ruler, paint thinner, linseed oil, paper towels and preferably a portable easel or a method of keeping the painting in an elevated position. In addition they will require containers to hold their linseed oil and brush cleaner along with a palette for their paint and odor free paint thinner.

Monday Afternoons May 14-June 25 • 1:00-3:30pm * No class on May 21 COST \$25 +HST Instructor: Dianne Hawryszko

CENTRE CLOSURES

The Cobourg Seniors' Activity Centre will be closed:
Family Day, Feb. 19 • Good Friday, Mar. 30
Victoria Day, May 21 • Canada Day, Jul. 1 + 2

PICKLEBALL

STARTING MARCH 20 • TUESDAY EVENINGS

ALL LEVELS • 6-8pm