



COBOURG
Seniors'

 ACTIVITY CENTRE

SPRING 2019
NEWSLETTER



COBOURG COMMUNITY CENTRE

905-372-7371

CCC • 750 D'Arcy St.

Market Building • 201 Second St.

ccc.cobourg.ca

PROGRAM SCHEDULE

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

Schedule runs April 1 - June 28, 2019

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 - B/I Gym A 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 Gym A 9:30am - 11:30am
Cardio Circuit Gym B 10:30am - 11:15am	Line Dancing Multipurpose 9:30am - 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 - 11:15am	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 + Stretch Multipurpose 11:45am - 12:30pm	Zumba 55+ Gym B 10:30-11:15am	
Social Painting Seniors' Room 1pm - 3pm	Bid Euchre Seniors' Room 3:30pm - 5:30pm	Pickleball - All levels Gym A/B 1pm - 3pm	Group Training 55+ Gym B 11:30am - 12:15pm	
Bridge Market Building 1pm - 4pm	Pickleball -All levels Gym A/B 6pm - 8pm	Scrabble Seniors' Room 2pm - 4pm	Pickleball - Adv. Gym A 1pm - 3pm	
Group Training 55+ Gym B 1:30pm - 2:15pm	Camera Club* Market Building 7pm - 10pm	Partner Bridge Market Building 1pm - 4pm	Carpet Bowling Multipurpose 1pm - 3:30pm	

GOLF LEAGUE

Keep an eye out for further information about our upcoming Seniors' golf league, beginning mid-May at the Cobourg Creek Golf course.

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 April 8 - June 24

**No class May 20*

COST \$60 +HST 11wk session

Friday mornings 10:45-11:45am April 12 - June 28

**No class April 19*

COST \$60 +HST 11wk session

Wednesday mornings 10:30-11:30am April 10 - June 26

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 April 9 - June 25

Wednesday mornings 9:15-10:15am April 10 - June 26

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 April 8 - June 24

**No class May 20*

COST \$60 +HST 11wk 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 April 11 - June 27

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

Session 1: April 8, 15, 22, 29, May 6, 13

Session 2: June 3, 10, 17, 24, July 8, 15 *No class July 1

Thursday mornings 11:30am - 12:15pm

Session 1: April 11, 18, 25, May 2, 9, 16

Session 2: May 23, 30, June 6, 13, 20, 27

COST \$60 +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 April 11 - June 27

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 April 9 - June 25

COST \$65 +HST 12wk session

BENEATH THE YOGA MAT

Explore the philosophy of yoga and how we incorporate it into our daily lives.

We will cover the following topics:

Theory of Movement and practice with asana

Yin Yoga

Pranayama

Mindfulness meditation

A healthy lunch is included. Bring your yoga mat and blanket, and comfortable shoes for our fresh air break.

May 31 from 10 am to 2 pm \$60+HST

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

April 12, 26, May 3, 10, 17, 24 *No class April 22

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

April 12, 26, May 3, 10, 17, 24 *No class April 22

COST \$65 +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 9:30am – 12:30pm

April 8, 15, 22, 29, May 6, 13

COST \$65 + HST Instructor: Rod Bergeron

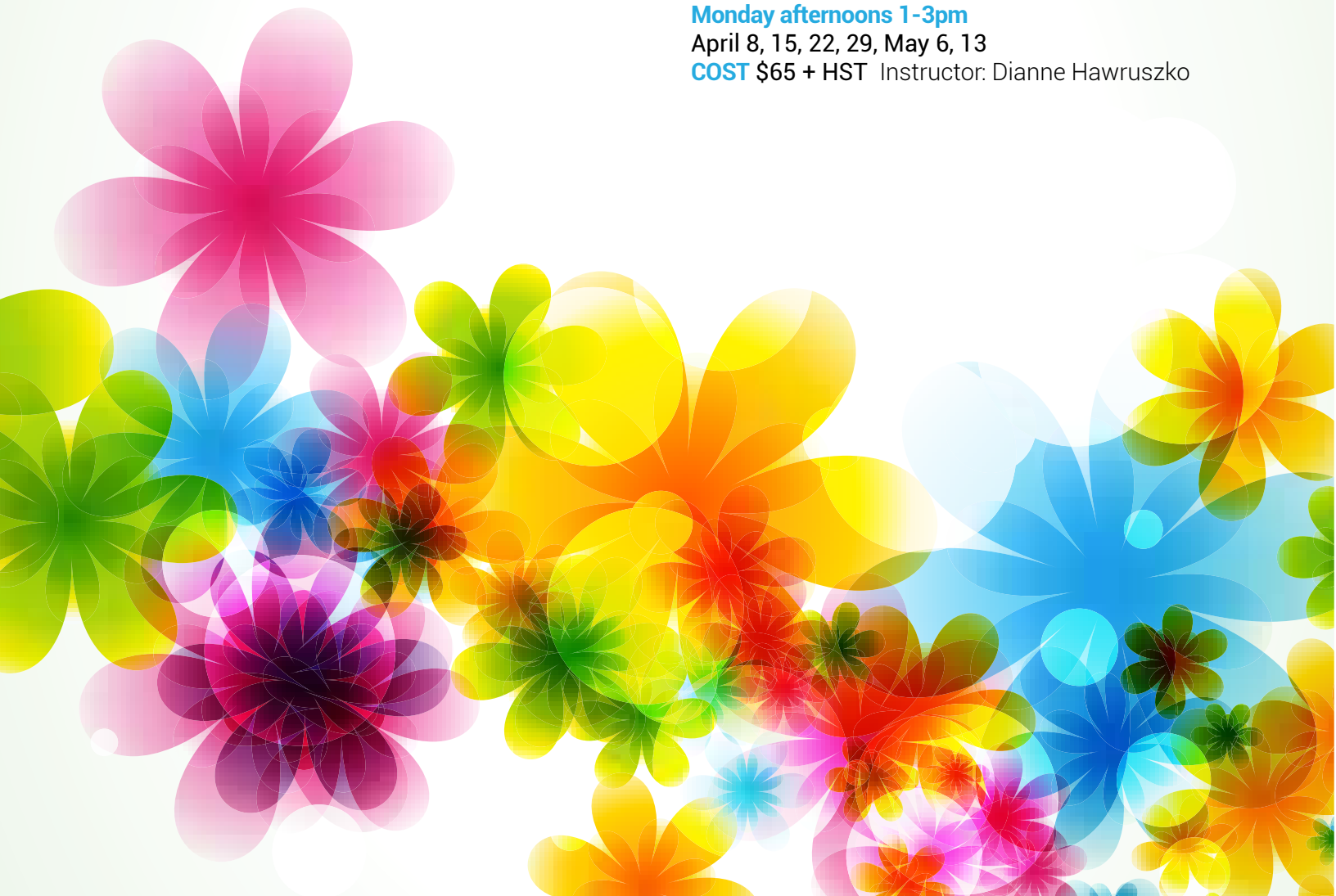
CREATIVE LANDSCAPES IN WATERCOLOUR

This course will be concentrating on landscape painting with a particular emphasis on mixing colours, seamless blending and ideal composition. We will be looking at ways to paint more realistic landscapes by studying the proper shades and colours of trees, and other landscape elements.

Monday afternoons 1-3pm

April 8, 15, 22, 29, May 6, 13

COST \$65 + HST Instructor: Dianne Hawruszko



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 CIRCUIT Take your cardio to the next level with this fun and energizing cardio circuit class. Stations are set up with a variety of cardio moves that are sure to get your heart pumping. You won't get bored with this class, stations only last 30 seconds! Modifications are given for lower impact moves.

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.

UPCOMING EVENTS

**APRIL 5
BEGINS AT 1 PM**

SPRING HIGH TEA

Join us for TEA and a LIGHT lunch! Tickets will be on sale March 4 for \$8. This event always sells out so make sure to get your tickets early!

**MAY 10
1-3 PM**

SPRING FASHION SHOW

Come see the latest spring fashions from Alia N Tan Jay, just in time for Mother's Day. Light refreshments will be provided. This is a FREE event.

**JUNE 7
12:30-2:30 PM**

VOLUNTEER APPRECIATION PICNIC

Join us for a picnic for our annual thank you to all our volunteers that help to make the centre what it is.

**JUNE 21
12-2 PM**

STRAWBERRY SOCIAL

Join us for an afternoon of strawberry and friends! A LIGHT lunch will be served as well as coffee, tea and seasonal juice. Tickets on sale May 6 for \$8. Tickets are limited so make sure to pick yours up early!



CENTRE CLOSURES

APRIL 19 • GOOD FRIDAY

MAY 20 • VICTORIA DAY

JULY 1 • CANADA DAY

ANNUAL MEMBERSHIP

\$25 + HST (\$28.25)

SENIORS' PROGRAM COORDINATOR

Krista Williams

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OFFICE HOURS

Monday - Friday 8am-4pm