

PROGRAM SCHEDULE

Schedule runs January 2 - April 6, 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
Yoga Flow Multipurpose 10am - 11am	Pickleball 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
Cardio Combo Gym B 10:30am - 11:15am	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
Active Bodies Gym B 11:30am - 12:15pm	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
Table Tennis Gym A 1pm - 3pm	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
Yoga 55+ Multipurpose 1pm - 2pm	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
Social Painting Seniors' Room 1pm - 3pm	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.
Bridge Market Building 1pm - 4pm	Knitting Circle Seniors' Room 3pm - 5pm	Pickleball Gym A/B 1pm - 3pm	55+ Group Training Gym B 11:30am - 12:15pm	
55+ Group Training Gym B 1:30 - 2:15pm	Camera Club* Market Building 7pm - 10pm	Scrabble Seniors' Room 2pm - 4pm	Pickleball - Int/Adv Gym A 1pm - 3pm	
		Partner Bridge Market Building 1pm - 4pm	Carpet Bowling Multipurpose 1pm - 3:30pm	

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



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 your needs and abilities and 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

January 8 - April 2 *No class February 19

Wednesday Mornings 10:30- 11:30am

January 10 - March 28

Friday Mornings 10:45-11:45am

January 12 - April 6 *No class March 30

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

January 9 - March 27

Wednesday Mornings 9:15-10:15am

January 10 - March 28

COST \$65 +HST 12wk 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 1:30-2:15pm

January 8 - February 12 • Session One

February 26 - April 2 • Session Two

Thursday Mornings 11:30am - 12:15pm

January 11 - February 15• Session One

March 1 - April 5 • Session Two

COST \$60 +HST 6wk session

NEW! 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

January 9 - March 27

COST \$65 +HST 12wk session

PILATES 55+ Pilates is a mat based, full body, muscle conditioning class. The exercises are designed to improve core physical strength, mobility, and help you become aware of your posture. You will leave each class feeling accomplished, yet relaxed and ready to tackle the world!

Thursday mornings 10:15 -11am

January 11 - March 29

COST \$65 +HST 12wk session

55+ NEW YEAR, NEW YOU! A six-week healthy, active living program to help you get fit, lose weight and make healthy choices. 1 hour per week.

Week 1 - Fitness Assessment, Goal Setting (receive a health journal to use throughout the program and afterwards)

Week 2 - Cardio & Muscle Strength - Where are you now? Where do you want to be? How to get there!

Week 3 - Nutrition & Meal Planning - reading labels, eating out, making healthy choices

Week 4 - Mental Health & Relaxation Techniques

Week 5 - Staying on Track - Plan for Success

Week 6 - Fitness Re-Assessment and Setting New Goals
Participants will create a personal fitness regime to meet the recommended guidelines for cardio, strength, balance and flexibility training using our 55+ Group Fitness Schedule and their own personal activity time.

Wednesday Afternoons 1-2pm

January 10 - February 21 *No class February 14

COST \$40 +HST

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

January 8 - April 2 *No class February 19

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 9:00-10:00am

January 11 - March 29

COST: \$65+ HST for a 12wk session



BE MY VALENTINE - COUPLES ONE-DAY YOGA WORKSHOP

One day yoga workshop for couples. Explore a variety of postures together to improve your strength, balance and flexibility. No experience necessary. Learn basic hand and foot massage techniques to help each other relax, and take home a personal massage oil blend. Lunch is on us, and includes social time and dancing! Maximum 5 couples (10 participants)

Wednesday February 14, 10am - 3pm

COST - \$110 + HST per couple

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

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

UPCOMING EVENTS

November 8 • 2-3pm
FASHION SHOW
Presented with Alia N Tan Jay from Northumberland come out and see the latest fashions for fall/winter.

December 8 • 5-8pm
CHRISTMAS CELEBRATION
Join us for an evening to celebrate the season! There will be a limited number of tickets (50) available for this event so make sure to get yours! Tickets will be \$15/person

January 26 • 1-3pm
HIGH TEA
Join us for a LIGHT lunch at our winter tea. Tickets will be available on December 4th for \$6. This event always sell out so make sure to get your tickets early!

February 16
12:30-2:30pm
VOLUNTEER APPRECIATION
Annual thank you to all of our volunteers that help to make the centre what it is.

ANNUAL MEMBERSHIP

\$25 + HST

(\$28.25) as of August 1, 2017

SENIORS' PROGRAM COORDINATOR

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

OFFICE HOURS

Monday - Friday
8am-4pm

ART PROGRAMS

ALL ART CLASSES IN THE SENIORS' ROOM • 6 WEEK COURSES

Minimum and maximum numbers have been set

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, March 2 - April 13 • 1 - 3pm COST \$60 +HST • Instructor: Rod Bergeron *No class March 30

PAINTING 101

This course will cover all of 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 a basic knowledge of painting and just wants to improve. You will be encouraged to take risks and try new things. You will be required to have the basic materials; water colour and/or acrylic paints, paper and brushes.

Friday Mornings, January 12 - February 16 • 9:30am - 12:30pm COST \$60 +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, January 12 - February 16 • 1 - 3pm COST \$60 +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, March 2 - April 13 • 9:30am - 12:30pm COST \$60 +HST • Instructor: Rod Bergeron *No class March 30

INTERMEDIATE PAINTING

This course will take your painting skills to a new level. Throughout this course we will explore different painting styles and techniques. Each artist will develop technical and conceptual skills throughout each session. This course would be appropriate for an artist with at least two or three years of painting experience or someone who has taken Painting for Absolute Beginners and at least two sessions of Painting 101. This is **not** a beginner's course.

Monday Mornings, February 26 - April 2 • 9:30am - 12:30pm COST \$65 +HST • Instructor: Rod Bergeron

INTERMEDIATE DRAWING

Drawing is considered to be the foundation of all art. A mastery of drawing will enhance the skills of any artist. Each week we will focus on a different technical skill. Each artist will develop technical and conceptual skills throughout each session. This course would be appropriate for an artist with at least two or three years of drawing experience or someone who has taken Drawing for Absolute Beginners and at least two sessions of Drawing 101. This is **not** a beginner's course.

Monday Mornings, January 8 - February 12 • 9:30am - 12:30pm 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, February 26 - April 2 • 1-3 pm COST \$60 +HST • Instructor: Rod Bergeron

NEW! 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, January 8 - February 12 • 1-4 pm COST \$60 +HST • Instructor: Rod Bergeron

HOLIDAY BATH BOMBS

Join us for this ONE DAY bath bomb making workshop just in time for the holidays! You will take home TWO bath bombs that will be excellent stocking stuffers- and ALL materials will be supplied for this course.

Thursday November 23, 1pm - 3pm

COST \$35 + HST

THE COBOURG SENIORS' ACTIVITY CENTRE WILL BE CLOSED:

Christmas Eve -Boxing Day • Dec. 24-26 | New Year's Day • Jan. 1 | Family Day • Feb. 19 | Good Friday • Mar. 30