

Seniors Services 50+

Suitable for all levels of interest and ability, senior services programs have something for everyone!

No matter where your passion lies, there's a program for you! From woodcarving to watercolours, or Spanish to square dancing, seniors can jump right in and discover what these exciting programs have to offer!



Iroquois Ridge Older Adults Centre

1051 Glenashton Drive
Oakville L6H 6Z4
Phone: 905-338-4255, ext. 3745

Oakville Senior Citizens' Recreation Centre

263 Kerr Street,
Oakville L6K 3B4
Phone: 905-815-5966
Fax: 905-815-5967

**River Oaks Mature Adults Club
River Oaks Community Centre**

2400 Sixth Line
Oakville L6H 3N8
Phone: 905-338-4186

Sir John Colborne Recreation Centre for Seniors

1565 Old Lakeshore Road
Oakville L6L 6N1
Phone: 905-815-5960
Fax: 905-815-5961

The Town of Oakville offers programs for adults age 50+ at four locations: the Sir John Colborne Recreation Centre for Seniors, the Oakville Seniors' Centre, the Iroquois Ridge Older Adults Centre and the River Oaks Mature Adults Club at the River Oaks Community Centre. The centres offer a variety of programs, classes, workshops, travel and volunteer opportunities for all levels of interest and ability. A complete listing of courses, special events and day trips offered is available in the Oakville Seniors Services Newsletter, published twice per year and available at the centres.

Membership

A seniors services membership card is required to register for seniors services programs or to participate in any drop-in activities. Membership cards can be purchased at the Oakville Seniors' Centre, the Sir John Colborne Centre, the front counter of the Recreation and Culture department at Town Hall or during specific times at the Older Adults Room at the Iroquois Ridge Community Centre. Membership fees vary depending on age and from year to year.

SENIORS SERVICES 50+



Senior registration starts
March 2, 9 a.m.
see page 89.

LEGEND:

Location			
Days/Start	Time	Fees/Classes	Code

Registration Information

You can register for seniors services programs by phone and online (computer) through the Town of Oakville website using the IRIS system. You must have a current seniors services membership card in order to register for any program, as well as an IRIS pin number for phone and computer registration. An IRIS pin number can be obtained by phoning 905-338-4250. Remember, you can still register in person, by fax, or by mail.

Interested in Volunteering?

A wide variety of volunteer opportunities exist at the seniors centres. Volunteering is a great way to make new friends, learn new skills and have fun. Opportunities in a number of positions and time commitments are available. Contact any of the centres to obtain further information.

Special Events

Barbeques, guest speakers, dances, potlucks, movie afternoons, craft sales and fashion shows are just a few of the special events held.

Home Support Programs

The Centres offer congregate dining programs and provide clinics for blood pressure monitoring and foot care.

Town of Oakville Seniors' Advisory Committee

This is a Council appointed group of seniors who address seniors' concerns and provide input to Town Council on matters which have direct impact on the quality of life for seniors in Oakville. For further information, contact the Manager of Seniors Services at 905-845-6601, ext 3976.

Bridge**Bridge Basics - An Introduction**

This is an introduction to bridge for the beginner. You will learn the requirements for all opening bids, responses and rebids plus basic defense. Instruction books are available for purchase from the instructor.

Sir John Colborne Senior Centre			
Mon/Apr 12	9:15am-11:45am	\$50.40/8 classes	120491
No class May 24.			

Bridge - Rusty Bridge

Rusty Bridge is a course for those who know the basics of bridge and would like a refresher or for those who haven't played in a while. During this 10-week course you will learn to be a better bidder, correct your misuse of conventions and introduce you to some of the latest innovations in the game. This course will also help you to get the most out of your hand as declarer and to stop you giving away tricks as a defender.

Iroquois Ridge Community Centre			
Mon/Apr 12	9:30am-11:30am	\$63.00/10 classes	120237
No class May 24.			

Bridge - Basic Conventions

This course covers slam bidding, weak twos and only the basic conventions needed to enjoy the game. Instruction books are available for purchase from the instructor. Prerequisite: Club (Bidding) Series

Sir John Colborne Senior Centre			
Thu/Apr 15	9:15am-11:45am	\$50.40/8 classes	120497

Bridge - Supervised Play

Supervised Play is an opportunity to practice playing bridge with supervision. You will have the opportunity to ask questions etc. during play. Instruction books are available for purchase from the instructor. Prerequisite: Introductory or Bidding (Club) course or some experience playing bridge.

Sir John Colborne Senior Centre			
Wed/Apr 14	9:15am-11:45am	\$50.40/8 classes	120492

LEGEND:	Location			
	Days/Start	Time	Fees/Classes	Code

Bridge: Declarer Play

Diamond Series. This course focuses on improving your play at the hand as declarer, by finessing, trumping losers etc., to take the maximum number of tricks. Prerequisite: Introduction or Bidding (Club) course or some bridge playing experience. Instruction books can be purchased from the instructor.

Sir John Colborne Senior Centre			
Tue/Apr 13	9:15am-11:45am	\$50.40/8 classes	120496

Computers

Introduction to Computers Level 1

This course includes: examining the components of a computer, learning how to use the mouse and keyboard, working with desktop icons, the Start Menu, the Taskbar and Windows, playing solitaire and practicing word processing basics.

Oakville Seniors Citizen's Rec Centre			
Wed/May 12	9:00am-10:00am	\$84.00/5 classes	121093

NEW! Introduction to E-mail & Instant Messaging

This course includes reading, replying, forwarding and composing e-mails with Windows Mail & Gmail, opening and saving attachments, creating a contact list and using Windows Live Messenger and Skype for instant messaging.

Oakville Seniors Citizen's Rec Centre			
Wed/May 12	10:15am-11:15am	\$84.00/5 classes	119953

Exploring the World Wide Web

This course includes: Accessing the web to learn how to register for classes, search for books at the library, find transit schedules and driving directions, shop online, search for recipes, and to send greeting cards. An introduction to online banking, twittering, saving favourite web sites, printing web pages and deleting history, cookies/temporary files will also be covered.

Sir John Colborne Senior Centre			
Wed/May 12	2:00pm- 3:00pm	\$84.00/5 classes	121130

NEW! Managing Your Computer

This course includes: saving & backing up documents, creating folders & organizing files, customizing basic system settings, troubleshooting printer problems, downloading/installing programs, running updates & maintenance tasks and verifying security settings.

Sir John Colborne Senior Centre			
Wed/May 12	12:45pm- 1:45pm	\$84.00/5 classes	121129

Digital Music

This course includes: using the Windows Media Player to put music from a CD onto the computer, burn a music CD, create a playlist and copy the music to an MP3 player as well as downloading/installing iTunes, downloading music tracks and converting the tracks to an MP3 compatible format and copying tracks from iTunes to a CD/MP3/ipod.

Oakville Seniors Citizen's Rec Centre			
Mon/May 10	2:30pm- 3:30pm	\$84.00/5 classes	121164
No class May 24.			

Digital Photos

This course includes: importing photos from a digital camera and a scanner to the computer, viewing photos as a slide show on the computer, organizing and renaming your photos, downloading/installing photo editing software such as HP Photosmart Essentials and Picasa, editing, printing and e-mailing digital photos and saving photos on a CD/DVD and USB removable storage device.

Sir John Colborne Senior Centre			
Wed/May 12	3:15pm- 4:15pm	\$84.00/5 classes	121140

Creative Times

Bunka Embroidery

An easy to learn Japanese embroidery technique using a punch needle and coloured rayon thread. The class is geared for all levels and beginners are welcome. Supplies are extra (beginner kits \$40.00 include everything to complete your work; advanced kits start at \$20.00) - purchase from the instructor at the first class.

Oakville Seniors Citizen's Rec Centre			
Wed/Apr 14	1:00pm- 3:00pm	\$54.86/11 classes	119952

Drawing

Students will be taught the fundamental steps of learning to draw, exploring different mediums and techniques, as they are introduced to Still Life drawing. This has been a popular genre for hundreds of years, and the course will refer to many examples and trends. Whether you are a beginner or are already experienced in the art of drawing, this course will give you inspiration and help in developing your talent.

Oakville Seniors Citizen's Rec Centre			
Tue/Apr 13	9:30am-11:30am	\$75.08/11 classes	120423

Jewellery Making - Beginner

In this class you will learn the basics of bracelet, necklace and earring construction. You will make necklaces, bracelets, earrings, a key chain, a bookmark, a home alone bracelet tool and a zipper pull. A complete tool kit will be available from the instructor for \$20.00 (this is a one-time purchase). Material fee for this class is \$25.00.

Oakville Seniors Citizen's Rec Centre			
Fri/Apr 16	1:00pm- 3:00pm	\$29.93/6 classes	120520

Jewellery Making - Intermediate

In this class you will take beading one step further, learning more advanced and refined skills. Projects will include multi-strand necklaces and bracelets, cluster earrings, a five-strand braided bracelet and a bling-bling key ring. Bring your tool kit. Materials fee for this class is \$30.00. Prerequisite: Jewellery Making Beginners.

Oakville Seniors Citizen's Rec Centre			
Fri/May 28	1:00pm- 3:00pm	\$29.93/6 classes	120522
Fri/Jul 16	1:00pm- 3:00pm	\$32.21/6 classes	120813
No class July 2.			

NEW! Chinese Brush Painting

Chinese Brush Painting uses centuries old techniques which emanated from calligraphy, the highest of art forms from which all Chinese art evolved. It begins with the artist choosing a subject, usually flowers/birds and landscapes. Painting is done with rapid, mentally constructed strokes and transports the same to an assortment of rice papers utilizing the Taoist principles of one with nature. This art form provides much self-satisfaction as you progress through the discipline.

Sir John Colborne Senior Centre			
Wed/Apr 14	1:00pm- 3:00pm	\$68.25/10 classes	120548

Painting in Watercolours

Training the eye to see light values and shapes in relation to each other and to negative space. Mix hues from three primary colours. Please pick up materials list at the centre.

Oakville Seniors Citizen's Rec Centre			
Thu/Apr 15	10:00am-12:00pm	\$75.08/11 classes	120552

Watercolours

This course is intended for all levels and beginners are welcome. A structured approach to a colourful and rewarding medium, with demonstrations and one-on-one instruction. Material sheet available at the front desk of the Colborne Centre.

Sir John Colborne Senior Centre			
Fri/Apr 16	10:45am-12:45pm	\$68.25/10 classes	120286

Play Reading

Play reading, on the surface, may seem rather odd. You present a play, perform it, it's true, but in all theatres around the world all plays begin with a Reading. This class will give you a chance to discover, while at the same time follow the birth of drama from ancient Greece to modern day. Six classes, six plays, six discussions of the characters, the plots, the tears and the laughter, the sadness and the hope, the power of whom we are in drama. Come and explore the rich world of theatre. Learn the development of theatre and read and discuss six of mankind's finest works of literature.

Oakville Seniors Citizen's Rec Centre			
Fri/Apr 16	1:30pm- 3:30pm	\$40.95/6 classes	121253



Senior registration starts
March 2, 9 a.m.
see page 89.

interactive registration information systems

Dance

Latin Dance for Seniors

Come and join the fun of learning the most popular latin dances! Socialize, laugh and work out at the same time! No partner necessary.

Oakville Seniors Citizen's Rec Centre			
Tue/Apr 13	3:30pm- 4:15pm	\$54.86/11 classes	120523

Line Dancing - Beginner

Have fun and exercise at the same time. Includes both country and traditional line dances. No experience or partner is necessary. Wear soft-soled shoes.

Iroquois Ridge Community Centre			
Tue/Apr 13	12:15pm- 1:15pm	\$54.86/11 classes	120124
Tue/Jul 06	1:00pm- 2:00pm	\$42.96/8 classes	120238
Sir John Colborne Senior Centre			
Tue/Apr 13	3:30pm- 4:30pm	\$54.86/11 classes	120123
Tue/Jul 06	3:30pm- 4:30pm	\$37.58/7 classes	120148
No class April 20.			

Line Dancing - Beginner Level 2

This class builds on skills learned in the Beginner Line Dancing class. Your instructor will lead you through a fun-filled class as you learn new dances and steps. Must have previous line dancing experience.

Iroquois Ridge Community Centre			
Tue/Apr 13	1:30pm- 2:30pm	\$54.86/11 classes	120187

Square Dancing

This is Olde Tyme Square Dancing. A caller/instructor will lead you through simple instructions of dances set to music. No partner is necessary. Wear comfortable clothing and shoes. Exercise while you are having fun. Beginners welcome!

Iroquois Ridge Community Centre			
Fri/Apr 16	1:00pm- 3:00pm	\$39.92/8 classes	120231

Tap Dancing - Intermediate

An enjoyable way to keep fit at your own comfort level. Three levels offered, from intermediate to the popular performing 'Oakville Happy Tappers.' For those with some experience in tap dancing.

Sir John Colborne Senior Centre			
Mon/Apr 12	8:30am- 9:30am	\$49.87/10 classes	120290
No class May 24.			

Tap Dancing - Advanced

An enjoyable way to keep fit at your own comfort level. Three levels offered, from intermediate to the popular performing 'Oakville Happy Tappers.' For those who have been tapping for some time. Pre-requisite: Intermediate tap.

Sir John Colborne Senior Centre			
Mon/Apr 12	9:35am-10:35am	\$49.87/10 classes	120292
No class May 24.			

Tap Dancing - Happy Tappers

Happy Tappers are the 'performing' class. You must audition for the instructor. Phone the Oakville Seniors' Centre, 905-815-5966, for further details.

Oakville Seniors Citizen's Rec Centre			
Wed/Apr 14	9:00am-10:00am	\$54.86/11 classes	120623

Fitness

NEW! Belly Dance Fitness

Fitness through Belly Dance! Have fun, learn to belly dance and get fit! Firm and tone your body, gain flexibility as well as straighten your back. It's a great way to relieve tension and stress.

Sir John Colborne Senior Centre			
Wed/Apr 14	1:45pm- 2:45pm	\$49.87/10 classes	120287

Body Tone

By itself or in addition to your cardio pursuits you will find this class challenging and open to all levels of fitness. Using 3' long elastics of varying strengths to create outside resistance to your muscle and bones, you may increase bone density, muscle strength and endurance as well as core strength (back and abdominals), flexibility of joints and balance. Particular attention is paid as to how the exercises are performed and options are always offered. Mat work is required.

Sir John Colborne Senior Centre			
Tue/Apr 13	8:00am- 8:55am	\$54.86/11 classes	120417
Tue/Apr 13	9:00am-10:00am	\$54.86/11 classes	120418
Thu/Apr 15	8:00am- 8:55am	\$54.86/11 classes	120420
Thu/Apr 15	9:00am-10:00am	\$54.86/11 classes	120419
Tue/Jul 06	9:00am-10:00am	\$37.58/7 classes	120421
Thu/Jul 08	9:00am-10:00am	\$37.58/7 classes	120422

Fitness Plus

This fitness class is designed for the active senior. You will find this challenging yet fun. Included is a warm up segment, followed by invigorating fun-filled aerobic exercises. You will strengthen and tone all major muscle groups, (dynabands and light weights supplied). Stretching and relaxation will conclude the class. Note: this is a 50 minute class.

Sir John Colborne Senior Centre			
Mon/Apr 12	12:15pm- 1:05pm	\$42.00/10 classes	120427
Mon/Jul 05	12:15pm- 1:05pm	\$32.21/6 classes	120429
No class May 24, Aug. 2.			

Fun with Easy Aerobics (formerly: Fit with Aerobics)

Fitness that's not intimidating, just invigorating. This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements. You can't go wrong with this popular fitness program. Perfect for seniors.

Oakville Seniors Citizen's Rec Centre			
Tue/Apr 13	9:00am-10:00am	\$54.86/11 classes	120430
Thu/Apr 15	9:00am-10:00am	\$54.86/11 classes	120431
Tue/Jul 06	9:00am-10:00am	\$42.96/8 classes	121012
Thu/Jul 08	9:00am-10:00am	\$42.96/8 classes	121013

General Conditioning For Men Only

Increase your flexibility, stamina and muscular strength. This class will help prepare you for activities such as skiing, hiking, curling, golf and gardening.

Sir John Colborne Senior Centre			
Tue/Apr 13	5:00pm- 6:00pm	\$49.87/10 classes	120293

Gentle Aerobics

Each session begins with a progressive warm-up, followed by 20 minutes of gentle, low impact aerobics, balance moves and ends with a long cool down. Easy to follow routines are performed to popular music. Stretching and relaxation techniques are incorporated into this enjoyable hour-long class.

Oakville Seniors Citizen's Rec Centre			
Mon/Apr 12	9:00am-10:00am	\$49.87/10 classes	120484
Mon/Jul 05	9:00am-10:00am	\$37.58/7 classes	120488
No class May 24, Aug. 2.			

Gentle Fit

Put pep in your step with this introduction to gentle aerobics and heart fit, using hand weights to improve strength and mobility. Suitable for men and women.

Sir John Colborne Senior Centre			
Wed/Apr 14	11:15am-12:15pm	\$49.87/10 classes	120297
Wed/Jul 07	11:15am-12:15pm	\$37.58/7 classes	120369

Gentle Osteo Fit

Tone up your body with this invigorating fun-filled class which accommodates participants who have varying degrees of Arthritis/Osteoporosis and other physical limitations. This class is designed to improve your flexibility, muscle strength and balance (weights and dynabands are supplied). Please bring a towel and wear rubber soled shoes. Both men and women are welcome.

Iroquois Ridge Community Centre			
Wed/Apr 14	9:30am-10:30am	\$54.86/11 classes	120236

Nia

Nia is a fitness program that incorporates the movements, concepts and philosophies from both the Eastern and Western traditions of martial arts, dance arts and healing arts. There is no prerequisite of fitness or training of any kind in order to participate in a Nia class. Benefits include: increased cardio fitness, increased strength and flexibility of muscles and joints, improved range of motion and many others.

Sir John Colborne Senior Centre			
Fri/Apr 16	11:15am-12:15pm	\$49.87/10 classes	120289

Osteoporosis - Fitness & Prevention

This class is designed for the purpose of strengthening muscles, and increasing flexibility and postural awareness in those with osteoporosis. Individual attention to varying abilities and disabilities is provided, and group participation is encouraged in a fun setting.

Sir John Colborne Senior Centre			
Tue/Apr 13	10:15am-11:15am	\$49.87/10 classes	120389
Fri/Apr 16	2:15pm- 3:15pm	\$49.87/10 classes	120390

Pilates for Seniors

Strengthen, lengthen and tone your body through the Pilates Method. This class will improve posture, back and core strength, balance and flexibility using mind/body focus and awareness. This workout is great for men and women. Please bring your own towel to class for use in some of the exercises and wear clothing that allows for free range of motion.

Oakville Seniors Citizen's Rec Centre			
Fri/Apr 16	12:15pm- 1:15pm	\$54.86/11 classes	120570
Fri/Jul 09	12:15pm- 1:15pm	\$42.96/8 classes	120812

NEW! Polynesian Fitness 50+

Join us to experience the Polynesian Islands by dancing basic Hawaiian movements combined with exercises to tone your body from head to toe. This class is designed to strengthen your knees, improve your posture and have lots of fun! Students must wear comfortable exercise clothing (no jeans) and bring your own towel.

Sir John Colborne Senior Centre			
Wed/Apr 14	3:15pm- 4:15pm	\$49.87/10 classes	120469

Shifting Gears Fitness

A modified fitness program for individuals who experience joint soreness, balance issues or diminished muscle tone. This class consists of a series of Pilates and Yoga-type exercises that are designed to strengthen all the major muscle groups, increase range of motion and develop core strength. Dynabands and light weights provided. Entire workout performed while seated.

Oakville Seniors Citizen's Rec Centre			
Fri/Apr 16	9:15am-10:15am	\$54.86/11 classes	120809
Fri/Jul 09	9:15am-10:15am	\$42.96/8 classes	120811

Total Body Conditioning

This class is designed for the more active senior and focuses on complete conditioning of the whole body through controlled stretching, gentle movement (equivalent to low or no impact cardio exercise) that improves the fitness of the heart, and specific muscle-strengthening for the body (light hand weights will be supplied).

Sir John Colborne Senior Centre			
Mon/Apr 12	1:20pm- 2:20pm	\$49.87/10 classes	120475
Mon/Jul 05	1:20pm- 2:20pm	\$32.21/6 classes	120482
No class May 24, Aug. 2.			

Total Body Conditioning Variety Pack

The Total Body Conditioning Class has had a facelift and now includes a small dance fit cardio component, optional for participants, followed by a gentle mat workout to relax the body.

Sir John Colborne Senior Centre			
Fri/Apr 16	1:00pm- 2:00pm	\$49.87/10 classes	120483

Zumba Gold

This program is a low intensity dance fitness class for older adults and true beginners. This fun Latin inspired fitness class includes: Merengue, Salsa, Mambo, Belly Dance, Tango and more. It is a safe, easy and effective total body workout. In addition, it's great for the mind, body and soul! Zumba Gold creates a party-like atmosphere that is fun and different. If you like to dance, you'll love Zumba Gold fitness classes!

Oakville Seniors Citizen's Rec Centre			
Tue/Apr 13	10:05am-11:05am	\$54.86/11 classes	120664
Thu/Apr 15	10:05am-11:05am	\$54.86/11 classes	120665
Tue/Jul 06	10:05am-11:05am	\$42.96/8 classes	120672
Thu/Jul 08	10:05am-11:05am	\$42.96/8 classes	120673

Yoga

Hatha Yoga focuses on relaxation and developing a better understanding of the body. Yoga coordinates movement and breathing, helps release tension and increases energy. It firms the body and tones muscles without pressure. If you have a yoga mat, please bring it along.

Oakville Seniors Citizen's Rec Centre			
Wed/Apr 14	10:10am-11:10am	\$54.86/11 classes	120657
Wed/Jul 07	10:10am-11:10am	\$42.96/8 classes	120661

Yoga for Wellness

Develop a sense of awareness of your inner body through the practice of Hatha Yoga. Learn to use basic yoga postures to release tensions and restore a sense of balance to your body. Learn to improve your body's strength and flexibility and increase your ability to relax. Classes will include both standing and mat work. All levels welcome. Please bring a yoga mat, yoga strap and blanket, if available.

Iroquois Ridge Community Centre			
Mon/Apr 12	2:00pm- 3:00pm	\$49.87/10 classes	120229
No class May 24.			

LEGEND:	Location			
	Days/Start	Time	Fees/Classes	Code

Yoga Gentle

Hatha Yoga focuses on relaxation and developing a better understanding of the body. Yoga coordinates movement and breathing, helps release tension and increases energy. It firms the body and tones muscles without pressure. This class is appropriate for those new to yoga, those who would like to continue developing their practice at a relaxed pace or whose physical condition requires a gentle approach. Please bring a yoga mat and blanket to class. Yoga straps will be used in class but will be available for purchase if you are unable to find one locally.

Sir John Colborne Senior Centre			
Wed/Apr 14	12:30pm- 1:30pm	\$49.87/10 classes	120545

Yoga Intermediate

This class is appropriate for those with an understanding of the basic postures who would like to develop a better understanding of the basics and who are physically ready to explore more challenging poses. Please bring a yoga mat and blanket to class. Yoga straps will be used in class but will be available for purchase if you are unable to find one locally.

Iroquois Ridge Community Ctre			
Thu/Apr 15	10:00am-11:00am	\$49.87/10 classes	120230
Sir John Colborne Senior Centre			
Mon/Apr 12	4:10pm- 5:40pm	\$70.88/10 classes	120507
Wed/Apr 14	1:45pm- 2:45pm	\$49.87/10 classes	120506
No class May 24.			

NEW! Mindful Meditation 101

Learn a practice designed to decrease the stress response and help you to cultivate your natural ability to heal and adapt. Bringing mindful awareness into everyday life helps you to make better choices by taking the time to respond rather than to impulsively react. Learning to be fully present also helps to quiet the constant chatter of the monkey mind.

Sir John Colborne Senior Centre			
Tue/Apr 13	3:30pm- 5:30pm	\$63.00/10 classes	120490

Martial Arts

NEW! Karate for Seniors

Traditional Japanese Karate offers a challenging and rewarding opportunity for mature adults to participate in the authentic art of Shotokan Karate, one of the world's most widely practiced martial arts. This revised and safety-oriented program introduces the basic fundamentals history and decorum of this ancient art. The course will be conducted by veteran Master Instructor (Shihan) and former National Champion, Kim Dunn who has over 42 years of teaching and training experience in the martial arts. He is an authentic 7th Dan Black Belt certified by the International Karate Association and the National Karate Association of Canada.

Sir John Colborne Senior Centre			
Wed/Apr 14	4:30pm- 5:30pm	\$49.87/10 classes	120448

Tai Chi for Arthritis

Tai Chi is a form of exercise that involves learning a sequence of slow graceful movements which may improve co-ordination, balance and concentration. This special program was designed by a physician and tai chi expert to maximize the potential benefits for people with arthritis. It may also be suitable for people whose energy or capacity to exercise is limited by chronic fatigue or fibromyalgia. The class will include warm-up qi gong exercises and a short set of 12 movement Sun style Tai Chi. Beginners welcome.

Iroquois Ridge Community Centre			
Thu/Apr 15	3:30pm- 4:30pm	\$49.87/10 classes	120228

Tai Chi - Beginner (Yang Style 13)

Ancient Chinese exercise consisting of slow flowing movements, promoting relaxation and improving concentration, balance and coordination. This 13 movement form is relatively short and easy to learn and it incorporates the basic principles of the art of Tai Chi. New beginners welcome.

Oakville Seniors Citizen's Rec Centre			
Mon/Apr 12	10:00am-11:00am	\$49.87/10 classes	120621
No class May 24.			

Music

LEGEND:

Location			
Days/Start	Time	Fees/Classes	Code

Tai Chi - Intermediate (Yang Style 13)

For those who have taken the Beginner Level and can complete the 13 movement form in both directions. The intermediate level includes refinements to the 13 movements and an introduction to the popular 24 movement form.

Oakville Seniors Citizen's Rec Centre			
Mon/Apr 12	11:05am-12:05pm	\$49.87/10 classes	120622
No class May 24.			

Tai Chi - Beginner (Yang Style 24)

Tai Chi is a form of exercise that involves learning a sequence of slow graceful movements which may improve co-ordination, balance and concentration. This simplified 24 movement form is a condensed version of the popular yang style sequences. New beginners welcome.

Iroquois Ridge Community Centre			
Thu/Apr 15	1:00pm- 2:00pm	\$49.87/10 classes	120188

Tai Chi - Intermediate (Yang Style 24)

This class is for those who have completed at least two sessions of the beginner level (Yang 24), and will include review and refinements to the 24 movements.

Iroquois Ridge Community Centre			
Thu/Apr 15	2:15pm- 3:15pm	\$49.87/10 classes	120195

Taoist Tai Chi - Beginner Level 3

This is the ongoing progression into learning the 108 movements of Taoist Tai Chi set. Available to those who have completed Level 1 and 2.

Sir John Colborne Senior Centre			
Thu/Apr 15	10:15am-11:15am	\$49.87/10 classes	120485

Taoist Tai Chi - Beginner Level 4

This class is for those who have completed at least the first 74 movements of the Taoist Tai Chi set. The emphasis will be on improving the foundations and form of the 108 movements.

Sir John Colborne Senior Centre			
Thu/Apr 15	9:00am-10:00am	\$49.87/10 classes	120486

Celtic Fiddling - Beginner

This class is for the absolute beginner. Learn the basics in a relaxed atmosphere. Please bring your own fiddle.

Sir John Colborne Senior Centre			
Tue/Apr 13	9:30am-10:30am	\$32.76/10 classes	120446

Celtic Fiddling

Love Celtic Fiddle music? After learning the basics of Celtic Fiddling in the Beginner Class continue your learning in a fun and relaxed atmosphere. Play some of your favourite tunes from Scotland, Ireland and Cape Breton. Prerequisite: Beginner Fiddling.

Sir John Colborne Senior Centre			
Fri/Apr 16	9:00am-10:30am	\$45.00/10 classes	120445

Guitar Lessons - Beginner

Have you always promised yourself you would learn to play that guitar? If so, this course is for you. Bring your guitar and your enthusiasm and learn the basics of guitar playing.

Sir John Colborne Senior Centre			
Tue/Apr 13	10:30am-12:00pm	\$45.00/10 classes	120424

Guitar Lessons - Level 2

This class builds on skills learned in the Beginner Guitar class. Learn more songs, new chords and techniques. Prerequisite: Beginner Guitar.

Sir John Colborne Senior Centre			
Fri/Apr 16	2:00pm- 4:00pm	\$65.62/10 classes	120426

Guitar Lessons - Level 3

This class will focus on expanding the Level 2 repertoire and will explore music theory as its applied to the guitar. Prerequisite: Guitar Level 2.

Sir John Colborne Senior Centre			
Fri/Apr 16	12:00pm- 2:00pm	\$65.62/10 classes	120425

Specialty Programs

History of Musical Forms

Ever wonder why a piece of music is called an overture, a symphony, a concerto, a sonata, or a quartet? If you take this fascinating class you will understand and hear some of the most beautiful music ever written. In the class you will follow the history of these musical forms and learn how to recognize them upon hearing and know the men and women who composed these pieces, the countries they originated in and the lasting beauty of them all for us to listen to. Age: 50+

Oakville Seniors Citizen's Rec Centre			
Tue/Apr 13	1:30pm- 3:30pm	\$40.95/6 classes	121257

History of Opera

Intrigue, suspense, love, devils, saints, angels and villains, sounds like a TV show, but no it is the thing opera is made of, only far more beautiful and more about us than we might imagine. This class will include some of the most beloved melodies and stories that have graced the stages of the world for centuries. From Venice and Vivaldi, to Milan, Verdi, Puccini and French Baroque with Lully and Rameau and climbing even higher to Beethoven, Wagner, Strauss, Britten and Stravinsky. It is all here in the opera class. Come and be swept away in a torrent of passions and escape.

Oakville Seniors Citizen's Rec Centre			
Tue/Jul 06	1:30pm- 3:30pm	\$44.07/6 classes	121256

History of Rock and Roll

The tunes, the good times, the personalities; all of these and more make Rock 'N' Roll part of our lives, young or old. From 1950 until present there will be a good time had by all as the stories of some wonderful characters and their music unfolds to our ear. Come in and relive your past through Rock 'N' Roll.

Oakville Seniors Citizen's Rec Centre			
Fri/Jul 09	1:30pm- 3:30pm	\$44.07/6 classes	121252

French - Beginner

Introduction to the French language with emphasis on communication in every day situations. Expand your vocabulary and learn to conjugate verbs in a relaxed setting. Classes are 1 1/2 hrs in length.

Oakville Seniors Citizen's Rec Centre			
Mon/Apr 12	9:00am-10:30am	\$68.25/10 classes	120468
No class May 24.			

French - Conversational

Conversational French, with occasional writing and reading assignments to increase comprehension and vocabulary. You must have knowledge of the French language. Classes are 1 1/2 hrs. in length.

Oakville Seniors Citizen's Rec Centre			
Mon/Apr 12	10:30am-12:00pm	\$68.25/10 classes	120470
No class May 24.			

French - Level 3

Did you ever wish for an opportunity to meet and discuss various interesting subjects in French? Discuss current affairs, history, community issues and other subjects of interest to the group. New vocabulary and terms will enrich participants who are already competent in French. L'accent sera sur l'utilisation de la terminologie appropriée.

Oakville Seniors Citizen's Rec Centre			
Mon/Apr 12	12:30pm- 2:00pm	\$68.25/10 classes	120481
No class May 24.			

Spanish - Beginner

This course introduces you to Latin culture and covers topics involving every day situations i.e.: asking for information, directions, etc. Develop your Spanish language skills in an interactive and friendly environment.

Sir John Colborne Senior Centre			
Thu/Apr 15	9:30am-11:00am	\$68.25/10 classes	120498

LEGEND:	Location			
	Days/Start	Time	Fees/Classes	Code

Spanish - Intermediate

This intermediate class is for those who have completed the beginners Spanish course. You will further develop your language skills and increase your vocabulary.

Sir John Colborne Senior Centre			
Thu/Apr 15	11:00am-12:30pm	\$68.25/10 classes	120499

Spanish - Intermediate 2

Move beyond basic Spanish into reading and writing. Prerequisite is Spanish Intermediate.

Sir John Colborne Senior Centre			
Tue/Apr 13	12:30pm- 2:00pm	\$68.25/10 classes	120501

Spanish - Conversational

You must be able to speak and understand Spanish. This course looks at developing cultural awareness and conversational skills in a variety of situations.

Sir John Colborne Senior Centre			
Tue/Apr 13	2:00pm- 3:30pm	\$68.25/10 classes	120504

Swim Programs

Aquafitness

Aquafitness is performed in shallow water and involves aerobic training, muscle conditioning and flexibility. The 50 minute class is held at Oaklands Regional Centre and is taught by a qualified fitness instructor/lifeguard. If you have high blood pressure, you should check with your doctor due to the warm temperature of the pool.

Oaklands Regional Centre			
Mon/Apr 12	9:20am-10:10am	\$68.25/10 classes	120616
Mon/Apr 12	11:10am-12:00pm	\$68.25/10 classes	120617
Wed/Apr 14	9:20am-10:10am	\$75.08/11 classes	120614
Wed/Apr 14	11:10am-12:00pm	\$75.08/11 classes	120615
Mon/Jul 05	9:20am-10:10am	\$51.42/7 classes	120805
Mon/Jul 05	11:10am-12:00pm	\$51.42/7 classes	120806
Wed/Jul 07	9:20am-10:10am	\$58.76/8 classes	120803
Wed/Jul 07	11:10am-12:00pm	\$58.76/8 classes	120804
No class May 24, Aug. 2.			

Recreational Swim

This swim is held at the warm water pool at Oaklands Regional Centre (53 Bond St in Oakville). Warm water can be very therapeutic and many participants bring exercises to continue in the pool once their therapy is completed. Lifeguard on duty for this recreational swim. Pool has a ramp for easy access and a shallow and deep end, just over six feet. No length swimming.

Oaklands Regional Centre			
Mon/Apr 12	10:10am-11:10am	\$68.25/10 classes	120619
Wed/Apr 14	10:10am-11:10am	\$75.08/11 classes	120618
Mon/Jul 05	10:10am-11:10am	\$51.42/7 classes	120815
Wed/Jul 07	10:10am-11:10am	\$58.76/8 classes	120814
No class May 24, Aug. 2.			

Senior Services Newsletter Coming Soon

Pick up your Senior Services Newsletter in early February. Inside you will find not only our registered programs, but also special events, drop-in programs, volunteer opportunities and day trip information at all four senior centres. Each centre has a section for news specific to them and everything you need to know about activities for those 50+ in Oakville is included.

Iroquois Ridge Older Adults Centre

1051 Glenashton Drive
Oakville L6H 6Z4
Phone: 905-338-4255, ext. 3745

Oakville Senior Citizens' Recreation Centre

263 Kerr Street,
Oakville L6K 3B4
Phone: 905-815-5966
Fax: 905-815-5967

River Oaks Mature Adults Club

River Oaks Community Centre

2400 Sixth Line
Oakville L6H 3N8
Phone: 905-338-4186

Sir John Colborne Recreation Centre for Seniors

1565 Old Lakeshore Road
Oakville L6L 6N1
Phone: 905-815-5960
Fax: 905-815-5961