Seniors Services

Spring/Summer 2019 Newsletter
Thinking About Downsizing?
Let’s Talk About It.

We can help you decide if it's the right time for you.

“We have worked with Anita and Rina over the last five years to sell two properties, lease out a property and to purchase our current condo.

This is a terrific team of real estate professionals. It gave us peace of mind to know that we had two of the best agents working on our behalf. They are knowledgeable about their industry, they took the time to sit down with us and go through our goals and helped us realize our plans. Not only did they help successfully sell our house of 31 years, but they helped prepare us for that whole process. Our questions were answered promptly, and they provided solutions for many challenges we faced during our downsizing and they did it with style, creativity and in a very heart-warming manner.

We are very happy in our new home thanks to Anita and Rina, who made sure we got exactly our heart’s desire.”

- Lisa and Jim B.

Anita Sullivan
Broker
Seniors Real Estate Specialist
Accredited Buyer’s Representative
Certified Negotiation Expert
anita@rina.ca | 905.466.4900

Rina DiRisio, B.A.
Sales Representative
Lifetime Resident of Oakville
Top 1% for Royal LePage
for 18 Years Running
rina@rina.ca | 905.849.3346

Call or email anytime for your complimentary market evaluation!

Phone: 905-466-4900
Email: anita@rina.ca

www.rina.ca
www.brontecondoreport.com

Not intended to solicit properties listed for sale or buyers under contract.
General Information

Town of Oakville Department of Recreation and Culture
Oakville Seniors Services

Manager, Adult and Seniors Services
Nancy Beddoe
905-845-6601, ext. 3976
Email: nancy.beddoe@oakville.ca

Trafalgar Park Older Adults Centre
(formerly Oakville Seniors Centre)
133 Rebecca Street, Oakville, ON L6K 1N3
Phone: 905-338-4406
Hours: 8:30 a.m. – 4:30 p.m. Monday to Friday
Recreation Coordinator: Colleen Beswick
905-845-6601, ext. 4502
Email: colleen.beswick@oakville.ca

Sir John Colborne Recreation Centre
for Seniors
1565 Old Lakeshore Road, Oakville, ON L6L 6N1
Phone: 905-815-5960
Fax: 905-815-5961
Hours: 8:30 a.m. – 4:30 p.m. Monday, Wednesday to Friday
8:30 – 8 p.m. Tuesday
Recreation Coordinator: Julie Pennal
Email: julie.pennal@oakville.ca
Assistant Coordinator: Nicole Wedgerfield
Email: nicole.wedgerfield@oakville.ca

River Oaks Mature Adults Club
2400 Sixth Line, Oakville, ON L6H 3M8
Phone: 905-338-4186

Iroquois Ridge Older Adults Centre
1051 Glenashton Drive, Oakville, ON L6H 6Z4
Phone: 905-845-6601, ext. 3745
Hours: 9 a.m. – 4 p.m. Monday to Friday
Assistant Programmer: Alexandra Di Matteo
905-845-6601, ext. 3498
Email: alexandra.dimatteo@oakville.ca

Queen Elizabeth Park Older Adults Centre
2302 Bridge Road, Oakville, ON L6L 2G6
Phone: 905-815-5979, ext. 4673
Hours: 1 – 4 p.m. Monday – Friday
Assistant Programmer: Jolaine Montgomery
905-815-5979, ext. 4674
Email: jolaine.montgomery@oakville.ca

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Find us on Facebook at Town of Oakville Seniors Centres

Cover and text printed on FSC certified, 30% post-consumer waste stock.

Cover photo courtesy of Mary Clare Moore
From the Manager’s Desk

At the Older Adults Centres Association of Ontario’s annual conference, I attended a workshop presented by staff of the Rexdale Community Health Centre. They are taking part in a pilot that offers “social prescriptions” - where health practitioners prescribe artistic and social activities as alternatives to medicine for people who have issues such as anxiety and loneliness. This concept started in the UK where they now have a Minister for Loneliness. Many factors can contribute and lead to social isolation and senior’s centres provide a way to combat this! We see first-hand the social benefits of attending a senior’s centre - whether you volunteer or take part in a program, or drop in and have a coffee and read a magazine, you are helping to reduce your social isolation. If you know of anyone you feel that could benefit from attending one of the centres why not invite them along to join you, or drop off a newsletter to them.

Drop In Fee Increase

Drop in fees will increase to $1 effective March 1, 2019. The drop in fees have not been increased since the early 1990’s. These fees will be used to offset some of the costs of running the centres. (I.e. heat, hydro, part time wages, office supplies, repairs and maintenance, equipment, etc.)

It is that time of year when we resolve to get in shape, eat healthier and become more involved in our community. Oakville’s seniors’ centres can help you get started! We offer many programs for all levels and abilities and plenty of opportunities for you to volunteer – work in the kitchen/café, pick up clients for the congregate dining program or help organize special events. Read on in the newsletter to find out how you can get more involved.

On behalf of Karen, Colleen, Alex, Jolaine, Anita, Julie, Nicole and Stephanie (absent from the photo) we wish you all the best in 2019!!

Nancy Beddoe
Manager, Adult and Seniors Services
Seniors Services Mission & Vision

Vision:
To be centres of purpose and possibility for Adults 50+.

Mission:
To provide a welcoming, accessible and supportive environment for Oakville seniors that embodies social, recreational, health and wellness activities. Unique programs and services are dynamic, supporting the continuous well-being of seniors and responding to their changing needs.

Seniors Services Membership Fees

<table>
<thead>
<tr>
<th>Age</th>
<th>2019 Fee</th>
</tr>
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<tbody>
<tr>
<td>Age 50 – 79</td>
<td>$40</td>
</tr>
<tr>
<td>Age 80 – 89</td>
<td>$20</td>
</tr>
<tr>
<td>Age 90+</td>
<td>No charge</td>
</tr>
</tbody>
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Please note effective January 1, 2019 non-residents will be charged the non-resident fee (an additional $10 plus HST) on their Seniors Services membership.

Seniors Services Membership Cards

A current Seniors Services Membership Card is required to register in all Seniors Services (50+) programs, to attend drop-in activities, special interest clubs and day trips. Membership is valid for one year from the date of purchase and fees are based on your actual age at time of renewal or purchase.

You are required to scan your card at the front desk of the Trafalgar Park Community Centre, Sir John Colborne Centre and River Oaks Community Centre. For those who frequent Iroquois Ridge and Queen Elizabeth Park, you will scan your card in the Older Adult Centre. Having to show or scan your card at each centre provides staff with accurate data on the usage of the facilities. Spot checks may be carried out during drop-in activities.

Should you have any questions about the process, please speak with a Seniors Services staff member.

Why do I need a current Membership?

Membership fees help offset some of the costs of running the centres such as heat, hydro, snow removal, repairs, equipment, program supplies and general maintenance of the centres. In the interest of fairness everyone who participates in programs or events must have a valid membership. This way everyone contributes to the running of our centres.

There are no refunds for memberships.

Benefits of Membership

Your Town-wide Oakville Seniors Services membership card entitles you to:

- Register in Senior Services (50+) classes and participate in seniors services drop-in activities at five locations – Trafalgar Park Older Adults Centre, Colborne Seniors Centre, River Oaks Mature Adults Club, the Iroquois Ridge Older Adults Centre and Queen Elizabeth Park Older Adults Centre
- Participate in day trips
- Attend special events – parties, dances, guest speakers, movies
- Vote at the Annual General Meeting
- Hold office on a governing board
- Keep updated with the latest information on items such as local initiatives, health care, hospital direction, community support, social services
- Meet lots of new friends
- A copy of our bi-annual Seniors Services Newsletter
- Have a direct link with local government through the Recreation and Culture Department
- Discover a new hobby / skill / talent
- Become involved in meaningful volunteer work
- Meet new people in your community
Spring and Summer Program Registration

Registration opens Tuesday, February 19, 2019 at 9 a.m. Register online at oakville.ca.

Register by touchtone phone at 905-815-2000

To register online or by touchtone phone you will need:

- A current Seniors Services membership card (membership cards can only be purchased on site at the Senior Centres or at Town Hall.)
- A family PIN number and personal ID number. (obtained by calling 905-845-6601, ext. 4747)

Methods of payment include VISA, MasterCard, American Express or credit remaining on your account.

To know if you registered successfully, once payment is complete, you will be provided with a confirmation receipt online as immediate confirmation. Please ensure you have an updated email address on file and check your email for program registration confirmation. Paper receipts will only be mailed to registrants who have not provided an email on file. It is your responsibility to ensure you are aware of your acceptance in the program and program details (location, time, date etc.) If you need to update your email address, you may do so on your on-line account, at the Registration Department at Town Hall, or at the Seniors Centres.

Other Ways to Register

If you do not have a Family Pin or Personal ID number please call 905-845-6601, ext. 4747. If you do not have internet access, terminals are available at local Oakville Libraries and at the Senior Centres.

Registration by drop-off, mail or by fax is available, but we strongly encourage you to take advantage of the online and phone options. Dropping off a registration form early does not guarantee confirmation in a program, in fact dropped off forms are processed in indiscriminate order.

To avoid disappointment and for immediate confirmation of availability, use the online or phone registration option. For registration inquiries phone 905-338-4250. Don’t forget you can now register online AFTER the program start date. But don’t wait until the last minute as popular programs fill up fast and those with low enrollments prior to the start date are cancelled.

Withdrawals and Refunds from Programs

Online timelines: Withdrawals/refunds can be processed online up to four days prior to the program start date. An administration fee will not be charged. Funds will be returned via method of payment used for the original purchase.

Phone and in-person timelines: Withdrawals/refund requests can be made for programs up to the start time of the third class by calling 905-338-4250 or visiting the Recreation and Culture office at Town Hall between 8:30 a.m. and 4:30 p.m., Monday through Friday. The amount refunded will be the full cost of the program, less the cost of any classes already held. Withdrawal/Refund requests made by phone or in person are subject to an administration fee of $10 plus HST per transaction. Requests made to the program instructor or left on voicemail will not be considered sufficient notice.

After the third class of the program: Withdrawal/refund requests received after the start time of the third class of the program will be processed for medical reasons only for the remaining classes of the program and must be accompanied by a doctor’s note. These requests will be processed and prorated as of the date and time that official notification is received by the Recreation and Culture department and cannot be backdated. Medical requests will be prorated, but not subject to an administration fee. Requests made to the program instructor or left on voicemail will not be considered sufficient notice.

Please note there are no refunds for membership fees.
Program Waitlists

In the event that a program is full, clients may be added to the waitlist. If space becomes available, the first person on the waitlist will be contacted and offered the space by email. The client’s response to accept and provide payment to confirm program enrollment is required within 48 hours, after which time, the offer will be cancelled and the next client on the waitlist will be contacted.

Out-of-Town Memberships and Registered Classes

Members of the Seniors Centres who live outside of Oakville will pay an out-of-town fee for their memberships effective Jan 1, 2019. Residents who live outside of Oakville do pay an extra $10 plus HST for each registered class in which they enroll and this fee will now also be added to the membership fee.

Oakville’s Seniors Centres and the programs they offer are supported by the tax base of Oakville. While membership is encouraged and promoted to citizens of neighbouring municipalities, Town Council’s decision to charge an out-of-town fee for memberships and classes attended by non-residents is a reflection of their overall fiscal responsibility to the citizens of Oakville.

Special Events

There are no refunds unless your ticket can be sold to someone on a waiting list. There is no immediate refund. Please allow time for cheque processing.

Day Trips

Refunds will be issued only if your “place” is filled by another. Due to the overwhelming success of our day trips, there is often a waiting list. If you are unable to attend a day trip, please check with Tom/Marilyn before selling your ticket to a fellow centre member.

Centre Closures

February 18 - Family Day (Colborne only)
April 19 & 22 - Good Friday and Easter Monday
May 20 - Victoria Day
July 1 - Canada Day
August 5 - Civic Holiday
September 2 - Labour Day
Please refer to the posters for older adult centre closure details.

Can’t attend the full session of your registered program? If you are going to miss one or two weeks please let your instructor know. Also, please note when you miss a class there is no refund or make-up class.

Official receipts for program registration are sent via email. Please ensure you have an updated email address on file and check your email for program registration confirmation. Paper receipts will only be mailed to registrants who have not provided an email on file and may delay your knowledge of acceptance into our waitlist status in a program. It is your responsibility to ensure you are aware of your acceptance in the program and program details (location, time, date etc.)

If you need to update your email address, you may do so on your on-line IRIS account, at the Registration Department at Town Hall or at the Seniors Centres.
A Little Assistance Goes a Long Way

Everyone should enjoy the benefits that participation brings. The Recreation and Culture Department would like to ensure that Oakville residents have the opportunity to access recreation and leisure services offered by the Town. To help make this possible, financial assistance is available through the Recreation Connection program. Based on total income of all family members, if you qualify you will receive an amount that can be put towards memberships or programs. Visit oakville.ca or your local community centre for more information.

Did We Cancel Your Class?

In order to be fair to all our participants by allowing sufficient time to choose alternate classes, staff need to make decisions about cancelling classes approximately one week prior to the start of each class.

If you choose to register at the last minute, you run the risk of the class being full or cancelled due to low enrollment. Either way, you’ll be disappointed and in the case of low enrollment, other people could be disappointed as well.

Please plan to register early for your classes – you won’t miss out on a favourite class and we won’t have to cancel classes that otherwise might have run.

Seniors Working Action Group (SWAG)

The Seniors Working Action Group (SWAG) supports the well-being of seniors in the Town of Oakville.

SWAG meets once per month at Sir John Colborne Recreation Centre under the authority of the Department of Recreation and Culture, Town of Oakville.

Their Mandate is to:
- Represent seniors on Age-Friendly initiatives
- Advocate for quality of life and dignity in the Oakville Community
- Provide seniors’ information to the community by giving presentations and networking with other senior-focused groups
- Support and review issues of interest and concern such as housing, health care, transportation, recreation and the environment

If you are interested in learning more about the SWAG Committee, the current SWAG Committee Minutes are posted on oakville.ca/SWAG

SWAG will be hosting another Presentation by Richard T. Howitt Q. C. on Thursday, February 28 at 1:00 p.m. at Trafalgar Park Community and Culture Centre in the Pine Room.

Mr. Howitt will touch briefly on Powers of Attorney, Wills and the need for both. This time however we would like to try a different format so that more in-depth questions and concerns can be addressed and shared with everyone present. If you have an area that you would like discussed such as more information on Executor Duties, Probate, Estate Accounts or Advanced Directives for POA Personal Care, please email your questions to Darlene Cox darlco@sympatico.ca prior to the event. Please keep your questions of a general nature without using names involved in a specific case. There will also be ample time for other questions at the end of the session. There is no charge for this event, but you must register by phoning 905-815-5960.

For further information about SWAG, SWAG events, concerns or comments you might have, please contact: Darlene Cox 905-466-6212 Chair, SWAG or Nancy Beddoe 905-845-6601 ext. 3976 Senior Services Manager.
**Bus Tickets**

Oakville Transit has moved to PRESTO cards. Bus tickets are no longer available for purchase at any Centre.

Care-A-Van tickets must be purchased directly through Oakville Transit. Please call 905-815-2020 for further information.

**Accessible Parking Reminder**

Only those with valid accessible parking stickers, etc. can use the accessible parking spaces at the Centres. Make sure your sign is clearly visible from the outside of your vehicle. **And please, only one vehicle per parking space!**

**Scent**

Many people have a strong reaction to perfumes and scents. Please be kind to your fellow members by being aware of this when getting ready for your activity at the Centre and perhaps foregoing that spritz of perfume before you leave home! It will be appreciated.

**Nine Metre Smoking Restriction By-law**

Halton Region By-law 24.09 came into effect February 15, 2010 and restricts smoking within nine metres of the entrance or exit of buildings owned or leased by the Regional Municipality of Halton and the local municipalities including the Town of Oakville. This means that you cannot smoke within nine metres of Recreation Centres, Seniors Centres, parks and outdoor recreation spaces.

**Fire Drills**

As you enter any of the rooms at any centre, please be aware of the nearest fire exit, pull station and fire extinguisher. A diagram of the nearest location of these three items is posted just inside each room. Should you ever hear the fire alarm ring, leave the building immediately!

Emergency lights are installed in every room at the Centres and the lights flash when the fire alarm rings which alerts those with hearing impairments.

**Taxis**

Taxis are available for listed Seniors Services special events for a fee of $2 each way for Senior Centre members who are unable to use public transit or drive themselves. To book a taxi, contact Kim at the Trafalgar Park Community Centre by 2 p.m. the previous day. If the event takes place on a weekend, you will need to book a taxi the previous Friday. Pay for the taxi at the reception desk of the Centre. Do not pay the taxi driver. If you are unable to attend an event and you do not notify Kim at 905-338-4406, you will be charged for your trip.

**Registration for seniors programs begins Tuesday, February 19, 2019 at 9 a.m.**

**Suggestion Boxes**

We are always receptive to comments and suggestions, even criticism (as long as it is constructive). Each centre has a suggestion box for your use. Let us know what you think. You may submit suggestions anonymously, but if you wish to have a response or answer, you’ll have to add your name and phone number. The suggestions boxes are opened and reviewed by the Operations/Advisory Boards at their monthly meetings.

Is your email address on file and up-to-date? Please notify your home centre if your email address has changed.
**Spectacular Showcase**

Excellent! Great Variety! It’s a fantastic show!

These are just some of the comments from audience members on the 2018 edition of the Spectacular Showcase held at QEP’s Black Box Theatre Dec 28 and 29. We had great houses for both shows and great response from the audiences to our range of entertainers from the Guitgang and Montclair Fiddlers for the pre-show to singers, dancers, a magician, a ventriloquist, groups, duets and solos. The audiences appreciate the cabaret style and the chance to sip a drink (including wine) during the performances. See our website:  http://www.oakvilleshowcase.ca for some highlights and visit our Facebook page: fb.com/oakvilleshowcase.

The Showcase Academy, a group of enthusiastic performers, most with little or no previous theatre experience, did two great numbers that wowed the crowds under its new leader, Susan Curran.

All in all, performers and audiences alike had plenty of fun.

Audition slots are now available for this year’s show. For more information see our website: http://www.oakvilleshowcase.ca. To audition contact Johanna Boffa: showcase2024@gmail.com or Vince Carlin at 416-550-8030. All types of acts, including those featuring those older (over 40) and younger, (under 40) performing together. We are particularly looking for more Oakville-based individuals and groups.

For the Academy, no audition is necessary. It involves group singing and some simple dance moves. If you are interested please contact Catherine: catherineross50@gmail.com.

Meanwhile, if you have any questions or an idea for an act or anything you want to run by us, contact our producer, Kathy Carlin, at 905-845-3585 or doccarlin@gmail.com.

Also, we are always looking to enhance our committee which guides the Spectacular Showcase planning throughout the year. One important role we need to fill is publicity person. If you would like to bring your skills to the group contact Kathy as above.

See you in December – onstage or in the audience!

Effective March 1, 2019 drop-in fees will increase to $1.
Newsletter Cover Photos and Advertising Opportunities
Do you like to take photos? Have a great one that you think would be a terrific cover for the Seniors Services Newsletter? Submissions for cover consideration are due twice a year just prior to print. Consider submitting your favourite photo and enjoy sharing your creative side with our members. For the next issue the deadline is June 14, 2019. Please email your photo to Nicole at Sir John Colborne. Photos should reflect the seasons of the edition, be portrait format and of high quality resolution.
If you are interested in advertising in our Seniors Newsletter please contact Julie at 905-845-6601, ext. 3978 or julie.pennal@oakville.ca to discuss rates, criteria and submission deadlines.

Congratulations
Congratulations to Ted Lambert who was the recipient of the Older Adult Centres Association of Ontario’s (OACAO) Award of Merit for his volunteer work at Oakville’s Seniors Centres and the OACAO. Ted was presented his award at the recent OACAO Conference by Kim Evans, Past President, Nancy and Julie.

Seniors Ride Free on Mondays!
Seniors (65 years and over) can ride Oakville Transit buses for free every Monday. No tickets, no passes required – but please be prepared to show proof of age. For schedule and routes, visit oakvilletransit.ca. Take advantage of this wonderful service and explore Oakville.

Well Wishes
Cards of sympathy and get well cards for those members who are hospitalized are mailed from the centres. If you know of any card that should be sent, please let the volunteer know at the front desk.

Facebook
Did you know that Oakville Seniors’ Services is on Facebook?
Check us out at Town of Oakville Seniors Centres and “Like” us to stay up to date on all the happenings at the centres around town!

Defibrillators
Town of Oakville facilities are equipped with portable defibrillators. All the units are mounted on the wall. At the Seniors Centres they are located near the front reception areas and the community recreation centres units are located on the walls in the lobby areas. Staff and volunteers receive ongoing training to ensure that their skills are kept current. If you are a volunteer at the Centre and would like to take a defibrillator course please let staff know or refer to the Recreation and Culture guide for class information.

Any advertising placed in the Oakville Seniors Services Newsletter does not indicate endorsement or recommendation by the Town of Oakville Seniors Services for any products or services included in any issue.
The Rzone
What is the Rzone?
The Rzone is a zero tolerance operating procedure that applies to all Town of Oakville recreation and cultural centres, facilities, parks and programs. The Rzone procedure enforces zero tolerance of violence, vandalism and inappropriate behaviour for participants and the general public.

What does the Rzone mean?
The “R” in the Rzone logo stands for Respect and Responsibility. Respect for Yourself; Respect for Others; and Responsibility for all your Actions. The logo will serve as a reminder to staff and the public that the operating procedure is in effect and applies to everyone: coaches, parents, players, performers, audiences and visitors.

For more information visit oakville.ca or call 905-845-6601.

Policy Review Board
The Policy Review Board meets six times per year to address governance concerns and develop policies and procedures for all seniors’ centres. The PRB includes representatives from all centres, and the minutes of the meetings are posted at all the centres. The Board set the membership fees for 2019. The Trafalgar Park Senior Centre opened in September and ground has been broken on Southeast Community Centre (hospital lands). Changes in the newsletter were discussed and there were no recommendations for any change.

Feel free to contact any member of the PRB (members are listed in the minutes) if you have any questions or would like further clarification.

Lorna Van de Mosselaer
Policy Review Board Chairperson

Annual General Meetings
Mark your calendar for your centres AGM. Handouts (minutes, income statements, agendas) will be available at the meeting or if you would like a copy prior to the meeting please let staff know. Complimentary refreshments are provided.

Note: You can only vote at the centre where your membership is housed

River Oaks Mature Adults Club
Monday, February 11 @ 3 p.m.
(no refreshments)

Iroquois Ridge Older Adults Centre
Wednesday, March 6 @ 11 a.m.

Sir John Colborne Recreation Centre for Seniors and Queen Elizabeth Park Older Adults Centre
Colborne Centre
Wednesday, March 6 @ 5 p.m.

Trafalgar Park Older Adults Centre
Friday, March 8 @ 11 a.m.
In Memoriam

July 2018
Betty Mulder

September 2018
Frank Sherwin

October 2018
Eva Lorraine Bishop
Michael Maurice

November 2018
Richard (Dick) Beaumont
Elsie Butler
Linda Landsberg

December 2018
William (Jim) Gibb
Linda Mackay
Jagdish Menrai
Alexander (Alex) Pauloff
Lois Richardson

January 2019
Ken Fletcher
Day Trips
To purchase a day trip ticket you must show your valid Seniors Services membership card. All day trip tickets go on sale at 12 p.m. on the designated sale date and may be purchased at the front desk of the Colborne Centre or at the Trafalgar Park Community Centre after the initial sale date.

*There are no advance reservations. You must purchase your ticket in person or have a friend purchase your ticket by scanning your membership card. A member may purchase two (2) tickets only, one for themselves and one other with valid membership cards. There are no exceptions.*

Day Trips are for members only and spaces for day trips go quickly. If you are unable to purchase the trip of your choice, please ensure your name is added to the waiting list.

**All Ticket Sales are Final**

Refunds will only be issued if your “place” is filled by another. Due to the overwhelming success of our day trips, there is often a waiting list. If you are unable to attend a day trip, please check with one of the travel convenors before selling your ticket to a fellow centre member. Note: if a trip does not meet the minimum number of participants it will be cancelled and a full refund will be issued. Please be aware that date, costs and itinerary are subject to change.

Descriptions of day trips are posted on the Travel Boards at the centres. All day trips are subject to change depending on availability. All day trip participants must be able to climb stairs and navigate curbs/steps independently.

Please notify Tom/Marilyn at 905-338-1165 directly if you are unable to attend a day trip or if you have questions.

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### Day Trip Parking

Please park in the lot at Trafalgar Park Community Centre or at the north end of the main Queen Elizabeth Park Community and Cultural Centre parking lot.

**Q** = Queen Elizabeth Park Older Adults Centre, 2302 Bridge Road

**T** = Seniors Centre located in Trafalgar Park Community Centre, 133 Rebecca Street

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**Wednesday, March 20, 2019**

**Irish Kitchen Party – The American Rogues**

Join us at the Greg Frewin Theatre for an Irish Kitchen Party and shenanigans! Enjoy an Irish themed buffet lunch followed by a rollicking performance by The American Rogues. This band will have you toe tapping, singing along and dancing in your seat! Get ready for multi-instrumental sound including original songs, covers, ballads, Irish foot-stompers and more.

Coach leaves Q at 10:05 a.m.; T at 10:15 a.m. Return time approximately 4:30 p.m.

Cost $110. Tickets go on sale Monday, January 7, 2019 at noon. (Closing date for ticket sales: Monday, February 11).
Wednesday, August 28, 2019
Lunenburg – Lighthouse Festival Theatre and Lunch

Our first stop of the day is for lunch at the Erie Beach Hotel. Enjoy their famous fish and chips meal in the heart of Port Dover. Next we travel to the Lighthouse Festival Theatre for a performance of Lunenburg. When Iris Oulette inherits a house that she didn’t even know existed, she and her close friend, Natalie Whitaker, travel to the town of Lunenburg, Nova Scotia, to have a look at her new property. What follows is a series of world-changing surprises, heart-warming personal transformations, and a fall-down-funny romantic adventure. The fun will continue as one of the actors will be joining us on the coach after the show.

Coach leaves Q at 9:50 a.m.; T at 10:00 a.m. Return time approximately 6:30 p.m.

Cost $110. Tickets go on sale Monday, May 27 at noon. (Closing date for ticket sales: Friday, July 19).

TBA
More trips are currently in the planning stages for 2019. Check the Travel Boards at the centres which will be updated as more information becomes available.
Bus Etiquette

As we have many new members enjoying our day trips, we would like to remind you of our bus etiquette practices:

There are two pickup locations:
QE Park Community Centre: 2303 Bridge Road, across from the tennis courts.
Trafalgar Park Community Centre: 133 Rebecca Street.
Pick up times for each location are printed on the tickets.

Tickets are sold at the front reception desk of Sir John Colborne and Trafalgar Park Community Centre, after the original sale date printed on the flyers. Watch the Travel Board for new and upcoming trips.

Members can buy their ticket at either centre and also board the bus at either location. However, please ensure your pick up location is clearly indicated on the sales sheet.

The seat you select is yours for the entire day trip.

The driver side of the bus is reserved for QEP pick-ups and the door side is reserved for the Trafalgar Park pick-ups.

Regardless of where you buy your ticket your pick up location determines where you sit on the bus. There is no saving seats for your friends. Please respect this rule for the enjoyment and safety of all. If you wish to sit with your friend you both must board the bus at the same location.

When we arrive at our destination, Tom will go in first to check if they are ready for us. Please wait patiently. The bus is unloaded by starting at the front of one side and will continue all the way to the back. Then the other side will exit back to front. It will be announced on each trip which side gets off first.

Members must be able to get on and off the bus independently. If help is necessary you are required to have a friend or aide travelling with you. (A ticket is required).

We ask that you remain seated at all times while the bus is in motion. Your escorts, Tom and Marilyn Cumming, are in charge of all travelers and will address problems or concerns.

Thank you for your continued cooperation.

Happy travelling!
Seniors Services Champions
IROAC - Selma Rasmussen

Just a few weeks after the Iroquois Ridge Community Centre was opened, I was asked by Nancy Beddoe to start a Knitting, Crochet and Craft group at the Centre. I had done other volunteer work in the past, so I agreed to give it a try. I called the group “Find It and Finish It”. Is is now 17 years later and we are still going strong.

Over the years I have met many interesting people at the Centre and many have become good friends. As a group, we have made many items for other charitable causes such as baby hats for the hospital, dolls for sick children in Africa and scarfs for HIV patients. We have also made many items for our Bazaar to raise funds for our Centre. In addition to making all these hand made items, we have enjoyed our time together and look forward to every Tuesday morning's group meeting.

I have personally convened the Bazaar for several years in the past and really enjoyed it. I also volunteer for the Friendship Luncheon Program and help when I am needed. I enjoy volunteering very much, find it rewarding and feel that I need to give back to my community.

ROMAC - Executive

Thank you to President, Said El Farnawany, Secretary and Social Director Audrey Fraiser and Treasurer Ron Devine, for their volunteer work on the ROMAC Executive. They are retiring from the Executive at the February AGM, although I understand that Audrey is going to stay on for one more year to assist the new Executive. On behalf of the ROMAC members we thank them for all of their work over the past years!
QEPOAC - Steve Spencer

Soon after retiring from my career, I became aware of how fortunate we seniors are in Oakville. There is an array of programs to suit many interests, with excellent facilities and dedicated Town staff to support them. One can become involved with activities to enjoy, stay socially engaged and keep our minds and bodies strong. I have come to know many friends by getting involved and feel part of our “seniors” community.

When old friends ask me what I do in retirement, I answer - the same recreation that I did as a teenager, except for one thing: I participate in sports and play music. Besides enjoying my family (especially my granddaughter), my passions are pickleball, badminton and playing music.

Steve is a convenor for badminton and rock and roll jam sessions and entertains other seniors as a member of a band. Steve also serves as Chairperson for the QEPCC Older Adults Advisory Committee. He says: “I am volunteering in areas I am passionate about. I want to help others enjoy those areas or activities and to give back to the community. I enjoy meeting new people and by volunteering I can use some of the skills I learned in my working career. It adds a sense of fulfillment to my retirement years.”

Volunteering is a fantastic opportunity to make new friends while helping out your community. A win-win situation!

If you are interested in pursuing one of the many opportunities available please contact staff.
Trafalgar Park - Operations Board

Consisting of chair Ralph Wallace along with Marg Brennan, Marlene Bristol, Maynard Chen, Cathy Maclachlan, Eileen Murray, Barb Penty, Vikki Stasiuk and Joan Wraith. This group has steered the Oakville Seniors Centre through a tremendous change as the move to Trafalgar Park was made. They were instrumental in securing a centre that met the needs of members, current and future, while working to preserve that home-away-from-home feeling that those at Kerr Street have always known. We are tremendously lucky to have such a dedicated, committed volunteer team.

Colborne - Friendship Luncheon Volunteer Team

There is no I in Team and this is particularly true of the Friendship Luncheon Volunteer group. This very special program that serves the frail and isolated members of our community takes an army of volunteers to make it work. Each week a volunteer calls each client and has a visit, another volunteer then coordinates drivers to shuttle participants to and from their home to the Centre. These drivers are diligently available each week all year long visiting and chatting and making sure their “friends” are comfortable. A team of hostess and cafe volunteers then plan and execute a wonderful luncheon every Wednesday at the Centre. From welcome hugs at the front door, to piano playing and sing-alongs, to a hot delicious served meal with help whenever needed. There is exercise, card games, lots of laughter and beautiful friendships. This volunteer group selflessly gives of their time each week all year long to ensure that holidays, birthdays and just because days are filled with smiles, fun, community and a nutritious lunch. Thank you to the many, many volunteers who make this program work at the Colborne Centre.
Registered Programs

Registered Programs

Acrylic Painting Level 1 Instructor: Jane Rodgers
Learn the basic tools and techniques of this colourful and fast drying medium. Drawing experience not essential. Personal supplies are required. List is available at the Colborne Centre.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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Aquatic Bone and Joint Therapeutic Care Instructor: Hayley Chapman
The benefits of warm water movements are to reduce pain, swelling and inflammation and to help increase circulation. Learn movements to improve your balance, range of motion, posture and to speed up the recovery from injuries and surgeries. Designed for individuals with bone and joint degeneration with arthritis, injuries and for hip and knee pre-surgery preparation and recovery.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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Aquatic Parkinson’s Boxing Therapeutic Care Instructor: Monica Marquis
Studies show Parkinson patients benefit from boxing in the water, which can help with balance, stiffness and have a lasting neuroprotective effect. Helping to reduce the risk of injuries, the water also increases the ability to move more freely without the fear of falling. If you have been diagnosed with Parkinson’s or experience Parkinson’s-like symptoms, this program is for you.

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<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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All prices include 13% HST

CLASSES ARE LISTED IN ALPHABETICAL ORDER

T  Trafalgar Park Community Centre (formerly Kerr)  C  Sir John Colborne Recreation Centre
IR Iroquois Ridge Community Centre  RO River Oaks Recreation Centre
Q Queen Elizabeth Park Cultural and Community Centre
**Art Workshop: Drawing Landscapes** *Instructor: Mary Lyons*

This workshop focuses on creating the illusion of depth through aerial and linear perspective. Working from photos you will also explore tonal value, texture, line quality and composition to produce realistic landscapes. Suitable for all levels. Material fee of up to $5.

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**Art Workshop: Drawing Steps for Absolute Beginners** *Instructor: Mary Lyons*

Have you always wanted to draw? Come learn the basics in easy steps, with many helpful tips to get you started. Material fee of up to $5.

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**Art Workshop: Pen and Ink** *Instructor: Mary Lyons*

Pen and ink is a wonderful means for expressive communication with its strong visual contrasts and dynamic look. Explore crosshatching, spatter, stippling, and line and wash techniques. Material fee of up to $5.

<table>
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<th>Time</th>
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**Body Tone** *Instructor: Gail Hundeck*

Work toward increasing bone density, muscle strength, endurance, core strength, joint flexibility, and balance using elastics for resistance. Emphasizes correct exercise posture. Alternatives are always offered. Mat work required.

<table>
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<tr>
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<th>Fee</th>
<th># of classes</th>
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</table>
### Bone and Joint Therapeutic Care *Instructor: Michael Addison*
Learn movements to improve your balance, range of motion, posture and to speed up the recovery from injuries and surgeries. You will also strengthen your bones, joints and muscles to reduce the risk of fractures and injuries. Designed for individuals with bone and joint degeneration with arthritis, osteoporosis or injuries and for hip and knee pre-surgery preparation and recovery.

<table>
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### Bridge: Advanced Bidding *Instructor: Nora Hovland*
This class is for players looking to master bidding through extensive review. Topics include Jacoby, 2NT, Bergen 1430, Roman Key card etc. Prerequisite: Advanced bridge playing skills, not for the beginner player. You are encouraged to sign up with a partner if possible.

<table>
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No class Apr 22 & May 20

### Bridge: Basic 2 Bidding *Instructor: Nora Hovland*
Focuses on all aspects of the new and improved bidding and responses, including overcalls and take out doubles. Prerequisite: Bridge - An Introduction or some bridge playing experience.

<table>
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### Bridge: Bidding Over Competition *Instructor: Beth Henderson*
Learn the secrets of bidding when an opponent interferes, how high you can bid, and when you should make a sacrifice bid. Prerequisite: Bridge-An Introduction or Bridge-Basics Bidding and/or some bridge playing experience.

<table>
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<th># of classes</th>
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### Bridge: Doubles  **Instructor: Jackie Syer**
The concept of doubles will be taught, including the take-out double, balancing double and others with the responses to each. Prerequisite: Bridge Play of the Hand and ability to play at a moderate pace.

<table>
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<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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No class Apr 20

### Bridge: Mentored Duplicate  **Instructor: Bev Ziegel (Q), Nancy Mulhall (IR)**
Suited to those familiar with duplicate bridge procedure and experienced players with a good knowledge of conventions. During this class, you will play duplicate bridge at a moderate pace, and have the opportunity to ask questions and get advice during the play. Players will play at least 12-15 boards each session.

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<th>Day/Dates</th>
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<th># of classes</th>
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No class Apr 22 & May 20

### Bridge: Supervised Play  **Instructor: Bogdan Kurek**
This course provides the opportunity to practice playing with supervision. Tips on bidding, playing and defense will be reviewed with ample time for questions. Prerequisite: Bridge-An Introduction or Bridge-Basics of Bidding and/or bridge playing experience.

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<th>Fee</th>
<th># of classes</th>
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### Bridge: What Every Player Should Know  **Instructor: Bev Ziegel**
Covers how to avoid the most common mistakes as a declarer or defender. Learn about doubling, balancing, signaling and percentage plays. Prerequisite: bridge experience and familiarity with bridge terms and the new way of bidding.

<table>
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<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</table>
### Celtic Fiddling - Level 1  
*Instructor: James Franczek*

Suitable for the absolute beginner. Learn the basics in a fun and relaxed atmosphere. Please bring your own fiddle.

<table>
<thead>
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<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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No class Apr 19

### Celtic Fiddling - Level 2  
*Instructor: James Franczek*

Play some of your favourite tunes from Scotland, Ireland and Cape Breton and continue your learning in a fun and relaxed atmosphere. Pre-requisite: Celtic Fiddling – Level 1 and subject to instructor recommendation. Please bring your own fiddle.

<table>
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<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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No class Apr 19

### Circuit Training  
*Instructor: Tracey Thiessen*

Circuit Training is a full body workout that will improve your overall fitness by performing strength and cardio, moving from one exercise to the next. Keep your body moving and your workouts fun and interesting by adding circuit training.

<table>
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<th>Time</th>
<th>Fee</th>
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No class Apr 22 & May 20

### Cycle and Strength  
*Instructor: Joan Hay*

Take a ride down memory lane while listening to music from the 50s, 60s and 70s. Ideal for active people who want to incorporate cycling into their exercise program. We’ll combine up to 20 minutes of indoor cycling with strength training using small equipment. You don’t have to be a cyclist or a weightlifter. Enjoy a variety of exercises to improve your strength, posture, balance, and flexibility. Mat work is involved, especially during stretching at the end. Please bring a towel and water bottle, and wear rubber-soled shoes.

<table>
<thead>
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<th>Fee</th>
<th># of classes</th>
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<td>$85.83</td>
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Dinner for One Workshop Instructor: Earl Brennan
Are you tired of thinking of the same old dinners and ending up with too many leftovers? Register for this fun cooking workshop to learn different meals that you can easily make for one. Participants make dinner and enjoy it on site with fellow participants. This program is offered in a facility that is not allergen free. Material free of $9.04 (tax included) will be added to the course fee.

<table>
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<th>Fee</th>
<th># of classes</th>
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Drawing - Level 1 Instructor: Mary Lyons
Learn the fundamentals of drawing while exploring different media and techniques. It’s time to lessen your fear and increase your enjoyment as you learn in a supportive environment. Suitable for beginners and experienced alike. Get inspired and develop your talent.

<table>
<thead>
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<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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Drawing - Level 2 Instructor: Mary Lyons
Expand upon your drawing technique and experiment further. We’ll emphasize developing composition, form, expressive line, graduated tone, colour and spatial awareness. Demonstrations, exercises and lots of in-class practice provide a strong and supportive atmosphere to further your creative expression.

<table>
<thead>
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<th>Day/Dates</th>
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<th># of classes</th>
<th>Location</th>
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Drum Fitness Instructor: June Lee
Drum Fitness is a fun and energetic way to get fit and move your body. Class can be done standing or seated and is for all fitness levels. Enjoy easy to follow moves set to fantastic music. Please bring an exercise ball to class.

<table>
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<th>Time</th>
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<th># of classes</th>
<th>Location</th>
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No class Apr 22, May 20 & Aug 5
### Registered Programs

**Exploring Germany - An Interactive Discovery Level 2**  
*Instructor: Berit Bein*  
This interactive program will further explore aspects of German culture, history, geography, language, music as well as culinary traditions. You will be reading, listening, watching and exchanging information, ideas and experiences as well as practicing common German words and phrases while immersing yourself in a rich cultural history.

<table>
<thead>
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<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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<td>C</td>
<td>243906</td>
</tr>
</tbody>
</table>

**Exploring the Middle East Level 2**  
*Instructor: Berit Bein*  
This program will further explore aspects of Arab identity, including history of the Middle East, language, customs and beliefs, as well as music, popular culture and culinary traditions. You will read, listen, watch and exchange information, ideas and experiences, as well as practice common Arabic phrases while immersing yourself in a rich cultural history.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<tbody>
<tr>
<td>Thu/May 16 - Jun 20</td>
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<td>6</td>
<td>C</td>
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</table>

**Fitness Plus**  
*Instructor: June Lee (C) and Annie Rozenberg (Q)*  
Already active? Try this full body workout with alternating weekly changes to the class routine which may include interval training, circuit training and aerobics. These exercises will improve your cardiovascular endurance and strengthen and tone your major muscle groups (some mat work).

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</tr>
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<td>Mon/Apr 1 - Jun 17</td>
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</table>

No class Apr 19, 22, May 20 & Aug 5

**French - Level 1**  
*Instructor: Marguerite Broten*  
A great introduction to the French language in a relaxed setting. Emphasizes communication for everyday situations. Expand your vocabulary and learn to conjugate verbs.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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<tbody>
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No class Apr 22 & May 20
French - Level 2 *Instructor: Marguerite Broten*
Practice and improve your spoken French. Expand your vocabulary through basic conversations in a relaxed, informal setting. Some knowledge of conversational French is necessary.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</table>

No class Apr 22 & May 20

French - Level 3 *Instructor: Marguerite Broten*
An opportunity to discuss various interesting subjects in French, including current affairs, history, community issues and more. New vocabulary and terms will enrich participants who are already competent in French. L’accent sera sur l’utilisation de la terminologie appropriée.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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</table>

No class Apr 22 & May 20

**Fun with Easy Aerobics** *Instructor: June Lee*
You can’t go wrong with this popular fitness program. This class pairs moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</table>

**Fun with Paint and Collage** *Instructor: Mary Lyons*
Discover new ways of seeing and creating. You will experiment with acrylic and watercolour paints, pencils, pastels, ink and paper collage. Suitable for all levels. Enjoy the creative possibilities while developing design and composition skills.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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<td>244909</td>
</tr>
</tbody>
</table>
### General Conditioning For Men  
**Instructor:** Michael Addison  
Increase your flexibility, stamina, and muscular strength to prepare for activities such as skiing, hiking, curling, golf and gardening.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</table>

### Gentle Fit  
**Instructor:** June Lee  
Discover low-intensity aerobics in a fun-filled class. Sessions start with a warm-up, followed by easy-to-follow routines, a balance segment and a long cool down. Includes stretching and relaxation techniques. No mat work. Wear soft-soled shoes and comfortable clothing.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<td>$64.38</td>
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</table>

### Gentle Osteo Fit  
**Instructor:** June Lee  
Tone up your body with this invigorating fun-filled class. Accommodates those with varying degrees of arthritis/osteoporosis and other physical limitations. Improve your flexibility, muscle strength and balance. Weights and Dyna-Bands® are supplied. Please wear rubber-soled shoes. No mat work.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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No class Apr 22, May 20 & Aug 5

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On occasion, classes are cancelled on a particular day due to special events, weather, etc. If they fall on the day of your program, be assured that classes are extended at the end of the session or you will receive a credit on account if a make-up day is not available. Every effort has been made to include these dates in the program descriptions.
### Guitar Lessons - Level 1  *Instructor: James Franczek*

Bring your guitar and your enthusiasm and learn the basics of guitar playing.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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</table>

No class Apr 19

### Guitar Lessons - Level 2  *Instructor: James Franczek*

Build on the skills you learned in Level 1. Learn more songs through new chords and techniques. Bring your own guitar to class. Prerequisite: Guitar Level 1 and subject to instructor recommendation.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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</tr>
</tbody>
</table>

No class Apr 19

### Guitar Lessons - Level 3 - Repertoire  *Instructor: James Franczek*

Take your guitar playing repertoire to the next level with ample supervised practice time to become familiar with a selection of music. Prerequisite: Guitar Level 2 and subject to instructor recommendation.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<td>12</td>
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</tbody>
</table>

No class Apr 19

### Hall Walking with Strength Training  *Instructor: Sue Borg (Q), Margaret Afheldt (T)*

Indoor fitness walking mixed with strength training is a perfect combination for results. Enjoy 30 minutes of walking followed with 30 minutes of strength training. A good pair of running shoes is all you need.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<tbody>
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<td>Tue/Apr 2 - Jun 18</td>
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<tr>
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<td>$85.83</td>
<td>12</td>
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</table>
**NEW History of British Music and Art Instructor: George Sanford**
From the earliest Celtic sounds to the modern strains of the twenty-first century, this class will showcase art and music that has thrilled and seduced for centuries. Great music and great art from the still Great Britain.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Fri/Apr 5 - Jun 21</td>
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<td>244917</td>
</tr>
</tbody>
</table>

No class Apr 19, 26 & May 3

**NEW History of Jazz and Blues Instructor: George Sanford**
Uncover the roots of blues and how it became the backbone of jazz. Learn about the sweat and struggle of delta blues, the sounds of Ella, Miles, B.B. and John Lee. Use the hot summer afternoons to learn and listen to these earthy original American art forms.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<tbody>
<tr>
<td>Fri/Jul 5 - Sep 6</td>
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<td>$88.82</td>
<td>10</td>
<td>T</td>
<td>244916</td>
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</table>

**History of Broadway Instructor: George Sanford**
A unique art form, the American musical has a history rich in music and art. Beginning with Florence Zigfeld, Gershwin, Oscar and Hammerstein, to Stephen Sondheim and the British invasion lead by Andrew Lloyd Weber. A class of familiar melodies and historical romance. Light the lights with the stars.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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**NEW History of Sculpture Instructor: George Sanford**
A new class exploring the art of man making images of himself through the centuries. Who are the amazing creators of this art form that has a history of 230,000 years? Find out here.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<td>10</td>
<td>T</td>
<td>243821</td>
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</table>

No class Apr 23, 30
Learn to Knit Level 1  *Instructor: Irene Blais*

Easy, fun and beautiful beginner projects will be taught in this Level 1 basic class. Receive step-by-step instruction, experienced advice and a helping hand while learning to knit, purl, cast-on and bind-off. Supplies list available at the centre.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</table>

No class Apr 22

Line Dancing - Level 1  *Instructors: Judy McDonald (IR) and Bev Burns (C)*

Learn the basic steps for line dancing to both country and other types of music. Have fun and exercise at the same time. No experience or partner is necessary. Wear shoes with a smooth sole.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<th># of classes</th>
<th>Location</th>
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</tbody>
</table>

Line Dancing - Level 2  *Instructors: Judy McDonald (IR) and Bev Burns (C)*

Build upon the skills you learned in Level 1. Add new steps and techniques to your repertoire and learn more challenging dances. Must have previous line dancing experience.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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<th># of classes</th>
<th>Location</th>
<th>Code</th>
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<td>12</td>
<td>IR</td>
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</tbody>
</table>

Low Intensity Fitness  *Instructor: June Lee*

A low-impact workout suitable for all fitness levels. Improves strength, balance and flexibility. Fun exercises incorporate easy line dancing and dance moves to up-tempo music. Enjoy muscle-strengthening exercises (hand weights and bands supplied) and relaxation for the mind, body and soul.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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No class Apr 19
Registered Programs

**Mah Jong for Beginners Instructor: Ruth Sheridan**
Mahjong is a game of skill, strategy and calculation and involves a degree of chance. Learn the basics with time for supervised game play. No experience necessary.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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**Nia Instructor: Leslie McHugh**
Based on the principle of “the joy of movement,” NIA (Neuromuscular Integrative Action ) is a low-impact, high-energy, dance-like workout for the body, mind, and spirit. Nia will incorporate movements and philosophies from both Eastern and Western traditions of martial arts, dance arts, and healing arts. Improve your cardio fitness, strength, muscle and joint flexibility and range of motion.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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No class Apr 19

**Outside In Instructor: Diane Gidaro**
Developed specifically for participants with osteoporosis, this program will help strengthen muscles and increase flexibility and postural awareness from the outside in.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</tbody>
</table>

No class Apr 19

**Parkinson’s Program Instructor: Saelmy Schmidt**
If you have been diagnosed with Parkinson’s or are experiencing Parkinson’s symptoms, this class will help you maintain a good quality of life by improving strength, flexibility, posture and balance. Set in a group environment, sports, exercise, dancing and other lively activities help you deal with day-to-day challenges. We focus on fun and building camaraderie, using cooperation and laughter to motivate you to keep coming back for best results. Wear comfortable clothes and athletic footwear to class.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</tbody>
</table>
Pickleball - Basics  *Instructor: Dave Bertollo*

Have you ever wanted to play pickleball but didn’t know how? Look no further as this program will allow you to familiarize yourself with the rules of pickleball and develop skills in a drill based program focused on preparing you to start playing games. The program will be hosted in the gymnasium. Age 18+ and Age 50+.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
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</table>

No class Apr 21, 22 & May 20

Pilates - Level 1  *Instructor: Vina Morland (K), Hala Haffar (Q)*

Introduces you to the fundamentals and principles of Pilates. Conditions your body with stretching and strengthening exercises, while establishing proper form. Improve your core strength and achieve toned muscles, improved posture, flexibility and balance. Whether you use Pilates to strengthen yourself for gardening, golf, or just for everyday activities, your body will know and feel the transformation. Bring a towel to class for use in some of the exercises, and wear clothing that allows for free range of motion.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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No class Apr 22 & May 20
Registered Programs

**Pilates - Level 2** *Instructors: Vina Morland (K) and Hala Haffar (Q)*

Strengthen, lengthen, and tone your body through Pilates. A great workout for men and women. Improve posture, balance, flexibility, and back and core strength using mind/body focus and awareness. Bring a towel to class for use in some of the exercises, and wear clothing that allows for free range of motion. Prerequisite Pilates Level 1 or Pilates experience.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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No class Apr 19, 22, May 20 & Aug 8

**Shifting Gears Fitness** *Instructor: Margaret Afheldt*

Get a balanced workout without leaving your chair. This is a fitness program for people with joint soreness, balance issues, or diminished muscle tone. We’ll do Pilates and yoga-type exercises to strengthen all the major muscle groups, increase range of motion and develop your core strength. Dyna-Bands® and light weights are provided. The majority of the workout is performed while seated with one quarter of the class being balance and coordination exercises done while standing.

<table>
<thead>
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<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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No class Apr 19, 22, May 20 & Aug 5

**Snooker Techniques Level 1** *Instructor: Sandy von Kaldenberg*

This course is designed to appeal to the experienced, high handicapped player who is looking to find more enjoyment in their snooker, and better success when playing stronger opposition. Find out through video and practice sessions how good technique and strategical considerations are vital to players of every age and skill level.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
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<th># of classes</th>
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Seniors Services Spring/Summer 2019
Spanish - Conversation Basics *Instructor: Sara Chapin*
If you can speak and understand Spanish, join us for conversation. Develop your cultural awareness and conversational skills for a variety of situations.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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Spanish for Travellers Level 1 *Instructor: Sara Chapin*
Traveling to a Spanish-speaking country? Have fun learning the basic vocabulary and phrases you’ll need to understand menus, transportation signs, etc.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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Spanish for Travellers Level 2 *Instructor: Sara Chapin*
Travelling to a Spanish-speaking country? Have fun expanding your basic vocabulary and phrases to increase your conversational abilities. Prerequisite: Spanish for Travellers Level 1.

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<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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Square Dancing *Instructor: Bill Hands*
Join us for olde tyme square dancing in which a caller/instructor leads you through simple dances. No partner is necessary. Exercise while you are having fun. Beginners welcome. Wear comfortable clothing and shoes.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</table>

No class Apr 19
Tai Chi - 108 Movement Form - Level 1  *Instructor: Marilyn Chalmers (C), John Leard (IR)*

This is an opportunity for new and returning students to work on the 108 movement form. At the Colborne Centre, the fall session covers the first third of the form, the winter session covers the second part of the form, and the spring session covers the last part of the form. Beginners are encouraged to join in the fall, but if you have previous experience, you may join any of the sessions. At Iroquois Ridge, the winter session covers the first third of the form, the spring session covers the second part of the form, and the fall session covers the last part of the form. Beginners are encouraged to join in the winter, but if you have previous experience you may join any of the sessions.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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Tai Chi - 108 Movement Form - Level 2  *Instructor: John Leard*

Improve your practice. This vibrant, long-established class focuses on refining the 108 movement form set and related exercises. Students must know the complete set.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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Tai Chi Qigong Level 1  *Instructor: John Leard*

Qigong means improving energy (Chi) through practice (Gung) and can take many forms. Related to the gentle forms of Tai Chi, it focuses on health through improved circulation and intention. Level 1 will introduce simple stationary exercises to improve balance and relaxation. The benefits are available to everyone regardless of physical condition. Participants should dress in loose comfortable clothing.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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No class Apr 22 & May 20

Membership benefits provide opportunities to attend special events, day trips and participate in Drop-in Activities and Registered Programs.
## Tai Chi - Yang Style 24 - Level 1 *Instructor: John Leard*
Take part in this ancient Chinese exercise that involves learning a sequence of slow, flowing movements that promote relaxation and improve concentration, balance, and coordination. This simplified 24 movement form is a condensed version of the popular Yang Style sequences.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
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<td>244534</td>
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No class Apr 22, May 20 & Aug 5

## Tai Chi - Yang Style 24 - Level 2 *Instructor: John Leard*
This class is for those who have previous experience with the simplified Yang Style 24 form. We’ll review and refine the 24 movements.

<table>
<thead>
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<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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<td>244536</td>
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</table>

No class Apr 22, May 20 & Aug 5

## Tap Dancing *Instructor: Sarah Van Duyvenvoorde*
Shuffle on over. Great fun and good exercise, tap dancing keeps you on your toes. Open to anyone with a solid understanding of tap technique and terminology.

<table>
<thead>
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<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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No class Apr 22

## Tap Dancing - Happy Tappers *Instructor: Heidi Knapp*
Show us your best stuff. This is a performing class. You must audition with the instructor. Call 905-338-0210 to arrange a time.

<table>
<thead>
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<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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</table>
**Total Body Conditioning Instructor: Sue Borg**
Focus on strengthening muscles and improving endurance, flexibility, and balance. Use stability balls, weights, resistance bands, body bars, and more.

<table>
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<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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**Walk Better, Be Stronger Instructor: Sue Borg**
Learn how to walk better by addressing balance, gait and posture to strengthen your joints and help prevent falls/injuries. This is an indoor program and is open to all abilities and levels. Muscle strengthening will follow along with stretching to improve your flexibility. Socialize while enjoying a great full body workout. Bring your indoor walking shoes and wear comfortable clothes.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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**Watercolour Painting - Landscapes Instructor: Frances Tyrrell**
Learn how to use watercolours, how to paint landscapes and how to bring components together into finished paintings. We’ll demonstrate and teach a range of watercolour techniques. Suitable for beginner and intermediate painters. Personal supplies are required. List is available at the Colborne Centre.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
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**Watercolour Painting - Level 1 Instructor: Frances Tyrrell**
Learn the basic tools and techniques of this colourful and rewarding medium. Drawing experience not essential. Supplies list available at the centre.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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No class Apr 19
### Watercolour Painting - Level 2 *Instructor: Frances Tyrrell*

We’ll recap the basic principles of watercolour painting and explore more advanced techniques. Study floral, still life, landscape and portraiture with an eye to composition, creating depth of field in a painting and resolving difficulties that may arise. Supplies list available at the centre.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
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### Watercolours: Skill Development *Instructor: Frances Tyrell*

Take your watercolour painting to the next level with the Skills Development class. This class is for students who have taken the beginner level or have some watercolour painting experience and would like to expand and enhance their skills. Personal supplies are required. List is available at the Colborne Centre.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed/Apr 3 - Jun 19</td>
<td>12:30pm - 2:30pm</td>
<td>$106.58</td>
<td>12</td>
<td>C</td>
<td>243941</td>
</tr>
<tr>
<td>Wed/Jul 3 - Aug 28</td>
<td>12:30pm - 2:30pm</td>
<td>$79.94</td>
<td>9</td>
<td>C</td>
<td>243942</td>
</tr>
</tbody>
</table>

### Woodcarving *Instructor: Don Hellam*

Take this hands-on class to get familiar with the tools, techniques and methods of woodcarving. Suitable for beginners or more advanced carvers, with individual support and instruction for your current carving project. Some basic tools are available for beginners, but you are encouraged to bring your own toolkit.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu/Apr 4 - Jun 20</td>
<td>9:30am - 11:30am</td>
<td>$106.58</td>
<td>12</td>
<td>C</td>
<td>243948</td>
</tr>
</tbody>
</table>
### Registered Programs

**Yoga - Level 1** Instructor: Sharon Bateman (K), Niké Molinaro (Q), Christine Lightfoot - 1.25 hours (IR)

This beginner class will introduce yoga poses which require coordination of body, mind and breathing technique. Participants should expect positional changes from floor to standing, followed by a relaxing cool down.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Apr 1 - Jun 17</td>
<td>11:30am - 12:30pm</td>
<td>$71.53</td>
<td>10</td>
<td>Q</td>
<td>243550</td>
</tr>
<tr>
<td>Mon/Apr 1 - Jun 17</td>
<td>1:45pm - 3:00pm</td>
<td>$89.42</td>
<td>10</td>
<td>IR</td>
<td>244836</td>
</tr>
<tr>
<td>Mon/Apr 8 - Jun 24</td>
<td>1:30pm-2:30pm</td>
<td>$78.68</td>
<td>11</td>
<td>T</td>
<td>243826</td>
</tr>
<tr>
<td>Wed/Apr 3 - Jun 26</td>
<td>10:00am - 11:00am</td>
<td>$92.99</td>
<td>13</td>
<td>T</td>
<td>243827</td>
</tr>
<tr>
<td>Thu/Apr 4 - Jun 27</td>
<td>9:30am - 10:30am</td>
<td>$92.99</td>
<td>13</td>
<td>T</td>
<td>245085</td>
</tr>
<tr>
<td>Fri/Apr 5 - Jun 28</td>
<td>1:30pm - 2:30pm</td>
<td>$85.83</td>
<td>12</td>
<td>T</td>
<td>243828</td>
</tr>
<tr>
<td>Mon/Jul 8 - Aug 26</td>
<td>1:30pm-2:30pm</td>
<td>$50.07</td>
<td>7</td>
<td>T</td>
<td>244106</td>
</tr>
<tr>
<td>Wed/Jul 3 - Aug 28</td>
<td>10:00am - 11:00am</td>
<td>$64.38</td>
<td>9</td>
<td>T</td>
<td>244107</td>
</tr>
<tr>
<td>Thu/Jul 4 - Aug 29</td>
<td>9:30am - 10:30am</td>
<td>$64.38</td>
<td>9</td>
<td>T</td>
<td>245444</td>
</tr>
<tr>
<td>Fri/Jul 5 - Aug 30</td>
<td>1:30pm - 2:30pm</td>
<td>$64.38</td>
<td>9</td>
<td>T</td>
<td>244108</td>
</tr>
</tbody>
</table>

No class Apr 19, 22, May 20 & Aug 5

**Yoga - Level 2** Instructor: Tricia Chatfield (C), Nancy Urwin (IR)

This class is appropriate for those with an understanding of basic yoga postures who are physically ready to explore more challenging poses. Please bring a yoga mat and blanket to class. The Monday class uses yoga blocks and straps, which are available for purchase if you do not have your own.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed/Apr 3 - Jun 19</td>
<td>1:45pm - 2:45pm</td>
<td>$85.83</td>
<td>12</td>
<td>C</td>
<td>243952</td>
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<tr>
<td>Thu/Apr 11 - Jun 20</td>
<td>9:45am - 11:00am</td>
<td>$98.36</td>
<td>11</td>
<td>IR</td>
<td>244852</td>
</tr>
</tbody>
</table>

No class Apr 22 & May 20
Yoga - Restorative  Instructor: Niké Molinaro
Restorative yoga is a unique practice as there is very little movement. You do not move from pose to pose. Props such as bolsters and blankets are used to support your body during the long holds allowing the muscles to relax deeply. You are encouraged to rest, while opening the body through passive stretching. Be prepared to leave class feeling renewed, refreshed and rested.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed/Apr 3 - Jun 19</td>
<td>11:30am - 12:30am</td>
<td>$85.83</td>
<td>12</td>
<td>Q</td>
<td>243890</td>
</tr>
</tbody>
</table>

Yoga Flow  Instructor: Niké Molinaro
A great class to explore a more movement-based type of yoga to build strength and endurance. This dynamic yoga style synchronizes movement and breathing to produce a naturally-led flow of postures. Some familiarity with basic yoga is recommended.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Apr 1 - Jun 17</td>
<td>10:10am - 11:10am</td>
<td>$71.53</td>
<td>10</td>
<td>Q</td>
<td>243872</td>
</tr>
</tbody>
</table>

No class Apr 22 & May 20

Yoga Gentle  Instructor: Tricia Chatfield
This class is recommended for those new to yoga, those developing their practice at a relaxed pace or those with physical conditions that require a gentle approach. Bring a mat and blanket to class.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed/Apr 3 - Jun 19</td>
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<td>$85.83</td>
<td>12</td>
<td>C</td>
<td>243949</td>
</tr>
</tbody>
</table>
Zumba® Gold  **Instructors: Tracey Thiessen (Tue) and Ana Maria Char (Thu)**
Join us for a low-intensity dance fitness class. This fun, Latin-inspired class has a party-like atmosphere and includes merengue, salsa, mambo, belly dance, tango and more. A safe, easy, and effective total body workout that’s good for your mind, body and soul. If you like to dance, you’ll love Zumba® Gold.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue/Apr 2 - Jun 25</td>
<td>10:05am - 11:05am</td>
<td>$92.99</td>
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<td>T</td>
<td>244875</td>
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<tr>
<td>Thu/Apr 4 - Jun 27</td>
<td>10:05am - 11:05am</td>
<td>$92.99</td>
<td>13</td>
<td>T</td>
<td>244874</td>
</tr>
<tr>
<td>Tue/Jul 2 - Aug 27</td>
<td>10:05am - 11:05am</td>
<td>$64.38</td>
<td>9</td>
<td>T</td>
<td>244879</td>
</tr>
<tr>
<td>Thu/Jul 4 - Aug 22</td>
<td>10:05am - 11:05am</td>
<td>$57.22</td>
<td>8</td>
<td>T</td>
<td>244878</td>
</tr>
</tbody>
</table>

Zumba® Gold Tone  **Instructor: Ana Maria Char**
Combine the exhilarating experience of a Zumba® fitness class with the benefits of safe and effective strength training. This is an easy-to-follow, health-boosting, dance fitness program for all levels. Through dynamic lightweight resistance training and exciting international rhythms, Zumba® Gold Tone classes help build muscle strength, increase bone density and improve mobility, posture and coordination.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th># of classes</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed/Apr 3 - Jun 26</td>
<td>9:00am - 10:00am</td>
<td>$92.99</td>
<td>13</td>
<td>T</td>
<td>244908</td>
</tr>
</tbody>
</table>
Drop-in Activities

| T | Trafalgar Park Community Centre |
| IR | Iroquois Ridge Community Centre |
| C | Sir John Colborne Recreation Centre |
| RO | River Oaks Recreation Centre |
| Q | Queen Elizabeth Park Cultural and Community Centre |

All drop-in activities are cancelled April 19, 22, May 20 and July 1. For summer drop-in cancellations please check with individual centres.

**All drop-in fees will increase to $1 effective March 1.**

**Acrylic Painting Club** *Convenor: David Mayhew*

Bring your supplies and enjoy a morning of painting and visiting.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:15am - noon</td>
<td>$1</td>
<td>C Room A/B</td>
</tr>
</tbody>
</table>

**Arts & Crafts** *Convenor: June Ashwell*

This is a social afternoon for those who enjoy knitting, crafting and sewing (must use own machine). If you are willing to make items to support our annual Bazaar, you are invited to join us on Wednesday afternoons.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>1:00pm - 3:00pm</td>
<td>No charge</td>
<td>T Multipurpose 3</td>
</tr>
</tbody>
</table>

**Badminton** *Convenors: Margaret Larson (C), Steve Spencer, Joanne Pritchard, Ljubo Lovric, (QEP) Christine Welsh and Paul Stringer (RO), Nang Tran (T)*

Proper footwear is required to participate. Protective eye guards are strongly recommended.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday &amp; Wednesday</td>
<td>1:00pm - 4:00pm</td>
<td>$1</td>
<td>RO Room A</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00am - 11:00am</td>
<td>$1</td>
<td>C Auditorium</td>
</tr>
<tr>
<td>Monday &amp; Thursday</td>
<td>1:00pm - 4:00pm</td>
<td>$1</td>
<td>Q Double Gym</td>
</tr>
<tr>
<td>Tuesday (until Jun 25)</td>
<td>3:00pm - 5:00pm</td>
<td>$1</td>
<td>T Gym</td>
</tr>
<tr>
<td>Tuesday (Jul 2 - Aug 27)</td>
<td>4:30pm - 6:00pm</td>
<td>$1</td>
<td>T Gym</td>
</tr>
<tr>
<td><em>Wednesday</em></td>
<td>8:30am - 10:30am</td>
<td>$1</td>
<td>C Auditorium</td>
</tr>
</tbody>
</table>

* Summer only (July 3 - Sep 4). Note change in hours for summer at (T).
**Bid Euchre Drop-In**  Convenors: Eileen Nolan (I), Alice Wardrop (T), Lynne Mader (C)

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>1:00pm - 4:00pm</td>
<td>$1</td>
<td>T Pine Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Active Lounge Jul 2-Aug 27</td>
</tr>
<tr>
<td>2nd &amp; 4th Wednesday</td>
<td>1:00pm - 4:00pm</td>
<td>$1</td>
<td>IR IROAC</td>
</tr>
<tr>
<td>Thursday</td>
<td>7:00pm - 9:00pm</td>
<td>$1</td>
<td>C Lounge</td>
</tr>
</tbody>
</table>

**Book Club**  Convenors: Alice Agar and Carolyn Rumble

Register at TPOAC. Book club is held the 2nd Thursday of each month.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 14</td>
<td></td>
<td>“News of the World” by Paulette Jiles</td>
<td></td>
</tr>
<tr>
<td>Mar 14</td>
<td></td>
<td>“The Break” by Katherena Vermette</td>
<td></td>
</tr>
<tr>
<td>Apr 11</td>
<td></td>
<td>“Bellevue Square” by Michael Redhill</td>
<td></td>
</tr>
<tr>
<td>May 9</td>
<td></td>
<td>“The Japanese Lover” by Isabel Allende</td>
<td></td>
</tr>
<tr>
<td>Jun 13</td>
<td></td>
<td>“Narrow Road to the Deep North” by Richard Flanigan</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Thursday</td>
<td>1:30pm - 3:00pm</td>
<td>$1/session</td>
<td>T Multipurpose I</td>
</tr>
</tbody>
</table>

**Book Club**  Convenor: Sharon Wiese and Denise Hynes

Everyone is welcome to join this drop in program at QEPOAC. Please have the book read prior to the session so that you are able to take part in the discussion.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 25</td>
<td></td>
<td>“Longbourn” by Jo Baker</td>
<td></td>
</tr>
<tr>
<td>Feb 22</td>
<td></td>
<td>“The Glass Castle” by Jeannette Walls</td>
<td></td>
</tr>
<tr>
<td>Mar 29</td>
<td></td>
<td>“In the Shadow of the Banyan” by Vaddey Ratner</td>
<td></td>
</tr>
<tr>
<td>Apr 26</td>
<td></td>
<td>“The Zookeeper’s Wife: A War Story” by Diane Ackerman</td>
<td></td>
</tr>
<tr>
<td>May 24</td>
<td></td>
<td>“Lincoln in the Bardo” by George Sanders</td>
<td></td>
</tr>
<tr>
<td>Jun 21</td>
<td></td>
<td>“Deafening” by Frances Itani</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>10:00am - noon</td>
<td>$1/session</td>
<td>Q QEPOAC</td>
</tr>
</tbody>
</table>
**Drop-in Activities**

**Book Club Convenor: Anita Roth**
Pre-registration required at IROAC, space is limited. The Book Club is run on a cooperative basis with individual members leading discussions. Everyone will need to commit to leading one discussion group. Cost: $5 for 10 months, September to June on the 2nd Wednesday of the month.

**Feb 13**  “A Country Road, A Tree” by Jo Baker

**Mar 13**  “Big Little Lies” by Liane Moriarty

**Apr 10**  “The Golden Son” by Shilpi Somay Gowda

**May 8**  “The Chilbury Ladies Choir” by Jennifer Ryan

**Jun 12**  “Little Fires Everywhere” by Celeste Ng

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>2:00pm - 3:30pm</td>
<td>$1/session</td>
<td>IR Westridge Room</td>
</tr>
</tbody>
</table>

**Bridge Drop-In Convenors: Joyce Van Nest and Vera Feric-Buys (I), Ted and Lori Faultless (C)**
Must have basic bridge skills to play - not suitable for beginners.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:30pm - 3:30pm</td>
<td>$1</td>
<td>IR IROAC</td>
</tr>
<tr>
<td>Thursday</td>
<td>12:30pm - 3:00pm</td>
<td>$1.50</td>
<td>C Auditorium</td>
</tr>
</tbody>
</table>

**Bridge Duplicate Directors: Ian Chisholm and Joe Blatnick. Convenor: Lorna Van de Mosselaer**
You will need a partner to play.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st, 3rd, 5th Tuesday</td>
<td>6:45pm - 10:00pm</td>
<td>$2</td>
<td>C Auditorium</td>
</tr>
</tbody>
</table>

**Bunka Embroidery**
If you like Bunka, bring your work and enjoy a social afternoon with others.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>T Multipurpose 3</td>
</tr>
</tbody>
</table>

**CALICOS (Colborne Artist League is Carrying On) Convenor: Shirley Baylis**
Join this enthusiastic group of painters (subject to space availability) who use all mediums of paint.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>1:15pm - 3:30pm</td>
<td>$1</td>
<td>C Room A/B</td>
</tr>
</tbody>
</table>
Special Events
Fun for everyone!
Special Events
Fun for everyone!
Home Instead Senior Care®
Hospital to Home Program

- Drive and Escort discharged patient to their home
- Help with hospital to home transition
  - Grocery shop
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  - Prepare a meal (if applicable)
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*Terms and conditions apply.
Canasta  Convenor: Lois Shank

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>C Lounge</td>
</tr>
</tbody>
</table>

Carpet Bowling  Convenors: David and Sheena Prentice (C), Lucille Kerr and Luis Gomes (T)

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:30pm - 2:45pm</td>
<td>$1</td>
<td>T Gym</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00am - 11:00am</td>
<td>$1</td>
<td>C Auditorium</td>
</tr>
</tbody>
</table>

Breaks for the summer (check at each centre for exact dates) and resumes week of Sept 9

Chess Club

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1 pm - 5:30pm</td>
<td>$1</td>
<td>T Multipurpose 1</td>
</tr>
</tbody>
</table>

Concert Band  Convenor: Jack Gow

Did you play a concert band instrument in high school and want to get back into music or do you want more time playing in a concert band setting, reading music and having fun? Bring your enthusiasm, your instrument and come play and have FUN! For more information please contact Brian Bell at 905-330-7928.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:45pm - 9:00pm</td>
<td>$1</td>
<td>T Multipurpose 3</td>
</tr>
</tbody>
</table>

Crafts  Convenor: Bea Beesley and Lynda Juneau

We are busy making crafts for the Christmas bazaar all year round. If anyone has any new ideas to share and would like to help, please join us!

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1:00pm - 3:00pm</td>
<td>No charge</td>
<td>C Room C</td>
</tr>
</tbody>
</table>

Cancelled Mar 25

Crafts  Convenor: Selma Rasmussen and Betty Rogers

Come and learn to knit or crochet. Individual projects are welcome. Enjoy a relaxing morning with other crafters! If you are making items for the bazaar there is no charge.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10:00am - 12:00pm</td>
<td>No charge</td>
<td>IR IROAC</td>
</tr>
</tbody>
</table>

oakville.ca
Drop-in Activities

**Cribbage** *Convenor: Lynne Mader & Brian Wiggins*

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>Lounge</td>
</tr>
</tbody>
</table>

**Crummy Rummy**

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>1:00pm - 3:30pm</td>
<td>$1</td>
<td>Lounge</td>
</tr>
</tbody>
</table>

**Current Affairs Discussion Group** *Convenors: Pat Jones (Monday)*

A stimulating exchange of views on such topics as social and cultural issues, national and international events, health topics, personal foibles and misdeeds of others as they are reflected in the current headlines. Come out to participate in the discussions or listen to what others have to say about the topic of the moment.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00am - 11:30am</td>
<td>$1</td>
<td>Multipurpose 2</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00am - 11:30am</td>
<td>$1</td>
<td>Multipurpose 2</td>
</tr>
</tbody>
</table>

**Different Strokes Decorative Art Club** *Convenor: Sue Potts*

If you enjoy folk/art decorative painting and enjoy the camaraderie of a group, then this is the club for you!

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>9:30am - 12:00pm</td>
<td>$1</td>
<td>Room A &amp; B</td>
</tr>
</tbody>
</table>
**Discussion Group** *Convenor: Joyce Noronha and Maria Braun*

Bring your ideas for topics to discuss and join us on the 2nd and 4th Wednesday. Everyone welcome.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd &amp; 4th Wednesday</td>
<td>11:00am - 12:00pm</td>
<td>$1</td>
<td>IROAC</td>
</tr>
</tbody>
</table>

**Drop-In Jam Session** *Convenor: Steve Spencer, Nolie Agellon and Rowly McPherson*

Come in for a morning of fun with other like-minded, experienced musicians. We play and sing popular music from the ‘50s, 60s and 70s. Most common instruments are electric guitars, keyboards and drums although we welcome other instruments as well. You will need to supply your own instrument amplifier, and microphone / chord - if you want to sing; we have a PA system for the vocals.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9:00am - 12:00pm</td>
<td>$1</td>
<td>Music Room 1</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00am - 12:00pm</td>
<td>$1</td>
<td>Music Room 1</td>
</tr>
</tbody>
</table>

**DVD Lecture Series**

**The History of Ancient Egypt**

*Convenors: Georgina Downie, Liz Crane & Margot Heinrich*

Ancient Egyptian civilization is so grand that our minds sometimes have difficulty adjusting to it. Ancient Egyptian civilization lasted 3000 years, longer than any other on the planet. Learn about the young pharaoh Tutankhamen, the pyramids of Giza and when Cleopatra came to power.

 Runs from January 3 to June 13.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>2:30pm - 4:00pm</td>
<td>$1</td>
<td>IROAC</td>
</tr>
</tbody>
</table>

**Lifelong Health-Achieving Optimum Well-Being at Any Age**

*Convenors: Katherine Miller, Ann Smithers and Penny Barrigar*

In reality, the key to achieving a long and healthy life lies in having a solid foundation of healthy living habits. Dr. Anthony A. Goodman explores the ways you can live the longest and healthiest life possible by addressing eating right, moving, strengthening your mental health and making smart lifestyle choices.

This series runs from January 8 - May 7.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10:00am - 11:30pm</td>
<td>$1</td>
<td>QEPOAC</td>
</tr>
</tbody>
</table>
ETC: Electronic Technology Club *Convenor: Russ Hunt and John Nourse*

The ETC Club helps all members understand and effectively use their computers, tablets, smart devices and the software and applications that make the best use of their devices. Learn about new digital technologies and their impact on our daily lives at the Colborne Centre on the second Tuesday of every month except August. Have a look at our web site for more information at http://electronictechnologyclub.blogspot.ca/.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Tuesday of month</td>
<td>7:30pm</td>
<td>$5</td>
<td>Auditorium</td>
</tr>
</tbody>
</table>

**Euchre Drop-In Convenors: Eileen Nolan (I) and Betty Hughes (C)**

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>1:00pm - 4:00pm</td>
<td>$1</td>
<td>IROAC</td>
</tr>
<tr>
<td>Thursday</td>
<td>12:30pm - 3:00pm</td>
<td>$1</td>
<td>Auditorium</td>
</tr>
</tbody>
</table>

**Find It & Finish It Arts & Crafts Convenors: Selma Rasmussen and Betty Rogers**

Come learn to knit or crochet, individual projects welcome. Enjoy a relaxing morning with other crafters. If you are making items for the bazaar there is no charge.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10:00am - 12:00pm</td>
<td>$1</td>
<td>IROAC</td>
</tr>
</tbody>
</table>
### Friendship Luncheon  
**Convenors: Penny Smith (T), Carmelita Spittal (C) and Eileen Nolan (I)**  
This program is for people 80+ who feel lonely, isolated and would enjoy an afternoon of lunch (special diets cannot be accommodated), activity and friendship. You must pre-register for this program. New volunteers are always welcome (especially drivers). Please call one of the Centres and speak with staff for more information.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>11:00am - 2:30pm</td>
<td>$3 per week</td>
<td>T Multipurpose 1</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:00am - 2:30pm</td>
<td>$3 per week</td>
<td>C Lounge</td>
</tr>
<tr>
<td>Thursday</td>
<td>11:00am - 2:30pm</td>
<td>$3 per week</td>
<td>IR IROAC</td>
</tr>
</tbody>
</table>

### NEW Guitar Circle  
**Convenors: Peter Thompson and Monique Wood**  
We are a beginner level group of acoustic guitar players. Bring your guitar and join in the fun as we learn and play songs together.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>2:30pm - 4:00pm</td>
<td>$1</td>
<td>T Multipurpose 1</td>
</tr>
</tbody>
</table>

### Guitar Club  
**Convenor: Grant Foster**  
Bring your guitar and jam with us - playing and singing folk, rock, oldies, pop etc. Join the fun! Performance specific set lists will be practiced on occasion.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:45pm - 4:00pm</td>
<td>$1</td>
<td>Q Music Room 1</td>
</tr>
<tr>
<td>Thursday</td>
<td>7:00pm - 9:00pm</td>
<td>$1</td>
<td>C Auditorium</td>
</tr>
</tbody>
</table>

### Hall Walking  
**Convenor: Alex Mason**  
Join this group who enjoy walking. Everyone is welcome.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Friday</td>
<td>1:00pm - 2:00pm</td>
<td>$1</td>
<td>Q QEPOAC</td>
</tr>
</tbody>
</table>
Harmonica Group Playing Sessions (Chromatic and Diatonic)  
Convenor: Ingo Andersen

For harmonica players who have learned the basics, we offer an opportunity to develop your playing skills by joining some experienced and not so experienced players. We are primarily chromatic harmonica players who also play chord, bass and diatonic. Attend a session and join in or simply listen.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>11:15am - 1:15pm</td>
<td>$1</td>
<td>Multipurpose 1</td>
</tr>
</tbody>
</table>

Hiking “Pathfinders Hiking Group of Oakville”  
Convenor: Rudi Hogervorst

From September to June we offer drop-in hikes on the Bruce Trail, conservation areas, town and lakefront trails. We meet at times and locations listed below and carpool to the trail head. Hikes vary in length, duration and difficulty. Please refer to http://oakvillepathfinders.blogspot.ca/ or ask at the Colborne Centre for more detailed information regarding hikes recommended for beginners through to experienced hikers.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:15am</td>
<td>$4</td>
<td>Lounge</td>
</tr>
<tr>
<td>Monday</td>
<td>8:45am</td>
<td>$4</td>
<td>Lounge</td>
</tr>
<tr>
<td>Thursday</td>
<td>7:45am</td>
<td>$5 - $7</td>
<td>Lounge or Lobby</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:45am</td>
<td>$4</td>
<td>Lounge</td>
</tr>
</tbody>
</table>

Historical Discussion Group  
Convenor: Susan Carey

Join historian Susan Carey to share your personal experiences of growing up during the war, stories of your childhood, upbringing and more. Bring artifacts, historical items and your memories to share and discuss.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>2:00pm - 3:00pm</td>
<td>$1</td>
<td>Civitan Board Room</td>
</tr>
</tbody>
</table>


Interlink Choir  
Convenors: Jean Barber, Catherine Ross and Brian Turnbull

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00am - 11:15am</td>
<td>$1</td>
<td>Auditorium</td>
</tr>
</tbody>
</table>
**Kerr Street Singers** *Convenors: Karen Walls (Director) and Elaine McNelly (Membership)*

We are a full harmony chorus of seniors who like to sing a wide variety of songs. Our repertoire covers Broadway musicals, folk songs, and well-known “oldies”. We practice weekly from September to May and present several concerts throughout the year. Regular attendance is required to perform at concerts. Whether you sing tenor, bass, alto or soprano give us a try! We ask for an annual voluntary donation towards our music expense. For more information email ksschorus@hotmail.com.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>10:00am - 12:15pm</td>
<td>$1.50</td>
<td>Pine Room</td>
</tr>
</tbody>
</table>

Cancelled June, July & August

**Knitting & Sewing Group**

Drop in and join the knitting group as we knit and sew for the annual bazaar all year round.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1:00pm - 3:00pm</td>
<td>No charge</td>
<td>Room A/B</td>
</tr>
</tbody>
</table>

**Mah Jong** *Convenor: Lynda Stiefelmeyer and Eleanor Bloom*

Beginners are welcome to come learn the popular American version of Mah Jong.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>Eastridge Room</td>
</tr>
</tbody>
</table>

**Mah Jong Club**

This group plays the Chinese version of this popular game.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>Rooms A &amp; B</td>
</tr>
</tbody>
</table>

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**Drop In Fee Increase**

Drop in fees will increase to $1 effective March 1, 2019. The drop in fees have not been increased since the early 1990’s. These fees will be used to offset some of the costs of running the centres. (i.e. heat, hydro, part time wages, office supplies, repairs and maintenance, equipment, etc.)
Drop-in Activities

**Mexican Train Dominoes**  *Convenor: Terry Ponedel*
Join this group in discovering the fun of Mexican Train Dominoes. New players are always welcome!

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>1:00pm - 4:00pm</td>
<td>$1</td>
<td>Q OEPOAC</td>
</tr>
</tbody>
</table>

**Nordic Pole Walking**
Bring your poles and explore the neighbourhood with other eager walkers. Meet in the main parking lot.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>9:00am - 10:30am</td>
<td>$1</td>
<td>C Main Parking Lot</td>
</tr>
</tbody>
</table>

**Pickleball**  *Convenor: Horst Koehler, Jim Clark and Ted Ravn (Q), Tom Rumble, Bill Dercho (RO), Tom Rumble (C), Tina Vellios and Manoj Agrawal (T)*
Proper footwear is required to participate. Protective eye-guards are strongly recommended.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>1:00pm - 3:30pm</td>
<td>$1</td>
<td>Q Double Gym</td>
</tr>
<tr>
<td>Monday &amp; Thursday</td>
<td>1:00pm - 4:00pm</td>
<td>$1</td>
<td>RO Auditorium</td>
</tr>
<tr>
<td>Wednesday (until Jun 26)</td>
<td>2:00pm - 3:30pm</td>
<td>$1</td>
<td>T Gym</td>
</tr>
<tr>
<td>Wednesday (Jul 3-Aug 28)</td>
<td>4:30pm - 6:00pm</td>
<td>$1</td>
<td>T Gym</td>
</tr>
<tr>
<td>Friday (until Jun 28)</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>T Gym</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00am - 12:00pm</td>
<td>$1</td>
<td>C Auditorium</td>
</tr>
<tr>
<td>Sunday (Jul 7-Aug 25)</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>T Gym</td>
</tr>
</tbody>
</table>

Cancelled Apr 20, June 15(C)
## NEW Poetry Group  *Convenor: Lisa Kallioniemi*  
Join us and share your favourite poems and poems of your own. All poets, all levels welcome.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st and 3rd Wednesday</td>
<td>2:00pm - 3:00pm</td>
<td>$1</td>
<td>Multipurpose 1</td>
</tr>
</tbody>
</table>

## Recorder Musical Group “Bronte Consort”  *Convenor: Christine Vernon*  

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>9:30am - 10:45am</td>
<td>$1</td>
<td>Room C</td>
</tr>
</tbody>
</table>

Cancelled Mar 29

## Scrabble  *Convenor: Alice Agar (K), Mary Krawczyk (C)*  

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1:00pm</td>
<td>$1</td>
<td>Multipurpose 2</td>
</tr>
<tr>
<td>Tuesday</td>
<td>12:30pm - 3:30pm</td>
<td>$1</td>
<td>Lounge</td>
</tr>
</tbody>
</table>

## Scrapbooking and Cards  *Convenors: Deanna Ewen and Eddi-Jo Corbet*  
Bring your pictures and albums and we can share techniques and ideas. Some tools, paper and trims will be available for your use. Join us every 4th Wednesday and 2nd Friday.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th Wednesday</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>Eastridge Room</td>
</tr>
<tr>
<td>2nd Friday</td>
<td>1:00pm - 3:00pm</td>
<td>$1</td>
<td>Eastridge Room</td>
</tr>
</tbody>
</table>

## Snooker Drop In

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Friday</td>
<td>8:30am - 4:30pm</td>
<td>$1</td>
<td>Snooker Room</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:30am - 12:00pm</td>
<td>$1</td>
<td>Snooker Room</td>
</tr>
<tr>
<td>Monday - Friday</td>
<td>9:00am - 3:00pm</td>
<td>$1</td>
<td>Youth Centre</td>
</tr>
</tbody>
</table>
Social Dancing Club  *Convenors: Joanne Pritchard & Glen Skuce*

50+ love to dance? Join us on Monday evenings for an enjoyable and lively time of ballroom and line dancing. Singles, both ladies and gentlemen, and couples welcome.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:30pm - 10:00pm</td>
<td>$2 includes refreshments</td>
<td>Auditorium</td>
</tr>
</tbody>
</table>

Table Tennis  *Convenors: Gerry Zielinski and Peter Warren (IR), Vivenne Pereira (T)*

Program may be cancelled due to previously scheduled activities at Iroquois Ridge. Check with the front desk if in doubt.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed/Fri</td>
<td>1:00pm - 3:30pm</td>
<td>$1</td>
<td>Northridge Room</td>
</tr>
<tr>
<td>Tuesday (until Jun 25)</td>
<td>12:45pm - 2:45pm</td>
<td>$1</td>
<td>Gym</td>
</tr>
<tr>
<td>Thursday (until Jun 27)</td>
<td>12:30pm - 2:30pm</td>
<td>$1</td>
<td>Gym</td>
</tr>
<tr>
<td>Thursday (Jul 4-Aug 29)</td>
<td>4:30pm - 6:00pm</td>
<td>$1</td>
<td>Gym</td>
</tr>
</tbody>
</table>

Tai Chi Drop In

These sessions are for those Centre members with prior Tai Chi experience.

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<th>Day/Dates</th>
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<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>3:00pm - 4:00pm</td>
<td>$1</td>
<td>Auditorium</td>
</tr>
</tbody>
</table>

Cancelled Mar 29

Tennis  *Convenor: Keith Budd*

Bring your racket and tennis balls and let’s have some fun! Must have basic tennis skills to play. Not suitable for beginners. The courts are adjacent to the Iroquois Ridge Community Centre (Glenashton Park). May to October only.

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<th>Day/Dates</th>
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<th>Fee</th>
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<tbody>
<tr>
<td>Friday</td>
<td>9:00am - 11:00am</td>
<td>$1</td>
<td>Courts</td>
</tr>
</tbody>
</table>
**Ukulele Drop In**  *Convenor: Gary van Rassel*
For the love of uke, this is the place to come play and have fun. Just bring your ukulele and your singing voice, if you like. Players of all abilities are welcome, including those who have never played before.

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<th>Day/Dates</th>
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<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>3:00pm - 5:00pm</td>
<td>$1</td>
<td>Q  Music Room 1</td>
</tr>
</tbody>
</table>

**Walking Group**  *Convenors: Fietje Saeys, Donna Turnbull and Liz Crane*
Meet at 9:15 a.m. We walk throughout the Oakville Community. Everyone welcome!

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<th>Day/Dates</th>
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<th>Location</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>9:15am</td>
<td>$1</td>
<td>IROAC</td>
</tr>
</tbody>
</table>

**Walking “The Wacky Walkers”**  *Convenor: Lois Shank*

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<th>Day/Dates</th>
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<th>Location</th>
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<tr>
<td>Tuesday</td>
<td>9:30am</td>
<td>$1</td>
<td>Active Lounge</td>
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<tr>
<td>Friday</td>
<td>9:30am</td>
<td>$1</td>
<td>Active Lounge</td>
</tr>
</tbody>
</table>
Special Events
Monday, February 11
ROMAC Annual General Meeting
River Oaks Community Centre | 3 p.m.

Tuesday, February 12
Stampin’ Up
Colborne Centre | 12:30 p.m.
Join Michelle for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is $15 and includes all materials. Sign up begins December 11 and ends February 8. Space is limited—sign up early.

Monday, February 18
Family Day
QEPOAC, IROAC, TPOAC | 10 a.m. - 3 p.m.
Bring your grandchildren and friends for a day of fun activities! Please refer to the Family Day Schedule to find out what’s available.

Tuesday, February 19
Seniors Services Program
Registration
All | 9 a.m.
Is your membership up to date? Have you got your IRIS pin and Family ID? Both items are a requirement before you can register. At 9 a.m. on February 19 log on to www.oakville.ca and register online or call 905-815-2000 for phone registrations. Paper forms can be completed and sent to Town Hall however, we recommend that you use the internet or phone as these methods are faster and easier. Avoid disappointment on Registration Day by ensuring you have everything up to date. If you would like to receive a tutorial for online registration please see Julie to book a time at the Colborne Centre.

Tuesday, February 26
Coffee & Conversation with Irene Blais, Colour Therapist
Colborne Centre | 1 - 3 p.m.
Dating back thousands of year to civilizations in Egypt, China and India, evidence demonstrates that colour therapy (also known as chromotherapy) has been used as a complementary therapy.
Colour therapy can help to re-balance and/or stimulate energies in the body. Using a variety of tools like one’s own clothing, crystals and home decor, people can manage physical, mental, emotional and spiritual conditions and situations. This presentation will provide the audience with the basic principles of colour energy and how individuals can use these principles in their day-to-day life.
Cost $5 includes coffee/tea and sweets. Tickets on sale at the Colborne Centre January 21 and must be purchased before February 22.
Wednesday, March 6

**Annual General Meeting**

IROAC  |  11 a.m.

Join us at IROAC to take part in our annual general meeting. Review what the centre has accomplished this past year and what’s to come. Tea, coffee and light refreshments will be served.

---

Wednesday, March 6

**Colborne and QEPOAC Annual General Meeting**

Colborne Centre  |  5 - 7 p.m.

Attend the AGM for a look back at the last year, meet your board representatives and enjoy light refreshments. Proof of valid membership is required to vote, you can only vote at the Centre where your membership is held. Complimentary tickets must be picked up from the Colborne Centre or QEPOAC between February 4 and March 1.

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Friday, March 8

**Annual General Meeting**

TPOAC  |  10 a.m. - noon

Join us as we look back on 2018 — a very eventful year. To vote, your membership must be based at Trafalgar Park. Light refreshments served.

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Tuesday, March 12

**An Afternoon of Classical Guitar**

Colborne Centre  |  1:30 - 3 p.m.

Spend an afternoon with Nicholas Faller, accomplished classical guitarist. With an exciting repertoire that includes composers like J.S. Bach and Sergio Assad, Nicholas demonstrates great enthusiasm and passion for performance, presenting his music in diverse settings. Light refreshments will be served. Tickets are $10 and are available February 11 at the Colborne Centre.
Wednesday, March 13

**St. Patrick’s Day Party**

QEP Black Box | 12:30 - 3 p.m.

Join us for our annual St. Patrick’s Day Party in the Black Box featuring a Celtic trio called Erin’s Marlore. A light lunch will be served along with some good Irish tunes. Come and enjoy this wonderful party with friends. Tickets are $15 per person and will be available starting February 4 and must be purchased by Thursday March 7. Wear green for a chance to win a prize!

Thursday, March 21

**High Tea at Trafalgar**

TPOAC | 1 - 3 p.m.

Welcome spring with a traditional English high tea. Dress up and join us for the lovely sounds of Susan Graham on the violin and an assortment of tea sandwiches and cakes as well as potted tea. Tickets are $8 and available starting February 21.

Saturday, March 30

**Garage Sale**

Colborne Centre | 9 a.m. - noon

Bargain hunters don’t miss this one! Best priced treasures in town. Donations accepted from March 25 to 29 at the Colborne Centre. No shoes, clothing, large electronics, skis or large furniture. Please remember if you wouldn’t gift it we probably can’t sell it! Gently used items in good condition only please.

Wednesday, April 3

**Spring Tabletop Planter**

IROAC | 1 - 3 p.m.

This workshop provides you with the hands on skills to create a spring planter with your own container and plants such as, daffodils, tulips and hyacinths. You will go home with a completed planter for your table as well as creative ideas to enable you to do an outdoor planter. You will be able to view samples of other containers, as well as ask questions. A material fee of $10 will be required. Tickets will be available at the centre beginning February 20.

Tuesday, April 9

**Stampin’ Up**

Colborne Centre | 12:30 p.m.

Join Michelle for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is $15 and includes all materials. Sign up begins February 12 and ends April 5. Space is limited sign up early.
Wednesday, April 10
**Easter Bonnet Tea & Flower Arranging Demonstration**
QEPOAC | 1– 3 p.m.

Let’s celebrate the start of spring with tea and a flower arranging demonstration by a local florist. This event is a great time to spend with friends in a relaxed environment. Wear your favourite Easter bonnet.

Tickets are $8.00 which includes light refreshments. Tickets go on sale March 4 and must be purchased by April 3.

Wednesday, April 17
**An Afternoon with Carole Bertuzzi Luciani**
IROAC | 1 – 3 p.m.

Are you ready for a good, belly aching laugh? You do not want to miss the hilarious, relatable Carole Bertuzzi Luciani! From Oakville herself, Carole speaks about the hustle and bustle of life, all while having fun doing it. Be sure to get your tickets early, this presentation will leave you smiling for days to come. Tickets are $7 and will be available from February 13 to April 10. Light refreshments will be served.

Thursday, April 25
**Fashion Show**
Trafalgar Park Pine Room | 1 - 3 p.m.

Are you looking for inspiration? Or maybe a wardrobe overhaul? Look no further! Due to immense popular demand we have Northern Reflections returning to put on another great show. This time a trunk sale will be included. Elizabeth from Northern Reflections showcases clothing exactly suited to the active, stylish senior who wants to look put together whether popping out for groceries or heading to an event with friends. Don’t miss this great afternoon which includes refreshments and an opportunity to speak with the in-house models and learn firsthand how the clothing fits and feels.

Tickets go on sale March 28 and must be purchased by April 23. Cost is $7.

Tuesday, April 30
**Coffee Talk: “How Do You Solve a Problem Like Diana?”**
Colborne Centre | 1 - 3 p.m.

Ruth Blair was asked by a friend to find out more information about a grave stone found in the Old Oakville/St. Mary’s cemetery. He felt that because of the inscription on the grave stone that she deserved a flag on Remembrance Day and the town could only do this with proof of her military service. Ruth started a journey that would take ten years to solve and provided twists and turns that were both frustrating and exhilarating. Join us to hear the fascinating true story about Solving the Mystery of Lady Diana Taylour. Tickets are $5 include coffee, tea and sweets and are on sale March 25 until April 26.
Wednesday, May 1
Oakville Seniors Got Talent
IROAC | 1 – 3 p.m.
Do you have a talent you’d like to share to become IROAC’s Talent Star? Come join us as a performer for a 5 minute or less act, or be a guest and watch the show while you cast your vote for IROAC’s best! The cost is $2 with light refreshments being served. See the upcoming poster to sign up for your talent performance. Tickets will be available February 20.

Wednesday, May 15
Lights! Camera! Appreciation!
Volunteer Appreciation 2019
Film.ca | 5 - 9 p.m.
Did you know you were a big STAR? Join us for Volunteer Appreciation 2019 as we recognize your talents and contributions in 2018. Let us butter you up with thanks and gratitude while you screen a film in a private theatre and enjoy cocktails and hors d’oeuvres fit for Hollywood.
Please pick up your complimentary ticket beginning April 1 if you have contributed volunteer hours in 2018.

Thursday, May 30
Kerr Street Singers Spring Concert
TPOAC | 2 p.m.
Join the Kerr Street Singers for their engaging bi-annual concert. Hear an hour of songs covering Broadway favourites, classic pops and more. Tickets are $10 each and go on sale May 6. Refreshments included and served after the concert. Don’t miss this choral extravaganza!

Tuesday, June 11
Stampin’ Up
Colborne Centre | 12:30 p.m.
Join Michelle for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is $15 and includes all materials. Sign up begins April 9 and ends June 7. Space is limited sign up early.
Wednesday, June 12
Sports with Scott from TSN
QEPOAC | 1 – 3 p.m.
You won’t want to miss this afternoon with Scott MacArthur from TSN. He will give us a backstage glimpse of what it’s like to cover a professional sports team, fun stories of the Blue Jays and his journey of how he got into this profession. There will be lots of time for questions and answers with Scott.
Sign up begins on May 6. Tickets are $3 and include light snacks.

Wednesday, June 19
Strawberry Social & Canada Day
IROAC | 1 - 3 p.m.
Nothing describes summer better than fresh strawberries. Join us for strawberries, cream, and “special toppings” at our afternoon social. Tickets are $5 and include coffee and tea as well. Tickets will be available for purchase from May 1 to June 12. Apologies, no walk-ins will be allowed.

Thursday, June 20
Laughter Yoga Workshop
TPOAC | 1:30 p.m.
Let’s laugh! Join Lynda Sturgeon once again for this fun and invigorating workshop. Laughter Yoga should not be confused with yoga as no yoga poses are involved. Rather, it is intentional laughter done for its mental and physical health benefits. It is called ‘yoga’ because it incorporates deep yoga-type breathing. Anyone who can laugh can do Laughter Yoga.
Please sign-up starting May 27. No charge.

Tuesday, June 25
Summer Strawberry Solstice
Colborne Centre | 1:30 - 3:30 p.m.
Indulge in strawberries and whipped cream while listening or dancing to the sweet sounds of the Fiddletistx on the back patio. Wear your red and white and some dancing shoes. Tickets are $12 and go on sale May 13 and must be purchased before June 21. Dress and prepare for the weather, we plan to be outside if it isn’t raining!

Thursdays, July 4 to August 29
Summer Movie Series: A New Beginning
TPOAC | 1 p.m.
You didn’t think we’d forget to run this popular event at the new Centre did you? Join us for another stellar summer of great movies. Cost is $1 and refreshments are available for purchase. List of movies will be posted by June 14.

Thursdays, July 11, 25, August 8 & 22
Movie Afternoon BBQ
TPOAC | 12:30 p.m.
Enjoy a delicious barbeque lunch for $6 (Chefs Anna and Harry presiding!). Includes burger, fixings, chips, drink and a sweet. Enjoy lunch with friends old and new and then head in for the movie.
Tickets go on sale two weeks prior to each BBQ.
Wednesday, July 17
**Ridge BBQ & Movie Night**
IROAC | 5 p.m.
What’s better than a summer evening movie while having some BBQ beforehand? Join us for a BBQ dinner and movie with friends. For the featured movie, refer to the upcoming poster to see what will be playing. Tickets will cost $7 and will be available from May 1 to June 12.

Wednesday, July 24
**Rock Painting with Ann**
QEPOAC | 1-3 p.m.
Come for an afternoon of fun and test your artistic ability by painting rocks. Ann Smithers is a local talented artist and will help you design fun rock art that can be used as a paper weight, in the garden or given as a gift.
Sign up starts on June 4 and the cost is $10.

Tuesday, August 13
**Stampin’ Up**
Colborne Centre | 12:30 p.m.
Join Michelle for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is $15 and includes all materials. Sign up begins June 11 and ends August 13. Space is limited sign up early.

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**MARK YOUR CALENDARS**

**Fall Registration begins Friday, September 6 at 9 a.m.**

**Fall classes begin Monday, September 16**
Grand Opening of TPCC
On September 22, 2018 the Trafalgar Park Community Centre, along with the new seniors centre, officially opened. Over 2000 people attended, including many, many seniors. Thank you to the 20 volunteers and the Kerr Street Singers (who performed at the opening ceremony) who helped make this day fun and welcoming for all.

We Need Bistro Volunteers!
We have various shifts available in our Kerr Street Bistro (kitchen), especially mornings. This is a wonderful opportunity to meet new friends while lending a helping hand. Please contact Colleen Beswick at colleen.beswick@oakville.ca or call 905-338-4406 and ask for Colleen.

Christmas Market
Congratulations to our Arts and Crafts and Tea Room volunteers who worked tirelessly to put on the first large fundraiser and event at the new centre. It was a success! Thank you for all your hard work.

Suggestions
As promised, we retained our Suggestion Box and it is now located in the Quiet Lounge. Please feel free to use it! Each month the Operations Board checks the box and endeavours to find solutions. Please leave your contact information if you wish to receive a personal response.

Goodbye but not for long....
For those of you who are not yet aware, I will be taking a yearlong leave of absence to concentrate on my family. I will miss everyone and will definitely pop in for visits!

-Karen-
News

New Poetry Drop-In

Join us for this wonderful new activity that lets you embrace your love of poets, poetry and writing! Share favourite poems of your own or others. A warm, inclusive atmosphere with no judgement, just enjoyment.

Come out the first and third Wednesday of the month from 2-3 p.m. starting February 6.
Christmas at Colborne Craft Sale

Congratulations to the always incredible Christmas at Colborne Craft Sale volunteer team. Your hard work all year long is amazing to see all laid out in its holiday splendor. It takes a team of over 50 volunteers to make the Bazaar happen each year and everyone plays an important role. Sincere thanks for the endless hours of making, baking, wrapping, creating, knitting, crafting, polishing and selling. You truly do make magic happen.

Monarch Waystation Designation

Thank you Margaret Larson for your continued dedication to the Monarch population. The Colborne Centre has been designated an official waystation meaning there are gardens around the centre that specifically support the needs of the Monarch. Check out the front entrance garden and the plant material off the back patio and the sign in the front garden... pretty fancy!

Goodbye Diane!

After 19 years with the Town, Diane Gill has decided to retire. Diane is an example of patience, knowledge and skill all rolled into one! As an instructor Diane has been an incredible asset to the Seniors Services team, offering computer classes, technology instruction and support for an ever changing industry. Her smile, kindness and “we can solve this problem attitude” will be sorely missed as she enjoys her family, grandchildren and travel. Thank you Diane, happy retirement.
Congratulations

A special shout out to Jackmen Chong and Isabel Arnold for their recent win at the Ontario Seniors Games for Bridge.

Happy Golfers Golf Club

The 2019 golf season will be played at Pineland Greens Golf Club Safari Road, Millgrove. We will have split tee off times, similar to previous years, to accommodate those members that like to tee off early and those that prefer to play later in the morning. This will be confirmed at registration. The format will be the same as 2018 where the individual golfer will be responsible for establishing their tee time, please advise the club at 905-659-1271. Registration will be Monday, March 25 from 9-noon at Sir John Colborne Recreation Centre for Seniors. If you miss this date, registration can be done anytime at the front desk at the centre. We anticipate the golf season will start at the end of April or early May depending on the weather.

The registration fee will be $30 to play golf for the season.

I would like to thank the committee members, Bob Towarnicki, Nina Gilbert and Hal Burkett for their assistance at the meetings and during the tournament that made the golf season successful.

Bill Miller
It’s Not Goodbye, It’s See You Later
As most of you are aware, Stephanie has taken on a new role at Glen Abbey Community Centre providing her expertise in fitness. Alex has stepped into the role at Iroquois until Stephanie is due back in June 2019.

Five Cent - Ten Cent - Dollar
A huge THANK YOU to all of the volunteers who tirelessly assisted at the Bazaar! Coming into the centre once, sometimes twice a week to sort through items. You were invaluable to putting on a great event. Also, a very big thank you to all the community members who donated their items - the Bazaar made an amazing profit of just over $4,500. The Bazaar Committee truly worked as a team to make it the great event it was.

Save the Date
Did you attend last year’s Volunteer Appreciation Dinner? As always, we want to say thank you for all that you do! Come out for an evening of appetizers and entertainment and enjoy the lights, camera, appreciation. See the special events section for more details.

Registered Programs
Have you tried something new lately? Give our new programs a go! Aquatic Bone & Joint Therapeutice Care runs on Tuesdays and Thursdays, from 1:30-2:30 p.m. Also, the Land, Bone & Joint Therapeutic Care program is also held on Tuesdays and Thursdays from 3-4 p.m. And lastly, come join our Pickleball program which takes place on Mondays, from 1-2:30 p.m. Hope to see you there!

Upcoming Special Events
Join us on Family Day, February 18 in the IROAC for “Fun with Flowers” choosing from one of three sessions: 10-10:30 a.m., 10:45-11:15 a.m., or 11:30-Noon. Also, on February 20, join us for the Oakville Fire Safety Presentation from 1-3 p.m. to learn about making our home safe.
Badminton/Table Tennis
Badminton and Table Tennis are played at the River Oaks Recreation Centre on Tuesdays and Wednesdays from 1 – 4 p.m. Players range from beginners to experienced.
If you would like to try these games please join us. We will teach you the rules, how to play and provide equipment. These games are excellent exercise and new members are always welcome.

Pickleball
Pickleball was invented in the U.S.A. fifty years ago and today it is now the fastest growing racquet sports activity for seniors. Whether you have played racquet sports or not the game is easy to learn. Paddles and balls are provided. Join us Mondays and Thursdays from 1 – 4 p.m. for this fun game.

ROMAC AGM
The ROMAC AGM will be held on Monday, February 11, 2019 at 3 p.m. Everyone is invited to hear about the past year and participate in the elections of officers.
QEP News

Update
This fall has been very busy at QEPOAC. We enjoyed an exciting Halloween Pub Night with some great costumes and our Christmas party was so much fun with the entertainment “Two of a Kind” stealing the show. Thank you to everyone who attends these fun events. Thank you and a special shout out to all the Special Events Volunteers, Greeters, Convenors and Advisory Members, QEP is the place it is today because of everyone’s dedication to seeing the best programs provided.

Feel free to stop by the centre and enjoy an afternoon with friends. We have a library that you are welcome to borrow a book from and bring it back when you are finished. Also, the OAC has a wonderful DVD Library, stocked full of your favourite movies.

Just a reminder that if you are buying a ticket for an event they will only be sold during the hours we are open Monday-Friday 1-4 p.m.

Welcome Susan Amaral
We want to welcome Susan Amaral who is now the Manager of QEPCCC. She comes to us with over 25 years of experience working with the Town of Oakville. Feel free to stop by her office and say hello.

Mark Your Calendars
We have some great Special Events coming soon, so please mark your calendars. You are not going to want to miss our annual St. Patrick’s Day Party, an Easter Bonnet Tea & Flower Arranging, an afternoon with Scott MacArthur from TSN and much more...! Please see the Special Events section for a full listing of events.

Community Kitchen at QEP
We are very excited to have the Community Kitchen open and available to us! We have had two Dinner For One programs that were a success. Please see Registered Programs for all of the details, space will be limited so do not miss out. If you have other suggestions for cooking programs please contact Jolaine.

New Drop-in Snooker
Since September we have had drop in Snooker at the QEP Youth Centre. Please drop by to see the new table and spend time catching up with friends. If you have any questions please contact Jolaine.

Ideas or Suggestions
Do you have a great idea for a new program or a suggestion to improve our centre? Write it down and drop it into our centre’s suggestion box located by the bulletin board. If you submit a suggestion, don’t forget to put your name so we can contact you.
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