

Seniors Services

Fall 2023/
Winter 2024
Newsletter



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Town of Oakville Recreation and Culture

Oakville Seniors Services

Trafalgar Park Older Adults Centre

133 Rebecca Street, Oakville, ON L6K 1J4
905-338-4406

Monday to Friday, 8:30 a.m. to 4:30 p.m.

Stephanie Coughlin, Recreation Coordinator
905-845-6601, ext. 4502
stephanie.coughlin@oakville.ca

Daniela Vega Orozco, Assistant Programmer
905-845-6601, ext. 4506
daniela.vegaorozco@oakville.ca

Sir John Colborne Recreation Centre for Seniors

1565 Old Lakeshore Road, Oakville, ON
L6L 6N1

905-815-5960

Monday to Friday, 8:30 a.m. to 4:30 p.m.

Julie Pennal, Recreation Coordinator
905-845-6601, ext. 3978
julie.pennal@oakville.ca

Kelly Meeussen, Recreation Assistant
905-845-6601, ext. 3977
kelly.meeussen@oakville.ca

River Oaks Mature Adults Club

2400 Sixth Line, Oakville, ON L6H 3M8

Phone: 905-338-4186

Jacy Thibeault, Recreation Assistant
905-845-6601, ext. 3562
jacy.thibeault@oakville.ca

Bob Pawliw, Recreation Coordinator
905-845-6601, ext. 3368
bob.pawliw@oakville.ca

Iroquois Ridge Older Adults Centre

1051 Glenashton Drive, Oakville, ON L6H 6Z4
905-338-4255

Monday to Friday, 9 a.m. to 4 p.m.

Cassie Wilhelm, Assistant Programmer
905-845-6601, ext. 3498
cassandra.wilhelm@oakville.ca

Queen Elizabeth Park Older Adults Centre

2302 Bridge Road, Oakville, ON L6L 2G6

Phone: 905-815-5979, ext. 4673

Monday to Friday, 1 to 4 p.m.

Jolaine Montgomery, Assistant Programmer
905-845-6601, ext. 4674
jolaine.montgomery@oakville.ca

Anita Weisseneder, Program Supervisor
anita.weisseneder@oakville.ca
905-845-6601 ext. 4609

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**Find us on Facebook at
Town of Oakville Seniors Centres**

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General Information



From Your Seniors Services Team

Hello friends! As we write this we are celebrating the summer warmth, balmy evenings and outdoor activities with friends and family.

The team is busy hosting BBQ's and parties and soaking up the sunshine in preparation for a busy fall and winter season ahead. The fall is always our busiest time with open houses, return of programs, new members, special events, bazaars and holiday sales. Make sure to check out the Drop-in Activities and Registered Programs sections for all the ways you can get fit, learn something new and meet some lovely people.

The team loved celebrating our volunteers this spring with in-person volunteer appreciation events. From the black and white gala, to the red carpet, to the islands of Hawaii and a Mexican fiesta it was a month of parties, food and fabulous people. One of our favourite things to do is celebrate and thank our volunteers for all the work you do. We sincerely hope you felt appreciated and important for, without you, the centres wouldn't be the vibrant and wonderful places they are. Seniors Services volunteers are the absolute best!

More good news is coming your way! Day trips are back in full force. Our day trip team is busy planning more day trip getaways for you to enjoy. The fall lineup is already available with more details coming about the New Year adventures in the works. Check out the Day Trip section of the newsletter for more details or see the bulletin boards at your local centre for posters, dates, times, and locations.

We are also excited to have more community centres offering Seniors Services programs for our members. Check out the Registered Programs section for River Oaks Community Centre and new programs at Oakville Trafalgar Community Centre and Glen Abbey Community Centre. Keep an eye out for new pre-registered programs coming soon at these locations!

The Senior Services staff team is changing a little with the retirement of a special member of our team. Anita will be joining our retired members with more free time to spend with family and doing the things she loves, like exercising and grandchild cuddling. Congratulations Anita, we are going to miss you.

Finally, your staff team of Jolaine, Cassie, Julie, Kelly, Stephanie, Daniela, Nazia, Jacy and (for the last time) Anita would like to remind you that we are here for you. If you need assistance, support or are looking to get involved in a program or need a little help just call or email.

Your Senior Services Team!

Julie, Kelly, Jolaine, Anita, Stephanie, Daniela, Jacy, Cassie and Nazia



Seniors Services Membership Fees

Age	2023 Fee
Age 50 – 79	\$44
Age 80 – 89	\$22
Age 90+	No charge

Please note non-residents will be charged the non-resident fee (an additional \$10 plus HST) on their Seniors Services membership. Membership is non-refundable.

Seniors Services Membership

A current Seniors Services membership is required to register in all Seniors Services (50+) programs and to attend drop-in activities. 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.

Should you have any questions about your Recreation and Culture account, please call 905-815-2000 to speak to a member of our team, Monday to Friday from 8:30 a.m. to 4:30 p.m. Inquiries can also be sent to recreation@oakville.ca.

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 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 and people in your community
- A copy of our Seniors Services newsletter available twice per year.
- 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

Fall/Winter Program Registration

Registration for fall programs opens Wednesday, August 16 at 7 a.m.

Registration for winter programs opens Wednesday, December 6 at 7 a.m.

A Seniors Services membership is required for all registered and drop-in seniors programs.

Online methods of payment include VISA, MasterCard and American Express or credit on account.

Program Confirmation

You have successfully registered for a program or activity when you click the “Place My Order” button on the payment screen.

Registration confirmations will be sent by email. When checking out, you also have the option to view or print the registration confirmation. It is your responsibility to review and be aware of your program details (location, time, date etc.).

You can also review all transactions on your “My Info” page.

Online Services

Videos on how to register for a program and more are available on oakville.ca. Town staff are also available to support residents by calling 905-815-2000.

You will need an email address to create your online account. We recommend using Google Chrome for the best customer experience when accessing recreation and culture programs and services online.

Non-resident Registration

Non-resident program registration opens 14 days after Oakville resident registration begins. Non-residents can book drop-in programs up to six days in advance.

Other Ways to Register

To avoid disappointment and for immediate confirmation of availability, use the online registration option. For registration assistance, phone 905-815-2000.

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

Occasionally, clients encounter unexpected scheduling changes or medical concerns that require them to withdraw from their program.

The easiest way to withdraw from a program is through your online registration account. Some programs are not eligible for refunds or withdrawals.

Requests made to the program instructor, emailed or left on voicemail will not be considered sufficient notice.

Refunds are returned to the method of payment used in the original transaction. Requests under \$20 where the original method of payment was cash, cheque or debit will remain on account for future use.



You can request a refund or withdraw:

- Through your online account, without penalty up to four days in advance of the course start date.
- Through your online account, three days in advance of the course start date and time. This is subject to an administrative fee of \$10 plus HST.
- In person/over the phone (905-815-2000), up to four days in advance of the course start date. This is subject to an administrative fee of \$10 plus HST.
- Prior to the start time of the third class. The amount refunded will be prorated based on the cost of the program and classes already held (not the first class you attended), plus applicable administrative fees. Material fees are non-refundable.
- After the start time of the third class for medical reasons with a doctor's note. Remaining classes will be refunded less applicable administrative fees. Material fees are non-refundable.

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. Please note there are no refunds for membership fees.

Missed Classes

Participants are to attend all classes as scheduled for the program in which they are registered. Make-up classes or credits/refunds for missed classes are not available.

Cancellations

The town reserves the right to cancel or alter any classes, times, costs or locations without notice as required due to low enrolment, change of policy, or availability of resources.

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.

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: players, performers, audiences and visitors.

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

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!*

Seniors Working Action Group (SWAG)

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

SWAG meets virtually via Zoom, once per month 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 through 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.

SWAG will be hosting presentations on Wills and Power of Attorney on Thursday, September 28 at 1 p.m. at Trafalgar Park Older Adult Centre. Upcoming presentation topics may include Medical Cannabis and Frauds and Scams with Artificial Intelligence (AI). SWAG is also planning a Seniors Housing Fair and Symposium. With the increase of housing insecurity for seniors, the rising costs of retirement living and the need for affordable housing we are excited to be planning a full day of exhibitors, panel of experts and community agencies to discuss your options. See the Special Events section for more details.

If there are any other presentations you would like SWAG to host, please send your requests to darlco@sympatico.ca. For more information about SWAG or if you have any questions/concerns, please contact:

Darlene Cox (Chair SWAG) 905-466-6212 or Julie Pennal (Recreation Coordinator) 905-845-6601, ext. 3978.

Seniors Centres Without Walls

WOW Without Walls telephone conference program continues with a program at 10 a.m. on Monday and Wednesday. If you haven't joined one of our calls, we encourage you to try it out. The topics are interesting and we have some incredible speakers lined up for the next few months. If not for you, maybe you can help us to reach a senior in our community who might not know about our daily calls.

A separate calendar is available upon request or find all the details at oakville.ca/culturerec/virtual-programs.html. To participate call 1-866-279-1594 passcode 809666#.

Oakville Seniors Centre
WOW
Without Walls

Join us every Monday and
Wednesday morning at 10 a.m.
for our **FREE** interactive
telephone program!

1-866-279-1594
Passcode **809666#**

Questions? Call 905-845-6601, ext. 3979

 OAKVILLE

Links2Wellbeing Social Prescribing for Older Adults

Senior Services and the Older Adults Centres' Association of Ontario (OACAO) have partnered to promote the Links2Wellbeing Social Prescribing for Older Adults initiative. Social prescribing is a pathway that promotes holistic health and well-being by integrating health and social care.

It is a structured process in which family physicians and interprofessional health practitioners can prescribe a patient to a local senior centre.

We are at the beginning stages of promoting the program and need your help. Would you be willing to take an information package to your doctor describing the program? If so, please call Jolaine Montgomery (QEPOAC Assistant Programmer) at 905-815-5979, ext. 4674.

Oakville Transit - Seniors Ride Free!

Seniors (65 years and over) can ride Oakville Transit buses for free every day with a Presto card. Pick up your card at Town Hall or a local Shoppers Drugmart for \$6. For schedules and routes, visit oakvilletransit.ca. Take advantage of this wonderful service and explore Oakville!



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 the total income of all family members in the household, 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.

Policy Review Committee

The Policy Review Committee is made up of members from all five senior centres. We meet six times a year and the minutes are posted on all centre bulletin boards. The Committee sets the price of membership each year. We advocate for seniors in our community. If you have any questions or concerns, the committee is happy to address them at our meetings.

Lorna Van de Mosselaer, Chair

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!

Centre Closures

August 7 - Emancipation Day

September 4 - Labour Day

October 9 - Thanksgiving Day

December closures - please see your centre bulletin board for holiday closures.

February 19 - Family Day

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.

Defibrillators

Town of Oakville facilities are equipped with portable defibrillators. All the units are wall-mounted. 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.

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.

Seniors Active Living Centre (SALC) programs are funded by the Province of Ontario.



Special Event Ticket Policy

We are so excited to have our special events selling out with waitlists! In order to be fair to our membership some special events will be exclusively for members only. Non-members are welcome to purchase a membership in order to attend. Please see the write up in the special event section or poster for details. If you are unsure, please ask your Seniors Services staff member.

Community Spirit Awards

The 21st annual Community Spirit Awards were celebrated in June and Oakville's older adult community was well represented for your time, commitment and dedication to volunteerism and giving back. Congratulations to our nominees:

Grant Foster, Leslie Osborne, Penny Smith, Seniors Working Action Group, June Lee, Lionel Latter, Lorna Van de Mosselaer and Margaret Larson. Thank you for being a champion of art, culture and heritage. For being a good neighbour and inspiring others. We appreciate your leadership and innovation and celebrate each of you for your contributions to our community. Special mention to our recipients Grant Foster, Lorna Van de Mosselaer, Penny Smith and Lionel Latter (posthumous) and to those who took the time to nominate our community leaders.





In Memoriam

January 2023

Peter McDougall

February 2023

Eleanore Challacombe
Sue Monaghan
Myrtle Tovell
Audrey (Jai) Turnbull
Roma Turnbull

March 2023

Dolores (Dodie) Tesar

April 2023

Mary Lang
Marg Stanley
Lionel Latter
Ron McDonald

May 2023

Ida Martin
June Pougnet
Ken Durie
Brian Sinclair
Christine Illes

June 2023

Joan Moore

July 2023

Aldona Windeler



Day Trips

To purchase a Day Trip ticket you must show your valid Seniors Services membership card (please scan it when you arrive at the centre, you will be given a validation ticket.) All day trips go on sale at 1 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 being for themselves and one other with valid membership proof. There are no exceptions.

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

ALL TICKETS SALES ARE FINAL

Refunds will only be issued if your place is filled by a member on the waitlist. Due to the overwhelming success of our trips, there is often a waitlist. 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 participants must be able to climb stairs and navigate curbs/steps independently.

Please notify Marilyn at 905-338-1165 or Lynda at 905-844-8445 directly if you have questions about the trip.

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, 2303 Bridge Road

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

Tuesday, October 10

Oktoberfest

Celebrate the area's favourite Bavarian tradition at the Concordia Club! Enjoy entertainment and a buffet lunch included. Cost \$115. Tickets go on sale Monday, July 24 at 1 p.m. (Closing date for ticket sales: Wednesday, September 6.) No refunds available. Members only!

Pick up at QEPCCC at 10 a.m.

Pick up at TPCC at 10:15 a.m.

Return approximately 3:15 p.m.

Wednesday, December 6

Christmas with Elvis and Friends

Enjoy a buffet lunch at Bingeman's and catch a matinee concert featuring iconic tribute artists such as Elvis Presley, Dolly Parton, Reba McEntire, Shania Twain and more! Cost \$130. Tickets go on sale Monday, October 2 at 1 p.m. (Closing date for ticket sales: Friday, November 10.) No refunds available. Members only!

Watch your centre bulletin board for more details in the coming months.

Pick up at QEPCCC at 11:15 a.m.

Pick up at TPCC at 11:30 a.m.

Return approximately 4:45 p.m.



Registered Programs

Registered Programs

T Trafalgar Park Community Centre
IR Iroquois Ridge Community Centre

G Glen Abbey Community Centre
RO River Oaks Community Centre

C Sir John Colborne Recreation Centre
Q Queen Elizabeth Cultural Centre and Community Centre
O Oakville Trafalgar Community Centre

Please note: The Town of Oakville reserves the right to adjust schedules and prices without notice. Customers impacted by cancellations will be automatically refunded. Visit oakville.ca for the most up-to-date listing of Seniors Services programming currently offered.

Acrylic Painting Level 1 *Instructor: Mary Lyons*

Learn the basic tools and techniques of this colourful and fast drying medium. Drawing experience not essential. Personal supplies are required, the list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	1:00pm - 3:00pm	\$174.52	13	C	52010
Thu/Jan 11 - Mar 14	1:00pm - 3:00pm	\$134.24	10	C	52450

NEW Active Meditation *Instructor: Jessie Sal*

Join this active meditation session where you will explore the various meditation anchors such as humming, kundalini, laughter and many more!

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	12:00pm - 1:00pm	\$103.42	13	G	54047
Thu/Jan 11 - Mar 7	12:00pm - 1:00pm	\$71.60	9	G	54048

Aquatic Bone and Joint Therapeutic Care *Instructor: Julie Chandu-Lall*

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 help speed up recovery from injuries and surgeries. Designed for individuals with bone and joint degeneration with arthritis and for pre/post hip and knee surgeries and injuries.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Sept 26 - Dec 19	10:30am - 11:30am	\$103.42	13	IR	51927
Tues/Jan 9 - Mar 5	10:30am - 11:30am	\$71.60	9	IR	51940

Body Tone *Instructor: Diane Gidaro*

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Dec 12	9:00am - 10:00am	\$103.42	13	C	51978
Thu/Sept 21 - Dec 14	9:00am - 10:00am	\$103.42	13	C	51994
Tue/Jan 9 - Mar 12	9:00am - 10:00am	\$79.55	10	C	52029
Thu/Jan 11 - Mar 14	9:00am - 10:00am	\$79.55	10	C	52422



Botanical Garden Drawing *Instructor: Mary Lyons*

Unleash your creativity through botanical art, blending the realms of science and fine art to create stunning illustrations. Elevate your drawing skills and learn techniques using pencil, coloured pencil, watercolour, and markers. Find inspiration from nature as you work from both photos and live plants.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Jan 9 - Feb 6	9:00am - 11:00am	\$67.12	5	T	52840

Bridge: Basic 1 An Introduction *Instructor: Bogdan Kurek*

Learn the basics of bridge bidding, including responding and playing the hand. Have fun in a comfortable environment. No experience necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Nov 13	9:15am - 11:45am	\$92.89	8	C	51972
No class Oct 9					

Bridge: Basic 2 Bidding *Instructor: Bogdan Kurek*

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Jan 8 - Mar 4	9:15am - 11:45am	\$92.89	8	C	52026
No class Feb 19					

Bridge: Conventions *Instructor: Jackie Syer*

Covers weak twos, slam bidding, the Blackwood and Gerber conventions, Stayman and Jacoby transfers. Prerequisite: Basics of Bidding or some bridge-playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Thur/Sept 21 - Nov 9	9:15am - 11:45am	\$92.89	8	C	51995

Bridge: Defense *Instructor: Bogdan Kurek*

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Jan 9 - Feb 27	9:15am - 11:45am	\$92.89	8	C	52031

Bridge: Mentored Duplicate *Instructor: Jackie Syer*

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 play.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 20 - Nov 8	9:00am - 11:00am	\$74.31	8	Q	51227
Wed/Jan 10 - Feb 28	9:00am - 11:00am	\$74.31	8	Q	51998

Bridge: Play of the Hand *Instructor: Bogdan Kurek*

This course focuses on how to play the hand as a declarer, by finessing, getting rid of losers, when to draw trump, etc. to take the maximum number of tricks. Prerequisite: An Introduction to Bridge or Basics Bidding and/or some bridge-playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Nov 7	9:15am - 11:45am	\$92.89	8	C	51979

Bridge: Supervised Play *Instructor: Jackie Syer*

This course provides the opportunity to review your knowledge and to practice playing with supervision. Tips on bidding, playing and defense will be reviewed with ample time for questions. Prerequisite: Knowledge of the basic conventions, defense and playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Thur/Jan 11 - Feb 29	9:15am - 11:45am	\$92.89	8	C	52432

Card Making 50+ *Instructor: Mary Lyons*

Receiving a handmade card is a lovely surprise, especially during the holiday season. In this workshop, learn how to make your own cards, while exploring several artistic techniques including collage, stenciling, watercolour, and stamping. A material fee of \$5 will be added to the course fee.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Nov 21	1:30pm - 4:30pm	\$20.14	1	T	50684

Celtic Fiddling - Level 1 *Instructor: Jill Yokoyama*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Dec 15	8:30am - 9:30am	\$77.22	13	C	52012

Celtic Fiddling - Level 2 *Instructor: Jill Yokoyama*

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Dec 15	9:45am - 10:45am	\$77.22	13	C	52014

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	12:00pm - 1:00pm	\$95.46	12	Q	51221
Mon/Jan 8 - Mar 4	12:00pm - 1:00pm	\$63.64	8	Q	52129

No class Oct 9 & Feb 19

NEW Computers: Getting to Know Your Android *Instructor: David Carpenter*

Master your Android phone with ease and unlock the full potential of your device. Join us to learn essential skills like navigation, understanding status bars and icons, and customizing your display. Explore settings like connecting to WiFi and discover apps such as the camera, clock, calculator, Google Voice, and web browsing. Bring your own Android device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 20 - Oct 18	12:30pm - 1:30pm	\$90.63	5	C	52590
Wed/Jan 10 - Feb 7	12:30pm - 1:30pm	\$90.63	5	C	52486

NEW Computers: Getting to Know Your Apple *Instructor: David Carpenter*

Master your iPad or iPhone with ease and unlock the full potential of your device. Join us to learn essential skills like navigation, understanding status bars and icons, and customizing your display. Explore settings like connecting to WiFi and discover Apple apps such as the camera, Siri, and Safari. Bring your own Apple device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Oct 25 - Nov 22	12:30pm - 1:30pm	\$90.63	5	C	52587

NEW Computers: Working with Windows 11 *Instructor: David Carpenter*

Learn how to navigate your Windows 11 laptop, understand the status areas and icons, plus how to customize your privacy. Examine the settings, and explore installing various apps such as web-browsers, meetings, social media, documents, spreadsheets, and photo organization. Please bring your own laptop. Suitable for beginners or intermediate users wanting to improve their skills.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Jan 10 - Feb 7	1:45pm - 2:45pm	\$90.63	5	C	52602

NEW Dance Fit 50+ *Instructor: Traci Morgan*

Get your groove on in this fun cardio workout with easy-to-follow dance moves set to a variety of music such as swing jive and other classics. This class will end with a slow gentle cool down stretch to leave your mind, body and soul feeling refreshed.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Sept 19 - Dec 19	12:00pm - 1:00pm	\$111.37	14	O	53770
Tue/Jan 9 - Mar 5	12:00pm - 1:00pm	\$71.60	9	O	53771
Wed/Sept 20 - Dec 20	12:00pm - 1:00pm	\$103.42	13	G	54039
Wed/Jan 10 - Mar 6	12:00pm - 1:00pm	\$71.60	9	G	54040

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 up to \$5.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Nov 7-14	1:30pm - 3:30pm	\$26.85	2	T	50681

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19-Dec 12	9:00am - 11:00am	\$174.52	13	T	50660

Drawing - Level 2 *Instructor: Mary Lyons*

Expand your drawing technique and experiment further. We will 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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19-Dec 12	11:15am - 1:15pm	\$174.52	13	T	50664
Tue/Jan 9 - Mar 12	11:15am - 1:15pm	\$120.82	9	T	52569

Drawing and Painting Level 1: The Art of Still Life *Instructor: Raj Persaud*

Using acrylic paints, a local artist will guide you through the fundamentals of painting a still life. You will explore colour mixing and paint application by observing and painting fruit, vegetables, flowers and objects. This class is suitable for beginners. Drawing experience is not required. Participants are required to bring their own supplies. A materials list will be available at the IRCC seniors centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 18	2:00pm - 4:00pm	\$174.52	13	IR	51247
Mon/Jan 8 - Mar 4	2:00pm - 4:00pm	\$107.40	8	IR	51941

No class Oct 9 & Feb 19

Fitness Plus *Instructor: Tracey Thiessen*

Already active? Try this full body workout with alternating weekly changes to the routine. Week 1 is interval training. Week 2 is circuit training and Week 3 is aerobics. These three class types will improve and tone your major muscle groups (some mat work). Cool down segment includes stretching and relaxation.

Day/Dates	Time	Fee	# of classes	Location	Code
Thur/Sept 21 - Dec 14	1:30pm - 2:30pm	\$103.42	13	Q	51120
Thur/Jan 11 - Mar 7	1:30pm - 2:30pm	\$71.60	9	Q	52128



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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	9:00am - 10:30am	\$120.82	12	T	50612
Mon/Jan 8 - Mar 11	9:00am - 10:30am	\$90.61	9	T	52044
No class Oct 9 & Feb 19					

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	10:45am - 12:15pm	\$120.82	12	T	50622
Mon/Jan 8 - Mar 11	10:45am - 12:15pm	\$90.61	9	T	52045
No class Oct 9 & Feb 19					

French - Level 3 *Instructor: Marguerite Broten*

An opportunity to discuss various interesting subjects in French, including current affairs, history, community issue 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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	12:30pm - 2:00pm	\$120.82	12	T	50627
Mon/Jan 8 - Mar 11	12:30pm - 2:00pm	\$90.61	9	T	52046
No class Oct 9 & Feb 19					

General Conditioning For Men *Instructor: TBD*

Increase your flexibility, stamina, and muscular strength to prepare for activities such as skiing, hiking, curling, golf and gardening.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Dec 12	4:30pm - 5:30pm	\$103.42	13	C	52592
Tue/Jan 9 - Mar 12	4:30pm - 5:30pm	\$79.55	10	C	52593

Gentle Osteo Fit *Instructor: Leah Nicoletta (Mon & Fri), Lilly Archer(Wed)*

Tone your body with this invigorating fun-filled class. Accommodates those with varying degrees of arthritis/osteoporosis and other physical limitations. No mat work. Improve your flexibility, muscle strength and balance. Weights and Dyna-Bands are supplied. Please wear rubber-sole shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 18	2:00pm - 3:00pm	\$103.42	13	IR	51909
Wed/Sept 20 - Dec 13	2:00 pm - 3:00 pm	\$103.42	13	IR	51910
Fri/Sept 22 - Dec 15	9:30am - 10:30am	\$103.42	13	IR	51913
Mon/Jan 8 - Mar 4	2:00pm - 3:00pm	\$63.64	8	IR	51950
Wed/Jan 10 - Mar 6	TBA	\$71.60	9	IR	51949
Fri/Jan 12 - Mar 8	9:30am - 10:30am	\$71.60	9	IR	51948

No class Oct 9 & Feb 19

Guitar Lessons - Level 1 *Instructor: Dyanne Dumas*

Learn the basics of acoustic guitar playing. Guitar chords and easy strumming patterns will be covered. Participants must bring their own guitar. Material fee for instruction book is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Dec 15	11:00am - 12:00pm	\$71.28	12	C	52016
Fri/Jan 12 - Mar 15	11:00am - 12:00pm	\$59.40	10	C	52452

No class Nov 17

Guitar Lessons - Level 2 *Instructor: Dyanne Dumas*

Learn to play songs in different keys with a variety of strumming patterns and basic finger picking techniques. Participants must bring their own guitar. Material fee for instruction booklet is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Dec 15	12:15 pm - 1:15 pm	\$71.28	12	C	52017
Fri/Jan 12 - Mar 15	12:15 pm - 1:15pm	\$59.40	10	C	52459

No class Nov 17

Guitar Lessons - Level 3 - Repertoire *Instructor: Dyanne Dumas*

Learn various right hand finger-picking techniques, bar chords, how to read tablature and coordinate singing while playing guitar. Participants must bring their own guitar. Material fee for instruction booklet is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Dec 15	1:30pm - 2:30 pm	\$71.28	12	C	52018
Fri/Jan 12 - Mar 15	1:30pm - 2:30 pm	\$59.40	10	C	52463

No class Nov 17

NEW Hall Walking with Strength Training *Instructor: Sue Borg*

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

Note: Winter session will be called Stride and Strength

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Sept19 - Nov 7	2:00pm - 3:00pm	\$63.64	8	T	50685
Tues/Jan 9 - Feb 27	2:00pm - 3:00pm	\$63 64	8	T	52049



History of Great Cities of the World in 1900 *Instructor: George Sanford*

Embark on a captivating journey through vibrant major cities in 1900, exploring art, music, and architecture. Experience Paris, Chicago, Berlin, London, Barcelona, and more as we explore this pivotal moment in history.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	9:30am - 11:30am	\$102.17	11	T	51168

No class Sept 28 & Oct 5

History of Great Composers: *Instructor: George Sanford*

This class will feature some of the world's most beautiful music with some of the most amazing stories of the composers who wrote it and the history of the time and place of their lives. You will hear some famous, not so famous and to be famous. The colourful, amazing world of classical composers and their lives.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jan 11 - Mar 14	9:30am - 11:30am	\$83.60	9	T	52135

No class Jan 18

NEW History of the Island: *Instructor: George Sanford*

Experience paradise this winter as we explore the world's most famous islands. Delight in captivating music, exquisite cuisine, stunning beaches, and breathtaking natural beauty. From expansive islands to secluded romantic retreats and historic landmarks, embrace the allure of island life that transcends the ordinary.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jan 11 - Mar 14	1:00pm - 3:00pm	\$92.89	10	C	52439

NEW History of the 60's & 70's: *Instructor: George Sanford*

Where music, fashion, architecture, food and fads defined an unforgettable era. Journey through cultural highlights, from catchy tunes to bold fashion, architectural wonders to culinary trends. Uncover fascinating stories and embrace the vibrant spirit of these iconic decades.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	1:00pm - 3:00pm	\$102.17	11	C	52001

No class Sept 28 & Oct 5

NEW Intro to Meditation & Mindfulness: *Leah Nicoletta*

This course introduces meditation concepts such as visualization, body scans, and gentle yoga movements. Long-term benefits include pain management, stress relief, and improved overall health. Chairs are available for those who prefer them. Bring your own mat if you don't want to use chairs.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Oct 13 - Nov 3	Noon - 1:00pm	\$31.82	4	IR	51934
Fri/Jan 8 - Jan 29	Noon - 1:00pm	\$31.82	4	IR	51935

Line Dancing - Level 1 *Instructor: Karen Moniz (C), TBA (IR)*

Discover basic dance steps and elements in this fabulous and fun line dance class. Get active and stay social while dancing to all musical genres including country, Latin, pop and more. No experience or partner is necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Fall	TBA	\$103.42	13	IR	51701
Tue/Sept 19 - Dec 12	3:15pm - 4:15pm	\$103.42	13	C	51988
Winter	TBA	\$79.55	10	IR	51944
Tue/Jan 9 - Mar 12	3:15pm - 4:15pm	\$79.55	10	C	52406



Line Dancing - Level 2 *Instructor: Karen Moniz (C), TBD (IR)*

Keep moving while you're grooving! We're adding new steps and techniques to your dance repertoire while keeping your basics feeling fresh. Previous line dance experience is recommended for optimal enjoyment.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	12:30pm - 1:30pm	\$95.46	12	C	51977
Fall	TBA	\$103.42	12	IR	51243
Mon/Jan 8 - Mar 11	12:30pm - 1:30pm	\$71.60	9	C	52028
Winter	TBA	\$79.55	9	IR	51945

No class Oct 9 & Feb 19

Low Intensity Fitness *Instructor: June Lee (Mon, Thu, Fri), Tracey Thiessen (Tue at T)*

Improve strength, balance and flexibility in this low-impact workout suitable for all fitness levels. Get moving to up-tempo music with fun exercises that incorporate easy dance moves. Enjoy muscle-strengthening exercises (hand weights and bands supplied), followed by a relaxing cool-down for the mind, body and soul. Mat work is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	11:00am - 12:00pm	\$95.46	12	C	51976
Tue/Sept 19 - Dec 12	9:00am - 10:00am	\$103.42	13	T	50726
Thu/Sept 21 - Dec 14	9:00am - 10:00am	\$103.42	13	T	50819
Fri/Sept 22 - Dec 15	12:30pm - 1:30pm	\$95.46	12	C	52023
Mon/Jan 8 - Mar 11	11:00am - 12:00pm	\$71.60	9	C	52027
Tue/Jan 9 - Mar 12	9:00am - 10:00 am	\$79.55	10	T	52047
Thur/Jan 11 - Mar 14	9:00am - 10:00am	\$71.60	9	T	52140
Fri/Jan 12 - Mar 15	12:30pm - 1:30pm	\$76.05	10	C	52465

No class Oct 9, Nov 17 (C) , Jan 18 (T), Feb 19

Registered Programs

Nia Instructor: Leslie McHugh (C), Tessie Ostonal (IR)

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 incorporates 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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Sept 19 - Dec 19	12:15pm - 1:15pm	\$111.37	14	IR	51932
Fri/Sept 22 - Dec 15	11:15am - 12:15pm	\$95.46	12	C	52021
Tues/Jan 9 - Mar 5	12:15pm - 1:15pm	\$71.60	9	IR	51939
Fri/Jan 12 - Mar 15	11:15am - 12:15pm	\$79.55	10	C	52464

No class Nov 17 (C)

Outside In Instructor: Diane Gidaro (Tue/Fri), June Lee (Wed)

Developed specifically for participants with osteoporosis, this program will help strengthen muscles and increase flexibility and postural awareness from the outside in.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Dec 12	10:15am - 11:15am	\$103.42	13	C	51985
Wed/Sept 20 - Dec 13	11:00 am - 12:00pm	\$103.42	13	C	51989
Fri/Sept 22 - Dec 15	1:45pm - 2:45pm	\$95.46	12	C	52024
Tue/Jan 9 - Mar 12	10:15am - 11:15am	\$79.55	10	C	52034
Wed/Jan 10 - Mar 13	11:00am - 12:00pm	\$79.55	10	C	52410
Fri/Jan 12 - Mar 15	1:45pm - 2:45pm	\$79.55	10	C	52481

No class Nov 17

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. If the participant requires support they must bring their own support person in their social circle. Please note: Your support worker does not need to be the same person each week.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	10:30am - 11:30am	\$103.42	13	Q	51217
Thu/Jan 11 - Mar 7	10:30am - 11:30am	\$71.60	9	Q	52124

Pickleball - Advanced *Instructor: Chris Lyn*

This program is for players who have taken Pickleball Beginner and would like to get to the next level. This drill-based program covers serves, returns, volleys, lobbs, net games, plus some advanced strategies and techniques. Ideal for players in Skill Levels 2.5 to 3.0. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Oct 19	10:00am - 11:00am	\$27.63	5	Q	51236
Thu/Oct 26 - Nov 23	10:00am - 11:00am	\$27.63	5	Q	51237
Thu/Jan 11 - Feb 8	10:00am - 11:00am	\$27.63	5	Q	52143
Thu/Feb 15 - Mar 7	10:00am - 11:00am	\$22.10	4	Q	52145



Pickleball - Beginner *Instructor: Chris Lyn (Q,T), Dave Bertello (IR)*

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. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Oct 30	12:30pm - 1:30pm	\$33.15	6	IR	51882
Mon/Nov 6 - Dec 11	12:30pm - 1:30pm	\$33.15	6	IR	51883
Thu/Sept 21 - Oct 19	11:15am - 12:15pm	\$27.63	5	Q	51248
Thu/Sept 21 - Oct 26	3:30pm - 4:30pm	\$33.15	6	T	52712
Thu/Sept 21 - Oct 26	2:30pm - 3:30pm	\$33.15	6	T	52701
Thu/Oct 26 - Nov 23	11:15am - 12:15pm	\$27.63	5	Q	51241
Thu/Nov 2 - Dec 14	2:30pm - 3:30pm	\$38.68	7	T	52713
Thu/Nov 2 - Dec 14	3:30pm - 4:30pm	\$38.68	7	T	52715
Mon/Jan 8 - Jan 29	12:30pm - 1:30pm	\$22.14	4	IR	51957
Mon/Feb 5 - Mar 4	12:30pm - 1:30pm	\$22.14	4	IR	51959
Thu/Jan 11 - Feb 8	11:15am - 12:15pm	\$27.63	5	Q	52147
Thu/Jan 11 - Feb 8	2:30pm - 3:30pm	\$22.14	4	T	52717
Thu/Jan 11 - Feb 8	3:30pm - 4:30pm	\$22.14	4	T	52718
Thu/Feb 15 - Mar 7	11:15am - 12:15pm	\$22.14	4	Q	52151
Thu/Feb 15 - Mar 7	2:30pm - 3:30pm	\$22.14	4	T	52719
Thu/Feb 15 - Mar 7	3:30pm - 4:30pm	\$22.14	4	T	52720

No class Jan 18 (T)

Pickleball - Beginner Outdoors *Instructor: Monika Trueman (IR) TBD(T)*

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 Friday program will take place on the outdoor courts at William Rose Park at 455 Wheat Boom Drive. The Tuesday program will take place on the outdoor courts at Trafalgar Park.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Oct 27	9:00am - 10:00am	\$33.15	6	William Rose Park	51903

Pickleball - Intermediate *Instructor: Dave Bertollo*

Take your game to the next level! This course is for intermediate players with play experience. Players should have game understanding, including scoring, paddle control, ball placement and serving and returning. Learn drills on dinking, improve your soft game and work on game strategy.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Oct 30	1:45pm - 2:45pm	\$33.15	6	IR	51885
Mon/Nov 6 - Dec 11	1:45pm - 2:45pm	\$33.15	6	IR	51886
Mon/Jan 8 - Jan 29	1:45pm - 2:45pm	\$22.12	4	IR	51961
Mon/Feb 5 - Mar 4	1:45pm - 2:45pm	\$22.12	4	IR	51963

No class Oct 9 & Feb 19

Pickleball - Intermediate Outdoor *Instructor: TBA*

Take your game to the next level! This course is for Intermediate players with play experience. Players should have game understanding, including scoring, paddle control, ball placement and serving and returning. Learn drills on dinking, improve your soft game and work on game strategy.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Oct 27	10:00am - 11:00am	\$33.15	6	William Rose Park	51906



Pilates for Seniors - Level 1 *Instructor: Hala Haffar*

Learn the fundamentals and principles of Pilates. Condition your body with stretching and strengthening exercises, while establishing proper form. Improve your core strength and achieve toned muscles, improved posture, more 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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	9:00am - 10:00am	\$108.21	12	Q	51200
Wed/Sept 20 - Dec 13	9:00am - 10:00am	\$117.23	13	T	50816
Wed/Sept 20 - Dec 13	10:00am - 11:00am	\$117.23	13	T	50817
Mon/Jan 8 - Mar 4	9:00am - 10:00am	\$72.14	8	Q	52107
Wed/Jan 10 - Mar 13	9:00am - 10:00am	\$90.17	10	T	52114
Wed/Jan 10 - Mar 13	10:00am - 11:00am	\$90.17	10	T	52118

No class Oct 9 & Feb 19 (Q)

Pilates for Seniors - Level 2 *Instructor: Hala Haffar (Q) Susan Anderson-Wilcox (T)*

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	10:15am - 11:15am	\$108.21	12	Q	51202
Wed/Sept 20 - Dec 13	11:00am - 12:00pm	\$117.23	13	T	50818
Mon/Jan 8 - Mar 4	10:15am - 11:15am	\$72.14	8	Q	52110
Wed/Jan 10 - Mar 13	11:00am - 12:00pm	\$90.17	10	T	52121

No Class Oct 9 & Feb 19 (Q)

Portrait Drawing *Instructor: Mary Lyons*

Learn to draw the human face, one of the most appealing and challenging subjects in art. Working from photos you will learn about forms, proportions, and features of the face, tone, colour, texture and line are covered. Different art materials will be utilized. Material fee up to \$5.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Oct 17	1:30pm - 3:30pm	\$67.12	5	T	50678

Printmaking Fun *Instructor: Mary Lyons*

Discover this low tech way of creating unique one-of-a-kind handmade prints. Tap into your creativity as you explore different techniques through simple guided exercises. Get expressive using colour and pattern with acrylic paint to make unique cards, prints and customer papers. Suitable for all levels.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jan 9 - Feb 6	1:45pm - 3:45pm	\$67.12	5	T	52570

NEW Seated Bender Ball 50+ *Instructor: Traci Morgan*

Slow controlled exercised will be performed, using an easy-to-hold bender ball to create this effective, feel-good workout, that can help reduce muscle tension and stress in addition to improving joint mobility, muscle strength, posture, and balance! Bender balls provided.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 19 - Dec 18	2:45pm - 3:45pm	\$103.42	13	G	54036
Mon/Jan 8 - Mar 4	2:45pm - 3:45pm	\$63.64	8	G	54037

Shifting Gears Fitness *Instructor: June Lee, Diane Gidaro T (Fri)*

This is a fitness program for people with joint soreness, balance issues, or diminished muscle tone. Shifting Gears incorporates Pilates and yoga-type exercises to strengthen all the major muscle groups, increase range of motion and develop 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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	9:00am - 10:00am	\$95.46	12	T	50445
Wed/Sept 20 - Dec 13	9:00am - 10:00am	\$103.42	13	T	50446
Fri/Sept 29 - Dec 15	9:00am - 10:00am	\$95.46	12	T	50447
Mon/Jan 8 - Mar 11	9:00am - 10:00am	\$71.60	9	T	52038
Wed/Jan 10 - Mar 13	9:00am - 10:00am	\$71.60	9	T	52050
Fri/Jan 12 - Mar 15	9:00am - 10:00am	\$71.60	9	T	52156

No class Oct 9, Jan 19 & Feb 19

Spanish - Conversational *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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Dec 12	1:45pm - 3:15pm	\$130.89	13	C	51986

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	9:30am - 11:00am	\$130.89	13	C	51996

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	11:15am - 12:45pm	\$130.89	13	C	51999

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Oct 13 - Dec 15	1:00pm - 3:00pm	\$94.90	9	IR	51702
Fri/Jan 12 - Mar 8	1:00pm - 3:00pm	\$94.90	9	IR	51943

Tai Chi - 108 Movement Form - Level 1 *Instructor: Marilyn Chalmers*

The 108 movement form of this ancient exercise is a gentle, yet challenging program suitable for all. To learn the complete set requires several sessions, but the benefits begin immediately. At the Colborne Centre, the Fall session covers the 1st third, the Winter session the 2nd third and the Spring session the last third. Beginners are encouraged to join in the fall, but if you have previous experience you may join any of the sessions.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	10:30am - 11:30am	\$103.42	13	C	52000
Thu/Jan 11 - Mar 14	10:30am - 11:30am	\$71.60	9	C	52435

Tai Chi - 108 Movement Form - Level 2 *Instructor: John Leard*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 20 - Dec 13	3:00pm - 4:00pm	\$103.42	13	C	51992
Wed/Jan 10 - Mar 13	3:00pm - 4:00pm	\$79.55	10	C	52420

NEW Tai Chi - Gentle *Instructor: Marilyn Chalmers*

Experience our modified low impact Tai Chi exercises, focusing on balance, mindfulness, and relaxation. Chairs will be available as props or main posture making it accessible and enjoyable for all fitness levels.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 19 - Dec 18	10:15am - 11:15am	\$103.42	13	IR	51705
Mon/Jan 8 - Mar 4	10:15am - 11:15am	\$71.60	9	IR	51942

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	10:15am - 11:15am	\$95.46	12	T	50588
Mon/Jan 8 - Mar 11	10:15am - 11:15am	\$71.60	9	T	52042

No class Oct 9 & Feb 19

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	11:15am - 12:15pm	\$95.46	12	T	50592
Mon/Jan 8 - Mar 11	11:15am - 12:15pm	\$71.60	9	T	52043

No class Oct 9 & Feb 19

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	9:30am - 10:30am	\$95.46	12	Q	51197
Mon/Jan 8 - Mar 4	9:30am - 10:30am	\$63.64	8	Q	52098

No class Oct 9 & Feb 19

Tap Dancing - Happy Tappers *Instructor: Heidi Knapp*

Shuffles, time steps and Suzie Qs! This class is for experienced tap dancers who are keen to learn choreography and perform with style! Prerequisite: Tap Dancing Monday Session. Please call 905-815-5979, ext. 4674 if you have any questions regarding this class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 20 - Nov 29	9:30am - 10:30am	\$87.51	11	Q	51194
Wed/Jan 10 - Feb 7	9:30am - 10:30am	\$39.78	5	Q	52097

Total Body Conditioning *Instructor: Ebi Gideon*

Focus on strengthening muscles and improving endurance, flexibility and balance, using a variety of equipment.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Dec 12	11:30am - 12:30pm	\$103.42	13	Q	51198
Tue/Jan 9 - Mar 5	11:30am - 12:30pm	\$71.60	9	Q	52105

NEW Walk & Stretch 50+ *Instructor: Traci Morgan*

Great way to get in shape and feed your body and brain with a brisk walk & stretch. You'll be moving to the speed of a light walk!

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 20 - Dec 13	1:15pm - 2:15pm	\$103.48	13	G	54042
Wed/Jan 10 - Mar 6	1:15pm - 2:15pm	\$71.60	9	G	54044

Watercolour Painting - Level 1 *Instructor: Frances Tyrrell*

This beginner course will teach the basic tools and techniques of this colourful and rewarding medium. Drawing experience not essential. Instructor may suggest an alternate level based on experience. Personal supplies are required. Supplies list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 22 - Dec 15	11:00am - 1:00pm	\$161.09	12	C	52025
Fri/Jan 12 - Mar 15	11:00am - 1:00pm	\$134.24	10	C	52485

No class Nov 17

Watercolour Painting - Level 2 *Instructor: Frances Tyrrell*

We will 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. Personal supplies are required. Supplies list available at the centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	9:00am - 11:00am	\$174.52	13	T	50821
Thu/Sept 21 - Dec 14	11:00am - 1:00pm	\$174.52	13	T	50822
Thu/Jan 11 - Mar 14	9:00am - 11:00am	\$120.82	9	T	52149
Thu/Jan 11 - Mar 14	11:00am - 1:00pm	\$120.82	9	T	52150

No Class Jan 18

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 will demonstrate and teach a range of watercolour techniques. Suitable for beginner and intermediate painters. Personal supplies are required. Supplies list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Dec 12	9:30am - 11:30am	\$174.52	13	C	51984
Tue/Jan 9 - Mar 12	9:30am - 11:30am	\$134.24	10	C	52032

Watercolours: Skill Development *Instructor: Frances Tyrrell*

Take your watercolour painting to the next level with the Skill 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.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 20 - Dec 13	12:30pm - 2:30pm	\$174.52	13	C	51993
Wed/Jan 10 - Mar 13	12:30pm - 2:30pm	\$134.24	10	C	52421

Wood Carving *Instructor: Don Hellam*

Take this hands-on class to get familiar with the tools, techniques and methods of wood carving. 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. Wood kit available for purchase from instructor at first class.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Dec 14	9:30am - 11:30am	\$174.52	13	C	52007
Thu/Jan 11 - Mar 14	9:30am - 11:30am	\$134.24	10	C	52448

NEW Yoga - Breathwork 50+ *Instructor: Jessie Sal*

Pranayama is a series of breathing exercises developed for healing, rejuvenation, mental focus and purification. Come discover the ancient yogic breathing techniques that you can use alone or in your current fitness classes.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 18	11:15am - 12:15pm	\$103.42	13	G	54034
Mon/Jan 8 - Mar 4	11:15am - 12:15pm	\$63.64	8	G	54035

Yoga - Chair Yoga *Instructor: Christine Lightfoot (Mon, Fri) T, Ming Marketlow (Fri) RO*

This gentle yoga class allows you to enjoy the benefits of yoga using seated and standing poses. Supportive props are used along with individual modifications. The focus is working with our body to improve flexibility, increase muscle tone, strength and enhance balance. Breathing and relaxation techniques will also be incorporated into the class. The practice of yoga not only reduces stress, but reconnects you to your breath and body. Please wear comfortable clothing and bring a yoga mat.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	11:15am - 12:15pm	\$95.46	12	T	50568
Fri/Sept 22 - Dec 15	9:30am - 10:30am	\$103.42	13	RO Room D	52623
Fri/Sept 29 - Dec 15	11:45am - 12:45pm	\$95.46	12	T	50567
Mon/Jan 8 - Mar 11	11:15am - 12:15pm	\$71.60	9	T	52041
Fri/Jan 12 - Mar 8	9:30am - 10:30am	\$71.60	9	RO Room D	52633
Fri/Jan 12 - Mar 15	11:45am - 12:45pm	\$71.60	9	T	52158

No class Oct 9, Jan 19 & Feb 19

Yoga Fusion *Instructor: Carol Smith*

A fun blend of yoga postures and Pilates concepts to strengthen the core, enhance joint mobility, reduce stiffness and improve posture. Includes breathing and meditation techniques to calm the mind and improve sleep. Class requires mat work. Please bring a yoga mat and a towel/thin blanket.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 23 - Dec 13	10:15 am - 11:15 am	\$103.42	13	IR	51929
Wed/Jan 10 - Mar 6	10:15 am - 11:15 am	\$79.55	10	IR	51937

Yoga Gentle *Instructor: Kristeen Sopeju*

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. Mat work is required. Bring a yoga mat, strap and block.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 20 - Dec 13	12:30pm - 1:30pm	\$103.42	13	C	51990
Fri/Sept 22 - Dec 15	9:30am - 10:30am	\$95.46	12	Q	51224
Wed/Jan 10 - Mar 13	12:30pm - 1:30pm	\$79.55	10	C	52416
Fri/Jan 12 - Mar 8	9:30am - 10:30am	\$71.60	9	Q	52120

NEW Yoga for Hips 50+ *Instructor: Linda Renco*

Regain your flexibility with hip opening sequencing used in traditional yoga. This course will focus on improving mobility and stability in your hip joints so you have more energy, feel healthier and are hip happier! Taught by a certified Yoga Instructor with a background in post-surgical hip rehabilitation.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Oct 2 - Dec 18	9:15am - 10:15am	\$89.01	11	G	54049
Mon/Jan 8 - Mar 4	9:15am - 10:15am	\$72.82	8	G	54050

Yoga Level 1 *Instructor: Christine Lightfoot (T),(Q), Leah Nicoletta (IR), Kristeen Sopeju (C)*

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. Please bring your own equipment (i.e. yoga mat blocks, straps).

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 18 - Dec 11	10:00am - 11:00am	\$95.46	12	T	50448
Mon/Sept 18 - Dec 18	12:55pm - 1:55pm	\$103.42	13	IR	51914
Wed/Sept 20 - Dec 13	11:30am - 12:30pm	\$103.42	13	Q	51207
Wed/Sept 20 - Dec 13	1:00pm - 2:00pm	\$103.42	13	T	50449
Wed/Sept 20 - Dec 13	1:45pm - 2:45pm	\$103.42	13	C	51991
Fri/Sept 29 - Dec 15	1:00pm - 2:00pm	\$95.46	12	T	50562
Mon/Jan 8 - Mar 4	12:55pm - 1:55pm	\$63.64	8	IR	51946
Mon/Jan 8 - Mar 11	10:00am - 11:00am	\$71.60	9	T	52040
Wed/Jan 10 - Mar 6	11:30am - 12:30pm	\$71.60	9	Q	52112
Wed/Jan 10 - Mar 13	1:00pm - 2:00pm	\$71.60	9	T	52127
Wed/Jan 10 - Mar 13	1:45pm - 2:45pm	\$79.55	10	C	52417
Fri/Jan 12 - Mar 15	1:00pm - 2:00pm	\$71.60	9	T	52159

No class Oct 9 & Jan 19 (T) Feb 19

Yoga Level 2 *Instructor: Leah Nicoletta*

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, strap and block to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 21 - Nov 2	1:00pm - 2:00pm	\$55.69	7	O	55003
Fri/Sept 22 - Dec 15	10:45am - 11:45am	\$103.42	13	IR	51917
Fri/Jan 12 - Mar 8	10:45am - 11:45am	\$71.60	9	IR	51947

Zumba® Gold *Instructors: Tracey Thiessen*

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 19 - Dec 12	10:15am - 11:15am	\$103.42	13	T	50727
Thu/Sept 21 - Dec 14	10:15am - 11:15am	\$103.42	13	T	50820
Tue/Jan 9 - Mar 12	10:15am - 11:15am	\$71.60	9	T	52048
Thu/Jan 11 - Mar 14	10:15am - 11:15am	\$71.60	9	T	52144

No Class Jan 18



A photograph of a middle-aged man with glasses and a white t-shirt, playing an acoustic guitar. He is seated and looking down at the instrument. The background features a white brick wall and a window. A green semi-transparent box is overlaid on the image, containing the text "Drop-in Activities".

Drop-in Activities

T Trafalgar Park Community Centre
IR Iroquois Ridge Community Centre
Q Queen Elizabeth Park Community and Cultural Centre

C Sir John Colborne Recreation Centre
RO River Oaks Recreation Centre

Please visit active.oakville.ca for the most up-to-date drop-in program information.

Given the popularity of our programs, pre-registration is recommended to avoid disappointment, but we do welcome in-person drop-ins (except pickleball) if spaces are available. Participants can register for drop-in programs seven days in advance. Non-residents can register six days in advance.

Note: For pickleball there is a 15-minute grace period for late arrivals. Spaces will be offered to those waiting 15 minutes after the program start time. Walk-ins welcome as space permits.

Acrylic Painting Club *Convenor: David Mayhew*

Bring your supplies and enjoy a morning of painting.

Day/Dates	Time	Fee	Location
Monday	9:00am - 11:30am	\$1	C Room A/B

Cancelled Oct 9 & Feb 19

Badminton *Convenors: Margaret Larson (C), Ljubo Lovric (Q), Nang Tran (T)*

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

Day/Dates	Time	Fee	Location
Monday & Thursday	1:00pm - 3:00pm	\$1	Q Double Gym
Tuesday	2:30pm - 4:30pm	\$1	T Gym
Friday	9:00am - 11:00am	\$1	C Auditorium

Cancelled Oct 9 (Q)

Bid Euchre Drop-In *Convenors: Marie and Nick Townsley (IR), Lynne Mader (C) Cathy Ward (T)*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	T MP2
Tuesday*	7:00pm - 9:00pm	\$1	C Lounge
Wednesday	1:00pm - 4:00pm	\$1	IR IROAC

*Must have bid euchre skills to play at C. *All levels welcome at T and IR

Cancelled Oct 9 & Feb 19

Book Club *Convenors: Carolyn Rumble and Wendy McLaughlin*

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

Sept 14	<i>The Maid</i> by Nita Prose
Oct 12	<i>Horse</i> by Geraldine Brooks
Nov 9	<i>Medicine Walk</i> by Richard Wagamese
Dec 14	General Discussion
Jan 11	<i>Pieces of Her</i> by Karin Slaughter
Feb 8	<i>The Sleeping Car Porter</i> by Suzette Mayr
March 14	<i>French Braid</i> by Anne Tyler
April 11	<i>The Woman Before Wallis</i> by Bryn Turnbull
May 9	<i>The Reading List</i> by Sara Nisha Adams
June 13	<i>The Thursday Murder Club</i> by Richard Osman

Day/Dates	Time	Fee	Location
Second Thursday	1:30pm - 3:00pm	\$1/session	 Multipurpose 1

Book Club *Convenors: 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.

Sept 28	<i>A Town Called Solace</i> by Mary Lawson
Oct 26	<i>The Plot</i> by Gene Karelitz
Nov 23	<i>The Woman before Wallis</i> by Bryn Turnbull
Jan 25	<i>The Paris Apartment</i> by Lucy Foley
Feb 22	<i>The Lost Man</i> by Jane Harper
March 28	<i>The Stone Angel</i> by Margaret Lawrence

Day/Dates	Time	Fee	Location
Last Thursday/month	10:00am - 11:30am	\$1/session	 QEPOAC

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.

Sept 20	<i>The Diamond Eye</i> by Kate Quinn
Oct 18	<i>All That's Left Unsaid</i> by Tracey Lien
Nov 15	<i>Spare</i> by Prince Harry
Dec 20	<i>Ghost Girl, Banana</i> by Wiz Wharton
Jan 17	<i>At The Mountain's Edge</i> by Genevieve Graham
Feb 21	<i>Fayne</i> by Ann-Marie Macdonald
Mar 20	<i>The Winners</i> by Fredrick Backman

Day/Dates	Time	Fee	Location
Third Wednesday	2:00pm - 3:30pm	\$1/session	IR Eastridge Room

Book Club - Convenor: Susan Carey

Please have the book read prior to the session. Pre-registration required, space is limited.

Oct 26	<i>The Rose Code</i> by Kate Quinn
Nov 30	<i>Letters Across the Sea</i> by Genevieve Graham
Jan 25	TBD
Feb 29	<i>Whispers of War</i> by Julia Kelly
March 28	<i>Come From Away</i> by Genevieve Graham
April 25	<i>Winter at Bletchley Park</i> by Molly Green

Day/Dates	Time	Fee	Location
Thursday	1:00pm - 3:00pm	\$1/session	C



Drop-in Activities


Bridge Drop-In *Convenors: Vera Feric-Buys (IR), Larry Snow (C)*

Must have basic bridge skills to play. Not suitable for beginners. Colborne: Warm up games noon -12:30pm. Official Start is 12:30pm.

Day/Dates	Time	Fee	Location
Monday	12:30pm - 3:30pm	\$1	 Eastridge
Thursday	12:30pm - 3:00pm	\$1	 Auditorium

Bridge Duplicate *Director: Jackie Syer*

You will need a partner to play. When you arrive to play, in addition to the \$1 registration fee, you will be required to pay \$2 directly to the director.

Day/Dates	Time	Fee	Location
1 st , 3 rd , 5 th Tuesday	6:30pm - 9:00pm	\$1	 Auditorium
Cancelled Dec 19			

Canasta *Convenors: Lynne Mader*

Must have the basic skills to play, not suitable for beginners.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	 Lounge
Cancelled Oct 9 & Feb 19			

Carpet Bowling *Convenors: David and Sheena Prentice*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	\$1	 Gym
Wednesday	9:00am - 10:45am	\$1	 Auditorium
Cancelled Oct 9 & Feb 19			

Chess Club *Convenors: Tony Tommasone*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	 Lounge
Cancelled Oct 9 & Feb 19			

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Coffee & Chat (Lounge Drop in)

Day/Dates	Time	Fee	Location
Mondays & Thursdays	12:00pm - 4:00pm	\$1	 Room B
Tuesdays & Wednesdays	10:00am - 4:00pm	\$1	 Room B

Crafts *Convenors: 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!

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	No charge	 Room A/B

Cancelled Oct 9 & Feb 19

Crafts- Find it and Finish it Arts & Crafts *Convenors: Selma Rasmussen (IR), Lina Koehler (T), Kim Wright (T)*

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, otherwise \$1 fee applies.

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 12:00pm	No charge/\$1	 IROAC
Wednesday	12:30pm - 2:30pm	No charge/\$1	 Multipurpose 3

Cribbage *Convenor: TBD*

Day/Dates	Time	Fee	Location
Friday	1:00pm - 3:00pm	\$1	 Lounge

Current Affairs Discussion Group *Convenors: Gail Lavecchia (T) and Joyce Noronha (IR)*

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.

Day/Dates	Time	Fee	Location
Wednesday	10:30am - 12:00pm	\$1	T Multipurpose 2
2nd & 4th Wednesday	10:30am - 12:00pm	\$1	IR IROAC

Different Strokes Decorative Art Club *Convenor: Irene Makarewicz*

Bring your folk/art decorative painting.

Day/Dates	Time	Fee	Location
Wednesday	9:30am - 11:30am	\$1	C Room A & B

Drop-In Jam Session *Convenors: Dan Mariani and Valerie Bhargava*

Bring your electric instrument, amplifier and mic to join a ROCKIN' jam session featuring the music of your memories.

Day/Dates	Time	Fee	Location
Tuesday	9:30am - 11:30am	\$1	Q Music Room 1



DVD Lecture Series

Epic Engineering Failures and the Lessons they Teach: *Convenors: Carol Attlesey and Maureen Coleman*

When a structure fails, the fallout can be frightening, disruptive, and even deadly. And yet, these disasters also teach us valuable lessons about the possibilities of engineering - and how to make our future projects safer.

Course runs December 7, 2023 - March 7, 2024

Day/Dates	Time	Fee	Location
Thursday	2:00pm - 3:30pm	\$1	 IROAC

Guide to Essential Italy *Convenor: Marlene Bristol*

For centuries, Italy has been an irresistible magnet for people from all corners of the world, attracting the most illustrious men and women of every age as well as visitors from every walk of life. Today it remains a mecca for cultural travelers, uplifting, fascinating, and enchanting all who travel here. Guide to Essential Italy is comprised of 36 lectures beginning with Rome and ending with Sestiere Castello and Outer Islands.

Course runs September 20 - Dec 6

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:00pm	\$1	 Multipurpose 1

Great Tours - England, Scotland, and Wales: *Convenor: Heather Denison*

Come for a weekly adventure exploring England, Scotland, and Wales. What famous sites are most worth seeing - and where are the hidden gems that many tourists miss? Let us help you get the most out of your journey across this superb island. This 18 week session will give you an insight on places in the world that we could only dream of

Course runs Tuesday, September 12, 2023 to December 5, 2023 (will continue into Winter 2024)

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 11:30am	\$1	 QEPOAC

Great Tours: Iceland *Convenors: Carol Attlesey and Maureen Coleman*

Join us in exploring Iceland whose cultural identity is tightly intertwined with nature, which makes this land of fire and ice such a remarkable and unforgettable place to visit.

Course runs September 14, 2023 - November 30, 2023


Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$1	 IROAC

DVD Lecture Series continued

Unsung Heroes of World War II *Convenors: Marlene Bristol*

World War II was one of the most harrowing and impactful events in human history. As an unparalleled international conflict and a major turning point in the 20th century, it has long engaged historians and story tellers alike. When you dig around the cracks of history, you can find an endless well of ordinary people doing extraordinary things. Unsung Heroes of World War II: comprises of 12 lectures that begin with Andree de Jongh and ending with the Dutch Sisters.


Course runs Feb 28 - Mar 20

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:00pm	\$1	 Multipurpose 1

World Heritage Sites *Convenors: Marlene Bristol*


Since 1972, the United Nations Educational, Scientific and Cultural Organization (UNESCO) has designated locations of cultural and natural significance that are of outstanding value to humanity as World Heritage Sites. The World Heritage Sites lectures comprises of 24 lectures that begin with Paleolithic Cave Art of Spain and France and ends with the redwood forests of California.

Course runs Jan 3, 2024 - Feb 21, 2024.

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:00pm	\$1	 Multipurpose 1

ETC: Electronic Technology Club *Convenors: Russ Hunt and Gord Toen*

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 colbornecomputerclub1.blogspot.ca

Day/Dates	Time	Fee	Location
2 nd Tuesday	12:30pm - 2:30pm	\$4	 Auditorium

Euchre Drop-In *Convenors: Michael Sigal (IR) Lynne Mader (C)*

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 4:00pm	\$1	 IROAC
Thursday *	1:00pm - 4:00pm	\$1	 Lounge
Friday	12:30pm - 3:00pm	\$1	 Room D

*C - Must have playing experience.

Fiddlers Drop-In *Convenor: Brenda Hurlburt*

Day/Dates	Time	Fee	Location
Thursday	2:00pm - 4:00pm	\$1	 Multipurpose 3


Friendship Luncheon *Convenors: Penny Smith (T), Carmelita Spittal (C) Pamela Strachan (IR)*

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-qualify for this program. New volunteers are always welcome (especially drivers). Please call one of the centres and speak with staff for more information.

Day/Dates	Time	Fee	Location
Tuesday	11:00am - 2:00pm	\$5 per week	 Multipurpose 1
Wednesday	11:00am - 2:30pm	\$5 per week	 Auditorium
Thursday	11:00am - 2:00pm	\$5 per week	 IROAC

NEW Get Comfortable Playing Cards *Convenor: John Fletcher*

Need help learning the basics or a refresher? Learn to play our most popular cards and games to prepare you for our regular drop-in programs. Not including Bridge.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	 Multipurpose 1

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.

Day/Dates	Time	Fee	Location
Monday	2:00pm - 4:00pm	\$1	 Auditorium
Wednesday	1:30pm - 3:30pm	\$1	 Music Room 1

Cancelled Oct 9 & Feb 19






Hall Walking *Convenor: Lynda Buller and Jane Lee*

Join this group if you enjoy walking. Everyone is welcome.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 2:00pm	\$1	 QEPOAC


Hiking "Pathfinders Hiking Group of Oakville" *Convenor: Brian O'Heare*

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 email pathfinders1992@gmail.com or ask the Colborne Centre for more detailed information regarding hike schedules and level of difficulty.

Day/Dates	Time	Fee	Location
Monday*	7:45am	\$4 -12	 Parking Lot or Trailhead
Monday*	8:45am	\$4	 Parking Lot or Trailhead
Thursday*	8:15am	\$4	 Parking Lot or Trailhead
Thursday*	8:45am	\$3	 Parking Lot or Trailhead
Thursday (Turtles)*	8:45am	\$1	 Parking Lot or Trailhead

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. Resumes September 13

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 2:00pm	\$1	 Civitan Board Room

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

Choir begins on September 11, 2023. A donation of \$10/season per participant for the purchase of music will be appreciated (beginning September 2023).

Day/Dates	Time	Fee	Location
Monday	9:30am - 10:45am	\$1	 Auditorium

Cancelled Oct 9 & Feb 19

Italian Conversation Club *Convenor: Mara Azzaro*

Drop by to chat in Italian in a fun and relaxed space. Must have some knowledge of the language. This is a group to practice or refine your language skills. Resumes September 12

Day/Dates	Time	Fee	Location
Tuesday	1:30pm - 3:00pm	\$1	 Room C

Jam Session - String Instruments *Convenor: Liam Thompson*

Bring your guitar or ukulele for a fun sing-a-long.

Day/Dates	Time	Fee	Location
Friday	9:30am - 11:30am	\$1	 Music Room 1
Cancelled Apr 7			


Kerr Street Singers *Convenor: Ruth Verlinden*

We are a full harmony chorus of seniors who like to sing a wide variety of songs. Our repertoire covers Broadway musicals, folk songs, well-known "oldies" and newer songs. 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 donation towards our music expense. For more information email ksschorus@hotmail.com.

Day/Dates	Time	Fee	Location
Friday	10:30am - 12:00pm	\$1	 Pine Room
Cancelled Sept 22 & Jan 19			

Knitting & Sewing Group


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

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	No charge	 Room C
Cancelled Oct 9 & Feb 19			

Mah Jong *Convenors: Lynda Stiefelmeyer*


This group plays the North American version of Mah Jong.

Yearly game card purchase.

Day/Dates	Time	Fee	Location
Thursday	1:00pm - 4:00pm	\$1	 Eastridge

Mah Jong Club

This group plays the Chinese version of this popular game.

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 3:00pm	\$1	 Rooms A & B

Drop-in Activities

Mexican Train Dominoes *Convenors: Ann Smithers and Heather Denison*

Join this group in discovering the fun of Mexican Train Dominoes. New players are always welcome!

Day/Dates	Time	Fee	Location
Thursday	1:00pm - 3:00pm	\$1	 QEPOAC

Nordic Pole Walking

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

Day/Dates	Time	Fee	Location
Mondays	1:30pm - 2:30pm	\$1	
Wednesday	9:00am - 10:30am	\$1	 Main Parking Lot

Cancelled Oct 9

Oakville Parkinson Choir *Convenor: Tom Cmajdalka*


Sing your heart out! Join the Oakville Parkinson Choir for fun, to meet interesting people and to exercise those all important throat muscles. Music experience is not required. Our repertoire includes show tunes like "Do-Re-Mi" from the Sound of Music, "The Ballad of Gilligan's Island" from the TV series and "I'm Gonna Wash That Man Right Out My Hair" from South Pacific.

Day/Dates	Time	Fee	Location
Friday	9:00am - 10:30am	\$1	 Pine Room

Cancelled Sept 22 & Jan 19

NEW Oakville Quilters Guild *Convenor: Carol Stanley*

We have been donating quilts to charities in our community since 1999 through our Outreach Program. We will also be making items for the Trafalgar Park Older Adults Centre Bazaar. If you would like to be a part of this group, please drop in. You can help with sewing, piecing, hand sewing labels, ironing, cutting, helping with curating the fabrics etc., or just come by for a chat about quilting.

Day/Dates	Time	Fee	Location
2nd Tuesday of the month	10:00am - 2:30pm	No charge/\$1	 Multipurpose 3

Cancelled Jan 18

Pickleball Convenors Rudy Pfeiffer (Q), Tom Rumble (T)

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

Day/Dates	Time	Fee	Location
Mon/Tues/Thurs	10:15am - 11:45am	\$1	RO Room A
Mon - Thurs (Beginner)	12:00pm - 1:30pm		
Monday - Thursday	1:45pm - 3:15pm	\$1	RO Room A
Monday (Intermediate)	3:30pm - 5:00pm		
Tuesday	1:00pm - 3:00pm	\$1	Q Double Gym
Wednesday (Intermediate)	10:15am - 11:45am	\$1	RO Room A
Wednesday	12:30pm - 2:30pm	\$1	T Gym
Friday	12:30pm - 2:30pm	\$1	T Gym
Sunday	4:30pm - 6:30 pm	\$1	T Gym

Cancelled Sept 22, 24 & Jan 19, 21(T), Oct 9, Feb 19

Recorder Musical Group "Bronte Consort" Convenor: Christine Vernon

Day/Dates	Time	Fee	Location
Wednesday	9:30am - 11:00am	\$1	C

Resumes Sept 13

Rummikub Convenor: Rudy Mader

Play this fun and easy board game, no experience necessary.

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 3:00pm	\$1	C Lounge

NEW Rummy: Kalooki Rummy Convenor: John Fletcher

Join us to learn this fun spin on the classic rummy game. Beginners welcome.

Day/Dates	Time	Fee	Location
Monday	9:00am - 12:00 p.m.	\$1	IR Eastridge
Fridays	1:00 p.m. - 3:00 p.m.	\$1	C Lounge

Cancelled Oct 9, Feb 19

Drop-in Activities

Scrabble

Bring a partner and join the fun.

Day/Dates	Time	Fee	Location
Monday	10:30am - 12:30 pm	\$1	 Lounge

Snooker *Convenors: Stan Gajewski(C), Larry Davies (Q)*

Day/Dates	Time	Fee	Location
Monday – Friday	8:30am - 4:30pm	\$1	 Snooker Room
Tuesday	4:30pm - 9:00pm	\$1	 Snooker Room
Monday - Thursday	9:30am - 3:00pm	\$1	 Youth Room

Social Dancing Club *Convenors: Joanne Pritchard and Glen Skuce*

50+ love to dance? Join us on Thursday evenings for an enjoyable and lively time of ballroom and line dancing. Singles and couples welcome. Program subject to room availability. Pre-registration is suggested.

Day/Dates	Time	Fee	Location
Thursday	7:00pm - 9:00pm	\$1	 Multipurpose 1&2

NEW South Asian Conversation Club *Convenors: Hycinth Gomez and Jasvinder Manku*

Drop in to chat in the top South Asian languages. Come and meet new friends!

*Starts Tuesday, October 17

Day/Dates	Time	Fee	Location
Tuesday	1pm - 2pm	\$1	 QEPOAC

Table Tennis *Convenors: Gerry Zielinski, Mamta Katarey, Laszlo Cserti (IR), Margaret Larson (T)*
 Program may be cancelled due to previously scheduled activities at Iroquois Ridge. Check with the front desk if in doubt. For T only: Some experience necessary and please sign up with a partner to ensure play.

Day/Dates	Time	Fee	Location
Mon/Wed/Fri	1:30pm - 3:30pm	\$1	IR Northridge Room
Tuesday	12:00pm - 2:00 pm	\$1	T Gym
Thursday	12:00pm - 2:00 pm	\$1	T Gym
Friday	10:30am - 12:30pm	\$1	RO Room B

Cancelled Jan 18

Tai Chi Drop-In

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

Day/Dates	Time	Fee	Location
Wednesday	2:00pm - 3:30pm	\$1	IR Gymnasium
Friday	3:00pm - 4:00pm	\$1	C Auditorium

Cancelled Nov 17

Tennis - Outdoor *Convenor: Tony Tommasone and Brian Wunsch*

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). Runs until October 27.

Day/Dates	Time	Fee	Location
Friday	9:00am - 11:00am	\$1	IR William Rose Park

Walking Track

Come indoors and enjoy our walking track.

Day/Dates	Time	Fee	Location
Mon/Wed/Thu/Fri	8:00am - 4:30pm	\$1	T Gym
Tuesday	9:00am - 2:00pm	\$1	T Gym
Tuesday	3:00pm - 4:30pm	\$1	T Gym

Cancelled Oct 9 & Feb 19

How do I Register for Drop-in Programs?

- Go to oakville.ca
- Hover over online services in top navigation bar and select Recreation and Culture.
- Sign in to your new Recreation and Culture account by selecting Access my Recreation and Culture Account. Select the “Drop-in Programs” tab located on the top navigation bar to view all Drop-in Programs. Check out our Registration Help page on oakville.ca for video tutorials.
- Drop-in programs are organized by activity. Select Seniors Services from the list. Use the filter options, if needed, to narrow your search.
- Once you have selected your activity type, you will see a list of options sorted by date with program name, time, location and fee. To select a drop-in program, click the “Register” button. Waitlist indicates that the activity is full. If you select Waitlist, you will be emailed if a spot opens up.
- You will need to select the family member you wish to register by checking the box next to their name and clicking “Next”.
- On this page, please ensure that the fee information is correct and click “Next”.
- When you are ready to check out, select your payment method. You can add a credit card or pay with your credit card on file. If you have a gift card, you can enter it now. Review that all information is correct and click “Place My Order”.
- Once your order is placed, you can add the drop-in program to your calendar, print your registration confirmation and more.

If you require additional assistance to register, please call 905-815-2000 and a staff member will assist you.



A photograph of four women standing side-by-side in front of a tropical-themed backdrop featuring palm trees and lush greenery. The woman on the far left wears a red and white floral top with a green lei. The second woman from the left wears a solid red top with a yellow lei. The third woman wears an orange dress with a tropical print and a large orange flower in her hair. The woman on the far right wears a blue patterned cardigan over a light blue top, a floral lei, and a long floral skirt, holding a small book. An orange semi-transparent box is overlaid on the lower left of the image, containing the text 'Special Events' in white.

Special Events

Special Event Ticket Policy

We are so excited to have our special events selling out with waitlists! In order to be fair to our membership some special events will be exclusively for members only. Non-members are welcome to purchase a membership in order to attend.

Please note that special events are non-refundable. If you are unable to attend an event, please speak with your Seniors Services staff member.

Wednesday, August 16

Registration opens at 7 a.m. for Fall programs

A Seniors Services membership is required for all registered and drop-in seniors programs. Online methods of payment include VISA, MasterCard and American Express or credit on account.

Tuesday, September 5

Open House

Colborne Centre

1 - 4 p.m.

Stop by the Colborne Centre for a chance to visit with our drop in convenors and check out our fall offerings. Need online account support? Staff will be on hand to assist you with tutorials and answer questions. Check out our newest programs and activities. Sign up for special events and visit with friends. Light refreshments will be served.

Wednesday, September 6

Open House

River Oaks Mature Adults Club

10 a.m. - noon

Stop by ROMAC and check out all that is new and exciting. Check out the brand new registered programs for 50+, drop in offerings and grab a ticket to the upcoming special events your ROMAC team has planned. Bring a friend and double the fun.

Wednesday, September 6

Open House

IROAC

1 - 3 p.m.

Connect with volunteers at the The Ridge about drop in programs, special events and volunteer opportunities. Stay tuned for the registered courses that will be available to try out for FREE. Come get to know the older adult community around you.

Wednesday, September 6

Summer BBQ on the Patio

Colborne Centre

11:30 a.m. - 2 p.m.

Grab a picnic table and your BBQ goodies and enjoy the weather and the company of friends. Includes a hotdog or burger (veggie burger available if pre-ordered), fixin's, chips, cold drink and watermelon. Tickets are \$8 and must be pre-purchased between August 17 and September 1. Entertainment will be provided indoors at 1 p.m. featuring the beautiful vocals of local artist Shannon. Sing, dance and tap your toes...you won't be able to resist!



Thursday, September 7**Open House****TPOAC****9 - 11 a.m.**

Come and join us for an open house at Trafalgar Park Older Adults Centre where you can enjoy the different drop-in programs. Complimentary refreshments.

Monday, September 11**Open House****QEPOAC****1 - 3 p.m.**

QEP has so many wonderful drop-in programs and special events to keep you busy all year-long! Drop by our Open House to meet our drop-in convenors, learn about our special events and join new friends for complimentary refreshments. We are looking forward to meeting you soon!

Tuesday, September 12 , 19, 26 and October 3 & 10**Fit Minds****QEPOAC****1 - 2 p.m.**

Do you want to improve or maintain your cognitive health? Join us for a free four week interactive session at QEPOAC. The dates are September 12, 19, 26, October 3 with a special optional graduation ceremony on October 10 at Chartwell Retirement Home. Please call Jolaine Montgomery at 905-815-5979 ext. 4674 to reserve your free spot. Spaces are limited.

**Wednesday, September 13****Welcome Back BBQ****IROAC****12:30 - 2:30 p.m.**

We hope you enjoyed your summer and welcome you back for the fall. Get back in touch with friends or make new ones. Fun active games will be available in the gymnasium following a delicious BBQ lunch. Cost \$7

September 23, October 28, November 18, January 27, February 24**Saturday Afternoon Court Whist Event****QEPOAC****2 - 6 p.m.**

We are pleased to offer a once-a-month Saturday Afternoon Court Whist Event. The cost for each event is \$15 and includes dinner. Space is limited and tickets will be sold at the front desk of QEPCCC. Please keep watch for the upcoming posters for details of the event.

Tuesday, September 26**Indigenous Talks with John****IROAC****4 p.m.**

John Fletcher will be talking about Indigenous culture topics such as the medicine wheel, smudging, spirit animals and the importance of "Mother Earth". Cost \$2.

This talk will be part of a series on the dates below:

- Tuesday, November 7, 4 p.m. Cost \$2
 - Tuesday, February 20, 4 p.m. Cost \$2
 - Tuesday, March 26, 4 p.m. Cost \$2
- Stay tuned for future topics of discussion.

Thursday, September 28

Welcome Back BBQ

ROMAC

11 - 2 p.m.

Join us at River Oaks for a welcome back BBQ with friends old and new, delicious food and the amazing vocals of Martin Francisco. If you haven't visited the ROMAC centre now is the chance to get acquainted. If you are a seasoned member and haven't been back in a while come on over. We are excited to launch new programs and special events. Tickets are \$10 and include your BBQ meal and refreshments as well as all the dancing and singing you can handle. Tickets are available at ROMAC beginning September 6 and must be purchased before September 25.

Thursday, September 28

SWAG Presents - Wills and Power of Attorney

TPOAC

1- 3 p.m.

Did you know that only 50% of adults have a will? Is your will outdated? When laws and/or your personal circumstances change, so should your will and plans to ensure your wishes are acted on as you had intended. Join us as Burlington Estate and Real Estate Lawyer Andrea Parliament outlines the four methods of transferring assets after death and explains the tax implications of each with a clear and straightforward approach.

You'll learn about the options within estate planning such as joint ownership, beneficiaries, probate, choosing an executor and more. Hear about specific examples where trouble ensued and how to ensure you and your estate trustee and beneficiaries are protected.

This is a complimentary event however you must pre-register to attend. Please call the Trafalgar Park Community Centre at 905-338-4406 and press '0' to speak to a customer service representative.

Tuesday, October 3

Stampin UP! Card Making

Colborne Centre

12:30 - 2:30 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins August 1 and ends October 2. Space is limited so sign up early.

Tuesday, October 10

Osteopath Talk

IROAC

12:30 -1:30 p.m

Learn about the osteopathy field and experience optional hands on treatments with Carla who locally practices in Oakville. Refreshments will be served. This event is complimentary.

Saturday, October 14

Colborne Art Show and Sale

Colborne Centre

10 a.m. - 1 p.m.

Every fall all across Canada, Culture Days programs invite the public to get hands-on and behind-the-scenes to highlight the importance of arts and culture in our communities. To celebrate Culture Days, the auditorium and lounge at the Colborne Centre will showcase original art work by its members on Saturday, October 14 from 10 a.m. to 1 p.m. This exhibition will be open to the public and provide a platform for professional and emerging artists, instructors and students to display and sell their artwork. This is complimentary event. The Colborne Café will be selling light refreshments for your enjoyment.

Tuesday, October 17**Coffee and Conversation with John Probert -
Antique Roadshow****Colborne Centre****12:30 - 2:30 p.m**

Join John Probert treasure hunter and appraiser as he takes you through some of his most memorable finds. He will provide the tips and tricks of what to look for in your own home, attic or closet. John will also be evaluating items for the audience. If you wish to have an item appraised, you must sign up for a time slot. Only one or two items per person please. Spots are limited, please note not every item may be evaluated. Tickets are \$5 and will be on sale September 5 and include coffee, tea and sweets. Tickets must be purchased before October 13.

Wednesday, October 18**Brain Aerobics Workshop****QEPOAC****1 - 3 p.m.**

Join Hycinth Gomez as she teaches simple skills and activities that one can do around the house to exercise the non-dominant side of your brain. For instance, demonstrating how left brain driven people could use more of the right side and same with the right brain driven people. This workshop will feature memory games to tap into your logical and visual brain. By the end of the workshop, you will learn how to keep your brain exercised and stimulated. Tickets are \$5 and go on sale September 11 at the QEPCCC Front Desk.

**Monday, October 23, 30, November 6 & 13****Fit Minds by Chartwell****IROAC****11 - noon.**

Do you want to improve or maintain your cognitive health? Join this FREE four-week session. Optional grad ceremony will be held Monday, November 20 at Chartwell.

To register call Cassie Wilhelm at 905-815-6601 ext. 3498 or email at cassandra.wilhelm@oakville.ca

Tuesday, October 24**Ridge Ultimate Trivia****IROAC****1 p.m.**

We are bringing Ultimate Trivia back to the The Ridge. Sign up as a team or individual to enjoy this brain teasing afternoon. Refreshments will be served.

Cost \$5

Saturday, October 28**Seniors Housing Fair and Symposium**

SWAG and Policy Review Committee are excited to host a housing fair and symposium to discuss the housing crisis, options for seniors in their own home or in an alternate living arrangement. Join us for an expert panel of speakers and community agencies. Watch the bulletin board at your centre for location and details about this important topic.



Tuesday, October 31

Coffee and Conversation with Lianne Harris - Superstitions

Colborne Centre

1 - 3 p.m.

We've all heard of witches and their black cats, unlucky number 13 and saying 'bless you' after a sneeze. Take a spooky one-hour journey with Lianne Harris as we look at the fascinating history of witchlore and superstitions, their origins, their importance and why these ideas persist today. Tickets are \$5 and will be on sale September 26 and includes coffee, tea and sweets. Tickets must be purchased before October 27. *Costumes welcome! Dress to impress or frighten!

Thursday, November 2

Jack-o-Lantern Jamboree

TPOAC

1 p.m.

Let the Ghould Times Roll! Come and BEWITCHED at our Halloween Spooktacular Event! There will be treats, prizes, dancing, and spooky stations. You are welcome to come dressed up in costume for this ghostly event. Cost is \$5 with snacks and drinks.

Tuesday, November 7

Remembrance Day Presentation

Colborne Centre

1 - 2:30 p.m.

Please join the members of the Interlink Choir for a tribute to our veterans. There will be a choir performance, and readings as well as time to share memories and experiences as we remember those who have fought for our freedom and those who continue to keep us safe.

Tickets are \$5 and will be available October 10 at the Colborne Centre. Light refreshments will be served following the presentation. Tickets must be purchased before November 3.

Friday, November 10

Remembrance Day Commemoration

TPOAC

10:45 - 11:30 a.m.

Join us in commemorating the fallen soldiers this Remembrance Day by listening to some beautiful songs, a minute of silence and some readings from our Kerr Street Singers Choir. Remember to wear your poppies. Please watch our crafts display case for beautiful handmade poppies for this event. Watch the bulletin board at the centre for more details.

Friday, November 10

Communication and Mediation

Zoom Presentation - FREE

10:30 a.m.

Are you having difficulty talking to your family about living arrangements, caregiving, driving needs, financial planning and more? Join Gordon Smith from North Star Mediation as he provides useful skills on how to have these difficult conversations.

To register please go to us02web.

[zoom.us/meeting/register/tZErcu-srDooGddeDrloq0l5xhdH_B6E0Mxz](https://zoom.us/join/zoom/register/tZErcu-srDooGddeDrloq0l5xhdH_B6E0Mxz).

You will receive a confirmation email following registration. Please contact Kelly at 905-845-6601, x.3977 if you require assistance.



Monday, November 13**Kitchen Program****QEPOAC****4:30 - 6 p.m.**

Pop Tarts are not only for kids! Let's make homemade, better-than-boxed, Pop Tarts! These yummy pastries will be filled with strawberry jam, baked and then topped with icing and sprinkles. Are you ready to roll? This is an intergenerational program, bring your grandchild (Age 7 +) to enjoy a special time together making pop tarts! Tickets are \$10 per person and can be purchased at the front desk of QEP CCC starting October 2. Space is limited.

Wednesday, November 15**Watercolour Workshop****IROAC****10 a.m.- noon**

Senior Service member, artist and teacher, Bernice, will be teaching the ABC's of watercolours for beginners. Each technique will be demonstrated for you to create a painting. You will need to purchase your own watercolour palette and brushes. Cost \$15

Thursday, November 16**Art at Trafalgar Park****TPOAC****1:30 - 2:30 p.m.**

Come and enjoy the wonderful art from the students of Frances Tyrell's Watercolour classes. Beverages will be provided.

Friday, November 17**Virtual Information Series - Seniors Safety Helpline****Zoom Presentation - FREE****10:30 a.m.**

Join Latoya Dwyer, Service Support Coordinator for the AWWHL (Assaulted Women's Helpline) as she discusses elder abuse and strategies for prevention, intervention and support.

To register please go to [us02web.](https://us02web.zoom.us/join)**zoom.us/meeting/register/tZErcu-srDooGddeDrloq0l5xhdH_B6E0Mxz.**

You will receive a confirmation email following registration. Please contact Kelly at 905-845-6601, x.3977 if you require assistance.

Sunday, November 19**Christmas at Colborne Craft Sale****Colborne Centre****Noon - 3 p.m.**

The annual Christmas at Colborne Craft Sale is the place to find all your holiday shopping needs. Stop by the Centre for some retail therapy and check that hard to buy for person off your list. Bring a reusable shopping bag to tote your goodies and a friend or two to share in the fun. Visit the jewellery, crafts, knitting, lucky looney tables and purchase homemade scones and a hot beverage to enjoy after you shop.



Friday, November 24

Advance Care Planning with Dr. Ken Hook
Zoom Presentation FREE
10:30 a.m.

Most of us, towards the end of our life, need someone else to speak for us and make treatment decisions for us. How does that person know what we would say or choose? What if others in the family disagree? Advance Care Planning is about figuring out who our Substitute Decision Maker would be, and about how to have conversations with that person so that they know how to make decisions that we would make for ourselves if we were able.

To register please go to [us02web.zoom.us/meeting/register/tZErCu-srDooGddeDrloq0l5xhdH_B6E0Mxz](https://us02web.zoom.us/join/zoom.us/meeting/register/tZErCu-srDooGddeDrloq0l5xhdH_B6E0Mxz).
You will receive a confirmation email following registration. Please contact Kelly at 905-845-6601, x.3977 if you require assistance.

Saturday, November 25

Trafalgar Park Christmas Market
TPOAC
10 a.m. - 2 p.m.

Come out to shop from our annual Christmas Market. Bistro will be open to purchase snacks and refreshments. Beautiful knitted items, baked goods, treasure room, silent auction and so much more. Get all your Christmas shopping done here.

Saturday, December 2

Hidden Treasures Bazaar
IROAC
Time TBD

Our annual fundraiser for IROAC is a great opportunity to find treasures, hand made goods, books, puzzles, jewelry, baked good and more. Donations for event will start to be accepted in November. No clothing or footwear.

Tuesday, December 5

Stampin' UP! Card Making
Colborne Centre
1- 3 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins October 3 and ends December 1. Space is limited sign up early.

Wednesday, December 6

Registration opens at 7 a.m. for Winter programs

A Seniors Services membership is required for all registered and drop-in seniors programs. Online methods of payment include VISA, MasterCard and American Express or credit on account.

Wednesday, December 6

Christmas Social
QEPCCC Black Box Theatre
1 - 3 p.m.

Take a moment out from shopping and the holiday rush to enjoy an afternoon of special music. There will be delicious refreshments for you to enjoy with friends. More details to follow closer to the event. Tickets are \$5 and go on sale beginning November, 6 and can be purchased at the front desk of QEP CCC. **Members only!



Thursday, December 7
Christmas Celebration
Trafalgar Park - Pine Room
12:30 - 3 p.m.

Join us for our annual Christmas party to thank all our members. Entertainment and a lunch will be provided. Cost is \$10. More details to follow in the coming months. **Members only!

Tuesday, December 12
Colborne Christmas Social
Colborne Centre
1 - 3 p.m.

Save the date! The annual Christmas Social is in the works. Stay tuned to the bulletin board for finalized details. This is a member's only event, please ensure your membership is up to date.

Tickets are on sale November 7, cost is \$5 and must be purchased before December 8. Please bring a food bank donation or non-perishable item. **Members only!

Thursday, December 14
Kerr Street Singers Concert
TPOAC
2 - 3 p.m.

Join the Kerr Street Singers at their end-of-year concert to kick off the holidays. Cost is \$3 and snacks and beverages will be provided.

Monday, December 18
Interlink Choir Singalong
Colborne Centre
1 - 3 p.m.

Join the Interlink Choir for a good old fashioned singalong. Tickets are \$5 and include light refreshments. Space is limited, sign up begins December 1 and ends December 15.

Wednesday, December 20
Christmas Social
IROAC
1 - 3 p.m.

Entertainment, games and refreshments. Let's celebrate the Christmas season together! Cost \$5 (will be donated to food bank) You can also bring non perishable food items to donate. **Members only!

Monday, January 22
Kitchen Program - Homemade Peanut Butter Cups
4 - 5 p.m. QEP Kitchen

Looking for a sweet treat to make for your valentine or any time? Let's make peanut butter cups- the perfect combination of chocolate and peanut butter. It's easier than you think! Join Chef Laura as we learn how to make this sweet treat! Tickets are \$10 each and can be purchased at the front desk of QEPCCC starting December 4. Space is limited.

Thursday, Jan 11, 18, 25, 2024
Beat the Winter Blues - Movie Series
TPOAC
1 p.m.

Welcome the New Year with some great movies. Cost is \$5 and includes snacks and drink. Movie list will be posted in December.



Tuesday, January 16

Ridge Pizza and Games

IROAC

1 - 3 p.m.

Scrabble, Cards, Trivia....players choice. Come for a chill afternoon of pizza and games. Drinks and chips will be provided as well. Cost is \$5

Wednesday, January 17

Mountain Peak Watercolour Painting

QEPOAC

1 -2:30 p.m.

This session will consist of a step-by-step instructor-led watercolour painting of a mountain peak with a beautiful sky. There will be some "fun fact" discussion starters throughout the session. You can keep this art to hang up in your home, or even gift it to a friend or a loved one! All art supplies will be provided by Chartwell Retirement Residences. The only thing you need to bring is yourself! Please call Jolaine Montgomery at (905) 815-5979 ext. 4674 to reserve your free spot.

Tuesday, January 23

Let's Show Chaos Who's Boss!

Colborne

1 - 3 p.m.

Join Liz Manore, "The Organizer" who has been organizing homes and offices for over 30 years.

Liz will show you where to start, and how to successfully get your home and/or office organized, using her KISS (Keep it Simple Systems) programme.

Whether you're thinking of downsizing, upsizing, or just want to enjoy a more organized home, then come and join her to learn the "Tips of the Trade" to get organized. Cost: \$5

Tuesday, February 6

Stampin UP! Card Making

Colborne

1 - 3 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins December 5 and must be purchased by February 2.

Wednesday, February 14

Valentine's Day Watercolour Workshop

QEPOAC

1 -2:30 p.m.

Join us this Valentine's Day to create a special watercolour card for someone you love. Join us for a fun afternoon with lots of chocolate and new friends. Tickets are \$5 and can be purchased starting January 8 at the QEPCCC front Desk. Space is limited. All art supplies will be provided by Chartwell Retirement Residences.

Thursday, February 15

Heart Delight

TPOAC

1 p.m.

Come and join us for a Valentine's Day cookie decorating extravaganza! Tammy, the owner of TaDa Treats is excited to share her love of sugar with everyone. She will show you what sugar cookie decorating is all about! Tea, coffee and chocolates will be provided. Cost is \$7.



Monday, February 19**Family Day****IROAC**

Stay tuned for some fun free events at Iroquois Ridge Community Centre.

Monday, February 19**Family Day****TPOAC**

The Trafalgar Park Community Centre will be open for our annual Family Day celebration. With your family members, enjoy free activities throughout the building.

Monday, February 26**Kitchen Demo - "Mini Lucky Bags Spring Rolls"****QEPCCC**

3 - 4 p.m.

Join us to celebrate Chinese New Year! We are preparing "Mini Lucky Bags" which are spring rolls filled with good fortune and happiness to welcome the arrival of the Lunar New Year! Watch Chef Elaine create these show-stopping appetizers to impress your guests at your next dinner party. Tickets are \$10 each and can be purchased at the front Desk of QEPCCC starting January 8. Space is limited.

Wednesday, March 6**Annual General Meeting****IROAC**

10 - 11:30 a.m.

Join us as we serve refreshments and update the IROAC community on how our centre is doing. Listen to updates from the town and meet your Advisory Committee members. We will also have a guest speaker. Please contact Cassie Wilhelm if you are interested in attending.

Thursday, March 7**Annual General Meeting - Colborne Centre and QEPOAC****QEPCCC**

5 p.m.

Member support is always greatly appreciated at the annual general meetings year in review. Please plan to attend and hear about all the great things that were accomplished in 2023 and what lies ahead for 2024. Tickets are available at Colborne Centre or QEPOAC from February 6 until March 1. You may only vote at one location (your designated 'home' centre). Not sure where to vote? Check with staff.

Friday, March 15**Annual General Meeting****TPOAC**

10 a.m.

Enjoy a light morning snack while we review the annual report and 2023 financial statement. We are pleased to welcome Beads of Africa, a charitable project that makes jewellery and related projects from African paper beads and recycled beads to support at risk women and children in Kenya. Cathy Benbow Plewes, the founder will discuss their work with photos, and have jewellery for sale. Everyone welcome.

Tuesday, March 26**Coffee and Conversation presents - Dr. Ken Shonk****Colborne Centre**

10 - 11:30 a.m.

1-3 p.m.

"Jest for the Health of it". Join Dr. Ken Shonk for an afternoon of laughter! Dr. Shonk will discuss the research he has done over the last 30 years on the science of laughter with a special emphasis on ageing. Jokes included! Cost is \$5



Seniors Services News





Trafalgar Park News

Welcome to TPOAC!

We are so happy to introduce Daniela Vega Orozco as our Assistant Programmer. You may already know her as she worked at the front desk. Please welcome Daniela to our centre!

This past year, it has been wonderful to see our regular members and to get to know new members. We are so glad to have all our members be part of our centre!

Our bistro is now open in the mornings and some afternoons. Come and enjoy a snack and drink before or after a program or just to socialize with other members or staff.

Relax or borrow a book or movie in our lounge. Don't forget about all our regular and drop-in programs i.e. sports and fitness classes, walking track, music groups, lectures, fine arts and so much more!

Volunteers Wanted

We are always looking for volunteers. There are many volunteer opportunities available within our programs or facility:

- Bistro Volunteer - Afternoon shifts on Monday to Friday, 12:30 - 2:30 p.m.
- Friendship Luncheon Kitchen volunteer
- Committee volunteers
- Special Events volunteer

If you think any of these opportunities would be of interest, please contact Stephanie at stephanie.coughlin@oakville.ca or call, 905-338-4406 ext. 4502. or you can also contact Daniela at daniela.vegaorozco@oakville.ca or call 905-338-4406 ext. 4506.

Community Spirit Awards

Congratulations to all the nominees, special mention to Penny Smith for receiving the Good Neighbour Award. Each contribute in many ways to the centre and the community and were recognized as leaders in volunteerism in our neighbourhood.



Suggestions

We will continue to have a suggestion box available in the seniors centre at Trafalgar Park. It is located in the Older Adults Member Lounge, behind the door. Please feel free to suggest programs, activities or special events that you would like to see, or anything else that comes to mind so we can continue to grow in our new space.

Special Events

Would you like to get advice from a professional about your will and power of attorney? Join us September 28 at 1 p.m. for an informative event. Check out all our upcoming special events as we will have a lot of events especially for the holidays. See our special events page to read more about our Halloween Party, Valentine's Cookie Decorating, the Art Show, Our Christmas Bazaar and Kerr Street Singers.

Colborne News

Volunteer Appreciation 2023

Hola! Our first in person full scale volunteer appreciation was an absolute blast. Our Let's Taco-bout how amazing YOU are Mexican fiesta was a delicious feast for the ears and eyes. Beautiful bright colours, delicious tacos and all the fixin's and there were many margarita's enjoyed. Thank you to our incredible team of dedicated volunteers who give tirelessly to our community and members. You are the reason this centre is such an amazing place.

Strawberry Social

Our Strawberry Social featuring the Fiddlestix was back bigger than ever. We had a 130+ people join us in the auditorium. Our weather didn't cooperate but we made the best of an indoor event with sweet strawberries, cool cream and decadent pound cake. The dance floor may not have been large but every available inch was used to boogey, jive and line dance. Smiles for miles tell us we had another successful event.

Cafe Colborne

Thank you to our dedicated cafe team for providing delicious snacks and lunch items. Your hard work is appreciated by our members, guests and volunteers. Stop by, the coffee is hot, the scones are fresh and the smiles are free!



Christmas at Colborne Craft Sale

Mark November 19 on your calendar. Our volunteer team is raring to go and have been working on crafts, knitted items, jewellery polishing and lucky looney goodies all-year long. There will be no shortage of shopping opportunities. Our tea room will offer scones and hot beverages for takeout or eat in. Bring your reusable shopping bag to hold all your goodies and remember to invite a friend!

Poppy Project

We are excited to bring a new project to the Centre with the permission of the Royal Canadian Legion, Dominion Command. The Poppy Project can be seen across Canada at schools, churches, legions and community centres. With the help of Margaret Larson, our knitting and crafting groups and our members we hope to fill the Centre with poppies this fall. In celebration of our Veterans, you are encouraged to pick up a pattern (limited numbers of material kits are available while supplies last). If you wish to donate red or black wool we are grateful for the contribution or you may purchase materials for your own use and donated completed poppies.



Colborne News

Art Show

Every Fall across Canada, Culture Days programs invite the public to get hands-on and behind-the-scenes to highlight the importance of arts and culture in our communities. To celebrate Culture Days, the auditorium at the Colborne Recreation Centre will showcase original art work by its members on Saturday, October 14, 2023 from 10 a.m. to 1p.m. This exhibition will be open to the public and provide a platform for professional and emerging artists, instructors and students to display and sell their artwork. If you are a student of the Colborne Centre's art programs, please see staff for your application to participate. Visitors are encouraged to stop by and see the talent of our members and instructors and enjoy a light refreshment for purchase at the Cafe on, October 14.

Guitgang OTMH Fundraiser

The Guitgang is continuing to make a difference in our community! They started a fundraiser in 2020 to raise funds for a hospital bed and over the last 3 years have raised over \$11,300. Thank you to the members, community and friends of the Guitgang and senior centre for your generous donations. Congratulations Guitgang, your efforts are incredible!



Community Spirit Awards

Congratulations to all the nominees, special mention to the Colborne members – Lorna Van de Mosselaer, Margaret Larson, June Lee, SWAG and Grant Foster. Each contribute in many ways to the centre and the community and were recognized as leaders in volunteerism in our neighbourhood.



Ridge News

A big thank you to all The Ridge goers for making Iroquois Ridge Older Adult Centre a welcoming place and a great community to be part of! We had our first volunteer appreciation dinner in May. This community relies on it's great volunteers to run each and everyday and we appreciate them so dearly.

What is new at The Ridge?

We have new programs at The Ridge! New drop in Kalooki Rummy will be on Monday mornings from 9 a.m. to noon. Nia and Intro to Meditation and Mindfulness will be new registered programs starting in the fall. Our patio has new additional elements as we are adding more tables and flower planters to brighten up the space. We also have the Fitminds program run by Chartwell for a four-week program from October 23 to November 13 to keep your mind active. Check out the Special Events section for more details.

Special Events

Our special events have been big hits this year and we will be bringing back the Welcome Back BBQ and Ridge Ultimate Trivia. We will also have some guest speakers including Indigenous Talks with John series. We will also have a Watercolours Workshop in the fall. Check out our Special Events section for more details and more events.



AGM

Our Annual General Meeting will take place on March 6 at 10 a.m. We will give updates on Iroquois Ridge Older Adult Centre, give you a chance to meet our Advisory Committee and listen to a guest speaker. Please contact Cassie Wilhelm at cassandra.wilhelm@oakville.ca or 905-845-6601, ext. 3498. if you are interested in attending.

Hidden Treasures Bazaar

December 2 we will be holding our Annual Hidden Treasures Bazaar fundraiser. Find your own treasures at this fun event where various items such as books, puzzles, knitted goods, baked items and jewellery will be for sale. Donations for this event will be accepted in November. Please reach out if you would like to volunteer at this event.

Volunteers

VOLUNTEERS NEEDED! We need café volunteers for afternoon and morning shifts We also have openings for driving volunteers for our Friendship luncheon program on Thursdays from 11 a.m. to 2 p.m. The Special Events Committee is looking for some creative minds to help in our upcoming events with a commitment of about two days a month. All helping hands are welcome!

Ideas and Contact

Ideas are always welcome here at the Ridge! So if you would like to inquire about IROAC please feel free to contact Cassie Wilhelm at cassandra.wilhelm@oakville.ca or 905-845-6601, ext. 3498.

ROMAC News

You asked, and we listened. We are introducing several NEW drop-in and registered programs at River Oaks in the Fall. Come out and give them a try.

Nordic Pole Walking – Mondays 1:30-2:30 p.m.

Chair Yoga – Fridays 9:30-10:30 a.m.

Table Tennis – Fridays 10:30 a.m. – 12:30 p.m.

Euchre 12:30-3 p.m.

We have also added a lounge space and time for our members to grab a coffee and chat following their game of pickleball or other activity.

We are excited to continue to grow the ROMAC community and we need your help. If you have any ideas for programs to add or things to improve, please email jacy.thibeault@oakville.ca or bob.pawliw@oakville.ca.



QEP News

Anita is Retiring!

We have mixed emotions to announce that Anita Weisseneder will be retiring on September 6, 2023. We are happy for her to spend more time with her family and grandchildren but sad for us as we will miss her greatly at QEPCCC.

Anita has been working for the Town of Oakville since 1985, starting at River Oaks Community Centre working part-time as a fitness instructor and then hired full-time at Glen Abbey Community Centre in April 1990.

Anita and I have been working together for 11 years as she has overseen the older adults centre. She has been a wonderful mentor, supporter of the members at QEP but most importantly a great friend. She always has a great sense of humour and of course goes along with the Senior Services team in getting dressed up for our special events. We will miss you Anita but wish you well in your new adventure of retirement. Thank you for the 33+ years you have spent bringing wonderful fun programs to all of us! On August 23 from 11 a.m. to noon, we will be having an open house at QEPCCC to say goodbye. Please RSVP to Jolaine Montgomery at 905-815-5979 x.4674 if you will be attending.

DVD Lecture Series - The Great Tours - England, Scotland, and Wales

Come for a weekly adventure exploring England, Scotland, and Wales. What famous sites are most worth seeing - and where are the hidden gems that many tourists miss? Let us help you get the most out of your journey across this superb island. This 18-week session will give you an insight on places in the world that we could only dream of. The drop in is every Tuesday morning from 10 to 11:30 a.m. We would love to have you join us on this world adventure! The drop in starts on September 12.

New Drop in Group! South Asian Conversation Club

We are starting a drop-in chat in the top South Asian languages. Thank you to the volunteers who are so keen to get this program started. This group will start on October 17 at 1 p.m. Come and meet some new friends!

Tickets for Special Events

Just a reminder that if you are buying a ticket for an event, they will be sold at the front desk at QEPCCC during the hours the centre is open.





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