Services Spring/Summer 2025 Newsletter





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- Bill & Susan H.

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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 Tuesday, 4:30 to 9 p.m.

Julie Pennal, Program Supervisor, Senior Services 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 905-338-4186

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 cassondra.wilhelm@oakville.ca

Matt Psenicka, Recreation Coordinator 905-845-6601, ext. 3728 matt.psenicka@oakville.ca

Queen Elizabeth Park Older Adults Centre

2302 Bridge Road, Oakville, ON L6L 2G6 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

Nicola Taccone-Witczak, Recreation Coordinator 905-845-6601 ext. 4609 nicola.taccone@oakville.ca

Table of Contents

General Information	2
In Memoriam	12
Day Trips	13
Registered Programs	15
Drop-in Activities	46
Special Events	65
Seniors Services News	77



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Find us on Facebook at Town of Oakville Seniors Centres



General Information

From Your Seniors Services team

Hello friends! Happy New Year and welcome to a year of possibility and purpose. The New Year brings an opportunity to set goals, try something new or revisit something that used to bring you joy. The seniors centres certainly have an endless supply of new programs and things to do and try. In 2024 the centres hosted over 102 special events. Our staff team and volunteers were certainly busy with educational workshops, open houses, dances, parties, movies, trivia, art shows and more. Our registered and drop-in programs continue to provide opportunities to move your body, engage your mind and flex your social skills with new members who often become friends. You painted, swam, volleyed, shuffled, stretched, plucked, danced, and flexed your way to good health. In fact, you hit record numbers of attendance in both registered and drop-in programs in 2024. Want to know more about how we did? Plan to attend our annual general meetings in March to hear all about the successful year the centres had.

The centres strive to connect members with opportunities to engage in meaningful ways. What that looks like for you may be vastly different from the person next to you. Volunteering, convening programs, providing café support, sitting on a committee, taking a class, dropping in to play a game or having a cup of tea in our lounge space. We are so thankful you chose to spend your time with us and we hope you find meaning and joy in your time here. 2025 will see some more exciting happenings around the centre. The team, along with the Policy Review Committee and the Seniors Working Action Group, will be hosting our first ever joint Information Fair and Open House. Queen Elizabeth Park Community and Cultural Centre will be our host facility on Tuesday, April 29 for an interactive one stop shop for all things seniors' services and community support. Community agencies, vendors and services will be invited, and each centre will be represented with drop in convenors, instructors, volunteers and members. It is going to be amazing! Please check the Special Events section for more details.

We look forward to celebrating our volunteers at our volunteer appreciation events in the spring. Trafalgar Park, formerly Oakville Seniors Centre is also celebrating 50 years. Check out the amazing event commemorating half a century in the Kerr Street community. We are also eagerly awaiting warmer weather when we can be outside planning our gardens, enjoying our summer BBQ events and soaking up the sunshine. In the meantime, stay warm, bundle up and we will see at the centres.

With sincere thanks for sharing our space, supporting our members, volunteering and being champions of all things Oakville Seniors Services.



The Seniors Team!

Seniors Services Membership Fees

Age	2025 Fee as of April
Age 50–79	\$57.75
Age 80–89	\$28.87
Age 90+	No charge

Please note: non-residents will be charged the non-resident fee (additional \$10 plus HST) on their Senior Service Membership. Membership is non-refundable.

Seniors Services Membership Changes

Based on member feedback, we have enhanced our Seniors Services membership to include unlimited access to all drop-in programs. This change applies to both current and new memberships. At the time of membership renewal, a moderate increase in the annual membership fee now includes all \$1 drop-in fees. Please note, this fee adjustment does not cover special events, trips, pre-registered programs, or any other activities where more than \$1 is charged.

Program admission process

A valid Seniors Services membership is required to attend both drop-in and sessional programming. When pre-registering for a seniors sessional program, please ensure your membership will be valid on the course start date. For example, if you register in August for a program that starts on September 20, your current membership must be valid beyond September 20. If your membership expires before the course start date, please remember to renew to ensure you can sign up for your program.

Seniors Services Membership

A current Seniors Services membership is required to register in all Seniors Services (50+) programs and to attend drop-in activities, day trips and some special events. 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.

Please note that a Seniors Services membership does NOT include Recreation and Culture drop-in programs and the Fitness membership does NOT include Waterfit.

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+) registered classes at the following locations – Trafalgar Park Older Adults Centre, Sir John Colborne Recreation Centre for Seniors, River Oaks Mature Adults Club, Iroquois Ridge Older Adults Centre, Queen Elizabeth Park Older Adults Centre, Glen Abbey Community Centre and Oakville Trafalgar Community Centre.
- Participate in Seniors Services (50+) drop-in programs at the following locations – Trafalgar Park Older Adults Centre, Sir John Colborne Recreation Centre for Seniors, River Oaks Mature Adults Club, Iroquois Ridge Older Adults Centre, 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 new friends and people in your community
- Receive 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

2025 Spring/Summer Program Registration

Registration for spring programs opens Tuesday, February 25 at 7 a.m.

Registration for summer programs opens Tuesday, June 3 at 7 a.m.

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

Anyone desiring to register in a Seniors Services seasonal course must have a valid membership for the course start date. If their membership expires before then, they must renew it before registering.

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 7 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

Online, up to four days in advance of the course start date and time, you can request a refund or withdraw via your online account without penalty.

Three days prior to the course start date, up to the start time of the course, all refund or withdrawal options are subject to an administrative fee of \$15 plus HST.

In person/over the phone, up to four days, in advance of the course start date and time, all refund or withdrawal options are subject to an administrative fee of \$15 plus HST.

Prior to the start time of the third date of the course, the amount refunded will be the full cost of the program, less any applicable administrative fees, and less the cost of any classes already held. 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.

After the third class of the program, we are unable to process withdrawal/refund requests. Material fees are non-refundable.

Refunds

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.

Material fees are non-refundable.

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 enrollment, 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. *Please, only one vehicle per parking space.*

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!

Kindness Counts

We encourage you to remember that friends and members in our seniors centres may need your kindness and patience. As a vibrant senior community with an age range of 50 to 100+, members may be experiencing changes to their health or ability. Inclusion is a choice we can make every day.

Perhaps you can imagine a family member or friend who has experienced vision changes, hearing loss, memory challenges, the loss of a spouse or serious health condition. Would you give them extra care and attention? Could you find more patience for a repeated question? Would you offer them a hand with something they need? I hope you can find that same patience and kindness for our members whether it is while playing cards, speaking to a volunteer or participating in a program.

The seniors centres are special places. We ask you to remember that everyone is welcome here, and treat others how you would want to be treated. Sometimes it takes only one act of kindness and caring to change a person's life.

Seniors Working Action Group (SWAG)

The Seniors Working Action Group (SWAG) is a seniors advocacy group that works under the authority of the Town of Oakville, Recreation and Culture department. SWAG meets virtually or in person, once per month under the authority of the Recreation and Culture department, 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.

In order to keep SWAG informed on senior issues we have a Regional Councillor on our committee and members belong to other senior organizations. SWAG is represented on the Halton Age-Friendly Network, the Halton Older Adult Advisory Committee and its Communications subcommittee which is responsible for updating the Older Adult Directory Of Halton, the Halton Housing Information for Older Adults and all the associated Fast Facts brochures. The Older Adult Centres of Ontario (OACAO) and Canadian Association of Retired Persons (CARP).

One of the mandates of SWAG is to offer educational presentations. On April 7, we will be hosting a virtual zoom presentation on Frauds and Scams with the Canadian Anti-Fraud Centre. Get Cyber Safe and join us for this important event. Registration is required. Please see the Special Events section in this newsletter or check bulletin boards at the centres for the poster. An Information Fair and Open House is planned for April 29, 9:00 a.m.– noon, at Queen Elizabeth Park Community and Cultural Centre. SWAG will be involved in the planning and implementation and we encourage everyone to attend for an opportunity to meet with local community agencies and service providers.

SWAG understands the housing insecurities that are making life very difficult for many seniors and are planning another in-person Housing Symposium, June 17 from noon – 2:30 p.m. at Sir John Coborne Recreation Centre for Seniors, 1565 Old Lakeshore Rd., Oakville. This will be a lecture style symposium with representatives from local government and innovators who are interested in helping with current and future housing concerns. More information will follow and will be posted on the senior centre bulletin boards.

We appreciate the support received and your constructive input is always welcome. If you have topics that you are interested in learning more about or concerns you may have, please contact:

Darlene Cox, Chair, SWAG 905-466-6212 darlco@sympatico.ca

Julie Pennal: Program Supervisor Senior Services, 905 845-6601, ext.3978 julie.pennal@oakville.ca



Seniors Centres Without Walls

The WOW Without Walls telephone conference program which ran from July 2020 to December 2024 connected people from the comfort of home during very trying times. We travelled the world, practiced yoga and meditation, played lively games of trivia, made lasting friendships, laughed, cried and staying connected. At one time we were reaching nearly 1000 people a month. During the most difficult months of closures and self-isolation we were able to stav connected. With the return of in-person services and after much deliberation and consideration the WOW program has ended in Oakville. We are fortunate to have our friends in Aurora who are most willing to host us instead. If you are still interested in participating in the telephone program please connect with Brandy at 365-500-3161 or email byorg@auora.ca to register.



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 continuing to promote 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 liesure 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. We advocate for seniors in the community and the centres. We are currently working on updating the Terms of Reference document and will be assisting with the Seniors Information Fair and Open House in April. We are also consulting on the new Sixteen Mile Sports Complex expansion and making recommendations regarding programming and space for seniors services in the building. Lorna Van de Mosselaer, Chair

Centre Closures

February 17 Family Day (Check with your centre for holiday hours) April 18 Good Friday April 21 Easter Monday May 19 Victoria Day July 1 Canada Day August 4 Emancipation Day September 1 - Labour 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 or staff know at the centre.

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 before you leave home! It will be appreciated.

Community Spirit Awards

The 23rd annual Community Spirit Awards will take place in June 2025. You are encouraged to nominate a champion! Oakville residents spend countless hours volunteering their time to make our town a better place to live, work and play.

Oakville Community Spirit Awards are presented annually to individuals, organizations, businesses and community groups who have demonstrated ongoing leadership, dedication and involvement in Oakville.

Stay tuned to oakville.ca for more information on event details and how to nominate your champion.

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



Showcase Cabaret

Ready for a hint of summer? Join us at the Showcase Cabaret and get a preview of those lazy, hazy, crazy days. The Showcase Cabaret is back by popular demand on April 25 and 26 at 3 p.m. in QEP's Black Box theatre. We have dancers, singers, musicians and some amazing surprises for 2025.

More details to come! Watch for posters or check out our website at https://oakvilleshowcase.ca

Love to perform? We have spots open for performers, dancers, singers, musicians, comedians and more! For more information and audition times, please contact

Johanna at 1cabaret2024@gmail.com





Defibrillators

Town of Oakville facilities are equipped with portable defibrillators. All the units are wallmounted. At the seniors centres, they are located near the front reception areas. 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.

Free Tech Support

Did you know that the Colborne Centre offers complimentary tech support lessons on a one-onone basis? Every Tuesday afternoon, join one of our students who will spend 45 minutes with you assisting you with concerns or issues you may have with your phone, tablet or computer. Sign up is required. Members only and spaces are limited.

Any advertising placed in the Oakville Seniors Services Newsletter does not indicate endorsement or recommendation by the Town of Oakville Seniors Services

In Memoriam

January 2024 Betty Teague

March 2024 Ed Storrie

May 2024 Sheila Thompson

June 2024 Rob Billard Geoffrey (Geoff) Bowen July 2024 Tom Blaine

October 2024 James (Jim) Joyce

November 2024 Robert (Bob) Babensee Suresh Bhargava Jackie Esselmont John Porter Joan Waid **December 2024** Don Dusha Wallace (Wally) Macdonald Edith Hannah

January 2025 Lillian Roblin Sylvia Leifso Shirley Keates

Day Trips

All day trips go on sale on the designated sale date and may be purchased at 1 p.m. at the front desk of the Colborne Centre or at 10 a.m. in the Bistro at the Trafalagar Park Community Centre. Following the initial sale date, tickets are available at the front desk in both centres.

To purchase a day trip ticket you must show your valid Seniors Services membership card. Please scan it when you arrive at the centre and you will be given a validation ticket.

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 tickets only, one being for themselves and one other with proof of a valid membership. There are no exceptions.

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

ALL TICKET SALES ARE FINAL

Refunds will only be issued if your place is filled by a member on the 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 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.

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.

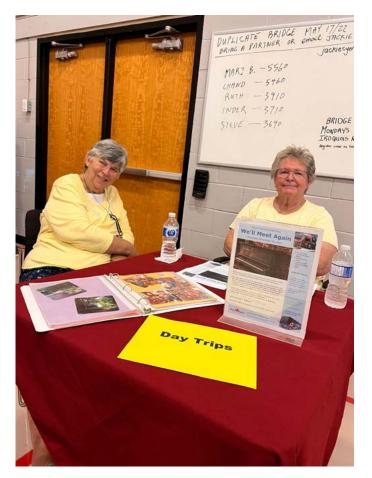
Q = Queen Elizabeth Park Older Adults Centre (QEPOAC), 2303 Bridge Road

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

Please ensure that you arrive 15 minutes prior to departure. All members must check in with the trip convenor to ensure attendance. If you are not able to attend, please contact the centre directly.

Trip details will be posted at the seniors centres as more information is available.

Check the bulletin boards for details.



Registered Programs

Trafalgar Park Community Centre
 Iroquois Ridge Community Centre
 G Glen Abbey Community Centre
 River Oaks Community Centre
 Sir John Colborne Recreation Centre for Seniors
 Q Queen Elizabeth Park Community and Cultural 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.

NOTE: for those of you who prefer a seated exercise program, please look for the following icon: 🗟

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/Mar 27 - Jun 12	1:00pm - 3:00pm	\$184.14	12	С	106474

Badminton Level 1 Instructor: Tony The

Step up your game with the help of a certified coach. The program includes instruction and drills, followed by round robin play. All levels of players are welcome. Protective eye wear and guards are strongly recommended.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 26 - Jun 11	3:30pm - 4:30pm	\$79.46	12	Т	102334



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/Mar 25 - Jun 10	9:00am - 10:00am	\$103.46	12	С	104499
Thu/Mar 27 - Jun 12	9:00am - 10:00am	\$103.46	12	С	105697
Tue/Jul 8 - Aug 26	9:00am - 10:00am	\$68.98	8	С	106531
Thu/Jul 3 - Aug 28	9:00am - 10:00am	\$77.60	9	С	106553

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/Mar 24 - May 26	9:15am - 11:45am	\$101.47	8	С	104487
No class Apr 21, May 19			<u>.</u>	<u>.</u>	<u>.</u>

Bridge: Conventions Instructor: Bogdan Kurek

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
Tue/Mar 25 - May 13	9:15am - 11:45am	\$101.47	8	С	104500

Bridge: Doubles Instructor: Jackie Syer

The concept of doubles will be taught, including the take-out double, balancing double, negative double and support double. Prerequisite: Bridge Play of the Hand and able to play at a moderate pace.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 27 - May 15	9:15am - 11:45am	\$101.47	8	С	106462

Bridge: Mentored Duplicate Instructor: Jackie Syer

Suitable for 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/Mar 26 - May 14	9:00am - 11:00am	\$81.18	8	Q	103664

Bridge: Supervised Play Instructor: Bogdan Kurek

This course provides the opportunity to review your knowledge and to practise 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
Mon/Jul 7 - Jul 28	9:15am - 11:45am	\$50.74	4	С	106528

Bridge: What Every Player Should Know Instructor: Jackie Syer

You're well on your way, you've taken basic bidding as well as defense, now it is time to fine tune your approach. A general knowledge of the bidding and responding game is necessary as you advance your playing career. We will be covering: The rule of 20, The Rule of 11, When not to use Stayman and Cue bid limit raises. Must have playing experience and have taken the Bidding and Defense course.

Day/Dates	Time	Fee	# of classes	Location	Code
Thur/Aug 7 - Aug 28	9:15am - 11:45am	\$50.74	4	С	109419



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/Apr 25 - Jun 13	8:30am - 9:30am	\$54.32	8	С	106491

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. Prerequisite: Celtic Fiddling Level 1 and subject to instructor recommendation. Please bring your own fiddle.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Apr 25 - Jun 13	9:45am - 10:45am	\$54.32	8	С	106496

Circuit Training Instructor: David Archibald (IR, RO), Sue Borg (Q)

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/Mar 24 - Jun 9	11:45am - 12:45pm	\$86.22	10	Q	103844	
Wed/Mar 26 - Jun 11	12:00pm - 1:00pm	\$103.46	12	IR	113893	
Thu/Mar 27 - Jun 12	12:00pm - 1:00pm	\$103.46	12	RO	103756	
No class Apr 21, May 19						



Computer: Cyber Safety and Social Media Platforms Instructor: David Carpenter

Discover how to safeguard yourself from malware and scams while exploring the secure installation and navigation of popular social media platforms. Perfect for both beginners and intermediate users, this class will elevate your digital skills and help you confidently navigate the world of technology. Please bring your Apple or Android device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/May 7 - Jun 11	1:30pm - 2:30pm	\$108.75	6	С	104666

Computer: 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 Android device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 26 - Apr 30	1:30pm - 2:30pm	\$108.75	6	С	104532

Computer: Getting to Know Your Apple Computer Instructor: David Carpenter

This beginner-friendly class will teach you navigate your Apple computer, identify status areas and icons, and run essential apps. You'll explore system settings and learn to use popluar tools, including web browsers, social media platforms, document, spreadsheets, and photo orgranization software. Please bring your own Apple laptop to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/May 7 - Jun 11	12:15pm - 1:15pm	\$108.75	6	С	104660

Computer: Getting to Know Your Apple iPhone Instructor: David Carpenter

Master your 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, clock, Siri, and Safari. Bring your own Apple device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 26 - Apr 30	12:15pm - 1:15pm	\$108.75	6	С	104531

Cycle & Stength Instructor: Carol Higa (RO), Anita Weisseneder (Q)

Enjoy a variety of exercises to improve cardio, posture, balance and flexibility. Ideal for active people who want to incorporate cycling into their exercise program. We'll combine up to 30 minutes of indoor cycling with strength training using small equipment. You don't have to be a cyclist or weightlifter. Mat work is involved especially during stretching at the end. Please bring a towel, water bottle and wear rubber soled shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 24 - Jun 9	11:30am - 12:30pm	\$86.22	10	RO	103757
Thu/Mar 27 - May 29	3:00pm - 4:00pm	\$86.22	10	Q	103834
No class Apr 21, May 19		-	<u>`</u>		<u></u>

Dance Fit Instructor: Traci Morgan

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

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 26 - Jun 11	12:00pm - 1:00pm	\$103.46	12	G Room A	102470
Wed/July 2 - Aug 26	12:00pm - 1:00pm	\$77.60	9	G Room A	103091

Dance Fit - Chair Instructor: Miriam Reyes Castillo 局

A gentle and fun exercise class that will make you groove from head to toe. Move to the beat of music comfortably sitting on a chair. This class is suggested for participants who would like to improve coordination, balance, range of motion and flexibility. It's a workout for the body as well as for the brain, and a fun "fiesta" class for the soul.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Jun 10	11:30am - 12:30pm	\$103.46	12	Т	102222
Tue/Jul 8 - Aug 26	10:15am - 11:15am	\$68.98	8	Т	105850

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Apr 29	11:30am - 1:30pm	\$92.07	6	Т	102673

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/Mar 25 - Jun 10	9:00am - 11:00am	\$184.14	12	Т	102672



Fitness Plus Instructor: Anita Weisseneder

Enjoy exercising to upbeat music in a variety of class formats. This full-body workout includes aerobics and strength training (with some mat work), followed by a relaxing cooldown.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 27 - Jun 12	1:30pm - 2:30pm	\$103.46	12	Q	103839
Thu/Jul 3 - Aug 28	10:00am - 11:00am	\$77.60	9	Q	106366

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/Mar 24 - Jun 9	9:00am - 10:30am	\$115.15	10	Т	102216
No class Apr 21, May 19					

French - Level 2 Instructor: Marguerite Broten

Practise 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/Mar 24 - Jun 9	10:45am - 12:15pm	\$115.15	10	Т	102217
No class Apr 21, May 19					

French - Level 3 Instructor: Marguerite Broten

An opportunity to discuss various interesting subjects in French, including current affairs, history, community issues and more. New vocabulary and terms will enrich participants who are already competent in French. L'accent sera sur l'utilisation de la terminologie appropriée.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 24 - Jun 9	12:30pm - 2:00pm	\$115.15	10	Т	102218
No class Apr 21, May 19					

Fun with Brush Lettering Instructor: Mary Lyons

Explore the artistry of handwriting techniques at a relaxed pace. With just a marker and paper, learn to create beautiful lettering for yourself and others. Develop your own unique style that can be used in an endless variety of fun and practical ways including addressing envelopes, frameable quote art, gift wrap and wedding/event stationary.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jul 8 - Aug 26	11:30am - 1:30pm	\$107.42	7	Т	105853

Fun with Paint and Collage Instructor: Mary Lyons

Have fun with exploring various approaches to art and craft making by experimenting with acrylic and watercolour paints, pencils, pastels, ink and paper collage. This program is suitable for all skill levels, allowing you to enjoy the creative possibilities while developing your design and composition skills.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/May 6 - Jun 10	11:30am - 1:30pm	\$92.07	6	Т	102679



General Conditioning For Men Instructor: Simon Van Wely

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/Mar 25 - Jun 10	4:30pm - 5:30pm	\$103.46	12	С	104509
Tue/Jul 8 - Aug 26	4:30pm - 5:30pm	\$68.98	8	С	106541

Gentle Osteo Fit Instructor: Leah Nicoletta

Tone your body with this invigorating fun-filled class. Accommodates those with varying degress 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/Mar 24 - Jun 19	2:00pm - 3:00pm	\$86.22	10	IR	102822			
Wed/Mar 26 - Jun 11	1:45pm - 2:45pm	\$103.46	12	IR	102823			
Fri/Mar 28 - Jun 13	9:30am - 10:30am	\$94.84	11	IR	102825			
Mon/Jul 7 - Aug 25	2:00pm - 3:00pm	\$60.53	7	IR	102871			
Wed/Jul 2 - Aug 27	11:30am - 12:30pm	\$77.60	9	IR	102878			
No class Apr 18, 21, May	No class Apr 18, 21, May 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/Mar 28 - Jun 13	11:00am - 12:00pm	\$84.40	11	С	106501
No class Apr 21	I		<u>.</u>		

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/Mar 28 - Jun 13	12:15 pm - 1:15 pm	\$84.40	11	С	106502
No class Apr 21					

Guitar Lessons - Level 3-Repertoire Instructor: Dyanne Dumas

Learn various right hand fingerpicking 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/Mar 28 - Jun 13	1:30pm - 2:30 pm	\$84.40	11	С	106511
No class Apr 21	•				



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.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Mar 25 - Jun 10	2:00pm - 3:00pm	\$103.46	12	Т	102227

History of Art and Music in Great Cities of the World Instructor: George Sanford

Journey through the world's great cities to uncover how their art and music shaped history and culture. This program highlights iconic works, exploring the creative synergy between composers, artists, and the vibrant urban centers they called home. Discover how these cultural hubs continue to inspire and define artistic expression today.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jul 3 - Aug 28	1:00pm - 3:00pm	\$91.33	9	С	106555

History of Composers and Artists from 1850 to Today Instructor: George Sanford

Explore the beauty of art and music by pairing composers and artists from the same period. Participants will experience the cultural richness of different eras and regions, discovering the connection between visual art and music from around the world.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jul 3 - Aug 28	9:30am - 11:30am	\$91.33	9	Т	105865

History of Fairy Tales in Words, Dance, Art and Mythology *Instructor: George Sanford* Explore the enchanting world of fairy tales by uncovering their origins, purposes, and beauty. This class delves into how these timeless stories are expressed through music, dance, art, and mythology across cultures. Discover the deeper meanings, societal influences, and universal themes that make fairy tales an enduring source of wonder.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 27 - Jun 12	9:30am - 11:30am	\$121.77	12	Т	102906

History of Man and His Mythology instructor: George Sanford

Explore the myths and legends that have shaped humanity and the understanding of the world. This program examines mythology across cultures, uncovering timeless themes reflected in literature, art, music, and dance. From ancient sagas to modern interpretations, discover how these stories connect us and continue to inspire creativity and thought today.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 27 - Jun 12	1:00pm - 3:00pm	\$121.77	12	С	106469

Intro to Meditation & Mindfulness Instructor: 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/Mar 28 - Apr 25	Noon - 1:00pm	\$34.49	4	IR	102840
Fri/May 2 - May 23	Noon - 1:00pm	\$34.49	4	IR	102843
No class Apr 18	^		л.	A	л

Line Dancing - Level 1 Instructor: Karen Moniz (C), Mark Offer (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
Tue/Mar 25 - Jun 10	12:30pm - 1:30pm	\$103.46	12	IR	102816
Tue/Apr 1 - Jun 17	3:15pm - 4:15pm	\$103.46	12	С	104506
Tue/Jul 8 - Aug 25	12:30pm - 1:30pm	\$68.98	8	IR	102881
Tue/Jul 8 - Aug 19	3:15pm - 4:15pm	\$60.35	7	С	106545

Line Dancing - Level 2 Instructor: Karen Moniz

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				
MonMar 31 - Jun 16	12:30pm - 1:30pm	\$86.22	10	С	104498				
Mon/Mar 31- Jun 9	9:30am - 10:30am	\$77.60	9	IR	102817				
Mon/Jul 7 - Aug 18	12:30pm - 1:30pm	\$51.73	6	С	106530				
Mon/Jul 7 - Aug 18	9:00am - 10:00am	\$51.73	6	IR	102882				
No class Apr 21, May	No class Apr 21, May 19, Aug 4								

Low Intensity Fitness *Instructor: June Lee, Mon, Fri (C); Cathie Hunt, Tue, Thurs (T)* Improve strength, balance, and flexibility with this low-impact workout suitable for all fitness levels. Get moving to an up-tempo beat with fun exercises that incorporate easy movements to music. Enjoy muscle-strengthening exercises (hand weights and bands applied) followed by a relaxing cooldown with stretching for mind, body and soul. Mat work is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 24 - Jun 9	11:00am - 12:00pm	\$86.22	10	С	104496
Tue/Mar 25 - Jun 10	9:00am - 10:00am	\$103.46	12	Т	102219
Thu/Mar 27 - Jun 12	9:00am - 10:00am	\$103.46	12	Т	102374
Fri/Mar 28 - Jun 13	12:30pm - 1:30pm	\$83.65	11	С	106522
Mon/Jul 7 - Aug 25	11:00am - 12:00pm	\$60.35	7	С	106529
Thu/Jul 3 - Aug 28	9:00 am - 10:00 am	\$77.60	9	Т	105867
Fri/Jul 4 - Aug 29	12:30pm - 1:30pm	\$77.60	9	С	106557
No class Apr 18, 21, N	1ay 19, Aug 4				

Nia Instructor: Leslie McHugh (C)

Based on the principle of "the joy of movement," NIA (Neuromuscular Integrative Action) is a lowimpact, 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
Fri/Mar 28 - Jun 13	11:15am - 12:15pm	\$94.84	11	C	106512
Fri/Jul 4 - Aug 29	11:15am - 12:15pm	\$77.60	9	С	106556

No class Apr 18

Nordic Walking–Therapeutic Care Instructor: Sue Borg

This program is suitable for those looking for a low-impact cardio and full-body workout that accommodates a slower pace. No previous experience needed. Our instructor will provide options and adaptions to suit every skill level. This program is held on the indoor track and includes a stretching component. Walking poles are provided.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Jun 10	1:00pm - 2:00pm	\$103.46	12	Т	102226

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/Mar 25 - Jun 10	10:15am - 11:15am	\$103.46	12	С	104502			
Wed/Mar 26 - Jun 11	11:00 am - 12:00pm	\$103.46	12	С	104513			
Fri/Mar 28 - Jun 13	1:45pm - 2:45pm	\$94.84	11	С	106523			
Tue/Jul 8 - Aug 26	10:15am - 11:15am	\$68.98	8	С	106538			
Wed/Jul 2 - Aug 27	11:00am - 12:00pm	\$77.60	9	С	106546			
Fri/Jul 4 - Aug 29	1:45pm - 2:45pm	\$77.60	9	С	106680			
No class Apr 18	No class Apr 18							

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 you require support you must bring your own support person in your 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/Mar 27 - Jun 12	10:30am - 11:30am	\$103.46	12	Q	103836

Pen and Ink Instructor: Mary Lyons

Pen and ink is a wonderfully expressive form of art communication. There is a long and strong tradition in fine art and illustration of the use of pen and ink for its dynamic look. Many ways to make exciting lines and tones and even washes will be explored. Demos and examples will be provided to inspire you.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jul 8 - Aug 26	9:00am - 11:00am	\$107.42	6	Т	105851

Pickleball - Advanced Instructor: Sandy Gerylo

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, lobs, 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/Mar 27 - Apr 24	10:00am - 11:00am	\$33.11	5	Q	103847
Thu/May 1 - May 29	10:00am - 11:00am	\$33.11	5	Q	103848

Pickleball - Beginner Instructor: Sandy Gerylo (Q), Jeremy Nykamp (IR), Deo Benny (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. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 24 - Apr 28	12:30pm - 1:30pm	\$33.11	5	IR	102844
Mon/May 5 - Jun 9	12:30pm - 1:30pm	\$33.11	5	IR	102850
Thu/Mar 27 - Apr 24	11:00am - 12:00pm	\$33.11	5	Q	103849
Thu/Mar 27 - May 1	2:30pm - 3:30pm	\$39.73	6	Т	102390
Thu/Mar 27 - May 1	3:30pm - 4:30pm	\$39.73	6	Т	102392
Thu/May 1 - May 29	11:00am - 12:00pm	\$33.11	5	Q	103850
Thu/May 8 - Jun 12	2:30pm - 3:30pm	\$39.73	6	Т	104352
Thu/May 8 - Jun 12	3:30pm - 4:30pm	\$39.73	6	Т	104355
No class Apr 21					

Pickleball - Beginner Outdoors Instructor: Jeremy Nykamp

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.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Jul 4 - Jul 25	9:00am - 10:00am	\$26.49	4	Glenashton Park	102917
Fri/Aug 1 - Aug 22	9:00am - 10:00am	\$26.49	4	Glenashton Park	102918

Pickleball - Intermediate Instructor: Jeremy Nykamp

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/Mar 24 - Apr 28	1:45pm - 2:45pm	\$33.11	5	IR	102853
Mon/May 5 - Jun 9	1:45pm - 2:45pm	\$33.11	5	IR	102854
No class Apr 21					

Pickleball - Intermediate Outdoor Instructor: Jeremy Nykamp

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, 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/Jul 4 - Jul 25	10:00am - 11:00am	\$26.49	4	Glenashton Park	102921
Fri/Aug 1 - Aug 22	10:00am - 11:00am	\$26.49	4	Glenashton Park	102923

Pilates for Seniors - Level 1 Instructor: Hala Haffar

Learn the fundamentals and principles of Pilates. Condition your body with stretching and strenghtening 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/Mar 24 - Jun 9	9:00am - 10:00am	\$100.34	10	Q	103824
Wed/Mar 26 - Jun 11	9:00am - 10:00am	\$120.41	12	Т	102230
Wed/Mar 26 - Jun 11	10:00am - 11:00am	\$120.41	12	Т	102233
Wed/Jul 2 - Aug 27	9:00am - 10:00am	\$90.31	9	Т	105857
Wed/Jul 2 - Aug 27	10:00am - 11:00am	\$90.31	9	Т	105858
No class Apr 21	^ 	A	<u>~</u>	<u>~</u>	·

Pilates for Seniors - Level 2 Instructor: Hala Haffar (Q) Bev Cahill (T)

Strengthen, lengthen, and tone your body through Pilates. A great workout for men and women. Improve posture, balance, flexibility, 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/Mar 24 - Jun 9	10:15am - 11:15am	\$100.34	10	Q	103827
Wed/Mar 26 - Jun 11	10:00am - 11:00am	\$120.41	12	Т	102234
No class Apr 21	<u>.</u>		<u>.</u>		^

Shifting Gears Fitness Instructor: June Lee (Wed), Diane Gidaro (Mon, 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/Mar 24 - Jun 9	9:15am - 10:15am	\$86.22	10	Т	102208
Wed/Mar 26 - Jun 11	9:15am - 10:15am	\$103.46	12	Т	102228
Fri/Mar 28 - Jun 13	9:15am - 10:15am	\$94.84	11	Т	102393
Mon/Jul 7 - Aug 25	9:15am - 10:15am	\$60.35	7	Т	105331
Wed/Jul 2 - Aug 27	9:15am - 10:15am	\$77.60	9	Т	105856
Fri/Jul 4 - Aug 29	9:15am - 10:15am	\$77.60	9	Т	105873
No class Apr 18, 21, May 19, Aug 4					

Sit Fit 50+ Instructor: Traci Morgan 🖁

Perfect for individuals with limited mobility or difficulty standing for extended periods, this class follows a traditional fitness format. Warm-up and cardio exercises are done while seated, and the remaining activities incorporate weights, resistance bands, or balls. The session concludes with balance, core, and flexibility exercises. No prior exercise experience is required and the use of walking aids is welcomed.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 26 - Jun 11	1:30pm - 2:30pm	\$103.46	12	G Room A	102472



Spanish - Conversational Instructor: Sara Chapin

If you can speak and understand Spanish, join us to develop your cultural awareness and conversational skills for a variety of situations.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Jun 10	1:45pm - 3:15pm	\$138.11	12	С	104504

Spanish for Travellers-Level 1 Instructor: Sara Chapin

Travelling 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/Mar 27 - Jun 12	9:00am - 10:30am	\$138.11	12	С	106463

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/Mar 27 - Jun 12	10:45am - 12:15pm	\$138.11	12	С	106467

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/Mar 28 - May 9	1:00pm - 2:30pm	\$47.70	6	IR	102818
No class Apr 18					·

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/Mar 27 - Jun 12	10:30am - 11:30am	\$103.46	12	С	106468
Thu/Jul 10 - Aug 21	10:30am - 11:30am	\$60.35	7	С	106554

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/Mar 26 - Jun 11	3:00pm - 4:00pm	\$103.46	12	С	104529
Wed/Jul 2 - Aug 27	3:00pm - 4:00pm	\$77.60	9	С	106549

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/Mar 24 - Jun 19	10:30am - 11:30am	\$86.22	10	IR	102834
No class Apr 21		•	•	•	

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. Note: summer class is held outdoors.

Day/Dates	Time	Fee	# of classes	Location	Code			
Mon/Mar 24 - Jun 9	10:00am - 11:00am	\$86.22	10	Т	102211			
Mon/Mar 24 - Jun 9	1:00pm - 2:00pm	\$86.22	10	Т	102212			
Mon/July 7 - Aug 25	9:00am - 10:00am	\$60.35	7	T Outdoors	105332			
Mon/Jul 7 - Aug 25	10:15am - 11:15am	\$60.35	7	T Outdoors	105333			
No class Apr 21, May 2	No class Apr 21, May 19, Aug 4							

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 will review and refine the 24 movements. Note: Summer class is held outdoors.

Day/Dates	Time	Fee	# of classes	Location	Code		
Mon/Mar 24 - Jun 9	11:00am - 12:00pm	\$86.22	10	Т	102213		
Mon/Mar 24 - Jun 9	2:00pm - 3:00pm	\$86.22	10	Т	102214		
Mon/Jul 7 - Aug 25	11:15am - 12:15pm	\$60.35	7	T Outdoors	105335		
No class Apr 21, May 19, Aug 4							



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/Mar 24 - May 12	9:30am - 10:30am	\$60.35	7	Q	103674
No class Apr 21					

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/Apr 2 - May 21	9:30am - 10:30am	\$68.98	8	Q	103665



Total Body Conditioning Instructor: Tracey Almeida

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

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Jun 10	11:30am - 12:30pm	\$103.46	12	Q	103675
Wed/Mar 26 - Jun 11	11:30am - 12:30pm	\$103.46	12	Q	108847
Tue/Jul 8 - Aug 26	11:30am - 12:30pm	\$68.98	8	Q	106365

Watercolour Painting - Level 1 Instructor: Frances Tyrrell (C), Bernice McCutcheon (IR)

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 centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 24 - Apr 28	10:00am - noon	\$76.73	5	IR	102820
Fri/Mar 28 - Jun 13	11:00am - 1:00pm	\$168.80	11	С	106524
Fri/Jul 4 - Aug 29	11:00am - 1:00pm	\$138.11	9	С	106682
No class Apr 18, 21		•	·	·	<u></u>

Watercolour Painting - Level 2 Instructor: Frances Tyrrell (T), Bernice McCutcheon (IR)

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		
Mon/May 5 - Jun 9	10:00am -noon	\$76.73	5	IR	102821		
Thu/Mar 27 - Jun 12	9:00am - 11:00am	\$184.14	12	T	102386		
Thu/Mar 27 - Jun 12	11:15am - 1:15pm	\$184.14	12	Т	102387		
Thu/Jul 3 - Aug 28	9:00am - 11:00am	\$138.11	9	Т	105868		
Thu/Jul 3 - Aug 28	11:15am - 1:15pm	\$138.11	9	Т	105869		
No class May 19							

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 centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Jun 10	9:30am - 11:30am	\$184.14	12	С	104501
Tue/Jul 8 - Aug 26	9:30am - 11:30am	\$122.76	8	С	106536

Watercolours: Skill Development Instructor: Frances Tyrell

Take your watercolour painting to the next level. 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 centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 26 - Jun 11	12:30pm - 2:30pm	\$184.14	12	С	104530
Wed/Jul 2 - Aug 27	12:30pm - 2:30pm	\$138.11	9	С	106552



Weight Training Women Plus *Instructor: Cathie Hunt (Tue & Thu), Tammy Thornton (Thu 1-2 p.m.)* Join our certified personal trainer led program, tailored to women aged 50 and above who want to advance in strength training and optimize their workouts in our fitness centres. Engage in a regimen that emphasizes both strength training and cardio exercises within our well-equipped weight rooms. With limited class sizes, you'll receive individual attention for maximum benefit.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Jun 10	10:15am - 11:15pm	\$179.94	12	Т	102220
Thu/Mar 27 - Jun 12	10:15am - 11:15am	\$179.94	12	Т	104835
Thu/Mar 27 - Jun 12	1:00pm - 2:00pm	\$179.94	12	Т	102388
Tue/Jul 8 - Aug 26	10:15am - 11:15am	\$119.96	8	Т	105854
Thu/Jul 3 - Aug 28	10:15am - 11:15am	\$138.11	9	Т	107280
Thu/Jul 3 - Aug 28	1:00pm - 2:00pm	\$138.11	9	Т	105870

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/Mar 27 - Jun 12	9:30am - 11:30am	\$184.14	12	С	106473



Yoga - Chair Yoga 50+ Instructor: Lara Papaluca Mon (T); Jessie Sall Wed, Fri (T);

Ming Manketlow, (Mon, Fri) RO; Jessie Sall (G); Leah Nicoletta (O) 🗟

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/Mar 24 - Jun 9	10:30am - 11:30am	\$86.22	10	Т	102210			
Mon/Mar 24 - Jun 9	12:00pm - 1:00pm	\$76.30	10	RO Room D	103752			
Wed/Mar 26 - Jun 11	2:15pm - 3:15pm	\$103.46	12	Т	102332			
Thu/Mar 27 - Jun 12	10:45am - 11:45am	\$103.46	12	G Room C	102493			
Thu/Mar 27 - Jun 12	12:00pm - 1:00pm	\$94.84	11	• F Studio	111006			
Fri/Mar 28 - Jun 13	2:15pm - 3:15pm	\$94.84	11	Т	102395			
Fri/Mar 28 - Jun 13	9:30am - 10:30am	\$83.93	11	RO Room D	103755			
Wed/Jul 2 - Aug 27	2:15pm - 3:15pm	\$77.60	9	Т	105861			
Wed/Jul 2 - Aug 27	3:15pm - 4:15pm	\$77.60	9	Т	105862			
No class Apr 18, 21, N	No class Apr 18, 21, May 19							

Yoga Fusion Instructor: Tova Ralph

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
Thu/Mar 27 - Jun 12	11:15am - 12:15pm	\$103.46	12	IR	102838

Yoga for Hips 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.

Please complete your post-surgical physiotherapy rehabilitation before starting this class.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 24 - Jun 9	10:00am - 11:00am	\$86.22	10	G Room C	111253
No class Apr 21, May 2	9				·

Yoga Gentle Instructor: Kristeen Sopeju (Q) (C), Leah Nicoletta (IR)

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/Mar 26 - Jun 11	12:30pm - 1:30pm	\$103.46	12	С	104525
Fri/Mar 28 - Jun 13	9:30am - 10:30am	\$94.84	11	Q	103845
Fri/Mar 28 - Jun 13	1:30pm - 2:30pm	\$94.84	11	IR	110377
Wed/Jul 2 - Aug 27	12:30pm - 1:30pm	\$77.60	9	С	106547
Fri/Jul 4 - Aug 29	1:30pm - 2:30pm	\$68.98	8	IR	110378
No class Apr 18	^ 	°	<u>^</u>	<u>.</u>	<u>.</u>



Yoga Level 1 Instructor: Leah Nicoletta (IR); Kristeen Sopeju (C), (Q); Jessie Sall (G), (T)

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

Day/Dates	Time	Fee	# of classes	Location	Code		
Mon/Mar 24 - Jun 9	11:15am - 12:15pm	\$86.22	10	G Room A	102336		
Mon/Mar 24 - Jun 9	12:55pm - 1:55pm	\$86.22	10	IR	102830		
Tue/Mar 25 - Jun 10	11:15am - 12:15pm	\$103.46	12	Q	103829		
Wed/Mar 26 - Jun 11	11:45am - 12:45pm	\$103.46	12	Т	102326		
Wed/Mar 26 - Jun 11	1:00pm - 2:00pm	\$103.46	12	Т	102328		
Wed/Mar 26 - Jun 11	1:45pm - 2:45pm	\$103.46	12	С	104528		
Fri/Mar 28 - Jun 13	1:00pm - 2:00pm	\$94.84	11	Т	102394		
Mon/Jul 7 - Aug 25	1:00pm - 2:00pm	\$60.35	8	IR	102886		
Wed/Jul 2 - Aug 27	1:00pm - 2:00pm	\$77.60	9	Т	105860		
Wed/Jul 2 - Aug 27	1:45pm - 2:45pm	\$77.60	9	С	106548		
No class Apr 18, 21, May 19, Aug 4							

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/Mar 27 - Jun 12	1:15pm - 2:15pm	\$94.84	11	Fitness Studio	105394
Fri/Mar 28 - Jun 13	10:45am - 11:45am	\$94.84	11	IR	102831
No class Apr 18			°	<u>^</u>	

Zumba[®] Gold Instructor: Miriam Reyes Castillo (Tue), Kana Shinya (Thu)

Join us for a low-intensity dance fitness class. This fun, Latin-inspired class has a party-like atmosphere and includes merengue, salsa, mambo, belly dance, tango and more. A safe, easy, and effective total body workout that's good for your mind, body and soul. If you like to dance, you'll love Zumba[®] Gold.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 25 - Jun 10	10:15am - 11:15am	\$103.46	12	Т	102221
Thu/Mar 27 - Jun 12	10:15am - 11:15am	\$103.46	12	Т	102382
Tue/Jul 8 - Aug 26	9:00am - 10:00am	\$68.98	8	Т	105849



Drop-in Activities

- Trafalgar Park Community Centre
- IR Iroquois Ridge Community Centre
- River Oaks Community Centre

- C Sir John Colborne Recreation Centre for Seniors
- Q Queen Elizabeth Park Community and Cultural 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 eight days in advance. Non-residents can register seven 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.

Included with membership

Our Seniors Services membership now includes unlimited access to drop-in programs that previously had a \$1 fee. This change applies to both current and new memberships. **Cancellation dates for observed holidays: February 17, April 18, 21, May 19, July 1, August 4, September 1.**

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	\$0	C Room A/B	
Tuesday	6:30 - 8:30pm	\$0	C Room A/B	
Cancelled July 22, August 26				

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	1:00pm - 3:00pm	\$0	Q Double Gym
Tuesday (Spring)	2:30pm - 4:30pm	\$0	T Gym
Thursday (Summer)	10:30am - 12:30pm	\$0	T Gym
Thursday	1:00pm - 3:00pm	\$0	Q Double Gym
Friday	9:00am - 11:00pm	\$0	C Auditorium
Monday (Summer)	1:00pm - 2:00pm	\$0	Q Double Gym

Bluegrass and Classic Country Convenor: Lynn Murphy and Jim Barr

Enjoy a jam session with fellow bluegrass and classic country enthusiasts! All skill levels, from beginners to seasoned musicians, are welcome. Bring your own fiddle, acoustic guitar, dobro, banjo, or mandolin – amplified instruments cannot be accommodated. Singing is encouraged. In the tradition of bluegrass and classic country, no sheet music will be provided. This is a wonderful opportunity to sharpen your ear, learn to improvise, and gain experience by fully engaging with the music. Even if you're new to these genres, come with an open mind and a willingness to learn.

Day/Dates	Time	Fee	Location
Tuesday	2:00pm - 4:00pm	\$0	T Multipurpose 3

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

Day/Dates	Time	Fee	Location	
Monday	1:00pm - 4:00pm	\$0	T MP2	
Tuesday*	7:00pm - 9:00pm	\$0	C Lounge	
Wednesday	1:00pm - 4:00pm	\$0	IR Southridge	
*Must have bid euchre skills to play at C. All levels welcome at T and IR				

*Interested in being a convenor? See Julie for more information.

Book Club Convenors: Carolyn Rumble and Wendy McLaughlin

All meetings are held on the second Thursday of the month at 1:30 p.m. Books may be subject to change based on availability. For more information contact:

Carolyn Rumble carolynrumber38@gmail.com or Wendy McLaughlin wendylaut25@gmail.com

- Feb 12The Diamond Eye by Kate Quinn
- Mar 13 Prophet Song by Paul Lynch
- Apr 10 Eleanor Oliphant is Completely Fine (book kit) by Gail Honeyman
- May 8Remarkable Bright Creatures by Shelby Van Pelt
- June 12 Coronation Year by Jennifer Robson

Day/Dates	Time	Fee	Location
Second Thursday	1:30pm - 3:00pm	\$0	Multipurpose 1 March 13 - MP2

Christmas Celebrations, Bazaars and more!



















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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.

February 27	Our Best Intentions by Vibhuti Jain		
March 27	The Lost Bookshop by Evie Woods		
April 24	The Reading List by Sara Nisha Adams		
May 29	Birnam Woods by Eleanor Cotton		
June 26	The Bloomsbury Girls by Natalie Jenner		
Day/Datos	Time		

Day/Dates	Time	Fee	Location
Last Thursday/month	10:00am - 11:30am	\$0	Q QEPOAC

Book Club Convenor: Jane Mitchell

Pre-registration is required at IROAC, space is limited. The Book Club is run on a cooperative basis with individual members optionally choosing books and leading discussions.

Feb 19	Hello Beautiful by Ann Napolitano
Mar 19	Homecoming by Kate Morton
Apr 16	Indians on Vacation by Thomas King
May 21	Every Time We Say Goodbye by Natalie Jenner
Jun 18	The Maid by Nita Prose

Day/Dates	Time	Fee	Location
Third Wednesday	2:00pm - 3:30pm	\$0	IR Eastridge Room



Book Club - Convenor: Susan Carey

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

- Feb 27The Secret Keeper by Genvieve Graham
- Mar 27 Sisters of the Resistance: The Story of Catherine Dior, Christine Wells

Day/Dates	Time	Fee	Location
Last Thursday	1:00pm - 3:00pm	\$0	С

Bridge Drop-In Convenors: TBD (IR), Larry Snow (C)

Must have basic bridge skills to play. Not suitable for beginners. Colborne Centre: warm up games noon-12:30pm. Official start is 12:30 p.m.

Day/Dates	Time	Fee	Location
Monday	12:30pm - 3:30pm	\$0	IR Library Program Rm
Thursday	12:30pm - 3:00pm	\$0	C Auditorium

Bridge Duplicate Director: Jackie Syer

You will need a partner to play. When you arrive to play, you will be required to pay \$2 directly to the director. Pre-registration with director is required.

Day/Dates	Time	Fee	Location
1 st , 3 rd , 5 th Tuesday	6:30pm - 9:00pm	\$2	C Auditorium

Canasta Convenor:

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

Day/Dates	Time	Fee	Location	
Monday	1:00pm - 4:00pm	\$0	C Lounge	
*Interested in being a convenor? Contact Julie for more information.				

Carpet Bowling Convenors: David and Sheena Prentice

Day/Dates	Time	Fee	Location
Monday	10:30am - 12:30pm	\$0	T Gym
Wednesday	9:00am - 10:45am	\$0	C Auditorium

Chess Club Convenor: Tony Tommasone

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$0	T Lounge

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	\$0	C Room C

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

Come and learn to knit or crochet. Individual projects are welcome. Enjoy a relaxing time with other crafters!

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 12:00pm	\$0	IR IROAC
Wednesday	12:30pm - 2:30pm	\$0	T MP3/MP2 Summer

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. IR: no session in August.

Day/Dates	Time	Fee	Location
Wednesday	10:30am - 12:00pm	\$0	T Multipurpose 2
2nd & 4th Wednesday	10:30am - 12:00pm	\$0	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	\$0	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	\$O	Q Music Room 1



DVD Lecture Series

America in the Gilded Age *Convenor: Heather Denison and Jackie Hurn McGahey*

Welcome to one of the most colorful, tumultuous, raucous, and profoundly pivotal epochs in American history. Stretching from the end of the Civil War in 1865 to roughly 1920, this extraordinary time was not only an era of vast and sweeping change it saw the birth of the United States as we and the world at large now know it. Session will run April 8 to June 24.

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 11:30am	\$0	QEPOAC

Field Guide to North American Wildlife Convenors: Carol Attlesey, Maureen Coleman

Immerse yourself in the fascinating world of North American wildlife! This 12-lecture series by David Mizejewski explores the lives of 12 incredible animals from the long-migrating monarch butterfly to the giant hellbender salamander. Learn amazing facts like how leatherback sea turtles stay warm in icy waters and discover the challenges these creatures face. Through storytelling and stunning visuals, you'll gain a deeper appreciation for these animals and the importance of protecting their habitats. Session will run June 5 to July 10.

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

How Railways Transformed the World Convenor: Marlene Bristol

In this course, you'll learn about the history of railways around the world, but as you'll see, when you study railways, you're also studying other things, including culture, economics, politics, and even psychology. To tell the fascinating history of railways is also to tell, in a compressed form, the world history of the last two centuries. This lecture takes a broad look at the development of railways and the impacts they had on various aspects of life. Session will run March 19 to May 7.

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:30pm	\$0	T Multipurpose 1

The 30 Greatest Orchestral Works Convenors: Carol Attlesey, Maureen Coleman

From Bach's Violin Concerto in E Major to Dvorak's Symphony No. 9, explore classical pieces and the elements that have made them legendary. Session will run from July 17 – October 30.

Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$0	IROAC

DVD Lecture Series

World Heritage Sites Convenors: Carol Attlesey, Maureen Coleman

Explore the world's greatest wonders with renowned historian Justin M. Jacobs! This lecture series takes you on a journey across six continents to discover 24 UNESCO World Heritage Sites. From the Great Barrier Reef to the Taj Mahal, delve into the history, culture, and natural beauty of these remarkable places. You'll also learn about lesser-known treasures like Angkor Wat in Cambodia and the Virunga National Park in the Democratic Republic of Congo.

Session will run March 13 to May 29

Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$0	IR IROAC

Euchre Drop-in Convenors: Michael Sigal (IR)

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 4:00pm	\$0	IR IROAC
Thursday *	1:00pm - 4:00pm	\$0	C Lounge
*Interested in being a convener? Contact Julie for more information			

*Interested in being a convenor? Contact Julie for more information

*C Must have playing experience.

Fiddlers Drop-In Convenors: Brenda Hurlburt (T), Catherine Ross (C)

Come for a morning of fiddle playing with fellow musicians. All levels welcome. Must bring your own fiddle and music stand. Colborne: Spring: Feb 7 – Apr 11, Summer: June 20-Sept 19

Day/Dates	Time	Fee	Location
Thursday - all levels	2:00pm - 4:00pm	\$0	T Multipurpose 3
Friday - beginners	9:00am - 10:30am	\$0	C Room C

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 accomodated), 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.

*Please note that all three programs have a waitlist.

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

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	\$0	T Bistro Area

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 practised on occasion.

Day/Dates	Time	Fee	Location
Monday	2:00pm - 4:00pm	\$0	C Auditorium
Wednesday	1:30pm - 3:30pm	\$0	Q Music Room 1

Hall Walking Convenors: Lynda Buller, Jane Lee, and Carol Coleman

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

Day/Dates	Time	Fee	Location
Monday and Fridays	1:00pm - 4:00pm	\$0	QEPOAC

Hiking "Pathfinders Hiking Group of Oakville" Convenor: Joe Teixeira

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.

Hikers must sign up with the designated leader at least two days before the hike. All regular hikes end June 26. Summer hikes begin July 3.

Day/Dates	Time	Fee	Location
Monday	7:45am	\$4 -12	C Parking Lot or Trailhead
Monday	8:45am	\$4	C Parking Lot or Trailhead
Thursday	8:15am	\$4	C Parking Lot or Trailhead
Thursday*	8:45am	\$3	C Parking Lot or Trailhead
Thursday (Turtles)	8:45am	\$0	C Parking Lot or Trailhead
Thursday Summer Hike	8:00am	\$0	C 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.

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 2:00pm	\$O	C Civitan Board Room
4th Wednesday NEW	10:00am - 11:00am	\$0	Civitan Board Room

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

Join us for the joy of singing, building connections, and creating beautiful music in up to fourpart harmony. Our choir is a welcoming community of seasoned voices that performs locally and collaborates with a school choir, bridging generations through the power of song. New members are welcome to join in the fall. Season ends May 26.

Day/Dates	Time	Fee	Location
Monday	9:30am - 10:45am	\$0	C Auditorium

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 practise or refine your language skills. Summer program ends July 29. Resumes September 9.

Day/Dates	Time	Fee	Location
Tuesday	1:30pm - 3:00pm	\$0	C Room C

Jam Session String Instruments Convenors: Murray Pellowe & Don Perras

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

Day/Dates	Time	Fee	Location
Friday	9:30am - 11:30am	\$0	Q Music Room 1

Kerr Street Singers Convenor: Sally Mitzel

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 practise 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!

Day/Dates	Time	Fee	Location
Friday	10:30am - 12:00pm	\$0	T Pine Room

Knitting Group

Drop in and join the knitting group as we knit for the annual bazaar all year-round. Please note that there is no knitting instuction available.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	\$0	C Room A/B

Mah Jong Club

This group plays the Chinese version of this popular game. For experienced players only. No instructor available.

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

Mexican Train Dominoes Convenors: Heather Denison and Linda Huxted

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

Day/Dates	Time	Fee	Location
Thursday	1:00pm - 4:00pm	\$0	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
Wednesday	9:00am - 10:30am	\$0	C Main Parking Lot

Parkinson's Eary Birds Convenor: Tom Cmajdalka

Looking for friendly folks diagnosed with Parkinson's and their friends, family or caregivers. Build confidence in using your voice in different ways in a fun and creative environment. Meetings are held weekly, face-to-face.. Participation is free with a Seniors Services membership. For more information, contact Tom at tom_cmaj@icloud.com.

Day/Dates	Time	Fee	Location
Friday	9:00am - 10:30am	\$0	T Pine Room



Pickleball Convenors Rudy Pfeiffer and Barry Waddick (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	\$0	ROPA
Mon-Thurs (Beginner)	12:00pm - 1:30pm	ΨŪ	Room A
Monday-Thursday	1:45pm - 3:15pm	\$0	ROPA
Monday (Intermediate)	3:30pm - 5:00pm	ΦŪ	Room A
Tuesday	1:00pm - 3:00pm	\$0	Q Double Gym
Wednesday (Intermediate)	10:15am - 11:45am	\$0	RO Room A
Monday (Spring)	1:00pm - 3:00pm	\$O	⊺ Gym
Wednesday (Spring)	1:00pm - 3:00pm	\$0	[⊤] Gym
Wednesday (Summer)	10:45am - 12:45pm	\$0	T Gym
Friday (Spring)	1:00pm - 3:00pm	\$0	T Gym
Friday (Summer)	10:45am - 12:45pm	\$0	T Gym

Recorder Musical Group "Bronte Consort" Convenor: Christine Vernon

Program ends June 25.

Day/Dates	Time	Fee	Location
Wednesdsay	9:30am - 11:00am	\$O	С

Rummikub Convenor: TBD

Play this fun and easy board game. Previous experience required.

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 3:00pm	\$0	C Lounge

Rummy: Kalooki Rummy Convenor: TBD

Join us for this fun spin on the classic rummy game. Previous experience required.

Day/Dates	Time	Fee	Location
Fridays	1:00 p.m 3:00 p.m.	\$0	C Lounge

Scrabble

Bring a partner and join the fun.

Day/Dates	Time	Fee	Location
Monday	10:15am - 12:45pm	\$0	T MP2

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

Day/Dates	Time	Fee	Location
Monday–Friday	8:30am - 4:30pm	\$O	C Snooker Room
Tuesday	4:30pm - 9:00pm	\$0	C Snooker Room
Monday-Thursday	9:30am - 3:00pm	\$0	Q Youth Room
Cancelled July 22, August 26 (evening)			



Social Dancing Club Convenors: Joanne Pritchard and Glen Skuce

Love to dance? Join us 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	\$0	Q Multipurpose 1&2
2nd Tuesday	7:00pm - 9:00pm	\$0	C Auditorium

South Asian Conversation Club Convenors: Jasvinder Manku and Prem Behl

Discover top South Asian languages, chat with friendly faces, and make new friends. Engage in delightful conversations in this fun drop-in program for seniors.

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 3:00pm	\$0	QEPOAC



Table Tennis *Convenors:* Gerry Zielinski, Tony Soden, Laszlo Cserti (IR), Margaret Larson (T) (Tue) (T) TBD (Thu)

Program may be cancelled due to previously scheduled activities at Iroquois Ridge Community Centre. 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	\$0	IR Northridge Room
Wed (Summer)	1:30pm - 3:30pm	\$0	IR Northridge Room
Tuesday (Spring)	12:00pm - 2:00pm	\$0	T Gym
Tuesday (Summer)	10:30am - 12:30pm	\$0	T Gym
Thursday (Spring)	12:00pm - 2:00 pm	\$0	T Gym

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	\$0	IR Gymnasium
Friday	3:00pm - 4:00pm	\$0	C Auditorium

Tennis Outdoor Convenors: TBD

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). Starting May 2.

Day/Dates	Time	Fee	Location
Friday	9:00am - 11:00am	\$0	IR Glenashton Park

Walking Track

Come indoors and enjoy our walking track.

Day/Dates	Time	Fee	Location
Mon/Wed/Thu/Fri	8:00am - 4:30pm	\$0	T Gym
Tuesday	9:00am - 1:00pm	\$0	T Gym
Tuesday	3:00pm - 4:30pm	\$0	T Gym

Watercolour Painting

Join us for an evening of self-directed watercolour exploration and engaging conversation with fellow artists. Bring your art supplies and current projects, and have fun painting.

Day/Dates	Time	Fee	Location
Tuesday	6:30pm - 8:30pm	\$0	C Room A & B
Cancelled July 22 August 26			

Cancelled July 22, August 26



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.



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 nonrefundable. If you are unable to attend an event, please speak with your Seniors Services staff member.

Saturday, February 22, March 22 and May 3 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 which includes dinner. Space is limited and tickets will be sold at the front desk of QEPCCC. Please watch for the upcoming posters for details of the event.

Tuesday, February 25 Registration opens at 7 a.m.

for spring programs

A Seniors Services membership is required for all registered and drop-in programs. Online methods of payment include VISA, MasterCard and American Express or credit on account. Anyone desiring to register in a Seniors Services seasonal course must have a valid membership for the course start date. If their membership expires before then, they must renew it before registering.

Tuesday, February 25 Coffee and Conversation The Lost Queen's Bush Settlement Colborne 1-3 p.m.

Join Annemarie Hagen, retired museum curator as she takes you through the story of an Early Black Community. In the early to mid-1800's, Canada was known as "The Promised Land" to enslaved people in the southern United States. Thousands made their way north, helped by a secret network of anti-slavery supporters known as the Underground Railroad. Cost: \$5 and includes light refreshments Tickets are available January 29-February 23.

Tuesday, March 4 St. Patrick's Day Party QEPCCC Rehearsal Hall 12:30-3 p.m.

Join us for our annual St. Patrick's Day Party in the Rehearsal Hall featuring entertainers Celtic Effect Band. A light lunch will be served along with some great entertainment. Come and enjoy this wonderful party with friends!

Tickets are \$15 per person and will be available starting January 20 and must be purchased by Thursday, February 27. Wear green for a chance to win a prize!



Wednesday, March 5 and April 9 Cooking for One: Meal Prep Made Simple QEPCCC Community Kitchen Noon-2:30 p.m.

Cooking for one can be tricky, especially when trying to ensure you are getting a balanced diet. Join us at QEPCCC Community Kitchen with an Amica Red Seal Chef to create four portions of delicious meals, three of which you will take home. Each month we will enjoy our prepared meal together and announce the winner of an exciting door prize! Please RSVP for your preferred date(s) to Jolaine Montgomery at 905-815-5979 ext. 4674.

Wednesday, March 5 Annual General Meeting

IROAC 10 a.m.

Learn about the Iroquois Ridge Older Adult Centre's 2024 accomplishments and new updates. Representatives from the Town of Oakville and Senior Seniors will be giving updates as well.



Thursday, March 6

Colborne and QEPOAC Annual General Meeting Colborne 5-7 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 2024 and what lies ahead for 2025. Tickets are available at Colborne or QEPOAC from February 4 until March 3. You may only vote at one location (your designated 'home' centre). Not sure where to vote? Check with staff.

Tuesday, March 11Astronomy in Action-Space for EveryoneColborne1 p.m or 2 p.m or 3 p.m.

Explore the universe with Astronomy in Action and get closer to the wonders of the universe than ever before. Enter the largest portable planetarium in North America and watch the sky come alive as the 4K digital projection system fills the dome with stunning views from across the cosmos. Grandparents and grandchildren invited (grandparent must be a member). The 1 p.m. time slot will be for grandparents and grandchildren. Please sign up for one time slot only. If you wish to attend with friends, please ensure you are signed up for the same time slot. Program is is 45-60 minutes in length. Tickets are \$25 and include refreshments. Tickets are on sale February 10 and must be purchased by March 7. **Members-only, please note that no walk-ins can be accommodated.

Monday, March 17 Hormones Talk with Leah IROAC 2-3 p.m.

Evening in March- Stay tuned!

Hormones are the hidden element that effect various aspects of our well-being such as metabolism, blood- pressure, body temperature, fitness performance, sleep- wake cycles and more. Come and learn more! Tickets available February 25-March 18.

Friday, March 21 Annual General Meeting TPOAC 10 a.m.

Enjoy a light morning snack while we review the annual report and 2024 financial statements. Everyone is welcome. We will be joined by the Lions Foundation of Canada Dog Guides. For more information check our poster board in the Bistro area. This is a complimentary event.

Tuesday in April TBD

Tea and Art IROAC

Enjoy a TEA-riffic time while exploring paintings by students from Iroquois Ridge Older Adults Centre's art class. Cost \$ 7

Tuesday, April 1 Stampin UP! Cardmaking Colborne 12:30-2:30 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost: \$15 and includes all materials. Tickets are avaiable February 4-March 28. Space is limited, sign up early.

Wednesday, April 2

Cultural Experience: Parang Music & Caribbean Cuisine QEPCCC Multipurpose 1 & 2 1-3 p.m.

The Canadian Caribbean Association of Halton (CCAH) and OEP Older Adults Centre invite you to an exciting Parang event featuring Roger Gibbs, a highly accomplished performer and recording artist of Calypso and Caribbean folk music. Enjoy an educational session as he performs and discusses the various instruments used in this form of music. We will also provide Caribbean-inspired refreshments, giving you a taste of the diverse flavors that define the region's culinary heritage. This event is the perfect opportunity to celebrate the cultural richness of the Caribbean while learning about a core program offering of the CCAH. Please call Jolaine Montgomery at 905-815-5974, ext. 4674 or email jolaine.montgomery@oakville.ca for your free spot at this event.



Friday, April 4 Death Cafe Colborne 1-3 p.m.

A Death Café is a group-led discussion about death. The goal of the group is to encourage and normalize conversations about this universal, yet not often talked about, experience. By becoming more aware of death, we can better appreciate and make the most of our finite lives. The Colborne Centre is holding an Older Adult Death Café, which is an opportunity for older adults to engage in conversations that honour their life's experiences and invite meaningful reflections on the transitions of aging and mortality. Intended to increase participants' awareness of death, this event explores our relationships with dying, death, loss and grief. The Older Adult Death Cafe, led by facilitator Nancy Beddoe, is not a counselling group but more a discussion/ conversation about death. Registration is complimentary however space is limited. You must sign up at the front desk of the Colborne Centre or by calling 905-815-5960, between March 7 and April 3. Coffee and tea will be available.

Monday, April 7 SWAG Presents: Frauds & Scams with Canadian Anti-Fraud Centre Virtual Presentation 2-4 p.m.

This zoom presentation will highlight the role of the CAFC, the startling statistics of the financial losses due to frauds and scams, review the top reported cyber frauds, and the solicitation methods used to access your money! Most importantly, this session will provide everyone with simple tips and steps on how to be proactive about their safety online to protect themselves and devices from cyber frauds, what to do if they are a victim and how to report cyber frauds. An interactive question and answer period will follow the presentation. **Get Cyber-Safe and join us for this important event.**

Registration is through ZOOM, please email Kelly. meeussen@oakville.ca for the zoom link or call the centre at 905-815-5960 and ask to speak to Kelly or Julie. Alternatively, the poster for this event will have a QR code for registration which can be found at the seniors centres on the bulletin boards.



Tuesday, April 15 Spring Fling Dance Party Colborne 12:45-2:45 p.m.

Whether you love to dance or prefer to watch and listen to the music, join us for a spring kick off with Mario the Juke Box vocalist. Live music will tickle your fancy all afternoon with an opportunity to request your favourites. Line dance to John Denver, twist to Chubby Checker and do the YMCA with the Village People. Coffee, tea and sweet treats will be served. Tickets are \$10 and go on sale at the Colborne Centre March 3 and must be purchased by April 11.

Thursday, April 24

Dementia Live TPOAC 2 p.m.

Trafalgar Park Older Adults Centre and Always Best Care are excited to host "Dementia Live"! With specialized gear, we help family caregivers step into the shoes of those living with dementia – simulating changes in sight, sound, and touch. It's an eye-opening, powerful way to understand what your loved ones go through every day. Limited spaces available. Sign up begins Monday, March 24 and will end on Thursday, April 17.

Friday, April 25 & Saturday, April 26 The Showcase Cabaret -"Those Lazy, Hazy, Crazy Days of Summer" QEPCCC Black Box 3 p.m.

Ready for a hint of Summer? Come to the Showcase Cabaret and get a preview of those lazy hazy crazy days! The Showcase Cabaret is back on April 25 and 26 at 3 p.m. in QEP's black box theatre. We have dancers, singers, musicians and some surprises.More details to come on posters and our website: **https:// oakvilleshowcase.ca** Love to perform? We still have spots open for performers – dancers, singer, musicians, comedians and more! For more information and audition times, please contact Johanna at: 1cabaret2024@gmail.com

Tuesday, April 29 Senior's Services Information Fair QEPCCC Rehearsal Hall 9 a.m.-noon

Back by popular demand the Seniors Information Fair will feature vendors and service providers for older adults in our community to ask questions and gather information about services tailored to seniors needs. New this year, the seniors centres will also be hosting their open houses along side the information fair. Live demonstrations, try-it opportunities, instructors and drop-in convenors will be on hand to answer questions about Oakville's Seniors Services. Strengthen your social network and discover a community that cares. This complimentary event is open to all and continental breakfast items will be provided. Mark your calendars today!

Any advertising placed in the Oakville Seniors Services Newsletter does not indicate endorsement or recommendation by the Town of Oakville Seniors Services

May - TBD Ridge Craft Sale IROAC

Come support our older adult centre! We will be selling handmade items made by our volunteers and enjoy light refreshments.

May - TBD Volunteer Appreciation IROAC

Enjoy live music, delicious food and games while honouring the invaluable contributions of our volunteers.

Tuesday, May 6

Honey Bee Biology

Colborne 1-3 p.m.

Honey bees are fascinating creatures with many great anatomical and biological features. The Head Beekeeper from Backed By Bees will take you through all things honey bee. From queens, to drones, to workers, their unique adaptations making them one of the most efficient general pollinators on the planet and how we manage them as beekeepers! Cost: \$5 and tickets are available April 4 - May 2.

Thursday, May 8

Trivia DayTPOAC1 p.m.

Do you enjoy games like Trivial Pursuit? Jeopardy? If you are a fan of trivia or facts (well-known or just for fun) then this is the event for you! Enjoy trivia while socializing with tea, coffee, and a snack. Tickets are \$5.00 and available Thursday, April 10 until Thursday, May 1.

Thursday, May 13 Interlink Choir Spring Concert Colborne 1-3 p.m.

Enjoy the sweet sounds of spring with the talented Interlink Choir members. Light refreshments will be served. Tickets are \$5 and are available at the Colborne Centre beginning April 14 and must be purchased by May 9.

Thursday, May 15 QEP Volunteer Appreciation QEPCCC Black Box 5–7 p.m.

We are excited to celebrate our awesome volunteers at QEPCCC with dinner and entertainment by the talented Detour/The Walter James Duo. Please come for a night of fun and delicious food as we thank you for everything you do at QEPCCC to make it such a special place. Please see Jolaine Montgomery for your ticket if you are a registered volunteer starting April 7.

Wednesday, May 21 Artful enrichment QEPOAC 1-2:30 p.m.

This session will consist of a step-by-step instructor-led painting. No experience necessary to do this fun event! You can keep this art to hang up in your home, or as a gift for a friend or loved one. All the art supplies will be provided by Chartwell Retirement Residences. The only thing you need to bring is yourself! Please call Jolaine Montgomery 905-815-5979, ext. 4674 to reserve your free spot.

Thursday, May 22 Volunteer Appreciation-" We Won the Lottery with You!" TPOAC 5-7 p.m.

This event is for all the volunteers that do so much to help our centre. Keep an eye out for more information. Tickets will be available starting Thursday, April 17 until Thursday, May 15.

Tuesday, June 3

Registration opens at 7 a.m. for summer

A Seniors Services membership is required for all registered and drop-in programs. Online methods of payment include VISA, MasterCard and American Express or credit on account. Anyone desiring to register in a Seniors Services seasonal course must have a valid membership for the course start date. If their membership expires before then, they must renew it before registering.

June TBD

Strawberry Social IROAC

Ontario Fresh Strawberries on a beautiful summers' day! Come join us for some strawberry shortcake and BINGO! Cost \$7

June TBD

Longevity Talk with Leah IROAC

What is it like to live to 100? Join Leah in an open discussion about longevity with research current longevity trends in Canada, what people in the blue zones are doing (oldest living people) and what you can start focusing on today. Cost \$5

June TBD Fall Prevention Talk with Leah IROAC

Back by popular demand join Leah Nicoletta as she speaks about key components of balance as we age. Join in practicing exercises you can do every day to improve and maintain your balance. Cost: \$5

Wednesday, June 4 Free Falls Risk Assessment QEPOAC 1-3 p.m.

Come for a free fall risk assessment completed by Always Best Care agency. The workshop will start out with a discussion of fall risk, why it is important, factors which contribute to fall risk and prevention strategies. The next part of the workshop will be an individual balance tracker test to determine falls risk. There are limited spots for this workshop. Please call Jolaine Montgomery at 905-815-5979 ext. 4674 to reserve your spot.



Thursday, June 5

50th Anniversary of Oakville Seniors Centre/ Trafalgar Park

TPOAC 2-4 p.m.

Join us at Trafalgar Park Older Adults Centre to celebrate the 50th Anniversary of the seniors centre. Enjoy a walk down memory lane, reconnect with members and staff and celebrate 50 years of community and connection. As well we will be unveiling the intergenerational mural that is hanging at our community centre put together by our youth and seniors! We look forward to seeing you all there.

Friday, June 6

Kerr Street Singers Spring ConcertTPOAC10:30 a.m.-noon

Join Kerr Street Singers as they perform wonderful songs for you to enjoy and start the summer season with a bang! Tickets will be \$3 and will be available starting Friday, May 2 until Monday, June 2. Limited spacing so don't forget to purchase tickets at the front desk.

Tuesday, June 17 SWAG Presents Housing Symposium 2.0

Colborne Noon-2:30 p.m.

While the housing situation continues to evolve, the Seniors Working Action Group strives to bring you relevant and timely information on housing options in our community. Join us for a lecture-style symposium with local government representatives and innovators to talk about options for older adults in our community. Opportunities for networking and Q&A will be offered at the end of the symposium. Light lunch will be served.

Thursday, June 19 Volunteer Appreciation: Thanks for working your SOCKS OFF! Colborne 5-7 p.m.

Thanks for working your SOCKS OFF! Colborne Centre volunteers are cool cats who give so much to our community. To thank you, we are hosting a Sock Hop 50's dinner dance party to celebrate. The incredible people who shared their time and talents in 2024 are invited to join us for a 50's throwback event with burgers, fries and root beer floats! Cool cats and bobby-soxers are welcome to put on their saddle shoes and poodle skirts or your white t-shirt and letter jacket to get your jive on. Tickets are available at the Colborne Centre beginning May 5, ending June 13. Be there or be square!

Thursday, June 19 BBQ and Movie TPOAC 12:30 p.m.

Enoy a delicious BBQ lunch with a movie. Includes a burger or hot dog, fixings, side, and a drink. Cost is \$8.00. Movie title will be posted a week before tickets go on sale. Tickets will be available starting Friday, May 23 until Friday, June 13.

Tuesday, June 24Strawberry Social with the FiddlestixColborne Back Patio1-3 p.m.

Back by popular demand! Enjoy strawberries and shortcake with fresh whipped cream while you listen to or dance the afternoon away with the Fiddlestix. The event is slated to be held outdoors, wear your sunscreen and bring a lawn chair. In case of inclement weather, event will be held inside. Red, white and Canadian gear is encouraged. Cost is \$15 and tickets are on sale beginning May 12 and must be purchased before June 20. *Members-only event.

Tuesday, July 15

Summer BBQ with Musical Guest ShannonColborne Back Patio12-2 p.m.

Let's get grilling and chillin'! Join friends on the patio for a delicious bbq lunch with a burger or hot dog, cold drink, chips and a sweet treat. At 12:30 back by popular demand, Shannon will be performing and showcasing her amazing saxophone skills so you can dance off your lunch. Weather permitting the event will be outdoors, in the case of inclement weather we will move inside. Cost \$10, tickets must be purchased in advance beginning June 16 ending July 11. Sorry no walk-in's can be accepted.

Tuesday, August 5 Stampin' UP! Card Making

Colborne 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 June 3 must be purchased by July 3. Space is limited, sign up early.

Friday, August 8 Death Cafe Colborne 1-3 p.m.

A Death Café is a group-led discussion about death. The goal of the group is to encourage and normalize conversations about this universal, yet not often talked about, experience. By becoming more aware of death, we can better appreciate and make the most of our finite lives. The Colborne Centre is holding an Older Adult Death Café, which is an opportunity for older adults to engage in conversations that honour their life's experiences and invite meaningful reflections on the transitions of aging and mortality. Intended to increase participants' awareness of death, this event explores our relationships with dying, death, loss and grief. The Older Adult Death Cafe, led by facilitator Nancy Beddoe, is not a counselling group but more a discussion/ conversation about death.

Registration is complimentary however space is limited. You must sign up at the front desk of the Colborne Centre or by calling 905-815-5960 between July 4 and August 7. Coffee and tea will be served.

Thursday, August 14 Summer BBQ Colborne Back Patio Noon-2 p.m.

Let's get grilling and chillin'! Join friends on the patio for a delicious BBQ lunch with a burger or hot dog, a cold drink, chips and a sweet treat. Weather permitting the event will be outdoors, in the case of inclement weather we will move inside. Cost \$8, tickets must be purchased in advance beginning June 16 ending July 11. Sorry no walk-in's can be accepted.

Thursday, September 4 BBQ and Movie

TPOAC 12:30 p.m.

Enjoy a delicious BBQ lunch with a movie. Includes a burger or hot dog, fixings, side, and a drink. Cost is \$8. Movie title will be posted a week before tickets go on sale. Tickets will be available starting Friday, August 1 until Friday, August 29.

Tuesday, September 9

Welcome Back BBQ

IROAC Noon-3 p.m.

Excited to reunite as a community after a busy summer apart! Enjoy BBQ with friends! Cost is \$8. Tickets available August 13-September 1.

Wednesday, September 10

Welcome Back BBQ with Musical Guest Martin

Colborne Back Patio

Noon-2 p.m.

Welcome back! Join friends on the patio for a delicious bbg lunch with a burger or hot dog, cold drink, chips and a sweet treat. Weather permitting the event will be outdoors, in the case of inclement weather we will move inside. Entertainment will be in the gym following lunch at 1 p.m. Cost \$10, tickets must be purchased in advance beginning August 5 ending September 5. Sorry no walk-in's can be accepted.

Any advertising placed in the Oakville Seniors Services Newsletter does not indicate endorsement or recommendation by the Town of Oakville Seniors Services





OAKVILLE SENIOR CENTRE/ TRAFALGAR PARK OLDER ADULT CENTRE

ANNIVERSARY THURSDAY, JUNE 5 2-4 P.M. TRAFALGAR PARK COMMUNITY CENTRE 133 REBECCA ST.

CONTACT THE CENTRE FOR MORE DETAILS 905-338-4406

Seniors Services News

Trafalgar Park News

Welcome to TPOAC

This past year has been a wonderful year of growth. We have been able to catch up with regular members and welcome new members. We are so grateful for all the people who have chosen to spend time at TPOAC this past year.

The Oakville Seniors Centre/ Trafalgar Park Older Adults Centre 50 Anniversary!

Can you believe that our centre is turning 50 years old this year? Come and celebrate our 50 Anniversary with us on June 5 as we remember the Oakville Seniors Centre at 271 Kerr Street and celebrate our new home at Trafalgar Park. Visit with longtime members, staff and community as we walk down memory lane.We will also unveil an intergenerational mural of past memories and celebrate our future.

Annual Art Show

In November, we had our annual art show, which was a huge success! Some of the artists from our watercolours program now have their art displayed in Multipurpose Room 2 until November 2025. Thank you to all our artists for sharing your beautiful work, and to our instructor, Frances Tyrrell, for making this happen!

Christmas Market

In late November, we also had our very popular Christmas market. Our amazing craft members created one-of-a-kind items, baked goods, and helped organize all donated treasures and gift baskets to sell at this event. A huge thank you to all of our volunteers who made this event so successful!

Christmas Concert

In December, the Kerr Street Singers performed a magical Christmas Concert, and everyone enjoyed their beautiful voices and sang along. Thank you to the Kerr Street Singers for getting everyone into the Christmas spirit!



Trafalgar Park News

Program Updates

If you like to dance, you'll love Dance Fit Chair, previously known as Zumba-Chair. It allows for a safe and effective total body workout that will nourish your mind, body and soul with a little bit of Latin flare.

Christmas Party

We finished off 2024 with a bang at our Christmas Celebration for members only! We had our guest visitor, Santa, who brought a huge smile and treats for everyone, since everyone was so good this year! We had a lovely, hot lunch and great entertainment from Darren Evorglens. Thank you to all of our members and staff for another successful and jolly holiday season.

Volunteers

From time to time, we may need volunteers for our: Bistro, Friendship Luncheon Program, Special Events

Please complete a volunteer application form at our front desk and we will get back to you when volunteer opportunities open up.

Suggestions

We have a suggestion box available in the senior's 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 this space.

Special Events

Want to have new fun facts for your next get together? Join us on May 8 for our Trivia Day! Kerr Street Singers will also have another concert to mark the beginning of a wonderful summer season. Don't forget to sign up early for our Dementia Live program to learn a little bit about what your loved ones may be feeling. Lastly, don't forget to join us for our start and end of summer BBQ's! Make sure you stay up to date on our special events by looking at the Special Events section of the newsletter or by checking out our bulletin board for more details.



Colborne News

Welcome Debbie!

Welcome to the newest member of the Colborne team, Debbie Vincent. She is a friendly face on Tuesday evenings and you may see her on occasion throughout the day. Stop by to say hi if you haven't met her already.

Renovations

After a busy year of property improvements, its safe to say we made it! Thank you for your patience while mother nature decided not to cooperate while our parking lots were resurfaced. As well, our windows, gym lighting and exterior doors were replaced. Undertaking such large projects are tricky at the best of times, but when we endeavor to remain open it adds even more scheduling and coordination to the project. Thank you for your patience and support. 2025 will see a few more projects but mainly outdoors and, with luck, not impactful on our indoor activities.

Poppy Project

The Poppy Project saw an expansion in 2024. Margaret Larson and her team of knitters and crocheters added to the display with an outdoor installation. Poppies were staked and displayed in the front entrance garden, the side gardens and enhanced the beautiful fall planters. As someone who likes a project, Margaret and her team are working on more poppies to create window wreaths. Additionally, with permission from the Royal Canadian Legion they will be making garden poppy stakes that can be sold with all monies raised being donated to the Bronte Legion. Thank you, Margaret, for your vision and dedication to such a worthy project.

Christmas at Colborne Craft Sale

The biggest sale of the season was nothing short of epic. Sunday, November 17 was one of the biggest bazaars in our 30+ history. The crowds were literally lined up around the building and out on the road before the doors even opened. Holiday shopping, homemade scones, Sir John and Queen Victoria, crafts, knitting and jewellery featured high on the shopping list of all who attended. In three short hours the team fundraised over \$9600 with a final push in December at the mini sales to have raised an astonishing \$11,835.55 for the centre. Plans are in the works to use these funds to improve the centre and purchase some new equipment.





Colborne News

Food Bank donations

Thank you to all who attended our Christmas social in December and so graciously donated food items or a monetary gift. We were able to give \$847 in cash and a trunk full of food to the FareShare food bank on Speers Road. With the increase in food insecurity among our community and in the homes of our seniors especially, we were so very humbled by your generosity and giving spirit.

Guitgang Fundraiser

Congratulations to the Guitgang on their incredible fundraising initiative. We are so proud of you!

Founding member Grant Foster shares: "With the latest generous donations, we have achieved and exceeded our goal for a new bed at Oakville Trafalgar Memorial Hospital! That's right: \$16,037 as of December 11, 2024."

Our fundraising drive began over four years ago with Doreen Quigley leading the way.

Thank you to our generous donors, including many who contributed multiple times!!

What's up next?

Check the Special Events section for more details about the amazing spring and summer we have planned for you!

AGM – March 6

Astronomy in Action – Space for Everyone! March 11. You will not want to miss this amazing event.

Volunteer Appreciation on June 19 - stay tuned for more details!







Ridge News

A Heartfelt Thank You!

As we approach the spring season, we at the Iroquois Ridge Older Adult Centre want to express our sincere gratitude for the wonderful fall and winter we shared with our incredible community. The past few months have been filled with warmth, laughter, and a truly remarkable display of community spirit.

Hidden Treasures Bazaar Success!

We are thrilled to announce that our annual Hidden Treasures Bazaar was a resounding success! Thanks to the generosity of our community, we raised over \$3000. A portion of these funds, totaling \$1230 (including funds raised from the Christmas Social), will be generously donated to Oakville Foodshare to support their vital work in our community.



Construction Update

Please note that construction is planned at the centre until June 2025. This includes exciting upgrades such as:

- Pool Renovations: Enhancements to our pool area.
- Flooring Upgrades: New, modern, and easyto-maintain flooring throughout the centre.
- Front Desk Refresh: A welcoming and updated front desk area.
- Improved Lighting: Enhanced lighting throughout the centre for a brighter and more comfortable experience.
- New Heating System: A more efficient and environmentally-friendly heating system.

Please note: During construction, there may be minor cancellations or room changes for certain programs. We will do our best to keep you informed of any changes as they arise. Special events are listed as TBD and dates and times will be shared as available. Thank you for your patience.

Program Updates

We are excited to announce the addition of a new Gentle Yoga class to our program schedule! This class is perfect for beginners and those seeking a more relaxed and accessible yoga experience.

For our more experienced yogis, we are thrilled to welcome back Yoga Fusion! This invigorating class incorporates Pilates concepts with traditional yoga postures, providing a dynamic and challenging workout.

Ridge News

Annual General Meeting (AGM)

Join us for our Annual General Meeting on March 5 at 10 a.m. We will be reviewing the highlights of 2024 at The Ridge and looking ahead to the future. Light refreshments will be served.

We Want to Hear From You!

The Iroquois Ridge Older Adult Centre thrives on the energy and passion of our community. We're always looking for enthusiastic individuals to join our volunteer team!

Whether you have a few hours a week to spare or a program idea that could benefit your peers, we want to hear from you. Your skills and creativity can help us continue to offer engaging activities and a welcoming space for all.

Contact:

Call Cassie Wilhelm at 905-845-6601, ext.3498

Send us an email at cassondra.wilhelm@oakville. ca or drop by the centre during our open hours.

Together, we can make the Iroquois Ridge Older Adult Centre an even more vibrant hub for our community!





ROMAC News

Thank you to all our ROMAC members for coming out and participating in the programs being offered at River Oaks Community Centre. Our numbers continue to slowly grow and everyone is committed to providing quality programming.

Join us at River Oaks Community Centre

Join us at River Oaks Community Centre to stay active this fall:

- Cycle & Strength Mondays, 11:30 a.m.-12:30 p.m.
- Chair Yoga Mondays, noon-1 p.m. and Fridays, 9:30-10:30 a.m
- Circuit Training Thursdays, noon-1 p.m.

We are Looking for Drop-in Convenors!

We are currently looking for volunteer conveners for our Monday and Thursday drop-in Pickleball programs. If you are interested, please reach out to Bob at bob.pawliw@oakville.ca







QEPOAC News

Welcome to QEP

I wanted to take this opportunity to thank all of our faithful convenors, volunteers and all the members who attend our special events, dropin and registered programs. We would not be the place we are without your commitment to improve the lives of those in our community.

Cultural Experience: Parang Music & Caribbean Cuisine

On Wednesday April 2 at 1 p.m., The Canadian Caribbean Association of Halton (CCAH) and QEP Older Adults Centre invites you to an exciting Parang event featuring Roger Gibbs, a highly accomplished performer and recording artist of Calypso and Caribbean folk music. Enjoy an educational session as he performs and discusses the various instruments used in this form of music. We will also provide Caribbean-inspired refreshments, giving you a taste of the diverse flavors that define the region's culinary heritage. This event is the perfect opportunity to celebrate the cultural richness of the Caribbean while learning about a core program offering of the CCAH.

Please call Jolaine Montgomery at 905-815-5974, ext. 4674 or email jolaine.montgomery@oakville.ca for your free spot at this event.

Senior's Services Information Fair

Would you like to know what services and programs are offered in the Oakville community? Come to our Senior's Information Fair to ask important questions to the vendors and learn more about what is offered for you to access! Come to the Senior Services Open House to learn more about drop-in, registered programs and special events that each of our centres offers. You will not want to miss this event! Mark your calendar for Tuesday, April 29 from 9 a.m-noon.

Watch the bulletin board at your centre for more information about this fair.

South Asian Conversation Club

This group has celebrated their one year anniversary in October with a dinner out together. If you would like to meet new friends and have great conversations, please come join us on Tuesdays 1-3 pm. Looking forward to meeting you!





Community Advertising



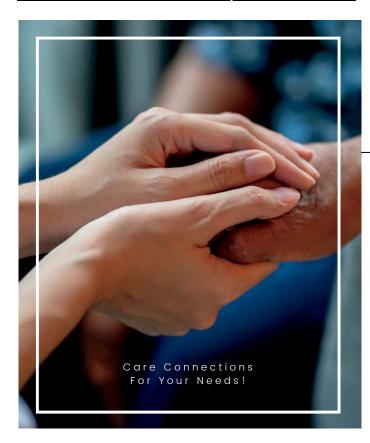
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Katrina Dollano of What's Good - Wellness by Design in Oakville shares this belief. "I've been treating chronic pain and neuropathy, in all its various forms, for nearly two decades and so often my patients come to me because of the symptoms, not because of the diagnosis. They attended one of my talks, saw me on TV, or spoke to one of our patients and say to themselves, 'hey, I feel the same thing'.

When asked how chronic pain and tingling and numbress can be possible." discomfort impacts daily life, Katrina adds, "It can be extremely limiting. Imagine trying to go about your day when your feet feel like they're on fire, or struggling to sleep because of constant burning and tingling. It can even become dangerous, many patients can't safely drive because their feet have become so numb. And because of that numbness, they live in constant fear of falling. What's most heartbreaking is that they've been told it's just a part of getting older, leaving them feeling like there's no hope for improvement."

Peripheral neuropathy is a result of damage to the nerves which causes pain ranging from discomfort to debilitating. It can be out if we can help begins with caused by diabetes, chemotherapy, or due an initial consultation."

numbness. Muscle misunderstood and seemingly hopeless missing. We've administered thousands of with cutting-edge integrative medical detection greatly improves your chances of technology," Katrina emphasizes.

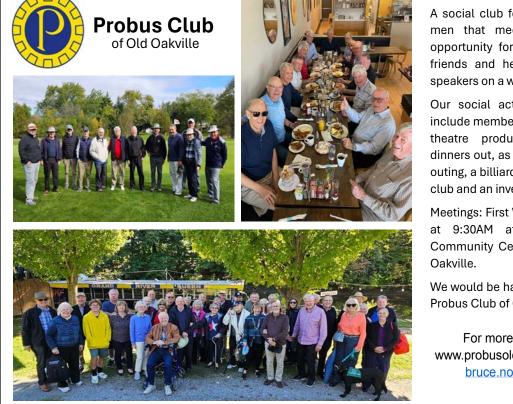
> treatments designed to accelerate healing. you've recently been diagnosed with "These integrative therapies promote an peripheral neuropathy, it's important to increase in cellular energy, giving peripheral know that there are options. There can be nerve cells the vital missing components hope. that they need for self-repair and regeneration. This is critical because Call (905) 845-5775 to book a consultation neuropathy occurs when the myelin sheath and visit whatsgoodwellness.ca to learn is damaged, depriving the nerves of their more about how What's Good – Wellness protective coating. This damage is by Design can help you regain control of your ultimately the source of all the pain and life. There is hope, and there is help. numbress. With our treatments we can enhance the body's ability to heal those nerves, which does more than just mask symptoms like medications do. This can contribute to healing and the reversal of nerve damage. Thus relief from burning,

Many patients seek care at What's Good after exploring various treatment options. "Most of our patients come to us after having tried everything else and they think there's no hope," says Katrina. "Our focus is to introduce a new approach to neuropathy treatment. And to offer patients hope. While each case is unique, the body has a natural ability to repair and heal itself. Sometimes, thoughespecially as we age-it needs an extra boost to kickstart that process. That's where we come in. Finding

treatments for this often active, independent lifestyle they've been

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Meetings: First Wednesday of every month at 9:30AM at the Oakville Trafalgar Community Centre, 325 Reynolds Street, Oakville.

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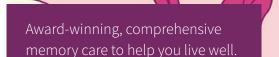
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Visit oakville.ca and search "News and Notices".

🚯 OAKVILLE



Starting in February 2025, registration will move from Wednesdays to open **Tuesdays at 7 a.m**. We're making this change to avoid potential disruptions caused by our vendor's software maintenance schedule.

Browse program options online one week before registration opens. Visit programs.oakville.ca.

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