

**SENIORS SERVICES**  
**50+**

# Seniors Services

**Fall 2025/Winter 2026  
Newsletter**





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*– Bill & Susan H.*

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RETIREMENT RESIDENCE



# 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

### Iroquois Ridge Older Adults Centre

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

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

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

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

### 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

### 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

Jessica Salvagna, Recreation Assistant  
905-845-6601, ext. 3905  
jessica.salvagna@oakville.ca

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Find us on Facebook at  
Town of Oakville Seniors Centres





# General Information





## From Your Seniors Services Team

As the sunshine returns and the warm breeze rolls in, it's been a joy to see our senior community stepping outside, reconnecting with friends, and soaking up all that summer has to offer. From sizzling BBQs to delightful strawberry socials, and daily walks along Oakville's scenic trails, it's clear that the season is bringing people—and smiles—back—together.

At the seniors centres, we believe these moments of connection and movement are more than just fun—they're vital to healthy aging. Being socially connected helps reduce feelings of isolation and loneliness, which affects nearly one in four older adults. Research shows that regular social interaction can decrease the risk of depression by up to 50%, and help improve memory, confidence, and even immune function. Just a simple conversation, a shared activity, or volunteering can have a powerful impact on overall well-being.

We also can't emphasize enough how important it is to keep moving. Falls are the leading cause of injury-related hospitalizations among seniors in Canada. The good news is, falls are largely preventable. Regular exercise, especially programs focused on balance, strength, and flexibility, can reduce the risk of falls by up to 40%. Whether it's joining one of our gentle fitness classes, taking a brisk walk with a friend, or even dancing at one of our socials, every bit of movement supports your body, mind, and spirit.

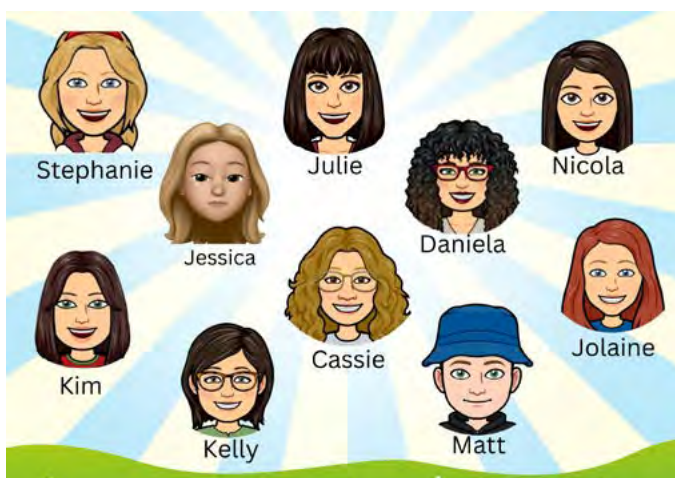
Looking ahead, we are thrilled to share that our Fall/Winter program lineup is more exciting and robust than ever! We're offering a wide variety of educational courses, fitness and wellness classes, cultural programs, and special events that will bring warmth and inspiration to the colder months. Highlights include community favourites like Oktoberfest, holiday bazaars, lunch and learns, and so much more. Whether you're looking to try something new, meet people, volunteer, or just have fun, there's a place for you here.

Our dedicated team is here to support you every step of the way, whether it's getting started with a fitness class, finding the right activity, volunteering your time, or simply finding joy in something new. We are proud to be a part of this vibrant, welcoming, and inspiring community of older adults who continue to show us the true meaning of living well.

Here's to staying active, staying connected, and making the most of every season together.

### The Seniors Team!

Cassie and Matt, Jessica and Bob, Stephanie and Daniela, Julie and Kelly, Jolaine and Nicola and Kim





### 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 Seniors 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](mailto: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.

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



## Benefits of Membership

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

- Register in Seniors 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 and Queen Elizabeth Park Older Adults 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 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 Fall and 2026 Winter Registration

**Registration for Fall programs opens Tuesday, August 12 at 7 a.m.**

**Registration for Winter programs opens Tuesday, December 2 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.

### Centre Closures

**August 4 - Emancipation Day**

**September 1 - Labour Day**

**October 13 - Thanksgiving**

**December closures - check with your centre for holiday hours**

**February 16 - Family Day**



## 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.

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



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or recommendation by the  
Town of Oakville Seniors Services**

## 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? We 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.



### SWAG Presents:

The SWAG team was proud to present several events. The second installment in the Housing Symposium series. We were honoured to partner with Access Abilities and Amica who generously sponsored the delicious lunch.

Our speakers included Councillor Cathy Duddeck, the team from Assante Capital Management, Garth Brown renovator and housing advocate, SpacesShared founder Rylan McKinnon and Zest Communities/St. Elizabeth Village Sheri Robins. It was an informative day with subject matter experts sharing their knowledge. With over 110 in attendance the team was thrilled to know so many people were engaged in a hot topic for many older adults in Halton and beyond.

Future SWAG presents events include: Caregiver 101 with the Ontario Caregiver Organization on Thursday, September 18, at 1:30 p.m. at Queen Elizabeth Park Older Adult Centre. The team is also working on an Artificial Intelligence AI workshop on November 6 for older adults to understand the benefits and potential pitfalls related to frauds and scams. See the special events section for more details.

On April 2nd we hosted a very informative virtual zoom presentation on Frauds and Scams with the Canadian Anti-Fraud Centre.

SWAG participated in an Information Fair and Open House on April 29, at Queen Elizabeth Park Community Cultural Centre. It had over 300 people in attendance with three rooms filled with senior information.

### Seniors Working Action Group (SWAG)

The Seniors Working Action Group (SWAG) is a senior advocacy group that works under the authority of the Town of Oakville, Recreation and Culture Department. In order to keep SWAG informed on senior issues we have Regional Councillor Cathy Duddeck on our Committee and every member belongs to at least one other senior organization. Our monthly minutes are distributed to Mayor Burton and all 14 Oakville Town Councillors. They are then posted on the Town website.

One of the mandates of SWAG is to provide senior's information to the Community by giving educational presentations and networking with other senior focused groups. We do both virtual and in-person events. SWAG is also represented on the Halton Age Friendly Network, the Halton Older Adult Advisory Committee, it's Communications sub committee which is responsible for updating the Older Adult Directory of Halton, the Halton Housing Information for Older Adults and all the Fast Facts brochures.

Your continued support of the Seniors Working Action Group (SWAG) is greatly appreciated. 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 or [darlco@sympatico.ca](mailto:darlco@sympatico.ca)

Julie Pennal: Program Supervisor Senior Services, 905 845-6601 ext.3978 or [julie.pennal@oakville.ca](mailto:julie.pennal@oakville.ca)



## 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 visit 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 (Assistant Programmer, QEPOAC) at 905-815-5979, ext. 4674.

## A Little Assistance Goes a Long Way

Everyone should enjoy the benefits that participation brings. The Recreation and Culture department would like to ensure that Oakville residents have the opportunity to access recreation and leisure services offered by the town. To help make this possible, financial assistance is available through the Recreation Connection program. Based on the total income of all family members in the household, if you qualify you will receive an amount that can be put towards memberships or programs. Visit [oakville.ca](http://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. The Terms of Reference have been updated and will be presented to Council. We are still consulting on the new Sixteen Mile Sports Complex, giving recommendations regarding programming and space for senior services in the building. If you have any questions or concerns, do not hesitate to contact any one of the members listed in the minutes.

-Lorna Van de Mosselaer, Chair

## 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](http://oakvilletransit.ca). Take advantage of this wonderful service and explore Oakville!





### Well Wishes

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

### Defibrillators

Town of Oakville facilities are equipped with portable defibrillators. All the units are wall-mounted. At the seniors centres, they are located near the front reception areas. 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-on-one 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.





## Community Spirit Awards

The 23rd annual Community Spirit Awards took place in June 2025. Many Seniors Services members were recognized for their contributions. All nominees were celebrated at Queen Elizabeth Park Community and Cultural Centre.

The award nominees were selected based on specific criteria, which included: dedicating time and effort to an Oakville organization or making a meaningful difference in Oakville over the past year; contributing to the Town of Oakville's vision of a vibrant and livable community; demonstrating at least one of the town's core values, such as leadership, inclusivity, and community spirit, addressing challenges and making a significant and lasting impact within the community.

## Congratulations to our nominees and recipients!

### Nominees:

- Kathy and Vince Carlin
- Anna Pittens
- QEP Older Adults Special Events Team
- Petra Van Rooy
- Eric Appadoo
- Lina Koehler

### Recipients:

- Alice Agar
- Iroquois Ridge Older Adult Centre Special Events Team





### King Charles III Coronation Medal

Ruth Sheridan was awarded the King Charles III Coronation Medal in May. This prestigious award recognizes outstanding contributions to the community and the nation.

Ruth's dedication and commitment have made a lasting impact. As a founding member of the Oakville EnVision Group, Ruth's efforts in securing speakers, advocating for Oakville's free transit for seniors, and uplifting members through thoughtful connections have ensured everyone in the Oakville community feels valued and heard. Ruth's passion and service embody the values that make Canada a better and more inclusive place for all.



### Oakville Seniors Centre/Trafalgar Park OAC 50th Anniversary

Congratulations to the members, volunteers, staff past and present on a beautiful milestone event. The day was perfect, friends reconnecting, memories shared and celebrated, memorabilia and a celebration of an incredible half century in the community. Check out the Trafalgar Park News section for details.





## Seniors Services Information Fair and Open House 2025

We were thrilled with the turnout, so many community members took the opportunity to learn about Oakville Senior Services and connect with local businesses. The day was filled with “Try Its” and opportunities to learn about the diverse programs offered at our centres. Thank you to Chartwell Retirement Residence, Amica, Vistamere Retirement Home, and Access Abilities for their generous support.

We’re already in planning mode for Spring 2026. Be on the lookout for the official announcement with the date and location—it’s an event you won’t want to miss! Whether you’re interested in fitness, arts, social groups, or wellness programs, this will be your chance to meet staff, ask questions, and explore everything we offer.



## Showcase Cabaret

Calling All Performers! Your chance to perform on stage at the QEP Black Box Theatre!

The Showcase Cabaret team is already planning for next year’s show in May 2026. It will feature the ‘Magic of Musical Theatre’.

If you are a singer, dancer, comedian, actor, musician, magician, ventriloquist, or arts performer, and are over 40, get in touch with us. We’ll be sure to let you know when auditions are scheduled, early in 2026. Stay tuned for details on our website: **<https://oakvilleshowcase.ca>**

The Showcase is a chance for talented over 40’s to perform in a show created just for them. We know there are lots of you out there. Watch the website for audition opportunities. If you’re not ready to audition – join the Showcase Academy – you’ll learn a fun group musical number to perform in the show.

Would you like to join our creative team? We’re looking for new members to join our planning committee. If you’re interested, please get in touch with Kathy at 416 879-6689.

For more info please email Barb at [1cabaret2024@gmail.com](mailto:1cabaret2024@gmail.com) or Jolaine at [jolaine.montgomery@oakville.ca](mailto:jolaine.montgomery@oakville.ca)







# In Memoriam

**October 2024**  
Kathleen Kinnear

**January 2025**  
Shirley Keates

**April 2025**  
Ken Idenouye

**November 2024**  
Rose Sekulich

**February 2025**  
Catherine Wallace

**May 2025**  
Marilyn Cumming  
Jean Kissick

**March 2025**  
Donald (Don) Baylis  
Susan Janet Hutchison

**July 2025**  
Richard Rochon





# Day Trips



All day trips go on sale on the designated sale date and may be purchased at the front desk of the Colborne Centre and at the front desk of Trafalgar Park Community Centre.

To purchase a day trip ticket you must have a valid Seniors Services membership.

There are no advance reservations. You must purchase your ticket in person or have a friend purchase your ticket for you. A member may purchase two tickets only. 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 and placed on your account. 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**

There are only two pick up locations available.

**Please note, your pick up location on your ticket.**

Parking is available 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.

QEP = Queen Elizabeth Park Community and Cultural Centre, 2303 Bridge Road

TP= 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.**

### **Featured Trips!**

#### **Tuesday, September 23**

##### **Kenny and Dolly**

Board a luxury coach bus and enjoy a visit to the Dutch Mill Country Market followed by a hot buffet lunch. Catch a musical journey like no other at the Gathering Place by the Grand and enjoy a fantastic tribute show that recreates the magic of Dolly Parton and Kenny Rogers.

Tickets are: \$140 and available July 28-Sept 3

#### **Wednesday, November 12**

##### **The Walters Family Classic Country Christmas**

Board a luxury coach bus and enjoy a buffet lunch at the Best Western followed by a joyous Christmas musical celebration at the Sanderson Centre.

Tickets are: \$155 and available Aug 4-Sept 29

**Check the bulletin boards for details!**





# Registered Programs



**T** Trafalgar Park Community Centre**IR** Iroquois Ridge Community Centre**G** Glen Abbey Community Centre**RO** River Oaks Community Centre**C** Sir John Colborne Recreation Centre  
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](http://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/Sept 18 - Dec 11	1:00pm - 3:00pm	\$199.49	13	<b>C</b>	122477
Thu/Jan 8 - Mar 12	1:00pm - 3:00pm	\$153.45	10	<b>C</b>	123381

### Aquatic Bone and Joint Therapeutic Care *Instructor: Julie Chandu-Lall (T), Lara Papaluca (F)*

The benefits of warm water movements are to reduce pain, swelling and inflammation and to help increase circulation. Learn movements to improve your balance, range of motion, posture and to help speed up recovery from injuries or surgeries. Designed for individuals with bone and joint degeneration with arthritis and for pre/post-hip and knee surgeries and injuries.

**NOTE: Due to current pool renovations, the start dates for the fall program are tentative and subject to change. Fees to be determined.**

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 30 - Dec 9	10:30am - 11:30am	\$TBD	11	<b>IR</b>	118620
Fri/Oct 3 - Dec 19	11:00am - 12:00pm	\$TBD	12	<b>IR</b>	130706
Tue/ Jan 6 - Mar 10	10:30am - 11:30am	\$TBD	10	<b>IR</b>	118667
Fri/Jan 9 - Mar 13	11:00am - 12:00pm	\$TBD	10	<b>IR</b>	131110



**Art Workshop: Card Making** *Instructor: Mary Lyons*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Nov 25	2:00pm 5:00pm	\$25.87	1	T	125614

**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/Sept 17 - Dec 10	3:30pm - 4:30pm	\$86.08	13	T	122592
Wed/Jan 7 - Mar 11	3:30pm - 4:30pm	\$66.22	10	T	123819

**Body Tone** *Instructor: Diane Gidaro*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 16 - Dec 9	9:00am - 10:00am	\$112.08	13	C	121985
Thu/Sept 18 - Dec 11	9:00am - 10:00am	\$112.08	13	C	122402
Tue/Jan 6 - Mar 10	9:00am - 10:00am	\$86.22	10	C	123295
Thu/Jan 8 - Mar 12	9:00am - 10:00am	\$86.22	10	C	123314





**Botanical Drawing** *Instructor: Mary Lyons*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jan 6 - Mar 17	11:30am - 1:30pm	\$168.80	11	T	125620

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

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

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Nov 17	9:15am - 11:45am	\$101.47	8	C	121814
No class Sept 22, Oct 13					

**Bridge: Basic 2 Bidding** *Instructor: Bogdan Kurek*

Focuses on all aspects of the new and improved bidding and responses, including overcalls and take out doubles. Prerequisite: Bridge - An Introduction or some bridge-playing experience

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Jan 5 - Mar 2	9:15am - 11:45am	\$101.47	8	C	123224
No class Feb 16					

**Bridge: Basic Conventions** *Instructor: Jackie Syer*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 18 - Nov 6	9:15am - 11:45am	\$101.47	8	C	122429

**Bridge: Defense** *Instructor: Bogdan Kurek*

A good bridge player must be a good defender, since you defend 50 per cent of the time. Learn opening leads, defensive signaling with your partner and when to play high and low. Prerequisite: Basics of Bidding and/or some bridge-playing experience

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jan 6 - Feb 24	9:15am - 11:45am	\$101.47	8	C	123297



**Bridge: Mentored Duplicate** *Instructor: Eileen Grady*

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/Sept 17- Nov 5	9:30am - 11:30am	\$81.18	8	Q	130000
Wed/Jan 7 - Feb 25	9:30am - 11:30am	\$81.18	8	Q	130001

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

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

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 16 - Nov 11	9:15am - 11:45am	\$101.47	8	C	121988

No class Sept 23

**Bridge: Supervised Play** *Instructor: Jackie Syer*

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
Thu/Jan 8 - Feb 26	9:15am - 11:45am	\$101.47	8	C	123369

**Celtic Fiddling-Level 1** *Instructor: Jill Yokoyama*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 19 - Oct 31	8:30am - 9:30am	\$53.71	7	C	122478

**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/Sept 19 - Oct 31	9:45am - 10:45am	\$53.71	7	C	122498



**Circuit Training** *Instructor: David Archibald (IR, RO), Lori Hawkins(Q), Tatjana/MC (O)*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	1:00pm - 2:00pm	\$103.46	12	Q	125071
Tue/Sept 16 - Dec 9	12:30pm - 1:30pm	\$112.08	13	O	133809
Wed/Sept 17 - Dec 10	12:00pm - 1:00pm	\$112.08	13	IR	118532
Thu/Sept 18 - Dec 11	12:00pm - 1:00pm	\$112.08	13	RO	125913
Mon/Jan 5 - Mar 9	1:00pm - 2:00pm	\$77.60	9	Q	125088
Tue/Jan 6 - Mar 10	12:30pm - 1:30pm	\$86.22	10	O	133822
Wed/Jan 7 - Mar 11	12:00pm - 1:00pm	\$86.22	10	IR	118670
Thu/Jan 8 - Mar 12	12:00pm - 1:00pm	\$86.22	10	RO	126077

No class Oct 13, Feb 16

**Coloured Pencils** *Instructor: Mary Lyons*

Colouring with pencil crayons enables a controlled approach to images. Discover many techniques including crosshatching and blending. Experiment with texture, colour mixing and water soluble pencils. Suitable for all levels. Material fee up to \$10.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 16 - Oct 28	11:30am - 1:30pm	\$107.42	7	T	125612





**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/Oct 29 - Dec 3	1:30pm - 2:30pm	\$108.75	6	C	122398

**Computer: Exploring Practical Uses for AI** *Instructor: David Carpenter*

Discover the fun of Artificial Intelligence (AI)! In this hands-on course, explore how AI can help you create unique recipes, documents, and digital paintings. No prior experience with AI is needed. Please bring your Windows or Apple laptop and get ready to experiment, learn, and be amazed.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 17 - Oct 22	1:30pm - 2:30pm	\$108.75	6	C	122279

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

Learn how to navigate your iPad, understand the status bars and icons, plus customize your display. Examine the iPad settings, Siri, the iOS digital assistant and how to use the core features such as email, web browsing with Safari, maps, notes, video conferencing with FaceTime and listening to music. Please bring your own iPad to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 17 - Oct 22	12:15pm - 1:15pm	\$108.75	6	C	122275

**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/Jan 14 - Feb 18	12:15pm - 1:15pm	\$108.75	6	C	123311



**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/Jan 14 - Feb 18	1:30pm - 2:30pm	\$108.75	6	C	123313

**Computer: Working with Windows 10/11** *Instructor: David Carpenter*

Learn how to navigate your Windows 10/11 laptop, understand the status areas and icons, plus how to customize your privacy. Examine the settings, and explore installing various apps such as web browsers, meetings, social media, documents, spreadsheets, and photo organization. Please bring your own laptop. Suitable for beginners or intermediate users wanting to improve their skills

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Oct 29 - Dec 3	12:15pm - 1:15pm	\$108.75	6	C	122387





**Cycle & Strength** *Instructor: Carol Higa (RO), Lori Hawkins (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/Sept 15 - Dec 15	11:30am - 12:30pm	\$112.08	13	RO	125912
Thu/Sept 18 - Dec 11	3:00pm - 4:00pm	\$112.08	13	Q	125072
Mon/Jan 5 - Mar 9	11:30am - 12:30pm	\$86.22	10	RO	126073
Thu/Jan 8 - Mar 12	3:00pm - 4:00pm	86.22	10	Q	125089

No class Oct 13, Feb 16

**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 cool down stretch to leave your mind, body and soul feeling refreshed.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 17 - Dec 10	12:00pm - 1:00pm	\$112.08	13	G Room A	119531
Wed/Jan 7 - Mar 11	12:00pm - 1:00pm	\$86.22	10	G Room A	120023

**Dance Fit-Chair** *Instructor: Miriam Reyes Castillo* 🪑

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/Sept 16 - Dec 9	11:30am - 12:30pm	\$112.08	13	T	122566
Tue/Jan 6 - Mar 17	11:30am - 12:30pm	\$94.84	11	T	123778



**Drawing Fundamentals of the Human Figure** *Instructor: Mary Lyons*

Learn to draw the human form with confidence using a variety of references, including photos, illustrations, and figurines - both clothed and nude. Through clear, beginner-friendly instruction, explore techniques like basic construction, proportion, form, and shading to bring your figures to life.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Nov 4 - Dec 9	11:30am - 1:30pm	\$92.07	6	T	125687

**Drawing-Level 1** *Instructor: Mary Lyons*

Learn the fundamentals of drawing while exploring different media and techniques. It's time to lessen your fear and increase enjoyment as you learn in a supportive environment. Suitable for beginners and experienced alike. Get inspired and develop your talent.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 16 - Dec 9	9:00am - 11:00am	\$199.49	13	T	125606

**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/Jan 6 - Mar 17	9:00am - 11:00am	\$168.80	11	T	125617

**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 cool down.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 18 - Dec 11	1:30pm - 2:30pm	\$112.08	13	Q	125073
Thu/Jan 8 - Mar 12	1:30pm - 2:30pm	\$86.22	10	Q	125091



**French-Level 1** *Instructor: Marguerite Broten*

A great introduction to the French language in a relaxed setting. Emphasizes communication for everyday situations. Expand your vocabulary and learn to conjugate verbs.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	9:00am - 10:30am	\$126.66	11	T	122525
Mon/Jan 5 - Mar 16	9:00am - 10:30am	\$115.15	10	T	123553

No class Oct 13, Oct 20, Feb 16

**French-Level 2** *Instructor: Marguerite Broten*

Practice and improve your spoken French. Expand your vocabulary through basic conversations in a relaxed, informal setting. Some knowledge of conversational French is necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	10:45am - 12:15pm	\$126.66	11	T	122535
Mon/Jan 5 - Mar 16	10:45am - 12:15pm	\$115.15	10	T	123581

No class Oct 13, Oct 20, Feb 16

**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/Sept 15 - Dec 8	12:30pm - 2:00pm	\$126.66	11	T	122538
Mon/Jan 5 - Mar 16	12:30pm - 2:00pm	\$115.15	10	T	123588

No class Oct 13, Oct 20, Feb 16





**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/Sept 16 - Dec 9	4:30pm - 5:30pm	\$112.08	13	C	122209
Tue/Jan 6 - Mar 10	4:30pm - 5:30pm	\$86.22	10	C	123302

**Gentle Osteo Fit** *Instructor: Leah Nicoletta*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 15	2:00pm - 3:00pm	\$112.08	13	IR	118521
Wed/Sept 17 - Dec 10	1:45pm - 2:45pm	\$112.08	13	IR	118523
Fri/Sept 19 - Dec 19	9:30am - 10:30am	\$120.71	14	IR	118534
Mon/Jan 5 - Mar 9	2:00pm - 3:00pm	\$77.60	9	IR	118666
Wed/Jan 7 - Mar 11	1:45pm - 2:45pm	\$86.22	10	IR	118659
Fri/Jan 9 - Mar 13	9:30am - 10:30am	\$86.22	10	IR	118660

No class Oct 13, Feb 16

**Guitar Lessons-Level 1** *Instructor: Dyanne Dumas*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 19 - Dec 12	9:45am - 10:45am	\$92.07	12	C	123182
Fri/Sept 19 - Dec 12	11:00am - 12:00pm	\$92.07	12	C	122516
Fri/Jan 9 - Mar 13	9:45am - 10:45am	\$76.73	10	C	123383
Fri/Jan 9 - Mar 13	11:00am - 12:00pm	\$76.73	10	C	123384

No class Nov 14



**Guitar Lessons-Level 2** *Instructor: Dyanne Dumas*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 19 - Dec 12	12:15pm - 1:15pm	\$92.07	12	C	122520
Fri/Sept 19 - Dec 12	2:45pm - 3:45pm	\$92.07	12	C	123213
Fri/Jan 9 - Mar 13	12:15pm - 1:15pm	\$76.73	10	C	123385
Fri/Jan 9 - Mar 13	2:45pm - 3:45pm	\$76.73	10	C	123388

No class Nov 14

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

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

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 19 - Dec 12	1:30pm - 2:30pm	\$92.07	12	C	123209
Fri/Jan 9 - Mar 13	1:30pm - 2:30pm	\$76.73	10	C	123386

No class Nov 14

**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
Tue/Sept 16 - Dec 9	2:00pm - 3:00pm	\$112.08	13	T	122570
Tue/Jan 6 - Mar 17	2:00pm - 3:00pm	\$94.84	11	T	123787



**History of the Automobile** *Instructor: George Sanford*

In this class, we'll explore the fascinating history of the automobile—from its earliest days to today's cutting-edge designs. We'll look at engineering breakthroughs, artistic innovations, and the incredible ways cars have shaped culture, family life, and the modern world. Take a drive down memory lane and rediscover the life you've lived in and around the car.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 18 - Dec 11	9:30am - 11:30am	\$131.92	13	T	123854

**History of Music for Film** *Instructor: George Sanford*

Explore rich and diverse musical scores of many beloved films dating back to the 1900s. We will start with the silent film era and make our way to the most prolific synchronized scores of today. Discover and enjoy the beauty of cinematic music, while recalling memories of the past.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 18 - Dec 11	1:00pm - 3:00pm	\$131.92	13	C	122468

**History of the Nude in Art** *instructor: George Sanford*

The nude in art has been a constant from 280,000 years ago to present day. Examine our representation of the human body and one's self in cave drawings, painting, sculpture, mosaics, photography and film.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jan 8 - Mar 12	1:00pm - 3:00pm	\$101.47	10	C	123541

**History of an Opera and a Symphony Per Class** *Instructor: George Sanford*

Dive into the thrilling world of music—exploring timeless symphonies, dramatic opera plots, and the brilliant minds behind the masterpieces. Uncover how these powerful works are crafted, along with the myths and memories they carry. Whether you're hearing them for the first time or falling in love all over again, this journey will spark your imagination and deepen your appreciation for the art of the opera and symphonies.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jan 8 - Mar 19	9:30am - 11:30am	\$111.62	11	T	123822



## **Movement, Mindfulness and Meditation** *Instructor: Leah Nicoletta* 🧘

This class will involve the three 'M's' - Movement, Mindfulness and Meditation. The first, movement, will involve gentle yoga poses which stretch the body, ease tension and shed the body's restlessness. The second, mindfulness, will entail Pranayama (breathing) exercises which require drawing the senses inward, focusing on the breath and guiding the mind to a single point of focus. The first two steps prepare the body and mind for the third, meditation. The majority of time will be spent in meditation.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 19 - Oct 31	12:00pm - 1:00pm	\$51.73	6	IR	118520
Fri/Jan 9 - Feb 13	12:00pm - 1:00pm	\$51.73	6	IR	118674

No class Oct 10

## **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. Note: Leather or smooth sole shoes recommended.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 16 - Dec 9	12:30pm - 1:30pm	\$112.08	13	IR	118525
Tue/Sept 23 - Dec 9	3:15pm - 4:15pm	\$103.46	12	C	122208
Tue/Jan 6 - Mar 10	12:30pm - 1:30pm	\$86.22	10	IR	118655
Tue/Jan 6 - Mar 10	3:15pm - 4:15pm	\$86.22	10	C	123300

## **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. Note: Leather or smooth sole shoes recommended.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 22 - Dec 15	12:30pm - 1:30pm	\$103.46	12	C	121977
Mon/Sept 22 - Dec 15	9:30am - 10:30am	\$103.46	12	IR	118538
Mon/Jan 5 - Mar 9	12:30pm - 1:30pm	\$77.60	9	C	123288
Mon/Jan 5 - Mar 10	9:30am - 10:30am	\$77.60	9	IR	118661

No class Oct 13, Feb 16



**Low Intensity Fitness** *Instructor: June Lee, Mon, Fri (C); Cathie Hunt, Tue, Thu (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 cool down with stretching for mind, body and soul. Mat work is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	11:00am - 12:00pm	\$103.46	12	C	121975
Tue/Sept 16 - Dec 9	9:00am - 10:00am	\$112.08	13	T	122549
Thu/Sept 18 - Dec 11	9:00am - 10:00am	\$112.08	13	T	122656
Fri/Sept 19 - Dec 12	12:30pm - 1:30pm	\$103.46	12	C	123220
Mon/Jan 5 - Mar 9	11:00am - 12:00pm	\$77.60	9	C	123286
Tue/Jan 6 - Mar 17	9:00am - 10:00am	\$94.84	11	T	123763
Thu/Jan 8 - Mar 19	9:00 am - 10:00 am	\$94.84	11	T	123823
Fri/Jan 9 - Mar 13	12:30pm - 1:30pm	\$86.22	10	C	123391

No class Oct 13, Nov 14 (C), Feb 16

**Nia** *Instructor: Leslie McHugh (C)*

Based on the principle of "the joy of movement," (Neuromuscular Integrative Action) is a low-impact, high-energy, dance-like workout for the body, mind and spirit. Nia incorporates movements and philosophies from both eastern and western traditions of martial arts, dance arts and healing arts. Improve your cardio fitness, strength, muscle and joint flexibility, and range of motion.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 19 - Dec 12	11:15am - 12:15pm	\$103.46	21	C	123217
Fri/Jan 9 - Mar 13	11:15am - 12:15pm	\$86.22	10	C	123389

No class Nov 14



### 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 adaptations 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/Sept 16 - Dec 9	1:00pm - 2:00pm	\$112.08	13	T	122568
Tue/Jan 6 - Mar 17	1:00pm - 2:00pm	\$94.84	11	T	123785

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

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

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 16 - Dec 9	10:15am - 11:15am	\$112.08	13	C	122197
Wed/Sept 17 - Dec 10	11:00 am - 12:00pm	\$112.08	13	C	122236
Fri/Sept 19 - Dec 12	1:45pm - 2:45pm	\$103.46	12	C	123222
Tue/Jan 6 - Mar 10	10:15am - 11:15am	\$86.22	10	C	123299
Wed/Jan 7 - Mar 11	11:00am - 12:00pm	\$86.22	10	C	123305
Fri/Jan 9 - Mar 13	1:45pm - 2:45pm	\$86.22	10	C	123393

No class Nov 14

### 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/Sept 18 - Dec 11	10:30am - 11:30am	\$112.08	13	Q	125074
Thu/Jan 8 - Mar 12	10:30am - 11:30am	\$86.22	10	Q	125092



**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/Sept 18 - Oct 30	10:00am - 11:00am	\$46.35	7	Q	125081
Thu/Nov 6 - Dec 11	10:00am - 11:00am	\$39.73	6	Q	125082
Thu/Jan 8 - Feb 5	10:00am - 11:00am	\$33.11	5	Q	125217
Thu/Feb 12 - Mar 12	10:00am - 11:00am	\$33.11	5	Q	125218





**Pickleball-Beginner** *Instructor: Sandy Gerylo (Q), Jeremy Nykamp (IR), TBD (T)*

Have you ever wanted to play pickleball but didn't know how? Look no further as this program will allow you to familiarize yourself with the rules of pickleball and develop skills in a drill-based program focused on preparing you to start playing games. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon Sept 15 - Dec 15	10:30am - 11:30am	\$86.08	13	 Gym	119438
Mon/Sept 15 - Oct 27	12:30pm - 1:30pm	\$39.73	6		118535
Mon/Nov 3 - Dec 8	12:30pm - 1:30pm	\$39.73	5		118519
Thu/Sept 18 - Oct 30	11:00am - 12:00pm	\$46.35	7		125083
Thu/Sept 18 - Oct 30	2:30pm - 3:30pm	\$46.35	7		122673
Thu/Sept 18 - Oct 30	3:30pm - 4:30pm	\$46.35	7		122675
Thu/Nov 6 - Dec 11	11:00am - 12:00pm	\$39.73	6		125084
Thu/Nov 6 - Dec 11	2:30pm - 3:30pm	\$39.73	6		122676
Thu/Nov 6 - Dec 11	3:30pm - 4:30pm	\$39.73	6		122677
Mon/Jan 5 - Mar 9	10:30am - 11:30am	\$59.60	9	 Gym	119833
Mon/Jan 5 - Jan 26	12:30pm - 1:30pm	\$26.49	4		118656
Mon/Feb 2 - Mar 2	12:30pm - 1:30pm	\$26.49	4		118665
Thu/Jan 8 - Feb 5	11:00am - 12:00pm	\$33.11	5		125219
Thu/Jan 8 - Feb 12	2:30pm - 3:30pm	\$39.73	6		123833
Thu/Jan 8 - Feb 12	3:30pm - 4:30pm	\$39.73	6		123834
Thu/Feb 12 - Mar 12	11:00am - 12:00pm	\$33.11	5		125220
Thu/Feb 19 - Mar 19	2:30pm - 3:30pm	\$33.11	5		123835
Thu/Feb 19 - Mar 19	3:30pm - 4:30pm	\$33.11	5		123836

No class Oct 13, Feb 16

**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/Sept 5 - Oct 3	9:00am - 10:00am	\$33.11	5	Glenashton Park	118621
Fri/Oct 10 - Nov 7	9:00am - 10:00am	\$33.11	5	Glenashton Park	118623



**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/Sept 15 - Dec 15	11:30am - 12:30pm	\$86.08	13	<b>G</b> Gym	119439
Mon/Sept 15 - Oct 27	1:35pm - 2:35pm	\$39.73	6	<b>IR</b>	118527
Mon/Nov 3 - Dec 8	1:35pm - 2:35pm	\$39.73	6	<b>IR</b>	118529
Mon/Jan 5 - Mar 9	11:30am - 12:30pm	\$59.60	9	<b>G</b> Gym	119834
Mon/Jan 5 - Jan 26	1:35pm - 2:35pm	\$26.49	4	<b>IR</b>	118654
Mon/Feb 2 - Mar 2	1:35pm - 2:35pm	\$26.49	4	<b>IR</b>	118662

No class Oct 13, Feb 16

**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/Sept 5 - Oct 3	10:00am - 11:00am	\$33.11	5	Glenashton Park	118624
Fri/Oct 10 - Nov 7	10:00am - 11:00am	\$33.11	5	Glenashton Park	118625





### Pilates for Seniors-Level 1 *Instructor: Hala Haffar, Tatjana (O)*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	9:00am - 10:00am	\$120.41	12	Q	125075
Mon/Sept 15 - Dec 15	3:15pm - 4:15pm	\$130.45	13	O	133807
Wed/Sept 17 - Dec 10	9:00am - 10:00am	\$130.45	13	T	122587
Wed/Sept 17 - Dec 10	10:00am - 11:00am	\$130.45	13	T	122588
Mon/Jan 5 - Mar 9	9:00am - 10:00am	\$90.31	9	Q	125093
Mon/Jan 5 - Mar 9	3:15pm - 4:15pm	\$90.31	9	O	133808
Wed/Jan 7 - Mar 18	9:00am - 10:00am	\$110.38	11	T	123809
Wed/Jan 7 - Mar 18	10:00am - 11:00am	\$110.38	11	T	123813

No class Oct 13, Feb 16

### 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/Sept 15 - Dec 8	10:15am - 11:15am	\$120.41	12	Q	125076
Wed/Sept 17 - Dec 10	10:30am - 11:30am	\$130.45	13	T	122589
Mon/Jan 5 - Mar 9	10:15am - 11:15am	\$90.31	9	Q	125095
Wed/Jan 7 - Mar 18	10:30am - 11:30am	\$110.38	11	T	123815

No class Oct 13, Feb 16



**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/Sept 15 - Dec 8	9:15am - 10:15am	\$103.46	12	T	122524
Wed/Sept 17 - Dec 10	9:15am - 10:15am	\$112.08	13	T	122583
Fri/Sept 19 - Dec 12	9:15am - 10:15am	\$112.08	13	T	122961
Mon/Jan 5 - Mar 16	9:15am - 10:15am	\$86.22	10	T	123552
Wed/Jan 7 - Mar 18	9:15am - 10:15am	\$94.84	11	T	123798
Fri/Jan 9 - Mar 20	9:15am - 10:15am	\$94.84	11	T	123840

No class Oct 13, Feb 16

**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/Sept 17 - Dec 10	1:30pm - 2:30pm	\$112.08	13	G Room A	119532
Wed/Jan 7 - Mar 11	1:30pm - 2:30pm	\$86.22	10	G Room A	120024



**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/Sept 16 - Dec 9	1:45pm - 3:15pm	\$149.62	13	C	122204

**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/Sept 18 - Dec 11	9:00am - 10:30am	\$149.62	13	C	122432

**Spanish for Travellers - Level 2** *Instructor: Sara Chapin*

Travelling to a Spanish-speaking country? Have fun expanding your basic vocabulary and phrases to increase your conversational abilities. Prerequisite: Spanish for Travellers - Level 1.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 18 - Dec 11	10:45am - 12:15pm	\$149.62	13	C	122454

**Square Dancing** *Instructor: Bill Hands*

Join us for olde tyme square dancing in which a caller/instructor leads you through simple dances. No partner is necessary. Exercise while you are having fun. Beginners welcome. Wear comfortable clothing and shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Oct 17 - Dec 19	1:00pm - 2:30pm	\$76.16	10	IR	118537
Fri/Jan 9 - Mar 13	1:00pm - 2:30pm	\$76.16	10	IR	118664



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

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

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 25 - Dec 11	10:30am - 11:30am	\$103.46	12	C	122457
Thu/Jan 8 - Mar 12	10:30am - 11:30am	\$86.22	10	C	123370

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

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

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 17 - Dec 10	3:00pm - 4:00pm	\$112.08	13	C	122272
Wed/Jan 7 - Mar 11	3:00pm - 4:00pm	\$86.22	10	C	123308

**Tai Chi-Gentle** *Instructor: Marilyn Chalmers* 🪑

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

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 15	10:30am - 11:30am	\$112.08	13	IR	118533
Mon/Jan 5 - Mar 9	10:30am - 11:30am	\$77.60	9	IR	118673

No class Oct 13, Feb 16



**Tai Chi-Yang Style 24 - Level 1** *Instructor: John Leard*

Take part in this ancient Chinese exercise that involves learning a sequence of slow, flowing movements that promote relaxation and improve concentration, balance and coordination. This simplified 24 movement form is a condensed version of the popular Yang Style sequences.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	10:00am - 11:00am	\$103.46	12	T	122533
Mon/Sept 15 - Dec 8	1:00pm - 2:00pm	\$103.46	12	T	122534
Mon/Jan 5 - Mar 16	10:00am - 11:00am	\$86.22	10	T	123572
Mon/Jan 5 - Mar 16	1:00pm - 2:00pm	\$86.22	10	T	123574

No class Oct 13, Feb 16

**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.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	11:00am - 12:00pm	\$103.46	12	T	122536
Mon/Sept 15 - Dec 8	2:00pm - 3:00pm	\$103.46	12	T	122537
Mon/Jan 5 - Mar 16	11:00am - 12:00pm	\$86.22	10	T	123576
Mon/Jan 5 - Mar 16	2:00pm - 3:00pm	\$86.22	10	T	123578

No class Oct 13, Feb 16





**Tap Dancing** *Instructor: Sarah Van Duyvenvoorde*

Shuffle on over. Great fun and good exercise, tap dancing keeps you on your toes. Open to anyone with a solid understanding of tap technique and terminology.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	9:30am - 10:30am	\$103.46	12	Q	125070
Mon/Jan 5 - Mar 9	9:30am - 10:30am	\$77.60	9	Q	125087
No class Oct 13, Feb 16					

**Tap Dancing-Happy Tappers** *Instructor: Heidi Knapp*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 17 - Nov 19	9:30am - 10:30am	\$86.22	10	Q	125069
Wed/Jan 7 - Jan 28	9:30am - 10:30am	\$34.49	4	Q	125085

**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/Sept 16 - Dec 9	11:30am - 12:30pm	\$112.08	13	Q	125077
Wed/Sept 17 - Dec 10	11:30am - 12:30pm	\$112.08	13	Q	125078
Tue/Jan 6 - Mar 10	11:30am - 12:30pm	\$86.22	10	Q	125096
Wed/ Jan 7 - Mar 11	11:30am - 12:30pm	\$86.22	10	Q	125097



**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/Sept 15 - Oct 27	10:00am - 12:00pm	\$92.07	6	IR	118522
Fri/Sept 19 - Dec 12	11:00am - 1:00pm	\$184.14	12	C	123223
Mon/Jan 5 - Jan 30	10:00am - 12:00pm	\$61.38	4	IR	118669
Fri/Jan 9 - Mar 12	11:00am - 1:00pm	\$153.45	10	C	123394

No class Oct 13, , Nov 14, Feb 16

**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/Nov 3 - Dec 8	10:00am - 12:00pm	\$92.07	6	IR	118528
Thu/Sept 18 - Dec 11	9:00am - 11:00am	\$199.49	13	T	122664
Thu/Sept 18 - Dec 11	11:15am - 1:15pm	\$199.49	13	T	122666
Mon/Feb 2 - Mar 9	10:00am - 12:00pm	\$76.73	5	IR	118672
Thu/Jan 8 - Mar 19	9:00am - 11:00am	\$168.80	11	T	123829
Thu/Jan 8 - Mar 19	11:15am - 1:15pm	\$168.80	11	T	123830

No class Feb 16



**Watercolour Painting-Landscapes** *Instructor: Frances Tyrell*

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/Sept 16 - Dec 9	9:30am - 11:30am	\$199.49	13	C	121991
Tue/Jan 6 - Mar 10	9:30am - 11:30am	\$153.45	10	C	123298

**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/Sept 17 - Dec 10	12:30pm - 2:30pm	\$199.49	13	C	122273
Wed/Jan 7 - Mar 11	12:30pm - 2:30pm	\$153.45	10	C	123310





## Weight Training Women Plus *Instructor: Cathie Hunt (Tue & Thu a.m.), Sue Borg (Thu 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
Mon/Sept 15 - Dec 8	1:30pm - 2:30pm	\$179.94	12	T	122526
Tue/Sept 16 - Dec 9	10:15am - 11:15pm	\$194.49	13	T	122551
Tue/Sept 16 - Dec 9	3:00pm - 4:00pm	\$194.49	13	T	122571
Thu/Sept 18 - Dec 11	10:15am - 11:15am	\$194.94	13	T	122657
Tue/Jan 6 - Mar 17	10:15am - 11:15am	\$164.95	11	T	123766
Tue/Jan 6 - Mar 17	3:00pm - 4:00pm	\$167.95	11	T	123789
Thu/Jan 8 - Mar 19	10:15am - 11:15am	\$164.95	11	T	123826

No class Oct 13

## Weight Training Women Plus - Level 2 *Instructor: Cathie Hunt*

This program is designed for those with previous strength training experience or who have completed the Weight Training Women program. Led by a certified personal trainer, sessions take place in our weight room and are tailored specifically for women aged 50 and up. With small class sizes, you'll receive personalized attention to help you get the most out of your workout.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 8	2:45pm - 3:45pm	\$179.94	12	T	122527
Thu/Sept 18 - Dec 11	1:00pm - 2:00pm	\$194.94	13	T	122670
Thu/Jan 8 - Mar 19	1:00pm - 2:00pm	\$164.95	11	T	123831

No class Oct 13



**Wood Carving** *Instructor: Don Hellam*

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

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 18 - Dec 11	9:30am - 11:30am	\$199.49	13	C	122474
Thu/Jan 8 - Mar 12	9:30am - 11:30am	\$153.45	10	C	123377





**Yoga-Chair 50+** *Instructor: Lara Papaluca Mon (T); Jessie Sall 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/Sept 15 - Dec 8	10:30am - 11:30am	\$103.46	12	T	122528
Mon/Sept 15 - Dec 8	11:30am - 12:30pm	\$103.46	12	T	122529
Mon/Sept 15 - Dec 15	12:00pm - 1:00pm	\$112.08	13	RO Room D	125918
Thu/Sept 18 - Dec 11	10:45am - 11:45am	\$112.08	13	G Room A	119496
Thu/Sept 18 - Dec 11	12:00pm - 1:00pm	\$112.08	13	O F Studio	121064
Thu/Jan 8 - Mar 12	10:45am- 11:45am	\$86.22	10	G Room A	119886
Fri/Sept 19 - Dec 12	2:15pm - 3:15pm	\$112.08	13	T	122973
Fri/Sept 19 - Dec 12	9:30am - 10:30am	\$112.08	13	RO	125924
Mon/Jan 5 - Mar 13	12:00pm - 1:00pm	\$86.22	10	RO Room D	126079
Fri/Jan 9 - Mar 13	9:30am - 10:30am	\$86.22	10	RO Room D	126080
Fri/Jan 9 - Mar 13	2:15pm - 3:15pm	\$94.84	10	T	123844
Mon/Jan 5 - Mar 16	10:30am - 11:30am	\$86.22	10	T	123562
Mon/Jan 5 - Mar 16	11:30am - 12:30pm	\$86.22	10	T	123567
Thu/Jan 8 - Mar 12	12:00pm - 1:00pm	\$86.22	10	O	124175

No class Oct 13, Feb 16



**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/Sept 18 - Dec 11	12:00pm - 1:00pm	\$112.08	13	IR	118524
Thu/Jan 8 - Mar 12	11:15am - 12:15pm	\$86.22	10	IR	118663

**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/Sept 17 - Dec 10	12:30pm - 1:30pm	\$112.08	13	C	122242
Fri/Sept 19 - Dec 12	9:30am - 10:30am	\$112.08	13	Q	125080
Fri/Sept 19 - Dec 19	1:30pm - 2:30pm	\$120.71	14	IR	118531
Wed/Jan 7 - Mar 11	12:30pm - 1:30pm	\$86.22	10	C	123306
Fri/Jan 9 - Mar 13	9:30am - 10:30am	\$86.22	10	Q	125098
Fri/Jan 9 - Mar 13	1:30pm - 2:30pm	\$86.22	10	IR	118658





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

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 15 - Dec 15	11:15am - 12:15pm	\$112.08	13	<b>G</b> Room A	119436
Mon/Sept 15 - Dec 15	12:55pm - 1:55pm	\$112.08	13	<b>IR</b>	118536
Tue/Sept 16 - Dec 9	11:15am - 12:15pm	\$112.08	13	<b>Q</b>	125079
Wed/Sept 17 - Dec 10	11:45am - 12:45pm	\$112.08	13	<b>T</b>	122590
Wed/Sept 17 - Dec 10	1:00pm - 2:00pm	\$112.08	13	<b>T</b>	122591
Wed/Sept 17 - Dec 10	1:45pm - 2:45pm	\$112.08	13	<b>C</b>	122244
Fri/Sept 19 - Dec 12	1:00pm - 2:00pm	\$112.08	13	<b>T</b>	122970
Mon/Jan 5 - Mar 9	11:15am - 12:15pm	\$77.60	9	<b>G</b> Room A	119850
Mon/Jan 5 - Mar 9	12:55pm - 1:55pm	\$77.60	9	<b>IR</b>	118668
Tue/ Jan 6 - Mar 10	11:15am - 12:15pm	\$86.22	10	<b>Q</b>	125099
Wed/Jan 7 - Mar 18	11:45am - 12:45am	\$94.84	11	<b>T</b>	123816
Wed/Jan 7 - Mar 18	1:00pm - 2:00pm	\$94.84	11	<b>T</b>	123818
Wed/Jan 7 - Mar 11	1:45pm - 2:45pm	\$86.22	10	<b>C</b>	123307




No class Oct 13, Feb 16





**Yoga - Level 2** *Instructor: Leah Nicoletta, Linda Renco (G)*





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
Mon/Sept 15 - Dec 15	10:00am - 11:00am	\$112.08	13		133243
Thu/Sept 18 - Dec 11	1:15pm - 2:15pm	\$112.08	13	 Fitness Studio	121065
Fri/Sept 19 - Dec 19	10:45am - 11:45am	\$120.71	14		118530
Mon/Jan 5 - Mar 9	10:00am - 11:00am	\$77.60	9		133244
Thu/Jan 8 - Mar 12	1:15pm - 2:15pm	\$86.22	10	 Fitness Studio	124176
Fri/Jan 9 - Mar 13	10:45am - 11:45am	\$86.22	10		118657
Fri/Jan 9 - Mar 20	2:15pm - 3:15pm	\$94.80	11		123844

No class Oct 13, Feb 16

**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/Sept 16 - Dec 9	10:15am - 11:15am	\$112.08	13		122560
Thu/Sept 18 - Dec 11	10:15am - 11:15am	\$112.08	13		122659
Tue/Jan 6 - Mar 17	10:15am - 11:15am	\$94.84	11		123773
Thu/Jan 8 - Mar 19	10:15am - 11:15am	\$94.84	11		123827





# Drop-in Activities



**T** Trafalgar Park Community Centre

**IR** Iroquois Ridge Community Centre

**RO** River Oaks Community Centre

**C** Sir John Colborne Recreation Centre for Seniors

**Q** Queen Elizabeth Park Community and Cultural Centre

Walk-ins are welcome as space permits.

For many of our drop-in programs, you must arrive within 15 minutes of the start time or your spot may be offered to those waiting.

However, we have launched a pilot to improve access to high-demand drop-in programs. The 15-minute grace period does not apply for the following:

- Pickleball
- Table tennis
- Badminton

To avoid losing your spot, we encourage you to arrive a few minutes early to check in and get ready for your activity. If you are not checked in by the scheduled start time, your reserved spot will be given to someone waiting to participate. No refunds will be issued for missed or late arrivals once a spot has been reassigned.

### 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: September 1, October 13, December 25, 26, Jan 1, February 16.**





A heartfelt thank  
you to all our  
amazing volunteers!





# Seniors Information Fair and Open House!



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\*Not intended to solicit properties currently listed for sale or buyers under contract



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**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	 Room A/B
Tuesday	6:30pm - 8:30pm	\$0	 Room A/B

Cancelled Oct 13, Dec 23, Feb 16

**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
Tuesday	2:30pm - 4:30pm	\$0	 Gym
Thursday	1:00pm - 3:00pm	\$0	 Double Gym
Friday	9:00am - 11:00pm	\$0	 Auditorium
Monday	1:00pm - 2:00pm	\$0	 Double Gym

Cancelled Oct 13, Feb 16

**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	 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	<b>T</b> MP2
Tuesday*	7:00pm - 9:00pm	\$0	<b>C</b> Lounge
Wednesday	1:00pm - 4:00pm	\$0	<b>IR</b> Southridge

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

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

Cancelled Aug 26, Dec 23(C)

**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

- Sept 11**      *Violeta* by Isabel Allende
- Oct 9**        *The Woman* by Kristin Hannah
- Nov 13**      *The Great Gatsby* by F. Scott Fitzgerald
- Dec 11**      General Discussion
- Jan 8**        *Small Things Like These* by Claire Keegan
- Feb 12**      *Dictionary of Lost Words* by Pip Williams
- Mar 12**      *Berry Pickers* by Amanda Peters

Day/Dates	Time	Fee	Location
Second Thursday	1:30pm - 3:00pm	\$0	<b>T</b> Multipurpose 1






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

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

<b>Sept 25</b>	<i>The Housemaid</i> by Freida McFadden
<b>Oct 23</b>	<i>The Wonder</i> by Emma Donoghue
<b>Nov 27</b>	<i>Another Glass of Tea and Skipping Stones</i> by Katherine Ward
<b>Dec</b>	Date of meeting to be decided at a later date
<b>Jan 22</b>	<i>The Song of the Lark</i> by Willa Cather
<b>Feb 26</b>	<i>Remarkably Bright Creatures</i> by Shelby Van Pelt
<b>Mar 26</b>	<i>The Berry Pickers</i> by Amanda Peters

Day/Dates	Time	Fee	Location
Fourth Thursday/month	10:00am - 11:30am	\$0	 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.

<b>Sept 17</b>	<i>The Grey Wolf</i> by Louise Penny
<b>Oct 15</b>	<i>The Four Winds</i> by Kristin Hannah
<b>Nov 19</b>	<i>Anxious People</i> by Fredrick Backman
<b>Dec 17</b>	<i>The Paris Deception</i> by Bryn Turnbull
<b>Jan 21</b>	<i>What Comes Echoing Back</i> by Leo McKay Jr.
<b>Feb 18</b>	<i>The Briar Club</i> by Kate Quinn
<b>March 18</b>	<i>My Name is Emilia Vallee</i> by Isabel Allende

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



**Book Club** - Convenor: Susan Carey

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

<b>Oct 30</b>	<i>The Air Raid Book Club</i> by Annie Lyons
<b>Nov 27</b>	<i>The Paris Deception</i> by Bryn Turnbull
<b>Jan 29</b>	<i>The Little Wartime Library</i> by Kate Thompson
<b>Feb 26</b>	<i>The Lost Book of Bonn</i> by Brianna Labuskis
<b>Mar 26</b>	<i>The Woman Who Smashed Codes</i> by Jason Fagone

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

**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-12:30 p.m. Official start is 12:30 p.m. Note: Sit outs may be necessary due to numbers. Participants will rotate into the game after one or two hands.

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 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Tuesday	6:15pm - 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: Judy and Alfred Loeffler*

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

**Chess Club** *Convenor: Tony Tommasone*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$0	<span>T</span> 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	<span>C</span> 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	<span>IR</span> IROAC
Wednesday	12:30pm - 2:30pm	\$0	<span>T</span> MP3





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

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

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






## DVD Lecture Series


### The African Experience from “Lucy” to Mandela *Convenor: Heather Denison and Jackie Hurn McGahey*

The story of Africa is the oldest and most event-filled chronicle of human activity on the planet. The course traces the story of the sub-Saharan region from the earliest evidence of human habitation to the latest challenges facing African nations in the 21st century. Africa’s people, places, languages, and customs will come vividly to life, and you will be able to follow events in present-day Africa in their deep historical context. Session will run Sept 9-Dec 16 and Jan 6-20.

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

### Bob Krist’s-Off the Beaten Path *Convenor: Heather Denison and Jackie Hurn McGahey*

Join experienced travel photographer Bob Krist on a 28-episode journey through the Azores, Mexico, Maine, and Venice, exploring the tapestry of cultures, enduring customs, and stunning landscapes that make each region so unique. Session will run Jan 27-Feb 17.

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

### The Celtic World *Convenor: Marlene Bristol*

Discover the incredible story of the Celtic-speaking peoples, who’s art, language, and culture once spread from Ireland to Austria. This series of 24 enlightening lectures explains the traditional historical view of who the Celts were, then contrasts it with brand-new evidence from DNA analysis and archeology that totally changes our perspective on where the Celts came from. European history and culture have been profoundly affected by the Celts, from the myth of King Arthur to the very map of the United Kingdom, where the English confronted the peoples of the “Celtic Fringe”. Session will run Oct 29-Dec 17.

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

### Late Middle Ages *Convenor: Marlene Bristol*

The Late Middle Ages, the two centuries from 1300 to 1500 might seem like a distant era, but students of history are still trying to reach a consensus about how it should be interpreted. Was it an era of calamity or rebirth? Was it still clearly medieval or the period in which humanity took its first decisive steps into modernity? These twenty-four provocative lectures introduce you to the age’s major events, personalities, and developments, and arms you with the essentials you need to form your own ideas about this age of extremes. Session will run Jan 7-Feb 25.


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



## DVD Lecture Series


### World War II: The Pacific Theater *Convenor: Marlene Bristol*

World War II: The Pacific Theatre takes you into the sweeping story of the American fight against the Japanese. Taught by Professor Craig L. Symonds, a distinguished military historian at the US Naval War College, these 24 vivid lectures chronicle the global trajectory of the war in the Pacific: the epic battles, the military strategy and tactics, the leaders and commanders, the amphibious landing, the air attacks, and the submarine campaigns. Session will run Sept 2-Oct 22.

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


### Tours: Germany and Austria *Convenors: Carol Attlesey, Maureen Coleman*

Discover Germany and Austria's astonishing treasures on an expert-led tour, immersing yourself in their enthralling history, vibrant cities, architectural wonders, rich cultural traditions, and romantic landscapes. Session will run from Nov 6-Feb 5.

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

### How Railways Transformed the World *Convenors: Carol Attlesey, Maureen Coleman*

Embark on a thrilling ride through the amazing world of railways with this delightful course. You'll learn how this one invention profoundly changed human life and explore the great railway journeys awaiting you around the globe. Session will run from Feb12-Apr 30.

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



**Euchre Drop-in** *Convenors: Michael Sigal (IR)*

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 4:00pm	\$0	 IROAC
Thursday *	1:00pm - 4:00pm	\$0	 Lounge

\*Interested in being a convenor at C? 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: Aug 29-Sept 12 and Nov 7 - Mar 20.

Day/Dates	Time	Fee	Location
Thursday - all levels	2:00pm - 4:00pm	\$0	 Multipurpose 3
Friday - beginners	9:00am - 10:30am	\$0	 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 accommodated), activity and friendship. You must pre-qualify for this program. New volunteers are always welcome (especially drivers). Please call one of the centres and speak with staff for more information.

**\*Please note that all three programs have a waitlist.**

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

**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	 MP3



**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	 Auditorium
Wednesday	1:30pm - 3:30pm	\$0	 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](mailto: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.**

**Hikes begin Sept 1, 2025 and end Aug 29, 2026.**

Day/Dates	Time	Fee	Location
Monday	7:45am	\$4 -12	 Parking Lot or Trailhead
Monday	8:45am	\$4	 Parking Lot or Trailhead
Thursday	8:15am	\$4	 Parking Lot or Trailhead
Thursday*	8:45am	\$3	 Parking Lot or Trailhead
Thursday (Turtles)	9:00am	\$0	 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	\$0	 Civitan Board Room
4th Wednesday	10:00am - 11:00am	\$0	 Civitan Board Room

**Historical Discussion Group** *Convenor: Glen Deline*

Step back in time to explore five ancient language groups and their impact on human communication. Discover how early civilizations developed writing, built city-states, and formed kingdoms and empires. Through samples of ancient scripts, you'll even try your hand at recreating some of history's oldest writings. We'll also discuss how ancient philosophy, religion, and archaeology continue to shape our modern world. Join us for a fascinating journey through history, language, and culture! Enjoy guest speakers, lecturers, and lively discussions.

Day/Dates	Time	Fee	Location
Tuesdays	6:30pm - 8:30pm	\$3 payable to convenor	 Room C

**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 four-part harmony. Our choir is a welcoming community of seasoned voices that performs a variety of genres at Colborne Centre and local venues sharing the power of song with the community. Regular attendance is expected in order to be performance ready. New members are welcome to join in the fall. Season begins Sept 8. Fees payable in September at the centre.

Day/Dates	Time	Fee	Location
Monday	9:30am - 10:45am	\$25 cost of music/ social fund	 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.

Program resumes for the fall September 9.

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



**Jam Session String Instruments** *Convenors: Murray Pellowe & Don Perras*

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

Day/Dates	Time	Fee	Location
Friday	9:30am - 11:30am	\$0	 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	 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 instruction available.

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

**Mah Jong Club**

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

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


## Oakville Quilters Guild *Convenor: Jean Towell*

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

Day/Dates	Time	Fee	Location
2nd Tuesday/month	8:00am - 1:00pm	\$0	 MP3

## Parkinson's Eary Birds *Convenor: Tom Cmajdalka*

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](mailto:tom_cmaj@icloud.com).

Day/Dates	Time	Fee	Location
Friday	9:00am - 10:30am	\$0	 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/Tue/Wed/Thu (Beginner)	10:15am - 11:15am 10:15am - 11:45am 12:00pm - 1:30pm	\$0	 Room A
Tuesday	1:00pm - 3:00pm	\$0	 Double Gym
Mon/Tue/Wed/Thu (Intermediate)	10:15am - 11:15am 1:45pm - 3:15pm 3:50pm - 5:00pm	\$0	 Room A
Wednesday	11:15am - 1:15pm	\$0	 Double Gym
Monday	1:00pm - 3:00pm	\$0	 Gym
Wednesday	1:00pm - 3:00pm	\$0	 Gym
Friday	1:00pm - 3:00pm	\$0	 Gym

Cancelled Oct 13, Sept 10 (Q), Dec 24, Dec 25, Feb 16

**Recorder Musical Group "Bronte Consort"** *Convenor: Christine Vernon*

Program begins Sept 10

Day/Dates	Time	Fee	Location
Wednesday	9:30am - 11:00am	\$0	


**Rummikub** *Convenor: Jasvinder Manku, Joe Busuttill*

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

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

**Rummy: Kalooki Rummy** *Convenor: Jasvinder Manku, Joe Busuttill*

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	 Lounge



**Scrabble** *Convenors: Sarath Liyanage*

Bring a partner and join the fun.

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

**Snooker** *Convenors: Wayne Snow (C), Larry Davies (Q)*

Day/Dates	Time	Fee	Location
Monday–Friday	8:30am - 4:30pm	\$0	<b>C</b> Snooker Room
Tuesday	4:30pm - 9:00pm	\$0	<b>C</b> Snooker Room
Monday-Thursday	9:30am - 3:00pm	\$0	<b>Q</b> Youth Room

Cancelled August 26, Dec 23 (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	<b>Q</b> Multipurpose 1&2
2nd Tuesday	7:00pm - 9:00pm	\$0	<b>C</b> 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) Angelo Gervasic (T)(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	 Northridge Room
Tuesday	12:00pm - 2:00pm	\$0	 Gym
Thursday	12:00pm - 2:00 pm	\$0	 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	 Gymnasium
Friday	3:00pm - 4:00pm	\$0	 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).

Day/Dates	Time	Fee	Location
Friday	9:00am - 11:00am	\$0	 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	 Gym
Tuesday	9:00am - 1:00pm	\$0	 Gym
Tuesday	3:00pm - 4:30pm	\$0	 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	 Room A & B

Cancelled August 26, Dec 23





### How do I Register for Drop-in Programs?

- Go to [oakville.ca](http://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](http://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 non-refundable. If you are unable to attend an event, please speak with your Seniors Services staff member.**

#### Friday, August 8

##### Death Cafe

**Colborne Centre 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 led 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. Coffee and tea will be served.

#### Tuesday, August 12

##### Registration opens at 7 a.m. for fall 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.

#### Thursday, August 14

##### Summer BBQ

**Colborne Centre 12-2 p.m.**

Let's get grilling and chillin'! Join friends on the patio for a delicious BBQ lunch with burger or hot dog, cold drink, chips and 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 July 14, ending August 8. Sorry no walk-ins can be accepted.

#### Tuesday, August 26

##### First Aid and CPR Refresher

**Colborne Centre 1-3 p.m.**

If you wish to brush up on the basic skills of First Aid and Emergency CPR, please join us for a refresher course. Please note this is not a certification, it will give you basic knowledge for use in an emergency. Cost is \$5 for light refreshments but does not include the manual. If you wish to purchase a personal copy of the manual cost is \$26.55 and must be paid upon registration. This event is open to volunteers of Seniors Services and a limited number of spaces for members. Tickets are available beginning July 28 and must be purchased before August 22.



**Thursday, September 4****BBQ and Movie (No Time To Die 007)****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. The movie title will be posted a week before tickets go on sale. Tickets will be available starting Friday, August 1-29.

**Tuesday, September 9****Welcome Back BBQ and Talk****IROAC 10:30 a.m.-1:30 p.m.**

Excited to reunite as a community after a busy summer apart! Enjoy a BBQ with friends! Start with a talk lead by Service Canada and Arbor Memorial speaking on a range of topics from the Canadian Dental plan to your life plan. Lunch will start sharply at noon and will include a burger of your choice with all the fixings, potato salad and dessert. Tickets are \$8 and available August 13- September 1.

**Wednesday, September 10****Health Talk: Making Friends with Fats****IROAC 12:30 p.m.**

Tired of conflicting information about fats? Join "Fats are Your Friend" to cut through the confusion and gain a clear understanding of this often-misunderstood nutrient. We'll challenge popular misconceptions and equip you with the knowledge to make informed choices about fats to support our aging minds and bodies. Tickets are \$5 and available August 20-September 9.

**Wednesday, September 10****Welcome Back BBQ with Martin****Colborne Centre Noon-2 p.m.**

Welcome back! Join friends on the patio for a delicious bbq lunch with 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-ins can be accepted.

**Wednesday, September 17****Seniors Free Group Sessions with a Personal Trainer****TPOAC 1:30-2:30 p.m.**

Daily physical activity and regular planned exercise will help you feel better and enjoy life more as you age. Tour our fitness centre and learn why it is important to exercise regularly. Ask our personal trainer questions and learn how to use the fitness equipment safely while understanding all the benefits they have to offer. Registration begins, August 18-September 10. Space is limited.

**Thursday, September 18****Making the Most of the Oakville Public Library****TPOAC 1-2 p.m.**

An informative session designed specially for older adults who want to explore everything the Oakville Public Library has to offer. This program will guide you through our wide range of services, including digital resources, large print and accessible materials, book clubs, tech help, various programs, and more. Registration begins August 19-September 11



### **Thursday, September 18**

#### **Oakville Museum Gardens:**

#### **Over 150 Years in Bloom**

**Oakville Museum 10:30 a.m.-12:30 p.m.**

Discover the rich history of Erchless Estate's gardens, from their Indigenous roots and native flora uses to the 19th and 20th-century transformations including edible and ornamental rock gardens.

Expert horticulture and museum staff will lead a presentation, followed by a guided garden walk to experience this enduring botanical legacy firsthand. Then, explore the estate's layered history indoors. The cost is \$15 and registration is available August 13-September 11.

### **Thursday, September 18**

#### **SWAG presents: Caregiver 101 with Ontario Caregiver Organization and Acclaim Health**

**QEPCCC Rehearsal Hall 1:30-3:30 p.m.**

Seniors Working Action Group (SWAG) and the Halton Age Friendly Network (HAFN) are proud to present a workshop for caregivers.

A caregiver provides physical and/or emotional support to a family member, partner, friend, or neighbour. If you are unsure about where to begin, the Ontario Caregiver Organization is here to help.

Learn about options for caregivers like peer support, caring for your well-being and practical resources for your caregiving journey.

Space is limited, pre-registration is required by calling 905-815-5960 or by visiting the Colborne Centre to get your ticket.

### **Tuesday, September 23**

#### **High School Days Dance**

**Colborne Centre 1-2:30 p.m.**

Relieve your high school dance days with a trip down memory lane. Dance to your favorite songs from the 50's, 60's and 70's. Music provided by DJ Fred (a volunteer member). Partners, singles, friends – every dancer is welcome! Tickets are \$5 and include coffee, tea and cookies. Tickets available August 25 and must be purchased on or before September 19.

### **Wednesday, September 24**

#### **Scottish Dancing Event**

**QEPCCC Multipurpose 1 & 2 1-3 p.m.**

Join the Oakville Scottish Country Dance Group for a fun afternoon of gentle exercise doing Scottish Country Dancing. We will begin with a few demonstration dances and then invite you to participate. Scottish Country Dancing is similar to square dancing. We have sets of 6 to 8 people, with many moves that are like square dancing. However, there is no caller. Instead, we walk through the dance and then remember the formations. The music is jigs and reels that make you want to step in time. No need to bring a partner-we will dance with you! Cost is \$5 and includes refreshments. Please sign up at the front desk of QEPCCC.

### **Wednesday, October 1**

#### **Community Art Show – Faces of Culture**

**QEP Art Gallery 1-3 p.m.**

Please join us for a free portrait-based drawing workshop open to everyone! This workshop is led by Ray Vidal who is an art instructor & mural artist. Please call Jolaine Montgomery at 905-815-5979 ext. 4674 to sign up.



**Sunday, October 5**

**Culture Days Art Show**

**QEPCCC 10 a.m.-2 p.m.**

The Colborne Centre artists are sharing and showing again this year. Visit the talented artisans, crafters, painters, quilters and makers at QEPCCC as part of the larger Culture Days event. Our local talent will be displaying their beautiful art for you to enjoy. Visit the artisans and then spend time enjoying the larger Culture Day event throughout the community centre. If you are interested in being a vendor, please complete your registration forms available at the Colborne Centre or by emailing [julie.pennal@oakville.ca](mailto:julie.pennal@oakville.ca) or [kelly.meeussen@oakville.ca](mailto:kelly.meeussen@oakville.ca) on or before September 29.

**Sunday, October 5**

**Culture Days at QEPCCC**

**Drop-in Jam Session 10-11 a.m.**

**Guitar Club 1-2 p.m.**

Come to QEPCCC for Culture Days, there are so many activities in the building and so much to do! We are having performances by the Drop-in Jam Session from 10-11 a.m. in Music room #1 and Guitar Club in Multipurpose 1 & 2. You don't want to miss these wonderful groups!

**Monday, October 6**

**Coffee and Conversation**

**ROMAC Room B 12:30-3 p.m.**

Coffee and Conversation is a friendly drop-in event where you can enjoy refreshments, connect with others in the community, and share your thoughts on current and future programs at our recreation centre. Whether you stay for 10 minutes or the whole time, your voice matters – and your next favorite activity might start with this chat!

**Tuesday, October 7**

**Handmade Treasures from the Oakville Museum**

**Oakville Museum 10 a.m.-noon**

Go behind the scenes with the Oakville Museum as you uncover some of our handmade treasures. Consult our renowned collection of fashion and textiles in an exclusive session with museum experts. See rarely seen, historic quilts, knitted, crocheted and embroidered objects from our collection's storage. Uncover fascinating stories from the makers of the past, while understanding artifact provenance and construction techniques. These special handicrafts from the 19th and 20th centuries will be sure to inspire your own creations. Wrap up your visit with a guided tour of the Oakville Museum. The cost is \$15 and registration is available September 17-October 1.





### **Tuesday, October 7**

#### **Stampin' UP! Card Making**

**Colborne Centre 12:30-2:30 p.m.**

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins August 5 must be purchased by October 3. Space is limited, sign up early.

### **Wednesday, October 15**

#### **Transitioning to Retirement Living: What You Need to Know with Jeanette Bock**

**QEPOAC 1-3 p.m.**

Thinking about a move to retirement living? We will explore the different types of Retirement Living to choose from, the various levels of care offered, how to know when it's time to make the move, what to consider financially, and how to navigate the emotional and practical aspects of transition. Whether you're planning for yourself or a loved one, this presentation will provide helpful insights and resources to make informed, confident decisions. Please call Jolaine Montgomery at 905-815-5979 ext. 4674 to reserve your spot.

### **Thursday, October 16**

#### **Using Digital Resources**

**TPOAC 1-2 p.m.**

A welcoming, hands-on session designed to help older adults explore the Oakville Public Library's wide range of digital offerings. Participants will learn how to access eBooks, audiobooks, movies, music, newspapers, and online learning tools using their library card. They will be guided through the basics of using personal devices – like tablets, smartphones, or laptops – to navigate these resources with confidence. The session offers a supportive environment to ask questions, try new things and stay connected to the library's growing digital world. Registration begins September 22-October 9.

### **Thursday, October 23**

#### **Trivia Day**

**TPOAC 1 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 will be available starting September 22 until October 16.

### **Friday, October 24**

#### **Oktoberfest!**

**Colborne Centre 5-8 p.m.**

Roll out the barrel and join us for a sausage on the BBQ, red cabbage, and potato salad. Dance and polka the evening away with the Armadillos. Cash bar available along with complimentary soft drinks. Tickets are \$20 and are available from September 22 until October 20.





**October 25, November 29, January 31,  
February 28**

**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 keep watch for the upcoming posters for details of the event.

**Tuesday, October 28**  
**Ultimate Ridge Trivia**  
**IROAC1 p.m.**

Test your trivia titans! Ridge Ultimate Trivia is back, and it's going to be a brain-busting blast! Dust off your knowledge of everything and anything, grab your team (or come solo and make some new friends!) Prepare for an afternoon of laughter, friendly competition, and maybe even a little bragging! Light refreshments will be served. Tickets are \$5 and available October 7-24.

**Wednesday, November 5**  
**Holiday Seasonal Watercolour Cards**  
**Workshop**  
**QEPOAC 1-3 p.m.**

Please join our holiday seasonal watercolour card workshop with instructor Mary Clare Moore. There will be interesting watercolour cards & bookmarks, made with soap bubbles, saran, salt, stencils and watercolour paints. A perfect gift to give to someone special in your life or frame yourself. Tickets go on sale October, cost is \$15 and can be purchased at the front desk of QEPCCC.

**Thursday, November 6**  
**SWAG presents: AI with Chris Bint,**  
**Tech Coaches**  
**TPOAC 1:30-3:30 p.m.**

### **How AI Tools Are Changing Everything**

AI is no longer science fiction. It's here today, and it's reshaping how we learn, work, and solve everyday problems. In this friendly, beginner-focused session, we'll introduce you to today's most powerful AI tools, like ChatGPT, Microsoft Copilot, and Google Gemini, and show you how they can make life easier and help you get things done faster. With new technology, comes new risks. Learn what AI generated scams look and sound like, how to spot scams and simple ways to protect yourself. Space is limited, pre-registration is required by calling 905-338-4406, press "0" or by stopping by Trafalgar Park Community Centre to get your ticket.

**Saturday, November 8**  
**Hidden Treasures Bazaar**  
**IROAC10 a.m.-1 p.m.**

Get ready for a day of community spirit and incredible finds! Our Annual Hidden Treasures Bazaar is returning, and we can't wait to welcome you. Join us and explore a wonderful array of items, including books, unique handmade crafts, sparkling jewelry, pre-loved treasures and so much more. Every discovery you make helps a great cause, as all proceeds go directly to support the Iroquois Ridge Older Adult Centre. Come find your next hidden gem and make a difference in our community!





### **Tuesday, November 11**

#### **Remembrance Day Concert**

**Colborne Centre 1-2:30 p.m.**

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

Tickets are \$5 and will be available October 14 at the Colborne Centre. Light refreshments will be served following the presentation. Tickets must be purchased before November 7.

### **Thursday, November 13**

#### **Art Show at Trafalgar Park**

**TPOAC 1:30-2:30 p.m.**

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

### **Friday, November 14**

#### **Lunch and Learn: Boost your Immunity**

**IROAC 12 p.m.-1:30 p.m.**

Join us for a nourishing Lunch & Learn designed especially for those 50 and better! We will be serving up a light and delicious meal of wraps, salad, and fresh fruit while we explore the fascinating world of your immune system. In this engaging talk, "Boost Your Immunity," you'll discover practical ways to strengthen your body's natural defenses as you age. Learn how simple choices can help you stay vibrant, active, and resilient year-round. Don't miss this chance to empower your health! The cost is \$12 and registration starts October 21-November 15.

### **Sunday, November 16**

#### **Christmas at Colborne Craft Sale**

**Colborne Centre 12-3 p.m.**

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

### **Tuesday, November 18**

#### **Health Talk: Pelvic Floor**

**IROAC 1 p.m.**

Discover the vital importance of pelvic floor health with Physiotherapist Ivanka! She'll guide you through effective exercises, essential knowledge, and available services. You'll learn why it's truly never too late to strengthen your pelvic floor. Registration is free and available from October 28-November 18.

### **Thursday, November 20**

#### **Book Talks with Oakville Public Library**

**TPOAC 1-2 p.m.**

This program offers an informal look at some of the latest and most talked-about books available at the Oakville Public Library. Participants will be introduced to a selection of new and noteworthy titles from a range of genres – fiction, nonfiction, mystery, romance, historical fiction, and more – so there will be something for every reading taste. Registration begins October 20-November 13.



**Thursday, November 27**  
**Christmas Tea And Tour**  
**Oakville Museum**

Experience the grandeur of a Victorian Christmas at the Oakville Museum. Glimpse the magic of Christmas past inside and out. Inside the museum, enjoy a wide variety of decorations from fanciful ornaments, vintage fashions, and antique toys. Then stroll through the estate grounds and discover Victorian Vignettes and a dazzling display of lights. The countdown to Christmas has always been exciting! This holiday season, let history explain how and why we celebrate the festive season the way we do. End your tour with a festive treat, and a hot beverage. Dietary restrictions and allergies cannot be accommodated for this program. Please note climbing a flight of stairs is part of the tour. Free parking is available on site and street parking. Must find your own ride. The cost is \$22 and registration is available November 3-November 21. Registration is available at all centres or the museum.

**Saturday, November 29**  
**Trafalgar Park Christmas Bazaar**  
**TPOAC 9 a.m.-12:30 p.m.**

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

**Tuesday, December 2**  
**Registration opens at 7 a.m. for winter 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.

**Tuesday, December 2**  
**Stampin' UP! Card making**  
**Colborne Centre 12:30-2:30 p.m.**

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins October 7 must be purchased by November 28. Space is limited sign up early.

**Wednesday, December 3**  
**Christmas Social**  
**QEPCCC Rehearsal Hall 1-3 p.m.**

Join us for a festive Christmas party filled with joy and cheer! Enjoy delicious holiday treats and lively music with the Walter James Duo. Please keep an eye out for the poster with details of this fun event. Tickets are \$5 and go on sale beginning November 3 and can be purchased at the front desk of QEPCCC. **\*\*Members only please\*\***

**Thursday, December 4**  
**Christmas Celebration**  
**TPOAC 12:30 p.m.**

Join us for our annual Christmas party to thank all of our members. Entertainment and a lunch will be provided. Tickets are \$10.00 and available from October 27-November 28 **\*\*Members only!**

**Friday, December 5**  
**Kerr Street Singers Christmas Concert**  
**TPOAC 10:30 a.m.-12 p.m.**

Join the Kerr Street Singers at their end-of-year concert to kick off the holidays. Tickets are \$5 and available from November 30-December 1. Snacks and beverages will be provided.



**Tuesday, December 9**

**Interlink Choir Christmas Concert  
and Singalong**

**Colborne Centre 1-2:30 p.m.**

Join the Interlink Choir for a Christmas concert and singalong. Tickets are \$5 and include light refreshments. Space is limited, sign up begins November 11 and end December 5.

**Thursday, December 11**

**Life Enrichment**

**TPOAC 1-2 p.m.**

This program invites older adults to enjoy a relaxing and creative session focused on designing beautiful handmade cards using simple watercolour techniques. No prior art experience is needed – just a willingness to have fun and try something new. Registration begins November 13-December 4.

**Tuesday, December 16**

**Christmas Social**

**Colborne Centre 1-3 p.m.**

Save the date! You won't want to miss this sell out event. By special request Mario Arcuri is back! We guarantee you won't be able to stay in your seats. Seasonal cookies and hot beverages will be served. This is a members only event, please ensure your membership is up to date. Tickets are on sale November 10 and must be purchased before December 12. Please bring a food bank donation. Fareshare food bank kindly asks for a monetary donation if possible. Food items will also be accepted. **\*\*Members only!**

**Wednesday, December 17**

**IROAC Christmas Social**

**IROAC1 p.m.-3 p.m.**

Join us for a festive Christmas Social just for Iroquois Ridge Older Adult Centre members! This is our special way of saying thank you for all your incredible support throughout the year. Come celebrate the holiday season with fellow members at a joyful event filled with good cheer and community spirit. We can't wait to share this festive occasion with you! Tickets are \$5 and available from November 16-December 12. **\*\*Members only!**

**Wednesday, January 7, 14, 21, 28**

**Fit Minds**

**IROAC1 p.m.**

Keep your mind active and learn about brain health in this free interactive program with Chartwell. A celebration Lunch will be held after the completion of the program on March 5! Contact Cassie at Iroquois Ridge Community Centre to register! Light Refreshments served. Registration is free and available December 1-January 6.





**Thursday, January 8, 29**

**Beat the Winter Blues - Movie Series**

**TPOAC 1 p.m.**

Welcome the New Year with some great movies. The cost is \$5.00. Registration is available December 8. Snacks and a drink included. The movie list will be posted in December.

**Wednesday, January 21**

**Artful Enrichment**

**QEPOAC 1-2:30 p.m.**

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

**Thursday, January 22**

**Making the Most of the Oakville Public Library**

**TPOAC 1-2 p.m.**

An informative session designed specifically for older adults who want to explore everything the Oakville Public Library has to offer. This program will guide you through our wide range of services, including digital resources large print and accessible materials, book clubs, tech help, various programs and more. Registration begins December 12-January 15.

**Tuesday, January 27**

**Movies that move you!**

**Colborne Centre 12:30-3 p.m.**

Inspiring movies, thought provoking documentaries and films that you can't forget. The Movie Man is a 2024 Canadian documentary film directed by Matt Finlin, about a small independent movie theatre named Highlands Cinemas, located in the village of Kinmount in Kawartha Lakes, Ontario. Amid a global pandemic, an entrepreneur looks back on his life's work owning and operating an idiosyncratic cinema in the forest of northern Ontario. When film productions stop and cinemas are closing, he spends his time going through his rich film archive and calls directors and actors around the world. Tickets are \$5 and include light refreshments. Space is limited, sign up begins December 7 and ends January 23.

**Tuesday, February 3**

**Stampin' UP! Card making**

**Colborne Centre 12:30-2:30 p.m.**

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins December 2 must be purchased by January 30. Space is limited sign up early.





### **Tuesday, February 3**

#### **Oakville's Black History Talk**

**IROAC 1 p.m.**

Join the Oakville Museum for our Black History Talk. Established in 1827, Oakville became a legal Port of Entry in 1834, creating vital shipping connections with US harbours; many of which, were key transit points for the Underground Railroad. In this presentation, key figures from Oakville's Underground Railroad story and Black Community come to life. Learn how individuals seeking liberty passed through Oakville's harbour, settled in the area, and became integral to the town's development. The cost is \$9 and registration is available January 12-February 2.

### **Wednesday, February 4**

#### **Winter Wonderland Tea Party**

**QEPOAC 1-3 p.m.**

Join us for a charming afternoon filled with warmth, laughter, and the joy of the season at our Winter wonderland tea party. Delight in a cup of hot tea served with an array of sandwiches & delicious treats. Enjoy an afternoon with friends and warm up by the fireplace! Tickets are \$12 and are available December 15 at QEPCCC front desk.

### **Thursday, February 5**

#### **Cognicitii - Brain Health Workshops**

**TPOAC 1-2 p.m. or 2:30-3:30 p.m.**

Join one of our two free sessions with Cognicitii. This is an opportunity to meet others, get a personalized Brain Health Report, receive advice on how to keep your brain healthy. You will need to have basic computer skills to attend these sessions. Registration begins January 5-January 30. Limited spots are available.

### **Tuesday, February 10**

#### **Chase Away the Winter Blues Dance**

**Colborne Centre 1-2:30 p.m.**

Dance the blues away with a curated song list to lift your spirits, bring a smile to your face and think spring! Dance to your favorite songs from the 50's on up. Music provided by DJ Fred a volunteer member. Partners, singles, friends, every dancer welcome! Tickets are \$5 and include coffee, tea and cookies. Tickets available January 5 and must be purchased on or before February 6.

### **Thursday, February 19**

#### **Using Digital Resources**

**TPOAC 1-2 p.m.**

A welcoming, hands-on session designed to help older adults explore the Oakville Public Library's wide range of digital offerings. Participants will learn how to access eBooks, audiobooks, movies, music, newspapers, and online learning tools using their library card. They will be guided through the basics of using personal devices-like tablets, smartphones, or laptops – to navigate these resources with confidence. The session offers a supportive environment to ask questions, try new things, and stay connected to the library's growing digital world. Registration begins January 19-February 12.





**Wednesday, March 4**  
**Annual General Meeting**  
**IROAC10 a.m.**

Learn about the Iroquois Ridge Older Adult Centre's 2025 accomplishments and new updates. Representatives from the Town of Oakville and Senior Seniors will be giving updates. Light refreshments available. Stay tuned for more details!

**Thursday, March 5**  
**Annual General Meeting - Colborne Centre and QEPOAC**  
**QEPCCC Rehearsal Hall 5 p.m.**

Member support is always greatly appreciated at the annual general meetings year in review. Please plan to attend and hear about all the great things that were accomplished in 2025 and what lies ahead or 2025 Tickets are available at Colborne or QEPOAC from February 2 until March 2. You may only vote at one location (your designated 'home' centre). Not sure where to vote, check with staff.

**Thursday, March 19**  
**Life Enrichment**  
**TPOAC 1-2 p.m.**

This program invites older adults to enjoy a relaxing and creative session focused on designing beautiful handmade cards using simple watercolour techniques. No prior art experience necessary. Have fun and try something new. Registration begins February 19-March 12.

**Friday, March 20**  
**Annual General Meeting**  
**TPOAC 10 a.m.**

Enjoy a light morning snack while we review the annual report and 2025 financial statements. Everyone is welcome. This is a complimentary event. Stay tuned for a special guest presenter! Registration begins February 27-March 13.

**Tuesday, March 24**  
**Beach BINGO Bonanza - Music edition**  
**Colborne Centre 1-2:30 p.m.**

Not your average BINGO Bonanza. Join us for MUSIC BINGO! We will be playing snippets of songs in genre/themes and you will have to identify the song and locate it on your bingo card. Will "Luck be a Lady", or will you be the "Gambler" or maybe you can say, "We Are the Champions". \*\*Please note this is not number bingo, you will be playing a game similar to name that tune using Bingo cards.

Tickets are \$5, include light refreshments and are available February 23 until March 20.

**Thursday, March 26**  
**Seniors Free Group Sessions**  
**with a Personal Trainer**  
**TPOAC 1-2 p.m.**

Daily physical activity and regular planned exercise will help you feel better and enjoy life more as you age. Tour our fitness centre and learn why it is important to exercise regularly. Ask our personal trainer questions and learn how to use the fitness equipment safely while understanding all the benefits they have to offer. Registration begins, February 26-March 23. Space is limited.

**Tuesday, June 9**  
**35th Anniversary Celebration**  
**Colborne Centre**

This important milestone marks 35 years in the Bronte community. Mark your calendar for an epic celebration. Details to follow in the Spring/Summer 2026 newsletter.





# Seniors Services News



# Trafalgar Park News

## What a Year We're Having in 2025!!

We proudly celebrated the 50th Anniversary of Oakville Seniors Centre/Trafalgar Park Older Adults Centre on June 5, and what a memorable day it was!

The event brought together past and current members, dedicated staff, and cherished friends to share stories, laughter, and a strong sense of community. A wide array of memorabilia from our original Kerr Street Centre, which first opened its doors in 1975, was on display, sparking warm memories and heartfelt conversations.

Guests enjoyed an amazing slideshow filled with snapshots of members, volunteers, and visitors enjoying our centres over the years. Reconnecting with old friends and making new memories—over a glass of wine and a group photo to take home—made the celebration even more special. Here's to another 50 wonderful years together!

As part of the festivities, our seniors partnered with the Community Youth Team to create a beautiful intergenerational mural, now proudly displayed in our front foyer. This vibrant artwork is a tribute to our history on Kerr Street and a reflection of the spirit of our current centre—rooted in connection, creativity, and community.





# Trafalgar Park News

## Volunteer Appreciation Event – We Hit the Jackpot with You!

A heartfelt THANK YOU to all our incredible volunteers who generously give their time and energy—whether it's in our bistro, supporting programs, or serving on our board. This year, we celebrated YOU in true jackpot style!

We danced like never before, enjoyed some lively jackpot-themed games, and sent everyone home with special thank-you gifts as a token of our deep appreciation. Your commitment and kindness are the heart of our community—and we truly feel like the luckiest centre around to have you with us. A huge thank you to all our volunteers - we hit the jackpot having you all with us!



## Exciting New Programs

We are so fortunate to have a fitness centre among our seniors centre and personal trainers able to run 50+ weight training programs. Generally, those between ages 60 and 70 have lost 12 percent of their muscle mass, with those over 80 having lost 30 percent.

Weight training is essential as these losses increase the chance of falls and broken bones. Try one of our free group session with a personal trainer to learn more about healthy aging.

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.

## Congratulations Alice Agar for winning the Good Neighbour Award for our centre!





# Colborne News

## Renovations

Well, it would seem this is becoming a regular addition to our news section! We are thrilled with our newly renovated community rooms. Room A and Room B had a facelift, and it is now one large space. This change gives our classes more space, and better sight lines to our wonderful instructors and fellow students. Thank you for your patience while this room was closed, enjoy your new space.



## Christmas at Colborne Craft Sale

The biggest sale of the season returns on. Sunday, November 16 from noon – 3 p.m. Holiday shopping, homemade scones, Sir John and Queen Victoria, crafts, knitting and jewelry will again be featured high on the shopping list of all who attend. Mark your calendars for the hottest sales, most delicious scones and the kickstart your holiday season needs.

## Volunteer Appreciation

You really **KNOCKED OUR SOCKS OFF** this past year. Thank you to the over 125 volunteers who champion our amazing Centre. The 50's sock hop was a hit and we are thankful you attended and enjoyed your burgers, root beer floats and the cool cat sounds of the Armadillos. We have got it made in the shade with you!



## Poppy Project

The Poppy Project saw an expansion in 2024 and 2025 will be no exception. 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.





# Colborne News

## Community Spirit Awards

We were so thrilled to see so many Oakville Seniors Services members nominated for the 23rd annual Community Spirit Awards on June 12, 2025. Colborne honoured Eric Appadoo, long time piano player for the Friendship Luncheon program and Petra Van Rooy for her dedication to the café, boards and her support of many members in their time of need. See the General Information section for a full outline of all the dedicated nominees from across Oakville's Seniors Centres.



## Astronomy in Action

We had a blast...as we rocketed into space in our very own giant indoor space dome. It was nothing short of incredible and we had 3 shows for our seniors, grandchildren, staff and kids. Thank you to Kelly for her hard work bringing this program to Oakville and enriching our special event line up with a truly unique and wonderful space odyssey.



## Special Mentions!

Speaking of special events, our committee has really stepped up their game. There were several wonderful events that provided educational opportunities, social connections and always joy. The Spring Fling juke box dance was amazing. Dancing, sing-a-longs and a request hotline for favourite songs. The Biology of the Honeybee had the farmers from a local hive here talking all things Bee. The buzz was that everyone learned something new and have plans to visit Backed by Bees on Appleby Line for more exploration. Our special events committee provides quality programming, fun events and lots of opportunities to connect, meet new people and have fun. If you haven't attended a special event this is your reminder to grab a ticket and check us out.





# Ridge News



## A Heartfelt Thank You to Our Amazing Volunteers!

On May 27th, we held a delightful garden-themed party to celebrate our incredible volunteers, and what a celebration it was! Our volunteers are the backbone of our centre, consistently keeping our community vibrant and buzzing with their dedication and tireless efforts. We simply cannot thank you enough for all you do. Your commitment truly makes a difference in the lives of so many.

## Welcome Back, Everyone!

As the lazy days of summer begin to gently transition into the vibrant colours of fall, we at the Iroquois Ridge Older Adults Centre are thrilled to welcome you back! We hope you had a wonderful summer filled with exciting adventures, cherished family moments, and perhaps some well-deserved relaxation. It's always a joy to see familiar faces return and hear about your summer escapades, and we're looking forward to a bustling and engaging autumn season together.

## Thank You for Your Patience During Construction

We want to extend a sincere thank you to all our Iroquois Ridge Older Adult Centre members who patiently supported us and thrived throughout the recent construction at the centre. We truly appreciate your understanding and flexibility during this period of improvement. We hope you'll enjoy the exciting new upgrades, which include: new heating/cooling systems, updated lighting, fresh new tiles, a welcoming new front desk, an updated pool, and coming soon, a beautiful mural down the Older Adult Centre hallway, plus comfortable new lounge furniture for you to enjoy! Thank you from all the Iroquois Ridge Community Centre staff!

## Our First Annual Spring Craft Sale: A Blooming Success!

We're still beaming from the success of our very first Spring Craft Sale, held on May 30. Thanks to the hard work of our volunteers and the fantastic support from everyone who attended. Not only did we showcase some incredible local talent, but we were also able to make a meaningful donation to the Oakville Food Share. A huge thank you to all the volunteers who made this possible! Keep an eye out for details on next year's event!





# Ridge News

## Good Neighbours Indeed!

Please join us in extending a huge congratulations to the IROAC Special Events Committee for receiving the Good Neighbour Award at the recent Town of Oakville Community Spirit Awards! This prestigious award is a testament to their unwavering dedication to creating an inclusive environment for all. Through their outstanding hospitality and ability to foster safe spaces, this committee plays a vital role in building community and combating social isolation among seniors.

A heartfelt thank you goes out to the incredible individuals on this committee for their tireless work year after year: Betty, Karen, Seema, Rani, Lise, Rosemary, Wendy, Sheila, Pamela, Maria, Lois and Maureen. Your contributions are truly invaluable!

## Speaking of Special Events

Check out our Special Events section to find more ways to connect which include BBQ, Talks, Trivia, Socials and more! Be part of the action!

New! Lounge Time at the Centre

We're excited to introduce Lounge Time at the Older Adult Centre! This new initiative provides a dedicated space for you to:

- Chat with friends before or after your programs.
- Grab a warm beverage and a light snack.
- Tech Cafe Moments.
- Enjoy a friendly game of cards, board games, or whatever strikes your fancy.
- Learn more about what's happening in Senior Services and around the Town.

Come on down and make yourself at home!

Check out times online or at the Centre.

## Get Ready for the Annual Hidden Treasures Bazaar!

Mark your calendars! Planning has officially begun for our much-anticipated Annual Hidden Treasures Bazaar on November 8th from 10 am to 1 pm. You'll find a wide array of items, including unique hand-made creations, books, jewelry, lightly used treasures, and so much more! All proceeds from the Bazaar will go directly to the Iroquois Ridge Older Adult Centre and the Oakville Food Share. We'll start accepting donations of lightly used items, fabric, art supplies, jewelry, and books after the Thanksgiving weekend and will take donations until October 31st. Please call or contact us to arrange a drop-off time. Your contributions help make this event a success for our community!

## Volunteers Needed!

Do you love to chat and give back to your community? We're looking for enthusiastic Volunteer Greeters to help us out in our Café; creative, organized and social beings for our Bazaar and dedicated facilitators as conveners of our drop in programs.

These are fantastic opportunities to meet new people, contribute to a welcoming atmosphere, and be an integral part of our centre. If you're interested in learning more, please contact Cassie at [cassandra.wilhelm@oakville.ca](mailto:cassandra.wilhelm@oakville.ca). We'd love to have you join our team! We're looking forward to seeing you around the centre this fall! What are you most excited about this season? Is there something you were hoping to see? Always feel free to reach out to Assistant Programmer Cassie at [Cassandra.wilhelm@oakville.ca](mailto:Cassandra.wilhelm@oakville.ca).



# ROMAC News

We're so grateful to all our ROMAC members for your continued support and participation in the programs at River Oaks Community Centre. Thanks to you, our community is steadily growing, and we're proud to offer programs that inspire connection, wellness, and fun. As we look ahead, we want to continue building a vibrant and welcoming space together. If there are activities or programs you'd love to see at our facility, please don't hesitate to reach out. Your voice helps us grow and shape the future of ROMAC.

Let's keep growing, sharing, and thriving—together.

Questions? Please email  
jessica.salvagna@oakville.ca or  
bob.pawliw@oakville.ca.

Join us at River Oaks Community Centre to stay active:

- Cycle & Strength – Mondays, 11:30 a.m.-12:30 p.m.
- Chair Yoga – Monday, Noon-1:00 p.m. and Fridays, 9:30-10:30 a.m.
- Circuit Training – Thursdays Noon-1:00 p.m.

## New Event!

### Coffee and Conversation

**Monday, October 6      12:30-3 p.m.**

### River Oaks- Room B

Coffee and Conversation is a friendly drop-in event where you can enjoy refreshments, connect with others in the community, and share your thoughts on current and future programs at our recreation centre.

Whether you stay for 10 minutes or the whole time, your voice matters – and your next favorite activity might start with this chat!

## Welcome to ROMAC Jessica!



**Jessica Salvagna, Recreation Assistant**

I joined River Oaks community centre team in 2025 and bring my background as a therapeutic recreationist to my new role. I'm passionate about how recreation can enrich our lives and support well-being at any age. Outside of work, I enjoy dog walks, coffee chats, learning new skills, hands-on projects, and cooking. I look forward to creating meaningful programs and experiences with you!



# QEPOAC News

## Spring Information Fair and Senior Services Open House - A Huge Success!

This past spring, we were thrilled to host a wonderful Information Fair and Senior Services Open House at QEP. The event welcomed an incredible 54 local business vendors and over 450 visitors to our centre—including volunteers, convenors, and vendors. A heartfelt thank you goes out to all the dedicated volunteers who made the event such a success. From greeting guests and guiding them to different rooms, to offering “try-it” activities and preparing delicious food for our visitors—your efforts truly made a difference. Thank you to our sponsors, Chartwell Retirement Residence Amica, Vistamere Retirement Home and Access Abilities for their generous support!



## Community Spirit Awards

A big congratulations to the Special Events Committee at QEP, Diane Bassin, Barbara Belford, Geraldine Burt & Bobbie Nichols for being nominated for the Community Spirit Awards. Also, to Vince & Kathy Carlin who were nominated by Catherine Ross for the wonderful job they have done for the past 12 years producing the Spectacular Cabaret Show. Well done everyone for all your time and energy to help make QEP a great place to be!

## Special Events in the Fall and Winter

We have an exciting lineup of special events planned for the Fall and Winter season! We're kicking things off with an afternoon of Scottish Dancing, followed by engaging programs like Culture Days, Transitioning to Retirement Living, our festive Christmas Social, a cozy Winter Wonderland Tea, and so much more!

## Volunteer Appreciation: YOU ARE ONE IN A MELON!

Thank you to everyone who attended our volunteer appreciation on May 15, we had a great party! Thank you for everything you do all year round to make all of our programs so fun and successful! We appreciate you!





# Join Oakville's Crossing Guard Team!

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or contact the Crossing Guard Office  
at 905-845-6601, ext. 3363 or  
[crossingguards@oakville.ca](mailto:crossingguards@oakville.ca).



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\* See clinic for full details.



# A Revolutionary Approach for the Treatment of Peripheral Neuropathy

Local clinic is helping people break free from chronic pain to reclaim their lives



## Peripheral Neuropathy Is Not Just “Aging”

If you’ve been told your burning feet, balance issues, or numb hands are “just a part of aging,” you’re not alone. And you’re not out of options.

Peripheral neuropathy affects over 30 million North Americans. It shows up as tingling, numbness, sharp pain, or even total loss of

sensation. Many experience muscle weakness, joint stiffness, poor coordination, and balance. Sleep becomes disrupted. Driving can feel unsafe. And once-simple tasks like walking or standing grow difficult. Yet far too often, sufferers are dismissed, misdiagnosed, or told to accept this decline as inevitable. But there’s another way.

## The Life-Altering Impact of Chronic Pain

Katrina Dollano, co-founder of *What’s Good – Wellness by Design* in Oakville, has treated chronic pain and neuropathy for nearly 20 years. “Patients don’t come to me because they’ve been diagnosed. They come because their lives have been disrupted,” she explains. “They hear me speak, see me on TV, or talk to someone I’ve helped and realize, ‘That sounds like me.’”

Katrina has seen how debilitating neuropathy can be. “When your feet feel like they’re on fire, or you can’t sleep due to constant tingling, it’s more than a nuisance. It’s heartbreaking. Many of our patients can’t drive, can’t walk without fear of falling, and are told this is their new normal.”

Neuropathy occurs when nerves begin to degenerate, often due to diabetes, chemotherapy, or causes that remain unknown. If left untreated, the deterioration can lead to permanent damage. “Ironically, when the pain goes away entirely, it’s not always a good sign,” says Katrina. “It may mean the nerve is so damaged that it’s no longer sending signals at all. This is what leads to the loss of independence that accompanies this disease.”

## Patient Case Study: From Hopeless to Hopeful, Restoring Quality of Life

Susan, 76 years old, came to What’s Good after years of worsening foot pain and instability. She had stopped traveling, avoided stairs, and felt increasingly trapped at home. Even short walks became difficult. The burning in her feet, heaviness in her legs, and fear of falling made

daily life exhausting. She had seen a neurologist and the tests came back normal. But her symptoms kept getting worse. What many don’t realize is that standard nerve tests often miss small fibre damage which is often the first type of nerve to deteriorate in peripheral neuropathy.

Susan saw Katrina on TV and booked a consultation. After a detailed assessment revealed underlying nerve dysfunction, Katrina put together a personalized treatment plan for Susan.

As treatment progressed, the burning began to ease and her balance started to improve. Midway through her care, she was walking more confidently and planning a trip with friends that she had long given up on. “Even after years of symptoms,” Katrina says, “there can still be hope.”

## The Clinic’s Unique Approach to Treatment

What’s Good stands apart through its blend of acupuncture and advanced integrative therapies. “Our approach stimulates nerve repair and regeneration,” says Katrina. “We use time-tested Eastern techniques combined with modern integrative medicine technology.” This includes non-invasive treatments that increase cellular energy and help repair damaged nerve fibres and capillaries, which are often the root cause of neuropathy pain. “When those protective structures break down, the nerves become starved,” Katrina explains. “That’s where the burning, tingling, and numbness come from.”

## Why Patients Trust What’s Good

Most patients arrive after trying medications, injections, or therapies that haven’t worked. “They’re exhausted and skeptical,” says Katrina. “We offer something different. A comprehensive evaluation. A tailored plan. And for those we can help, real results.”

The process begins with a thorough consultation and nerve function testing. “If the damage is too advanced, we’ll be honest,” Katrina says. “But for most, there’s still time to intervene. Our clinic has administered tens of thousands of treatments with an 85 percent success rate, measured by reduced pain, better balance, improved sensation, and mobility.”

## Take Action Today

The earlier you begin treatment, the greater your chances of meaningful improvement. Neuropathy may feel like a slow unraveling, but that does not always mean it is irreversible. If you or someone you love suffers from burning, numbness, pins and needles, or has been diagnosed with peripheral neuropathy or another chronic pain condition, schedule a consultation with us at (905) 845-5775.







## Probud Club of Old Oakville



A social club for retired and semi-retired men that meets monthly, offering an opportunity for fellowship, to make new friends and hear from external keynote speakers on a wide variety of topics.

Our social activities and outings often include members' partners and range from theatre productions, days trips and dinners out, as well as a men's weekly golf outing, a billiards & lunch club, a breakfast club and an investment club.

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

We would be happy to welcome you to the Probud Club of Old Oakville.

For more information, visit us at [www.probusoldoakville.ca](http://www.probusoldoakville.ca) or contact us at [bruce.norman99@outlook.com](mailto:bruce.norman99@outlook.com)





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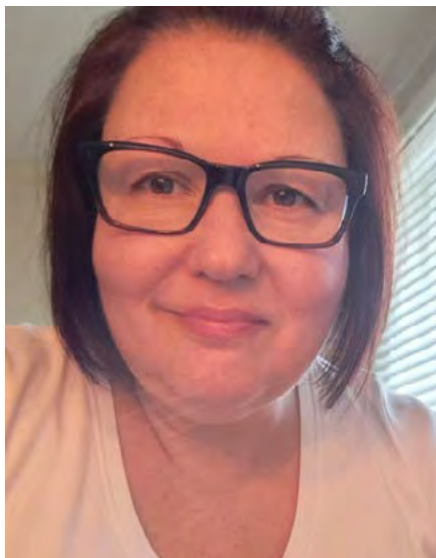
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melocareagency@gmail.com  
(289) 928-0510

# Help us help you!

## If you see something, say something.

### Have feedback? We want to hear it!

Whether it's something great or something that needs attention, please let us know.

Report any facility feedback directly to staff so we can respond quickly.

### We're here to listen and help.



## Making Your Next Move Simple, Stress-Free & Special

### Are you considering downsizing or moving to better suit your lifestyle?

Since 2014, I've proudly helped clients in Oakville and across the GTA transition into the next chapter of their lives with care, compassion, and expert guidance.

**LIMITED-TIME PROMO: Your Move is FREE!**

When you list and sell your home with me, I'll cover the cost of your move.  
Let me handle the heavy lifting — literally.

### What I Offer:

- Warm, personalized service every step of the way
- Over a decade of real estate experience
- Expert downsizing advice and transition planning
- Proven marketing and negotiating skills
- A trusted network of movers, cleaners, stagers, and more
- In-depth knowledge of retirement homes in Oakville and surrounding areas to help you find the perfect fit



Call or Text: 289-795-9123 or Email: [soldbymaryam@gmail.com](mailto:soldbymaryam@gmail.com), Facebook: Maryam Tobia Homes, Grace Canada Realty Inc Brokerage





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# Products to help you **ENJOY LIFE!**

## PORCH LIFTS

- Gets you in and out of your home safely
- Access your deck, porch, stage, etc.
- Can be installed in the garage
- Weather protected controls



## STAIRLIFTS

- Straight or curved
- Indoor or outdoor
- Does not block stairs
- We install and service stairlifts and porch lifts



## LIFT AND RECLINE CHAIRS

- Go from reclining to standing at the push of a button
- Many colours, sizes and styles to suit any person and home decor
- Available with both power head rest and power lumbar support
- We can deliver and set up for you
- Tax free conditions may apply



**All products featured here are available to rent or purchase**

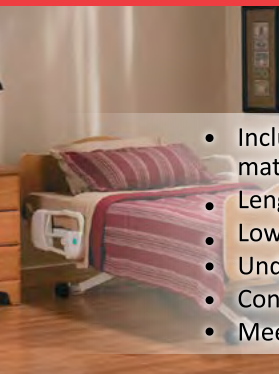
## SCOOTERS

- Enjoy getting out and about with a scooter
- Easy to purchase, drive and maintain
- A great way to run errands, do fun things and get out and enjoy life!



## HOSPITAL BEDS

- Includes pressure sensitive mattress & bed rails
- Length 85½" - Width 35"
- Low height 8¾" - High height 26"
- Underbed clearance 18"
- Control accessible either side of bed
- Meets safety standards



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