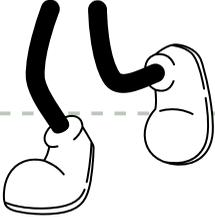


Recreation Calendar | MAY 5 - AUG 29 2025

Group programs for independent adults 55+ years.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p> 10:30AM Zumba Gold with Emma MAY & JUNE</p>	<p> 9:30AM CHAIR YOGA with Barbara</p> <p> 10:30AM AEROBICS with Isabel</p> <p> 11:30AM BALANCE & STRETCH with Isabel</p>	<p> 10:00AM CHAIR FIT with Anne</p> <p>11:00AM BODY FLOW with Anne</p>	<p> 9:30AM TAI CHI with Vinh</p>	<p>9:30AM WALKING with Brenda</p> 	
<p> 10:00AM YOGA with Felicity</p>			<p>10:00AM GENTLE YOGA with Sonia</p>		<p>11:00 AM Motion to Music with Hanifa</p>
<p>11:00AM BALANCE & STRETCH with Felicity</p>			<p>10:00AM COOKING CONNECTIONS MAY & JUNE</p> 		<p>1:00PM CLASSIC MOVIES MATINEE FIRST WEDNESDAY OF THE MONTH</p> 
<p> A " " symbol indicates Virtual Programming</p>	<p>UPCOMING EVENTS FOR THE SUMMER INCLUDE SOCIAL GATHERINGS & GROUP OUTINGS</p>				

**TO ENROLL AND REGISTER FOR PROGRAMS CONTACT AZRA TEMPLE, RECREATION MANAGER:
A.TEMPLE@OLDEFORGE.CA OR 613-829-9777 EXT 228**

Group programs for independent adults 55+ years.

MONTHLY MEMBERSHIP FEES

Full membership: \$40

Includes recurring in-person and virtual activities

Virtual Membership: \$32

Includes recurring virtual activities only

- Additional programs, crafts, socials, and educational activities are announced monthly
- Fees for additional activities may apply
- Members benefit from a reduced rate when attending additional programming such as art workshops, social events, and outings.

WEEKLY PHYSICAL FITNESS PROGRAMS

ACTIVITY	DIFFICULTY	DESCRIPTION
AEROBICS		Cardiovascular exercise including toning with weights.
BALANCE & STRETCH 		Designed to improve balance and flexibility and to reduce fall risk.
BODY FLOW		Stretching, Pilates, and toning. Participants must bring own yoga mat.
CHAIR YOGA		Gentle seated yoga and guided meditation. A soothing class to start your day.
CHAIR FIT 		Seated exercise class to get your muscles moving. Hand weights used.
GENTLE YOGA		Learn the basics of yoga. Participants must bring own yoga mat.
MOTION TO MUSIC		Gentle motion to music exercises to improve balance and flexibility
TAI CHI		Focus your mind and improve circulation and breathing through guided movements.
WALKING GROUP		Volunteer-led walking Group. Meets indoors or outdoors (weather depending).
YOGA (MAT) 		Gentle flow class combining strength, balance, and flexibility for the body and mind.
ZUMBA GOLD		A fun, energetic cardio work out with a Latin vibe. May and June classes only
		<ul style="list-style-type: none"> • Programs certified by the University of Ottawa Heart Institute Program are identified with the Heartwise logo • All fitness programs are led by certified fitness instructors & facilitated by qualified recreation staff

RECURRING MONTHLY RECREATION ACTIVITIES

COOKING CONNECTIONS		Learn Healthy Eating tips, safe food handling, new recipes, cook a meal and enjoy eating together.
DEB'S LUNCH BUNCH		Meet at a local restaurant once monthly for lunch and friendly conversation. Participants responsible to pay for their own meal.
MOVIE MATINEE		A different movie each month. Snacks provided. Drop in fee for non recreation members.