










Recreation Program Calendar – January 10 to April 29 2022

Recreation Programs are available to adults 55 years and older and/or adults living with disabilities

PARTICIPANT MONTHLY PROGRAM FEE: \$28 FOR IN PERSON OR \$20 VIRTUAL

TO REGISTER CONTACT THE RECREATION MANAGER: a.temple@oldeforge.ca or 613-829-9777 x228

THE CALENDAR IS SUBJECT TO CHANGE AT SHORT NOTICE DUE TO PUBLIC HEALTH DIRECTIVES

Monday	Tuesday	Wednesday	Thursday	Friday
**IN PERSON CLASS WOODROFFE UNITED CHURCH	VIRTUAL PROGRAM	In Person	VIRTUAL PROGRAM	VIRTUAL PROGRAM
9:30AM CHAIR EXERCISE I 	9:30AM CHAIR YOGA	9:30AM Gentle Yoga 	9:30AM CARDIO, STRENGTHEN COMBO	10AM ARM CHAIR TRAVEL with Amica <i>FIRST FRIDAY OF THE MONTH</i>
 10:30AM YOGA (Mat)	10:30AM AEROBICS	10:30AM LINE DANCING	10:30AM ZUMBA GOLD	10AM  FIT MINDS <i>EVERY FRIDAY EXCEPT THE FIRST FRIDAY OF THE MONTH</i>
11:30AM BALANCE & STRETCH 	11:30AM TAI CHI	11:30AM FUSION	11:30AM CHAIR EXERCISE II 	10AM  FIT MINDS <i>EVERY FRIDAY EXCEPT THE FIRST FRIDAY OF THE MONTH</i>
VIRTUAL PROGRAM	VIRTUAL PROGRAM	VIRTUAL PROGRAM	DEB'S LUNCH BUNCH 1PM <u>LAST WEDNESDAY</u> OF THE MONTH THIS IS AN IN PERSON PROGRAM, REGISTRATION & PROOF OF VACCINATION REQUIRED TO ATTEND	
1:30PM CONVERSATION CAFÉ <i>FIRST & LAST MONDAY OF THE MONTH</i> Starting January 31 <i>Follow us on Facebook to receive notifications for Conversation Café & Armchair Travel topics</i>  Find us on Facebook	1:30PM BOOK CHAT with MARRIE <i>LAST TUESDAY OF THE MONTH</i> 	1:30PM <i>SING A LONG</i> <i>FIRST MONDAY OF THE MONTH</i> <i>Starting February 2nd</i>		
				11:30AM Guided Meditation with Randy <i>LAST FRIDAY OF THE MONTH</i>

Thank you to our funder for their generous financial support:

Thank you to our community partners:





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PROGRAM DESCRIPTIONS : All fitness programs are led by certified fitness instructors & facilitated by recreation staff

Aerobics	Cardiovascular exercise including toning with weights, Beginner to intermediate
ArmChair Travel	Explore and travel to exciting destinations from the comfort of your home, presented by Amica
Balance and Stretch	Designed as a falls prevention program, focus is on improving balance, beginner level
Book Chat with Marrie	Enjoy books or looking to get motivated to read, join this adventurous new program to discuss books, short stories
Cardio, Strengthen Combo	Muscle toning with low impact moves, weights & resistance bands used. Beginner to intermediate
Chair Exercise I & II	A combination of stretch, cardio and toning workout done seated. Beginner and Intermediate offered
Coffee Hour with Deb	Drop in for a friendly chat with our cheerful program assistant, Deb
Conversation Cafe	Conversation group with guest presenters on topics of general interest.
Fusion	A ballet bar, dance style class using resistance bands and weights. Intermediate level
FitMinds	Exercise for the mind. Word & math challenges with group discussion
Mindfulness & Meditation	A group facilitated program to teach how to harness the power of mindfulness for reducing stress
Line Dancing	Gentle impact exercise with traveling moves Beginner level
Lunch Bunch	Participants meet at a different local restaurant each month to enjoy a meal together and social, pay your own way
Sing a long	
Tai Chi	Focus your mind, improve circulation & breathing through guided movements Beginner level
Yoga (Mat)	A beginner/intermediate gentle flow class combining strength, balance & flexibility for the body & mind' Intermediate
Zumba Gold	Cardiovascular, dance style workout with a Latin vibe, Intermediate
	Programs certified by through the University of Ottawa Heart Institute Heartwise program

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