










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

**TO REGISTER CONTACT THE RECREATION MANAGER: [a.temple@oldeforge.ca](mailto: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
<b>**IN PERSON CLASS</b> <b>WOODROFFE UNITED CHURCH</b>	<b>VIRTUAL PROGRAM</b>	<b>**IN PERSON CLASS</b> <b>WOODROFFE UNITED CHURCH</b>	<b>VIRTUAL PROGRAM</b>	<b>VIRTUAL PROGRAM</b>
<p><b>9:30AM</b> CHAIR EXERCISE I </p> <p><b>10:30AM</b> YOGA (Mat) </p> <p><b>11:30AM</b> BALANCE &amp; STRETCH </p>	<p><b>9:30AM</b> CHAIR YOGA</p> <p><b>10:30AM</b> AEROBICS</p> <p><b>11:30AM</b> TAI CHI</p>	<p><b>9:30AM</b> Gentle Yoga </p> <p><b>10:30AM</b> LINE DANCING</p> <p><b>11:30AM</b> FUSION</p>	<p><b>9:30AM</b> CARDIO, STRENGTHEN COMBO</p> <p><b>10:30AM</b> ZUMBA GOLD</p> <p><b>11:30AM</b> CHAIR EXERCISE II </p>	<p><b>10AM</b>  ARM CHAIR TRAVEL with Amica FIRST FRIDAY OF THE MONTH</p> <p><b>10AM</b>  FIT MINDS EVERY FRIDAY EXCEPT THE FIRST FRIDAY DAY OF THE MONTH</p>
<p><b>MAY &amp; JUNE</b> VIRTUAL PROGRAM</p> <p><b>1:30PM</b> CONVERSATION CAFÉ</p> <hr/> <p><b>JULY &amp; AUGUST</b> **IN PERSON PROGRAM</p> <p><b>1:30pm</b> COFFEE &amp; CONVERSATION WITH DEB</p>	<p><b>VIRTUAL PROGRAM</b></p> <p><b>1:30PM</b> BOOK CHAT with MARRIE</p> <p>LAST TUESDAY OF THE MONTH</p> 	<p><i>Active Gardening Program</i> May to August Schedule to be announced Please contact Azra if interested in joining 613-829-9777 ext 228 <a href="mailto:a.temple@oldeforge.ca">a.temple@oldeforge.ca</a></p> 	<p><b>**IN PERSON PROGRAM</b></p> <p><b>DEB'S LUNCH BUNCH</b></p> <p>1PM LAST THURSDAY OF THE MONTH</p> <p>REGISTRATION &amp; PROOF OF VACCINATION REQUIRED TO ATTEND</p>	

Thank you to our funder for their generous financial support:

Thank you to our community partners:



# Recreation Program Calendar – May 9 - August 26 2022


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

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

Active Gardening Program	Bi-weekly group program. Participants will aid in planting and maintaining garden beds around the Olde Forge.
Aerobics	Cardiovascular exercise including toning with weights. (Beginner to Intermediate)
Arm Chair 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	Whether you're an avid reader or looking for the motivation to start, all are welcome to join this discussion group.
Cardio, Strengthen Combo	Muscle toning with low impact moves, weights & resistance bands used. (Beginner to Intermediate)
Chair Yoga	Seated gentle yoga moves and relaxing guided meditation. A soothing and relaxing class to start your day.
Chair Exercise I & II	A combination of stretch, cardio and toning workout done seated. (Beginner and Intermediate classes offered.)
Coffee & Conversation	Join Deb for an in person social each week in July & August outside in the Jill Brown Park. Bring your own chair & beverage.
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.
Line Dancing	Gentle impact exercise with traveling moves. (Beginner level)
Lunch Bunch	Social dining program. Participants will meet at a local restaurant each month for lunch and to socialize. Pay your own way.
Tai Chi	Focus your mind, improve circulation & breathing through guided movements. (Beginner level)
Yoga (Mat)	A gentle flow class combining strength, balance & flexibility for the body & mind (Intermediate level)
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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This project is funded by the Government of Canada.

