

RECREATION CALENDAR SEPTEMBER 6TH TO DECEMBER 23RD






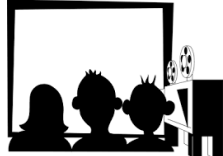

Programs for independent adults 55+ years and adults living with disability

To enroll and register for programs contact the recreation manager;

a.temple@oldeforge.ca or 613-829-9777 ext 228



OLDE FORGE
COMMUNITY RESOURCE CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL PROGRAM	IN PERSON
<p>10:30AM Yoga (Mat)</p>  <p>11:30AM Balance & Stretch</p> 	<p>9:30AM Chair Yoga</p> <p>10:30AM Aerobics</p> <p>11:30AM Tai Chi Fusion</p>	<p>9:30AM Gentle Yoga</p>  <p>10:30AM Tai Chi</p> <p>11:30AM FUSION</p>	<p>9:30AM Cardio, Strength Combo</p>  <p>10:30AM Chair Exercise</p>	<p>9:30AM Walking Group with Brenda <i>Sep. 9 – Oct. 28</i> <i>Weather depending</i></p> <p>Group meets at the Olde Forge Parking Lot</p>
VIRTUAL PROGRAM		IN PERSON	IN PERSON	VIRTUAL PROGRAM
<p>1:30PM CONVERSATION CAFE</p> 	<p>Monthly Program Fee</p> <p>IN PERSON PROGRAM \$32</p> <p>VIRTUAL PROGRAM \$24</p> <p>Fee includes unlimited program registration providing there are spaces available</p>	<p>2:00PM Movie Matinee LAST WEDNESDAY OF THE MONTH</p> 	<p>11:30AM ZUMBA</p> <p>1:00PM DEBS LUNCH BUNCH Last Thursday of each Month</p>	<p>10:30AM  FIT MINDS EVERY FRIDAY EXCEPT THE LAST FRIDAY DAY OF THE MONTH</p> <p>10:30AM Mindfulness & Meditation LAST FRIDAY OF THE MONTH</p>

Thank you to our funder for their generous financial support

Thank you to our community partners:

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New Horizons for Seniors Program



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PROGRAM DESCRIPTIONS

All fitness programs are led by certified fitness instructors & Facilitated by qualified recreation staff

	<p>Programs certified with the Heartwise logo are identified on the recreation calendar by the University of Ottawa Heart Institute Program</p>
<p>Aerobics</p>	<p>Cardiovascular exercise including toning with weights, Intermediate level</p>
<p>Balance and Stretch</p>	<p>Designed as a falls prevention program, focus is on improving balance, Beginner level</p>
<p>Cardio, Strengthen Combo</p>	<p>Muscle toning with low-impact moves, weights & resistance bands use. Intermediate level</p>
<p>Chair Yoga</p>	<p>Seated gentle yoga moves and relaxing guided meditation. A soothing and relaxing class to start your day. Beginner level</p>
<p>Chair Exercise</p>	<p>A combination of stretch, cardio and toning workout done seated. Intermediate level</p>
<p>Conversation Cafe</p>	<p>Conversation group with guest presenters on topics of general interest</p>
<p>Fusion</p>	<p>A ballet bar, dance style class using resistance bands and weights. Intermediate to Advanced level</p>
<p>FitMinds</p>	<p>Fun word and math challenges to exercise the mind in a welcoming group setting.</p>
<p>Gentle Yoga</p>	<p>A gentle yoga class on the mat, perfect for beginners and those looking for a moderate stretch</p>
<p>Lunch Bunch</p>	<p>Social dining program. Participants will meet at a local restaurant each month for lunch and friendly conversation. Pay your own way</p>
<p>Mindfulness and Meditation</p>	<p>Our experienced mindfulness coach teaches what is mindfulness, how to use it daily and guides participants in a relaxing meditation in the comfort of their own home.</p>
<p>Tai Chi</p>	<p>Focus your mind, improve circulation & breathing through guided movements Beginner level</p>
<p>Tai Chi Fusion</p>	<p>This class is a combination of Asian meditation (Tai Chi Qigong) & Western fitness (resistance band) exercises. Program designed to improve balance, cognition and reduce stress.</p>
<p>Yoga (Mat)</p>	<p>An intermediate gentle flow class combining strength, balance & flexibility for the body & mind</p>
<p>Zumba</p>	<p>A fun dance style cardiovascular workout with a Latin vibe, Intermediate level</p>

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