

RECREATION CALENDAR January 2 – February 29 2024

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
10:30AM Yoga (Mat)  11:30AM Balance & Stretch 2:00PM Bridge Group Westwood 	9:30AM Chair Yoga 10:30AM Aerobics 11:30AM Stretch & Balance	 9:30AM Chair Fit I 10:30AM TMC Total Muscle Conditioning 11:30AM Gentle Yoga	 9:30 Tai Chi 10:30AM Cardio, Strength Combo	9:30AM Walking with Brenda Indoor  1:00PM Movie Matinee <i>FIRST FRIDAY of EACH MONTH</i>
		In Person	IN PERSON	VIRTUAL PROGRAM
Monthly Program Registration Fee IN PERSON PROGRAM \$40 VIRTUAL PROGRAM \$32 Fee includes unlimited monthly program registration providing there are spaces available. The in-person program fee includes access to all virtual programs.		Additional programs to announce Cooking Connections Education workshops with Ottawa Public Health Motion with Music Workshop	 10:30AM Chair Fit II 11:30AM ZUMBA 1 PM Lunch Bunch with Deb <i>LAST THURSDAY OF THE MONTH</i>	10:30AM FitMinds <i>EACH FRIDAY EXCEPT THE LAST FRIDAY</i> 10:30AM Mindfulness & Meditation <i>LAST FRIDAY OF THE MONTH</i>

Thank you to our funder for their generous financial support



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PROGRAM DESCRIPTIONS

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

	Programs certified with the Heartwise logo are identified on the recreation calendar by the University of Ottawa Heart Institute Program
Aerobics	Cardiovascular exercise including toning with weights, Intermediate level
Stretch & Balance	Designed as a fall's prevention program, focus is on improving balance, Beginner level
Bridge Group	Bridge card game with multiple tables, for new and experienced players.
Cardio, Strengthen Combo	Muscle toning with low impact moves, weights & resistance bands use. Intermediate level
Chair Yoga	Seated gentle yoga moves and relaxing guided meditation. A soothing and relaxing class to start your day. Beginner level
Chair Fit I	A seated beginner exercise class to get your muscles moving. Beginner level
Chair Fit II	A combination of stretching, cardio and toning workout done seated. Intermediate level
FitMinds	Fun word and math challenges to exercise the mind in a welcoming group setting.
Gentle Yoga	Learn the basics of yoga, bring your own mat. Ideal for beginners.
Lunch Bunch	Social dining program. Participants will meet at a local restaurant each month for lunch and friendly conversation. Pay your own way
Mindfulness & Meditation	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.
Tai Chi	Focus your mind, improve circulation & breathing through guided movements Beginner level
TMC	TMC or Total Muscle Conditioning is a complete body workout, cardio, weights, and stretch. A yoga mat is required for this class. Beginner to intermediate level
Walking Group	An indoor walking program. Volunteer run. Beginner to intermediate levels welcome.
Yoga (Mat)	An intermediate gentle flow class combining strength, balance & flexibility for the body & mind
Zumba	A fun dance style cardiovascular workout with a Latin vibe, Intermediate level

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