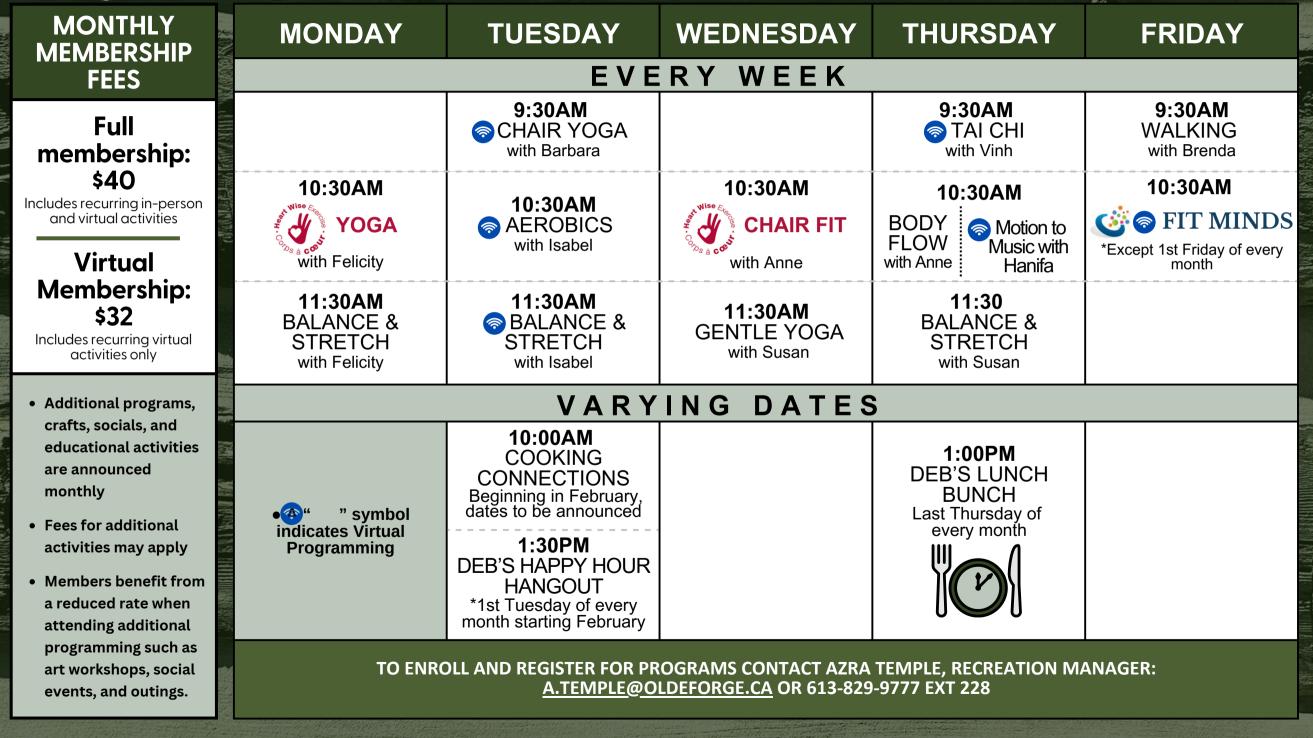
## FORGE | Recreation Calendar | JAN 6 - APR 25 2025



## Group programs for independent adults 55+ years.

## PHYSICAL ACTIVITY 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.
LINE DANCING		A choreographed light dance workout.
TAI CHI		Focus your mind and improve circulation and breathing through guided movements.
WALKING GROUP	ALL LEVELS	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.

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 RECREATION ACTIVITIES**

COOKING CONNECTIONS	Learn Healthy Eating tips, safe food handling, new recipes, cook a meal and enjoy with friends
DEB'S HAPPY HOUR HANGOUT	Cards, games, sing-alongs, and more! Enjoy a casual hangout with friends. Treats provided. Activities may vary month to month.
DEB'S LUNCH BUNCH	Meet at a local restaurant once monthly for lunch and friendly conversation. Participants responsible to pay for themselves.
FITMINDS	Fun word and math challenges to exercise the mind in a welcoming group setting.