








# RECREATION CALENDAR May 6 – June 28, 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](mailto:a.temple@oldeforge.ca) or 613-829-9777 ext 228



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON</b>	<b>VIRTUAL</b>	<b>IN PERSON</b>	<b>VIRTUAL</b>	<b>IN PERSON</b>
<p><b>9:30AM</b> AEROBICS </p> <p><b>10:30</b> YOGA </p> <p><b>11:30</b> BALANCE &amp; STRETCH</p>	<p><b>9:30AM</b> CHAIR YOGA</p> <p><b>10:30</b> AEROBICS</p>	<p><b>9:30</b> CHAIR FIT </p> <p><b>10:30</b> TOTAL MUSCLE CONDITIONING</p> <p><b>11:30AM</b> GENTLE YOGA</p>	<p><b>9:30AM</b> TAI CHI</p> 	<p><b>9:30AM</b> WALKING WITH BRENDA</p>  <p><b>1PM</b> MOVIE MATINEE (FIRST FRIDAY OF THE MONTH)</p>
<b>VIRTUAL</b>	<p><b>MONTHLY PROGRAM REGISTRATION FEE</b></p> <p><b>\$40 IN PERSON PROGRAMS</b></p> <p><b>\$32 VIRTUAL PROGRAMS</b></p> <p>PLEASE NOTE: THE IN PERSON FEE INCLUDES ACCESS TO VIRTUAL PROGRAMMING</p>	<p><u><b>UPCOMING TO BE ANNOUNCED</b></u></p> <p><b>COOKING CONNECTIONS</b></p> <p><b>GARDENING WORKSHOP</b></p> <p><b>ART WORKSHOP</b></p> <p><b>SOLAR LIGHT MAKING WORKSHOP</b></p> <p><b>BOAT OUTING</b></p>	<b>IN PERSON</b>	<b>VIRTUAL</b>
<p><b>10:30AM</b> ZUMBA</p> <p><b>1:30PM</b> ARMCHAIR TRAVEL WITH ERIN</p> <p><b>MAY 13 &amp; JUNE 10</b></p> 			<p><b>10:30</b> CARDIO, STRENGTH COMBO</p> <p><b>11:30</b> BALANCE &amp; STRETCH</p> <p><b>1PM</b> DEB LUNCH BUNCH (LAST THURSDAY OF THE MONTH)</p>	<p><b>10:30</b> FITMINDS</p> <p>(EXCEPT THE LAST FRIDAY OF THE MONTH)</p> 

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