


# Recreation Program Calendar - September 7 to December 23 2021

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

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>
<b>10:30AM</b> YOGA ( Mat)    <b>11:30AM</b> MOTION TO MUSIC	<b>9:30AM</b> CHAIR YOGA  <b>10:30AM</b> AEROBICS  <b>11:30AM</b> COFFEE CHAT with DEB	<b>9:30AM</b> TAI CHI  <b>10:30AM</b> LINE DANCING  <b>11:30AM</b> FUSION	<b>9:30AM</b> CARDIO, STRENGTHEN COMBO  <b>10:30AM</b> ZUMBA GOLD  <b>11:30AM</b> CHAIR EXERCISE	<b>10AM</b> ARM CHAIR TRAVEL with Amica <i>FIRST FRIDAY OF THE MONTH</i>  <b>10AM</b>  <b>FIT MINDS</b> <i>EVERY FRIDAY EXCEPT THE FIRST FRIDAY OF THE MONTH</i>    <b>11:30AM</b> Guided Meditation with Randy <i>LAST FRIDAY OF THE MONTH</i>
<b>VIRTUAL PROGRAM</b>	 <p><i>Welcome Back Social Garden Party - September 3<sup>rd</sup></i></p> <p><i>Ottawa Carleton Wildlife Centre Presentation, Nature Walk &amp; Picnic Lunch - October 7<sup>th</sup></i></p> <p><i>Christmas Holiday Social - Date to be announced</i></p>			
<b>1:30PM</b> CONVERSATION CAFÉ				
<b>** in person class availability is subject to change at <u>short notice</u> due to COVID 19 restrictions</b>				
<b>\$28 MONTHLY FEE FOR IN PERSON &amp; UNLIMITED VIRTUAL CLASS ATTENDANCE</b> <b>\$20 MONTHLY FEE FOR UNLIMITED VIRTUAL PROGRAM ATTENDANCE</b>				
<b>TO REGISTER CONTACT THE RECREATION MANAGER: <a href="mailto:a.temple@oldeforge.ca">a.temple@oldeforge.ca</a> or 613-829-9777 x228</b>				

Thank you to our funder for their generous financial support:





Thank you to our community partners:





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PROGRAM DESCRIPTIONS	
All fitness programs are led by certified fitness instructors & facilitated by recreation staff	
PROGRAM	DESCRIPTION
Aerobics	Cardiovascular exercise including toning with weights, Beginner to intermediate
ArmChair Travel	From the comfort & safety of your home, explore International travel and destinations
Cardio, Strengthen Combo	Muscle toning with low impact moves, weights & resistance bands used. Beginner to intermediate
Chair Exercise	A combination of stretch, cardio and toning workout done seated. Beginner level
Coffee Hour with Deb	Drop in for a friendly chat with our cheerful program assistant, Deb
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
Gentle Yoga (Mat)	Floor yoga, perfect for beginner
Mindfulness & Meditation	A group facilitated program to teach how to harness the power of mindfulness for reducing stress
Line Dancing	Gentle impact exercise with traveling moves Beginner level
Motion to Music	Improving balance & flexibility, perfect for beginners and those recovering from a fall or hip surgery
Tai Chi	Focus your mind, improve circulation & breathing through guided movements Beginner level
Yoga (Mat)	A beginner/intermediate gentle flow class combining strength, balance & flexibility for the body & mind' Intermediate
Zumba Gold	Cardiovascular, dance style workout with a Latin vibe, Intermediate
	Programs with the Heartwise logo have been certified by through the University of Ottawa Heart Institute Heartwise program

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