

SENIORS' RECREATION SCHEDULE



OLDE FORGE
COMMUNITY RESOURCE CENTRE

The Olde Forge Recreation Program provides barrier-free, low cost recreational and physical fitness activities to local seniors 60+ and adults with disabilities. Please visit our site at www.oldeforge.ca or call us at **613-829-9777**

JANUARY - APRIL PROGRAMS

Season runs through January 7th - April 29th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PINECREST-QUEENSWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	PINECREST-QUEENSWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road
BRAIN & BALANCE 12:00PM <i>*NEW PROGRAM</i>	CHAIR YOGA 9:30 AM	TAI CHI 9:30AM	IRRESISTIBLE 9:30 AM	MOTION to MUSIC 12:00PM
PROGRAM FEES \$25.00 per month or Drop in fee \$7.50 Monthly Fee entitles you to unlimited access to the fitness programs. Subsidy may be available for low-income applicants who meet requirements. Please call 613-829-9777 ext. 228 for more information.	AEROBICS 10:30AM	LINE DANCING 10:30AM	ZUMBA GOLD 10:30AM	OLDE FORGE 2730 Carling Ave
				TEA & CONVERSATION 10:30AM LAST FRIDAY EACH MONTH Donation of bakery item to share are welcome.
	BE WELL & FIT 11:30 AM Perfect for those recovering from falls & discharge from physio therapy	YOGA 11:30	CHAIR YOGA 11:30AM	KNITTING & CROCHETING 10:00AM

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FITNESS CLASS DESCRIPTION

AEROBICS – Cardiovascular & strength training

BE WELL & FIT – Low intensity, balance class

CHAIR YOGA – Stretching & breathing exercises

IRRESISTIBLE – Strength & cardiovascular training

LINE DANCING – Low impact cardiovascular exercise

MOTION TO MUSIC – Stretching & flexibility workout

BRAIN & BALANCE – gentle movement that will improve focus, balance, mobility, & memory

TAI CHI – Balance, breathing & meditation

YOGA – Floor yoga beginner to intermediate level

ZUMBA – Cardiovascular workout using Latin dance

FITNESS PROGRAM INFORMATION

All Olde Forge fitness programs are lead by certified fitness instructors.

Yoga mats, elastic bands and weights are provided for all programs.

To facilitate the smooth operation of programs and address any of your concerns our recreation program assistant, Deborah Davis is available on site at Woodroffe United Church during scheduled program.

Light refreshments are available for your



WEATHER POLICY



The Olde Forge does not cancel programs due to poor weather. We ask you be mindful of your own personal safety when coming to programs in poor driving and walking conditions.

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HEALTH & WELLNESS

**1365 RICHMOND ROAD
PINECREST QUEENSWAY
COMMUNITY HEALTH CENTRE**

PLEASE SIGN UP AT RECEPTION 613-829-9777

DATE:	TOPIC:
Friday January 11 th 10am	Sharing Circle with Metis Elder Mary Rose Lessoway
Friday January 18 th 10am	Mindfulness & Self Awareness
Friday February 1 st 10am	Nutrition & Aging Presented by Loblaw's dietitian
Friday February 8 th 10am	Laughter Yoga 
Friday March 1 st 10am	Emergency First Aid & Personal Safety 
Friday April 26 th 10am	Seniors, alcohol & substance abuse awareness. Presentation by L.E.S.A

OUTINGS & TOURS



Please call reception for
more details and/or to
sign up, 613-829-9777
Space is limited
Payment is due 7 days
prior to the outing.

January 23rd
Spa & lunch at
Red Lobster
Cost \$25.00

February 9th
Royal Canadian
Legion Dance
Cost \$15.00



February 28th
Museum of Science & Tech
Cost \$30.00

March
Sugar Bush
Date to be announced
in February

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GENERAL INTEREST WORKSHOPS

1365 RICHMOND ROAD
PINECREST QUEENSWAY
COMMUNITY HEALTH CENTRE

PLEASE SIGN UP AT RECEPTION 613-829-9777

DATE	TOPIC
Friday March 8 th 10am	Aroma therapy
MARCH BREAK WEEK March 15 th 10am	Grandkids are welcome Minerals that we eat. An interactive presentation by geologist Andy Fyon
Friday April 19 th 10am	Abstract Acrylic Art Paint pouring over canvass \$5.00 supply fee

BRIDGE CLUB



In partnership with REVERA, the Olde Forge is able to offer

Bridge twice a week for players with various experience levels.

These programs are run by the homes and not the Olde Forge staff or volunteers.

Mondays 1:30pm

Westwoods Retirement Home
2374 Carling Ave.

The game at this location is played at an intermediate level, some playing experience is necessary.

Wednesdays 2:00pm

Lynwood Park
Retirement Community
1 Eaton Street

Experienced and beginner players welcomed. To register at this location, please call Jennifer 613-596-6969

DID YOU KNOW THE OLDE FORGE OFFERS COMMUNITY SUPPORT SERVICES:

- Medical Transportation
- Home Help
- Home Maintenance
- Snow Clearing
- Community Van
- Foot Care Clinics
- Grocery Bus
- Luncheon Program
- Day Program
- Income Tax Clinics

Call 613-829-9777 to learn more about our services & how we can help you.

ROOM FOR RENT

Bring some history and charm to your next private event by hosting it right here at the Olde Forge.

Outside of our operating hours, our main room and kitchen are available for your use at a competitive rate. It is a great space to host a family reunion, baby shower, anniversary celebration, group meetings, or other special occasion.

For booking inquires, please contact Sue Walker at 613-829-9777 ext. 224

OUR COMMUNITY PARTNERS:

