

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**

MAY - AUGUST PROGRAMS

Season runs through May 6th - August 31st, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RON KOLBUS LAKESIDE CENTRE 102 Greenview Ave. (meet at bus stop)	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
WALK FIT with TANIA 9:30AM	CHAIR YOGA 9:30AM	TAI CHI 9:30AM	IRRESISTIBLE 9:30AM	CONVERSATION CORNER 10:00AM <i>**Check reverse side for topics & dates</i>
PINECREST-QUEENSWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road	AEROBICS 10:30AM	LINE DANCING 10:30AM	ZUMBA GOLD 10:30AM & YOGA 10:30AM	MOTION to MUSIC 12:00PM
BRAIN & BALANCE 12:00PM				OLDE FORGE 2730 Carling Ave
<p style="font-size: 1.2em; font-weight: bold; margin: 0;">PROGRAM FEES</p> <p style="margin: 0;">\$25.00 monthly membership fee gives you unlimited access to recreation programs.</p> <p style="margin: 0;">Drop in fee \$7.50</p> <p style="margin: 0;">Cost for outings is additional.</p> <p style="margin: 0;">If financial assistance is needed, please inquire.</p>	STRENGTH & BALANCE 11:30AM	DEB'S MISHMASH 11:30AM	CHAIR YOGA 11:30AM	TEA & CONVERSATION 10:30AM LAST FRIDAY EACH MONTH Donations of bakery items to share are welcome.
<p style="font-weight: bold; margin: 0;">NO PROGRAMMING on these STATUTORY HOLIDAYS:</p> <p style="margin: 0;">• May 20th Victoria Day • July 1st Canada Day • Aug. 5th Civic Holiday</p>				