



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

COMMUNITY RESOURCE CENTRE

## MONTHLY MEMBERSHIP FEES










**Full membership: \$40**

Includes recurring in-person and virtual activities

**Virtual Membership: \$32**

Includes recurring virtual activities only












- Additional programs, crafts, socials, and educational activities are announced monthly
- Fees for additional activities may apply
- Members benefit from a reduced rate when attending additional programming such as art workshops, social events, and outings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EVERY WEEK</b>				
	<b>9:30AM</b>  CHAIR YOGA with Barbara		<b>9:30AM</b>  TAI CHI with Vinh	<b>9:30AM</b> WALKING with Brenda
<b>10:30AM</b>  <b>YOGA</b> with Felicity	<b>10:30AM</b>  AEROBICS with Isabel	<b>10:30AM</b>  <b>CHAIR FIT</b> with Anne	<b>10:30AM</b> BODY FLOW with Anne	<b>10:30AM</b>  <b>FIT MINDS</b> *Except 1st Friday of every month
<b>11:30AM</b> BALANCE & STRETCH with Felicity	<b>11:30AM</b>  BALANCE & STRETCH with Isabel	<b>11:30AM</b> GENTLE YOGA with Susan	<b>11:30</b> BALANCE & STRETCH with Susan	
<b>VARYING DATES</b>				
<ul style="list-style-type: none"> <li>• A “” symbol indicates Virtual Programming</li> </ul>	<b>10:00AM</b> COOKING CONNECTIONS Beginning in February, dates to be announced <hr/> <b>1:30PM</b> DEB'S HAPPY HOUR HANGOUT *1st Tuesday of every month starting February		<b>1:00PM</b> DEB'S LUNCH BUNCH Last Thursday of every month 	

TO ENROLL AND REGISTER FOR PROGRAMS CONTACT AZRA TEMPLE, RECREATION MANAGER:  
[A.TEMPLE@OLDEFORGE.CA](mailto:A.TEMPLE@OLDEFORGE.CA) OR 613-829-9777 EXT 228

# 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.