








RECREATION CALENDAR September 9 to December 23, 2024



Group programs for independent adults 55+ years.

To enroll and register for programs contact the recreation manager;

a.temple@oldeforge.ca or 613-829-9777 ext 228

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL	IN PERSON
<p>9:30AM NORDIC POLE WALKING WITH ANNE (SEPT & OCT)</p> 	<p>10:30 BALANCE & STRECH WITH ISABEL</p> <p>11:30AM AEROBICS WITH ISABEL</p>	<p>9:30AM AEROBICS WITH ANN (NOV & DEC)</p>  <p>10:30AM CHAIR FIT WITH ANNE</p> <p>11:30AM GENTLE YOGA WITH JOSEPH</p>	<p>9:30AM TAI CHI WITH VINH</p> <p>10:30AM LINE DANCING WITH VINH</p> 	<p>9:30AM WALKING WITH BRENDA</p> 
	IN PERSON	<p>MONTHLY PROGRAM REGISTRATION FEE</p> <p>\$40 IN PERSON PROGRAMS</p> <p>\$32 VIRTUAL PROGRAMS</p> <p>THE IN PERSON FEE INCLUDES ACCESS TO VIRTUAL PROGRAMMING</p> <p>ADDITIONAL PROGRAMMING, CRAFTS, SOCIALS, EDUCATION EVENTS ARE ANNOUNCED MONTHLY</p>	IN PERSON	VIRTUAL
<p>10:30 YOGA WITH FELICITY</p>  <p>11:30 BALANCE & STRETCH WITH JOSEPH</p>	<p>COOKING CONNECTION</p> <p>ONCE A MONTH BEGINNING IN OCTOBER DATES TO BE ANNOUNCED ADDITIONAL FEE</p> 		<p>9:30AM CHAIR YOGA</p> <p>10:30AM CARDIO STRENGTH COMBO WITH JANICE</p> <p>11:30AM BALANCE & STRETCH WITH SUSAN</p> <p>1:00PM DEB LUNCH BUNCH (OCT, NOV & DEC)</p>	<p>10:30AM FITMINDS</p> <p>FIRST AND LAST FRIDAY OF THE MONTH BEGINNING SEPT 27</p> 

PROGRAM DESCRIPTIONS



ALL FITNESS PROGRAMS ARE LED BY CERTIFIED FITNESS INSTRUCTORS & FACILITATED BY QUALIFIED RECREATION STAFF



PROGRAMS CERTIFIED WITH THE HEARTWISE LOGO ARE IDENTIFIED ON THE RECREATION CALENDAR BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE PROGRAM.

AEROBICS

CARDIOVASCULAR EXERCISE INCLUDING TONING WITH WEIGHTS, INTERMEDIATE LEVEL

BALANCE & STRETCH

DESIGNED AS A FALLS PREVENTION PROGRAM, FOCUS IS ON IMPROVING BALANCE. BEGINNER LEVEL

CARDIO STRENGTH COMBO

MUSCLE TONING WITH LOW IMPACT MOVES, WEIGHTS & RESISTANCE BANDS USE. INTERMEDIATE LEVEL

CHAIR YOGA

SEATED GENTLE YOGA MOVES AND RELAXING GUIDED MEDITATION. A SOOTHING AND RELAXING CLASS TO START YOUR DAY. BEGINNER LEVEL

CHAIR FIT

A SEATED EXERCISE CLASS TO GET YOUR MUSCLES MOVING. HAND WEIGHTS USED. BEGINNER LEVEL

COOKING CONNECTIONS

LEARN HEALTHY EATING TIPS, SAFE FOOD HANDLING, NEW RECIPES, COOK A MEAL AND ENJOY WITH FRIENDS

FITMINDS

FUN WORD AND MATH CHALLENGES TO EXERCISE THE MIND IN A WELCOMING GROUP SETTING.

GENTLE YOGA

LEARN THE BASICS OF YOGA, BRING YOUR OWN MAT. IDEAL FOR BEGINNERS.

LINE DANCING

A CHOREOGRAPHED LIGHT DANCE WORKOUT. BEGINNER LEVEL.

LUNCH BUNCH

SOCIAL DINING PROGRAM. PARTICIPANTS WILL MEET AT A LOCAL RESTAURANT ONCE A MONTH FOR LUNCH AND FRIENDLY CONVERSATION. PAY YOUR OWN WAY

NORDIC POLE WALKING

INSTRUCTED GROUP WALKING PROGRAM USING NORDIC POLES. MUST HAVE OWN POLES. BEGINNER LEVEL.

TAI CHI

FOCUS YOUR MIND, IMPROVE CIRCULATION & BREATHING THROUGH GUIDED MOVEMENTS. BEGINNER LEVEL

WALKING GROUP

A VOLUNTEER-LED WALKING PROGRAM. GROUP MEETS INDOORS OR OUTDOORS (WEATHER DEPENDING). ALL LEVELS OF WALKERS WELCOME

YOGA (MAT)

AN INTERMEDIATE GENTLE FLOW CLASS COMBINING STRENGTH, BALANCE & FLEXIBILITY FOR THE BODY & MIND