

SENIORS SERVICES
50+

Seniors Services

**Fall 2024/
Winter 2025
Newsletter**





INSPIRED
SENIOR LIVING

Join our *Vibrant* Residence ON SOCIAL MEDIA!

Stay connected with us for the latest updates, we're here to share the joys of retirement living with you!

Scan the QR code to Like and Follow us
on Facebook and Instagram!



Palermo Village Retirement Residence



@palermovillagerr


Palermo Village
RETIREMENT RESIDENCE

THANK YOU FOR YOUR SUPPORT!

Town of Oakville Recreation and Culture

Oakville Seniors Services

Trafalgar Park Older Adults Centre

133 Rebecca Street, Oakville, ON L6K 1J4
905-338-4406

Monday to Friday, 8:30 a.m. to 4:30 p.m.

Stephanie Coughlin, Recreation Coordinator
905-845-6601, ext. 4502
stephanie.coughlin@oakville.ca

Daniela Vega Orozco, Assistant Programmer
905-845-6601, ext. 4506
daniela.vegaorozco@oakville.ca

Sir John Colborne Recreation Centre for Seniors

1565 Old Lakeshore Road, Oakville, ON L6L 6N1
905-815-5960

Monday to Friday, 8:30 a.m. to 4:30 p.m.
Tuesday, 4:30 to 9 p.m.

Julie Pennal, Program Supervisor, Senior Services
905-845-6601, ext. 3978
julie.pennal@oakville.ca

Kelly Meeussen, Recreation Assistant
905-845-6601, ext. 3977
kelly.meeussen@oakville.ca

River Oaks Mature Adults Club

2400 Sixth Line, Oakville, ON L6H 3M8
905-338-4186

Jacy Thibeault, Recreation Assistant
905-845-6601, ext. 3562
jacy.thibeault@oakville.ca

Bob Pawliw, Recreation Coordinator
905-845-6601, ext. 3368
bob.pawliw@oakville.ca

Iroquois Ridge Older Adults Centre

1051 Glenashton Drive, Oakville, ON L6H 6Z4
905-338-4255

Monday to Friday, 9 a.m. to 4 p.m.

Cassie Wilhelm, Assistant Programmer
905-845-6601, ext. 3498
cassandra.wilhelm@oakville.ca

Matt Psenicka, Recreation Coordinator
905-845-6601, ext. 3728
matt.psenicka@oakville.ca

Queen Elizabeth Park Older Adults Centre

2302 Bridge Road, Oakville, ON L6L 2G6
905-815-5979, ext. 4673

Monday to Friday, 1 to 4 p.m.

Jolaine Montgomery, Assistant Programmer
905-845-6601, ext. 4674
jolaine.montgomery@oakville.ca

Nicola Taccone-Witczak, Recreation Coordinator
905-845-6601 ext. 4609
nicola.taccone@oakville.ca

Table of Contents

General Information	2
In Memoriam	12
Day Trips	13
Registered Programs	15
Drop-in Activities	42
Special Events	63
Seniors Services News	75

Printed on FSC certified, 30% post-consumer waste stock.



Find us on Facebook at
Town of Oakville Seniors Centres



General Information



From Your Seniors Services team

Hello friends! As we write this, we are celebrating the summer warmth, balmy evenings and outdoor activities with friends and family. We are busy stopping to smell the flowers, hunting for caterpillars, playing outdoors and soaking up the vitamin D. The team is busy hosting BBQ's and parties and celebrating Seniors Month and beginning preparation for a busy fall and winter season ahead. The fall is always our busiest time with open houses, return of programs, new members, special events, bazaars and holiday sales. Make sure to check out the drop-in and registered program sections for all the ways you can get fit, learn something and meet new people.

We would like to share some statistics we are very proud of and feel speak to the importance of our centres and the successful return to our normal activity level. In 2023 our membership peaked at 3112 members for all of Seniors Services...just a few members short of our 2019 numbers! Welcome to all our new friends and returning members. We are so glad you are here with us.

Our centres hosted 4341 people in our registered programs and over 44,803 drop-in visits. The most popular drop-in programs were snooker, pickleball, badminton and bridge to name a few. One of our proudest stats is the sheer number of volunteer hours our members contribute to our community. Congratulations on selflessly giving 29,570 hours to the centres as board members, special event planners, convenors, greeters, café/bistro servers, drivers, organizers and cheerleaders. Our staff team is so grateful for your support and participation for without you...our centres don't operate. You are the cornerstone of our success and the community we strive to foster in our centres and we are grateful to you.

Staff constantly strive to bring you new programs and opportunities to engage in our services. Look for the NEW symbol beside programs to see if something catches your eye. Watch for drop-in watercolours, Movie Night at Colborne and English Circle. Watch for the chair symbol 🪑 to denote a seated program!

And if you remember in our last issue our staff team set goals for the Spring and Summer. We planned to move more, read more, plan more special events and connect with those most important to us. I think we smashed it! We hosted 98 events in 2023 and our 2024 calendar is even more jam packed. We try to have meetings on the go – walking and talking and our staff team held a special outing making spring planters. Overall, I would say we hit those goals out of the park! I hope you did too.

Finally, your staff team of Jolaine, Cassie, Julie, Kelly, Stephanie, Daniela, Nicola, Matt, Jacy and Kim would like to remind you that we are here for you. If you need assistance, support or are looking to get involved in a program or need a little help just call or email.

Your Seniors Services team!

Jennifer, Nicola, Jolaine, Cassie, Matt, Stephanie, Daniela, Kim, Jacy, Julie and Kelly.



Seniors Services Membership Fees

Age	2024 Fee	2025 Fee
Age 50–79	\$56	TBD
Age 80–89	\$28	TBD
Age 90+	No charge	No charge

The Town of Oakville is committed to providing you with a more seamless and convenient experience when accessing programs and services.

Seniors Services Membership Changes

Based on member feedback, we have enhanced our Seniors Services membership to include unlimited access to all drop-in programs. This change applies to both current and new memberships. At the time of membership renewal, a moderate increase in the annual membership fee will be introduced, which will now cover all \$1 drop-in fees. Please note, this fee adjustment does not cover special events, trips, pre-registered programs, or any other activities where more than \$1 is charged.

Changes to drop-in program admission process

In response to valuable customer feedback, we are excited to announce enhancements to our drop-in program admission process. Starting September 3, Oakville residents can now book their spot up to eight (8) days in advance. This change aims to streamline the front desk experience, reduce congestion, and enable you to plan your week more effectively.

A valid Seniors Services membership is required to attend both drop-in and sessional programming. When pre-registering for a seniors program, please ensure your membership will be valid on the course start date. For example, if you register in August for a program that starts on September 20, your current membership must be valid beyond September 20. If your membership expires before the course start date, please remember to renew to ensure you can attend.

Seniors Services Membership

A current Seniors Services membership is required to register in all Seniors Services (50+) programs and to attend drop-in activities, day trips and some special events. Membership is valid for one year from the date of purchase and fees are based on your actual age at time of renewal or purchase.

Please note that a Seniors Services membership does NOT include Recreation and Culture drop-in programs and the Fitness membership does NOT include Waterfit.

Should you have any questions about your Recreation and Culture account, please call 905-815-2000 to speak to a member of our team, Monday to Friday from 8:30 a.m. to 4:30 p.m. Inquiries can also be sent to recreation@oakville.ca.

Why Do I Need a Current Membership?

Membership fees help offset some of the costs of running the centres such as heat, hydro, snow removal, repairs, equipment, program supplies and general maintenance of the centres. In the interest of fairness, everyone who participates in programs or events must have a valid membership. This way everyone contributes to the running of our centres. There are no refunds for memberships.



Benefits of Membership

Your town-wide Oakville Seniors Services membership card entitles you to:

- Register in Senior Services (50+) classes and participate in drop-in activities at five locations – Trafalgar Park Older Adults Centre, Sir John Colborne Centre, River Oaks Mature Adults Club, the Iroquois Ridge Older Adults Centre and QEPOAC
- Participate in day trips
- Attend special events – parties, dances, guest speakers, movies
- Vote at the Annual General Meeting
- Hold office on a governing board
- Keep updated with the latest information on items such as local initiatives, health care, hospital direction, community support, social services
- Meet new friends and people in your community
- A copy of our Seniors Services newsletter available twice per year
- Have a direct link with local government through the Recreation and Culture department
- Discover a new hobby/skill/talent
- Become involved in meaningful volunteer work

Fall 2024/Winter 2025 Program Registration

Registration for fall programs opens Wednesday, August 14 at 7 a.m.

Registration for winter programs opens Wednesday, December 4 at 7 a.m.

A Seniors Services membership is required for all registered and drop-in seniors programs.

Online methods of payment include VISA, MasterCard and American Express or credit on account.

Program Confirmation

You have successfully registered for a program or activity when you click the “Place My Order” button on the payment screen.

Registration confirmations will be sent by email. When checking out, you also have the option to view or print the registration confirmation. It is your responsibility to review and be aware of your program details (location, time, date etc.).

You can also review all transactions on your “My Info” page.

Online Services

Videos on how to register for a program and more are available on oakville.ca. Town staff are also available to support residents by calling 905-815-2000.

You will need an email address to create your online account. We recommend using Google Chrome for the best customer experience when accessing recreation and culture programs and services online.

Non-resident Registration

Non-resident program registration opens 14 days after Oakville resident registration begins.

Non-residents can book drop-in programs up to 7 days in advance beginning September 3.

Other Ways to Register

To avoid disappointment and for immediate confirmation of availability, use the online registration option. For registration assistance, phone 905-815-2000.

Don't forget you can now register online AFTER the program start date. But don't wait until the last minute as popular programs fill up fast and those with low enrollments prior to the start date are cancelled.

Withdrawals and Refunds from Programs

Online, up to four days in advance of the course start date and time, you can request a refund or withdraw via your online account without penalty.

Three days prior to the course start date, up to the start time of the course, all refund or withdrawal options are subject to an administrative fee of \$10 plus HST.

In person/over the phone, up to four days, in advance of the course start date and time, all refund or withdrawal options are subject to an administrative fee of \$10 plus HST.

Prior to the start time of the third date of the course, the amount refunded will be the full cost of the program, less any applicable administrative fees, and less the cost of any classes already held. Material fees are non-refundable.

Requests will be processed and prorated as of the date and time that official notification is received by the Recreation and Culture department and cannot be backdated.

After the third class of the program, we are unable to process withdrawal/refund requests after the start of the third class. Material fees are non-refundable.

Refunds

Refunds are returned to the method of payment used in the original transaction.

Requests under \$20 where the original method of payment was cash, cheque or debit will remain on account for future use.

Material fees are non-refundable.

Missed Classes

Participants are to attend all classes as scheduled for the program in which they are registered. Make-up classes or credits/refunds for missed classes are not available.

Cancellations

The town reserves the right to cancel or alter any classes, times, costs or locations without notice as required due to low enrollment, change of policy, or availability of resources.

Program Waitlists

In the event that a program is full, clients may be added to the waitlist. If space becomes available, the first person on the waitlist will be contacted and offered the space by email.

The client's response to accept and provide payment to confirm program enrollment is required within 48 hours, after which time, the offer will be cancelled and the next client on the waitlist will be contacted.



The Rzone

What is the Rzone? The Rzone is a zero tolerance operating procedure that applies to all Town of Oakville recreation and cultural centres, facilities, parks and programs. The Rzone procedure enforces zero tolerance of violence, vandalism and inappropriate behaviour for participants and the general public.

What does the Rzone mean? The “R” in the Rzone logo stands for **Respect** and **Responsibility**. Respect for Yourself; Respect for Others; and Responsibility for all Your Actions. The logo will serve as a reminder to staff and the public that the operating procedure is in effect and applies to everyone: players, performers, audiences and visitors.

For more information, visit oakville.ca or call 905-845-6601.

Accessible Parking Reminder

Only those with valid accessible parking stickers, etc. can use the accessible parking spaces at the centres. Make sure your sign is clearly visible from the outside of your vehicle. *Please, only one vehicle per parking space.*

Facebook

Did you know that Oakville Seniors Services is on Facebook? Check us out at Town of Oakville Seniors Centres and “Like” us to stay up to date on all the happenings at the centres around town!

Kindness Counts

We encourage you to remember that friends and members in our seniors centres may need your kindness and patience. As a vibrant senior community with an age range of 50 to 100+, members may be experiencing changes to their health or ability. Inclusion is a choice we can make every day.

Perhaps you can imagine a family member or friend who has experienced vision changes, hearing loss, memory challenges, the loss of a spouse or serious health condition. Would you give them extra care and attention? Could you find more patience for a repeated question? Would you offer them a hand with something they need? I hope you can find that same patience and kindness for our members whether it is while playing cards, speaking to a volunteer or participating in a program.

The seniors centres are special places. We ask you to remember that everyone is welcome here, and how you would want to be treated? Sometimes it takes only one act of kindness and caring to change a person’s life.



Seniors Working Action Group (SWAG)

The Seniors Working Action Group (SWAG) is a seniors advocacy group that works under the authority of the Town of Oakville, Recreation and Culture Department. SWAG meets virtually via Zoom, once per month under the authority of the Recreation and Culture department, Town of Oakville. Their mandate is to:

- Represent seniors on Age-Friendly initiatives.
- Advocate for quality of life and dignity in the Oakville community.
- Provide seniors' information to the community through presentations and networking with other senior-focused groups.
- Support and review issues of interest and concern such as housing, health care, transportation, recreation and the environment.

In September 2023, SWAG held the first in person presentation since Covid on Wills and Powers of Attorney with over 110 people in attendance. In October a very successful Seniors Housing Symposium and Information Fair was held at Sir John Colborne. In January and February of 2024 SWAG hosted Zoom presentations from Service Canada, Revenue Canada, Consumer Protection Bureau of Canada, Housing and Homesharing options for seniors and a second presentation in March on Wills and Powers of Attorney. On September 18, 2024, at 1:30 p.m. SWAG will be hosting another in person presentation on Medical Assistance in Dying (MAID), presented by Dr. Barry Hunter and Amy Madan, Registered Nurse and End of Life Consultant at the QEP Community and Cultural Centre.

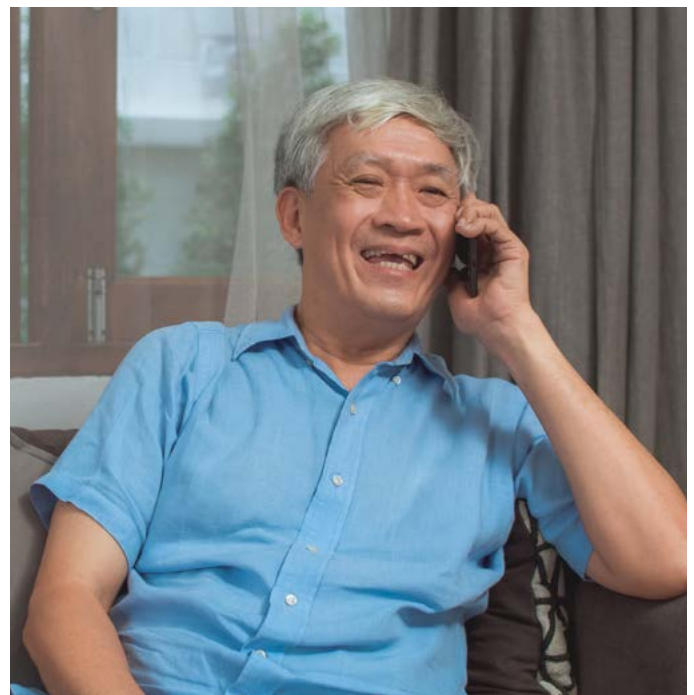
SWAG is planning on hosting another Housing presentation in 2025. We appreciate the support received and welcome your input. If you have topics that you are interested in learning more about or concerns you may have, please contact: Darlene Cox (SWAG Chair) 905-466-6212 or Julie Pennal (Program Supervisor) 905-845-6601, ext. 3978.

Seniors Centres Without Walls

The WOW Without Walls telephone conference program is offered at 10 a.m. on Monday, Wednesday, the first Tuesday and Thursday of each month. If you haven't joined one of our calls, we encourage you to try it out. If this program is not for you, maybe you can help us to reach a senior in our community who might not know about our program.

We are proud to partner with the Aurora Seniors Centre to offer you more telephone programming options. Please refer to the areas highlighted in grey for programs and start times. Please contact the Aurora Seniors centre directly for more information on how to connect. A separate calendar is available upon request or find all the details at <https://oakville.ca/parks-recreation-culture/programs-activities/seniors-services/>

NOTE: Unfortunately our current telephone conference provider is experiencing technical issues. We are currently exploring alternative providers to help manage our WOW program. If you are interested in joining the Oakville WOW programs, please contact 905-845-6601 x.3977 for details.



Links2Wellbeing Social Prescribing for Older Adults

Senior Services and the Older Adults Centres' Association of Ontario (OACAO) have partnered to promote the Links2Wellbeing Social Prescribing for Older Adults initiative. Social prescribing is a pathway that promotes holistic health and well-being by integrating health and social care. It is a structured process in which family physicians and interprofessional health practitioners can prescribe a patient to a local senior centre.

We are continuing to promote the program and need your help. Would you be willing to take an information package to your doctor describing the program? If so, please call Jolaine Montgomery (QEPOAC Assistant Programmer) at 905-815-5979, ext. 4674.

Oakville Transit-Seniors Ride Free!

Seniors (65 years and over) can ride Oakville Transit buses for free every day with a Presto card. Pick up your card at Town Hall or a local Shoppers Drugmart for \$6. For schedules and routes, visit oakvilletransit.ca. Take advantage of this wonderful service and explore Oakville!



A Little Assistance Goes a Long Way

Everyone should enjoy the benefits that participation brings. The Recreation and Culture department would like to ensure that Oakville residents have the opportunity to access recreation and leisure services offered by the town. To help make this possible, financial assistance is available through the Recreation Connection program. Based on the total income of all family members in the household, if you qualify you will receive an amount that can be put towards memberships or programs. Visit oakville.ca or your local community centre for more information.

Policy Review Committee

The Policy Review Committee is made up of members from all five seniors centres. We meet six times a year and the minutes are posted on all centre bulletin boards. The committee sets the price of membership each year. We advocate for seniors in our community. Recently, the committee made the decision in consultation with advisory committee members and staff to eliminate the \$1 drop-in fee. We are pleased the roll out went smoothly and members can now participate in more drop-ins eliminating the need for cash or credit on account. The Policy Review Committee also consulted on the Parks, Recreation and Library Master Plan and provided input on the Mid-Town Plan.

Lorna Van de Mosselaer, Chair

Centre Closures

August 5 - Empancipation Day

September 2 - Labour Day

October 14 - Thanksgiving Day

December closures - please refer to the centres bulletin board for holiday closures.

February 17 - Family Day

Well Wishes

Cards of sympathy and get well cards for those members who are hospitalized are mailed from the centres. If you know of any card that should be sent, please let the volunteer know at the front desk.

Awards and Accolades

Many of our volunteers and members were recognized this year as part of community recognition initiatives.

Seniors Working Action Group (SWAG) was nominated for the Heather Thompson Award of Excellence for their advocacy work in the community. Congratulations to the committee for their hard work and commitment to our older adult population.

Several volunteers were awarded Senior of the Year by Mayor Burton. On June 18 Darlene Cox, Margaret Larson, Ruth Sheridan and Ted Lambert were recognized for their outstanding dedication to volunteerism in the Oakville community and beyond.

Scent

Many people have a strong reaction to perfumes and scents. Please be kind to your fellow members by being aware of this when getting ready for your activity at the centre and perhaps foregoing that spritz of perfume before you leave home! It will be appreciated.

Seniors Active Living Centre (SALC) programs are funded by the Province of Ontario.



Community Spirit Awards

The 22nd annual Community Spirit Awards were celebrated in June and the Oakville older adult community was well represented for their time, commitment and dedication to volunteerism and giving back. Congratulations to our nominees: Jasvinder Manku, Margaret Hogervorst, Molly Copping, Catherine Ross, Ruth Sheridan, Pamela Strachan and Marlene Bristol.

Thank you for being a champion of art, culture and heritage. For being a good neighbour and inspiring others. We appreciate your leadership and innovation and celebrate each of you for your contributions to our community.

Special mention to recipient Ruth Sheridan in the Inspiration category and to those who took the time to nominate our community leaders.

Defibrillators

Town of Oakville facilities are equipped with portable defibrillators. All the units are wall-mounted. At the seniors centres, they are located near the front reception areas. The community recreation centres units are located on the walls in the lobby areas. Staff and volunteers receive ongoing training to ensure that their skills are kept current.

Free Tech Support

Did you know that the Colborne Centre offers complimentary tech support lessons on a one-on-one basis? Every Tuesday afternoon join one of our students who will spend 45 minutes with you assisting you with concerns or issues you may have with your phone, tablet or computer. Sign up is required. Members only and spaces are limited.





In Memoriam

February 2024

Eileen Kirouac
Elizabeth McCarville
Mary Chaplin

March 2024

Jessie McTavish
Ruth Wilson

April 2024

Anita Roth
Dagmar Rydlo

May 2024

Norman Ginsburg

June 2024

Ada Hecht
Jane Avery



Day Trips

All day trips go on sale on the designated sale date and may be purchased at 1 p.m. at the front desk of the Colborne Centre or at 10 a.m. in the Bistro at the Trafalgar Park Community Centre. Following the initial sale date, tickets are available at the front desk in both centres.

To purchase a day trip ticket you must show your valid Seniors Services membership card. Please scan it when you arrive at the centre and you will be given a validation ticket.

There are no advance reservations. You must purchase your ticket in person or have a friend purchase your ticket by scanning your membership card. A member may purchase two tickets only, one being for themselves and one other with proof of a valid membership. There are no exceptions.

Day trips are for members only and spaces go quickly. If you are unable to purchase the trip of your choice, please ensure your name is added to the waiting list.

ALL TICKET SALES ARE FINAL

Refunds will only be issued if your place is filled by a member on the waitlist. If you are unable to attend a day trip, please check with one of the travel convenors before selling your ticket to a fellow centre member.

Note: if a trip does not meet the minimum number of participants it will be cancelled and a full refund will be issued. Please be aware that date, costs and itinerary are subject to change. Descriptions are posted on the travel boards at the centres. All day trips are subject to change depending on availability. All participants must be able to climb stairs and navigate curbs/steps independently.

Please contact Marilyn at 905-338-1165 or Lynda at 905-844-8445 directly if you have questions about the trip.

Day Trip Parking

Please park in the lot at Trafalgar Park Community Centre or at the north end of the main Queen Elizabeth Park Community and Cultural Centre parking lot.

Q = Queen Elizabeth Park Older Adults Centre (QEPOAC), 2303 Bridge Road

T = Seniors centre located in Trafalgar Park Community Centre, 133 Rebecca Street

Tuesday, September 3 Port Dover Lakefront Show

Board a luxury coach bus and enjoy lunch at the Erie Beach hotel followed by a matinee performance of Norm Foster's Lakefront.

Cost: \$146. Tickets on sale June 3 to July 10

Wednesday, November 13 Walters Family Christmas

Board a luxury coach bus, enjoy a buffet lunch at the Best Western followed by a visit to the Sanderson centre to catch a joyous holiday concert showcasing your favourite seasonal tunes along with fiddles, harmonies and humour with the Walters Family.

Cost: \$147. Tickets on sale July 29 to September 25.

Trip details will be posted at the seniors centres as more information is available from our tour company. Check the bulletin boards for details.





Registered Programs

T Trafalgar Park Community Centre

IR Iroquois Ridge Community Centre

G Glen Abbey Community Centre

RO River Oaks Community Centre

C Sir John Colborne Recreation Centre for Seniors

Q Queen Elizabeth Park Community and Cultural Centre

O Oakville Trafalgar Community Centre

Please note: The Town of Oakville reserves the right to adjust schedules and prices without notice. Customers impacted by cancellations will be automatically refunded. Visit oakville.ca for the most up-to-date listing of Seniors Services programming currently offered.

NOTE: For those of you who prefer a seated exercise program, please look for the following icon: 

Acrylic Painting-Level 1 *Instructor: Mary Lyons*

Learn the basic tools and techniques of this colourful and fast drying medium. Drawing experience not essential. Personal supplies are required. The list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	1:00pm - 3:00pm	\$168.96	12	C	84841
Thu/Jan 9 - Mar 6	1:00pm - 3:00pm	\$126.72	9	C	85967

Aquatic Bone and Joint Therapeutic Care *Instructor: Julie Chandu-Lall*

The benefits of warm water movements are to reduce pain, swelling and inflammation and to help increase circulation. Learn movements to improve your balance, range of motion, posture and to help speed up recovery from injuries and surgeries. Designed for individuals with bone and joint degeneration with arthritis and for pre/post-hip and knee surgeries and injuries.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	10:30am - 11:30am	\$100.21	12	IR	84981
Tue/Jan 7 - Mar 4	10:30am - 11:30am	\$75.16	9	IR	85581

* Look out for an additional class being added. See our bulletin board for details to come.

Badminton Level 1 *Instructor: Tony The*

Step up your game with the help of a certified coach. The program includes instruction and drills, followed by round robin play. All levels of players are welcome. Protective eye wear and guards are strongly recommended. Age 50+

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Dec 11	3:30pm - 4:30pm	\$69.70	12	T	92855
Wed/Jan 8 - Mar 12	3:30pm - 4:30pm	\$58.08	10	T	92857

Body Tone *Instructor: Diane Gidaro*

Work toward increasing bone density, muscle strength, endurance, core strength, joint flexibility and balance using elastics for resistance. Emphasizes correct exercise posture. Alternatives are always offered. Mat work required.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	9:00am - 10:00am	\$100.21	12	C	84479
Thu/Sept 26 - Dec 12	9:00am - 10:00am	\$100.21	12	C	84644
Tue/Jan 7 - Mar 4	9:00am - 10:00am	\$75.16	9	C	85404
Thu/Jan 9 - Mar 6	9:00am - 10:00am	\$75.16	9	C	85953

Botanical Garden Drawing *Instructor: Mary Lyons*

Unleash your creativity through botanical art, blending the realms of science and fine art to create stunning illustrations. Elevate your drawing skills and learn techniques using pencil, coloured pencil, watercolour, and markers. Find inspiration from nature as you work from both photos and live plants.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jan 7 - Feb 4	11:30am - 1:30pm	\$70.40	5	T	84151

Bridge: Basic 1 An Introduction *Instructor: Bogdan Kurek*

Learn the basics of bridge bidding, including responding and playing the hand. Have fun in a comfortable environment. No experience necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Nov 18	9:15am - 11:45am	\$97.63	8	C	84475
No class Oct 14					

Bridge: Basic 2 Bidding *Instructor: Bogdan Kurek*

Learn the basics of bridge bidding, including responding and playing the hand. Have fun in a comfortable environment.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Nov 12	9:15am - 11:45am	\$97.63	8	C	84484
Mon/Jan 6 - Mar 3	9:15am - 11:45am	\$97.63	8	C	84874
No class Oct 14, Feb 17					

Bridge: Conventions *Instructor: Jackie Syer*

Covers weak twos, slam bidding, the Blackwood and Gerber conventions, Stayman and Jacoby transfers. Prerequisite: Basics of Bidding or some bridge-playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Thur/Sept 26 - Nov 14	9:15am - 11:45am	\$97.63	8	C	84646

Bridge: Defense *Instructor: Bogdan Kurek*

Covers weak twos, slam bidding, the Blackwood and Gerber conventions, Stayman and Jacoby transfers. Prerequisite: Basics of Bidding or some bridge-playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jan 7 - Feb 25	9:15am - 11:45am	\$97.63	8	C	85406

Bridge: Mentored Duplicate *Instructor: Jackie Syer*

Suitable for those familiar with duplicate bridge procedure and experienced players with a good knowledge of conventions. During this class you will play duplicate bridge at a moderate pace, and have the opportunity to ask questions and get advice during play.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Nov 13	9:00am - 11:00am	\$78.11	8	Q	78925
Wed/Jan 8 - Feb 26	9:00am - 11:00am	\$78.11	8	Q	78961

Bridge: Supervised Play *Instructor: Jackie Syer*

This course provides the opportunity to review your knowledge and to practise playing with supervision. Tips on bidding, playing and defense will be reviewed with ample time for questions. Prerequisite: Knowledge of the basic conventions, defense and playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Thur/Jan 9 - Feb 27	9:15am - 11:45am	97.63	8	C	85955

Card Making *Instructor: Mary Lyons*

Receiving a handmade card is a lovely surprise, especially during the holiday season. In this workshop, learn how to make your own cards, while exploring several artistic techniques including collage, stenciling, watercolour, and stamping.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Nov 19	2:00pm-5:00pm	\$21.12	1	T	84634
Tue/Nov 26	2:00pm - 5:00pm	\$21.12	1	T	84635

Celtic Fiddling - Level 1 *Instructor: Jill Yokoyama*

Suitable for the absolute beginner. Learn the basics in a fun and relaxed atmosphere. Please bring your own fiddle.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Nov 8 - Dec 20	8:30am - 9:30am	68.53	6	C	84842

No class Nov 15

Celtic Fiddling - Level 2 *Instructor: Jill Yokoyama*

Play some of your favourite tunes from Scotland, Ireland and Cape Breton and continue your learning in a fun and relaxed atmosphere. Prerequisite: Celtic Fiddling–Level 1 and subject to instructor recommendation. Please bring your own fiddle.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Nov 8 - Dec 20	9:45am - 10:45am	68.53	6	C	84843

No class Nov 15

Circuit Training *Instructor: David Archibald (RO), Tracey Almeida (Q)*

Circuit Training is a full body workout that will improve your overall fitness by performing strength and cardio, moving from one exercise to the next. Keep your body moving and your workouts fun and interesting by adding circuit training.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	11:45am - 12:45pm	\$91.86	11	Q	78939
Thu/Sept 26 - Dec 12	12:00pm - 1:00pm	\$100.21	12	RO	84857
Mon/Jan 6 - Mar 3	11:45am - 12:45pm	\$66.81	8	Q	78950
Thu/Jan 9 - Mar 6	12:00pm - 1:00pm	\$75.16	9	RO	84882

No class Oct 14, Feb 17

Coloured Pencils *Instructor: Mary Lyons*

Colouring with pencil crayons enables a controlled approach to creating realistic and exciting images. Discover many techniques including crosshatching and blending. Experiment with texture, colour mixing and water soluble pencils. Suitable for all levels.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Oct 29	11:30am - 1:30pm	\$84.48	6	T	84145

Computer: Getting to Know Your Apple iPhone *Instructor: David Carpenter*

Master your iPhone with ease and unlock the full potential of your device. Join us to learn essential skills like navigation, understanding status bars and icons, and customizing your display. Explore settings like connecting to WiFi and discover Apple apps such as the camera, clock, Siri, and Safari. Bring your own Apple device with you.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Oct 23	12:30pm - 1:30pm	\$90.63	5	C	84637

Computer: Getting to Know Your Apple iPad *Instructor: David Carpenter*

Master your iPad with ease and unlock the full potential of your device. Join us to learn essential skills like navigation, understanding status bars and icons, and customizing your display. Explore settings like connecting to WiFi and discover Apple apps such as the camera, clock, Siri, and Safari. Bring your own Apple device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Oct 23	1:45pm - 2:45pm	\$90.63	5	C	84638

Computer: Getting to Know Your Android *Instructor: David Carpenter*

Master your Android phone with ease and unlock the full potential of your device. Join us to learn essential skills like navigation, understanding status bars and icons, and customizing your display. Explore settings like connecting to WiFi and discover apps such as the camera, clock, calculator, Google Voice, and web browsing. Bring your Android device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Oct 30 - Nov 27	12:30pm - 1:30pm	\$90.63	5	C	84641

Computer: Working with Windows 10/11 *Instructor: David Carpenter*

Learn how to navigate your Windows 10/11 laptop, understand the status areas and icons, plus how to customize your privacy. Examine the settings, and explore installing various apps such web-browsers, meetings, social media, documents, spreadsheets, and photo organization. Please bring your own laptop. Suitable for beginners or intermediate users wanting to improve their skills.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Feb 12 - Mar 12	12:30pm - 1:30pm	\$90.63	5	C	85949

Computer: Cyber Safety and Social Media Platforms *Instructor: David Carpenter*

Discover how to safeguard yourself from malware and scams while exploring the secure installation and navigation of popular social media platforms. Perfect for both beginners and intermediate users, this class will elevate your digital skills and help you confidently navigate the world of technology. Please bring your Apple or Android device to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Feb 12 - Mar 12	1:45pm - 2:45pm	\$90.63	5	C	85951

Cycle & Stength *Instructor: Carol Higa (RO), Anita Weisseneder (Q)*

Enjoy a variety of exercises to improve cardio, posture, balance and flexibility. Ideal for active people who want to incorporate cycling into their exercise program. We'll combine up to 30 minutes of indoor cycling with strength training using small equipment. You don't have to be a cyclist or weightlifter. Mat work is involved especially during stretching at the end. Please bring a towel, water bottle and wear rubber soled shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	11:30am - 12:30pm	\$91.86	11	RO	84859
Thu/Sept 26 - Dec 12	3:00pm - 4:00pm	\$100.21	12	Q	78931
Mon/Jan 6 - Mar 3	11:30am - 12:30pm	\$66.81	8	RO	84881
Thu/Jan 9 - Mar 6	3:00pm - 4:00pm	\$75.16	9	Q	78951

No class Oct 14, Feb 17

Dance Fit *Instructor: Traci Morgan*

Get your groove on in this fun cardio workout with easy-to-follow dance moves set to a variety of music genres such as swing, jive and other classics. This class will end with a slow gentle cool down stretch to leave your mind, body and soul feeling refreshed.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Dec 11	12:00pm - 1:00pm	\$100.21	12	G Room A	82181
Wed/Jan 8 - Mar 5	Noon - 1:00pm	\$75.16	9	G Room A	82670

Drawing Level 1 *Instructor: Mary Lyons*

Learn the fundamentals on creating the illusion of depth through aerial and linear perspective, working from photos you will also explore tonal value, texture, line quality and composition to produce realistic landscapes. Suitable for all levels.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jan 7- Mar 11	9:00am - 11:00am	\$140.80	10	T	84150

Drawing - Level 2 *Instructor: Mary Lyons*

Expand your drawing technique and experiment further. We will emphasize developing composition, form, expressive line, graduated tone, colour and spatial awareness. Demonstrations, exercises, and lots of in-class practice provide a strong and supportive atmosphere to further your creative expression.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	9:00am - 11:00am	\$168.96	12	T	84143

Fitness Plus Instructor: *Anita Weisseneder*

Enjoy exercising to upbeat music in a variety of class formats. This full-body workout includes aerobics and strength training (with some mat work), followed by a relaxing cool-down.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	1:30pm - 2:30pm	\$100.21	12	Q	78932
Thu/Jan 9 - Mar 6	1:30pm - 2:30pm	\$75.16	9	Q	78952

French - Level 1 *Instructor: Marguerite Broten*

A great introduction to the French language in a relaxed setting. Emphasizes communication for everyday situations. Expand your vocabulary and learn to conjugate verbs.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Nov 11	9:00am - 10:30am	\$73.96	7	T	81351
Mon/Jan 6 - Mar 10	9:00am - 10:30 am	\$95.09	9	T	82535

No class Oct 14, Feb 17

French - Level 2 *Instructor: Marguerite Broten*

Practise and improve your spoken French. Expand your vocabulary through basic conversations in a relaxed, informal setting. Some knowledge of conversational French is necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Nov 11	10:45am - 12:15pm	\$73.96	7	T	81353
Mon/Jan 6 - Mar 10	10:45am - 12:15pm	\$95.09	9	T	82538

No class Oct 14, Feb 17

French - Level 3 *Instructor: Marguerite Broten*

An opportunity to discuss various interesting subjects in French, including current affairs, history, community issues and more. New vocabulary and terms will enrich participants who are already competent in French. L'accent sera sur l'utilisation de la terminologie appropriée.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Nov 11	12:30pm - 2:00pm	\$73.96	7	T	81354
Mon/Jan 6 - Mar 10	12:30pm - 2:00pm	\$95.09	9	T	82539
No class Oct 14, Feb 17					

General Conditioning For Men *Instructor: Simon Van Wely*

Increase your flexibility, stamina, and muscular strength to prepare for activities such as skiing, hiking, curling, golf and gardening.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	4:30pm - 5:30pm	\$100.21	12	C	84545
Tue/Jan 7 - Mar 4	4:30pm - 5:30pm	\$75.16	9	C	85627

Gentle Osteo Fit *Instructor: Leah Nicoletta (Mon & Fri), TBD (Wed)*

Tone your body with this invigorating fun-filled class. Accommodates those with varying degrees of arthritis/osteoporosis and other physical limitations. No mat work. Improve your flexibility, muscle strength and balance. Weights and Dyna-Bands are supplied. Please wear rubber sole shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	2:00pm - 3:00pm	\$91.86	11	IR	84964
Wed/Sept 25 - Dec 11	11:30am - 12:30pm	\$100.21	12	IR	84965
Fri/Sept 27 - Dec 13	9:30am - 10:30am	\$91.86	11	IR	84968
Mon/Jan 6 - Mar 3	2:00pm - 3:00pm	\$66.81	8	IR	85586
Wed/Jan 8 - Mar 5	11:30am - 12:30pm	\$75.16	9	IR	85582
Fri/Jan 10 - Mar 7	9:30 am - 10:30 am	\$75.16	9	IR	85574
No class Oct 14, Nov 11, Feb 17					

Guitar Lessons - Level 1 *Instructor: Dyanne Dumas*

Learn the basics of acoustic guitar playing. Guitar chords and easy strumming patterns will be covered. Participants must bring their own guitar. Material fee for instruction book is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Dec 13	11:00am - 12:00pm	\$68.53	11	C	84844
Fri/Jan 10 - Mar 7	11:00am - 12:00pm	\$56.07	9	C	85971
No class Nov 15					

Guitar Lessons - Level 2 *Instructor: Dyanne Dumas*

Learn to play songs in different keys with a variety of strumming patterns and basic finger picking techniques. Participants must bring their own guitar. Material fee for instruction booklet is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Dec 13	12:15 pm - 1:15 pm	\$68.53	11	C	84845
Fri/Jan 10 - Mar 7	12:15pm - 1:15pm	\$56.07	9	C	85972
No class Nov 15					

Guitar Lessons - Level 3-Repertoire *Instructor: Dyanne Dumas*

Learn various right hand finger-picking techniques, bar chords, how to read tablature and coordinate singing while playing guitar. Participants must bring their own guitar. Material fee for instruction booklet is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Dec 13	1:30pm - 2:30 pm	\$68.53	11	C	84847
Fri/Jan 10 - Mar 7	1:30pm - 2:30pm	\$56.07	9	C	85973
No class Nov 15					

Hall Walking with Strength Training *Instructor: Sue Borg*

Indoor fitness walking with strength training is a perfect combination for results. Enjoy 30 minutes of walking followed by 30 minutes of strength training. A good pair of running shoes is all you need.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Sept 24 - Dec 10	2:00pm - 3:00pm	\$100.21	12	T	81395
Tue/Jan 7 - Mar 11	2:00pm - 3:00pm	\$83.51	10	T	82603

History of Dance *instructor: George Sanford*

Join us as we journey through the history of dance, from ancient rituals to modern expressions. Immerse yourself in the diverse world of dance forms and experience the joy of movement. Let the music evoke memories of past gatherings, from Friday supper clubs to disco nights. Don't miss out on this unforgettable celebration of the power and beauty of dance!

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	1:00pm - 3:00pm	\$117.16	12	C	84654

History of Fashion and Music from 1810 to 2010 *Instructor: George Sanford*

This program explores fashion and clothing worn from 1810 to 2010, as well as the soundtrack for each era. We'll delve into the origins of couture, the contributions of renowned designers, and the everyday attire of people. Join us to uncover what used to fill closets and what might still be hanging in yours.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	9:30am - 11:30am	\$117.16	12	T	82340

History of Great Artists of the 19th and 20th Century *Instructor: George Sanford*

Discover the finest art from the 19th and 20th centuries, created by the world's most renowned artists. Gain insights into their lives, origins, motivations behind their creations, and their lasting impact on the art world. Join us in appreciating the beauty and talent showcased in these extraordinary masterpieces.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jan 9 - Mar 13	9:30am - 11:30am	\$97.63	10	T	82917

History of Musical Instruments *Instructor: George Sanford*

Explore the rich history of musical instruments from their origins to contemporary forms. Discover the stories behind iconic instruments like the flute, bagpipes, drum, violin, oboe, tympani, and piano. Immerse yourself in the melodies and rhythms that have shaped human creativity over the centuries. Join us in celebrating the joyful symphony of our musical heritage!

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jan 9 - Mar 6	1:00pm - 3:00pm	\$87.87	9	C	85962

Intro to Meditation & Mindfulness *Instructor: Leah Nicoletta* 🧘

This course introduces meditation concepts such as visualization, body scans and gentle yoga movements. Long-term benefits include pain management, stress relief, and improved overall health. Chairs are available for those who prefer them. Bring your own mat if you don't want to use chairs.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Oct 18	Noon - 1:00pm	\$33.40	4	IR	85561
Fri/Nov 1 - Nov 22	Noon - 1:00pm	\$33.40	4	IR	85565
Fri/Jan 10 - Jan 31	Noon - 1:00pm	\$33.40	4	IR	85585
Fri/Feb 14 - Mar 7	Noon - 1:00pm	\$33.40	4	IR	85570

Line Dancing - Level 1 *Instructor: Karen Moniz (C), Mark Offer (IR)*

Discover basic dance steps and elements in this fabulous and fun line dance class. Get active and stay social while dancing to all musical genres including country, Latin, pop and more. No experience or partner is necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	12:30pm - 1:30pm	\$100.21	12	IR	84976
Tue/Sept 24 - Dec 10	3:15pm - 4:15pm	\$100.21	12	C	84541
Tue/Jan 7 - Mar 4	12:30pm - 1:30pm	\$75.16	9	IR	85589
Tue/Jan 7 - Mar 4	3:15pm - 4:15pm	\$75.16	9	C	85625

Line Dancing - Level 2 *Instructor: Karen Moniz*

Keep moving while you're grooving! We're adding new steps and techniques to your dance repertoire while keeping your basics feeling fresh. Previous line dance experience is recommended for optimal enjoyment.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 16	12:30pm - 1:30pm	\$100.21	12	C	84477
Mon/Sept 23 - Dec 9	9:30am - 10:30am	\$91.86	11	IR	84977
Mon/Jan 6 - Mar 3	12:30pm - 1:30pm	\$66.81	8	C	84877
Mon/Jan 6 - Mar 3	9:30am - 10:30am	\$66.81	8	IR	85575

No class Oct 14, Feb 17

Low Intensity Fitness *Instructor: June Lee, Mon, Fri (C), Tue, Thurs (T) TBD*

Improve strength, balance and flexibility in this low-impact workout suitable for all fitness levels. Get moving to up-tempo music with fun exercises that incorporate easy dance moves. Enjoy muscle-strengthening exercises (hand weights and bands supplied), followed by a relaxing cool-down for the mind, body and soul. Mat work is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 16	11:00am - 12:00pm	\$100.21	12	C	84476
Tue/Sept 24 - Dec 10	9:00am - 10:00am	\$100.21	12	T	81363
Thu/Sept 26 - Dec 12	9:00am - 10:00am	\$100.21	12	T	81447
Fri/Sept 27 - Dec 13	12:30pm - 1:30pm	\$91.85	11	C	84860
Mon/Jan 6 - Mar 3	11:00am - 12:00pm	\$66.80	8	C	84876
Tue/Jan 7 - Mar 11	9:00am - 10:00 am	\$83.51	10	T	82593
Thu/Jan 9 - Mar 13	9:00 am - 10:00 am	\$83.51	10	T	82916
Fri/Jan 10 - Mar 7	12:30pm - 1:30pm	\$75.16	9	C	85975

No class Oct 14, Nov 15, Feb 17

Nia *Instructor: Leslie McHugh (C)*

Based on the principle of "the joy of movement," NIA (Neuromuscular Integrative Action) is a low-impact, high-energy, dance-like workout for the body, mind and spirit. Nia incorporates movements and philosophies from both eastern and western traditions of martial arts, dance arts and healing arts. Improve your cardio fitness, strength, muscle and joint flexibility and range of motion.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Oct 4 - Dec 20	11:15am - 12:15pm	\$91.86	11	C	84858
Fri/Jan 10 - Mar 7	11:15am - 12:15pm	\$75.16	9	C	85974

No class Nov 15

Nordic Walking–Therapeutic Care *Instructor: Sue Borg*

This program is suitable for those looking for a low impact cardio and full-body workout that accommodates a slower pace. No previous experience needed. Our instructor will provide options and adaptations to suit every skill level. This program is held on the indoor track and includes a stretching component. Walking poles are provided.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	1:00pm - 2:00pm	\$100.21	12	T	81394
Tue/Jan 7 - Mar 11	1:00pm - 2:00pm	\$83.51	10	T	82600

Outside In *Instructor: Diane Gidaro (Tue/Fri), June Lee (Wed)*

Developed specifically for participants with osteoporosis, this program will help strengthen muscles and increase flexibility and postural awareness from the outside in.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	10:15am - 11:15am	\$100.21	12	C	84535
Wed/Sept 25 - Dec 11	11:00 am - 12:00pm	\$100.21	12	C	84546
Fri/Sept 27 - Dec 13	1:45pm - 2:45pm	\$91.86	11	C	84861
Tue/Jan 7 - Mar 4	10:15am - 11:15am	\$75.16	9	C	85624
Wed/Jan 8 - Mar 5	11:00am - 12:00pm	\$75.16	9	C	85628
Fri/Jan 10 - Mar 7	1:45pm - 2:45pm	\$75.16	9	C	85976

No class Nov 15



Parkinson's Program *Instructor: Saelmy Schmidt*

If you have been diagnosed with Parkinson's or are experiencing Parkinson's symptoms, this class will help you maintain a good quality of life by improving strength, flexibility, posture and balance. Set in a group environment, sports, exercise, dancing and other lively activities help you deal with day-to-day challenges. We focus on fun and building camaraderie, using cooperation and laughter to motivate you to keep coming back for best results. Wear comfortable clothes and athletic footwear to class. If you require support you must bring your own support person in your social circle. Please note: your support worker does not need to be the same person each week.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Oct 3 - Dec 12	10:30am - 11:30am	\$91.86	11	Q	78933
Thu/Jan 9 - Mar 6	10:30am - 11:30am	\$75.16	9	Q	78953

Pickleball - Advanced *Instructor: Sandy Gerylo*

This program is for players who have taken Pickleball-Beginner and would like to get to the next level. This drill-based program covers serves, returns, volleys, lobs, net games, plus some advanced strategies and techniques. Ideal for players in Skill Levels 2.5 to 3.0. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Oct 24	10:00am - 11:00am	\$29.04	5	Q	78940
Thu/Oct 31 - Nov 28	10:00am - 11:00am	\$29.04	5	Q	78941
Thu/Jan 9 - Jan 30	10:00am - 11:00am	\$23.23	4	Q	78948
Thu/Feb 6 - Mar 6	10:00am - 11:00am	\$29.04	5	Q	78949



Pickleball - Beginner *Instructor: Sandy Gerylo (Q.), Doug Reynolds (IR), Deo Benny (T)*

Have you ever wanted to play pickleball but didn't know how? Look no further as this program will allow you to familiarize yourself with the rules of pickleball and develop skills in a drill based program focused on preparing you to start playing games. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Oct 28	12:30pm - 1:30pm	\$29.04	5	IR	84957
Mon/Nov 4 - Dec 2	12:30pm - 1:30pm	\$29.04	5	IR	84958
Thu/Sept 26 - Oct 24	11:00am - 12:00pm	\$29.04	5	Q	78942
Thu/Sept 26 - Oct 31	2:30pm - 3:30pm	\$34.85	6	T	81466
Thu/Sept 26 - Oct 31	3:30pm - 4:30pm	\$34.85	6	T	81467
Thu/Oct 31 - Nov 28	11:00am - 12:00pm	\$29.04	5	Q	78943
Thu/Nov 7 - Dec 12	2:30pm - 3:30pm	\$34.85	6	T	81469
Thu/Nov 7 - Dec 12	3:30pm - 4:30pm	\$34.85	6	T	81470
Mon/Jan 6 - Jan 27	12:30pm - 1:30pm	\$23.23	4	IR	85583
Mon/Feb 3 - Mar 3	12:30pm - 1:30pm	\$23.23	4	IR	85584
Thu/Jan 9 - Jan 30	11:00am - 12:00pm	\$23.23	4	Q	78946
Thu/Jan 9 - Mar 13	2:30pm - 3:30pm	\$58.08	10	T	82939
Thu/Jan 9 - Mar 13	3:30pm - 4:30pm	\$58.08	10	T	82940
Thu/Feb 6 - Mar 6	11:00am - 12:00pm	\$29.04	5	Q	78947

No class Oct 14, Feb 17

Pickleball - Beginner Outdoors *Instructor: Doug Reynolds*

Have you ever wanted to play pickleball but didn't know how? Look no further as this program will allow you to familiarize yourself with the rules of pickleball and develop skills in a drill-based program focused on preparing you to start playing games.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Nov 1	9:00am - 10:00am	\$34.95	6	William Rose Park	84983

Pickleball - Intermediate *Instructor: Doug Reynolds*

Take your game to the next level! This course is for intermediate players with play experience. Players should have game understanding, including scoring, paddle control, ball placement and serving and returning. Learn drills on dinking, improve your soft game and work on game strategy.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Oct 28	1:45pm - 2:45pm	\$29.04	5	IR	84961
Mon/Nov 4 - Dec 2	1:45pm - 2:45pm	\$29.04	5	IR	84963
Mon/Jan 6 - Jan 27	1:45pm - 2:45pm	\$23.23	4	IR	85576
Mon/Feb 3 - Mar 3	1:45pm - 2:45pm	\$23.23	4	IR	85580

No class Oct 14

Pickleball - Intermediate Outdoor *Instructor: Doug Reynolds*

Take your game to the next level! This course is for intermediate players with play experience. Players should have game understanding, including scoring, paddle control, ball placement, serving and returning. Learn drills on dinking, improve your soft game and work on game strategy.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Nov 1	10:00am - 11:00am	\$34.85	6	William Rose Park	85034

Pilates for Seniors - Level 1 *Instructor: Hala Haffar*

Learn the fundamentals and principles of Pilates. Condition your body with stretching and strengthening exercises, while establishing proper form. Improve your core strength and achieve toned muscles, improved posture, more flexibility and balance. Whether you use Pilates to strengthen yourself for gardening, golf, or just for everyday activities, your body will know and feel the transformation. Bring a towel to class for use in some of the exercises and wear clothing that allows for free range of motion.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	9:00am - 10:00am	\$104.01	11	Q	78934
Wed/Sept 25 - Dec 11	9:00am - 10:00am	\$113.50	12	T	81435
Wed/Sept 25 - Dec 11	10:00am - 11:00am	\$113.50	12	T	81436
Mon/Jan 6 - Mar 3	9:00am - 10:00am	\$75.66	8	Q	78954
Wed/Jan 8 - Mar 12	9:00am - 10:00am	\$94.58	10	T	82611
Wed/Jan 8 - Mar 12	10:00am - 11:00am	\$94.58	10	T	82647

No class Oct 14, Feb 17

Pilates for Seniors - Level 2 *Instructor: Hala Haffar (Q) Bev Cahill (T)*

Strengthen, lengthen, and tone your body through Pilates. A great workout for men and women. Improve posture, balance, flexibility, and back and core strength using mind/body focus and awareness. Bring a towel to class for use in some of the exercises, and wear clothing that allows for free range of motion. Prerequisite: Pilates Level 1 or Pilates experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	10:15am - 11:15am	\$104.04	11	Q	78935
Wed/Sept 25 - Dec 11	10:00am - 11:00am	\$113.50	12	T	81438
Mon/Jan 6 - Mar 3	10:15am - 11:15am	\$75.66	8	Q	78955
Wed/Jan 8 - Mar 12	10:00am - 11:00am	\$94.58	10	T	82656
No Class Oct 14, Feb 17					

Portrait Drawing *Instructor: Mary Lyons*

Learn to draw the human face, one of the most appealing and challenging subjects in art. Working from photos you will learn about forms, proportions, and features of the face, tone, colour, texture and line are covered. Different art materials will be utilized.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Nov 5 - Dec 10	11:30am - 1:30pm	\$84.48	6	T	84146

Printmaking *Instructor: Mary Lyons*

Discover this low-tech way of creating unique one-of-a-kind handmade prints. Tap into your creativity as you explore different techniques through simple guided exercises. Get expressive using colour and pattern with acrylic paint to make unique cards, prints and customer papers. Suitable for all levels.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Feb 11 - Mar 11	11:30am - 1:30pm	\$70.40	5	T	84152



Shifting Gears Fitness *Instructor: June Lee (Mon, Wed), Diane Gidaro (Fri)* 

This is a fitness program for people with joint soreness, balance issues, or diminished muscle tone. Shifting Gears incorporates Pilates and yoga-type exercises to strengthen all the major muscle groups, increase range of motion and develop core strength. Dyna-Bands® and light weights are provided. The majority of the workout is performed while seated with one quarter of the class being balance and coordination exercises done while standing.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	9:00am - 10:00am	\$91.86	11	T	81330
Wed/Sept 25 - Dec 11	9:00am - 10:00am	\$100.21	12	T	81427
Fri/Sept 27 - Dec 13	9:00am - 10:00am	\$100.21	12	T	81494
Mon/Jan 6 - Mar 10	9:00am - 10:00am	\$75.16	9	T	82528
Wed/Jan 8 - Mar 12	9:00am - 10:00am	\$83.51	10	T	82607
Fri/Jan 10 - Mar 14	9:00am - 10:00am	\$83.51	10	T	82944

No class Oct 14, Feb 17

Sit Fit 50+ *Instructor: Leah Nicoletta* 

Perfect for individuals with limited mobility or difficulty standing for extended periods, this class follows a traditional fitness format. Warm-up and cardio exercises are done while seated, and the remaining activities incorporate weights, resistance bands, or balls. The session concludes with balance, core, and flexibility exercises. No prior exercise experience is required, and the use of walking aids is welcomed.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Dec 11	1:30pm - 2:30pm	\$100.21	12	G Room A	82182
Wed/Jan 8 - Mar 5	1:30pm - 2:30pm	\$75.16	9	G Room A	82671

Spanish - Conversational *Instructor: Sara Chapin*

If you can speak and understand Spanish, join us to develop your cultural awareness and conversational skills for a variety of situations.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	1:45pm - 3:15pm	\$126.14	12	C	84540

Spanish for Travellers-Level 1 *Instructor: Sara Chapin*

Traveling to a Spanish-speaking country? Have fun learning the basic vocabulary and phrases you'll need to understand menus, transportation signs, etc.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	9:30am - 11:00am	\$126.72	12	C	84648

Spanish for Travellers-Level 2 *Instructor: Sara Chapin*

Travelling to a Spanish-speaking country? Have fun expanding your basic vocabulary and phrases to increase your conversational abilities. Prerequisite: Spanish for Travellers-Level 1.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	11:15am - 12:45pm	\$126.72	12	C	84649

Square Dancing *Instructor: Bill Hands*

Join us for olde tyme square dancing in which a caller/instructor leads you through simple dances. No partner is necessary. Exercise while you are having fun. Beginners welcome. Wear comfortable clothing and shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Oct 18 - Dec 13	1:00pm - 2:30pm	\$65.90	9	IR	84978
Fri/Jan 10 - Mar 7	1:00pm - 2:00pm	\$65.90	9	IR	85572

Tai Chi - 108 Movement Form - Level 1 *Instructor: Marilyn Chalmers*

The 108 movement form of this ancient exercise is a gentle, yet challenging program suitable for all. To learn the complete set requires several sessions, but the benefits begin immediately. At the Colborne Centre, the Fall session covers the 1st third, the Winter session the 2nd third and the Spring session the last third. Beginners are encouraged to join in the fall, but if you have previous experience you may join any of the sessions.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	10:30am - 11:30am	\$100.21	12	C	84651
Thu/Jan 9 - Mar 6	10:30am - 11:30am	\$75.16	9	C	84960

Tai Chi - 108 Movement Form - Level 2 *Instructor: John Leard*

This vibrant, long-established class focuses on refining the 108 movement form set and related exercises. Students must know the complete set.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Dec 11	3:00pm - 4:00pm	\$100.21	12	C	84575
Wed/Jan 8 - Mar 5	3:00pm - 4:00pm	\$75.16	9	C	85945
No class Aug 7, 14					

Tai Chi - Gentle *Instructor: Marilyn Chalmers* 

Experience our modified low impact Tai Chi exercises, focusing on balance, mindfulness, and relaxation. Chairs will be available as props or main posture making it accessible and enjoyable for all fitness levels.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	10:15am - 11:15am	\$91.36	11	IR	84980
Mon/Jan 6 - Mar 3	10:45am - 11:15am	\$66.81	8	IR	85578

Tai Chi - Yang Style 24 - Level 1 *Instructor: John Leard*

Take part in this ancient Chinese exercise that involves learning a sequence of slow, flowing movements that promote relaxation and improve concentration, balance and coordination. This simplified 24 movement form is a condensed version of the popular Yang Style sequences. Note: summer class is held outdoors.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	1:00pm - 2:00pm	\$91.86	11	T	81348
Mon/Sept 23 - Dec 9	2:00pm - 3:00pm	\$91.86	11	T	92741
Mon/Jan 6 - Mar 10	1:00pm - 2:00pm	\$75.16	9	T	82584
Mon/Jan 6 - Mar 10	2:00pm - 3:00pm	\$75.16	9	T	92744
No class Oct 14, Feb 17					

Tai Chi - Yang Style 24 - Level 2 *Instructor: John Leard*

This class is for those who have previous experience with the simplified Yang Style 24 form. We'll review and refine the 24 movements. Note: Summer class is held outdoors.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	3:00pm - 4:00pm	\$91.86	11	T	81349
Mon/Jan 6 - Mar 10	3:00pm - 4:00pm	\$75.16	9	T	82586
No class Oct 14, Feb 17					

Tap Dancing *Instructor: Sarah Van Duyvenvoorde*

Shuffle on over. Great fun and good exercise, tap dancing keeps you on your toes. Open to anyone with a solid understanding of tap technique and terminology.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	9:30am - 10:30am	\$91.86	11	Q	78928
Mon/Jan 6 - Mar 3	9:30am - 10:30am	\$66.81	8	Q	78960
No class Oct 14, Feb 17					

Tap Dancing - Happy Tappers *Instructor: Heidi Knapp*

Shuffles, time steps and Suzie Qs! This class is for experienced tap dancers who are keen to learn choreography and perform with style! Prerequisite: Tap Dancing Monday Session. Please call 905-815-5979, ext. 4674 if you have any questions regarding this class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Nov 27	9:30am - 10:30am	\$83.51	10	Q	78926
Wed/Jan 8 - Jan 29	9:30am - 10:30am	\$33.40	4	Q	78959

Total Body Conditioning *Instructor: Tracey Almeida*

Focus on strengthening muscles and improving endurance, flexibility and balance, using a variety of equipment.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	11:30am - 12:30pm	\$100.21	12	Q	78936
Tue/Jan 7 - Mar 4	11:30am - 12:30pm	\$75.16	9	Q	78956

Watercolour Painting - Level 1 *Instructor: Frances Tyrrell (C), Bernice McCutcheon (IR)*

This beginner course will teach the basic tools and techniques of this colourful and rewarding medium. Drawing experience not essential. Instructor may suggest an alternate level based on experience. Personal supplies are required. Supplies list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Nov 4	10:00am - noon	\$84.48	6	IR	87436
Fri/Sept 27 - Dec 13	11:00am - 1:00pm	\$154.88	11	C	84862
Mon/Jan 6 - Jan 27	10:00am - noon	\$56.32	4	IR	87479
Fri/Jan 10 - Mar 7	11:00am - 1:00pm	\$126.72	9	C	85978

No class Oct 14, Nov 15, Feb 17

Watercolour Painting - Level 2 *Instructor: Frances Tyrrell, Bernice McCutcheon (IR)*

We will recap the basic principles of watercolour painting and explore more advanced techniques. Study floral, still life, landscape and portraiture with an eye to composition, creating depth of field in a painting and resolving difficulties that may arise. Personal supplies are required. Supplies list available at the centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Nov 11 - Dec 9	10:00am - noon	\$70.40	5	IR	87440
Thu/Sept 26 - Dec 12	9:00am - 11:00am	\$168.96	12	T	81453
Thu/Sept 26 - Dec 12	11:15am - 1:15pm	\$168.96	12	T	81458
Mon/Feb 3 - Mar 3	10:00am - noon	\$56.32	4	IR	87487
Thu/Jan 9 - Mar 13	9:00am - 11:00am	\$140.80	10	T	82931
Thu/Jan 9 - Mar 13	11:15am - 1:15pm	\$140.80	10	T	82932

Watercolour Painting - Landscapes *Instructor: Frances Tyrrell*

Learn how to use watercolours, how to paint landscapes and how to bring components together into finished paintings. We will demonstrate and teach a range of watercolour techniques. Suitable for beginner and intermediate painters. Personal supplies are required. Supplies list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Sept 24 - Dec 10	9:30am - 11:30am	\$168.96	12	C	84532
Tue/Jan 7 - Mar 4	9:30am - 11:30am	\$126.72	9	C	85408

Watercolours: Skill Development *Instructor: Frances Tyrell*

Take your watercolour painting to the next level. This class is for students who have taken the beginner level or have some watercolour painting experience and would like to expand and enhance their skills. Personal supplies are required. List is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Dec 11	12:30pm - 2:30pm	\$168.96	12	C	84580
Wed/Jan 8 - Mar 5	12:30pm - 2:30pm	\$126.72	9	C	85946

Weight Training Women Plus *Instructor: Tammy Thornton*

Join our certified personal trainer-led program, tailored to women aged 50 and above who want to advance in strength training and optimize their workouts in our fitness centres. Engage in a regimen that emphasizes both strength training and cardio exercises within our well-equipped weight rooms. With limited class sizes, you'll receive individual attention for maximum benefit.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	1:00pm - 2:00pm	\$174.25	12	T	91920
Thu/Jan 9 - Mar 6	1:00pm - 2:00pm	\$130.68	9	T	92031

Wood Carving *Instructor: Don Hellam*

Take this hands-on class to get familiar with the tools, techniques and methods of wood carving. Suitable for beginners or more advanced carvers, with individual support and instruction for your current carving project. Some basic tools are available for beginners, but you are encouraged to bring your own toolkit. Wood kit available for purchase from instructor at first class.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Sept 26 - Dec 12	9:30am - 11:30am	\$168.96	12	C	84839
Thu/Jan 9 - Mar 6	9:30am - 11:30am	\$126.72	9	C	85964



Yoga - Chair Yoga 50+ *Instructor: Christine Lightfoot Mon, Fri (T), Ming Manketlow, (Fri) RO, Jessie Sall (G)* 🧘

This gentle yoga class allows you to enjoy the benefits of yoga using seated and standing poses. Supportive props are used along with individual modifications. The focus is working with our body to improve flexibility, increase muscle tone, strength and enhance balance. Breathing and relaxation techniques will also be incorporated into the class. The practice of yoga not only reduces stress, but reconnects you to your breath and body. Please wear comfortable clothing and bring a yoga mat.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Dec 11	2:15pm - 3:15pm	\$100.21	12	T	81343
Thu/Sept 26 - Dec 12	10:45am - 11:45 am	\$100.21	12	G Room C	82190
Fri/Sept 27 - Dec 13	2:15pm - 3:15pm	\$100.21	12	T	81497
Fri/Sept 27 - Dec 13	9:30am - 10:30am	\$100.21	12	RO Room D	84855
Wed/Jan 8 - Mar 12	2:15pm - 3:15pm	\$83.51	10	T	94032
Thu/Jan 9 - Mar 6	10:45am - 11:45am	\$75.16	9	G Room C	82682
Fri/Jan 10 - Mar 7	9:30am - 10:30am	\$75.16	9	RO Room D	84883
Fri/Jan 10 - Mar 14	2:15pm - 3:15pm	\$83.51	10	T	82948

Yoga Fusion *Instructor: Tina Teng*

A fun blend of yoga postures and Pilates concepts to strengthen the core, enhance joint mobility, reduce stiffness and improve posture. Includes breathing and meditation techniques to calm the mind and improve sleep. Class requires mat work. Please bring a yoga mat and a towel/thin blanket.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Dec 13	4:15pm - 5:15pm	\$100.21	12	IR	84982
Fri/Jan 10 - Mar 7	4:15pm - 5:15pm	\$75.16	9	IR	85577

Yoga Gentle *Instructor: Kristeen Sopeju*

This class is recommended for those new to yoga, those developing their practice at a relaxed pace or those with physical conditions that require a gentle approach. Mat work is required. Bring a yoga mat, strap and block.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Sept 25 - Dec 11	12:30pm - 1:30pm	\$100.21	12	C	84570
Fri/Sept 27 - Dec 13	9:30am - 10:30am	\$100.21	12	Q	78937
Wed/Jan 8 - Mar 5	12:30pm - 1:30pm	\$75.16	9	C	85630
Fri/Jan 10 - Mar 7	9:30am - 10:30am	\$75.16	9	Q	78957

Yoga Level 1 *Instructor: Christine Lightfoot (T), Leah Nicoletta (IR), Kristeen Sopeju (C),(Q), Jessie Sall (G)*

This beginner class will introduce yoga poses which require coordination of body, mind and breathing technique. Participants should expect positional changes from floor to standing, followed by a relaxing cool down. Please bring your own equipment (i.e. yoga mat, blocks, straps).

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Sept 23 - Dec 9	11:15am - 12:15pm	\$91.86	11	G Room A	82155
Mon/Sept 23 - Dec 9	12:55pm - 1:55pm	\$91.86	11	IR	84969
Tue/Sept 24 - Dec 10	11:15am - 12:15pm	\$100.21	12	Q	78938
Wed/Sept 25 - Dec 11	11:45am - 12:45pm	\$100.21	12	T	94027
Wed/Sept 25 - Dec 11	1:00pm - 2:00pm	\$100.21	12	T	81432
Wed/Sept 25 - Dec 11	1:45pm - 2:45pm	\$100.21	12	C	84572
Fri/Sept 27 - Dec 13	1:00pm - 2:00pm	\$100.21	12	T	81500
Mon/Jan 6 - Mar 3	12:55pm - 1:55pm	\$66.81	8	IR	85579
Mon/Jan 6 - Mar 3	11:15am - 12:15pm	\$66.81	8	G Room A	82637
Tue/Jan 7 - Mar 4	11:15am - 12:15pm	\$75.16	9	Q	78958
Wed/Jan 8 - Mar 12	11:45am - 12:45pm	\$83.51	10	T	94030
Wed/Jan 8 - Mar 12	1:00pm - 2:00pm	\$83.51	10	T	82915
Wed/Jan 8 - Mar 5	1:45pm - 2:45pm	\$75.16	9	C	85943
Fri/Jan 10 - Mar 14	1:00pm - 2:00pm	\$83.51	10	T	82951

No class Oct 14, Feb 17

Yoga Level 2 *Instructor: Leah Nicoletta*

This class is appropriate for those with an understanding of basic yoga postures who are physically ready to explore more challenging poses. Please bring a yoga mat, strap and block to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Sept 27 - Dec 13	10:45am - 11:45am	\$100.21	12	IR	84973
Fri/Jan 10 - Mar 7	10:45am - 11:45am	\$75.16	9	IR	85573

Zumba® Chair *Instructor: Miriam Reyes Castillo* 🗣️

This Latin-inspired class incorporates a chair for sitting or balancing, offering a safe and effective total body workout that nourishes your mind, body, and soul. If you like to dance, you'll love Zumba Chair.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Oct 1 - Dec 10	11:30am - 12:30pm	\$91.86	12	T	81364
Tue/Jan 7 - Mar 11	11:30am - 12:30pm	\$83.51	10	T	82595

Zumba® Gold *Instructor: Miriam Reyes Castillo (Tue)TBD (Thu)*

Join us for a low-intensity dance fitness class. This fun, Latin-inspired class has a party-like atmosphere and includes merengue, salsa, mambo, belly dance, tango and more. A safe, easy, and effective total body workout that's good for your mind, body and soul. If you like to dance, you'll love Zumba® Gold.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Oct 1- Dec 10	10:15am - 11:15am	\$91.86	11	T	81393
Thu/Sept 26 - Dec 12	10:15am - 11:15am	\$100.21	12	T	81450
Tue/Jan 7 - Mar 11	10:15am - 11:15am	\$83.51	10	T	82598
Thu/Jan 9 - Mar 13	10:15am - 11:15am	\$83.51	10	T	82919





Drop-in Activities

T Trafalgar Park Community Centre

IR Iroquois Ridge Community Centre

RO River Oaks Community Centre

C Sir John Colborne Recreation Centre for Seniors

Q Queen Elizabeth Park Community and Cultural Centre

Please visit active.oakville.ca for the most up-to-date drop-in program information.

Given the popularity of our programs, pre-registration is recommended to avoid disappointment, but we do welcome in-person drop-ins (except pickleball) if spaces are available. Participants can register for drop-in programs eight days in advance. Non-residents can register seven days in advance.

Note: For pickleball there is a 15-minute grace period for late arrivals. Spaces will be offered to those waiting 15 minutes after the program start time. Walk-ins welcome as space permits.

NEW Included with membership

Our Seniors Services membership now includes unlimited access to drop-in programs that previously had a \$1 fee. This change applies to both current and new memberships.

Acrylic Painting Club *Convenor: David Mayhew*

Bring your supplies and enjoy a morning of painting.

Day/Dates	Time	Fee	Location
Monday	9:00am - 11:30am	\$0	C Room A/B

Cancelled Oct 14, Feb 17



Badminton Convenors: Margaret Larson (C), Ljubo Lovric (Q), Nang Tran (T)

Proper footwear is required to participate. Protective eye guards are strongly recommended.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	\$0	Q Double Gym
Tuesday	2:30pm - 4:30pm	\$0	T Gym
Thursday	1:00pm - 3:00pm	\$0	Q Double Gym
Friday	9:00am - 11:00am	\$0	C Auditorium

Cancelled Oct 14, Feb 17



Bid Euchre Drop-In *Convenors: Marie and Nick Townsley (IR), Lynne Mader (C) Cathy Ward (T)*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$0	T MP2
Tuesday*	7:00pm - 9:00pm	\$0	C Lounge
Wednesday	1:00pm - 4:00pm	\$0	IR Southridge

*Must have bid euchre skills to play at C. All levels welcome at T and IR

Cancelled August 27, Sept 2, Oct 14, Feb 17

Book Club *Convenors: Carolyn Rumble and Wendy McLaughlin*

Register at TPOAC. Book club is held the second Thursday of each month.

- Sept 12** *Lessons in Chemistry* by Bonnie Garmus
- Oct 10** *The Giver of Stars (book kit)* by Jojo Moyes
- Nov 14** *The Lost Man* by Jane Harper
- Dec 12** *For those looking for a classic book ready anything* by Daphne Du Maurier
- Jan 9** *Looking for Jane* by Heather Marshall
- Feb 13** *The Diamond Eye* by Kate Quinn
- Mar 13** *Prophet Song* by Paul Lynch


Day/Dates	Time	Fee	Location
Second Thursday	1:30pm - 3:00pm	\$0	T Multipurpose 1



Book Club *Convenors: Sharon Wiese and Denise Hynes*

Everyone is welcome to join this drop-in program at QEPOAC. Please have the book read prior to the session so that you are able to take part in the discussion.


- Sept 26** *The Marriage Portrait* by Ariel Lawhon
- Oct 24** *The Lost Bookshop* by Evie Woods
- Nov 28** *Lessons in Chemistry* by Bonnie Gramus
- Dec 19** *Hello Beautiful* by Ann Napolitano
- Jan 23** *The Frozen River* by Ariel Lawhon
- Feb 27** *Our Best Intentions* by Leslie Crewe

Day/Dates	Time	Fee	Location
Last Thursday/month	10:00am - 11:30am	\$0	 QEPOAC

Book Club *Convenor: Jane Mitchell*

Pre-registration is required at IROAC, space is limited. The Book Club is run on a cooperative basis with individual members optionally choosing books and leading discussions.

- Sept 18** *Violeta* by Isabel Allende
- Oct 16** *The Woman* by Kristin Hannah
- Nov 20** *Lessons in Chemistry* by Bonnie Garmus
- Dec 18** *The Woman before Wallis* by Bryn Turnbull
- Jan 15** *Denison Avenue* by Christina Wong
- Feb 19** *Hello Beautiful* by Ann Napolitano
- Mar 19** *Homecoming* by Kate Morton

Day/Dates	Time	Fee	Location
Third Wednesday	2:00pm - 3:30pm	\$0	 Eastridge Room

Book Club - *Convenor: Susan Carey*

Please have the book read prior to the session. Pre-registration required, space is limited.

Oct 24	<i>Whispers of War</i> by Julia Kelly
Nov 28	<i>The Book of Lost Names</i> by Mandy Robotham
Jan 30	<i>The War Pianist</i> by Kristin Harmel
Feb 27	<i>The Secret Keeper</i> by Genieve Graham
Mar 27	<i>Sisters of the Resistance: The Story of Catherine Dior, Christine Wells</i>

Day/Dates	Time	Fee	Location
Last Thursday	1:00pm - 3:00pm	\$0	 Auditorium


Bridge Drop-In *Convenors: TBD (IR), Larry Snow (C)*

Must have basic bridge skills to play. Not suitable for beginners. Colborne Centre: Warm up games noon-12:30pm. Official start is 12:30 p.m.

Day/Dates	Time	Fee	Location
Monday	12:30pm - 3:30pm	\$0	 Library Program Rm
Thursday	12:30pm - 3:00pm	\$0	 Auditorium

Bridge Duplicate *Director: Jackie Syer*

You will need a partner to play. When you arrive to play, you will be required to pay \$2 directly to the director. Pre-registration with director is required.

Day/Dates	Time	Fee	Location
1 st , 3 rd , 5 th Tuesday	6:30pm - 9:00pm	\$2	 Auditorium

Canasta *Convenor: Lynne Mader*

Must have the basic skills to play, not suitable for beginners.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$0	 Lounge

Cancelled Sept 2, Oct 14, Feb 17

Carpet Bowling *Convenors: David and Sheena Prentice*

Day/Dates	Time	Fee	Location
Monday	10:30am - 12:30pm	\$0	T Gym
Wednesday	9:00am - 10:45am	\$0	C Auditorium

Cancelled Oct 14, Feb 17

Chess Club *Convenor: Tony Tommasone*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$0	T Lounge

Cancelled Oct 14, Feb 17



Celebrating Our Amazing Volunteers! Boots n' Hearts Ya'll!



Making memories,
fun times, special events!



Home Instead Senior Care® Hospital to Home Program

- Drive and Escort discharged patient to their home
- Help with hospital to home transition
 - Grocery shop
 - Pick up prescriptions
 - Prepare a meal (if applicable)
 - Ensure patient is organized and comfortable
 - Provide reassurance

Basic Service - \$ 109.00 *

*** Price includes:**

- Three (3) hours of service (Additional time available at standard rates)
- First ten (10) kilometers are included (\$ 0.55 per additional kilometer)
- No set up fees, contracts or commitments
- Patients must be capable of a one person transfer
- 24 hour notice is appreciated



Serving:
Oakville, Burlington and Milton

Phone: (905) 847-8433
Website: homeinstead.com/3014
Digital Brochure: hisc3014.digbro.com

**Seniors Services
Volunteers making a
difference everyday!**



**Feeling anxious about
caring for a loved one
at home?**

**Our Care Managers craft
personalized plans to ease
your worries.**



**Call for a free consultation!
(905) 592-4886 | AlwaysBestCareOakville.com**

Senior Living?

NOT IN THIS LIFETIME!

That's what some of our residents said before they enjoyed the many entertainment opportunities at Chartwell.

Now they're saying:

**“I'm seizing
the day!”**



BOOK A TOUR TODAY!

Visit **Chartwell.com**
to #ReThinkSeniorLiving
1-844-727-8679

Crafts *Convenors: Bea Beesley and Lynda Juneau*

We are busy making crafts for the Christmas bazaar all year-round. If anyone has any new ideas to share and would like to help, please join us!

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	\$0	C Room A/B
Cancelled Sept 2, Oct 14, Feb 17			

Crafts - Find It and Finish It Arts & Crafts *Convenors: Selma Rasmussen (IR), Lina Koehler and Kim Wright (T)*

Come and learn to knit or crochet. Individual projects are welcome. Enjoy a relaxing morning with other crafters! If you are making items for the bazaar there is no charge, otherwise \$1 fee applies.

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 12:00pm	\$0	IR IROAC
Wednesday	12:30pm - 2:30pm	\$0	T Multipurpose 3

Current Affairs Discussion Group *Convenors: Gail Lavecchia (T) and Joyce Noronha (IR)*

A stimulating exchange of views on such topics as social and cultural issues, national and international events, health topics, personal foibles and misdeeds of others as they are reflected in the current headlines. Come out to participate in the discussions or listen to what others have to say about the topic of the moment. IR: No session in August.

Day/Dates	Time	Fee	Location
Wednesday	10:30am - 12:00pm	\$0	T Multipurpose 2
2nd & 4th Wednesday	10:30am - 12:00pm	\$0	IR IROAC

Different Strokes Decorative Art Club *Convenor: Irene Makarewicz*

Bring your folk/art decorative painting.

Day/Dates	Time	Fee	Location
Wednesday	9:30am - 11:30am	\$0	C Room A & B

Drop-In Jam Session *Convenors: Dan Mariani and Valerie Bhargava*


Bring your electric instrument, amplifier and mic to join a ROCKIN' jam session featuring the music of your memories.

Day/Dates	Time	Fee	Location
Tuesday	9:30am - 11:30am	\$0	Q Music Room 1

DVD Lecture Series


Field Guide to North American Wildlife *Convenors: Carol Attlesey, Maria Braun, Maureen Coleman*

Immerse yourself in the fascinating world of North American wildlife! This 12-lecture series by David Mizejewski explores the lives of 12 incredible animals, from the long-migrating monarch butterfly to the giant hellbender salamander. Learn amazing facts, like how leatherback sea turtles stay warm in icy waters and discover the challenges these creatures face. Through storytelling and stunning visuals, you'll gain a deeper appreciation for these animals and the importance of protecting their habitats. Course runs June 5–July 10.

Day/Dates	Time	Fee	Location
Third Wednesday	2:30pm - 4:00pm	\$0	 IROAC


Great Tours: Iceland *Convenor: Heather Denison*

Iceland's fascinating natural and cultural history is indeed unique, and this lecture series allows armchair travelers to better appreciate this wondrous region of our planet. It also gives tourists insights into planning the adventure of a lifetime. Course runs Sept 17 - Dec 3.

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 11:30am	\$0	 QEPOAC


Great Tours: Ireland and Northern Ireland *Convenor: Heather Denison*

This DVD lecture series is an enchanting and enlightening journey through a land with a history that will move and inspire you, a land of poetry, art, and song. It is truly a must-see destination, and now you can experience it virtually from your living room. Course runs Jan 14 - Apr 1.

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 11:30am	\$0	 QEPOAC

History of Ancient Egypt: *Marlene Bristol*

Ancient Egyptian civilization lasted 3000 years, longer than any other on the planet. When the young pharaoh Tutankhamen ruled Egypt, the pyramids of Giza had already been standing well over 1000 years. When Cleopatra came to power, Tutankhamen had been in his tomb for more than 1000 years. Join us to learn more about at the Ancient Egyptian civilization. Course runs Sept 4 – Dec 18.

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:30pm	\$0	 Multipurpose 1


Maya to Aztec *Convenor: Carol Attlesey, Maria Braun, Maureen Coleman*

Mesoamerica, stretching from Mexico to Costa Rica, was home to sophisticated civilizations like the Aztecs and Maya. These societies achieved remarkable feats in city planning, timekeeping, agriculture, and writing systems. Their art and rituals were unique, featuring pyramids, a complex ball game, and even human sacrifice. Though conquered by the Spanish, their legacy lives on in languages, traditions, and archaeological sites. Let's learn more about them together. Course runs Sept 12 - Mar 6.

Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$0	 IROAC

Post-Impressionism: The Beginnings of Modern Art *Convenor: Marlene Bristol*

In the late 19th century, a revolution was underway in the art world. In the span of just a few years, some of the most remarkable artworks of the period emerged in close succession. These groundbreaking painters, and others, formed the multifaceted movement art historians call Post-Impressionism. Course runs: Jan 15 – Mar 12.

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:30pm	\$0	 Multipurpose 1


World Heritage Sites *Convenors: Carol Attlesey, Maria Braun, Maureen Coleman*

Explore the world's greatest wonders with renowned historian Justin M. Jacobs! This lecture series takes you on a journey across six continents to discover 24 UNESCO World Heritage Sites. From the Great Barrier Reef to the Taj Mahal, delve into the history, culture, and natural beauty of these remarkable places. You'll also learn about lesser-known treasures like Angkor Wat in Cambodia and the Virunga National Park in the Democratic Republic of Congo. Course runs Mar 13 - May 29.



Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$0	 IROAC

NEW English Circle *Convenor: Clare Kisrel*

A chance to practise conversational English as a second language. Begins September 27.

Day/Dates	Time	Fee	Location
Fridays	1:00pm - 3:00pm	\$0	 IROAC


Euchre Drop-In *Convenors: Michael Sigal (IR) Lynne Mader (C)*

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 4:00pm	\$0	 IROAC
Thursday *	1:00pm - 4:00pm	\$0	 Lounge

*C - Must have playing experience.

Fiddlers Drop-In *Convenors: Brenda Hurlburt (T), Catherine Ross (C)*

Come for a morning of fiddle playing with fellow musicians. All levels welcome. Must bring your own fiddle and music stand. Colborne: Fall Sept 27-Nov 1, Winter Jan 3-April 25

Day/Dates	Time	Fee	Location
Thursday	2:00pm - 4:00pm	\$0	 Multipurpose 3
Friday	9:00am - 10:30am	\$0	 Room C


Friendship Luncheon *Convenors: Penny Smith (T), Carmelita Spittal (C) Pamela Strachan (IR)*

This program is for people 80+ who feel lonely, isolated and would enjoy an afternoon of lunch (special diets cannot be accommodated), activity and friendship. You must pre-qualify for this program. New volunteers are always welcome (especially drivers). Please call one of the centres and speak with staff for more information.

Day/Dates	Time	Fee	Location
Tuesday	11:00am - 2:00pm	\$5 per week	 Multipurpose 1
Wednesday	11:00am - 2:30pm	\$5 per week	 Auditorium
Thursday	11:00am - 2:00pm	\$5 per week	 IROAC

Get Comfortable Playing Cards *Convenor: John Fletcher*

Need help learning the basics or a refresher? Learn to play our most popular cards and games to prepare you for our regular drop-in programs. Not including bridge.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$0	 Bistro Area

Cancelled Oct 14, Feb 17


Guitar Club *Convenor: Grant Foster*

Bring your guitar and jam with us-playing and singing folk, rock, oldies, pop etc. Join the fun!
Performance - specific set lists will be practised on occasion.

Day/Dates	Time	Fee	Location
Monday	2:00pm - 4:00pm	\$0	 Auditorium
Wednesday	1:30pm - 3:30pm	\$0	 Music Room 1
Cancelled Sept 2, Oct 14, Feb 17			

Hall Walking *Convenors: Lynda Buller, Jane Lee, and Carol Coleman*






Join this group if you enjoy walking. Everyone is welcome.

Day/Dates	Time	Fee	Location
Monday & Fridays	1:00pm - 2:00pm	\$0	 QEPOAC
Cancelled Sept 2, Sept 9, Oct 14, Feb 17			

Hiking "Pathfinders Hiking Group of Oakville" *Convenor: Brian O'Heare*

From September to June we offer drop-in hikes on the Bruce Trail, conservation areas, town and lakefront trails. We meet at times and locations listed below and carpool to the trail head. Hikes vary in length, duration and difficulty. Please refer to <http://oakvillepathfinders.blogspot.ca/> or email pathfinders1992@gmail.com or ask the Colborne Centre for more detailed information.


Hikers must sign up with the designated leader at least two days before the hike.

Day/Dates	Time	Fee	Location
Monday*	7:45am	\$4 -12	 Parking Lot or Trailhead
Monday*	8:45am	\$4	 Parking Lot or Trailhead
Thursday*	8:15am	\$4	 Parking Lot or Trailhead
Thursday*	8:45am	\$3	 Parking Lot or Trailhead
Thursday (Turtles)*	8:45am	\$0	 Parking Lot or Trailhead



Historical Discussion Group *Convenor: Susan Carey*

Join historian Susan Carey to share your personal experiences of growing up during the war, stories of your childhood, upbringing and more. Bring artifacts, historical items and your memories to share and discuss. Resumes Sept 11.

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 2:00pm	\$0	 Civitan Board Room

Interlink Choir *Convenors: Jean Barber, Catherine Ross and Brian Turnbull*


Join us for the joy of singing, building connections, and creating beautiful music in up to four-part harmony. Our choir is a welcoming community of seasoned voices that performs locally and collaborates with a school choir, bridging generations through the power of song. New members are welcome to join in the fall. Resumes Sept 9.

Day/Dates	Time	Fee	Location
Monday	9:30am - 10:45am	\$0	 Auditorium

Cancelled Oct 14, Feb 17


Italian Conversation Club *Convenor: Mara Azzaro*

Drop by to chat in Italian in a fun and relaxed space. Must have some knowledge of the language. This is a group to practise or refine your language skills. Resumes Sept 10.

Day/Dates	Time	Fee	Location
Tuesday	1:30pm - 3:00pm	\$0	 Room C

Kerr Street Singers *Convenor: Sally Mitzel*

We are a full harmony chorus of seniors who like to sing a wide variety of songs. Our repertoire covers Broadway musicals, folk songs, well-known “oldies” and newer songs. We practise weekly from September to May and present several concerts throughout the year. Regular attendance is required to perform at concerts. Whether you sing tenor, bass, alto or soprano, give us a try!

Day/Dates	Time	Fee	Location
Friday	10:30am - 12:00pm	\$0	 Pine Room

Knitting & Sewing Group

Drop in and join the knitting group as we knit and sew for the annual bazaar all year round. Please note that there is no knitting instruction available.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	\$0	 Room C

Cancelled Sept 2, Oct 14, Feb 17

Mah Jong Club

This group plays the Chinese version of this popular game.

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 3:00pm	\$0	 Rooms A & B




Mexican Train Dominoes *Convenors: Ann Smithers and Heather Denison*

Join this group in discovering the fun of Mexican Train Dominoes. New players are always welcome!

Day/Dates	Time	Fee	Location
Thursday	1:00pm - 3:00pm	\$0	 QEPOAC


NEW Movie Night at Colborne *Convenors: Margaret Larson, Lynda Juneau*

Join us on the second Tuesday of each month for an evening of entertainment! Enjoy a popular movie, delicious refreshments, and lots of fun. Don't miss this perfect opportunity to relax, unwind, and socialize with friends. Snacks and refreshments available for purchase. Begins September 10.

Day/Dates	Time	Fee	Location
2nd Tuesday of the month	6:00pm - 8:00pm	\$0	 Rooms C


Nordic Pole Walking

Bring your poles and explore the neighbourhood with other eager walkers. Meet in the main parking lot.

Day/Dates	Time	Fee	Location
Wednesday	9:00am - 10:30am	\$0	 Main Parking Lot

Oakville Parkinson Choir *Convenor: Tom Cmajdalka*

This small group offers a friendly space for singing and vocal rhythmic activities. From Back to the Beatles, we draw from various sources, engaging with songs, melodies, and rhythms in a creative and interactive way. While these activities have significant therapeutic value, our focus is pure enjoyment, based on music practice principles and experience with Parkinson's Disease. Parkinson's Early Birds is for people with Parkinson's and their caregivers, whether family or friends. Even if you don't see yourself as musical or if your voice is getting weaker (a common Parkinson's symptom), this group is for you. Come along and hum with us!

Day/Dates	Time	Fee	Location
Friday	9:00am - 10:30am	\$0	 Pine Room

Oakville Quilters Guild *Convenor: Carol Stanley*

We have been donating quilts to charities in our community since 1999 through our outreach program. We will also be making items for the Trafalgar Park Older Adults Centre Bazaar. If you would like to be a part of this group, please drop in. You can help with sewing, piecing, hand sewing labels, ironing, cutting, with curating the fabrics, etc., or just come by for a chat about quilting.

Day/Dates	Time	Fee	Location
2nd Tuesday of the month	11:00am - 3:30pm	\$0	 Multipurpose 3

Pickleball Convenors *Rudy Pfeiffer and Barry Waddick (Q), Tom Rumble (T)*

Proper footwear is required to participate. Protective eye-guards are strongly recommended.

Day/Dates	Time	Fee	Location
Mon/Tues/Thurs	10:15am - 11:45am	\$0	RO Room A
Mon/Thurs (Beginner)	12:00pm - 1:30pm		
Monday/Thursday	1:45pm - 3:15pm	\$0	RO Room A
Monday (Intermediate)	3:30pm - 5:00pm		
Tuesday	1:00pm - 3:00pm	\$0	Q Double Gym
Wednesday (Intermediate)	10:15am - 11:45am	\$0	RO Room A
Monday	1:00pm - 3:00pm	\$0	T Gym
Wednesday	1:00pm - 3:00pm	\$0	T Gym
Friday	1:00pm - 3:00pm	\$0	T Gym

Cancelled Oct 14, Feb 17



Recorder Musical Group "Bronte Consort" *Convenor: Christine Vernon*

Program resumes: Sept 11

Day/Dates	Time	Fee	Location
Wednesday	10:00am - 11:30am	\$0	C

Rummikub *Convenor: TBD*

Play this fun and easy board game. Previous experience required.

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 3:00pm	\$0	C Lounge

Rummy: Kalooki Rummy *Convenor: TBD*

Join us for this fun spin on the classic rummy game. Previous experience required.

Day/Dates	Time	Fee	Location
Fridays	1:00 p.m. - 3:00 p.m.	\$0	C Lounge

Scrabble

Bring a partner and join the fun.

Day/Dates	Time	Fee	Location
Monday	10:30am - 12:30pm	\$0	T Lounge



Snooker *Convenors: Stan Gajewski(C), Larry Davies (Q)*

Day/Dates	Time	Fee	Location
Monday – Friday	8:30am - 4:30pm	\$0	C Snooker Room
Tuesday	4:30pm - 9:00pm	\$0	C Snooker Room
Monday - Thursday	9:30am - 3:00pm	\$0	Q Youth Room

Cancelled Aug 27 evening only, Sept 2, Oct, 14, 1/2 day Nov 14, Feb 17



Social Dancing Club *Convenors: Joanne Pritchard and Glen Skuce*

Love to dance? Join us for an enjoyable and lively time of ballroom and line dancing. Singles and couples welcome. Program subject to room availability. Pre-registration is suggested.

Day/Dates	Time	Fee	Location
Thursday	7:00pm - 9:00pm	\$0	 Multipurpose 1&2
2nd Tuesday	7:00pm - 9:00pm	\$0	 Auditorium

South Asian Conversation Club *Convenors: Hycinth Gomez and Jasvinder Manku*

Discover top South Asian languages, chat with friendly faces, and make new friends. Engage in delightful conversations in this fun drop-in program for seniors.


Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 3:00pm	\$0	 QEPOAC

Table Tennis *Convenors: Gerry Zielinski, Tony Soden, Laszlo Cserti (IR), Margaret Larson (T)(Tue) (T) Kim & Dave Wright (Thu)*

Program may be cancelled due to previously scheduled activities at Iroquois Ridge Community Centre. Check with the front desk if in doubt. For T only: Some experience necessary and please sign up with a partner to ensure play.

Day/Dates	Time	Fee	Location
Mon/Wed/Fri	1:30pm - 3:30pm	\$0	 Northridge Room
Tuesday	12:00pm - 2:00 pm	\$0	 Gym
Thursday	12:00pm - 2:00 pm	\$0	 Gym

Cancelled Oct 14, Feb 17 (IR)



Tai Chi Drop - In

These sessions are for those centre members with prior Tai Chi experience.

Day/Dates	Time	Fee	Location
Wednesday	2:00pm - 3:30pm	\$0	IR Gymnasium
Friday	3:00pm - 4:00pm	\$0	C Auditorium

Cancelled Sept 20, Nov 15 (C)

Tennis - Outdoor *Convenors: Tony Tommasone and Brian Wunsch*

Bring your racket and tennis balls and let's have some fun! Must have basic tennis skills to play. Not suitable for beginners. The courts are adjacent to the Iroquois Ridge Community Centre (Glenashton Park).

Day/Dates	Time	Fee	Location
Friday	9:00am - 11:00am	\$0	IR Glenashton Park

Walking Track

Come indoors and enjoy our walking track.

Day/Dates	Time	Fee	Location
Mon/Wed/Thu/Fri	8:00am - 4:30pm	\$0	T Gym
Tuesday	9:00am - 1:00pm	\$0	T Gym
Tuesday	3:00pm - 4:30pm	\$0	T Gym

Cancelled Oct 14, Feb 17

NEW Watercolour Painting

Join us for an evening of self-directed watercolour exploration and engaging conversation with fellow artists. Bring your art supplies and current projects, and have fun painting. Starts Aug 6.

Day/Dates	Time	Fee	Location
Tuesday	6:30pm - 8:30pm	\$0	C Room A & B

Cancelled Aug 27

How do I Register for Drop-in Programs?

- Go to oakville.ca.
- Hover over online services in top navigation bar and select Recreation and Culture.
- Sign in to your new Recreation and Culture account by selecting Access my Recreation and Culture Account. Select the “Drop-in Programs” tab located on the top navigation bar to view all Drop-in Programs. Check out our Registration Help page on oakville.ca for video tutorials.
- Drop-in programs are organized by activity. Select Seniors Services from the list. Use the filter options, if needed, to narrow your search.
- Once you have selected your activity type, you will see a list of options sorted by date with program name, time, location and fee. To select a drop-in program, click the “Register” button. Waitlist indicates that the activity is full. If you select Waitlist, you will be emailed if a spot opens up.
- You will need to select the family member you wish to register by checking the box next to their name and clicking “Next”.
- On this page, please ensure that the fee information is correct and click “Next”.
- When you are ready to check out, select your payment method. You can add a credit card or pay with your credit card on file. If you have a gift card, you can enter it now. Review that all information is correct and click “Place My Order”.
- Once your order is placed, you can add the drop-in program to your calendar, print your registration confirmation and more.

If you require additional assistance to register, please call 905-815-2000 and a staff member will assist you.





Special Events

Butterflies can't see their wings
They can't see how truly beautiful they are,
but everyone else can.
People are like that too.

Special Event Ticket Policy

We are so excited to have our special events selling out with waitlists! In order to be fair to our membership, some special events will be exclusively for members only. Non-members are welcome to purchase a membership in order to attend.

Please note that special events are non-refundable. If you are unable to attend an event, please speak with your Seniors Services staff member.

Tuesday, August 6

Stampin' UP! Cardmaking

Colborne Centre 1–3 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up began June 4 must be completed by August 2. Space is limited so sign up early.

Wednesday, August 14

Registration opens at 7 a.m. for fall programs

A Seniors Services membership is required for all registered and drop-in seniors programs. Online methods of payment include VISA, MasterCard and American Express or credit on account.

Wednesday, August 14

Summer BBQ on the Patio

Colborne Centre Noon–1:30 p.m.

Grab a picnic table and your BBQ goodies to enjoy the weather and the company of friends. Includes hotdog or burger (veggie burger available if pre-ordered), fixin's, chips, cold drink and sweet treat. Tickets are \$8 and must be purchased between July 15 and August 9. **Event will take place indoors in case of inclement weather.

Tuesday, September 3

Open House

Colborne Centre 1–3 p.m.

Stop by the Colborne Centre for a chance to visit with our drop-in convenors and check out our fall offerings. Need online account support? Staff will be on hand to assist you with tutorials and answer questions. Sign up for special events and visit with friends. Light refreshments will be served.

Wednesday, September 4

Open House

ROMAC 9:30–11:30 a.m.

Join us for an open house at River Oaks and learn about the different programs being offered. Complimentary refreshments provided.

Wednesday, September 4

Open House

IROAC 1–3 p.m.

The Ridge community opens its doors! Learn about our drop ins, registered programs, volunteer opportunities and special events. Try a few of our drop-ins and fitness classes. Meet some of the community while enjoying refreshments! All are welcome!

Thursday, September 5

Open House

TPOAC 9–11 a.m.

Come and join us for an open house at Trafalgar Park Older Adults Centre and learn about the different programs offered. Complimentary refreshments provided.

Thursday, September 5**BBQ and Movie****TPOAC 12:30 p.m.**

Enjoy a delicious BBQ lunch with a movie. Includes a burger or hot dog, fixings, side, and a drink. Movie title will be posted a week before tickets go on sale. Tickets are \$8 and available August 21.

Monday, September 9**QEPOAC Open House****QEPOAC 1–3 p.m.**

QEP has so many wonderful drop-in programs and special events to keep you busy all year long! Drop by our open house to meet our drop-in convenors, learn about our special events and join new friends for complimentary refreshments. We are looking forward to meeting you soon!

Wednesday, September 11**Welcome BBQ with Guest Speaker Ivanka, Pelvic Floor Therapist****IROAC 12:30–3 p.m.**

Fire up your summer with a fun BBQ reconnecting with friends or creating new ones at our annual BBQ! Come hungry! All are welcome!

After the BBQ join us as guest speaker Ivanka, a Pelvic Floor Therapist, shares tips for maintaining core strength, continence, and overall well-being as we age. Learn simple exercises and lifestyle habits to keep you active and healthy for years to come! Tickets are \$10 and available from August 14 to September 6.

Monday, September 16**Back to Basics Nutrition with Leah Nicoletta****IROAC 1:30 p.m.**

Ditch the diet confusion! Join registered dietitian Leah Nicoletta, also a certified senior fitness instructor and nutritionist, for a fun and informative session. Leah will crack the code on food labels, expose sneaky marketing tricks, and guide you through essential food groups and macros. Fuel your active lifestyle with the knowledge to make healthy choices that taste great! Tickets are \$5 and are available August 14 to September 13.

Tuesday, September 17**Seniors Free Group Session with a Personal Trainer****TPOAC 11–noon**

Daily physical activity and regularly planned exercise will help you feel better and enjoy life more as you age. Tour our fitness centre and learn why it is so important to exercise regularly. Ask our personal trainer questions and learn how to use the fitness equipment safely while understanding all they have to offer. A few benefits are: reduced risk of age-related brain decline and diseases, cardiovascular issues and diabetes; decreased stress, sleep disorders, loneliness, anxiety and falls. Sign up at the front desk at Trafalgar Park Older Adults Centre.

Tuesday, September 17, Tuesday, October 8, Tuesday, November 19**Trivia Night****IROAC 6–7:30 p.m.**

Win prizes at this monthly nighttime event! Cost is \$2

Wednesday, September 18

SWAG Presents: Medical Assistance in Dying (MAiD) information session

QEPCCC – Rehearsal Hall 1:30–3:30 p.m.

Join us for an essential discussion on Medical Assistance in Dying (MAiD), a sensitive yet crucial topic for our community's seniors. Discover from medical professionals the pivotal role of your doctor, who qualifies for MAiD, and the initial steps in the process. Gain insights into the supportive role of a death doula, available MAiD resources, and navigating grief. Learn what to anticipate throughout the journey and explore the avenues for patient and family support. We'll delve into unique considerations for grief, helping you understand expectations and find personal meaning for yourself or a loved one. Tickets are complimentary and available at the Colborne Centre from August 21 to September 17.

Thursday, September 19

Seniors Free Group Session with a Personal Trainer

TPOAC 1–2 p.m.

Daily physical activity and regularly planned exercise will help you feel better and enjoy life more as you age. Tour our fitness centre and learn why it is so important to exercise regularly. Ask our personal trainer questions and learn how to use the fitness equipment safely while understanding all they have to offer. A few benefits are: reduced risk of age-related brain decline and diseases, cardiovascular issues and diabetes; decreased stress, sleep disorders, loneliness, anxiety and falls. Sign up at the front desk at Trafalgar Park Older Adults Centre.

Saturday, September 21

Culture Days at QEPCCC

Multi-purpose 1 – Drop-in Jam Session

11 a.m.–noon

QEPOAC Guitgang 1–2 p.m.

Come to QEPCCC for Culture Days, there are so many activities in the building and so much to do! We are having performances by the Drop-in Jam Session in Multi-1 and Guitgang in the Older Adults Centre. You are not going to want to miss any of these wonderful groups!

Saturday, September 21

Colborne Art Show and Sale

Colborne Centre 10 a.m.–1 p.m.

Every fall across Canada, Culture Days programs invite the public to get hands on and behind the scenes to highlight the importance of arts and culture in our communities. To celebrate Culture Days, the auditorium and lounge at the Colborne Centre will showcase original art work by its members on Saturday, September 21 from 10 a.m. to 1 p.m. This exhibition will be open to the public and provide a platform for professional and emerging artists, instructors and students display and sell their artwork. This is a complimentary event. The Colborne Café will be selling light refreshments for your enjoyment.

Thursday, September 26

Walk for Fox

Colborne Centre 9–11 a.m.

Join the Pathfinder Turtle group as they walk through Coronation park and Bronte to remember and honour Terry Fox. Wear your walking shoes and dress for the weather. Join us on the patio after the 1-3 km walk for coffee and sweets. Set your own pace and distance. Tickets are \$5 and available August 26 and must be purchased by September 23.

Tuesday, October 1
Stampin' UP! Cardmaking
Colborne Centre 1–3 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins August 6 must be purchased by September 27. Space is limited, sign up early!

Tuesday, October 1, 8, 15, and 22
Fit Minds
TPOAC 1–2 p.m.

Do you want to improve or maintain your cognitive health? Join this FREE four-week session. Optional graduation ceremony will be held at Chartwell Residences after completion. Limited availability. Sign up begins August 23 to September 23.

Tuesday, October 8
Estate Planning
IROAC 1 p.m.

Rozeeta from Arbor Memorial will be speaking about things to consider when estate planning and life planning (unforeseen medical incidents). Light refreshments will be served. Registration is free and sign up is available September 11 to October 7.

Wednesday, October 9
Indigenous Talks with John
QEPOAC 2:30–3:30 p.m.

Senior Services member John will be talking about Indigenous culture, social structure and history in Canada. There is no cost for this event. Please call Jolaine Montgomery at 905-815-5979 ext. 4674 to register.

Tuesday, October 15
Coffee & Conversation –
“Jest for the Health of It” by Dr. Ken Shonk
Colborne Centre 1–3 p.m.

Join Dr. Shonk for an afternoon of laughter! Dr. Shonk will discuss the research he has done over the past 30 years on the science of laughter with special emphasis on ageing. Jokes included! Tickets are \$5 and available September 16 to October 11. Light refreshments included.

Tuesday, October 22
Ultimate Ridge Trivia
IROAC 1 p.m.

Test your trivia knowledge! Ridge Ultimate Trivia is back, and it's going to be a brain-busting blast! Dust off your knowledge of everything and anything, grab your team or come solo and make some new friends! Prepare for an afternoon of laughter, friendly competition, and maybe even a little bragging! Tickets are \$5, include light refreshments and available September 24 to October 21.

October 26, November 30
Saturday Afternoon Court Whist Event
QEPOAC 2–6 p.m.

We are pleased to offer a once-a-month Saturday afternoon Court Whist event. The cost for each event is \$15 which includes dinner. Space is limited and tickets will be sold at the front desk of QEPCCC. Please watch for the posters for details of the event.

Thursday, October 31

Jack-O-Lantern Jamboree

TPOAC 1:00 p.m.

Let the Ghou! Times Roll! Come and be BEWITCHED at our Halloween Spooktacular event! There will be treats, prizes, dancing, and spooky stations. You are welcome to come dressed up in costume for this ghostly event! Cost is \$7 and includes snacks and drinks. Tickets will be sold from September 20 until October 21.

Friday, November 1

Halloween Pub Night

QEPCCC Rehearsal Hall 6:30–9:30 p.m.

Get ready to shake your boo-ty at the most frighteningly fun dance party of the year! Join us for a ghoulishly good time. Dress to impress in your best haunting, halloween costume or splash out in orange and black. Our spine chilling dj will be spinning ghostly tunes and pizza and refreshments will be served. Cash bar will be available. It's going to be a scream! Cost is \$15 and includes pizza and refreshments. Tickets are available September 30 and must be purchased before October 28. ****Members only!**

Friday, November 1

Balance and Fall Prevention with Leah Nicoletta

IROAC 1:30 p.m.

Back by popular demand! Join Leah Nicoletta as she speaks about key components of balance as we age. Join in practicing exercises you can do every day to improve and maintain your balance. Happy Fall Prevention Month! Tickets are \$5 and available August 22 to October 31.

Wednesday, November 6

Christmas Watercolour Workshop

QEPOAC 1–3 p.m.

Please join us for a holiday watercolour card workshop. Mary Clare Moore, who will provide mixed media products, ribbons, woodland stamps and moons to create a moonlight and ornamental seasonal card to share or treasure and frame yourself. Tickets go on sale October 1 for \$15 and can be purchased at QEPCCC front desk.

Tuesday, November 12

Remembrance Day Concert

Colborne Centre 1–2:30 p.m.

Please join the members of the Interlink Choir for a tribute to our veterans. There will be a choir performance and readings, as well as time to share memories and experiences as we remember those who have fought for our freedom and those who continue to keep us safe. Tickets are \$5 and will be available October 15 at the Colborne Centre. Light refreshments will be served following the presentation. Tickets must be purchased before November 8.

Thursday, November 14

Art at Trafalgar Park

TPOAC 1:30–2:30 p.m.

Come and enjoy the wonderful art from the students of Frances Tyrrell's Watercolour classes. Beverages will be provided.

Saturday, November 16

Trafalgar Park Christmas Market

TPOAC 9–12 p.m.

Come out to shop at our annual Christmas Market for beautiful knitted items, baked goods, treasures, silent auction and so much more. Get all your Christmas shopping done here. Bistro will be open to purchase snacks and refreshments.

Sunday, November 17**Christmas at Colborne Craft Sale****Colborne Centre Noon–3 p.m.**

The annual Christmas at Colborne Craft Sale is the place to find all your holiday shopping needs. Stop by the centre for some retail therapy and check that hard-to-buy-for person off your list. Bring a reusable shopping bag to tote your goodies and a friend or two to share in the fun. Visit the jewellery, crafts, knitting and Lucky Loonie tables. Purchase homemade scones and a hot beverage to enjoy after you shop.

Tuesday, November 26 and Wednesday, November 27**Christmas Tea and Tour at the Oakville Museum****Open to All centres 1–3 p.m.**

Experience the grandeur of a Victorian Christmas at the Oakville Museum. Glimpse into the magic of Christmas past. Inside the museum, enjoy a wide variety of decorations from fanciful ornaments, vintage fashions, and antique toys. Then stroll through the estate grounds and discover Victorian Vignettes and a dazzling display of lights. The countdown to Christmas has always been exciting! This holiday season, let history explain how and why we celebrate the festive season the way we do. End your tour with a festive treat and a hot beverage. Dietary restrictions and allergies cannot be accommodated for this program. Please note climbing a flight of stairs is part of the tour. Free parking is available on site as well as street parking. Must find your own ride. Tickets are \$20 and available October 20 to November 20. Tickets will be sold at QEPOAC/QEPCCC, Iroquois Ridge and Trafalgar Park Community Centres, and the Colborne Centre.

Thursday, November 28**SWAG Presents: Financial Frauds and Scams****TPOAC 1:30–3:30 p.m.**

Watch our bulletin boards for more details to come!

Tuesday, December 3**Stampin' UP! Card making****Colborne Centre 1–3 p.m.**

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins October 1 must be purchased by November 27. Space is limited sign up early.

Wednesday, December 4**Registration opens at 7 a.m. for winter programs**

A Seniors Services membership is required for all registered and drop-in programs. Online methods of payment include VISA, MasterCard and American Express or credit on account.

Wednesday, December 4**Christmas Social****QEPCCC Rehearsal Hall 1–3 p.m.**

Join us for a festive Christmas party filled with joy and cheer! Enjoy delicious holiday treats and lively music with friends. Please keep an eye out for the poster with details of this fun event. Tickets are \$5, and go on sale beginning November 4 and can be purchased at the front desk of QEPCCC. ****Members only!**

Thursday, December 5

Christmas Celebration

TPOAC – Pine Room 12:30–3 p.m.

Join us for our annual Christmas party to thank all our members. Entertainment and a lunch will be provided. Cost is \$12. More details to follow in the coming months. Tickets will be available October 31 until November 25. ****Members only!**

Saturday, December 7

Hidden Treasures Bazaar

IROAC 10 a.m.–1 p.m.

Unearth hidden gems at the Hidden Treasure Bazaar! This exciting event features a trove of gently loved treasures - sparkling jewelry, captivating books, and unique handmade finds. Delight in light refreshments and verdant houseplants as you explore, with all proceeds benefiting the Iroquois Ridge Older Adult Centre. Join the hunt and discover a treasure trove of delights, all for a good cause!

Tuesday, December 10

Christmas Social

Colborne Centre 1–3 p.m.

Save the date! You won't want to miss this sell out event. By special request Shannon Graham. Enjoy Shannon's unique voice and talented saxophone playing. We guarantee you won't be able to stay in your seats. Seasonal cookies and hot beverages will be served. This is a members only event, please ensure your membership is up to date.

Tickets are on sale November 5 and must be purchased before December 6. Please bring a food bank donation. Fareshare food bank kindly asks for a monetary donation if possible. Food items will also be accepted. ****Members only!**

Thursday, December 12

Kerr Street Singers Concert

TPOAC 2–3 p.m.

Join the Kerr Street Singers at their end-of-year concert to kick off the holidays. Cost is \$3.00 and snacks and beverages will be provided. Tickets for this event will be sold between November 18 and December 6.

Tuesday, December 17

Interlink Choir Singalong

Colborne Centre 10 a.m.–noon

Join the Interlink Choir for a good old fashioned singalong. Tickets are \$5 and include light refreshments. Space is limited, sign up begins November 25 and end December 13.

Tuesday December 17

Christmas Social

IROAC 1–3 p.m.

Spread holiday cheer and celebrate a wonderful year with our Christmas Social! Enjoy festive light refreshments, delightful entertainment, and warm social connections with friends and neighbours. All proceeds from ticket sales go directly to Oakville Foodshare, making the season brighter for those in need. Let's raise a glass (of eggnog!) to a year of joy and togetherness! Tickets are \$5 and available November 18 to December 13.

Wednesday, January 8

Longevity with Leah Nicoletta

IROAC 1:30 p.m.

What is it like to live to 100? Join Leah in an open discussion mixed with research - current longevity trends in Canada, what people in the blue zones are doing (oldest living people) and what you can start focusing on today. Cost is \$5. Sign up is available December 17 to January 7.

Thursday, January 9, 16, 23

Beat the Winter Blues – Movie Series

TPOAC 1 p.m.

Welcome the new year with some great movies. Cost is \$5 and includes snacks and drink. Movie list will be posted in December. Tickets will be available on December 5.

Wednesday, January 22

Flower Watercolour Painting

QEPOAC 1–2:30 p.m.

This session will consist of a step-by-step instructor-led watercolour painting of flowers in a vase. No experience necessary to do this fun event! You can keep this art to hang up in your home, or even gift it to a friend or a loved one! All the art supplies will be provided by Chartwell Retirement Residences. The only thing you need to bring is yourself! Please call Jolaine Montgomery 905-815-5979 ext. 4674 to reserve your free spot.

Thursday, January 23

SWAG presents: Frauds and Scams

Zoom presentation 1:30–3:30 p.m.

Join us for the most up to date information about frauds and scams with Stephanie Senecal from the Canadian Anti-Fraud Centre. Please register in advance for this presentation at <https://us02web.zoom.us/meeting/register/tZclc-qqpzooE9a5a616282M17XYZltjMxml> After registering, you will receive a confirmation email containing information about the meeting. If you prefer to attend by telephone, please call the Colborne Centre at 905-815-5960 to register.

Thursday, January 23

Pizza and a Movie

IROAC Noon–3 p.m.

Forget the snoozy afternoon! Let's fire up a pizza party! After, grab some popcorn and get ready for a classic movie matinee. Stayed tuned for the movie announcement! Tickets are \$8 and available December 17 to January 21.

January 25, and February 22

Saturday Afternoon Court Whist Event

QEPOAC 2–6 p.m.

We are pleased to offer a once-a-month Saturday Afternoon Court Whist Event. The cost for each event is \$15 which includes dinner. Space is limited and tickets will be sold at the front desk of QEPCCC. Watch for posters with details of the event.



Tuesday, January 28

Movies that Move You!

Colborne Centre 12:30–3 p.m.

Join us for 500 Days in the Wild. Award-winning director and cinematographer Dianne Whelan is the only person to complete this epic journey of discovery — hiking, biking, paddling, snowshoeing and skiing across the country. As a woman in her 50's who is not an extreme athlete, she started out alone, disillusioned with the state of the world and worried about climate change to look for different ways of caring for the land and each other. She ended the journey a bit wiser, more hopeful, in love and with a passion to share this story. Tickets are \$5 and include light refreshments. Space is limited. Sign up begins December 9 and ends January 24.

Tuesday, February 4

Stampin' UP! Cardmaking

Colborne Centre 12:30–2:30 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins December 3 must be purchased by January 31. Space is limited, sign up early!

Wednesday, February 5

Winter Wonderland Tea Party

QEPOAC 1–3 p.m.

Join us for a charming afternoon filled with warmth, laughter, and the joy of the season at our Winter Wonderland Tea Party. Delight in a cup of hot tea served with an array of delicious treats. Enjoy an afternoon with friends and warm up by the fireplace! Tickets are \$8 and go on sale December 16 at QEPCCC front desk.

Wednesday February 5, 12, 19 and 26

Fitminds with Chartwell

IROAC 1 p.m.

Keep your mind active and learn about brain health in this free interactive program with Chartwell. A celebration lunch will be held after the completion of the program on March 5! Contact Cassie at Iroquois Ridge Community Centre to register! Registration is free and available from December 17 to January 7. Light refreshments will be served.

Tuesday, February 11

Black History Month at the Oakville Museum

Open to all centres 1–3 p.m.

This unique indoor/outdoor tour offers a fascinating glimpse into the history of the Underground Railroad in Oakville. Begin with an introduction to the exhibit 'Freedom, Opportunity and Family: Oakville's Black History' and watch the exciting multi-media presentation 'The Underground Railroad: Next Stop Freedom', a true story of heroic flight from a life of slavery. Weather permitting, the tour finishes with an outdoor walk that details some nearby locations that highlight the local history surrounding Oakville and the Underground Railroad. Please dress appropriately for outdoor walk and note that climbing a flight of stairs is part of the tour. Tickets are \$7 and available until February 4.



Thursday, February 13**Artful Enrichment****TPOAC 1–2 p.m.**

Valentine’s-themed art workshop provided by Chartwell Retirement Residences. All materials will be provided. Sign up for this workshop will be available starting January 13 to February 6. Don’t miss out! Only 20 spots available for this workshop!

Monday, February 17**Family Day****IROAC, TPOAC & QEPOAC**

Stay tuned for free programming

Tuesday, February 25**Coffee and Conversation - The Lost Queen’s Bush Settlement.****Colborne Centre 1–3 p.m.**

Join Annemarie Hagen, retired museum curator as she takes you through the story of an Early Ontario Black Community. In the early to mid-1800s, Canada was known as “The Promised Land” to enslaved people in the southern United States. Thousands made their way north, helped by a secret network of anti-slavery supporters known as the Underground Railroad. Cost is \$ and includes light refreshments. Sign up begins January 29 to February 23.

**Wednesday, March 5****Annual General Meeting****IROAC 10 a.m.**

Learn about the Iroquois Ridge Older Adult Centre’s 2024 accomplishments and new updates. Representatives from the Town of Oakville and Senior Services will be giving updates as well. Stay tuned to find out who will be our guest speaker. Light refreshments will be served.

Thursday, March 6**Annual General Meeting****Colborne Centre and QEPOAC****Colborne 5–7 p.m.**

Member support is always greatly appreciated at the annual general meetings. Please plan to attend and hear about all the great things that were accomplished in 2024 and what lies ahead for 2025. Tickets are available at Colborne Centre or QEPOAC from February 4 until March 3. You may only vote at one location (your designated ‘home’ centre). Not sure where to vote? Check with staff.

Tuesday, March 11**Astronomy in Action-Space for Everyone****Colborne Centre 1–4 p.m.**

Explore the universe with Astronomy in Action and get closer to the wonders of the universe than ever before! Enter the largest portable planetarium in North America and watch the sky come alive as the 4K digital projection system fills the dome with stunning views from across the cosmos. Grandparents and grandchildren invited! Tickets are \$20 and include refreshments.

Tuesday, March 11, Thursday, March 13
Seniors Free Group Session with a
Personal Trainer
TPOAC 11–12 p.m., 1–2 p.m.

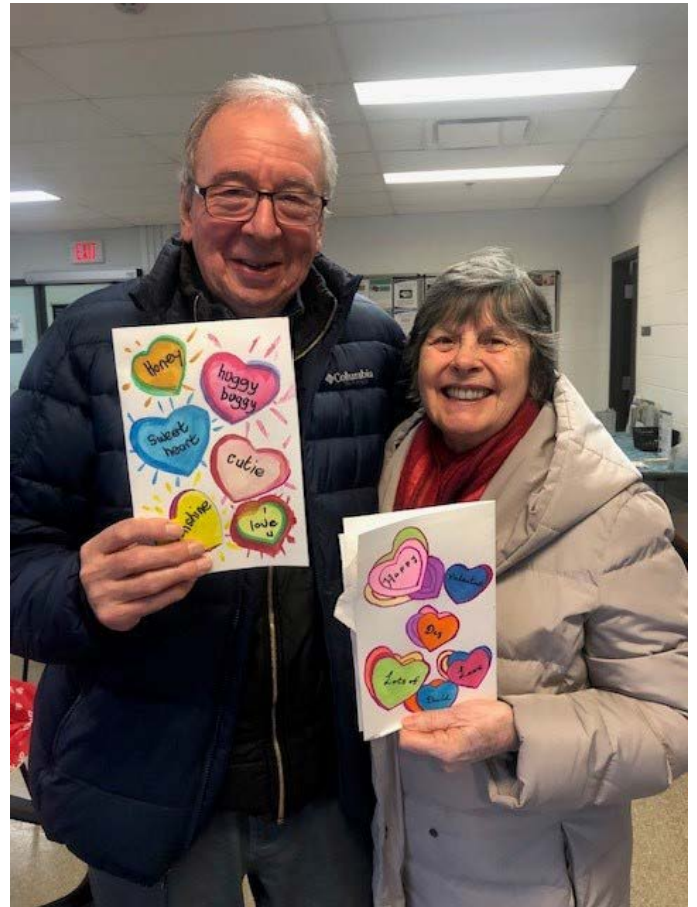
Daily physical activity and regular planned exercise will help you feel better and enjoy life more as you age. Tour our fitness centre and learn why it is so important to exercise regularly. Ask our personal trainer questions and learn how to use the fitness equipment safely while understanding all the benefits they have to offer. A few benefits are: reduce risk of age-related brain decline and diseases, cardiovascular and diabetes, decrease stress, sleep disorders, loneliness, anxiety, and falls. Registration begins February 11.

Friday, March 21
Annual General Meeting
TPOAC 10 a.m.

Enjoy a light morning snack while we review the annual report and 2024 financial statement. We will have guest speakers. Keep an eye on our bulletin board for more information. Everyone is welcome.

Tuesday, April 1
Stampin' UP! Cardmaking
Colborne Centre 12:30–2:30 p.m.

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins February 4 must be purchased by March 28. Space is limited, sign up early.





Seniors Services News

Trafalgar Park News

Welcome to TPOAC

We are pleased to have so many new members join our centre. We want to thank all our current members and volunteers for their continued dedication and support.

Annual General Meeting

We were pleased to welcome Cathy Benbow-Plewes, who provided an amazing display of Beads for Africa. This charitable project that makes jewelry from African paper beads and recycled beads to support at-risk women and children in Kenya. Don't miss our next meeting and guest speakers!

New Programs

If you like to dance, you'll love Chair Zumba. It allows for a safe and effective total body workout that will nourish your mind, body, and soul.

We also have a New Nordic Walking Therapeutic Program. This class is suitable for those looking for a low impact cardio and full-body workout that accommodates a slower pace. No previous experience is needed! Options and adaptations are available from the instructor for every skill level. Also, Weight Training for Women Plus to strengthen your bones and muscles.



Trivia Day

What are the seven wonders of the Ancient World? This was a question that left many people stumped and yet it was impressive to hear how many wonders there actually are. Our trivia day was a great success. People walked away with extra knowledge, smiles and prizes. We look forward to some more interesting questions for next spring!

Volunteers

From time to time we need volunteers for our: Bistro, Friendship Luncheon program and special events. Please complete a volunteer application form at our front desk and we will get back to you when volunteer opportunities are available.

Suggestions

We will continue to have a suggestion box available. It is located in the Older Adults Member Lounge, behind the door. Please feel free to suggest ideas for programs, activities or special events, or anything else that comes to mind, so we can continue to grow in this space.

Special Events

Do you want to learn about fitness equipment available at our centre and how to use it? Join us for "FREE" group sessions with two personal trainers. Check out the dates for these events in the Special Events section of the newsletter. Don't forget to sign up for the FitMinds sessions and Artful Enrichment, brought to you by Chartwell Retirement Residences!

Just a reminder to check our bulletin board for information on special events and volunteer opportunities regularly.

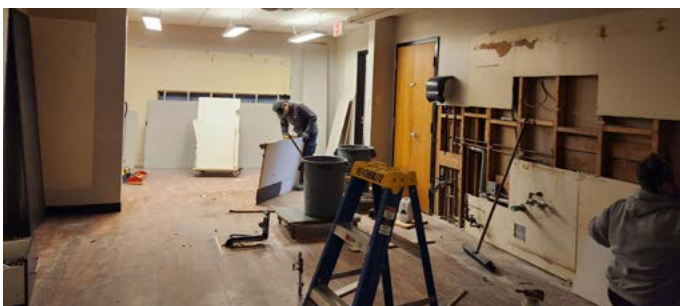
Colborne News

Hello & Goodbye

We said goodbye to Customer Service Representative Charlie, as she has found a full-time job, as a PSW in Oakville, but we are so pleased to welcome Debbie as our newest Customer Service Representative on Tuesday evenings. Stop by and say hello next time you are at the centre.

Café Renovations

Well, we survived! I have to say things went well and on schedule. Our complete renovation of the Café was a four-week experience that we are happy is complete. Thank you to our members for your patience and understanding as we made things more functional and beautiful. Special thanks to the Colborne Centre finance and operations committee for your support of such a large undertaking. Another special thank you to our dedicated team of volunteers who helped pack, sort, move, unpack, put away and clean our new space. We hope you are enjoying the space as much as our volunteers and staff are.



Christmas at Colborne Craft Sale

The biggest sale of the season is fast approaching. Make sure that you mark Sunday, November 17 in your calendar for holiday shopping, homemade scones, appearances by Sir John and Queen Victoria, as well as the best deals in town!

Outdoor Garage Sale

The best laid plans can often go sideways and boy did they ever! Our first outdoor public garage sale saw torrential downpours from open to close. We made the best of it and over 30 vendors trudged their goodies indoors to set up in the gym. Thanks to the volunteers who bravely faced the weather, moved tables, assisted vendors and smiled through it all. The fundraiser still managed to make a profit and do we have a story to tell!



Colborne News

Gym Flooring

As if a café renovation wasn't enough...we decided it was time to replace the old tile floor of the auditorium. Staff and consultants took time and care to choose a floor that would be safe and usable for a multi-use space. We are so pleased with the new floor and its cushiony support. While disruptions were minimal, for those of you who were moved or cancelled, we appreciate your understanding and patience while the renovations were completed.



Speaking of Renovations

As a 32 year-old building, we are very fortunate that the town takes such good care of their properties. As the normal wear and tear in a busy centre like ours starts to impact our space, we have to make time and accommodations for repair work. This fall, the centre will be getting new windows and the auditorium will have the doors and lighting replaced. We anticipate small changes to the schedule to allow for work to be completed. Watch for details on the bulletin board.

Volunteer Appreciation

Boots & Hearts Shindig celebrating volunteers and their incredible contributions to the centres was a smash hit. We sported our ten gallon hats, yee hawed and got our country groove on. It was a fabulous night of delicious food, entertainment and special people. Over 29,750 hours were volunteered in 2023 and Colborne Centre volunteers gave selflessly of their time and talent. We thank you for choosing us as a place to spend your time giving back.



Ridge News

To the Iroquois Ridge community, thank you for opening your hearts and making everyone feel so welcome. The passion and care you share for each other is truly heartwarming. It's a privilege to be part of such a vibrant community. We have an exciting fall and winter planned for you with programs, special events, and tons of fun!

Volunteer Appreciation

Boots and hearts filled the room for our volunteer appreciation night! We celebrated your incredible dedication with a country-themed bash. Laughter filled the air as two-steppin' took over the dance floor, fueled by delicious food and heartfelt thanks. This community thrives because of YOU, and we couldn't have asked for a more heartwarming way to show our gratitude.



Community Spirit Awards

We are thrilled to announce that our very own Pamela Strachan was nominated for this year's Inspiration Award! Her tireless volunteer work at the Iroquois Ridge Older Adult Centre is truly inspiring. We commend her passion, dedication, and unwavering fairness that uplifts everyone around her. Pamela is the chair of our advisory committee, Friendship Luncheon convenor, special events and bazaar committee member.

What is New at the Ridge?

Exciting news at the Iroquois Ridge Older Adult Centre! We've launched a new English Conversation Circle on Fridays at 1 p.m., perfect for practising your conversational skills. We also have new watercolour programs for both beginners (Level 1) and artists with some experience (Level 2). Don't forget to check out our calendar for upcoming special events, including health & life planning talks, engaging social activities, and fun trivia nights! Plus, stay tuned for exciting program announcements in partnership with the Oakville Public Library Iroquois Ridge branch



Senior of the Year

A round of applause for Ted Lambert, our very own Senior of the Year. For over two decades, Ted has poured his heart into our community. From the founding of the Iroquois Ridge Older Adult Centre to serving on countless boards – the Oakville Seniors Working Action Group, Policy Review Committee, and the Older Adult Centre’s Association of Ontario – Ted has been a tireless advocate for Seniors. Centres across Oakville are forever grateful for his financial wizardry, keen eye for policy, and dedication to sound procedures a true champion who has made a world of difference!



Hidden Treasures Bazaar

Mark your calendars! The Iroquois Ridge Older Adult Centre’s annual Hidden Treasures Bazaar returns on December 7. Unearth unique finds at amazing prices – think gently-loved jewelry, captivating books, mind-bending puzzles and more. Discover one-of-a-kind treasures like homemade goodies and beautiful plants! Enjoy light refreshments and embrace the spirit of giving as we raise funds for both the centre and Oakville Fair Share Food Bank. It’s a day filled with holiday cheer and hidden gems! Donations are welcome after Thanksgiving.

Café

Come on down to the Iroquois Ridge Older Adult Centre Café! Our doors are open for casual drop-in every Monday 1 to 3 p.m., Wednesday 10 a.m. to noon, and Friday 10 a.m. to noon.

We Want to Hear from You!

The Iroquois Ridge Older Adult Centre thrives on the energy and passion of our community. We’re always looking for enthusiastic individuals to join our volunteer team. A few hours a week to or a program idea, we want to hear from you. Your skills and creativity can help us continue to offer engaging activities and a welcoming space for all. Call Cassie Wilhelm at 905-845-6601, ext.3498 or email cassandra.wilhelm@oakville.ca



ROMAC News

Thank you to all our ROMAC members for coming out and participating in the programs being offered at River Oaks Community Centre. Our numbers continue to slowly grow and everyone is committed to providing quality programming.

Looking to Get Active?

Join us at River Oaks Community Centre to stay active this fall:

- Circuit Fit 50+ – Mondays 11:30 a.m.- 12:30 p.m.
- Cycle & Strength – Thursdays, noon-1 p.m.
- Chair Yoga – Fridays, 9:30-10:30 a.m

We are Looking for Drop-in Convenors!

We are currently looking for volunteer convenors for our Monday and Thursday drop-in Pickleball programs. If you are interested, please reach out to Bob at bob.pawliw@oakville.ca or Jacy at jacy.thibeault@oakville.ca or call 905-338-4186.



QEPOAC News

Information Fair

In the spring we had a wonderful Senior Services Information fair at QEPCCC. We had 50 local business vendors and 200 visitors to our centre. Thank you to all of the volunteers who spent the morning helping guests find the different rooms, welcoming and providing food for the visitors. It was so successful we are going to have one next spring!

Advisory Members

We have been so fortunate to have had Cal Belbin, Pierre Wong and Steve Spencer as part of our Advisory Committee for the last 12 years. During the AGM in March, we were able to say thank you for all of the years of service and support to QEP OAC. We will miss them greatly on the committee!

DVD Lecture Series

The Great Tours – Iceland

Iceland's fascinating natural and cultural history is indeed unique and this lecture series allows armchair travelers to better appreciate this wonderful region of our planet. It also gives tourists insights into planning the adventure of a lifetime. The drop-in is every Tuesday morning from 10 - 11:30 a.m. starting September 17. We would love to have you join us in this world adventure!

Hall Walking Drop-in

We now have the Hallwalking drop-in on Mondays and Fridays from 1-2 p.m. Enjoy a walk and chat with new friends. Everyone is welcome!



Another Successful Showcase Cabaret!

On May 24 and 25 the Showcase took a trip Around the World! 70 performers took audiences to Africa, Asia, the US, Europe, the Caribbean and back home again!

The committee is already planning for next spring when we'll usher in 'Those Lazy, Hazy, Crazy Days of Summer' a bit early. Stay tuned for details on our website: oakvilleshowcase.ca The Showcase is a chance for talented seniors to perform in a show created just for them. We know there are lots of you out there. Watch the website for audition opportunities. If you're not ready to audition, join the Showcase Academy to learn a fun group musical number to perform in the show.

We're always looking for volunteers – on show days and on our committee. This year, we especially need a publicity person. For more information please email Johanna at 1cabaret2024@gmail.com or call Jolaine at QEPOAC 905- 815-5979 ext. 4674. See you next year!



South Asian Conversation Club

Last Fall we started the South Asian Conversation Club on Tuesdays from 1-3 pm. and it has been wonderful to watch all the new members attend each week. If you would like to engage in delightful conversations and meet new friends, please come to this drop in. Join us!



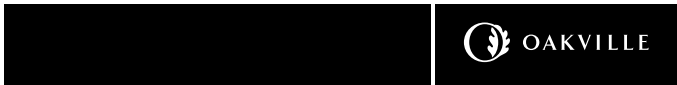


Join Oakville's Crossing Guard Team!

Be part of our Walk to School program:

- Keep children safe
- Provide an essential and valuable community service
- Enjoy holidays and summers off
- Earn \$18.58 per hour

For more information, visit oakville.ca or contact the Crossing Guard Office at 905-845-6601, ext. 3363 or crossingguards@oakville.ca.



Private Contractor

For jobs small or large in or outside your home

Doors, toilets and faucets fixed or changed, mirrors or pictures hung, ceiling fans installed, light fixtures changed, damaged walls fixed, hedges trimmed, fences repaired, eaves troughs cleaned out. Do you want something else done? **Call me!**

Call: Neil at 289-439-0529



Care Connections
For Your Needs!



MAGC Care Solutions
Care & Transportation Services

Assisting Halton & Surrounding Area with:

- Home Support
- Personal Shopping
- Medical Appointments
- Social & Day Programs
- Companionship & More

15% OFF
FIRST TIME CLIENTS

How can we support you? Contact us today!
p: (905) 399-6831 | e: magccares@gmail.com



SPECIALIZING WITH SENIORS
HOUSEKEEPING & CLEANING

CLEANING DONE
WITH A
DUTCH TOUCH!

CONTACT US:
905-808-0528
MVLCLEANERS@GMAIL.COM



Looking after Oakville Seniors in their homes

- General Repairs & Replacement
- Age Adapting for Safety & Mobility
- Seasonal Maintenance
- Technology Support

Our specialized services use the skills, knowhow, and integrity of retired technical Professionals.

Let us know what you need and we'll Fix It !



Contact Us:

Phone: 289-259-5996

paul@fixitforseniors.ca

Web: fixitforseniors.ca

PRESENTATION CENTRE **NEW LOCATION**

Oakville Hospital - *Main Floor, North Entrance*
WALK-INS WELCOME - M-F 9am to 5pm
Weeknights & Weekends by Appointment

A Beautiful
Age-In-Place
Living
Community
NOW
RESERVING

Call *Laurie*
for more
information

905.464.0807



Oakville Estates

Retirement Residence™

An All Seniors Care Living Centres Residence

3000 Hospital Gate, Oakville, ON

- *Independent Living Suites*
- *Assisted Living Suites*
- *Secure Memory Care*



www.allseniorscare.com



PROUDLY CANADIAN





START HEARING BETTER TODAY



Pascale-Annie Roy
M.Sc.S., Reg CASLPO Audiologist



WE OFFER

- All makes & models hearing aids
- Comprehensive hearing tests
- Custom Hearing Protection
- Assistive Listening Devices

Book an appointment today!




289.837.1137

2387 Trafalgar Rd, Oakville ON

www.pureaudiology.ca

reception@pureaudiology.ca

Free Parking • Wheelchair Accessible 

Peripheral Neuropathy Breakthrough

**"My feet feel like they're on fire."
"Each step feels like I'm walking through wet paint."
"I live in constant fear that I'll fall."
"I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 30 million people in North America have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Katrina Dollano, Acupuncturist and Chinese Medicine Practitioner at What's Good - Wellness by Design in Oakville shares this belief. "I've been treating neuropathy, in all its various forms, for over a decade and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my talks or read the story of another patient and say to themselves, 'hey, I feel the same thing!'"

Like Dorothy of Bronte, Oakville's story. Dorothy's husband had to drive her to her consultation, during which she shared how she saw a woman jogging through the clinic's neighbourhood. She felt so envious and just kept thinking about how she would give anything to walk freely again. Her family doctor had told her that her troubles with pain and balance were just symptoms of old age and gave her a prescription. She was so depressed.

Fortunately, Dorothy would eventually see Katrina giving a talk at the Oakpark Neighbourhood Centre about similar symptoms and how she offers a real solution at What's Good. Dorothy knew she just had to come see what the clinic could do for her, it was her last hope.

"Almost all of our patients come to us with a story similar to Dorothy's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older.'" shares Rayna, a Patient Care Technician at What's Good. "It just breaks my heart but I know how much we can help people like Dorothy so I'm always so happy when they walk through our door."

Western medicine declares that there is no solution while most alternative

therapies carry large price tags that offer little to no resolve. Which is why Katrina and the staff at What's Good pride themselves on being 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing, shares Katrina. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Katrina able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I include integrative medicine technologies to our treatments. They expedite recovering and healing."

Today, Dorothy can't say enough good things about What's Good. She and her husband moved to Bronte over five years ago and while he walked down by the lake everyday, Dorothy used to stay home because of her pain and discomfort. Just this week she walked down to the marina with him. And next week they have their first pickle ball tournament! Dorothy is finally living life and getting to enjoy her retirement!

"According to Dorothy's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Rayna. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Katrina has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred", tells the practitioner. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my Medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles', or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

For a limited time initial consultations are being offered for \$47. Call **(905) 845-5775** to schedule. Visit **WhatsGoodWellness.ca** to read more incredible success stories.








Probud Club of Old Oakville is a social club for retired and semi-retired men that meets monthly, offering an opportunity to make new friends and hear from external keynote speakers.

Our social activities and outings often include members' partners and range from theatre productions, days trips and dinners out, as well as a men's weekly golf outing, a billiards & lunch club, a breakfast club and an investment club.

Meetings: First Wednesday of every month at 9:30AM at the Oakville Trafalgar Community Centre, 325 Reynolds Street, Oakville.

We would be happy to welcome you to our Club.

For more information, visit us at www.probusoldoakville.ca or contact us at gstovel@sympatico.ca or bruce.norman99@outlook.com



ADVANCE CARE & EMERGENCY PLANNING COMPANY
PLAN FOR THE UNEXPECTED



CARLY HICKEY
BSCN, RN, CNCC(C), MN, IBCLC
12 YEARS ICU EXPERIENCE
LONGEVITY EDUCATOR
ADVANCE DIRECTIVE CONSULTANT
(Aging, Illness and End-of-Life)
FOUNDER, ACE Planning Company

WE HELP ADULT CHILDREN AND SENIORS PREPARE FOR AGING, ILLNESS AND END OF LIFE

LET US ASK THE HARD QUESTIONS SO YOU DON'T HAVE TO

WHY ACE PLANNING COMPANY?

- Values collaboration for optimal care and experience of the client
- Professional, experienced, academic, ethical
- Detail oriented summary document to support decision makers during crisis
- "Family unit" approach to advance care planning through client and family centered consultations
- Facilitate informed decision making through education using teaching methods appropriate for the client
- Access to an ecosystem of vetted strategic partnerships to help families in crisis and/or achieve problem resolution

SERVICES AND EVENTS

- Advance care planning consultation
- Educational workshops and webinars
- Referral partnerships with Physicians, Nurse Practitioners, Family Health Teams and other professionals to deliver ACPs to patients
- Collaborate with lawyers and estate planning professionals to complete health directives and comprehensive life planning
- Educational inservices about advance care planning
- Health system navigation for patients and families
- Family support for family during health crisis, ICU and /or hospital admission or death

3 CLIENT CONSULTATION PROTOCOLS
HEALTHY | SERIOUS ILLNESS | END OF LIFE

4 PILLARS OF ACP CONSULTATION

- ESTATE AND FINANCE REVIEW
- HEALTH PROMOTION
- ADVANCED DIRECTIVES
- END OF LIFE PLANNING

FOLLOW US



FOLLOW ON INSTAGRAM FOR:

- Educational content for the sandwich generation and adult children of seniors
- Refreshing, modern, relatable approach to de-stigmatizing end of life planning
- End of life and planning positive content

LET'S WORK TOGETHER



CALL
+1-365-228-7167



EMAIL
carly@aceplanningco.com



WEBSITE
www.aceplanningco.com



LOCATION SERVED
Ontario, Canada



INSTAGRAM | TIKTOK | TWITTER
@aceplanningco



FACEBOOK
ACE Planning Company



Allow us to *reintroduce* ourselves...
 come for a tour of our **NEWLY RENOVATED RESIDENCE!**



Located in the heart of South Oakville, Vistamere Retirement Residence has been offering independent retirement living to seniors since 1987. Having recently undergone an interior renovation and suite upgrades, Vistamere retirement residence still maintains the charm and history that it is known for but with a fresh, new look. **CALL KIM TODAY TO BOOK A TOUR!**

905.847.1413 | kim@vistamere.ca
 vistamere.ca | 380 Sherin Drive, Oakville ON L6L 4J3



by **FIELDGATE**
 Retirement Living

Personalized home care services



- ~ Personal Care
- ~ Caregiver Relief
- ~ Nursing
- ~ Companionship
- ~ Meal Preparation
- ~ Medication Reminders
- ~ Light Housekeeping
- ~ Palliative / End of Life Care
- ~ Physio & Occupational Therapy
- ~ Hospital Bedside Care

Support is just a phone call away.

905.844.5588

halton@bayshore.ca



www.bayshore.ca





We can help you stay independent in your own home for as long as possible.

Whether you are looking for someone to help just a few hours a week, or need more comprehensive assistance, Home Instead can help.

Services Include:

- Companionship
- Meal Preparation
- Personal Care
- Transportation
- Alzheimer's & Dementia Care
- Medication Reminders
- Shopping & Errands
- Light Housekeeping
- Palliative Care

Call for a free,
no-obligation appointment
905.847.8433

**Serving Oakville,
Burlington, Milton,**



**Home
Instead.**

To us, it's personal

www.homeinstead.ca/3014

e-Brochure: www.hisc3014.digbro.com



The People You Know, The People You Trust



Kat Downey

Since 1977, our family has been here to help you and yours...yesterday, today and tomorrow.

We are here to help you every step of the way.

- All plans include Estate follow-up and Fraud Protection
- Easy affordable prepayment plans
- Total peace of mind travel protection

Peace of mind is a phone call away.

64 Lakeshore Road West Phone: 905-844-2600
Oakville, Ontario L6K 1E1 Fax: 905-842-2966

www.koprivataylor.com

High Quality, Friendly, Affordable, At Home
COMPUTER ASSISTANCE BY



Phone: 905-802-7422

www.60pluscomputing.com

PERSONALIZED TUTORING AND LESSONS

- At your level & pace
- At your location
- On your schedule

Specialized in assisting senior learners achieve their computing goals

COMPUTER SERVICES

- Setup & Installation:
 - ✦ Email
 - ✦ Software
 - ✦ Hardware
 - ✦ Networks
- Virus & Spyware Removal
- Repairs & Upgrades
- Data Recovery
- iPads, iPhones, Android too

ON CULTURE DAYS

SEPTEMBER 20
- OCTOBER 13

OAKVILLE, JOIN COMMUNITY-MAKERS & CREATORS FOR HUNDREDS OF

FREE ARTS EVENTS
2024 FESTIVAL



OAKVILLE.CA

ONCULTUREDAYS.CA



Did you know there are 87 decisions to make when a death occurs?

Know what's involved ahead of time. Take the opportunity today to make decisions on your own behalf, saving undue hardship for loved ones tomorrow.

Order your FREE 87 Decisions, Choices and Things to Do™
647-302-6373

 **Oakview Funeral Home**
by Arbor Memorial

56 Lakeshore Road, West, Oakville, ON L6K 1C7
oakviewfuneral.ca

Arbor Memorial Inc.

A STRONG VOICE FOR OAKVILLE



STEPHEN CRAWFORD

stephen.crawfordco@pc.ola.org | **MPP, OAKVILLE**

(905) 827-5141
www.stephencrawfordmpp.ca
74 Rebecca St. Oakville, ON L6K 1J2

Changing Latitudes

Senior Living Advisors

Ask one of our Lifestyle Consultants about our Senior Watch Program. Our staff will arrange regular check-ins, companionship, and support that is specifically tailored to your personal schedule and unique needs.



- Office: (905) 582-1181
- Email: info@changinglatitudes.ca
- Visit: www.ChangingLatitudes.ca

CL



Put a little more flavour in your day.

You know the feeling. That deep satisfaction when sharing a delicious meal with friends and family. At VIVA Retirement Communities, our simple goal is to help you feel more of that every day. We take care of the cooking and cleaning, and you focus on the things that make you smile. To learn more, call (289) 725-6000, email oakville@vivalife.ca or scan the QR code with your mobile device.



vivoakville.ca

1 Sixteen Mile Drive, Oakville
On Sixth Line, north of Dundas
Independent & Assisted Living





Thank You Oakville!



Exceptional Home Care



Companion

Light housekeeping, meal prep, socialization, groceries



Nursing Support

In-home medical care, ostomy, wound care, medication mgmt.



Personal Care

Physical assistance, mobility, bathing, hygiene, post-op



Specialty Care

Dementia care, MVA care, respite, hospice, palliative



Call us for a free, no commitment assessment
905.634.7750 | www.rightathomecanada.com/oakville



New e-Alert feature on oakville.ca

Stay informed. Get timely updates.

Receive town public notices and news releases delivered to your email.

Learn about town programs, services, events, road closures, public engagement meetings, surveys and more!

Sign up today at
oakville.ca/town-hall/news-notice



Thinking about a move?
Whether downsizing or upsizing...
Our approach makes it **EASY!**

With 40 years of combined real estate experience and insights from guiding clients through life changes, we are here to help you achieve your goals.

**For A Confidential Consultation
CONTACT US:**



Mark Steiman
Sales Representative
(416) 804-4340



Deborah Solaryk
Sales Representative
(416) 550-5881

CONCIERGE SERVICE

CUSTOMIZED SOLUTIONS

COMPREHENSIVE PLANNING

Here's What Our Clients Are Saying:
“ **Invaluable partners who expertly guided us** ”

RE/MAX Aboutowne Realty Corp., Brokerage



IT'S YOUR MOVE!



MILESTONE REALTY SOLUTIONS



Having memory concerns?
Seeking a diagnosis so you can get care?
Overwhelmed and need guidance?

Plum Tree Memory Care can help.

We offer:

- ✓ Memory assessments
- ✓ Medication optimization
- ✓ Home safety assessments
- ✓ Cognitive behavioural therapy for insomnia
- ✓ Neuropsychology assessments
- ✓ Social work counselling
- ✓ Family and care partner coaching



www.plumtreememory.ca
(226) 355-7586 (PLUM)
support@plumtreememory.ca

EXPERIENCE AMICA BRONTE HARBOUR. There is a difference.



We could tell you what makes Amica Bronte Harbour different from other senior living residences. But we'd rather show you. Visit our exclusive residence and see how life here can be exactly what you want, with professional, personalized care that's always there if you need it.

Discover the Amica difference for yourself.

SCHEDULE A TOUR AND COMPLIMENTARY LUNCH.
CALL JADE AT 905-842-8167

AMICA

BRONTE HARBOUR

160 BRONTE RD • [AMICA.CA/BRONTEHARBOUR](https://www.amica.ca/bronte Harbour)



Be our guest

JOIN US FOR A
LUNCH & TOUR

Book your tour today!

DELMANOR

Glen Abbey

Inspired Retirement Living

1459 NOTTINGHILL GATE, OAKVILLE

905-469-3232 | DelmanorGlenAbbey.com



access abilities

Your ability store. Our passion.
Proudly family owned & operated since 1998

Products to help you **ENJOY LIFE!**

PORCH LIFTS

- Gets you in and out of your home safely
- Access your deck, porch, stage, etc.
- Can be installed in the garage
- Weather protected controls



STAIRLIFTS

- Straight or curved
- Indoor or outdoor
- Does not block stairs
- We install and service stairlifts and porch lifts



LIFT AND RECLINE CHAIRS

- Go from reclining to standing at the push of a button
- Many colours, sizes and styles to suit any person and home decor
- Available with both power head rest and power lumbar support
- We can deliver and set up for you
- Tax free conditions may apply



All products featured here are available to rent or purchase

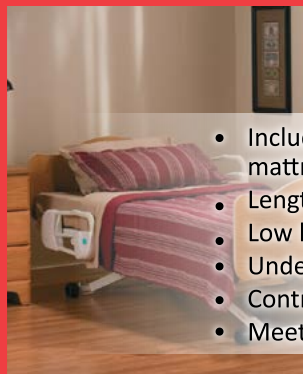
SCOOTERS

- Enjoy getting out and about with a scooter
- Easy to purchase, drive and maintain
- A great way to run errands, do fun things and get out and enjoy life!



HOSPITAL BEDS

- Includes pressure sensitive mattress & bed rails
- Length 85½" - Width 35"
- Low height 8¾" - High height 26"
- Underbed clearance 18"
- Control accessible either side of bed
- Meets safety standards



Please feel welcome to call or email us or drop by for further information



549 Bronte Rd, Oakville
154 Norseman St, Etobicoke

info@accessabilities.ca

Authorized ADP/WSIB/VAC Vendor.

We will always happily honour our local competitor's prices.

905-825-5335

416-237-9654

www.accessabilities.ca

