

WALDEN SENIORS ACTIVITIES ALPHA - Sept. 2026 - Dec. 2026 - Page 1

ACTIVITY	DAY/TIME	COST	SESSION DATE	INSTRUCTOR/CONTACT
Cardio Drumming	Mon. 1:00; Tues. 1:30 & 6:30 Wed. 1:00; Thurs.11:30	N/A	Sept. 9 - Dec. 17	Debbie Morin Linda Collison
Cards- Pepper; 6 handed Euchre; Hand & Foot, Bridge	6 handed Euchre - Sunday & Monday 12- 3 - Louise Gillespie Pepper - Tuesday 6 - 9 - Bev Lacroix Hand & Foot -Tues & Thurs. 1 - 4 p.m. Linda Collison Bridge - Wed. 1:00 - 3:30 - Don Levac Naughton-Pepper - Monday 6:45 - 9 & Friday 1-4 - Della Schraeder or Maggie Watts			
Cooking Class	Thursday - 9 - Noon	TBD by class	Sept. 17 - Dec. 17	Charlotte Lemon
Darts	Friday - 7:00 PM	\$10 for year	Sept. 11 - Dec. 18	Monicque Viau
Knitting Circle	Tuesday - 1:00 p.m.	N/A	All year	Susan Leishman
Line dancing - beginner	Thursday - 10:00 - 11:00	\$42.00	Sept. 17 - Dec. 17	Marthe Thibeault
Line dancing	Friday - 10:30 - 12:00	\$39.00	Sept. 18 - Dec. 18	Marthe Thibeault
Meditation	Wednesday - 2:30 - 3:30	\$36.00	Sept. 16 - Dec. 16	Ann Frampton
Nordic Pole Walking	Wed. - 10:00 a.m. Friday - 1:00 p.m.	N/A	Sept. 9 - Dec. 16	Merna Frank
Pickleball	Mon., Tues., Wed., Thurs., Friday, Sunday	\$10 for year	All year	Louise Mitchell
Pilates	Monday - 10:00- 11:00	\$39.00	Sept. 14 - Dec. 14	Marleah Harbour
Pool (League) Pool (Competitive)	Mon/Tues. - 9:30 or noon Wed.- 10 or noon	\$39.00 \$39.00	Sept. 21 - Dec. 15 Sept. 23 - Dec. 16	Brian Rachkowski
Sewing/Weaving Room (Naughton)	Mon - Friday- 10 - 2 p.m.	\$42.00	Sept. 14 - Dec. 18	Laurie Piercey/Mary Ronchin
Self Massage Fascia Release (inflated ball class)	Tuesday - 9:00 - 9:45	\$42.00	Sept. 15 - Dec. 15	Wanda Gibson
Shuffleboard (Naughton)	Wed. 1:00	\$10 for year	Sept. 9 - Dec. 16	Della Schraeder/Don Moule
Strength Fit (weight class)	Tues - 10:00-10:45 Friday - 9:15 - 10:00	\$42.00 \$42.00	Sept. 15 - Dec. 15 Sept. 11 - Dec. 18	Wanda Gibson

WALDEN SENIORS ACTIVITIES ALPHA - Sept. 2026 - Dec. 2026 - Page 2

Tai Chi	Wed. 11:15 - 12:45	N/A	Sept. 16 - Dec. 16	Wendy Taylor
Writing w/ Del (max. 8)	Fri. 1:00 - 4:00 (Board Room)	N/A	Sept. 11 - Dec. 18	Del Nussey
Yoga (Chair)	Mon. 11:15 - 12:15	\$39.00	Sept 14 - Dec. 16	Colleen Fraser
Yoga	Wed. 10:00 - 11:00	\$42.00	Sept. 9 - Dec. 15	Colleen Fraser

PROGRAM DESCRIPTIONS FOR NEW PROGRAMS

STRENGTH FIT with Wanda Gibson (Tuesday-10:00-10:45 & Friday 9:15-10:00)

Come and discover your physical strength!

Learn the basic fundamentals of strength training in this 45 min session. We will be covering body form, engagement and breath work and applying it to the basic foundational exercises.

You will be learning how to squat, do a chest press, bicep curl, tricep work, dead lift and lunges to name a few. There are always modifications, including the use of resistance bands. We will strive to meet you where you're at! Workouts will include a warm up, followed by the strength exercises and ending in a 5 min stretching session. It's amazing how quickly you will progress.

Let's build muscle together!

Equipment needed: Members are required to provide their own weights and exercise mat.

SELF MASSAGE FASCIA RELEASE with Wanda Gibson (Tuesday 9:00 - 9:45)

Take time for self care! Using a grippy inflated ball we will transition through a guided therapy session to release the body's fascia. See how you can improve your range of motion, reduce pain, and bring yourself into a relaxed state. We will be working all parts of the body on the floor in this 45 min session. This is the only workout that you won't break a sweat or exert yourself and leave feeling great!

Prerequisite: You must be able to get down and up from the floor without too much effort.

Equipment needed: Members are required to bring a mat. Exercise balls will be provided, but will also be available for sale if you would like your own.

HEALTHY MIND BODY SPIRIT MEDITATION with Ann Frampton

(Wednesday - 2:30 - 3:30)

Meditation has been scientifically proven to improve your mental and physical health, including stress reduction, lowering your blood pressure, managing physical pain and quieting your mind. In these sessions you will learn how to strengthen your mind body connection through breath work, body scans, being in the present moment, connecting to joy, training a positive mind, practicing self compassion, mindful movement and how to care for your 7 Chakra energy centres while immersing in a sound bath of crystal singing bowls. Beginners and experienced meditators are welcome.

PILATES with Marleah Harbour (Monday - 10:00 - 11:00)

Pilates is an ideal low-impact exercise for seniors that boosts core strength, improves balance, and increases joint mobility. It is highly customizable and can be done safely through seated, standing, or wall-supported routines to reduce fall risks and ease everyday aches.