

# MONDAY

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## TABLE TENNIS (PING PONG): On-site

Self-Directed

**Session Start Date:** May 21, 2026 - **No Class: May 18, July 6 & August 3**

Monday & Thursday from 9:30 a.m. - 11:30 a.m.

**Session Duration:** Ongoing

**Registration Limit:** 8 participants

**Cost:** \$65

**Drop-In:** \$7

**Venue:** Games room (Basement)

This lively game brings big smiles and gentle fitness benefits. Boost your hand-eye coordination, keep your reflexes sharp, and enjoy a low-impact workout that's kind to the joints. Whether you're picking up a paddle for the first time or returning to an old favourite, table tennis is a wonderful way to stay active and make new friends.

## \*New\* Age Reversing ESSETRICS: On-site

Instructor: Meaghan Hipkin

**Session Start Date:** May 25, 2026 - **No Class: May 18, July 6 & August 3**

Monday 1:00 p.m. - 2:00 p.m.

**End Date:** August 24, 2026

**Session Duration:** 12 weeks

**Registration Limit:** 15 participants

**Cost:** \$90

**Venue:** Auditorium

This is an age-reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Gentle to Moderate fitness, includes standing and some floor work (back and side only).

## WISEMEN: On-site

Self-Directed

**Session start:** May 18, 2026 - **No Class: May 18, July 6 & August 3**

Monday 10:00 a.m. - 11:00 a.m.

**Session duration:** Ongoing

**Registration limit:** Call ahead to book a spot

**Cost:** Free

**Venue:** Small Lounge

Looking for good conversation and great company? Our popular Men's Group offers a warm, welcoming space to chat about everyday topics, current events, and life's ups and downs—no judgment, just support. Pull up a chair, share a laugh, and enjoy a meaningful connection with like-minded friends.

# TUESDAY

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## **\*NEW\* ELDOA - A different kind of stretch: On-site**

**Instructor: Pat Barford**

**Session Start Date:** May 19, 2026 - **No Class: June 30 & July 7**

Tuesdays 11:00 a.m. - 12:00 p.m.

**End Date:** August 18, 2026

**Session Duration:** 12 weeks

**Registration Limit:** 14 participants (Minimum requirement: 5 participants)

**Cost:** \$75

**Venue:** Auditorium

ELDOAs are deep, deep stretches for the fascia, probably unlike anything you've done before. ELDOA stretches are zero-impact, done on the floor with a yoga mat. They are suitable for anyone interested in increasing mobility and decreasing back pain. A one-hour session can ease back pain, work out kinks and help you stand taller. Just bring a yoga mat and an interest in trying something new.

## **CHAIR YOGA: On-site**

**Instructor: Carmella Haykowsky**

**Session Start Date:** May 19, 2026 - **No Class: June 30 & July 7**

Tuesday 1:00 p.m. - 2:00 p.m.

**End Date:** August 18, 2026

**Session Duration:** 12 weeks

**Registration Limit:** 14 participants

**Cost:** \$75

**Venue:** Auditorium

Unwind and stretch in this gentle Chair Yoga class, where breathing and easy movement take center stage. Carmella offers thoughtful modifications as she guides you through seated and standing poses using a chair for support. We'll begin with a warm-up and flowing stretches, and finish with a peaceful seated relaxation to leave you feeling calm and refreshed.

## **COFFEE CHAT: On-site**

**Self-Directed**

**Session start:** May 26, 2026 - **No Class: June 30 & July 7**

Tuesdays (2nd & 4th) 11:00 am - 12:00 pm

**Session duration:** Ongoing

**Registration limit:** Contact the Front Desk

**Cost:** Free

**Venue:** Small Lounge

Love meeting new people, sipping free coffee, and enjoying friendly conversation? Join our Coffee Chat group on the 2nd and 4th Tuesdays of each month for warm drinks, good company, and plenty of smiles. It's the perfect excuse to get out and catch up!

## WEAVING GROUP DROP-IN DAY: On-site

Instructor: Self-Directed

**Session Start Date:** May 26, 2026 - **No Class: June 30 & July 7**

Tuesday 9:00 a.m. - 12:00 p.m.

**End Date:** August 18, 2026

**Session Duration:** 12 weeks

**Registration Limit:** Contact the Front Desk

**Drop-In:** \$7

**Venue:** Weaving Room (2nd Floor)

A friendly, social weaving class for all skill levels, where members help set up looms and learn as they go. Instructor and society approval required due to space limits—check with the Program Coordinator.

# WEDNESDAY

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## WEAVING GROUP: On-site

Instructor: Kathy Buse

**Session Start Date:** May 20, 2026 - **No Class: July 1 & July 8**

Tuesday 9:00 a.m. - 12:00 p.m.

**End Date:** August 19, 2026

**Session Duration:** 12 weeks

**Registration Limit:** Contact the Front Desk

**Cost:** \$75

**Venue:** Weaving Room (2nd Floor)

A friendly, social weaving class for all skill levels, where members help set up looms and learn as they go. Instructor and society approval required due to space limits—check with the Program Coordinator.

## ARTS (WATERCOLOUR): On-site

Instructor: Francis Marte

**Schedule:** Wednesday 10:00 am - 2:00 pm - **No Class: July 1 & July 8**

**Session duration:** Once monthly

**Registration limit:** 10 Participants

**Cost:** \$35 per workshop

**Venue:** Art Room

In this class designed for beginners, you will learn how to paint the Northern Lights in watercolour. This painting will almost paint itself! It's quite fascinating! The instructor will teach you how to do the wet-on-wet technique using carefully selected paint colours and how to paint simple details while using a reference photo. A reference photo, paints to use during class, and Watercolours and paper are included in the registration fee.

**Students are asked to bring:**

1. Watercolour round brush #6 and #2 or #3
2. Snack and drink
3. Apron, pen, and paper for note-taking (optional)
4. 2 containers to hold water (size of yoghurt tubs)

## FOOT CARE CLINIC: On-site

Providers: Liz Synnott

**Session start:** May 20, 2026

Second Wednesday of every month

**Session duration:** Once monthly, with enough participants

**Registration limit:** Minimum 7 participants

**Cost:** Contact Provider

**Venue:** Main Lounge

Need help caring for your feet due to diabetes or other high-risk conditions? Book an appointment with Liz or Kimberly for a full foot care session, including nail trimming, cuticle cleaning, and moisturising. Minimum of 7 participants required—please register early and pay the provider directly.

**Spring/Summer Dates:**

- May 13, 2026
- July 8, 2026

## IYENGAR YOGA: On-site

Instructor: Anita Cullen

**Session Start Date:** May 20, 2026 - **No Class: July 1 & July 8**

Wednesday 10:00 a.m. - 11:00 a.m.

**End Date:** August 19, 2026

**Session Duration:** 12 weeks

**Registration Limit:** 14 participants

**Cost:** \$75

**Venue:** Auditorium

This class is suitable for all levels of fitness and will focus on building strength and stability. Props, including chairs, belts and blocks, will be incorporated into the classes, and modifications will be given to adapt poses for specific needs, Prepare yourself for increased energy, lots of fun, and a great start to your week.

## WEDNESDAY WISEMEN: On-site

Self-Directed

**Session start:** May 20, 2026 - **No Class: July 1 & July 8**

Wednesday 10:00 a.m. - 11:00 a.m.

**Session duration:** Ongoing

**Registration limit:** Call ahead to book a spot

**Cost:** Free

**Venue:** Small Lounge

Looking for good conversation and friendly company? Our Men's Group offers a welcoming space to share experiences, discuss current events, and connect with like-minded friends. Join us for open dialogue, laughs, and meaningful connections.

**\*New\* STRENGTH TRAINING: On-site**

**\*NEW\* Instructor: Lisa Wickstrom**

**Session start:** May 20, 2026 - **No Class: July 1, July 8, July 15, July 29 & Aug 12**

Wednesday 1:00 p.m. - 2:00 p.m.

**End Date:** August 26, 2026

**Session duration:** 11 weeks

**Registration limit:** 14 participants

**Cost:** \$70

**Venue:** Auditorium

Stay strong, steady, and independent! This class focuses on building strength, improving balance, and enhancing coordination through safe, low-impact exercises using light weights, resistance bands, and other equipment. Suitable for all fitness levels, with modifications available to meet each participant's needs.

**BRIDGE CLUB: On-site**

**Self-Directed**

**Session start:** May 20, 2026 - **No Class: July 1 & July 8**

Wednesday 1:00 p.m. - 3:30 p.m.

**Session duration:** Ongoing

**Registration limit:** Contact the Front Desk

**Drop-In:** \$3

**Venue:** Small Lounge

Enjoy friendly group bridge play in a fun and welcoming setting! If you have a love of the game and some basic experience, you'll fit right in. New members are always welcome to join and make new friends while sharpening their skills.

# THURSDAY

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## TABLE TENNIS (PING PONG): On-site

Self-Directed

**Session Start Date:** May 21, 2026 - **No Class: July 2 & July 9**

Monday & Thursday from 9:30 a.m. - 11:30 a.m.

**Session Duration:** ongoing

**Registration Limit:** 8 participants

**Cost:** \$65

**Drop-In:** \$7

**Venue:** Games room (Basement)

This lively game brings big smiles and gentle fitness benefits. Boost your hand-eye coordination, keep your reflexes sharp, and enjoy a low-impact workout that's kind to the joints. Whether you're picking up a paddle for the first time or returning to an old favourite, table tennis is a wonderful way to stay active and make new friends.

## CRITIQUE WRITING: On-site

Facilitator: Phyllis Shuell

**Session start:** May 7, 2026 - **No Class: May 21**

Thursday 10:00 a.m. - 12:00 p.m.

**End Date:** June 25, 2026

**Session duration:** 7 weeks

**Registration limit:** 6 participants

**Cost:** \$32

**Venue:** Small Lounge

Do you love to write? Would you appreciate constructive criticism to improve your craft? This class is the perfect casual and informal session to receive thoughtful, in-depth feedback on your latest writing project.

## SEWING GROUP: On-site

Facilitator: They van Kuppeveld

**Session start:** May 21, 2026 - **No Class: July 2 & July 9**

Thursday 10:00 a.m. - 1:00 p.m.

**Session duration:** Ongoing

**Registration limit:** 4 participants

**Cost:** Free

**Venue:** Lobby

Open to all sewers and knitters; join our social group, which is completely FREE! Bring your own projects and work in a self-directed manner while enjoying the company of wonderful individuals who are passionate about handmade creations. Come meet, create, and socialize!

## **\*NEW\* YIN YOGA: On-site**

**Instructor: Dorota Hanasz**

**Session start:** May 21, 2026 - **No Class: July 2 & July 9**

Thursday: 1:00 p.m. - 2:00 p.m.

**End Date:** August 20, 2026

**Session duration:** 12 weeks

**Registration limit:** 14 participants (Minimum requirement: 5 participants)

**Cost:** \$75

**Venue:** Auditorium

This Yin Yoga is a slow-paced, meditative style of yoga that targets the deep connective tissues of the body — ligaments, joints, and fascia — through longer-held passive poses. This class is suitable for all levels and is a wonderful complement to more active practices. Come prepared to slow down, breathe deeply, and restore.

# FRIDAY

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## FLOW YOGA: On-site

Instructor: Carmella Haykowsky

**Session start:** May 22, 2026 - **No Class: July 3 & July 10**

Friday 10:00 a.m. - 11:00 a.m.

**End Date:** August 21, 2026

**Session duration:** 12 weeks

**Registration limit:** 14 participants

**Cost:** \$65

**Venue:** Auditorium

This Gentle Flow Yoga class combines breathing, alignment, and movement in a moderate-paced practice suitable for all levels. Carmella provides modifications as needed, guiding participants through seated, standing, and floor poses, finishing with a relaxing savasana.

Please note: Bring a yoga mat to class.

## SEATED TAI CHI: on-site

Instructor: Ken Chui

**Session start:** May 22, 2026 - **No Class: July 3 & July 10**

Fridays 1:00 p.m. - 2:00 p.m.

**End Date:** August 21, 2026

**Session duration:** 12 weeks

**Registration limit:** Contact the Front Desk

**Cost:** \$65

**Venue:** Auditorium

Seated Tai Chi is a gentle exercise that improves balance, reduces fall risks, and improves posture, leading to overall improvements in health and wellness. It consists of making slow, graceful movements while breathing deeply, while in a seated position on a chair.