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FITNESS PROGRAMS

TABLE TENNIS (PING PONG) — ON-SITE

Instructor: Self-Directed

Session Start Date: May 21, 2026

Schedule: Monday & Thursday, 9:30 a.m. – 11:30 a.m.

Session Duration: Ongoing

Registration Limit: 8 participants

Cost: \$65

Venue: Games Room (Basement)

No Class: May 18, July 2, July 6, July 9 & August 3

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.

AGE REVERSING ESSENTRICS — ON-SITE

NEW

Instructor: Meaghan Hipkin

Session Start Date: May 25, 2026

Schedule: 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

No Class: May 18, July 6, & August 3

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).

CANCELLED —ELDOA - A DIFFERENT KIND OF STRETCH — ON-SITE *NEW*

Instructor: Pat Barford

Session Start Date: May 19, 2026

Schedule: 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

No Class: June 30 & July 7

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.

Participants are asked to bring the following to class:

Yoga mat

CHAIR YOGA — ON-SITE

Instructor: Carmella Haykowsky

Session Start Date: May 19, 2026

Schedule: 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

No Class: June 30 & July 7

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.

IYENGAR YOGA — ON-SITE

Instructor: Anita Cullen

Session Start Date: May 20, 2026

Schedule: 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

No Class: July 1 & July 8

A fun, energizing class for all fitness levels, focusing on strength and stability. Chairs, belts, and blocks are used, with modifications to suit everyone's needs. Start your week feeling strong, balanced, and ready to go!

Participants are asked to bring the following to class:

Yoga mat

STRENGTH TRAINING — ON-SITE

NEW

Instructor: Lisa Wickstrom

Session Start Date: May 20, 2026

Schedule: Wednesday, 1:00 p.m. – 2:00 p.m.

End Date: August 26, 2026

Session Duration: 10 weeks

Registration Limit: 14 participants

Cost: \$70

Venue: Auditorium

No Class: July 1, July 8, July 15, July 29, & August 12

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.

CANCELLED—YIN YOGA — ON-SITE

NEW

Instructor: Dorota Hanasz

Session Start Date: May 21, 2026

Schedule: Thursday, 1:00 p.m. – 2:00 p.m.

End Date: August 20, 2026

Session Duration: 12 weeks

Registration Limit: 14 participants

Cost: \$75

Venue: Auditorium

No Class: July 2 & July 9

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.

Participants are asked to bring the following to class:

Yoga mat, blanket, water

FLOW YOGA — ON-SITE

Instructor: Carmella Haykowsky

Session Start Date: May 22, 2026

Schedule: Friday, 10:00 a.m. – 11:00 a.m.

End Date: August 21, 2026

Session Duration: 12 weeks

Registration Limit: 15 participants

Cost: \$65

Venue: Auditorium

No Class: July 3 & July 10

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.

Participants are asked to bring the following to class:

Yoga mat

SEATED TAI-CHI — ON-SITE

Instructor: Ken Chui

Session Start Date: May 22, 2026

Schedule: Friday, 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

No Class: July 3 & July 10

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.

ART PROGRAMS

WEAVING GROUP — ON-SITE

Instructor: Kathy Buse

Session Start Date: May 20, 2026

Schedule: Wednesday, 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)

Additional Drop in day available (registered members only): Tuesdays, 9:00 a.m. – 12:00 p.m. (Drop in: \$7)

No Class: June 30, July 1, July 7 & July 8

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 a.m. – 2:00 p.m.

Session Duration: Once monthly

Registration Limit: 12 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. 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)

SEWING GROUP — ON-SITE

Facilitator: Theyry van Kuppeveld

Session Start Date: May 21, 2026

Schedule: 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!

CRITIQUE WRITING — ON-SITE

Facilitator: Phyllis Shuell

Session Start Date: May 7, 2026

Schedule: Thursday, 10:00 a.m. – 12:00 p.m.

End Date: June 25, 2026

Session Duration: 7 weeks

Registration Limit: 6 participants (on-site)

Cost: \$32

Venue: Small Lounge

No Class: May 21

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.

SOCIAL PROGRAMS

WISEMEN — ON-SITE

Facilitator: Self-directed

Session Start Date: May 18, 2026

Schedule: Monday & 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

No Class: Monday: May 18, July 6 & August 3 / **Wednesday:** July 1 & July 8

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 meaningful connection with like-minded friends.

COFFEE CHAT — ON-SITE

Facilitator: Self-directed

Session Start Date: May 26, 2026

Schedule: Tuesdays (2nd & 4th), 11:00 a.m. – 12:00 p.m.

Session Duration: Ongoing

Registration Limit: Contact the Front Desk

Cost: Free

Venue: Small Lounge

No class: June 30 & July 7

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!

BRIDGE CLUB — ON-SITE

Facilitator: Self-directed

Session Start Date: May 21, 2026

Schedule: Thursday, 1:00 p.m. – 3:30 p.m.

Session Duration: Ongoing

Registration Limit: Contact the Front Desk

Drop-In: \$3

Venue: Small Lounge

No Class: July 2 & July 9

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.

WELLNESS PROGRAMS

FOOT CARE CLINIC — ON-SITE

Providers: Liz Synnott

Schedule: Second Wednesday of every other 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 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