

Registration Information Winter 2022

Formal Registration Period

Regular members (DDO residents) only	Tues. Dec 14 and Wed. Dec. 15	10h-14h	Online and on-site
Regular members (DDO residents)	Tues. Dec 14 10h – Thurs. Dec 16 16h		Online
Regular members and Associate members	Thurs. Dec 16	10h-14h	Online and on-site

After a long break, many of you have enjoyed the gradual return of several social activities. Adjustments have been made and we appreciate your collaboration. Please know that this winter session, a social activity fee will be reintroduced for the weekly mini club and formal social activities of the Club which support the Club's social well-being program.

The cost will be per day rate for the season.

Physical Well-Being Program Winter 2022

MONDAY

COURSE	INSTRUCTOR	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Stretchalates	Lyse	9h-9h55	Gym 003	10 jan – 14 mar	10	\$46	
Yoga Chair	Lyse	10h-10h55	Gym 003	10 jan – 14 mar	10	\$46	
Balance and mobility	Lyse	11h-11h55	Gym 003	10 jan – 14 mar	10	\$46	
Fit for Life 3	Lori	14h-14h55	Gym 019	10 jan – 21 mar	11	\$46	
Zumba Gold 1	Jackie	9h45-10h40	On-line	10 jan – 21 mar	11	\$29	

TUESDAY

COURSE	INSTRUCTOR	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Zumba	Dana	9h45-10h40	Gym 003	11 jan – 22 mar	11	\$50	
Line Dancing 1	Nathalie	13h00-14h15	Gym 003	8 feb – 22 mar	7	\$40	
Line Dancing 3	Nathalie	14h30-15h45	Gym 003	8 feb – 22 mar	7	\$40	
Tai Chi 1/2	Colin	10h-10h55	On-line	11 jan – 22 mar	11	\$29	

WEDNESDAY

COURSE	INSTRUCTOR	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Fit for Life 2	Sharon	9h00-9h55	Gym 019	12 jan – 23 mar	11	\$50	
Fit for Life 1	Sharon	10h-10h55	Gym 019	12 jan – 23 mar	11	\$50	
Zumba Gold 1	Jackie	9h45-10h40	Gym 003	12 jan – 23 mar	11	\$50	
Essentrics	Jackie	10h45-11h40	Gym 003	12 jan – 23 mar	11	\$50	
Yoga	Lyse	9h-9h55	On-line	12 jan – 16 mar	10	\$27	
Stretchalates	Lyse	10h-10h55	On-line	12 jan – 16 mar	10	\$27	

THURSDAY

COURSE	INSTRUCTOR	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Hatha Yoga	Elishia	9h30-10h25	Gym 019	13 jan – 24 mar	11	\$50	
Tai Chi Chair/1	Colin	10h-10h55	Gym 003	13 jan – 24 mar	11	\$50	
Tai Chi 2	Colin	11-11h55	Gym 003	13 jan – 24 mar	11	\$50	
Line Dancing 2	Nathalie	14h30-15h45	Gym 003	10 feb – 24 mar	7	\$40	

FRIDAY

COURSE	INSTRUCTOR	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Fit for Life 2	Maya	10h30-11h25	Gym 019	14 jan – 25 mar	11	\$50	
Fit for Life 1	Maya	11h30-12h25	Gym 019	14 jan – 25 mar	11	\$50	
Exercise for arthritis AWISH	Beverly	10h-11h30	Gym 003	14 jan – 25 mar	11	\$85	
Functional Fitness	Kumie	13h-13h55	Gym 003	14 jan – 25 mar	11	\$50	

Social Well-Being Program Winter 2022



Learning is Ageless Program Winter 2022*

MONDAY

ACTIVITY	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Bridge Mini Club	12h30-15h15	Room 006	10 jan – 21 mar	11	\$10	
Samba/Canasta Mini Club	12h30-15h15	Cactus	10 jan – 21 mar	11	\$10	
Pickleball Mini Club	10h-12h30	Gym 019	10 jan – 21 mar	11	\$15	
Ping pong Mini Club	15h-18h	Gym 003	10 jan – 21 mar	11	\$15	
Book Club Formal Activity	14h-16h	Room 005	17 jan, 21 fév, 21 mar	3	Free	
Technology with Finn *	TBD	TBD	TBD	11	Free	
Coin Français *	11h-13h	Bistro	10 jan – 21 mar	11	Free	

TUESDAY

ACTIVITY	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Free Games Informal Activity	13h-15h	Bistro	11 jan – 22 mar	11	Free	
Samba/Canasta Mini Club	12h30-15h15	Cactus	11 jan – 22 mar	11	\$10	
Knitting Formal Activity	13h-15h	Artisanat	11 jan – 22 mar	11	Free	
Spanish 1 with Isabel *	9h-10h30	Room 006	11 jan – 22 mar	11	\$90	
Spanish 2 with Isabel *	10h30-12h	Room 006	11 jan – 22 mar	11	\$90	

WEDNESDAY

ACTIVITY	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Bridge Mini Club	12h30-15h15	Room 006	12 jan – 23 mar	11	\$10	
Pickleball Mini Club	12h-14h30	Gym 019 Gym 003	12 jan – 23 mar	11	\$15	
Ping pong Mini Club	15h-18h	Gym 003	12 jan – 23 mar	11	\$15	
Crafting with Laura	13h-15h	Artisanat	12 jan – 23 mar	11	\$50	

THURSDAY

ACTIVITY	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Free Games Informal Activity	13h-15h15	Bistro Cactus	13 jan – 24 mar	11	Free	
Pickleball Mini Club	12h-15h	Gym 019	13 jan – 24 mar	11	\$15	
Individual Art Project with Shauna	13h-15h	Artisanat	13 jan – 24 mar	10	\$95	

FRIDAY

ACTIVITY	TIME	LOCATION	SCHEDULE	# WEEKS	COST	✓
Bridge Mini Club	12h30-15h15	Room 006	14 jan – 18 mar	11	\$10	
Samba/Canasta Mini Club	12h30-15h15	Cactus	14 jan – 18 mar	11	\$10	
Ping pong Mini Club	15h-18h	Gym 003	14 jan – 18 mar	11	\$15	

Workshops, Conferences and Special Activities

ACTIVITY	TIME	REGISTRATION	LOCATION	DATE (\$)	COST
Lunch with TED *	11h-13h	Drop-in (Max 20)	Bistro	31 jan, 18 feb, 18 mar	Free
Baking *	13h-15h	Sign-up sheet	Bistro Kitchen	TBD	Free
Singing Workshop*	11h-13h	Formal reg. period	Cactus	27 jan	\$15
Workshop on pelvic floor health with Lyse*	11h-12h	Formal reg. period	On-line	14, 21, 28 jan, 4 feb	\$20
Information session with Services Canada on Finances*	English : 13h-14h15 French : 14h30-15h15	Drop-in online over Zoom	On-line	23 feb	Free
Film Club*	13h	Sign-up sheet	Theater Room	26 jan, 23 feb, 16 mar	Free
Ageing-Well Series : Nutrition Conference*	TBD	Tickets purchased 2 weeks in advance	TBD	TBD	\$10
Ageing-Well Series: First Aid Workshop	TBD	Tickets purchased 2 weeks in advance	TBD	TBD	\$10
Ageing-Well Series: LGBTQ2A+ Conference	TBD	Tickets purchased 2 weeks in advance	TBD	TBD	\$10
Ageing-Well Series: Physical Fitness Workshop	TBD	Tickets purchased 2 weeks in advance	TBD	TBD	\$10

Please consult the Winter 2022 Program Guide for the descriptions of the activities

