

OLDER ADULT CLUBS

MOUNT ALBERT FRIENDSHIP CLUB FOR SENIORS

East Gwillimbury Ross Family Complex – 19300 Centre Street, Mount Albert
905.473.3305

| DATE | ACTIVITY | LOCATION | START | END |
|-----------|--|------------------------|---------|---------|
| Tuesday | Bingo (1st Tue. of each month) | Seniors Room | 1:00pm | 4:00pm |
| Wednesday | Regular Club Meeting, Potluck Lunch, Euchre (1st Wed. of each month) | Seniors & Program Room | 12:00pm | 2:00pm |
| | Bid Euchre | | 1:00pm | 4:00pm |
| Thursday | Shuffleboard | Gym | 6:00pm | 9:00pm |
| Friday | Bid Euchre | Seniors & Program Room | 7:00pm | 10:30pm |

GOLDEN ANCHOR SENIORS' CLUB

Holland Landing Community Centre – 19513 Yonge St., Holland Landing
www.groupspaces.com/goldenanchorseniors

| DATE | ACTIVITY | LOCATION | START | END |
|-----------|--|--------------------|---------|---------|
| Monday | Bid Euchre | Golden Anchor Room | 1:00pm | 4:00pm |
| | | | 7:00pm | 10:00pm |
| Tuesday | Hi/Lo Bid Euchre | Golden Anchor Room | 1:30pm | 4:30pm |
| | Progressive Euchre | | 7:00pm | 10:00pm |
| Wednesday | General Meeting (2nd Wed. of each month) | Golden Anchor Room | 12:30pm | 1:30pm |
| | Bid Euchre | | 1:00pm | 4:00pm |
| Friday | Games Day – various programs | Golden Anchor Room | 1:00pm | 4:00pm |



East Gwillimbury Seniors Task Force

VISION

“To have Services and Facilities for Senior Citizens in East Gwillimbury suitable for our growing and diverse population through collaborative partnerships.”

MISSION

“Enhance the dignity and quality of life for Senior Citizens in our community and support their independence and inclusion by encouraging the establishment of a range of programs and opportunities to meet their diverse needs.”

Find us on Facebook:

East Gwillimbury
Seniors Task Force

Contact us:

egseniorstaskforce@gmail.com

Website:

[www.eastgwillimbury.ca/
seniorstaskforce](http://www.eastgwillimbury.ca/seniorstaskforce)

OLDER ADULT PROGRAMS 55+yrs

Program descriptions are on Pages 29-31. Location Legend is on Page 31.
 Additional Yoga classes are also offered in the evenings – see Adult Program charts.

| Season | Program | Weeks | Day | Start | Time | Location | Fee | Code | |
|--------------------|---------------------------|-------|-----------------------------|---------------|-----------------|----------|----------|----------|------|
| FALL | Artist Drop In | 14 | Mon | Sep 11 | 10:00am-3:00pm | HLCC | FREE | Drop In | |
| | Artist Drop In | 16 | Thu | Sep 7 | 10:00am-3:00pm | ROSS | FREE | Drop In | |
| | Group Ukulele | 10 | Tue | Sep 19 | 10:30-11:15am | ROSS | \$115.00 | 6502 | |
| | Group Ukulele | 10 | Thu | Sep 21 | 11:00-11:45am | HLCC | \$115.00 | 6541 | |
| | Learn to Curl – Co-ed | 4 | Sun | Oct 29 | 4:00-6:00pm | BCC | \$75.00 | 6522 | |
| | Line Dancing | 14 | Wed | Sep 20 | 10:00am-12:00pm | HLCC | \$77.50 | 6353 | |
| | Move Your Body | 14 | Tue | Sep 19 | 9:30-10:30am | ROSS | \$81.50 | 6354 | |
| | Move Your Body | 14 | Thu | Sep 21 | 9:30-10:30am | ROSS | \$81.50 | 6355 | |
| | Pickleball | 16 | Tue | Sep 5 | 1:00-3:00pm | ROSS | \$2.00 | Drop In | |
| | Pickleball | 16 | Thu | Sep 7 | 11:00am-1:00pm | ROSS | \$2.00 | Drop In | |
| | Pickleball | 16 | Fri | Sep 8 | 3:30-5:30pm | ROSS | \$2.00 | Drop In | |
| | Pickleball | 9 | Sun | Oct 22 | 1:00-3:00pm | ROSS | \$2.00 | Drop In | |
| | Private Music Lesson | 10 | see description for options | | | | HMM | \$265.00 | 6521 |
| | Seniors Walking | 16 | Wed | Sep 6 | 8:00-11:00am | EGSC | FREE | Drop In | |
| | Strong Bones | 14 | Wed | Sep 20 | 9:30-11:00am | ROSS | \$110.75 | 6375 | |
| | Yoga – After Work Revival | 13 | Mon | Sep 18 | 4:45-5:45pm | EGSC | \$75.50 | 6398 | |
| | Yoga – Chair | 13 | Mon | Sep 18 | 9:30-10:30am | ROSS | \$75.50 | 6499 | |
| | Yoga – Chair | 14 | Thu | Sep 21 | 10:00-11:00am | HLCC | \$81.50 | 6510 | |
| | Yoga – Essential | 13 | Mon | Sep 18 | 10:00-11:00am | LIONS | \$75.50 | 6382 | |
| | Yoga – Essential | 11 | Sat | Sep 23 | 9:00-10:00am | EGSC | \$64.00 | 6544 | |
| | Yoga – Hatha | 14 | Thu | Sep 21 | 12:00-12:45pm | EGSC | \$61.00 | 6386 | |
| Yoga – Therapeutic | 13 | Tue | Sep 26 | 9:30-10:30am | EGSC | \$75.50 | 6512 | | |
| Yoga for Seniors | 14 | Wed | Sep 20 | 10:30-11:30am | EGSC | \$81.50 | 6546 | | |
| Young at Heart | 14 | Tue | Sep 19 | 9:30-10:30am | HLCC | \$81.50 | 6391 | | |

| Season | Program | Weeks | Day | Start | Time | Location | Fee | Code | |
|------------------|---------------------------|-------|-----------------------------|---------------|-----------------|----------|----------|----------|------|
| WINTER | Artist Drop In | 13 | Mon | Jan 8 | 10:00am-3:00pm | HLCC | FREE | Drop In | |
| | Artist Drop In | 13 | Thu | Jan 4 | 10:00am-3:00pm | ROSS | FREE | Drop In | |
| | Group Ukulele | 10 | Tue | Jan 16 | 10:30-11:15am | ROSS | \$115.00 | 6543 | |
| | Group Ukulele | 10 | Thu | Jan 18 | 11:00-11:45am | HLCC | \$115.00 | 6542 | |
| | Line Dancing | 11 | Wed | Jan 17 | 10:00am-12:00pm | HLCC | \$61.00 | 6443 | |
| | Move Your Body | 11 | Tue | Jan 16 | 9:30-10:30am | ROSS | \$64.00 | 6444 | |
| | Move Your Body | 11 | Thu | Jan 18 | 9:30-10:30am | ROSS | \$64.00 | 6445 | |
| | Pickleball | 13 | Tue | Jan 2 | 1:00-3:00pm | ROSS | \$2.00 | Drop In | |
| | Pickleball | 13 | Thu | Jan 4 | 11:00am-1:00pm | ROSS | \$2.00 | Drop In | |
| | Pickleball | 12 | Fri | Jan 5 | 3:30-5:30pm | ROSS | \$2.00 | Drop In | |
| | Pickleball | 12 | Sun | Jan 7 | 1:00-3:00pm | ROSS | \$2.00 | Drop In | |
| | Private Music Lesson | 8 | see description for options | | | | HMM | \$215.00 | 6540 |
| | Seniors Walking | 16 | Wed | Jan 3 | 8:00-11:00am | EGSC | FREE | Drop In | |
| | Strong Bones | 11 | Wed | Jan 17 | 9:30-11:00am | ROSS | \$87.00 | 6474 | |
| | Yoga – After Work Revival | 11 | Mon | Jan 15 | 4:45-5:45pm | EGSC | \$64.00 | 6489 | |
| | Yoga – Chair | 10 | Mon | Jan 15 | 9:30-10:30am | ROSS | \$58.00 | 6500 | |
| | Yoga – Chair | 11 | Thu | Jan 18 | 10:00-11:00am | HLCC | \$64.00 | 6553 | |
| | Yoga – Essential | 10 | Mon | Jan 15 | 10:00-11:00am | LIONS | \$58.00 | 6484 | |
| | Yoga – Essential | 8 | Sat | Jan 20 | 9:00-10:00am | EGSC | \$46.50 | 6545 | |
| | Yoga – Hatha | 11 | Thu | Jan 18 | 12:00-12:45pm | EGSC | \$50.00 | 6488 | |
| | Yoga – Therapeutic | 11 | Tue | Jan 16 | 9:30-10:30am | EGSC | \$64.00 | 6552 | |
| Yoga for Seniors | 9 | Wed | Jan 17 | 10:30-11:30am | EGSC | \$52.25 | 6547 | | |
| Young at Heart | 11 | Tue | Jan 16 | 9:30-10:30am | HLCC | \$64.00 | 6495 | | |

ACTIVE ADULT LIVING 16+ yrs

LEGEND

For programs marked with a ■ the Town encourages all participants to bring their own mat for hygienic reasons.



Partnering to provide expanded and enhanced program opportunities.

ARTIST DROP IN

Join us as we make space available for artists. Beginners and professionals welcome.

BABY & ME PILATES ■

A great way to get your body back into shape while bonding with your baby and meeting other new moms! Every exercise focuses on the abdominals and rebuilding your core strength. Enjoy a great workout in a relaxed environment: participate according to your baby's needs. No previous Pilates experience required. Please bring everything required for your baby (diapers, blankets, etc.). The Town encourages all participants to bring their own mat for hygienic reasons.

BABY BOOT CAMP

A fantastic way to get into shape and meet other moms like yourself, in your community! This program will start outside where we meet and do a variety of drills throughout the surrounding parks. This is a high intensity full body workout that will focus on strength, power, balance, cardio and core. A jogging stroller is not required (regular stroller will do), please bring your own yoga mat and water. Moms must be 8+ weeks postpartum with medical clearance to begin a fitness routine. This program will run rain or shine and will be indoors when inclement weather. This class is geared towards moms of all fitness levels and for babies 8 weeks to 3 years of age.

BADMINTON — RECREATIONAL

Come out and enjoy an evening of badminton with others who equally love to play. The focus is on non-competitive play; no instructor.

BASKETBALL DROP IN

Come and use the gym as we open it up for you and your friends to play some pick-up basketball.

BODY BLITZ

Join our instructor to challenge your whole body with different routines. Whether it be Boot Camp, HIIT, Mixed Cardio with core strengthening, your body will never reach a plateau. The result will be a fun-filled class, and a toned and fit body.

BOOT CAMP ■

Here is a fitness class that will get you in shape. Join our instructor as you get the ultimate workout. Using functional movements and resistance bands you will leave feeling energized and ready to take

on the world. The Town encourages all participants to bring their own mat for hygienic reasons.

COMBAT CARDIO

A high energy, non-contact cardio class! This class combines kicking, punching and core moves for a leaner, toned body. Light dumbbells can be added for those who want added resistance.

CORE INTEGRITY ■

Work your 'powerhouse' the Pilates way. Targeted exercises will strengthen and tone your muscles, improve your posture and increase your flexibility giving you a whole body workout. Each week a different apparatus will be used to add variety and challenge. The Town encourages all participants to bring their own mat for hygienic reasons. Please bring your own Stability Ball to class.

FAMILY DROP IN

We've opened the gym for you and your family to enjoy. A staff member will be available to help set-up equipment for this unstructured play time. \$2/person or \$5/family (3 or more).

GROUP UKULELE

Instrumental class offers fundamental skills for playing the Ukulele. Students will be taught how to read simple music notations and tabs, using a variety of chords and rhythms for sing-alongs, and perform melodies from traditional songs, popular, and classics. *Ukulele provided for instructional use during class, own instruments are recommended.

KICKBOXING

Relieve your frustration from the workday and have fun as you punch, kick, bob and weave your way into the best shape of your life! Each class is a total body workout incorporating both upper and lower body strength conditioning and flexibility, increasing your aerobic capacity and burning off unwanted calories. Great for men and women of all fitness levels who want to push it to the limit! Please wear comfortable clothing and running shoes.

LEARN TO CURL

Come try the great winter past-time of curling at the Bradford Curling Club. No experience necessary. Learn the basics of curling in a casual and relaxed setting. Curling equipment is supplied; participants need is a warm, comfortable clothing (including gloves) and clean running shoes. Four consecutive 2hr weekly sessions. Club/League registration is available at the finish of program if interested. Please contact enquiries@bradfordcurlingclub.ca for more information. **Address: 125 Simcoe Rd, Bradford, L3Z 1Y3**

SEE PAGES 30-31 FOR MORE PROGRAMS

active adult living — 16+ years

LINE DANCING

Kick up your heels with an hour of fun line dancing. Our instructor will walk you through the steps of traditional and country line dancing. All fitness levels welcome.

MOVE YOUR BODY ■

What better way to keep in shape than moving your body. Our instructor will give you a workout geared to your body type and age. Stretching, toning, and strength building will be part of this exercise class. The Town encourages all participants to bring their own mat for hygienic reasons.

PICKLEBALL

Join in and have fun playing this exciting paddle game called Pickleball. A combination of ping-pong, tennis and badminton, this game has been enjoyed for over 20 years by people of all ages. Equipment will be provided. \$2/visit.

PIYO ■

body design

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. And we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body as you minimize the aches and pains that can come along with high-impact workouts. No matter your age or body type, PiYo will help give you dramatically visible, incredibly beautiful results. The Town encourages all participants to

bring their own mat for hygienic reasons.

POWER & FLOW ■

This innovative program combines movements from Yoga and Pilates to give you the best workout while leaving you relaxed and stress free. Focusing on strengthening your muscles, core alignment and flexibility, you will improve all aspects of your daily living activities. The Town encourages all participants to bring their own mat for hygienic reasons.

PRIVATE MUSIC LESSON

Instrumental lessons for Piano, Guitar, Ukulele and Accordion. Other instruments might be available upon request only and subject to surcharge. 1 student handbook is included; Method book is extra. Beginners to Intermediate levels (Royal Conservatory of Music Grade 3 and under). Program progression accommodates to each individual's needs. Students will be taught how to read and understand music notation, execute practically on their instruments. A variety of music styles can be played using the techniques being taught. Times Available (1/2hr sessions): Tuesdays 1:00-3:00pm; Wednesdays 6:00-8:00pm; Thursdays 8:30-10:30am. **Location: Harmonic Melodies Music, 1111 Stellar Drive, Unit 2, Newmarket.**



Harmonic Melodies Music Inc.

SENIORS WALKING GROUP

This program has been created to provide a healthy and active program for older adults in a bright room at our Sports Complex. Come out and enjoy with other active seniors.

 **Town of East Gwillimbury**

 **COMMUNITY PARKS, RECREATION & CULTURE**
Proudly By 

Health & Active Living Plan!

Tell us what your healthy & active is!

Let us know what you would like to see for recreation and programming in EG over the next 10 years and you could win a recreation pass or program!

 Visit www.eastgwillimbury.ca/HALPSurvey to fill out the survey!

STRONG BONES ■

This class is tailored to build and maintain bone density with intensity using body weight, hand held weights, resistance bands and a variety of other tools. Feel stronger and walk taller. Ideal for people concerned with losing bone density. The Town encourages all participants to bring their own mat for hygienic reasons.

VOLLEYBALL — ADULT

Enjoy the great sport of volleyball with friends in a non-competitive environment.

WEDNESDAY NIGHT FITNESS ■

Do you want to become lean and fit? We combine cardio and weights in a highly effective and varied workout. Step, circuit training, boxing, kickboxing, interval training, plus muscle conditioning are all part of this class. The Town encourages all participants to bring their own mat for hygienic reasons.

YOGA — AFTER WORK REVIVAL ■

Relax-Restore-Revitalize: Engaging in breath work, you will quiet the mind and cultivate focus. A Gentle Flow practice will follow to restore and revitalize your mind and body letting you approach the evening hours with new found energy! Props, Chair Yoga and Wall Yoga will be incorporated in various classes. Suitable for all levels. The Town encourages all participants to bring their own mat for hygienic reasons.

YOGA — CHAIR ■

Chair Yoga is one of the gentlest forms of yoga. Chair Yoga is a unique yoga style that modifies yoga poses through the use of a chair, which allows for greater stability to help you feel supported and safe. Poses are done seated on the chair or the chair is used for support during standing and balance poses. Chair Yoga is suitable for all ages, fitness levels and physical conditions, beginners are welcomed. The Town encourages all participants to bring their own mat for hygienic reasons.

YOGA — ESSENTIAL ■

This practice builds healthy resilient bodies, increases vitality and trains our minds to be strong and flexible in the face of stress and change. Breathing techniques and meditation will give you a deep inner calm and self confidence to meet life's challenges with grace. Appropriate for both the beginner and seasoned yoga student. The Town encourages all participants to bring their own mat for hygienic reasons.

YOGA — HATHA ■

An introduction to Hatha Yoga is designed for students who are either new or returning to yoga. You will be guided by our instructor to gently explore basic postures and simple breathing techniques, followed by guided relaxation. Yoga improves your tone, helps

strengthen and balance the body, and is ideal for counteracting the stresses of daily life. The Town encourages all participants to bring their own mat for hygienic reasons.

YOGA — POST-NATAL ■

This is a class for parents and babies (non-crawling)! Come practice yoga with your baby in a supportive environment. This post-natal yoga class is a great way to get out of the house with your little one and enjoy some gentle exercise to take care of your body and connect with your baby. Bring your own mat, blanket, pillow, etc.

YOGA — PRE-NATAL ■

This pre-natal yoga class will give you the opportunity to bond with other moms, take time to replenish your mind and relax your body. This class will give you tools to assist with pregnancy, labour and parenting by teaching breath and body awareness and providing you a safe and welcoming community of moms-to-be. You will create a strong bond with yourself and your baby. Bring your own mat, blanket, pillow, etc.

YOGA — THERAPEUTIC ■

Therapeutic yoga is a combination of hatha and restorative yoga coupled with relaxation and muscle release techniques. It aids in strengthening, balancing and stabilizing the body with the use of props such as blocks, bolsters and straps. It is suitable for all ages and levels of yoga. Please bring a yoga mat and a blanket to your first class.

YOGA FOR SENIORS ■

A Gentle Flow series of poses to stretch and strengthen muscles for balance and stability and improve range of motion in the joints. Suitable for all levels targeting common age-related issues such as osteoporosis and osteoarthritis. Each week's class will vary using props, chairs and the wall! Your sense of well-being will surely be improved after this uplifting class! The Town encourages all participants to bring their own mat for hygienic reasons.

YOUNG AT HEART ■

Join us for a fun low impact cardio class that incorporates hand held weights, exercise bands, and other equipment. You will strengthen your muscles; improve your blood circulation and mobility. For encouragement and an hour of fun, you will not want to miss it. Beginners welcome! The Town encourages all participants to bring their own mat for hygienic reasons.

ZUMBA — ADULT

People of all ages are falling in love with Zumba's infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Reggaeton, and other Latin beats. This is a fitness class you will not want to miss! Ditch the routine, join the party!

SEE PAGES 32-33 FOR PROGRAM CHARTS

**LOCATION
LEGEND**

BBC: Bradford Curling Club

EGSC: East Gwillimbury Sports Complex (Sharon)

HLCC: Holland Landing Community Centre

HHAC: Harvest Hills Activity Centre

HMM: Harmonic Melodies Music

LIONS: Mt. Albert Lions Community Centre

ROSS: Ross Family Complex (Mt. Albert)