

Your... Community Culture & Recreation Guide



Where everyone is welcome



Fall 2011 & Winter 2012

Registration for Fall & Winter Recreation Programs
August 22, 2011 - City Tax Payer
August 25, 2011 - Non City Tax Payer

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SEE INSERT FOR DETAILS ON THE NEW QUINTE
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HOURS:
 MONDAY-FRIDAY 8am-9pm
 SATURDAY 8am-6pm
 SUNDAY 9am-5pm

Your...Programs for Older Adults⁽⁵⁵⁺⁾

Keep active for your health!

older adults older adults



Programs specially designed for older adults provide a choice of activities and social opportunities. Meet new friends, visit with old ones, keep active and involved, and stay healthy. Our health and wellbeing programs, special interest programs, aquatics, special events and workshops will keep you busy and active throughout the year.

HEALTH & WELLBEING:

There are a variety of health and wellbeing programs that are geared towards all levels of abilities from strengthening, low impact cardio and yoga classes for those who are able to move independently, to classes such as chair yoga and healthy seniors designed for older adults who have some limitations.

SPECIAL INTEREST:

Whether it's an afternoon of shuffleboard or a workshop specifically designed for older adults, we offer a variety of different programs designed to give you the opportunity to learn something new or just get out and have fun.

SOCIAL PROGRAMS:

From our exciting new line-up of speakers for the monthly senior's luncheons to getting together with friends to play cards and visit; we have something for everyone to enjoy.

NEW OLDER ADULT'S CENTRE:

The new Older Adults's Centre opening later this year or early next year will provide you with your own brand new space where your opinion counts. **We want to hear from you about what activities and events you would like to see happening at the Older Adult's Centre. Whether it's a new idea for fitness classes, special interest programs, social events or workshops, we want to hear from you. Please call 613-966-4632.**



Alzheimer Society
BELLEVILLE-HASTINGS-QUINTE

BACK BY POPULAR DEMAND...
WHO'S WEARING THE APRON NOW?

Cooking classes specifically for male caregivers of persons with dementia.

Call 613-962-0892
to reserve your spot
for fall, winter or spring sessions.

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Your...Programs for Older Adults⁽⁵⁵⁺⁾

PROGRAM DESCRIPTIONS

Program	Description
HEALTHY SENIORS	This class is designed for individuals who require specific instruction for the purpose of rehabilitation or light exercise activities. A strong focal point will be on joint range of motion to improve joint mobility, stretching and breathing. Fitness can be very therapeutic for those who suffer from arthritis, fibromyalgia, spinal cord or orthopaedic injuries, etc.
STRONG SENIORS	Research shows that new bone growth is stimulated when you engage in activities that put increased stress on your bones. These activities are called “weight bearing” exercises and Strong Seniors is designed to introduce you to a variety of these exercises.
STRETCH & STRENGTHEN	An exercise program geared to give you both upper and lower body muscle strengthening and flexibility. This program is ideal for people with arthritis, osteoporosis, and fibromyalgia. This program is suitable for both men and women.
STRETCH, STRENGTH & BALANCE FIT	Are you a senior who wants to move better, feel better, look better and be stronger while having fun? If so, this is the class for you. This one hour class will include gentle movements, resistance training, balance and flexibility exercises. This is a great class to keep your heart, muscles, and joints healthy.
GENTLE PILATES	Pilates is a unique combination of exercises that increase the strength in your “core”. It helps create a balanced physique and can correct weaknesses. Pilates has a number of benefits: mental alertness, breathing techniques and improved flexibility.
CHAIR YOGA	Yoga is a form of exercise combining slow steady movements, controlled breathing and relaxation. This program is for adults over 55 years old. <u>Chair Yoga</u> is for those who no longer wish to be up and down off their mats.
GENTLE YOGA	Yoga is a form of exercise combining slow steady movements, controlled breathing and relaxation. This program is for adults over 55 years old. <u>Gentle Yoga</u> classes are for less experienced participants or individuals who require modifications.
EXPERIENCED YOGA	Yoga is a form of exercise combining slow steady movements, controlled breathing and relaxation. This program is for adults over 55 years old. <u>Experienced Yoga</u> classes are for people who have done yoga and are still able to perform most poses.

See Aquatics, Skating and Adult Sections for Additional Daytime and Evening classes including: Aqua-Fitness, Swimming, Skating, Tai Chi, Fitness @ 5, Yoga, Cross Training, Pilates & Urban Poling

Your...Programs for Older Adults⁽⁵⁵⁺⁾

PROGRAM SCHEDULE

Program	Day	Time	Location	Dates	Class	Cost +HST
HEALTHY SENIORS	Monday	9:00-10:00am	RC	Sept 12-Dec 5	12	\$63
			QSWC	Jan 9-Mar 19	10	\$52.50
STRONG SENIORS	Monday	10:45-11:45am	QSWC	Jan 9-Mar 19	10	\$52.50
	Tuesday	10:00-11:00am	QSWC	Jan 10-Mar 13	10	\$52.50
	Wednes	10:45-11:45am	QSWC	Jan 11-Mar 14	10	\$52.50
	Thursday	10:00-11:00am	QSWC	Jan 12-Mar 15	10	\$52.50
STRETCH & STRENGTHEN	Thursday	11:10-12:10pm	RC	Sept 15-Dec 1	12	\$63
			QSWC	Jan 12-Mar 15	10	\$52.50
STRETCH, STRENGTH & BALANCE FIT	Wednes	9:30-10:30am	KIN	Sept 14-Nov 30	12	\$63
			QSWC	Jan 11-Mar 14	10	\$52.50
GENTLE PILATES	Monday	10:00-11:00am	RC	Sept 12-Dec 5	12	\$63
			QSWC	Jan 9-Mar 19	10	\$52.50
CHAIR YOGA	Tuesday	11:00-12:00pm	KIN	Sept 13-Nov 29	12	\$3.50/visit
			QSWC	Jan 11-Mar 14	10	
GENTLE YOGA	Tuesday	8:45-9:45am	RC	Sept 13-Nov 29	12	\$3.50/visit
			QSWC	Jan 10-Mar 13	10	
	Thursday	8:45-9:45am	RC	Sept 15-Dec 1	12	
			QSWC	Jan 12-Mar 15	10	
	Friday	10:30-11:30am	RC	Sept 16-Dec 16	12	
		QSWC	Jan 13-Mar 9	10		
EXPERIENCED YOGA	Tuesday	10:00-11:00am	RC	Sept 13-Nov 29	12	\$3.50/visit
			QSWC	Jan 10-Mar 13	10	
	Thursday	10:00-11:00am	RC	Sept 15-Dec 1	12	
			QSWC	Jan 12-Mar 15	10	
	Friday	9:15-10:15am	RC	Sept 16-Dec 16	12	
		QSWC	Jan 13-Mar 16	10		

No classes October 7 (afternoon) to October 10, 2011, November 11, 2011 or February 20, 2012
Please Note: Times and locations are subject to change.

Drop-in classes are available for these programs at \$6.00 per class, space permitting, following our regular registration. Pre-registration is required for all of the above programs.

Locations: **RC = Recreation Centre**, 116 Pinnacle Street **KIN = Kinsmen Community Centre**, 151 Dundas St. East
QSWC = Quinte Sports & Wellness Centre, 265 Cannifton Road

Your...Programs for Older Adults⁽⁵⁵⁺⁾

SPECIAL INTEREST PROGRAMS

Every day of the week we offer you a great way to meet new friends, visit with old friends and have fun doing it!

Pre-registration is required for all programs. Please call 613-966-4632 to register.

Program	Description	Specifics
GAMES GALORE	Love to play games? Join us for a fun afternoon of Dominoes, Scrabble, Cribbage, Chinese Checkers, UNO and more! A great way to visit with old friends and meet new ones. Snack provided.	Wednesday 1:30-3:30pm Sept. 14-Nov. 30 Recreation Centre Jan. 11-March 14 Quinte Sports & Wellness Centre \$2.50 per visit
TABLE TENNIS	Come out for a fast paced afternoon of fun and play some recreational Table Tennis.	Monday 1:30-3:30pm Jan. 9 to March 19 Quinte Sports & Wellness Centre \$2.50 per visit
CARPET BOWLING	Come out and enjoy this drop-in program for seniors. This is a great way to spend an afternoon. Everyone is welcome to participate.	Tuesday 1:00-3:30pm Jan. 10 to March 13 \$2.50 per visit
BADMINTON	This drop-in coed badminton program in your exciting new gymnasium will offer participants the opportunity to be active and meet people in a non-competitive, fun oriented atmosphere.	Monday 8:30-10:30 am Thursday 1:00-3:00 pm Jan. 12 to March 15 Quinte Sports & Wellness Centre \$2.50 per visit
SHUFFLE BOARD	Join us each week at your new shuffleboard courts, for an opportunity to socialize and work on perfecting your aim! This program offers seniors the opportunity to be gently active and socialize.	Thursday 1:30-3:30pm Jan. 12 to March 15 Quinte Sports & Wellness Centre \$2.50 per visit
WOMEN'S MONTHLY WORKSHOPS	Enjoy a monthly outing for the girls. Topics such as: Facials, Colours, Skin Care, Image, etc. A fun afternoon is guaranteed.	Call 613-966-4632 for details.

Please note that additional programs will begin in January 2012 at your NEW Senior's Centre. If you have an idea for a new program, please call our office at: 613-966-4632.

No programs October 10, 2011 & February 20, 2012.

Your...Programs for Older Adults⁽⁵⁵⁺⁾

SENIORS LUNCHEONS

Join us for lunch on the last Monday of the month for our NEW and exciting line-up of topics and delicious HOT entrees provided by Pasta Tavola, along with bread or bun, salad, drink and dessert for only \$6.50 a person.

Date	Date & Description
Sept 26th	We Dig Gardening <i>Presented by: The Belleville Gardening Club</i> Whether you are new to gardening or just want to learn some new tips of the trade; this is the perfect opportunity to learn more about gardening and preparing for the winter season, as well as share your tips or ask questions
Oct 31st	Treasures From the Archives <i>Presented by: Sharon White, Archivist, and volunteers from the Hastings County Historical Society</i> Interested in the history that has helped make Belleville the community that it is today? Join us for interesting stories, photos, memorabilia and maybe even a ghost story or two from the archival treasures in the new Community Archives.
Nov 28th	Ooey...Goey...Good Christmas Dessert! Join us for this unique opportunity to learn how to make a delicious new dessert just in time for Christmas. Not only will you learn how to make the dessert and get the recipe to take home; you also get to enjoy the delicious creation when it is finished!
Jan 30th	Beautiful Handcrafted Cards <i>Presented by: Sweet Sentiments</i> Learn how to make beautiful handcrafted cards that will give a personal touch to every occasion. This luncheon will include the opportunity to make three different cards for you to take home as well as the knowledge to continue to make lovely cards on your own. <i>NOTE: There will be a \$5.00 charge for materials (this is a discounted offer from Sweet Sentiments)</i>
Feb 25th	Got the Winter Blahs Mini Spa Sit back and relax as you get pampered while trying a variety of different health and beauty products designed to make you look and feel better, while chasing away the winter blues.
Mar 26th	Sick of Being Sick? Home Remedies and Natural Healing More and more people are becoming aware of the effectiveness of using natural products to improve their health. Join us as we learn some of the healing secrets of honey, tea, ginger and many more products that are probably already in your house.
Apr 29th	Daytripping...Fun & Exciting One Day Trips <i>Presented By: A variety of local tour companies and guides</i> The sun is shining, spring is in the air and it's time to hit the open road! This luncheon will give you inspiring ideas for many exciting and interesting daytrips from wine tours in Prince Edward County to a nostalgic day spent at St. Jacobs or even a live performance at one of eastern Ontario's many theatres.
May 28th	Skeletons In Your Closet? Find out if your ancestors had secrets to hide or were pillars of the community through this interesting and informative luncheon. Learn how to start tracing your family roots using variety of different techniques and tips provided by a local genealogical advisor.

Location (September to November): Recreation Centre, 116 Pinnacle Street
Location (January to May): Quinte Sports & Wellness Centre, 265 Cannifton Road
Time: 11:30 am – 2:00 pm • Cost: \$6.50

Pre-registration is required one week prior to the luncheons to confirm numbers for the caterer.

Please call 613-966-4632 to reserve your seat.

Fall and Winter Programs • www.city.belleville.on.ca • 613-966-4632 • prgeneral@city.belleville.on.ca | 65

older adults older adults

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