OLDER ADULT RECREATION

Country Line Dancing – Absolute Beginner "Just the Steps"

Have you always wanted to try Line Dancing but your feet just don't seem to catch on to the steps? Join us for a "Just the Steps" class, and learn a few of the basic steps and sequences.

Dates: Fridays, Sept. 2 & 9

Time: 1:00 – 1:45 pm

Fees: Free of Charge

Location: RecPlex Oakview Room, 1724 Mosley Street

Country Line Dancing

A fun Country Line Dancing program for the beginner line dancer. Each class will provide opportunity instruction, and the last ½ hour of the class is an opportunity to dance your boots off. Great music, great work out, and a wonderful way to start off the weekend!

Dates: Fridays, Sept. 30 – Dec. 2

Time: 1:00 – 2:30 pm

Fees: $40.00 + HST

Location: RecPlex Oakview Room, 1724 Mosley Street

No Program: Oct. 28

Please Note: Oct. 14 & 21 classes will be held at Wasaga Stars Arena Recreation Hall

Chair Yoga

Chair Yoga is a wonderful program for Older Adults. The benefits include loosening and stretching of muscles, reducing chronic pain, decreasing stress and improving circulation. It can also help in reducing anxiety using breathing exercises and meditation, assists in building strength and balance.

Session I: Fridays, Sept. 23 – Oct. 28

Session II: Fridays, Nov. 4 – Dec. 2

Time: 11:00 am – 12:00 pm

Fees: $20.00 + HST or $5.00/class drop in (inc. HST)

Location: Session I: Stars Arena Recreation Hall 425 River Road West

Session II: RecPlex Oakview Room, 1724 Mosley Street

No Program: Oct. 14 & 21

Passes available at RecPlex Customer Service Desk

Chef Series with Chef Brian

Join Chef Brian in these fun and interactive Chef Series classes, with a different class each week. You never know what Chef Brian will be creating, but the class is fun, interactive and each class ends with a new recipe and a tasty lunch eaten family style.

Dates: Fridays, Nov. 11 & 25, Dec. 2 & 9

Time: 11:00 am – 1:00 pm

Fee: $10.00 + HST/class

Location: Seniors Active Living Centre, 1621 Mosley Street

St. Jacobs Market & Dinner

Celebrate the Fourth Anniversary of the Seniors Active Living Centre with a trip to the St. Jacobs Market, just in time for the Thanksgiving Harvest. We will be spending the day exploring the Market, with a stop at Picards Peanuts for some sweet treats and dinner on the way home at Anna Mae's.

Date: Thurs., Sept. 29

Time: 8:00 am – 7:00 pm (approx.)

Fee: $70.00 + HST, includes coach, snacks and dinner

Location: Depart from RecPlex Parking Lot, 1724 Mosley Street

REGISTER NOW