

Cobourg Community Centre

Seniors Active Living Centre

FALL 2024 Program Information



750 D'Arcy Street Cobourg, ON



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ccc.cobourg.ca



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Ontario



Cobourg Seniors Active Living Centre

Program Schedule

Registered Programs
You must register online or by calling reception

September 3 to December 20, 2024

****Must have valid Seniors Active Living Centre Membership to participate**

Monday Tuesday Wednesday Thursday Friday

Pickleball Adv 9-10:45am Gym A	Pickleball Adv 9-10:45am Gym A	Active Fit 8:45-9:15am Gym B	Pickleball Adv 9-10:45am Gym A	Chair Zumba 9:30 -10:00am Gym B
Active Fit 9:00-9:30am Gym B	Wood Carving 9:00-12:00pm Seniors Room	Quilting 9:00-3:00pm HTM Room	Move It! 9:30-10:15am Gym B	Zumba Gold 10:15-11:00am Gym B
Friendship Group 9:30-11:30am Seniors Room	Zumba 9:30-10:15am Gym B	Cardio & Core 9:30-10:15am Gym B	Sweat, Step, Stretch 10:30-11:15am Gym B	Euchre 1:00-4:00pm Seniors Room
Move it! 9:45-10:30am Gym B	Line Dancing 10:00-11:00am Cameco	Muscle Hustle 10:30-11:15am Gym B	Pickleball Int 11:30-1:15pm Gym A+B	
Muscle Hustle 10:45-11:30am Gym B	Pickleball Int 11:30-1:15pm Gym A+B	Pickleball Int 11:30-1:15pm Gym A+B	Carpet Bowling 1:00-4:00pm Cameco	
Pickleball Beg 11:45-1:30pm Gym A+B	Carpet Bowling 1:00-4:00pm Cameco	Pickleball Beg 1:45-3:30pm Gym A+B	Table Tennis 2:00-4:00pm Gym B	
Pickleball Int 1:45-3:30pm Gym A+B	Bridge 1:00-4:00pm Seniors Room	Partner Bridge 1:00-4:00pm Seniors Room		
Bridge 1:00-4:00pm Seniors Room	Table Tennis 2:00-4:00pm Gym B	Bid Euchre 2:00-4:00pm Cameco A		

***CAMERA CLUB**
meets the first and third Thursday of every month,
9:30am-12:00pm
Begins - September 19th

***BOOK CLUB**
meets the first Wednesday of every month
10:30am -11:30am
Begins - September 4th



Program Descriptions

Legend



Registered Programs



Uninstructed Program

Social Activities

Book Club

A social group that meets once a month to discuss their current group book over some coffee, tea and treats. Runs the first Wednesday or every month at 10:30am.

Line Dancing

Enjoy music and movement with this line dancing class. Using a variety of music styles that will form a line dance. Stay after for more social time and enjoy a coffee.

Camera Club

A social group designed to target photography lovers. Runs the first and third Thursday of every month at 9:30-11:30am.

Card Games

Each of the card game times are uninstructed.

- Bridge
- Partner Bridge
- Euchre
- Bid Euchre

Wood Carving

An uninstructed social group that meets weekly for wood carving.

Carpet Bowling

A form of bowling played indoors on a strip of carpet, at the centre of which lies an obstacle round which the bowl has to pass.

Quilting

An uninstructed social group that meets weekly for quilting.

Fitness Classes • On going schedule; \$1.00+HST per class

Active Fit

The focus of this class is resistance training, along with some balance training. The goal is proper technique and increased body awareness, so your activities of daily living are more enjoyable. Mats and weights help achieve this goal.

Cardio & Core

Using cardio exercises to raise our heart rate into a zone of burning the most fat & calories. Core exercise will build strength, stability, and endurance in each part of the core area including abs, glutes, & back. Everything will improve balance posture, & stability while toning your heart & core.

Muscle Hustle

Low impact, high intensity! Weight class will work your body, with weight training that is adjustable based on your personal levels. Focusing on different muscle groups each class, this program will have you working muscles you didn't know you had and making you stronger as you go!

Core & Stretch

This fun and interactive class includes weights for muscle conditioning and low impact cardio to gradually increase your heart rate. Stretching and balancing exercises finish off the class.

Sweat, Step, Stretch

This class will get you moving! A low impact, choreographed, aerobic style class with some great music to get you moving! You're sure to be working hard the whole class, working different muscle groups, keeping that heart rate up and then cooling down with a great stretch and core workout at the end.

Move it!

A cardio based program that will get you moving and start your week off right! This class includes some light weight training and stretching. A great beginner program that allows for simple changes to modify the intensity of the exercises based on your skill levels.

Zumba Gold

Get a sweat on while having fun! This class is a big dance party that incorporates aerobic exercises to work on your cardio. This is a fun and high energy workout experience with easy to follow steps that will leave you with a smile on your face and some new dance moves.

Chair Zumba

A seated Zumba class that is perfect for those with mobility or balance issues, as it is done in a chair. The design of the classes introduces easy-to-follow choreography that has been adapted for chair exercise.



****SENIORS ACTIVE LIVING CENTRE MEMBERSHIP REQUIRED**

Sport Activities

Table Tennis

Table tennis, also known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets.

Pickleball

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles to hit a perforated polymer ball, similar to a Whiffle Ball, over a net.

FRIENDLY *Reminder*

When participating in our fitness or sport programs it is important to dress appropriately which includes proper footwear. Please make sure you have proper running shoes when participating in these programs. Sandals, dress shoes, boots and bare feet are not acceptable and you will not be permitted to take part in the program.



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Specialty Programs



***Must hold a Seniors Membership to register for specialty programs.**

FITNESS PROGRAMS

- 6 week programs, \$48 + hst.
- Please bring your own mat

Yoga

Improve balance, flexibility, core & muscle strength. Manage stress with relaxation techniques to help you cope with the daily demands of your life.

WEDNESDAYS 12pm - October 2, 9, 16, 30, Nov 6, 13

Chair Yoga

All the benefits of yoga but from a seated position. This class allows you to modify yoga poses based on your health and mobility.

WEDNESDAYS 1pm - October 2, 9, 16, 30, Nov 6, 13

ART PROGRAMS

- 5 week programs, \$75 + hst. No classes October 14th
- Basic materials are supplied, additional materials may be required.

Drawing 101

This course will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value.

Session 1 - September 30 to November 4 - Mondays 9:00am-12:00pm

Session 2 - November 11 to December 9 - Mondays 9:00am-12:00pm

Intuitive Art

Intuitive art is about self expression in a non-judgmental way. The goal is to create without overthinking the process.

Session 1 - September 30 to November 4 - Mondays 1:00-4:00pm

Session 2 - November 11 to December 9 - Mondays 1:00-4:00pm

Painting 101

This course will take off where the Absolute Beginners ended. We will explore colour, composition, form, and brushwork.

Session 1 - October 3 to November 7 - Thursdays 9:00am-12:00pm

Session 2 - November 14 to December 12 - Thursdays 9:00am - 12:00pm

Painting for Absolute Beginners

From colour mixing to which brush is for what, we will show you how to get paint on the page.

Session 1 - October 3 to November 7 - Thursdays 1:00-4:00pm

Drawing for Absolute Beginners

We will cover all the basics, from how to draw lines, to shading, and everything in between.

Session 1 - November 14-December 12 - Thursdays 1:00-3:00pm

PICKLEBALL CLINICS

- 3 week program \$40 +HST, 6 week program \$75 +HST
- Classes begin when minimum registration is met.
- Bring your own Paddle.

BEGINNERS

If you have less than 3 months of playing experience, this is the clinic for you.

An introduction program to the rules and etiquette of Pickleball!

FRIDAY 10am - 6 weeks

BEGINNERS SKILLS

With 3 or more months of Beginner Pickleball experience, this program will focus on basic skills, and continuing to learn rules and etiquette.

MONDAY 6-7pm - 6 weeks

BEGINNERS SKILLS & INTERMEDIATE

After 6 or more months of playing as a beginner, you'll be ready to start learning more about strategy and skills of the game.

TUESDAY 4:30-5:30pm - 3 weeks

Intermediate Skills

This program is meant to continue zeroing in on skill improvement and meant for the Intermediate level of play

WEDNESDAY 9am - 3 weeks

Intermediate/Advanced Skills

This program is to prep players who have been at an intermediate level and are looking to improve skills and join Advanced levels.

WEDNESDAY 9am - 3 weeks

Advanced Skills Development

A program created for advanced players, looking to continue improving skills and increasing your strategy awareness.

TUESDAYS 2pm, 3 weeks

SQUARE DANCING

- NEW FORMAT~ September 9 to December 2
- No Drop In Option - Fall Sessions, 12 weeks at \$12.00+HST

BEGINNER

Groups of 8 people form a square and learn different moves each week. Dancers are prompted or cued through a sequence of steps by a caller to the beat of music. It is progressive, you will learn new moves each week and add more each week as you go. Regular attendance is necessary.

MONDAYS 10am

ADVANCED/MAINSTREAM

Enjoy some dancing in groups of 4 with structured moves and callouts with a variety of music. Next level after Beginners.

You will continue to learn new moves to add onto the ones from the previous year. Dancers are cued through a sequence of steps by a caller to the beat of the music music. Regular attendance is necessary.

MONDAYS 11am



Membership Fees

Seniors Membership Information

The Cobourg Seniors Activity Centre has been helping adults aged 55 and older to improve their quality of life by keeping active in programs and services, since 1999. We aim to keep residents, aged 55 and over, active, healthy and connected with their community. We welcome everyone to enjoy our numerous programs that suit every ability and provide a welcoming, fun atmosphere.

Membership Fee:

- **Annual membership fee is \$58 +HST**
- **Each class is an additional \$1.00 +HST**
- Memberships allow for registration for Specialty Programs, additional fees may apply.

Drop-In Pass Packages:

- 11 passes for \$10.00 +HST
- 22 passes for \$20.00+HST
- 55 passes for \$50.00+HST

Must obtain an annual membership to purchase a pass package. *Not valid for specialty programs.

Visitors Drop-in Pass:

\$5.00 per class. Valid for visitors wanting to drop-in to a registered class that do not have an annual membership or are out of town residents. Not valid for specialty programs, a separate drop-in fee of \$10.00 is required for specialty program drop-ins only if space permits.

Dates to Remember:

- **New Schedule; September 3rd to December 20th**
- **SENIORS' FALL SOCIAL - September 18th 1:00- 3:00pm CCC Grand Hall**
- **TRY IT! PICKLEBALL - Come out and try Pickleball September 21 - 10:00am-12:00pm**
- **No Programs - October 14th, December 23 to January 3rd**
- **SENIORS' HOLIDAY PARTY - December 18th (more details coming soon)**
- **Winter Program Registration Opens - December 2nd**

Join our EMAIL list for additional program information and updates!

