

Cobourg Community Centre

55+ Seniors Centre

Our 55+ Seniors Activity Centre offers something for everyone.



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@CobourgCommunityCentre



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@Cobourg_CCC

Ontario 

55+ Seniors Centre Program Schedule

Registered Programs

You must register online or by calling reception

July 2, 2024 - August 30, 2024

Ontario 

Monday

Tuesday

Wednesday

Thursday

Friday

Active Fit
9:00-9:30am
Gym B

Wood Carving
9:00-12:00pm
Seniors Room

Cardio & Core
8:45-9:15am
Gym B

Circuit
9:30-10:15am
Gym B

Active Fit
9:30-10:00am
Gym B

Move it Monday
9:45-10:30am
Gym B

Zumba
9:30-10:15am
Gym B

Quilting
9:00-3:00pm
HTM Room

Core & Stretch
10:30-11:15am
Gym B

Zumba
10:15-11:00am
Gym B

Muscle Hustle
10:45-11:30am
Gym B

Cardio/Core & Stretch
10:30-11:15am
Gym B

Muscle Hustle
9:30-10:15am
Gym B

Pickleball Int/Adv
11:30-1:30pm
Gym A

Outdoor Walking
10:15-11:00am
CCC

Pickleball Beg/Int
12:00-2:00pm
Gym A

Pickleball Int/Adv
11:30-1:30pm
Gym A

Sweat, Step, Stretch
10:30-11:15am
Gym B

Carpet Bowling
1:00-4:00pm
Cameco

Euchre
1:00-4:00pm
Seniors Room

Bridge
1:00-4:00pm
Seniors Room

Carpet Bowling
1:00-4:00pm
Cameco

Pickleball Beg/Int
12:00-2:00pm
Gym A

Table Tennis
2:00-4:00pm
Gym B

Bridge
1:00-4:00pm
Seniors Room

Partner Bridge
1:00-4:00pm
Seniors Room

Table Tennis
2:00-4:00pm
Gym B

Bid Euchre
2:00-4:00pm
Cameco A

Join us for
Coffee & Tea Time!



Mondays 9:30-11:30am
Thursdays 1:00-3:00pm

Come to the Seniors Room during these times and get to know other members and new members of the 55+ Seniors Centre!
No pre-registration required.



YOU MUST HAVE A VALID MEMBERSHIP

***Book Club runs the first Wednesday of every month at 10:30am (July 3, Aug 7, Sept 4)**

Program Descriptions

Schedule running July 2, 2024 - August 30, 2024

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.

Card Games

Each of the card game times are uninstructed.

- Bridge
- Partner Bridge
- Euchre
- Bid Euchre

Camera Club

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

Quilting

An uninstructed social group that meets weekly for quilting.

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.

Fitness Classes

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 & Stretch

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!

Circuit

Take your workout to the next level with this fun and energizing cardio training class! Stations will be set up with a variety of moves that are sure to get your heart pumping and muscles moving. You won't get bored with this class, stations are quick, effective and all allow for modifications, if you need them!

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.

Outdoor Walking

Let's get outside and enjoy some sunshine! As a group we will walk the neighbourhood, while strengthening our minds, bodies and getting those heart rates up! Dress accordingly to the weather.

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.

Move it Mondays

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

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.



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.

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.

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.

Membership Drop-In 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.

Specialty Programs:

There will be no specialty programs offered in Summer months. Registration for Fall Programs will open August 1st. You must hold a valid Seniors Membership to register for Specialty Programs.

