



# stay active

## Older Adult

*Drop in Program Guide*

[stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)



# Older Adult

(50+ years)

[stcatharines.ca/OAC](http://stcatharines.ca/OAC)

St. Catharines Older Adult Centres (OAC) and Community Centres offer social, recreational, and educational activities for residents aged 50 and older.


Annual memberships are valid at Older Adult Centres and Community Centres.

low cost, and  
**free** for 90+

## Legend

 Pre-registration required

 Additional fee required

 Check out times at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)

*Fees and schedule subject to change*

Register at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)

## OAC Drop in programs

### Cards

- 500 Cards
- 6 Handed Bid Euchre
- Bid Euchre
- Cribbage
- Duplicate Bridge
- Euchre
- Progressive Bridge

### Dance

- Argentine Tango
- Chinese Cultural Dancing
- Essentrics
- Line Dancing
- Square Dancing
- Zumba Gold
- Rhythm and Moves

### Exercise

- A variety of fitness classes for all levels, including options that focus on strength, balance, flexibility, mobility, and overall wellness.

### Arts, Crafts and Hobbies

- Crafts
- Indoor Model Flying
- Painting
- Quilting
- Rug Hooking
- Woodcarving
- Yarn Lovers

### Sports and Games

- Billiards
- Bingo
- Corn Hole
- Darts
- Horseshoes (seasonal)
- Mahjong
- Pickleball
- Shuffleboard
- Table Tennis

## PLAY CARDS

can be used for public skating, leisure swimming, aquatic activities and drop-in dry land recreation programs.



If you have a suggestion for a new activity, please call **905.688.5601 x1570** or email [OAC@stcatharines.ca](mailto:OAC@stcatharines.ca)

Join in the programs held at:

Harriett Tubman  
Public School:

- Pickleball (Tuesdays and Fridays)

Jeanne Sauve  
Public School:

- Indoor Model Flying



Learn more about FAIR  
Fee Assistance in Recreation  
[stcatharines.ca/Fair](http://stcatharines.ca/Fair)

## Dunlop Drive Older Adult Centre

905.685.6668, 80 Dunlop Drive

### Monday

- 8:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Painting
- 10 a.m. Horseshoes (seasonal)
- 11 a.m. Badminton
- 12:45 p.m. Duplicate Bridge \$
- 1 p.m. Shuffleboard
- 6 p.m. Bid Euchre \$
- Pickleball ✓

### Tuesday

- 8:30 a.m. Balance, Core and Mobility with Erin \$ ✓
- 9:30 a.m. Balance, Core and Mobility with Erin \$ ✓
- 10 a.m. Darts
- 10:45 a.m. Zumba Gold \$ ✓
- 12:30 p.m. Progressive Bridge (intermediate play) \$
- 1 p.m. Euchre \$
- 1 p.m. Shuffleboard
- 6:30 p.m. Essentrics, Release, Rebalance and Restore \$ ✓
- 6:30 p.m. Advanced Tai Chi \$ ✓
- Pickleball ✓

### Wednesday

- 8:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Quilting
- 10 a.m. Corn Hole
- 10:45 a.m. Line Dancing \$ ✓
- 1 p.m. Badminton
- 1 p.m. Cribbage \$
- 1 p.m. Painting
- Pickleball ✓

### Thursday

- 9:30 a.m. Zumba Gold \$ ✓
- 10 a.m. Darts
- 10:30 a.m. Essentrics, Release, Rebalance and Restore \$ ✓
- 12:30 p.m. Progressive Bridge (intermediate play) \$
- 1 p.m. 500 Cards \$
- 1 p.m. Shuffleboard
- 4 p.m. Square Dancing \$ ✓
- 6 p.m. Line Dancing \$ ✓
- Pickleball ✓

### Friday

- 8:30 a.m. Chair Yoga \$ ✓
- 8:30 a.m. Fit and Fun with Donna \$ ✓
- 9:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Knitting and Crocheting
- 9:30 a.m. Move your Body with Donna \$ ✓
- 11 a.m. Table Tennis
- 11 a.m. Tai Chi \$ ✓
- 12:45 p.m. Duplicate Bridge \$
- 1 p.m. Painting

### Saturday

- 9:30 a.m. Chair Yoga \$ ✓
- noon Table Tennis
- 1 p.m. Texas Hold'em Poker \$
- 1 p.m. Bingo \$
- Pickleball ✓

### Sunday

- 1 p.m. 500 Cards \$
- 2 p.m. Chinese Cultural Dancing
- Pickleball ✓

✓ Pre-registration required

\$ Additional fee required

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# Port Weller Community Centre

905.937.6232, 1 Bogart St.

## Monday

9 a.m. Woodcarving  
9:30 a.m. Fit for Function \$ ✓  
Pickleball ✓

## Tuesday

9 a.m. to noon Indoor Model Flying  
12:30 p.m. Rug Hooking  
2 p.m. Badminton  
Pickleball ✓

## Wednesday

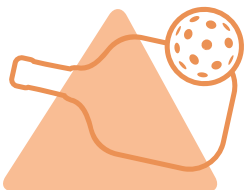
9 a.m. Woodcarving  
11 a.m. Tai Chi \$ ✓  
1 p.m. Essentrics, Release,  
Rebalance and Restore \$ ✓  
2:30 p.m. Yoga \$ ✓  
Pickleball ✓

## Thursday

9 a.m. to noon Indoor Model Flying  
10 a.m. Nordic Pole Walking  
1 p.m. Painting  
Pickleball ✓

## Friday

9:30 a.m. Rhythm and Moves \$ ✓  
11 a.m. Yoga \$ ✓  
Pickleball ✓



# Russell Avenue Community Centre

905.685.6071, 108 Russell Ave.

## Monday

9 a.m. Seated Tai Chi \$ ✓  
1 p.m. Euchre \$  
5 p.m. Table Tennis

## Tuesday

1 p.m. 6 Handed Bid Euchre \$  
5 p.m. Table Tennis  
6 p.m. Argentine Tango \$

## Wednesday

1 p.m. Mahjong \$  
1 p.m. Bid Euchre \$  
7:30 p.m. Yoga \$ ✓

## Thursday

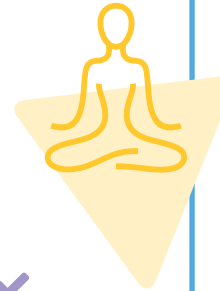
9 a.m. Cardio, Strength  
and Flexibility \$ ✓  
10:15 a.m. Hatha Yoga \$ ✓  
11:45 a.m. Chair Yoga \$ ✓  
6:30 p.m. Advanced Tai Chi \$ ✓

## Friday

9:30 a.m. Fit for Function \$ ✓  
10:30 a.m. Line Dancing \$ ✓  
1 p.m. Bid Euchre \$  
1 p.m. Mahjong \$

## Saturday

9 a.m. Resistance with Eric \$ ✓



# West St. Catharines Older Adult Centre

905.684.0993, 117 Chetwood St.

## Monday

11 a.m. Zumba Gold \$ ✓  
1:30 p.m. Bingo \$  
5:45 p.m. Full Body Strength  
and Conditioning \$ ✓  
Balance and Core \$ ✓

## Tuesday

11:15 a.m. Chair Yoga \$ ✓  
1 p.m. Euchre \$  
6 p.m. Line Dancing \$ ✓

## Wednesday

9 a.m. Cardio and Core \$ ✓  
10:15 a.m. Full Body Strength  
and Balance \$ ✓  
1:30 p.m. Bingo \$

## Thursday

10:15 a.m. Rug Hooking  
1:30 p.m. Yarn Lovers  
4:30 p.m. Strong Foundations \$ ✓  
5:45 p.m. Power Progression \$ ✓

## Friday

6 p.m. Euchre \$  
1 p.m. Pizza and Bingo \$



Pre-registration  
required



Additional fee  
required



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