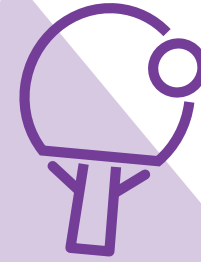




St. Catharines



stay active

Older Adult

Drop in Program Guide

stcatharines.ca/ActiveSTC

activestc 

Older Adult

(50+ years)

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

Fees and schedule subject to change

Register at 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

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

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



Check out times at
stcatharines.ca/ActiveSTC

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

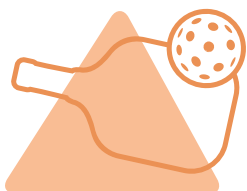
9 a.m. Woodcarving
11 a.m. Tai Chi \$ ✓
1 p.m. Essentrics, Release,
Rebalance and Restore \$ ✓
2:30 p.m. Yoga \$ ✓
Pickleball ✓

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 \$ ✓
6:30 p.m.

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

9:30 a.m. Zumba Gold \$ ✓
6 p.m. Euchre \$
1 p.m. Pizza and Bingo \$



Pre-registration
required



Additional fee
required



Check out times at
stcatharines.ca/ActiveSTC