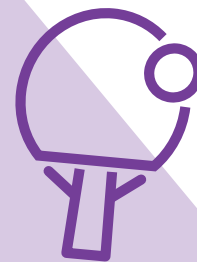




St. Catharines



# stay active

## Older Adult

*Drop in Program Guide*

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



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# 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

*Fees and schedule subject to change*

## PLAY CARDS

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

- Balance and Core
- Chair Yoga
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Resistance Fitness with Sarah
- Resistance with Eric
- Strength and Tone
- Tai Chi
- Yoga
- Zumba Gold

## OAC Drop in programs

### Cards

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

### Dance and Exercise

- Argentine Tango
- Balance and Core
- Chair Yoga
- Chinese Cultural Dancing
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Nordic Pole Walking
- Resistance Fitness with Sarah
- Resistance with Amanda
- Resistance with Eric
- Strength and Tone with Amanda
- Tai Chi
- Walk Aerobics
- Yoga
- Zumba Gold

### Arts, Crafts and Hobbies

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

### Sports and Games

- Billiards
- Bingo
- Carpet Bowling
- Darts
- Horseshoes (seasonal)
- Mahjong
- Pickleball
- Shuffleboard
- Table Tennis



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

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

Join in the programs held at:

**Harriett Tubman  
Public School:**

- Pickleball  
*Tuesdays and Fridays*

**Jeanne Sauve  
Public School:**

- Indoor Model Flying



## Dunlop Drive Older Adult Centre

905.685.6668, 80 Dunlop Drive

### Monday

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
4 p.m.	Pickleball ✓
6 p.m.	Bid Euchre \$
6 p.m.	Pickleball ✓



### Tuesday

9 a.m.	Strength and Tone with Amanda \$ ✓
10 a.m.	Darts
10:30 a.m.	Zumba Gold \$ ✓
12:30 p.m.	Progressive Bridge (intermediate play) \$
1 p.m.	Euchre \$
1 p.m.	Shuffleboard
4 p.m.	Pickleball ✓
6:30 p.m.	Essentrics, Release, Rebalance and Restore \$ ✓
6:30 p.m.	Advanced Tai Chi \$ ✓

### Wednesday

8:30 a.m.	Chair Yoga \$ ✓
9:30 a.m.	Chair Yoga \$ ✓
9:30 a.m.	Quilting
10:30 a.m.	Line Dancing \$ ✓
noon	Badminton
1 p.m.	Cribbage \$
1 p.m.	Painting
1:30 p.m.	Carpet Bowling
4 p.m.	Pickleball ✓
6 p.m.	Pickleball ✓
6 p.m.	Darts (except the first Wednesday of the month)

### Thursday

9 a.m.	Woodcarving
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.	Pickleball ✓
4 p.m.	Square Dancing \$ ✓
6 p.m.	Pickleball ✓
6 p.m.	Line Dancing \$ ✓



## Serene Sound Healing

Come enjoy the healing effects of a sound bath. Benefits can include extreme relaxation, sleep regression improvement, potential decrease in high blood pressure, anxiety and more.

**West St. Catharines Older Adult Centre**  
(Bi-monthly, every second Friday)

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

### Friday

9:30 a.m.	Bunka Punch Art
9:30 a.m.	Chair Yoga \$ ✓
9:30 a.m.	Fit for Function \$ ✓
9:30 a.m.	Knitting and Crocheting
11 a.m.	Table Tennis
11 a.m.	Tai Chi \$ ✓
12:45 p.m.	Duplicate Bridge \$
1 p.m.	Walk Aerobics
1:30 p.m.	Pickleball ✓

### Saturday

9:30 a.m.	Strength and Tone with Amanda \$ ✓
10 a.m.	Pickleball ✓
noon	Table Tennis
1 p.m.	Bingo \$



### Sunday

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

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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 \$ ✓
10 :45 a.m.	Chair Yoga \$ ✓
12:15 p.m.	Pickleball ✓
2:30 p.m.	Pickleball ✓
6:45 p.m.	Pickleball ✓

## Tuesday

9 a.m. to noon	Indoor Model Flying
12:15 p.m.	Pickleball ✓
12:30 p.m.	Rug Hooking
2 p.m.	Pickleball ✓
4 p.m.	Pickleball ✓

## Wednesday

8:45 a.m.	Pickleball ✓
9 a.m.	Woodcarving
11 a.m.	Tai Chi \$ ✓
12:15 p.m.	Pickleball ✓
1 p.m.	Essentrics, Release, Rebalance and Restore \$ ✓
2:30 p.m.	Pickleball ✓
2:30 p.m.	Yoga \$ ✓

## Thursday

9 a.m. to noon	Indoor Model Flying
10 a.m.	Nordic Pole Walking
12:15 p.m.	Pickleball ✓
2 p.m.	Pickleball ✓
4 p.m.	Pickleball ✓
6 p.m.	Pickleball ✓

## Friday

9 a.m.	Pickleball ✓
11 a.m.	Yoga \$ ✓
12:15 p.m.	Pickleball ✓
2:30 p.m.	Pickleball ✓



Check out **ActiveSTC**  
for **Intro to Pickleball**.  
Improve your game with  
**Pickleball, Skills and Drills.**

# Russell Avenue Community Centre

905.685.6071, 108 Russell Ave.

## Monday

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

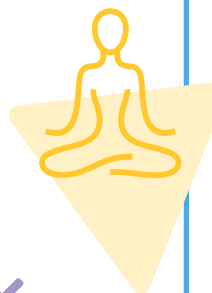
9 a.m.	Cardio, Strength and Flexibility \$ ✓
10:15 a.m.	Hatha Yoga \$ ✓
11 a.m.	Chair Yoga \$ ✓
6:30 p.m.	Advanced Tai Chi \$ ✓

## Friday

9 a.m.	Resistance with Amanda \$ ✓
10:30 a.m.	Line Dancing \$ ✓
1 p.m.	Bid Euchre \$

## Saturday

9 a.m.	Resistance with Eric \$ ✓
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# West St. Catharines Older Adult Centre

905.684.0993, 117 Chetwood St.

## Monday

9:30 a.m.	Resistance Fitness with Sarah \$ ✓
11 a.m.	Zumba Gold \$ ✓
1 p.m.	Bingo \$

## Tuesday

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

## Wednesday

9:30 a.m.	Fit for Function \$ ✓
1 p.m.	Bingo \$

## Thursday

10:15 a.m.	Rug Hooking
1:30 p.m.	Yarn Lovers
5 p.m.	Maximize Mobility \$ ✓
6:15 p.m.	Balance and Core \$ ✓

## Friday

10 a.m.	Movement for Mobility \$ ✓
11:15 a.m.	Serene Sound Healing \$ ✓ (Bi-monthly)
1 p.m.	Painting
6 p.m.	Euchre \$



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