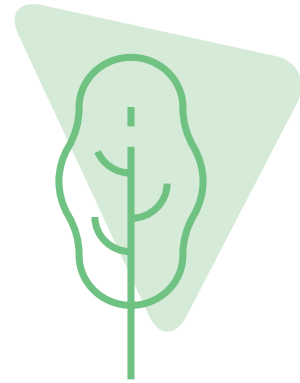
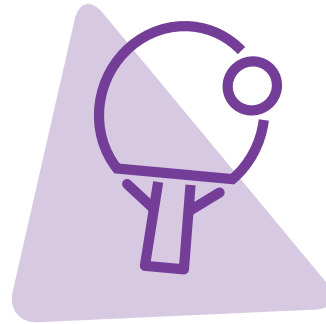


Spring
2022



stayactive

Older Adult Guide

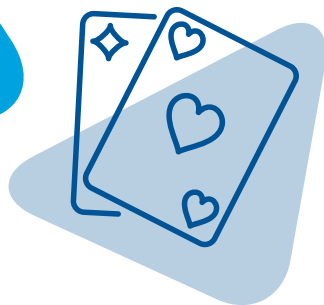
stcatharines.ca/ActiveSTC



activestc 

Older Adult

(50+ years)






PLAY CARDS

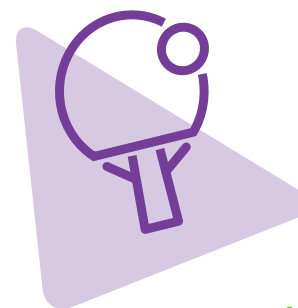
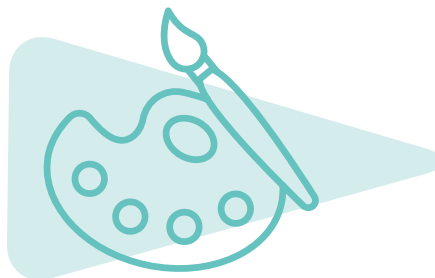
can be used for drop in fitness classes, leisure and aquatic activities:

- Zumba Gold
- Essentrics
- Strength and Tone
- Fit for Function
- Yoga
- Chair Yoga
- Tai Chi
- Leisure Swim
- Lengths
- Water Walking
- Soak and Stretch

Legend







-  **Low intensity**
cardio + balance and core strengthening
-  **Medium to High Intensity**
cardio fitness
-  **Additional fee required**
- * Activity takes place outside of regular operating hours

Fees and schedule subject to change



OAC Drop in programs

Cards

- 6-handed Bid Euchre 
- 500 Cards 
- Bid Euchre 
- Cribbage 
- Duplicate Bridge 
- Euchre 
- Texas Hold'em Poker 




Dance and Exercise

- Chair Yoga 
- Drop-In Gentle Movement
- Essentrics 
- Line Dancing 
- Nordic Pole Walking
- Tai Chi
- Tea Dance 
- Toning Fitness Class 
- Walk Aerobics
- Zumba Gold 

Arts, Crafts and Hobbies

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

Sports and Games

- Badminton
- Bingo 
- Board Games
- Darts 
- Ladies Billiards
- Mahjong
- Pickleball
- Scrabble
- Shuffleboard 
- Table Tennis

Dunlop Drive Older Adult Centre

905.685.6668, 80 Dunlop Drive

Monday

- 9:30 a.m. Chair Yoga \$ ●
- 9:30 a.m. Painting \$
- 12:45 p.m. Duplicate Bridge
- 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 \$
- 11 a.m. Walk Aerobics ▲
- 11:30 a.m. Gentle Chair Yoga \$ ●
- 12:30 p.m. Progressive Bridge (intermediate play) \$
- 1 p.m. Euchre \$
- 4 p.m. Pickleball ▲
- 6:30 a.m. Essentrics, Release, Rebalance and Restore \$ ●
- 6:30 p.m. Ladies Billiards
- 6:30 p.m. Table Tennis ●

Wednesday

- 9:30 a.m. Chair Yoga \$ ●
- 9:30 a.m. Quilting
- 11 a.m. Badminton ▲
- 1 p.m. Badminton ▲
- 1 p.m. Cribbage \$
- 1 p.m. Painting \$

Thursday

- 10 a.m. Darts \$
- 10:30 a.m. Essentrics, Release, Rebalance and Restore \$ ●
- 12:30 p.m. Progressive Bridge (intermediate play) \$
- 4 p.m. Pickleball ▲
- 6 p.m. 6 Hand Bid Euchre \$
- 6 p.m. Pickleball ▲
- 6:30 p.m. Ladies Billiards

Friday

- 9:30 a.m. Bunka Punch Art \$
- 9:30 a.m. Chair Yoga \$ ●
- 9:30 a.m. Crafts
- 9:30 a.m. Fit for Function
- 11 a.m. Table Tennis ●
- 11 a.m. Tai Chi
- 12:45 a.m. Duplicate Bridge \$
- 1 p.m. Walk Aerobics ▲

Saturday

- 1:00 p.m. Table Tennis ●
- 1:30 p.m. Bingo \$

Sunday

- 1 p.m. 500 Cards \$

Port Dalhousie Older Adult Centre

905.646.8000, 19 Brock St.

Monday

- 9:00 a.m. Woodcarving
- 10:00 a.m. Nordic Pole Walking (outdoor activity) ▲

Tuesday

- 12:30 p.m. Texas Holdem Poker \$
- 2 p.m. Book Club (first Tuesday of every month)

Wednesday

- 9:30 a.m. Rug Hooking
- 12:30 p.m. Mahjong (American Version)

Thursday

- 9 a.m. Woodcarving

St. Catharines Museum & Welland Canals Centre

905.984.8880, 1932 Welland Canals Parkway

Monday

- 10 a.m. Nordic Pole Walking (outdoor activity) ▲

Register at stcatharines.ca/ActiveSTC

West St. Catharines Older Adult Centre

905.684.0993, 117 Chetwood St.

Monday

10:00 a.m. Zumba Gold \$ ▲

1 p.m. Bingo \$

Tuesday

11 a.m. Chair Yoga \$ ●

1 p.m. Euchre \$

Wednesday

10 a.m. Fit for Function

1 p.m. Bingo \$

Thursday

9:30 a.m. Rug Hooking

Friday

1 p.m. Painting \$

6:30 p.m. Euchre \$

Russell Avenue Community Centre

905.685.6071, 108 Russell Ave.

Monday

1 p.m. Euchre \$

Tuesday

6 p.m. Advanced Tai Chi

Wednesday

10:30 a.m. Tai Chi

1 p.m. Bid Euchre \$

5:30 p.m. Table Tennis ●

6 p.m. Chair Yoga \$ ●

7:15 p.m. Yoga

Thursday

11 a.m. Chair Yoga \$ ●

Friday

10:30 a.m. Line Dancing \$ ●

1 p.m. Bid Euchre \$

Port Weller Community Centre

905.937.6232, 1 Bogart St.

Monday

9:30 a.m. Fit for Function \$ ●

Tuesday and Thursday

9 a.m. - 12 p.m. Indoor Model Flying

12:15 p.m. Pickleball ▲

2 p.m. Pickleball ▲

Wednesday

9:00 a.m. Woodcarving

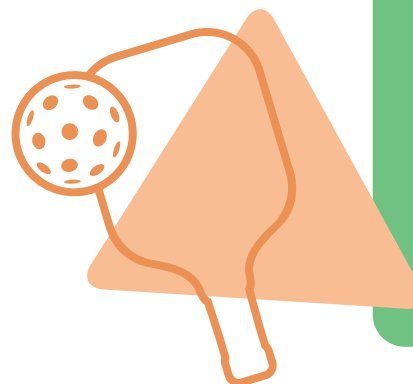
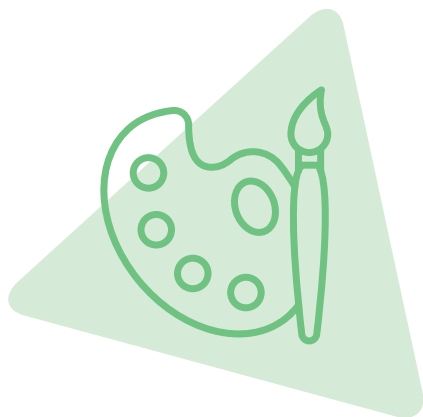
10:45 a.m. Pickleball ▲

12:15 p.m. Pickleball ▲

2 p.m. Pickleball ▲

Join in the programs held at Harriett Tubman Public School:

- Indoor Model Flying
- Badminton
- Soccer
- Basketball
- Pickleball (available here or at **Jeanne Sauve Public School**)



Register at stcatharines.ca/ActiveSTC

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