

Line Dancing – Tuesdays 2:00 pm to 3:00 pm

Put on your dancing shoes and join in the fun. It's a great way to limber up your body while enjoying the music and fellowship of the other dancers.

Activity Fee: \$3.00 per class

Yoga – Tuesdays and Thursdays 5:30 pm to 6:30 pm

Tuesday's class is "Flow Yoga" involving sequences moving up and down off the floor, strengthening the whole body, and moving to breath.

Thursday's class is "Slow and Stretchy Yoga" - much of the class is spent either laying down, seated or kneeling in longer posture holds, more of a relaxation component, as well as some trigger point release at the beginning of class.

Please note these are NOT chair yoga classes, and participants are actively getting up and down off of their mats throughout the class.

The purpose of yoga is multifaceted - from breathing and mindfulness, to movement, stability, and mobility. It serves as a safe space for participants to engage in activity as a community, and to take care of their mental and physical health.

Activity Fee: \$85 for a 10-punch pass or \$10 for a drop in, but everyone is entitled to a free "first time class" to ensure they feel it is a good fit for them!

Billiards – Tuesdays 7:00pm to 9:00pm

Come and enjoy some casual games of pool held in the lower level of the Centre.

Activity Fee: \$1.00 per session

Bridge – Tuesdays 7:00 pm to 10:00 pm

Whether you are an expert or have just learned to play this complicated and popular game, you are welcome to join this group. The experienced players are eager to help new players! There's only one way to improve your skill and that's with practice!

Activity Fee: \$2.00 per session