

### **Fitness Class – Wednesdays 8:30 am to 9:30 am**

This low impact class is aimed at functional fitness, movement and flexibility. With this comes better balance which is critical as we age. You will even learn, and practice, how to get up from the floor, should you experience a fall.

The class is conducted by a certified instructor who specializes in health and fitness for seniors. While the class is in the main hall of the Centre the instructor is online.

Activity Fee: Fees are based on number of weeks of offered program at the rate of \$6.00 per week and the drop-in fee is \$8.00 per class.

### **Tai-Chi:**

The Tai-Chi group offers instruction in the Moy Tai Chi set consisting of 108 moves. These are a series of gentle movements designed to improve health and balance, especially for seniors. Classes run from October to May inclusive.

1. **Tai Chi (Beginners) – Wednesdays and Fridays 2:45 pm to 3:45 pm**  
As it says, this is the Beginners class for those who want to learn the ancient art of Tai Chi.
2. **Tai Chi (Continuing) – Wednesdays and Fridays 1:30pm to 2:30 pm**  
This Tai Chi class is for the folks who have learned this art and advanced from the Beginners Classes.

Activity Fee: Drop-in Fees are \$2.50 per class.

### **Sewing – Thursdays 12 noon to 5:00 pm**

The sewing group has long been a part of the Seniors Centre. If you love to sew (clothing, quilts, knitting or anything!) join this activity and share in the fellowship while you create! Tables, chairs, ironing boards, irons and cutting mats are provided. You'll surely be inspired!

Members of the club bring their own machines and projects to work on while socializing, helping and sharing knowledge and ideas. We often break for tea and coffee mid-afternoon and always show off our finished projects.

We welcome anyone with a love of fiber and textile art to join us. Some of our members make donations, items like placemats, bags, quilts, baby blankets, burp cloths and bibs that are donated to various local charities.

Activity Fee: Sewing charges and collects per session and, it works out to approximately \$1.50 per week.