

Pembroke 50+ Active Living Centre Programs Guide

There's always something going on!

Mission Statement: The Centre exists to provide adults 50 years and over a meeting place, delivering quality programming and education to promote active living for life-long health and wellness for our membership in a safe and respectful environment.

Programs and activities require annual membership and a daily activity fee applies. Programs are subject to change. For more information on any of these activities/programs, see our calendar for scheduling, read our newsletter, check out our Facebook page or get in touch.

We welcome new program ideas. If you would like to get involved, facilitate or know someone interested in leading a program, please contact the office.

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Physical Programs

Active Fitness 50+ (formerly known as Senior Fitness)

Active fitness activities led by CCAA (Canadian Centre for Activity and Aging-Western University) certified Seniors' Fitness Instructor. Check the newsletter calendar for the weekly schedule/times. **Participation Suggested:** if you have few worries about your balance AND have a high activity level. Goal: To maintain or improve fitness level.

Carpet Bowling

Carpet Bowling is a cross between curling and lawn bowling. The rules are simple and easy to learn and no previous experience is necessary to have an enjoyable time. This activity will improve your co-ordination and mental well-being in a friendly, noncompetitive environment while gently exercising your arms, legs, and abdominal muscles. We look forward to welcoming you in the upper hall. Come out and give it a try, meet new friends and some old ones as well. Share some laughs, congenial bantering and stimulating conversations.

Darts

Come out and try your aim by throwing a small missile at a circular board affixed to the wall. No pressure in getting a bull's eye...but that would help with your score! Beginners are welcome or come out and see what it's all about!

Functional Mobility Class

A certified instructor leads this weekly class. A minimum of 6 registrations is required. In this class you will be doing a variety of movements that will strengthen and stabilize your body while increasing mobility to tight areas to better allow the body to move freely in daily life. It also includes floor exercises which can be adapted and done from a chair.

Kripalu Yoga with Lynn

Lynn Murphy is a Professional Level Kripalu Yoga Teacher (2000), Certified Kripalu Yoga Teacher (1992) and has over 25 years teaching experience. The benefits of yoga are legendary; you are invited to experience the truth of this for yourself. **Yin yoga** tends to be slow, steady & stationary with a sense of softness; the focus is on the connective tissues in building stability and flexibility. **Yang yoga** activity is more mobile and requires effort in building strength & mobility in muscles. We need a blend of the two for optimal functioning. Self-Care – that's what it is all about: **Kripalu Yoga** - the yoga of compassion! Kripalu Yoga & Pilates: Multi-tiered Beginners to Moderate Level. Held Tuesday and Saturday. An instructor/registration fee is applicable. Register into 4 or more classes per month in either series (i.e. Tuesday evening) and attend the other class (i.e. Saturday morning) for only an activity fee.

Let's Get Fit-a-Bit

Let's Get Fit-a-Bit is a weekly exercise program. A volunteer leader leads the group through various exercises involving joint mobility, stretching and balance, using balls, weights, sticks, resistance bands and chairs. Come and give this exercise group a try and have some fun while exercising.

Participation Suggested: if you are worried about your balance, can stand on one leg for 2 seconds, climb 10 stairs, stand for 20 minutes and walk 1 block without losing breath or sitting down. Goal: To improve strength and balance.

Line Dancing

Led by a volunteer instructor you will learn the steps and dances. It's a great social time and a fun way to exercise. Doesn't require a partner!

Qi-Gong & Yoga with Jason

Jason Secord is a Certified Instructor. **QiGong** is an ancient practice of movements, postures, breath, concentration and intention. Jason leads participants through a series of movements to release tension, welcome calmness, and to attune mental concentrations. In **Qi Flow Yoga** Jason combines mindfulness and breath with the postures of yoga to create a deeply

relaxing journey towards muscle release, de-stress and wellbeing. These classes are open to all levels of practice and the emphasis is mental, emotional and physical stress relief. An instructor/registration fee is applicable.

Table Tennis

Table Tennis (also known as Ping Pong) is not only a game, but it improves, hand-eye coordination, reflexes, coordination, balance, develops mental acuity, easy on the joints as it improves leg, arm and core strength without overtaxing your joints and offers a social outlet. Look at the benefits in just an hour of play! Equipment is supplied.

Tai Chi

Led by volunteer leader(s). Tai Chi helps reduce stress and anxiety. And it also helps increase flexibility and balance. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. The benefits of Tai Chi may include: decreased stress, anxiety and depression; improved mood; improved aerobic capacity; increased energy and stamina; improved flexibility, balance and agility and improved muscle strength and definition.

Walk in a Hike with Nature

Walk in a Hike with Nature began in 2015 with an idea to walk in a hiking fashion in a nature setting of varying distances. Snowshoeing replaces hiking during the winter as conditions allow. Dates, locations, directions, descriptions of the hiking conditions and other "Need to Know" details for the planned walk/snowshoe can be found in the newsletter. If a ride is required you will need to let the office know the day before and the day of the hike be at the centre at 9:15 a.m.

Zumba Gold®

Licensed Zumba® instructor Dan Conner as a volunteer leads the Zumba Gold® choreography class that focuses on balance, range of motion and coordination, bringing the elements of fitness: cardiovascular, muscle conditioning, flexibility and balance.

Creative Programs

Art Discovery Activity

Art Discovery Activity is a peer group format and support, NO TEACHER, art day from 9 a.m.—3 p.m. It is your chance to work on that masterpiece, do something new, create an original, have fun with sketching, discover or share your creative side in oils, acrylics, pen & ink, watercolour, pastels, coloured and/or charcoal pencils, the possibilities are endless . Bring your own supplies or your works in progress. What better place to get those creative juices flowing than with fellow artists. It's a great time to socialize, meet other members and have great conversations over lunch. NO registration fee, but the daily activity fee applies. Stay for half a day or full day your choice.

Block Party

Are you interested in quilting, getting together for discussion session or just to exchange ideas? Not all weeks will focus on a quilt block, but with peer support you'll come away with knowledge and the start of something hand crafted.

Ceramic Program

Annette Woodcock, Ceramic Instructor. Instructor's fee + purchase of greenware from instructor (cost varies) + Add 50% (approximately) of greenware cost for paints and firing; additional cost if item requires glazing—instructor will advise of glazing cost.

Drawing with Friends

Drawing with Friends occurs monthly. Come join the group to share our ideas, our drawing and learn from each other all at the same time. So bring your sketch book, your sharpened pencil and any ideas you may want to share. Let's get drawing to keep the skills we learned fresh!

Memoirs and Personal Essays

Memoirs and Personal Essays is a monthly peer led activity. This activity is open to anyone who has an interest in writing or perhaps would just like to sit and listen. Stories are written about what we like and what we know. Pre-registration is not required. Everyone is welcome to participate or simply join in and listen.

Oil Painting Class

Registered sessions are instructor led. Instructor registration cost is announced in the newsletter (depends on length of session).

Needles, Hooks and Patchwork (formerly known as Spinning Yarns)

In addition to knitting and crocheting projects, bring in your UFOs or PHDs (Un-Finished-Objects or Projects Half Done) whether it is a quilting project, Swedish Weaving or even that tedious mending and finishing it in the company of others. Great time for socializing and to share ideas. No registration required. Then you can say, "I am working on my PhD at the Pembroke 50+ Active Living Centre!"

Watercolour Sessions

Instructed Watercolour lessons are offered periodically. Check with the office or watch the newsletter for session dates.

Social Programs

Beginner Bridge

Beginner Bridge provides lessons for those who wish to learn when sufficient interest is identified. Check with the office.

Bid Euchre

Bid Euchre is played with two decks Ace, King, Queen, Jack consisting of eight cards of each suit (32 in all). The object of the game is to secure the number of tricks bid to win the hand. Accumulate enough points to win the game. Complete rule sheet is available from the office. Prior knowledge of

Euchre is recommended. Lessons can be arranged for beginner players when requested.

Book Club

The Book Club meets monthly. Suggested reading list appears in the newsletter. If you have read the month's selection, please feel free to join for the discussion. Everyone welcome!

Bridge

Come with or without a partner. Although you will be playing the game, there will be opportunities to ask questions and explore the game of bridge in a non-competitive setting. There is always a chance to experience Duplicate Bridge if the numbers warrant.

Pembroke Duplicate Bridge Club

The Pembroke Duplicate Bridge Club meets at the Centre weekly. The Club is a member of the American Contract Bridge League. Experienced duplicate bridge players are welcome. If you are interested in knowing more about this activity, please leave a message at the office or with the daily volunteer and someone will contact you.

Bunco

Bunco is a social dice game, traditionally played with 12 players who are divided into three tables with four players at each table. But really, almost any number can play.

Christmas Dinner & Dance

This is an annual social event for the Centre. The date, location and other important details are announced in the newsletter. Only a specific number of tickets are available with a deadline to purchase. Dinner is followed by dancing. There is a member and guest cost for tickets.

Coffee & Conversations

New, renewed and prospective members are invited to a coffee & conversations gathering. Members of the Membership Sub-Committee will be the hostesses for this interactive and informative gathering. You will have an opportunity to ask questions about the Centre and what the Centre has to offer over a cup of coffee or tea (and perhaps hot chocolate). You are invited to bring a friend along! Keep an eye out in the newsletter for the next scheduled event.

Cribbage

This group is very casual and win or lose everyone has a very enjoyable afternoon. New players are always welcome. This is a drop-in activity.

Diner's Delight

Diner's Delight is a monthly dining event at a different restaurant each month. The location and details are found in the newsletter. Seating is generally limited and space "at the table" is reserved via the office.

Ice Cream Social

To help celebrate Seniors' Month in Ontario the Centre holds an Ice Cream Social with entertainment. Put on your dancing shoes for a fun-filled afternoon. Ice cream will be served and you will be able to customize it to your liking! Pre-registration is required, check the newsletter for the deadline. Volunteers are needed and if interested in helping out, please make sure you have completed the Volunteer Form.

Movie Matinee

Our monthly "Movie Matinees" are hosted by volunteers. There is a minimal cost to cover light refreshments. Check newsletter/calendar for showing scheduled.

The Chat Café

Since March 2017 the Chat Café has provided an opportunity for thoughtful, engaging and responsible conversation. This group meets monthly. Each meeting features a different topic which is announced in advance in the newsletter. The range of topics is endless, the more varied the better: science, news items, health remedies and human interest stories. Many of the presenters have been members, some guests. In any case topic suggestions are invited and presenters welcomed! Everyone is invited into discussion on the topic presented.

Ugly Christmas Sweater Luncheon

Ugly Christmas Sweater luncheon is a fun-filled frivolity afternoon! Wear your most festive, most sparkliest, fun, light-up, imaginative, funniest sweater imaginable. Lunch (usually soup, biscuit, beverage and dessert) will be served. Games, sing-along, even dancing will continue in the afternoon. Cost includes lunch and activity fee. Volunteer elves are needed for preparation, set-up and clean-up. Watch the newsletter for date and additional details.

Victoria's Christmas Tea

Victoria's Christmas Tea is an annual fundraising tea. Tickets are available at the office. Cost: To Be Determined. Table Hostesses will also have tickets available. If you are interested in hosting a table please ask. Volunteer assistance of kitchen helpers the morning of, to cut and plate sandwiches/squares and two individuals to supervise the kitchen during the event is needed. Also needed are donations of squares, small tea desserts/small cookies. If available to assist or donate, please leave your name at the office or with the volunteer on duty.

Bus Trips

A big favourite here at the Centre, we get away from the everyday on exciting, well organized trips that are made just for seniors. The trips generally happen periodically through the year. Keep an eye on our newsletter, Facebook and website to see when the next one is planned. Tickets usually sell out so be sure to check for the initial sale date.

Educational Programs

Computers Q&A

A skilled volunteer offers 1-on-1 "Computer Q & A" one hour weekly sessions. Pre-registration is required. We ask you to honour your booking time as sessions are limited.

Lunch N' Learn

The Lunch N' Learn programs are interesting seminars of a variety of topics. (e.g. Will & Estates, Financial, Elder Abuse) Registration prior to closing date is required. Details of the topic and dates are contained in the newsletter. Cost: To Be Determined

Workshops and Seminars

A variety of workshops and seminars are offered throughout the year. (e.g. Geocaching, Pen and ink, Fall Prevention, Fraud and Scams, Cooking, Photography, DOT Painting, etc.) Watch the newsletter for announcements and details.

Fundraising Programs

Save Your Metro Receipts

The Centre is privileged to participate in the Metro's Receipt Program. When shopping at Metro and your receipt is \$25.00+ (before taxes), please ask for your receipt to be stamped at the Courtesy Counter. There is a wall file in the main floor kitchen to drop off receipts. A volunteer tabulates the receipts, realizing a 1% credit of the total submitted receipts. The credit is used for purchases of milk, tea, coffee, kitchen and event supplies. The Centre thanks Metro for their continued support and to all who submit receipts.

September Garage Sale

The Garage Sale is an annual major fundraiser for the Centre usually held the first weekend in September. If you are downsizing or looking to re-home your gently used items, think of the Centre! We are unable to accept larger items, e.g., computers, electronics, TVs, etc. Volunteers are needed and if interested in helping out during the summer to sort the donations or on the days of the sale, leave you name at the office and you will be contacted.

Trivia Night in the Valley

Trivia Night in the Valley is an annual fundraiser usually held early spring. Teams of 6-8 face off in the challenge. There is a light lunch served and cash prizes awarded (as well as the bragging rights of winning!). Registration forms are completed. Limited number of teams accepted. Registration cost per person to be determined. Also during this event there is a Silent Auction with donations from business, Centre's members and supporters.

Approximate sources of our funding:

- Ontario Government Funding and Municipal – 45%
- Special Events – 31%
- Membership Fees – 7%
- Donations – 7%
- User Fees – 5%
- Fundraising – 3%
- Hall Rentals – 2%