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# Programs Guide

## **There's always something going on!**

This Centre provides adults 50 years and over a meeting place, delivering quality programming and education to promote active living for life-long health and wellness in a safe and respectful environment.

Programs and activities require annual membership and may require an additional registration fee. In addition, we appreciate a nominal donation per activity. These donations contribute to the enhancement of the programming and services.

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.*

April 1, 2023

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## **Fitness Programs**

### **Active Fitness (High to moderate mobility)**

All Active Fitness classes are led by a CCAA (Canadian Centre for Activity and Aging-Western University) certified Seniors Fitness Instructors. These classes are suitable for seniors looking for a challenging, energetic workout with a goal to maintain or improve their overall fitness.

High Mobility classes are offered 3 times a week and lower mobility classes are offered 2 times during the week.

All classes consist of an active warm-up followed by a combination of cardiovascular activity, upper and lower body muscular strength and conditioning exercises, abdominal exercises and a cool down and stretch.

### **Functional Fitness Class**

A certified instructor leads this once weekly class. In this class you will be doing a variety of movements that will strengthen and stabilize your body, ease tightness and movement of your joints and improve overall mobility to move freely in daily life. All floor/mat exercises can be modified from a chair or standing. Classes start with a gentle warm-up and some cardio to get your heart rate up, then move on to balance work and resistance training using body weight, hand-held weights and exercise bands. Finish off with a standing or sitting stretch.

### **Let's Get-Fit-a-Bit**

Let's Get-Fit-a-Bit is a once weekly program that provides an additional option to our regular exercise program focusing on gentle stretching and balance exercises. It aims to keep seniors active who would like to begin at a slower pace, promoting movement and flexibility and improving and maintaining balance. You will use chairs, balls (big and small), sticks, resistance bands and weights.

## **Kripalu Yoga with Lynn**

Led by Lynn Murphy, a Professional Level Kripalu Yoga Teacher (2000), Certified Kripalu Yoga Teacher (1992) with over 25 years teaching experience. Kripalu yoga is a form of adapted ancient Hatha yoga that offers a gentle, practical, and adaptable approach suitable for all body types and fitness levels. Benefits include physical healing, psychological growth, and spiritual awakening. In this class you are led through a sequence of physical postures accompanied by breathing exercises and relaxation with a focus on proper alignment of the body and a deepening awareness to body sensations. Beginner (once weekly) and moderate (twice weekly) classes are offered. An instructor/registration fee is applicable.

## **Walk N' Talk**

If you like to "Walk" and you like to "Talk" you will want to join up for this activity. This group is about exercise, enjoying the outdoors and gathering with new and old friends. The normal walk time is one hour out and one hour back, often covering 8 km depending on the group, weather and trail conditions. Some of our walking trails include the Algonquin Trail, Petawawa Terrace, Shaw Woods and Westmeath Provincial Park. Dates, locations, directions, descriptions of the hiking conditions and other "need-to-know" details for the planned walks can be found in the newsletter. Walking poles are optional. Walking poles are provided and available at each walk.

## **Tai Chi (Yang Style)**

Yang Style Tai Chi classes are offered twice weekly; one is an Introduction to Tai Chi (Beginner), the other is for those experienced in Tai Chi. Tai Chi has been called "Meditation in motion" – the focused, low-impact movements can help clear the mind, decreasing stress and improving mood. Other benefits from this type of exercise include improved flexibility, balance and agility and increased muscle strength. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. <sup>1</sup>

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<sup>1</sup> It is strongly recommended for those new to Tai Chi register between the start of September and the end of October. There is no restriction to those who wish to refresh their skills.

## **Line Dancing**

In this weekly class you will learn the steps that make up a choreographed country and western dance. Dancers line up in several lines and perform, in unison, a sequence of steps together. This style of dance doesn't require a partner and is suitable for all levels. Beginners are encouraged to be patient with themselves – with regular practice you will soon catch on to the steps. It's a great social time and a fun way to exercise.<sup>2</sup>

## **Sports Programs**

### **Carpet Bowling**

Carpet Bowling is a variation of Lawn Bowling but played indoors. The players take turns rolling their balls such that one of their balls is the closest to the Jack after all the balls have been rolled. Hitting the other player's balls to move them further from the Jack is allowed, along with hitting the Jack itself. No previous experience is necessary to have an enjoyable time. This activity will improve your co-ordination and mental well-being in a friendly, non-competitive environment while gently exercising your arms, legs, and abdominal muscles. Carpet bowling is offered weekly.

### **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 to this weekly activity.

### **Table Tennis**

Table tennis is a game played by two or four people. The players stand at each end of a table with a low net across the middle and hit a small light ball. The aim is to hit the ball so that it goes over the net and bounces on the opponent's half of the table in a way that the opponent cannot reach it

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<sup>2</sup> You are encouraged to join Line Dancing from September to mid-October to learn the basics and to refresh your skills. Joining early in the session enables the instructors to advance the class and build on the basics weekly. If you have previous knowledge, you are more than welcome to join anytime.

or return it correctly. The game improves hand-eye coordination, reflexes, coordination, and balance. It also improves leg, arm and core strength without overtaxing your joints. This activity is offered weekly and is a fun competitive game with lots of benefits for just an hour of play!

## **Creative Programs**

### **Oil/Acrylic Painting Class**

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

### **Watercolour Sessions**

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

Pre-registration and payment are required for ALL art sessions.

### **Peer Watercolours**

A weekly gathering of like-minded watercolourists.

## **Social Programs**

### GAMES

#### **Beginner Bridge**

Bridge is a partnership trick-taking card game of skill. It is played by four players who form two partnerships; the partners sit opposite each other at a table. There is an auction (often called bidding) and then the play, after which the hand is scored.

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

## **Bridge**

See previous description if you want to participate in a beginner group or simply to join the current bridge group, 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.

## **Euchre**

Euchre is a trick taking game for 4 players - 2 teams of two. Euchre uses a deck of 24 standard playing cards (using only the 9, 10, J, Q, K, and, A). The objective of Euchre is for your team to win 10 points. Lessons can be arranged for beginner players when requested.

## **Bid Euchre**

Bid Euchre is a variation on the classic card game Euchre. The main difference and object of the game is that you bid for the number of tricks you think you can take and the trump suit. Bid Euchre is played with two decks Ace, King, Queen, Jack consisting of eight cards of each suit (32 in all). Prior knowledge of Euchre is recommended.

## **Cribbage**

Cribbage, is a card game for two, three, four or more, that involves playing and grouping cards in combinations which gain points. Each player receives six cards, and the score is kept by moving pegs on a narrow rectangular board (There is also a five-card variant, as well as four-hand and three-hand variants). This group is very casual and win or lose everyone has a very enjoyable afternoon. New players are always welcome to this drop-in activity.

## **Canasta**

Canasta is a form of the card game Rummy for two to six players. Players may choose to play individually or in pairs. The main objective of play is to form melds made up of combinations of three or more cards of the same rank, with or without the help of wild cards. New players are welcome to this fun, social, easy-to-learn game.



## **Mahjong (American Style)**

This game of ancient Chinese origin usually played by four persons with 144 tiles that are drawn and discarded until one player secures a winning hand. The first person to match a hand of 14 tiles and call "mahjong" ends the game. Tiles are then scored and a winner determined. New players are welcomed to this game of skill and luck. A volunteer teacher or seasoned players will review the game's rules, how to play and tile recognition. As you progress, you will learn strategies and become confident playing the game. Playing Mahjong improves memory, provides stimulation, social inclusion and interaction and most of all, FUN!

## **Chess**

Chess is a game played between two opponents on opposite sides of a board containing 64 squares of alternating colors. This is a complex game of strategy with no hidden information thus it is NOT a game of luck! New players please let the office know if you are interested in learning. You may observe current players and/or have the opportunity to have a volunteer teach you the basics.

(RECURRING) REGULAR SOCIAL

## **Book Club**

The Book Club meets monthly. The monthly reading selection can be found in the newsletter. If you have read the month's selection, please feel free to join in for the discussion.

## **Choir**

The choir brings members together through song and shared love of music. Our members join the choir for different reasons – musical, personal, and a shared sense of belonging in the senior's community. This new group continues to evolve its priorities and goals but so far the experience is to play and perform music together and to have a great time! In time, the choir members will confirm whether their collaboration in music will culminate in

public performance(s) and when or where that might be. Choir is open to any member who wants to make music.

## **Diner's Delight**

Diner's Delight is a social dining event held primarily in-house. This is a great time to meet the members in your community! Tickets for members and their guests go on sale in advance and sales cutoff is identified in the newsletter.

## SEASONAL EVENTS

### **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.

### **Ice Cream Social**

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.

### **Victoria's Christmas Tea**

Victoria's Christmas Tea is an annual fundraising High Tea. A Table Hostess is recruited from the membership for each of the tables. If you are interested in hosting a table, please put your name in at the office. In addition to Table Hostesses, we will also be looking for table servers and kitchen help.

### **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. Games, sing-along, even dancing will continue in the afternoon. Volunteer elves are needed for preparation, set-up and clean-up. Watch the newsletter for date and additional details. A minimal cost will be charged.

### **Bus Trips Adventures**

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**

#### **Workshops and Seminars**

Workshops and seminars are offered throughout the year on a variety of topics. (e.g. Will & Estates, Financial, Elder Abuse, Fraud and Scams, Falls Prevention, Pen and ink, Cooking, Photography, etc.). Watch the newsletter for announcements and details.

Cost: To Be Determined

#### **Tech Talk**

This series will be an excellent opportunity to come out and learn about different types of technology, receive answers to your questions, and become more comfortable using your devices. For example, some of the topics could include: learning basic computer skills, downloading/installing apps, creating/saving/printing word documents or excel spreadsheets, Apple or Android devices (phones or tablets), technology awareness, email scams, online banking and shopping, Facebook basics or other social media or understanding basic network concepts.

## **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.

### **Annual Garage Sale**

The Garage Sale is an annual major fundraiser for the Centre generally held in August. 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. 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.