



Spring  
2022

Classes and  
activities for

# Older Adults

(50+ years)

## Recreation eGuide

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# Dance

Schedules and fees may be subject to change. Fees include HST.

Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.

## Line Dancing – Level 1

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

### Churchill Seniors – 613-798-8927

50+ years	Tue.	11 am-noon
Mar 15-May 3	\$101.75	<a href="#">1615264</a>
May 10-Jun 28	\$101.75	<a href="#">1615267</a>
50+ years	Tue.	12:05-1:05 pm
Mar 15-May 3	\$101.75	<a href="#">1615273</a>
May 10-Jun 28	\$101.75	<a href="#">1615275</a>

### Pinecrest – 613-580-9676

50+ years	Mon.	11 am-noon
Apr 11-Jul 4	\$165	<a href="#">1612305</a>

### John G. Mlacak – 613-580-2980

50-65 years	Tue.	9:30-10:30 am
Mar 22-Jun 7	\$152.50	<a href="#">1614048</a>

## Line Dancing – Level 2

Prerequisite: Level 1

### Churchill Seniors Recreation Centre – 613-798-8927

50+ years	Tue.	1:15-2:15 pm
Mar 15-May 3	\$101.75	<a href="#">1615278</a>
May 10-Jun 28	\$101.75	<a href="#">1615282</a>

### John G. Mlacak – 613-580-2980

50+ years	Fri.	1-2 pm
Mar 25-Jun 10	\$139.75	<a href="#">1614080</a>

## Line Dancing – Level 3

Prerequisite: Level 2

### John G. Mlacak – 613-580-2980

50+ years	Wed.	2-3 pm
Mar 23-Jun 8	\$152.50	<a href="#">1614071</a>

## Tap Dance – Level 1

Basics of tap dance through enjoyable dance combinations and simple choreography. Emphasis on rhythm and clarity of step. Keep on tapping!

### Hunt Club-Riverside – 613-580-2990

50+ years	Tue.	10:30-11:30 am
Apr 5-Jun 21	\$152.50	<a href="#">1612186</a>

# Fitness

## Balance and Stability

Designed to improve balance and stability with a focus on falls prevention and improved mobility.

### Carleton Heights – 613-226-2208

50+ years	Wed.	1:15-2:15 pm
Mar 23-May 4	\$78	<a href="#">1613888</a>
May 11-Jun 22	\$78	<a href="#">1613889</a>

### Johnny Leroux Arena – 613-325-2783

50+ years	Tue.	10:15-11:15 am
Mar 29-May 3	\$67	<a href="#">1611806</a>
May 10-Jun 14	\$67	<a href="#">1611807</a>
50+ years	Thu.	10:15-11:15 am
Mar 31-May 5	\$67	<a href="#">1611809</a>
May 12-Jun 16	\$67	<a href="#">1611810</a>

### Richmond – 613-325-2783

50+ years	Mon.	11:30 am-12:30 pm
Mar 28-Jun 13	\$111.50	<a href="#">1611805</a>
50+ years	Wed.	11:30am-12:30 pm
Mar 30-Jun 15	\$133.75	<a href="#">1611808</a>

## Barre Fitness

Combining ballet barre exercises, with strength training, core conditioning and muscular endurance mat work to develop a sculpted physique. Dance experience not required!

### Churchill Seniors – 613-798-8927

50+ years	Mon.	9-10 am
Mar 14-May 2	\$78	<a href="#">1615162</a>
May 9-Jun 27	\$78	<a href="#">1615185</a>

### Overbrook – 613-742-5147

50+ years	Mon.	6-7 pm
Mar 21-May 9	\$78	<a href="#">1609498</a>
May 16-Jun 27	\$67	<a href="#">1609500</a>



## Cardio and Strength

Combination of no bounce moves done to up-beat music. Finish with resistance training.

### Carleton Heights – 613-226-2208

50+ years	Tue.	9-10 am
Mar 22-May 3	\$78	<a href="#">1614003</a>
May 10-Jun 21	\$78	<a href="#">1614014</a>

### Churchill Seniors – 613-798-8927

50+ years	Wed.	9:30-10:30 am
Mar 16-May 4	\$89.25	<a href="#">1615295</a>
May 11-Jun 29	\$89.25	<a href="#">1615298</a>

### Fisher Heights Place – 613-226-2208

50+ years	Tue.	9-10 am
Mar 29-Jun 28	\$145	<a href="#">1614001</a>
50+ years	Thu.	9-10 am
Mar 31-Jun 30	\$145	<a href="#">1614002</a>

### Greely – 613-580-2424 ext. 3025

50+ years	Tue.	10-11 am
Mar 29-May 31	\$111.50	<a href="#">1612725</a>

### Manotick – 613-580-2424 ext. 3025

50+ years	Tue.	9-10 am
Mar 22-May 24	\$111.50	<a href="#">1612718</a>
50+ years	Thu.	9-10 am
Mar 24-May 26	\$111.50	<a href="#">1612722</a>

### Pat Clark – 613-748-1771

50+ years	Mon.	6-7 pm
Apr 11-Jun 20	\$100.25	<a href="#">1615557</a>
50+ years	Wed.	6-7 pm
Apr 13-Jun 22	\$122.50	<a href="#">1615561</a>

### Richmond – 613-325-2783

50+ years	Mon.	12:45-1:45 pm
Mar 28-Jun 13	\$111.50	<a href="#">1611811</a>
50+ years	Wed.	12:45-1:45 pm
Mar 30-Jun 15	\$133.75	<a href="#">1611812</a>



### Rideauview – 613-822-7887

18-99 years	Tue.	9-10 am
Apr 5-Jun 14	\$122.50	<a href="#">1609438</a>

### Sandy Hill – 613-564-1062

50+ years	Thu.	10-11 am
Mar 24-Apr 28	\$67	<a href="#">1615752</a>
May 5-Jun 16	\$67	<a href="#">1615758</a>

## Cardio

A choreographed cardio class with controlled impact. Intensity level options offered.

### Hintonburg – 613-798-8874

50+ years	Mon.	noon-1 pm
Apr 4-Jun 20	\$111.50	<a href="#">1615587</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	9-10 am
Mar 21-Jun 13	\$122.50	<a href="#">1612919</a>
50+ years	Wed.	9-10 am
Mar 23-Jun 8	\$133.75	<a href="#">1614065</a>
50+ years	Fri.	9-10 am
Mar 25-Jun 10	\$122.50	<a href="#">1614066</a>



# Fitness

## Chair Exercise

Full body workout using a chair for support.

### Carleton Heights – 613-226-2208

50+ years	Mon.	1:15-2:15 pm
Mar 21-May 2	\$67	<a href="#">1613869</a>
May 9-Jun 13	\$67	<a href="#">1613871</a>

### Eva James – 613-325-2783

50+ years	Wed.	1-2 pm
Apr 27-Jun 15	\$89.25	<a href="#">1610472</a>

### François Dupuis – 613-580-8080

50+ years	Fri.	10:30-11:30 am
Apr 22-Jun 17	\$100.25	<a href="#">1615565</a>

### Heron – 613-247-4808

50+ years	Mon.	10:30-11:30 am
Mar 28-Jun 13	\$122.50	<a href="#">1614622</a>
Mar 30-Jun 15	\$133.75	<a href="#">1614626</a>

### John G. Mlacak – 613-580-2980

50+ years	Tue.	10:30-11:30 am
Mar 22-Jun 7	\$133.75	<a href="#">1614063</a>
50+ years	Wed.	10:15-11:15 am
Mar 23-Jun 8	\$133.75	<a href="#">1614064</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Mon.	11:30 am-12:30 pm
Mar 28-Jun 20	\$122.50	<a href="#">1611951</a>
50+ years	Wed.	9-10 am
Mar 30-Jun 22	\$145	<a href="#">1611952</a>
50+ years	Fri.	9-10 am
Apr 1-Jun 24	\$133.75	<a href="#">1611953</a>

### Overbrook – 613-742-5147

50+ years	Fri.	6-7 pm
Mar 25-May 13	\$78	<a href="#">1609507</a>
May 27-Jun 24	\$55.75	<a href="#">1609510</a>

### Pinecrest – 613-580-9676

50+ years	Tue.	10:30-11:30 am
Apr 26-Jun 21	\$100.25	<a href="#">1611563</a>
50+ years	Thu.	10:30-11:30 am
Apr 21-Jun 16	\$89.25	<a href="#">1611562</a>



## Integrated

Low ratio instruction in a group setting using senior friendly fitness equipment. This modified fitness program is suitable for post stroke, post physio and post-surgery. Participants must be able to work in a 1-8 staff client staff ratio. First time fitness assessment mandatory.

### Churchill Seniors – 613-798-8927

50+ years	Tue.	10:45-11:45 am
Mar 15-May 3	\$89.25	<a href="#">1615245</a>
May 10-Jun 28	\$89.25	<a href="#">1615249</a>
50+ years	Wed.	11 am-noon
Mar 16-May 4	\$89.25	<a href="#">1615247</a>
May 11-Jun 29	\$89.25	<a href="#">1615254</a>
50+ years	Fri.	10:45-11:45 am
Mar 18-May 6	\$78	<a href="#">1615246</a>
May 13-Jun 24	\$78	<a href="#">1615253</a>

## Nia

Shape the way you feel, look, think and live! Discover your body's way of self-healing using the gentle and powerful movements of the Nia Technique. Great workout using nine movements from dance, martial, and healing arts, suitable for all.

### John G. Mlacak – 613-580-2980

50+ years	Thu.	9:30-10:30 am
Mar 24-Jun 9	\$133.75	<a href="#">1614072</a>

## Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength through the use of Nordic poles. All fitness levels welcome.

### Jack Purcell – 613-564-1050

50+ years	Wed.	10:30-11:30 am
Apr 20-Jun 8	\$89.25	<a href="#">1611515</a>

### Pinecrest – 613-580-9676

50+ years	Thu.	11:45 am-12:45 pm
Apr 21-Jun 9	\$78	<a href="#">1612298</a>

## Party On

The Party OA class is designed with the older adult in mind. Includes a mixture of dance movements and great music. All dance styles welcome!

### Rideauview – 613-822-7887

18-99 years	Tue.	10:10-11:10 am
Apr 5-Jun 14	\$122.50	<a href="#">1609453</a>

## Pilates

Develop the foundational movements of pilates where Pelvic, Hip, Lumbar Spine Rib and Shoulder stability are improved along with enhancing muscular endurance.

### Churchill Seniors Recreation Centre – 613-798-8927

50+ years	Thu.	9-10 am
Mar 17-May 5	\$89.25	<a href="#">1615320</a>
May 12-Jun 30	\$89.25	<a href="#">1615321</a>

### Heron – 613-247-4808

50+ years	Fri.	1-2 pm
Apr 1-Jun 17	\$122.50	<a href="#">1614682</a>

### Hunt Club-Riverside – 613-580-2990

50+ years	Thu.	9:15-10:15 am
Mar 31-Jun 16	\$133.75	<a href="#">1612094</a>
50+ years	Thu.	10:30-11:30 am
Mar 31-Jun 16	\$133.75	<a href="#">1612095</a>

# Fitness

## Strength and Balance – Lite

Want to stay mobile and strong enough to prevent falls? Learn how to improve your balance and strengthen your body, including your core, with exercise and easy-to-use resistance equipment. Build your independence along with stronger muscles and bones.

### Churchill Seniors – 613-798-8927

50+ years	Mon.	11:45 am-12:45 pm
Mar 14-May 2	\$78	<a href="#">1615201</a>
May 9-Jun 27	\$78	<a href="#">1615210</a>
50+ years	Thu.	11:45 am-12:45 pm
Mar 17-May 5	\$89.25	<a href="#">1615202</a>
May 12-Jun 30	\$89.25	<a href="#">1615212</a>

### François Dupuis – 613-580-8080

50+ years	Wed.	10:30-11:30 am
Apr 13-Jun 15	\$111.50	<a href="#">1615539</a>

### Huntley Mess Hall – 613-315-4127

50+ years	Tue.	12:15-1:15 pm
Mar 22-May 3	\$78	<a href="#">1610960</a>
May 10-Jun 21	\$78	<a href="#">1610962</a>
50+ years	Thu.	12:15-1:15 pm
Mar 24-May 5	\$78	<a href="#">1610961</a>
May 12-Jun 23	\$78	<a href="#">1610963</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	10:15-11:15 am
Mar 21-Jun 13	\$122.50	<a href="#">1613854</a>
50+ years	Fri.	10:15-11:15 am
Mar 25-Jun 10	\$122.50	<a href="#">1613875</a>

### West Carleton – 613-315-4127

50+ years	Tue.	9:15-10:15 am
Mar 22-May 3	\$78	<a href="#">1610964</a>
May 10-Jun 21	\$78	<a href="#">1610967</a>
50+ years	Thu.	9:15-10:15 am
Mar 24-May 5	\$78	<a href="#">1610966</a>
May 12-Jun 23	\$78	<a href="#">1610968</a>

## Strength Training

Increase energy and gain confidence using weight and cardio machines. Learn proper techniques in this social setting.

### Hintonburg – 613-798-8874

50+ years	Fri.	noon-1 pm
Apr 8-Jun 24	\$122.50	<a href="#">1615596</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Wed.	1-2 pm
Mar 30-Jun 15	\$133.75	<a href="#">1611722</a>

### Plant – 613-232-3000

50+ years	Tue.	9-10 am
Apr 26-Jun 21	\$100.25	<a href="#">1614195</a>
50+ years	Tue.	10-11 am
Apr 26-Jun 21	\$100.25	<a href="#">1614197</a>
50+ years	Thu.	9-10 am
Apr 28-Jun 23	\$100.25	<a href="#">1614286</a>
50+ years	Thu.	10-11 am
Apr 28-Jun 23	\$100.25	<a href="#">1614287</a>

## Stretch and Strength

All-over body conditioning combined with stretching and flexibility segments. Older adults will increase strength and range of motion of major muscle groups to prevent falls.

### Aquaview – 613-824-0633 ext. 221

50+ years	Thu.	9:30-10:30 am
Apr 7-Jun 23	\$133.75	<a href="#">1614461</a>

### Hintonburg – 613-798-8874

50+ years	Wed.	noon-1 pm
Apr 6-Jun 22	\$133.75	<a href="#">1615589</a>

### Jack Purcell – 613-564-1050

50+ years	Tue.	9:30-10:30 am
Apr 5-Jun 7	\$111.50	<a href="#">1611494</a>
50+ years	Thu.	9:30-10:30 am
Apr 7-Jun 9	\$111.50	<a href="#">1611502</a>
50+ years	Fri.	9:30-10:30 am
Apr 1-Jun 10	\$111.50	<a href="#">1611510</a>

### Johnny Leroux – 613-325-2783

50+ years	Mon.	10:30-11:30 am
Mar 28-May 2	\$55.75	<a href="#">1616958</a>
May 9-Jun 13	\$55.75	<a href="#">1616959</a>

### Overbrook – 613-742-5147

50+ years	Fri.	5-6 pm
Mar 25-May 13	\$78	<a href="#">1609504</a>
May 27-Jun 24	\$55.75	<a href="#">1609505</a>

## Stretch and Strength – Lite

Combine strength training movements with flexibility to improve muscular strength and mobility. A focus on falls prevention is included.

### Kanata Recreation – 613-580-2570

50+ years	Tue.	10-11 am
Apr 5-Jun 7	\$111.50	<a href="#">1610981</a>
50+ years	Thu.	10-11 am
Apr 7-Jun 9	\$111.50	<a href="#">1610983</a>

## Stretch and Strength

Combine strength training movements with flexibility to improve muscular strength and mobility.

### Bob MacQuarrie – Orléans – 613-580-9600

50+ years	Fri.	10-11 am
Apr 1-Jun 17	\$111.50	<a href="#">1612927</a>

### Carleton Heights – 613-226-2208

50+ years	Wed.	10:15-11:15 am
Mar 23-May 4	\$78	<a href="#">1613892</a>
May 11-Jun 22	\$78	<a href="#">1613894</a>
50+ years	Fri.	10:15-11:15 am
Mar 25-May 6	\$67	<a href="#">1613893</a>
May 13-Jun 24	\$78	<a href="#">1613895</a>

### François Dupuis – 613-580-8080

50+ years	Mon.	10:30-11:30 am
Apr 11-Jun 13	\$89.25	<a href="#">1615525</a>

### Hunt Club-Riverside – 613-580-2990

50+ years	Tue.	10:30-11:30 am
Mar 29-Jun 14	\$133.75	<a href="#">1611833</a>
50+ years	Fri.	10:30-11:30 am
Apr 1-Jun 24	\$133.75	<a href="#">1611834</a>



## Tai Chi

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.



### Hunt Club – 613-580-2990

50+ years	Thu.	9:15-10:15 am
Mar 31-Jun 16	\$122.50	<a href="#">1616948</a>

### Jack Purcell – 613-564-1050

50+ years	Wed.	10-11 am
Apr 6-Jun 8	\$111.50	<a href="#">1611533</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	11:15 am-12:15 pm
Mar 21-Jun 13	\$122.50	<a href="#">1614037</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	11:30 am-12:30 pm
Mar 29-Jun 21	\$145	<a href="#">1611945</a>

### Pinecrest – 613-580-9676

50+ years	Wed.	1-2 pm
Apr 13-Jun 15	\$111.50	<a href="#">1612294</a>

### Sandy Hill – 613-564-1062

50+ years	Fri.	11 am-noon
Mar 25-Apr 29	\$55.75	<a href="#">1615787</a>
May 6-Jun 10	\$67	<a href="#">1615789</a>

## Tai Chi – Level 2

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.



### Hunt Club-Riverside – 613-580-2990

50+ years	Thu.	10:30-11:30 am
Mar 31-Jun 16	\$133.75	<a href="#">1611840</a>

### Jack Purcell – 613-564-1050

50+ years	Wed.	9-10 am
Apr 6-Jun 8	\$111.50	<a href="#">1611525</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	12:30-1:30 pm
Mar 21-Jun 13	\$122.50	<a href="#">1614031</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	10:15-11:15 am
Mar 29-Jun 21	\$145	<a href="#">1611948</a>

## Tai Chi – Level 3

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance.



### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	9-10 am
Mar 29-Jun 21	\$145	<a href="#">1611950</a>

## TMC

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand weights.

### Heron – 613-247-4808

50+ years	Tue.	10-11 am
Mar 29-Jun 21	\$145	<a href="#">1614865</a>
50+ years	Thu.	10-11 am
Mar 31-Jun 23	\$145	<a href="#">1614866</a>

### Johnny Leroux Arena – 613-325-2783

50+ years	Tue.	9-10 am
Mar 29-May 3	\$67	<a href="#">1611822</a>
May 10-Jun 14	\$67	<a href="#">1611823</a>
50+ years	Thu.	9-10 am
Mar 31-May 5	\$67	<a href="#">1611824</a>
May 12-Jun 16	\$67	<a href="#">1611825</a>

## Total Fitness

Low ratio instruction in a group setting using senior friendly fitness equipment.

### Churchill Seniors – 613-798-8927

50+ years	Wed.	9:30-10:30 am
Mar 16-May 4	\$89.25	<a href="#">1615329</a>
May 11-Jun 29	\$89.25	<a href="#">1615334</a>
50+ years	Fri.	12:30-1:30 pm
Mar 18-May 6	\$78	<a href="#">1615335</a>
May 13-Jun 24	\$78	<a href="#">1615337</a>

## Walking Club

Join our friendly walking group for low-impact exercise. Good for your bones, tones your body and improves your overall fitness. Walking may take place indoors or out.

### Heron – 613-247-4808

50+ years	Mon.-Fri.	10:30 am-noon
Apr 4-Jun 30	\$18.50	<a href="#">1614607</a>

# Fitness

## Yoga Chair

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

### François Dupuis – 613-580-8080

50+ years Tue. 10-11 am  
Apr 12-Jun 14 \$111.50 [1615536](#)

### Heron – 613-247-4808

50+ years Fri. 10:30-11:30 am  
Apr 1-Jun 17 \$122.50 [1614628](#)

### Hunt Club-Riverside – 613-580-2990

50+ years Tue. 1-2 pm  
Apr 5-Jun 21 \$133.75 [1611838](#)

### John G. Mlacak – 613-580-2980

50+ years Thu. 11 am-noon  
Mar 24-Jun 9 \$133.75 [1614073](#)

### Ray Friel – 613-580-4765

18-99 years Thu. noon-1 pm  
Mar 24-Jun 2 \$122.50 [1614103](#)

## Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

### Aquaview – 613-834-0633 ext. 221

50+ years Tue. 9:30-10:30 am  
Apr 5-Jun 21 \$133.75 [1614438](#)

### Bob MacQuarrie – Orléans – 613-580-9600

50+ years Mon. 1-2 pm  
Apr 4-Jun 6 \$89.25 [1613005](#)

50+ years Thu. 1-2 pm  
Apr 7-Jun 9 \$111.50 [1613012](#)

### Jack Purcell – 613-564-1050

50+ years Wed. 10-11 am  
Apr 6-Jun 8 \$111.50 [1611483](#)  
50+ years Fri. 10-11 am  
Apr 1-Jun 10 \$111.50 [1611488](#)



### Ray Friel – 613-580-4765

50+ years Mon. noon-1 pm  
Mar 21-May 30 \$122.50 [1614093](#)

### Ron Kolbus Lakeside – 613-828-4313

50+ years Tue. 1:30-2:30 pm  
Mar 22-Apr 19 \$55.75 [1614346](#)

50+ years Thu. 1:30-2:30 pm  
Mar 24-Apr 21 \$55.75 [1614347](#)

## Yoga

Hatha Yoga's combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

### Churchill Seniors – 613-798-8927

50+ years Tue. 9:30-10:30 am  
Mar 15-May 3 \$89.25 [1615688](#)

May 10-Jun 28 \$89.25 [1615689](#)

50+ years Fri. 9:30-10:30 am  
Mar 18-May 6 \$78 [1615684](#)

May 13-Jun 24 \$78 [1615685](#)

### François Dupuis – 613-580-8080

50+ years Thu. 10-11 am  
Apr 14-Jun 16 \$111.50 [1615545](#)

### John G. Mlacak – 613-580-2980

50+ years Mon. 10-11 am  
Mar 21-Jun 13 \$122.50 [1614042](#)

### Overbrook – 613-742-5147

50+ years Mon. 7-8 pm  
Mar 21-May 9 \$78 [1609501](#)

May 16-Jun 27 \$67 [1609502](#)

### Plant – 613-232-3000

50+ years Mon. 8:30-9:30 am  
Apr 25-Jun 20 \$89.25 [1614562](#)



## Yoga and Pilates

Incorporates the principles of yoga and pilates.

### Churchill Seniors – 613-798-8927

50+ years Wed. 10:30-11:30 am  
Mar 16-May 4 \$89.25 [1615305](#)

May 11-Jun 29 \$89.25 [1615306](#)

## Walking Club

Join our friendly walking group for low-impact exercise. Good for your bones, tones your body and improves your overall fitness. Walking may take place indoors or out.

### Hunt Club-Riverside – 613-580-2990

50+ years Tue., Thu. 2-3 pm  
Mar 22-Jun 23 \$5.75 [1611835](#)

## Zumba Gold®

Modified moves and pacing to suit the needs of the active older adult, or those just starting a journey to a fit and healthy life. Zesty Latin music, salsa, merengue, cumbia and reggaeton, with easy-to-follow moves, in a invigorating, party atmosphere.

### Churchill Seniors – 613-798-8927

50+ years Mon. 10:30-11:30 am  
Mar 14-May 2 \$78 [1615192](#)

May 9-Jun 27 \$78 [1615198](#)

50+ years Thu. 10:30-11:30 am  
Mar 17-May 5 \$89.25 [1615193](#)

### Eva James – 613-325-2783

50+ years Tue. 1-2 pm  
Apr 26-Jun 14 \$89.25 [1610456](#)

### John G. Mlacak – 613-580-2980

50+ years Mon. 2-3 pm  
Mar 21-Jun 13 \$122.50 [1614036](#)

### Nepean Sportsplex – 613-580-2828

50+ years Tue. noon-1 pm  
Mar 29-Jun 14 \$133.75 [1611719](#)

### Plant – 613-232-3000

50+ years Mon. 11 am-noon  
Apr 25-Jun 20 \$89.25 [1614144](#)

50+ years Wed. noon-1 pm  
Apr 27-Jun 22 \$100.25 [1614247](#)

# General Interest

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## Bridge – Level 1

For the beginner bridge player or for the person who needs a refresher.

### Nepean Sportsplex – 613-580-2828

50+ years	Fri.	10 am-noon
Apr 29-Jun 17	\$156.50	<a href="#">1611931</a>

## Bridge – Level 2

If you already know a little bridge or have completed the beginner course, this is for you!

### Nepean Sportsplex – 613-580-2828

50+ years	Mon.	9:30-11:30 am
Apr 25-Jun 20	\$156.50	<a href="#">1611940</a>

## Bridge – Level 4

Continue to learn the common conventions of Bridge and improve your game. This level is intended for those who have completed the levels 1, 2 and 3.

### Churchill Seniors – 613-798-8927

50+ years	Mon., Fri.	10 am-noon
May 16-Jun 13	\$156.50	<a href="#">1615150</a>

## Bridge Duplicate

Play duplicate-style bridge with a qualified director in a relaxed, non-competitive setting. This event is non-ACBL sanctioned and great for those new to Duplicate Bridge. Partners will be provided.

### Heron – 613-247-4808

50+ years	Thu.	12:45-3:45 pm
Mar 31	\$8.50	<a href="#">1614657</a>
Apr 7	\$8.50	<a href="#">1614659</a>
Apr 14	\$8.50	<a href="#">1614660</a>
Apr 21	\$8.50	<a href="#">1614661</a>
Apr 28	\$8.50	<a href="#">1614662</a>
May 5	\$8.50	<a href="#">1614663</a>
May 12	\$8.50	<a href="#">1614664</a>
May 19	\$8.50	<a href="#">1614665</a>
May 26	\$8.50	<a href="#">1614666</a>
Jun 2	\$8.50	<a href="#">1614667</a>
Jun 9	\$8.50	<a href="#">1614668</a>
Jun 16	\$8.50	<a href="#">1614669</a>

### Hunt Club-Riverside – 613-580-2990

50+ years	Thu.	9:30-11:30 am
Mar 10	\$5.50	<a href="#">1608431</a>
Mar 17	\$5.50	<a href="#">1608432</a>
Mar 24	\$5.50	<a href="#">1608433</a>
Mar 31	\$5.50	<a href="#">1608434</a>
Apr 7	\$5.75	<a href="#">1611868</a>
Apr 14	\$5.75	<a href="#">1611869</a>
Apr 21	\$5.75	<a href="#">1611870</a>
Apr 28	\$5.75	<a href="#">1611872</a>
May 5	\$5.75	<a href="#">1611873</a>
May 12	\$5.75	<a href="#">1611874</a>
May 19	\$5.75	<a href="#">1611875</a>
May 26	\$5.75	<a href="#">1611876</a>
Jun 2	\$5.75	<a href="#">1611877</a>
Jun 9	\$5.75	<a href="#">1611878</a>
Jun 16	\$5.75	<a href="#">1611879</a>
Jun 23	\$5.75	<a href="#">1611880</a>
Jun 30	\$5.75	<a href="#">1611881</a>



# Sports

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## Hockey – Game Play

Un-officiated, non-contact, recreational pick-up hockey monitored by City of Ottawa staff. Full hockey equipment is mandatory including CSA approved helmet, full face mask and shoulder pads.

### Ray Friel – 613-580-4765

50+ years	Mon.	10:15-11:35 am
May 2-Jun 27	\$92.25	<a href="#">1615887</a>
50+ years	Thu.	5:15-6:35 pm
Apr 7-Jun 23	\$138.50	<a href="#">1615890</a>

## Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Designed to teach the skills and rules of pickleball in a fun and friendly environment.

### François Dupuis – 613-580-8080

50+ years	Tue.	8:40-9:40 am
Apr 12-Jun 14	\$96.25	<a href="#">1615537</a>
50+ years	Thu.	1:20-2:20 pm
Apr 14-Jun 16	\$96.25	<a href="#">1615552</a>

## Table Tennis – Gameplay

Emphasis is on active participation and fun. Games are at a recreational level. Clients must provide their own paddle.

### Johnny Leroux Arena – 613-325-2783

50+ years	Tue., Thu.	12:15-1:45 pm
Mar 29-Jun 16	\$185.25	<a href="#">1612101</a>

# Visual Arts

## Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

### Heron – 613-247-4808

50+ years	Tue.	9-11:45 am
Mar 22-May 24	\$247.25	<a href="#">1614555</a>
May 31-Jun 21	\$99	<a href="#">1614581</a>

### Hunt Club-Riverside – 613-580-2990

50+ years	Mon.	noon-2 pm
Apr 25-Jun 6	\$152.50	<a href="#">1611853</a>

## Experimental Mixed Media Advanced

Explore combining many mediums, ideas, and influences. Learn how to view art exhibitions, read arts publications/books that will foster discussion as well as feed creative curiosities.

### Heron – 613-247-4808

50+ years	Tue.	1-3:45 pm
Mar 22-May 24	\$247.25	<a href="#">1614564</a>
May 31-Jun 21	\$99	<a href="#">1614584</a>

## Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction, and non-representation.

### Heron – 613-247-4808

50+ years	Thu.	1-3:45 pm
Mar 24-May 26	\$247.25	<a href="#">1614560</a>
Jun 2-23	\$99	<a href="#">1614578</a>