

Seniors Association Kingston Region

PROGRAMS



SENIORS CENTRE EAST

For today's *active* adult

SPRING PROGRAMS

We offer a wide range of activities at different levels of ability in Arts & Crafts, Culture & Languages, Fitness, and Sports & Games.

Whether you're a beginner or an "old pro", take a look at what we have to offer.

PROGRAMS

The key to a longer, healthier life is staying active – physically, mentally, and socially.

Programs are open only to members of the Seniors Association (unless otherwise noted) and are designed for older adults, but all are welcome.

Detailed information is available in our current *Program Guide* and on our website.

www.SeniorsKingston.ca

MEMBERSHIPS

	1 Year	2 Years
Single	\$45	\$85
Household	\$80	\$155

Members receive a free copy of *Vista*, our monthly publication.

CULTURE & MUSIC

ACOUSTIC GUITAR **BEGINNER**

Supply own guitar.

Tuesdays, 11:00 to 12:30pm
13253 session 4: May 3 to Jun 21

\$74/session

BASS GUITAR

Supply own guitar and tuner.

Tuesdays, 1:00 to 2:00pm
13251 session 4: May 3 to Jun 21

\$74/session

BOOK CLUB

Supply own books.

1st Tuesday, 12 noon to 1:30pm
13191 Mar 1 to Jun 7

\$26/4 months

EUCHRE **BEGINNER**

Tuesdays, 12 noon to 1:30pm
13451 session 4: May 3 to Jun 21

\$32/session

STARTING WRITING

Wednesdays, 1:00 to 3:00pm
13248 session 4: May 4 to Jun 22

\$60/session

TECHNOLOGY MADE SIMPLE

Thursdays, 1:00 to 2:00pm
13276 session 4: May 5 to Jun 23

\$73/session

ARTS & CRAFTS

ART FOR NON-ARTISTS

Supply own materials (list provided first class).

Wednesdays, 11:00am to 12:30pm
13153 session 4: May 4 to Jun 22

\$50/session

OPEN STUDIO, MULTI-MEDIA

Thursdays, 11:00am to 2:00pm
13174 session 4: May 5 to Jun 23

\$30/session

FITNESS

G Gentle **A** Active **V** Vigorous

BADMINTON **BEGINNER** **A**

Wednesdays, 11:15am to 1:15pm
13430 session 3: Mar 23 to Apr 20
13431 session 4: May 4 to Jun 22
\$15/session 3, \$24/session 4

BALL YOGA **A**

Bring your own inflated Yoga ball to each class.
Thursdays, 10:15 to 11:15am
13399 session 4: May 5 to Jun 23
\$63/session

LINE DANCING **INTRODUCTORY** **G**

Wednesdays, 10:30 to 11:30am
13297 session 3: Mar 23 to Apr 20
13298 session 4: May 4 to Jun 22
\$24/session 3, \$38/session 4

PILATES **BEGINNER** **A**

Supply own yoga mat.
Thursdays, 9:00 to 10:00am
13357 session 3: Mar 24 to Apr 21
13358 session 4: May 5 to Jun 23
\$38/session 3, \$61/session 4

SIMPLY EXERCISE **A**

Wednesdays, 1:30 to 2:30pm
13365 session 3: Mar 23 to Apr 20
13366 session 4: May 4 to Jun 22
\$27/session 3, \$43/session 4

SIMPLY YOGA **BEGINNER** **G**

Supply own mat.
Wednesdays, 9:00 to 10:00am
13408 session 3: Mar 23 to Apr 20
13409 session 4: May 4 to Jun 22
\$35/session 3, \$63/session 4

SIMPLY YOGA **INTERMEDIATE** **G**

Supply own mat.
Wednesdays, 1:00 to 2:00pm
13421 session 4: May 4 to Jun 22
\$63/session

SIMPLY YOGA **INTEGRATED** **G**

Supply own mat.

Thursdays, 11:30am to 12:30pm
13416 session 3: Mar 24 to Apr 21
13417 session 4: May 5 to Jun 23
\$35/session 3, \$63/session 4

TAI CHI, LEARNING **G** **INTRODUCTORY**

Wednesdays, 12 noon to 1:00pm
13372 session 4: May 4 to Jun 22
\$35/session

TRACK WALKING **A**

Tuesdays, 9:30 to 10:30am
13381 session 3: Mar 22 to Apr 19
13382 session 4: May 3 to Jun 21
\$9/session 3, \$15/session 4

Thursdays, 9:30 to 10:30am
13383 session 3: Mar 24 to Apr 21
13384 session 4: May 5 to Jun 23
\$9/session 3, \$15/session 4

UP TEMPO FITNESS **V**

Supply own playground ball and resistance band (hand weights are optional).
Tuesdays, 9:00 to 10:00am
13385 session 3: Mar 22 to Apr 19
13386 session 4: May 3 to Jun 21
\$22/session 3, \$34/session 4

URBAN POLING **A**

Tuesdays, 3:00 to 4:00pm
13387 session 4: May 3 to Jun 21
\$62/session

For full details, check the

PROGRAM GUIDE

available at The Seniors
Centre or online



**SCENT
FREE
ZONE**

All Association facilities are
SCENT FREE environments.
Others share the air with you.
Scent is a health issue.
Be mindful of others.

PICKLEBALL

PICKLEBALL BASICS **INTRODUCTORY** **A**

Tuesdays, 9:00 to 11:00am
13467 session 3: Mar 22 to Apr 19
13468 session 4: May 3 to Jun 21
\$34/session 3, \$55/session 4

PICKLEBALL SOCIAL **INTERMEDIATE** **V**

Tuesdays, 11:00am to 1:00pm
13487 session 3: Mar 22 to Apr 19
13488 session 4: May 3 to Jun 21
\$34/session 3, \$55/session 4

Wednesdays, 9:00 to 10:00am
13519 session 3: Mar 23 to Apr 20
13520 session 4: May 4 to Jun 22
\$34/session 3, \$55/session 4

Thursdays, 9:00 to 11:00am
13503 session 3: Mar 24 to Apr 21
13504 session 4: May 5 to Jun 21
\$34/session 3, \$55/session 4

Thursdays, 11:00am to 1:00pm
13536 session 3: Mar 24 to Apr 21
13537 session 4: May 5 to Jun 21
\$34/session 3, \$55/session 4

Join the Team!
VOLUNTEER

Ways to get involved . . .

Program Instruction
Vista Delivery
Committees
Special Events
Office/Clerical Work
And much more . . .!

Contact Jean Lawson
613.548.7810 X 225

PROGRAMS BY DAY

TUESDAYS

Pickleball Basics	9:00 to 11:00am
Up Tempo Fitness	9:00 to 10:00am
Track Walking	9:30 to 10:30am
Acoustic Guitar	11:00 to 12:30pm
Pickleball Social	11:00am to 1:00pm
Book Club	12 noon to 1:30pm
Euchre	12 noon to 1:30pm
Urban Poling	3:00 to 4:00pm

WEDNESDAYS

Pickleball Social	9:00 to 10:00am
Simply Yoga	9:00 to 10:00am
Line Dancing	10:30 to 11:30am
Art for Non-Artists	11:00am to 12:30pm
Badminton	11:15am to 1:15pm
Learning Tai Chi	12 noon to 1:00pm
Bass Guitar	1:00 to 2:00pm
Simply Yoga	1:00 to 2:00pm
Starting Writing	1:00 to 3:00pm
Simply Exercise	1:30 to 2:30pm

THURSDAYS

Pickleball Social	9:00 to 11:00am
Pilates	9:00 to 10:00am
Track Walking	9:30 to 10:30am
Ball Yoga	10:15 to 11:15am
Open Studio, Multi-Media	11:00am to 2:00pm
Pickleball Social	11:00am to 1:00pm
Simply Yoga	11:30am to 12:30pm
Technology Made Simple	1:00 to 2:00pm

SENIORS ASSOCIATION KINGSTON REGION

 613.548.7810

 info@SeniorsKingston.ca

 www.SeniorsKingston.ca

The Seniors Centre

56 Francis Street, Kingston

Office Hours

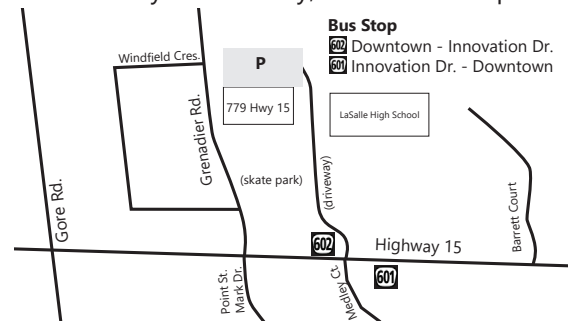
Monday to Friday, 8:30am to 4:30pm
Closed on statutory holidays

Seniors Centre East

779 Hwy 15, Kingston
(Kingston East Community Centre)
613.985.7814

Hours of Operation

Tuesday to Thursday, 9:00am to 2:00pm



Seniors Centre West

1300 Bath Road, Kingston
(The Boys and Girls Club)

Seniors Centre North

85 MacCauley Street, Kingston
(Rideau Heights Community Centre)