

CONFERENCE AIMS TO MAKE CONNECTIONS



Live Well...Stay Well...Be Inspired! That's the name of a conference for older adults and those working with or supporting older adults, to be hosted by the City of Kitchener at the Breithaupt Centre on Tuesday, April 3, 2012, from 8:30 a.m. to 4 p.m. (lunch included). The day will feature workshops, demonstrations and professional speakers who will inspire participants to take action in living life to their healthiest potential.

“We want to help citizens and those working with older adults to form a connection with our programs and services, to help them be more active in the community,” says Carolyn Cormier, adults 50+ service coordinator for the City of Kitchener. “We’d like to help citizens connect with their community no matter where they are on the health and wellness journey.”

“The conference also aims to showcase the programs and services offered by the city and other service providers in the community,” says Cormier, “and to educate health and social service professionals about the variety of programs and services that are available in Kitchener for adults 50+ and persons with disabilities.”

Jayne Harvey, RN, CEO and president of FCS International, will give an energetic and humorous keynote address. Harvey is an international leader in front-line health care training with more than 25 years experience in the industry as a registered nurse, health care business development manager, nursing home director and senior care consultant.

Participants in the conference will also have the opportunity to choose from workshops on a variety of topics including:

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This publication is available in alternate formats. For more information, call the city's inclusion co-ordinator at 519-741-2226 or send an email to access@kitchener.ca.

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**REGISTRATION
BEGINS
FEBRUARY 21**

CENTRE CLOSURES

Rockway Centre and Downtown Community Centre will be closed:

Mon., February 20 - **for Family Day**

Fri., April 6 - **for Good Friday**

Mon., April 9 - **for Easter Monday**

Mon., May 21 - **for Victoria Day**

Breithaupt Centre will be closed:

Fri., April 6 - **for Good Friday**

Mon., April 9 - **for Easter Monday**

Sun., April 8 - **for Easter Sunday**

Mon., May 21 - **for Victoria Day**



FREE INTERNET ACCESS!

Need Access to the Internet?

Computers for FREE public access are available at 30 sites including Breithaupt Centre, Rockway Centre and Downtown Community Centre and other not-for-profit agencies throughout Kitchener-Waterloo. Computers are available during regular operating hours.



MEMORIAL FUND

Often people wish to express sympathy in memory of a loved one by making a donation to a place or activity that was of interest to the deceased. Your donation in the memory of a friend or relative can help Kitchener Centres for Adults 50+ provide friendship, programs and services to Kitchener residents. Donations to the Memorial Fund can be made to the centre of your choice. An acknowledgement will be received by the family and a tax receipt will be sent to the donor. The name of the deceased will be inscribed in the Memorial Book on display at the centre to which the donation was made.

Downtown Community Centre

'Old Vic' Hair Salon

Full Hair styling services available for men, women and children by our experienced stylist at reasonable prices!

Appointments are taken for Mondays, Wednesdays, Thursdays, Fridays and Saturdays

To book an appointment, call the Downtown Community Centre at 519-741-2501.



- foods that heal
- life transitions
- laughter yoga
- effective exercise for older adults
- accessible trails in Kitchener
- meditation
- KPL services
- Sunnyside Wellness Centre activities
- bike safety
- how to save money on your energy bill
- safe driving

Demonstrations and workshops about programs and services offered through the City of Kitchener, including fitness, swimming, fee assistance and support services for people with limited mobility or issues related to aging, will also be a key part of the conference.

The sponsor showcase will highlight some of the service providers who are committed to supporting older adults in the community and will be providing a variety of door prizes to be won at the conference.

Funds raised through the conference will directly support programs of the Senior Helpers Aiding Retirees through Experience (SHARE), which is a board that facilitates peer-helping programs through the City of Kitchener. These programs provide individual and group support for adults 50+ coping with challenges of grief, care giving, retirement planning and divorce or separation.

For registration details, see page 25.

SERVICES

Flu Shot Clinics

For information on where flu shot clinics will be held this winter please contact the Region of Waterloo public health department at 519-883-2374 or visit www.region.waterloo.on.ca for further information and a list of clinic dates, times and locations.

Breithaupt, Downtown and Rockway Centre Snack Bar

Great light lunches, wonderful volunteers, a place to meet and greet. Join us for a bite or lend us your time by volunteering. Information for volunteering - call any one of the centres listed on back.

Welcome Desk at Breithaupt, Downtown and Rockway Centre

Our host/hostess volunteers are ready to greet you, plan some of our special events or even give you a tour. Information for volunteering: 519-741-2564.

MACKS to Salute Seniors for their contributions to our community!

The Mayor's Advisory Council for Kitchener Seniors (MACKS) is excited to be hosting the 6th annual Salute to Seniors again this spring!

Do you know a senior who acts as a role model, portrays a healthy attitude toward aging, and makes meaningful contributions in neighbourhood or community activities?

We'd like to hear about them! Nominations are being sought to help celebrate the outstanding contributions older adults make to our community.

Designed as a recognition program, all persons forwarded through the nomination process will be recognized and invited to attend a celebration at City Hall on June 14th at 7:00 p.m.

To nominate a senior (individual, couple or group) for recognition, simply complete a submission form and describe in 75 words or less why your honouree(s) should be recognized for the positive examples they set.

Submission forms and guidelines will be available at all Kitchener community centres and on the City of Kitchener website www.kitchener.ca throughout late March and April. Submissions will be received until April 26th.

For more information, call 519-741-2510 or email carolyn.cormier@kitchener.ca

FOOT CARE SERVICES ARE AVAILABLE AT:

Breithaupt Centre

Fridays. Call 519-576-7474 for an appointment.

Rockway Centre

Tuesday and Thursday. Call 519-590-5927 or 519-498-7978 for an appointment.

Downtown Community Centre

Tuesdays. Call 519-576-7474 for an appointment.

Service providers and cost may vary.

ONGOING **groups**

Leap into Life Mind, Body, Spirit, Soul

Keep connected no matter what hurdles may come your way. This group is for anyone. Join us! Here is a sample of some of the up-coming guests:

City hall 101 and Volunteering: Feb 2

– Guest Janice Ouellette

Service Canada: March 1

– Guest Carolyn Lewis

Community Care Access Centre: Date TBD

First Thursday of each month we have a guest or we do something social. For more information call **519-741-2505**, Breithaupt Centre. VIP/Tri-us membership required.

We are Mostly Music!

Humming, toe tapping, finger snapping and vocals, we enjoy singing some of the older tunes.

We are lead by two volunteer directors that rotate every other week each with their own style. We have a pianist every other week.

Join us on Wednesdays, 1:15 to 3:15 p.m. at Breithaupt Centre. VIP/Tri-us membership required

Osteoporosis Support Group

This group will be meeting the first Thursday in Feb., Apr. and Jun. from 1:30 – 3:30 at Breithaupt Centre. Most meetings feature a guest speaker on subjects relevant to osteoporosis.

Bring your questions and learn about osteoporosis and Osteoporosis Canada events happening in our area.

Spring has sprung!

April Showers not only bring May flowers they bring the next phase of the Breithaupt Garden. Please watch with us as the long awaited garden develops from a dynamic idea/concept to an actual reality!

Cycle Club

This group meets every Monday starting in May for a two hour bike ride. All participants are required to have a valid VIP membership and are encouraged to pre-register for the rides to ensure their spot.

For more information, please call the Downtown Community Centre at **519-741-2501**.



Adult 50+ Tennis Group

Join this enthusiastic group to enjoy some tennis! Monday, Wednesday and Friday – Intermediate Level Tuesday and Thursday – Beginner Level Play at the Highland Tennis Courts from 9:30-11:30 a.m. starting in early May.

All participants are required to have a valid VIP membership. For more information, please call the Downtown Community Centre at **519-741-2501**.



Golf Meeting

Meet old friends or make new ones during this brief meeting for the 2012 golf season on Tuesday, April 17, at 9:30 a.m. at the Rockway Centre. The groups go golfing at Grand Valley Golf Course on Mondays from May to September with a shotgun start at 8 a.m. Pick up the 2012 golf brochure at Rockway Centre on or after April 17.



Rockway Horseshoes

It's time for horseshoes! Men and women are welcome to play Tuesday and Thursdays from 9 a.m. until NOON starting early May – weather permitting. The pits are located between the centre and rear parking lot. There is no charge for the program and equipment is provided.

Call **519-741-2507** for more information. Valid VIP membership is required.



Rockway Entertainers

Choral group, singing four part harmony is recruiting new members. Membership is open to those over 50 years old. We are calling out to tenors and basses especially.

Rehearsal is every Thursday afternoon from September until May 1:30 to 3:30 p.m. in the Rockway Centre Auditorium, 1405 King Street East, Kitchener. Contact membership convener at **519-885-9978** or **519-741-2507** for more information.



Learn to Play Billiards

Rockway and Breithaupt are offering you the opportunity to gain some skills in Snooker, 9 ball and 8 ball; with a fellow peer instructor. Sign up at the centre of your choice. 11:30 - 1 p.m.; Fridays at Rockway, 519-741-2507 or T.B.A. at Breithaupt, 519-741-2502. Both sessions are a 6 week commitment. Cost: \$9.00 payable at time of sign up. VIP membership required.



SENIOR NEIGHBORHOOD **clubs**

Neighbourhood Club	Description	Meeting Time & Location
Belmont Park Club	Progressive Solo	Monday, 1 p.m., Victoria Hills Community Centre, from Sept. to June.
Breithaupt Social Group	Games, Bingo, potlucks, entertainment	1st Wednesday at 1:45 p.m., from Sept. to Jun.
Einigkeit Club (German)	Bingo, cards and billiards	Tuesday, 1 p.m. Downtown Community Centre, throughout entire year.
Kingsdale Seniors Club	Euchre Mondays, Solo Tuesdays	1 p.m. at Kingsdale Community Centre meeting room from Sept. to Jun. Bocce from Jun. to Aug.
Forest Heights "Happy Gang"	Progressive Solo	Tuesday, 1 p.m., Forest Heights Community Centre, from Sept. to Jun.
Stanley Park Club	Solo and Euchre	Tuesday, 1 p.m., Stanley Park Community Centre, Sept. to Jun.
Victoria Park Club	Solo	Thursday 1 p.m. at Mill Courtland Community Centre, Sept. to Jun.
Victoria Hills Bid Euchre Club	Bid Euchre	Thursday, 1 p.m., Victoria Hills Community Centre, from Sept. to Jun.
Westmount Club	Solo	Friday, 1 p.m., Victoria Hills Community Centre, from Sept. to Jun.

For more information on the neighbourhood clubs, please contact Carolyn Cormier, Adults 50+ Services Co-ordinator, at 519-741-2510.

VOLUNTEERS IN *BLOOM*

This spring why not try something new and volunteer! With warmer days approaching get out into your community and make a difference. Volunteering increases quality of life and builds community. Our volunteers are essential to our many programs, services, and advisory committees. We want you because new and existing volunteers help power our community! Spring into action and start volunteering today.

Join us in this year's celebration of National Volunteer week from April 15-21. Watch for various initiatives and events to recognize this special week. Be part of the festivities by becoming one of our volunteers!

For a list of current volunteer opportunities visit www.kitchener.ca or to connect in person about a volunteer position, contact Karrie Zettler, Coordinator of Volunteers, 519-741-2564 or email volunteer@kitchener.ca



COURSES

PLEASE NOTE: Numbers following course date indicate the program barcode to be used for the WEBreg procedures. Please see page 30 for details.

FITNESS PROGRAMS

All fitness classes are taught by certified instructors.

Intensity Chart

- ♥ = Low intensity (great for beginners)
- ♥♥ = Medium Intensity
- ♥♥♥ = High Intensity

BALL AND FLEX CLASS WITH DOUG CUNNINGHAM ♥

Join Doug in this class to increase core strength and flexibility and have FUN. Please bring your own ball to class.

12wks \$45.02/\$54.65 Kingsdale CC
 Fri 12- 1pm Mar 30 120031

STABILITY BALL CLASS – BEGINNER ♥

Join Heike in this class to increase core strength and flexibility and have FUN! Please bring your own ball to class.

13wks \$48.77/\$59.20 Rockway Centre
 Tue 9:45-10:45am Apr 3 120025

STABILITY BALL CLASS – INTERMEDIATE ♥♥

For people who have taken the ball class before, Join Heike for fun and challenging workout. Please bring your own ball to class.

13wks \$48.77/\$59.20 Rockway Centre
 Tue 8:45- 9:45am Apr 3 120027

BUTTS AND GUTTS ♥♥♥

A great lower body work out that will keep your tummy, legs and lower area in shape. With the holidays ending come work off those extra treats with us. This is a full work out and you will see results. Mary will help you get fit and healthy safely.

10wks \$37.52/\$45.54 Breithaupt Centre
 Mon 1:35- 2:30pm Apr 2 120099
 Tue 5:15- 6:10pm Apr 10 120133
11wks \$41.27/\$50.09 Breithaupt Centre
 Wed 1:35- 2:30pm Apr 4 120115

DEEP (DIABETES EDUCATION AND EXERCISE PROGRAM) ♥

This class aims to improve the quality of life of those with Pre-Diabetes and Type II Diabetes. You will engage in safe diabetic-friendly aerobic exercise and muscle conditioning which will improve blood circulation and insulin sensitivity. We encourage checking insulin levels before and after exercise. Offered to any age.

10wks \$37.74/\$45.54 Downtown CC
 Mon 10:45-11:45am Apr 16 119816

Marie Chin-Quee ♥♥

12wks \$45.02/\$54.65 Kingsdale CC
 Mon 10:45-11:45am Mar 26 120029

FLEX AND STRETCH ♥♥

Flexibility will increase your core strength and allow your body to be more agile. This class will guide you safely through flexibility exercises and strengthen your core muscles.

10wks \$36.39/\$45.54 Breithaupt Centre
 Mon 12-12:55pm Apr 2 120103

11wks \$41.27/\$50.09 Breithaupt Centre
 Wed 12-12:55pm Apr 4 120104

FLEXERCISE WITH DIAHANN SMITH ♥

Men and women of all levels are welcome in this low impact, heart smart and strengthening hour. Upbeat music will help us walk our way (chair based alternatives are offered) through energizing steps. Sitting, we will tone our muscles with small hand weights and exercise bands. We'll finish up with a relaxing stretch.

10wks \$37.52/\$45.54 Rockway Centre
 Mon 10:50-11:50am Apr 2 120017

Connect with Kitchener



Connect with Kitchener online at www.kitchener.ca

COURSES

FLEXERCISE WITH DOUG CUNNINGHAM ♥

Men and Women of all levels are welcome in this low impact, heart smart and strengthening hour. Upbeat music will help us walk our way (chair based alternatives are offered) through energizing steps. Sitting, we will tone our muscles with small hand weights and exercise bands. We'll finish up with a relaxing stretch.

12wks \$45.02/\$54.65 Rockway Centre
 Fri 10-11am Mar 30 120015

SNEAKER STRETCH & STRENGTH ♥♥

Build muscle.

10wks \$37.52/\$45.54 Breithaupt Centre
 Wed 9- 9:55am Apr 4 120095
 Fri 9- 9:55am Apr 13 120098

GENTLE MOVES ♥

Go at your own pace exercise class for any level of mobility. Instructor will tailor the class to accommodate your personal health issues.

10wks \$37.52/\$45.54 Breithaupt Centre
 Thu 12:15- 1:20pm Apr 5 120110
 Tue 12:15- 1:10pm Apr 10 120108

INTERVAL ♥♥♥

This Aerobics fitness class incorporates weights, bands and balance to give your body both muscle tone and a cardio workout.

10wks \$37.52/\$45.54 Breithaupt Centre
 Mon 2:35- 3:30pm Apr 2 120109
 Tue 10-10:55am Apr 10 120113

11wks \$41.27/\$50.09 Breithaupt Centre
 Wed 2:35- 3:30pm Apr 4 120116

LOW & TONE INTERVALS ♥♥

Enjoy a workout which includes a combination of low impact cardio with weights. Some work using a chair. No floor/mat work.

12wks \$45.02/\$54.65 Downtown CC
 Fri 9:25-10:25am Apr 13 119814

LOW IMPACT FITNESS ♥♥

A fitness class for those who want to move! This mild 1 hour aerobics class includes cardiovascular work, strengthening, and flexibility exercises.

11wks \$41.27/\$50.09 Downtown CC
 Mon 9:30-10:30am Apr 2 119820
13wks \$48.77/\$59.20 Downtown CC
 Wed 9:15-10:15am Apr 4 119819

NIA ♥♥

The Nia technique is a gentle, user friendly blend of three moment arts that include: dance, tai chi, and yoga. Easy on the joints. With Nia, exercise becomes a mindful, spirited and fun activity. Instructor: Tina Payton.

10wks \$60.85/\$69.10 Rockway Centre
 Thu 10-11am Mar 15 120022
8wks \$54.82/\$62.24 Breithaupt Centre
 Wed 10-10:55am Apr 11 120097
9wks \$54.82/\$62.24 Breithaupt Centre
 Fri 9- 9:25am Apr 13 120105

OSTEO MOVES ♥

Gentle but effective weight-bearing exercises designed specifically for people who have Osteoporosis or Fibromyalgia.

13wks \$48.77/\$59.20 Downtown CC
 Tue 9-10am Apr 3 119833
 Tue 12- 1pm Apr 3 119831
 Thu 9-10am Apr 5 119834
 Thu 12- 1pm Apr 5 119832

PILATES - FOUNDATIONS & LEVEL 1 ♥

A beginning level mat program to change the way you look, feel and move. Build your core strength and stability, improve your body alignment and awareness, promote a healthy breath pattern and release tension.

12wks \$57.63/\$73.36 Downtown CC
 Tue 11:15-12:15pm Apr 3 119815

Registration for courses begins February 21

COURSES

PILATES – BEGINNERS ♥♥

A specialized mat program that will help you restore balance, build strength, flexibility and alignment. Encourages relaxation and enhances healthy breathing.

10wks \$52.77/\$66.33 Breithaupt Centre
Wed 10:30-11:25am Apr 11 120120

PILATES – CONTINUING ♥♥♥

10wks \$52.77/\$66.33 Breithaupt Centre
Wed 9:30-10:30am Apr 11 120119

12wks \$57.63/\$73.36 Downtown CC
Tue 10:10-11:10am Apr 3 119817

SENIORS & WEIGHTS ♥♥

Be guided by our fitness instructor as you exercise for essential Daily living strength, flexibility and toning with various resistance tools. Alternatives given for limitations.

13wks \$48.77/\$59.20 Downtown CC
Tue 9:15-10:15am Apr 3 119813

Thu 10:30-11:30am Apr 5 120000

11wks \$41.27/\$50.09 Rockway Centre
Mon 8:45- 9:45am Apr 2 120024

13wks \$48.77/\$59.20 Rockway Centre
Thu 8:45- 9:45am Apr 5 120023

SHAPE UP WITH WEIGHTS ♥♥

Tone, strengthen and sculpt your body using various resistance tools. Alternative given for limitations. Instructor Heike Sixtus.

13wks \$48.77/\$59.20 Kingsdale CC
Wed 8:45- 9:45am Apr 4 120021

BEGINNER STRENGTH TRAINING WITH HEIKE ♥

Great place to start if you are new to strength training. Increase your core strength and stability as well as muscular strength and endurance. Heike class is for beginners that want to work hard. Men and women welcome.

12wks \$45.02/\$54.65 Rockway Centre
Fri 10:45-11:45am Apr 13 120039

INTERMEDIATE STRENGTH TRAINING WITH HEIKE ♥♥

Join Heike in this intermediate free weight class. Increase your core strength and stability as well as muscular strength and endurance. Heike class is for beginners that want to work hard. Men and women welcome.

12wks \$45.02/\$54.65 Rockway Centre
Fri 9:45-10:45am Apr 13 120036

ADVANCED STRENGTH TRAINING WITH HEIKE ♥♥♥

Join Heike in this advanced free weight class. Increase muscle mass and balance. A great workout. If you want to work hard, join, join Heike and the gang. Class is for both men and women.

12wks \$45.02/\$54.65 Rockway Centre
Fri 8:45- 9:45am Apr 13 120037

S.A.S. ♥♥♥

Stretching, Aerobics and Strengthening will be the main components of the new calls planned for those who want to stay fit and have fun doing it! Join Susan or Diahann for this well rounded work out.

10wks \$37.52/\$45.54 Breithaupt Centre
Mon 9- 9:55am Apr 2 120100

Fri 10:15-11:10am Apr 13 120102

11wks \$41.27/\$50.09 Breithaupt Centre
Wed 11:40-12:35pm Apr 4 120114

STRETCH IT OUT ♥♥

Get your day off to a relaxing start with this stretching class. Increase your range of motion and reduce the risk of injury by improving your flexibility.

12wks \$49.36/\$54.65 Downtown CC
Fri 10:30-11:30am Apr 13 119818

12wks \$45.02/\$54.65 Rockway Centre
Wed 10-11am Apr 4 120035

ONE MEMBERSHIP = THREE CENTRES

Did you know that if you are a member at one centre, you are a member at all three centres? Travel around and visit each centre. All centres are unique and have something special to offer!

**COURSE RATES LISTED:
VIP rate/Adult rate and include HST.**

COURSES

STRETCH CLASS USING THE PRINCIPLES OF YOGA AND PILATES ♥♥

Join Heike to reduce stress and tension in your body with proper stretching. Increase flexibility, enhance balance and stability. Restore natural free-flowing movement and improve your posture.

13wks	\$48.77/\$59.20	Kingsdale CC
Wed	9:45-10:45am	Apr 4 120028
11wks	\$41.27/\$50.09	Rockway Centre
Mon	9:45-10:45am	Apr 2 120032
13wks	\$48.77/\$59.20	Rockway Centre
Thu	9:45-10:45am	Apr 5 120026

SUPER SENIORS – GYM ♥♥

A complete workout for your heart and muscles.. and fun too!

10wks	\$37.52/\$45.54	Breithaupt Centre
Tue	8:30- 9:25am	Apr 10 120094
11wks	\$41.27/\$50.09	Breithaupt Centre
Thu	8:30- 9:25am	Apr 5 120093

TAI CHI QI GONG ♥

In this introduction to QiGong, you will be guided through a system of graceful and energizing movements that lead to a place of inner transformation. These exercises create harmonising forces that balance and enhance systems of the body, thereby improving health and well being. Join Suzie and her passion to empower you with QiGong..

12wks	\$45.02/\$54.65	Rockway Centre
Fri	10-11am	Mar 23 120049
Wed	10-11am	Apr 4 120047

CHAIR TAI CHI ♥

Improve balance, flexibility and overall health while achieving relaxation and harmony in an interactive class. If balance, breathing or flexibility is a true change, this is a wonderful class for you. You will have a chair to assist you throughout the entire class while you get fit, de-stress and have fun!

10wks	\$37.52/\$45.54	Breithaupt Centre
Thu	12- 1pm	Apr 5 120127

TAI CHI-QI GONG BEGINNER WITH TIM THORNE ♥

Tai Chi is a form of martial arts and is studied today for its benefits of relaxation, lowered blood pressure, and many more. The exercises in these classes are simple and easy to learn, and they are appropriate for people of all ages and any level of physical ability.

11wks	\$41.27/\$50.09	Downtown CC
Mon	11-12pm	Apr 2 119845

TAI CHI – BEGINNER ♥

10wks	\$75.03/\$91.08	Breithaupt Centre
Mon,Thu	10-11am	Apr 2 120125

TAI CHI GONG INTERMEDIATE & ADVANCED



For those that have taken the beginner course, this class will focus on relaxation, balance and overall harmony in an interactive class.

11wks	\$67.87/\$75.15	Downtown CC
Mon	9:30-11am	Apr 2 119844

TAI CHI – INTERMEDIATE ♥♥

Improves balance, flexibility and overall health while achieving relaxation and harmony in an interactive class. This course runs Monday & Thursday.

10wks	\$75.03/\$91.08	Breithaupt Centre
Mon,Thu	9-10am	Apr 2 120124

TAI CHI – ADVANCED ♥♥♥

Improve balance, flexibility and overall health while achieving relaxation and harmony in an interactive class. This course runs Monday & Thursday.

10wks	\$75.03/\$91.08	Breithaupt Centre
Mon,Thu	11-12pm	Apr 2 120126

STRENGTH TRAINING ♥♥

Our workout includes use of bands, free weights, mats and will increase strength and flexibility.

10wks	\$37.52/\$45.54	Breithaupt Centre
Tue	12-12:55pm	Apr 10 120101
11wks	\$41.27/\$50.09	Breithaupt Centre
Thu	12-12:55pm	Apr 5 120096

Registration for courses begins February 21

COURSES

WEIGHT TRAINING WITH HEIKE ♥♥

Increase your core strength and stability as well as muscular strength and endurance. Join Heike in the very popular class. Men and women welcome.

13wks \$48.77/\$59.20 Rockway Centre
Wed 4:30- 5:30pm Apr 4 120038

CHAIR YOGA ♥

Yoga on the chair is a yoga class for those who want to practice yoga but have a limited range of motion. We follow all the basic principles of the ancient art but modify it for specific abilities using a chair for support. Men and women welcome.

12wks \$45.02/\$54.65 Rockway Centre
Thu 9:15-10:15am Apr 5 120052

YOGA ♥

Regular practice restores natural suppleness, improves concentration, teaches one to breathe properly, aligns posture, reduces anxiety and releases tension.

10wks \$75.88/\$81.36 Breithaupt Centre
Tue 9:30-10:45am Apr 10 120128

YOGA – BEGINNER ♥

New to yoga, this class is for you. Learn the basics of Yoga. Bring your own mat to class. Taught by Joshua Webster.

12wks \$57.63/\$73.36 Rockway Centre
Thu 12:10- 1:10pm Apr 5 120051

YOGA – BEGINNER ♥

Designed to teach the basics with emphasis on the fundamentals of yoga (specific alignment for all the major poses in the sequence and proper breathing technique). Yoga stretches, helps build muscle strength and tone as well as overall posture and flexibility. Class is for people new to yoga or for those needing a refresher course.

12wks \$57.63/\$73.36 Downtown CC
Fri 2:30- 3:30pm Apr 13 119865

YOGA – INTERMEDIATE ♥♥

For students with some yoga experience gained in Intro to Yoga or past experience and understanding of the mechanics of yoga poses. In this class you will work hard and have fun.

12wks \$72.04/\$91.70 Downtown CC
Fri 1:15- 2:30pm Apr 13 119866

12wks \$72.04/\$91.70 Rockway Centre
Thu 1:15- 2:30pm Apr 5 120050

YOGA FOR ALL ♥

Regular practice restores natural suppleness, improves concentration, teaches one to breathe properly, aligns postures, reduces anxiety and releases tension.

12wks \$57.63/\$73.36 Downtown CC
Thu 9:30-10:30am Apr 5 119867

YOGA FOR BETTER BONES ♥

A yoga class with a focus on building better bone health. Work to increase the strength and flexibility of the muscles that support your skeleton. Learn correct postural alignment and practice weight bearing poses with the added benefit of releasing stress.

10wks \$75.88/\$81.36 Breithaupt Centre
Tue 11-12:15pm Apr 10 120129

ZUMBA ♥♥♥

Zumba has you move to a Latin music beat while you burn calories, move muscles, stay active and have fun dancing to a contagious beat! This great new exercise is good for everyone.

11wks \$41.27/\$50.09 Breithaupt Centre
Thu 10-10:55am Apr 5 120106

ZUMBA EXPRESS ♥♥

10wks \$37.52/\$45.54 Breithaupt Centre
Fri 11:10-11:55am Apr 13 120111

ZUMBA GOLD ♥♥

This fitness class provides a cardio workout to zesty Latin music like salsa and meringue and is easy to follow. It is the perfect weekly workout.

10wks \$37.52/\$45.54 Breithaupt Centre
Mon 4:40- 5:25pm Apr 2 120107

**COURSE RATES LISTED:
VIP rate/Adult rate and include HST.**

COURSES

ZUMBA GOLD CHAIR ♥

Come work out to Latin music. Increase muscle strength, flexibility and aerobic capacity.

10wks \$37.52/\$45.54 Breithaupt Centre
Fri 11:15-12pm Apr 13 120117

ZUMBA GOLD ♥♥

For active older adults or beginners, Zumba Gold combines Latin music and dance themes to create a dynamic fitness system. The routines feature aerobic fitness interval training using fast and slow rhythms to sculpt and tone. Please wear appropriate footwear.

12wks \$45.02/\$54.65 Rockway Centre
Mon 5:30- 6:30pm Mar 26 120018
Thu 5:30- 6:30pm Apr 5 120019

ART ADULT/SENIOR

BUNKA

With Joan Haugland. Come learn the art of Japanese Embroidery. The tool used for this beautiful needlework has a handle and is not difficult to hold. You will learn many stitches and techniques. All levels are welcome. Supplies are extra and can be purchased from the instructor.

8wks \$76.84/\$97.81 Breithaupt Centre
Wed 1- 3pm Apr 18 120090
Mon 9:30-11:30am Apr 2 120011
Mon 9:30-11:30am May 14 120012

CHINA PAINTING

Classes will consist of hands on instruction on mixing paints and over glaze painting on porcelain. May include luster painting. Supplies can be purchased from the instructor. Beginners welcome, beginner supplies are approx. \$70.00. Instructor Catherine Summerhayes.

12wks \$115.26/\$146.72 Rockway Centre
Thu 10-12pm Apr 5 120013
6wks \$57.63/\$73.36 Downtown CC
Wed 1- 3pm Apr 4 119781
Wed 1- 3pm May 16 119782

EXPRESSIVE CHALK PASTELS BASIC

The translucent beauty of chalk pastels make dynamic paintings. Learn to work with this versatile medium, vivid colours and textures make dynamic paintings. Learn to blend, using fixatives, alcohol washes and colour development. Materials will be provided. This is a beginner class.

8wks \$57.63/\$73.36 Breithaupt Centre
Thu 1- 3pm Apr 19 120132

GLASS FUSING

Learn to make a pendant/window hanger and small bowl. Cut glass safely, learn tacking, fusing, slumping and more. Mandatory supply fee is \$34.00

6wks \$57.63/\$73.36 Breithaupt Centre
Tue 10-12pm Apr 17 120118

STAINED GLASS - BEGINNER

Always wanted to try stain glass? Come join us as Wanda guides you through small projects of winter items. This course is for those that have no or little experience.

5wks \$72.04/\$91.70 Downtown CC
Mon 9-12pm Apr 16 119840
Mon 9-12pm May 28 119843

STAINED GLASS - INTERMEDIATE

Join us as you are guided through work on projects of the instructors or your choice. For those with some stain glass experience.

5wks \$71.36/\$91.70 Downtown CC
Mon 1- 4pm Apr 16 119841
Mon 1- 4pm May 28 119842

SILK PAINTING

Want to learn to make a unique one of kind accessory? Come to our new workshop and learn the basics techniques of painting a silk scarf to wear this Spring. All of your friends will be asking where you bought it.

1 wk \$14.41/\$18.34 Rockway Centre
Tue 1- 4pm Apr 17 120089

OOPS! WE CANCELLED IT...

**Because we didn't know you wanted it!
Don't wait - avoid disappointment register early.**

Registration for courses begins February 21

COURSES

PAINTING COMBINATION WITH WILMA VANDERLEEuw

Enjoy a relaxing evening of painting. Students may work in watercolour, acrylic, drawing or oil and will receive personal assistance and guidance. Some experience in those medium necessary.

8wks \$76.84/\$97.81 Rockway Centre
Thu 7- 9pm Apr 5 120041

WATERCOLOUR-BEGINNERS TO INTERMEDIATE WITH WILMA VANDERLEEuw

You will learn the basics and more of watercolour as you create your own watercolour paintings. Come and see what you can do. This class is for beginners to intermediate, all welcome. Join teacher/artist Wilma Vanderleeuw for this class.

8wks \$76.84/\$97.81 Rockway Centre
Thu 9:30-11:30am Apr 5 120040

SPECIAL INTEREST

CREATIVE MEDITATION

Guided meditation that helps you relax the entire body - can also be used to focus on problem body areas - Chi Kung based. Native visualization techniques can help you become stronger and calmer.

6wks \$38.42/\$48.91 Breithaupt Centre
Mon 12- 1pm Apr 16 120121

INTEGRAL MEDITATION

A fun and innovative approach to meditative practice, for beginners or other students wishing to practice in community. Classes include exposure to a variety of styles and techniques, as well as assistance in choosing a practice that works for you! There will also be time for discussion and optional sharing. No experience necessary!

10wks \$88.82/\$108.93 Downtown CC
Thu 1:30- 2:30pm Apr 12 119839

GUITAR LESSONS

Learn how to play the guitar in a relaxed way. No need to know how to read music - learn strumming and basic chords. Learn music from the 40's, 50's and 60's. Bring your own guitar.

8wks \$38.42/\$48.91 Rockway Centre
Mon 10-11am Apr 2 120042

JOURNEY TOWARD WELLNESS

Join others to embark on a journey where we will visit the various landscapes of the transitional process during our senior years. We will come back from this journey with gifts/tools bringing back into our lives more vitality, joy, a renewed sense of purpose and new energy for action.

12wks \$57.63/\$73.36 Rockway Centre
Mon 1:30- 3pm Apr 2 120044

NUTRITION FOR THOUGHT

This 4 week workshop series will guide you thorough the following topics: Cooking of two, planning meals for the week, proper storage of food, the magic of the blender and fluid consumption, how much is enough.

4wks \$28.82/\$36.68 Downtown CC
Thu 1- 2:30pm Apr 12 119838

READING SHAKESPEARE

Working together the class will analyze and read AS YOU LIKE IT, one of Shakespeare's master works. Everyone will get a chance to take a role as the whole play will be read during the course.

6wks \$43.22/\$55.02 Rockway Centre
Wed 7- 8:30pm Apr 4 120043

SPANISH FOR FUN AND TRAVEL-BEGINNERS

Going to Spain? Mexico? South America? Here is your opportunity to learn and discover the Spanish culture. This fun introduction to the Spanish language has an emphasis on Latin American Spanish and offers an opportunity to learn the basics needed to communicate when traveling.

10wks \$96.05/\$122.27 Downtown CC
Wed 1:30- 3:30pm Apr 18 119835

OOPS! WE CANCELLED IT...

Because we didn't know you wanted it!
Don't wait - avoid disappointment register early.

Registration for courses begins February 21

COURSES

SPANISH FOR FUN AND TRAVEL-INTERMEDIATE

This continuation class is for people who have taken the introductory Spanish class. Continue to build on skills and talent!

10wks \$96.05/\$122.27 Downtown CC
 Mon 10-12pm Apr 16 119836

SPANISH FOR FUN AND TRAVEL-ADVANCED

This course is for those who have taken the beginner and intermediate and would like to continue to build on their skills.

10wks \$96.05/\$122.27 Downtown CC
 Mon 1-3pm Apr 16 119837

WRITING CLASS

Do you want to write but don't know how to start? Are you interested in writing memoirs and creative non-fiction? Participants will explore ways of mining memories and will complete several pieces by the end of the eight week session, with editing and feedback from instructor. Familiarity with basic grammar will be an asset and full attendance is required as one session builds on another.

8wks \$76.84/\$97.81 Rockway Centre
 Mon 9:30-11:30am Apr 2 120046

COMPUTER

"CTRL, ALT, DELETE" CAN BE YOUR FRIEND

We're all hesitant of trying something new on your computers for fear of breaking it. Be daring, learn to troubleshoot a computer because they're pretty hard to break. This workshop focuses on some of the tools we use when things don't go as planned.

1wk \$26.65/\$32.68 Downtown CC
 Mon 9-12pm Apr 23 119786
 Mon 9-12pm Jun 4 119787

BACKING UP YOUR COMPUTER DATA

Can you afford to lose your data should the hard drive fail or you are a victim of a cyber attack? Using tools found in Windows 7 Home Premium this workshop will teach you the techniques to successfully back-up and restore your data.

1 wk \$26.65/\$32.68 Downtown CC
 Mon 9-12pm Apr 30 119784
 Mon 9-12pm Jun 18 119785

COMPUTER SECURITY

It's a dangerous world out there. How safe is your computer? This four-hour workshop, two hours each class, will examine ways to keep our computers as safe as possible from various cyber threats.

1 wk \$26.65/\$32.68 Downtown CC
 Mon 9-12pm May 7 119791
 Mon 9-12pm Jun 18 119792

DIGITAL MUSIC

We all love listening to music. This four-hour workshop, two hours each class, will provide hands-on experience using Windows Media Player to find and listen to Internet music including radio stations, online music stores and other methods. Time will be devoted to an explanation of different music formats and other topics.

1 wk \$26.65/\$32.68 Downtown CC
 Mon 9-12pm Apr 2 119788
 Mon 9-12pm May 14 119790

DIGITAL PHOTOS 1 - INTRODUCTION

Have you ever said, "I have taken photos on my digital camera, now what do I do? This course will help you learn to transfer pictures from your digital camera to your computer, organize your pictures, printing pictures, backing up your pictures and burning your pictures to a CD. Familiarity in Windows XP or 7 is essential to enjoy this session. Please bring your digital camera and all cables and cords to the class. This course will teach you to personalize your photos. Learn how to share photos with family and friends.

2wks \$35.53/\$43.57 Downtown CC
 Wed 2-4pm Apr 11 119811
 Tue 2-4pm May 15 119810
 Wed 2-4pm Jun 13 119812

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COURSES

DIGITAL PHOTOS 2 - EDITING

This program is packed with everything so you can learn to manage and print digital pictures, adjust and touch up pictures, and create composite pictures including text. This course is taught on Paint.net, a free downloadable program. Familiarity in Windows XP or 7 is essential to enjoy this session. This course will teach you to personalize your photos. Learn how to share photos with family and friends.

4wks	\$71.05/\$87.15	Downtown CC
Wed	2- 4pm	Apr 25 119997
Tue	2- 4pm	Jun 5 119809

EXCEL - INTRODUCTION

This six-hour introductory course will teach you the basics of this exciting application. You will work in the application to understand how a spreadsheet is organized, how data is entered and worked with, how to use formulas to perform calculations and other introductory tasks. When finished, you will have created your own fully functional workbook.

3wks	\$53.29/\$65.36	Downtown CC
Tue	7- 9pm	Apr 3 119783
Fri	2- 4pm	Apr 13 119789
Wed	7- 9pm	Jun 6 119998

EXCEL - LEVEL 2

Building on the skills gained in Level I, this six-hour course teaches some of the more advanced options available in Excel such as using formulas to link different worksheets and workbooks, how to create and label charts and how to sort and filter data and how to analyze data using Pivot tables.

3wks	\$53.29/\$65.36	Downtown CC
Tue	7- 9pm	Apr 24 119800
Fri	2- 4pm	May 4 119799

EXCEL - LEVEL 3

Building on the skills gained in Level 1 & 2, this six-hour course teaches some of the more advanced options available in Excel.

3wks	\$53.29/\$65.36	Downtown CC
Tue	7- 9pm	May 15 119999

FREEWARE

Freeware! Shareware! Learn about the best free computer programs available to enhance your computer experience. This course takes you to various websites to safely download and install some of the best free software available.

2wks	\$35.53/\$43.57	Downtown CC
Mon	2- 4pm	Apr 16 119795
Mon	2- 4pm	Jun 4 119796

INTRODUCTION TO COMPUTERS

This is a basic "hands-on" course for those with no or limited computer experience. Using Windows you will learn how computers operate, basic computer jargon, the keyboard and mouse, and some Windows accessories. This is a basic 'hands-on' course for those with no or limited computer experience. Using windows, you will learn how computers operate, basic computer jargon, the keyboard and mouse, and some Windows accessories.

2wks	\$44.41/\$54.47	Downtown CC
Mon	6:30- 9pm	Apr 16 119825
Thu	9-11:30am	Apr 19 119827
Thu	6:30- 9pm	Apr 19 119826
Thu	9-11:30am	May 31 120332
Thu	6:30- 9pm	May 31 120333

INTERNET - INTRODUCTION

This "hand-on" course focuses on online searching with search engines, downloading pictures, organizing favourites, examining different aspects of e-mail and organizing your address book. Familiarity with Windows XP or 7 is essential to enjoy this session. Learn more about Internet Explorer and Outlook Express and navigate the web.

4wks	\$71.05/\$87.15	Downtown CC
Tue	2- 4pm	Apr 17 119821
Thu	2- 4pm	May 3 119822

INTERNET - LEVEL 2

This "hands-on" continuation of the introductory internet course covers topics such as setting your homepage, saving or printing parts of a website, along with creating and sending fancy e-mails. Learn more about Internet Explorer and Outlook Express and navigate the web.

4wks	\$71.05/\$87.15	Downtown CC
Thu	2- 4pm	Jun 7 119823

Registration for courses begins February 21

COURSES

KEYBOARDING

This course assists those who have limited experience with a computer keyboard and prepares you for future computer classes. You will become familiar with the function of special keys, how to properly position your hands to type. Practice time is included in this 4 hour course and typing program on a CD for home practice. Brush up on typing skills and get comfortable with the computer; create, edit, save and retrieve and print documents. Prerequisite:

Introduction to Computers.

2wks	\$35.53/\$43.57	Downtown CC
Thu	7- 9pm	May 3 119828
Thu	9-11am	May 3 120334
Mon	7- 9pm	May 7 119829
Thu	7- 9pm	Jun 14 119830
Thu	9-11am	Jun 14 120335

OPEN OFFICE - INTRODUCTION

Open Office suite is an assembly of software containing a word processor similar to Microsoft Word. It offers a comparable range of functions and tools, and best of all is free. Open Office opens and save files in most popular file formats (e.g. .doc, .docx, .pdf, .rtf, etc). In this course you learn menus, toolbars, creating, editing and saving a document.

3wks	\$53.29/\$65.36	Downtown CC
Fri	11:30- 1:30pm	Apr 13 119863
Tue	11:30- 1:30pm	May 15 119862

ORGANIZE YOUR COMPUTER

Do you lose things on your computer? Wonder where the letter is that you wrote? Then this class is for you. The contents of this course enable a student to properly organize the file system of their computer. Topics included are directory trees, start menu, file searches, and more. Methods for both Windows XP and Windows 7 will be practiced.

1 wk	\$26.65/\$32.68	Downtown CC
Mon	9-12pm	Apr 16 119793
Mon	9-12pm	May 28 119794

SOCIAL NETWORKS

Learn what social networking is all about and how you can use these techniques to connect and communicate with your children, grandchildren, find old friends and make new connections.

2wks	\$35.53/\$43.57	Downtown CC
Thu	9-11am	Apr 5 120336
Thu	7- 9pm	Apr 5 119798
Thu	7- 9pm	May 17 120008
Thu	9-11am	May 17 120337
Mon	7- 9pm	Jun 4 119797

WINDOWS 7 - INTRODUCTION

This 'hands on' course is an introduction to the Windows 7 operating system. Learn the essentials of your computer and will cover such topics as: the Desktop, correct use of a Mouse, the Taskbar and the Dialogue Box. Learn how to create folders and how to save documents/files that you have created. Learn to navigate, manipulate, and manage Windows applications.

3wks	\$53.28/\$65.36	Downtown CC
Tue	9-11am	Apr 3 119852
Wed	7- 9pm	Apr 4 120009
Fri	9-11am	May 4 119854
Tue	9-11am	Jun 5 119853
Fri	9-11am	Jun 15 120006

WINDOWS 7 - LEVEL 2

Learn how to create shortcuts, use special fonts and graphics, add useful Gadgets to your desktop and move, copy and edit folders. Learn how to install and remove programs, printers, scanners, copiers and external hard drives. In addition, we will cover topics such as: Making Windows 7 Easier to Use, dealing with Updates, the use of Special Symbols and various ways of storing/moving data. We will briefly examine digital photos and music.

3wks	\$53.29/\$65.36	Downtown CC
Tue	9-11am	Apr 24 119856
Wed	7- 9pm	Apr 25 120007
Fri	9-11am	May 25 119857

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COURSES

WINDOWS 7 - LEVEL 3

A continuation of the Level 2 course. The material covered shows you how to enjoy working with photos, listening to music and watching DVDs and generally making Windows 7 more fun and easier to use. You also learn how to keep your information safe.

3wks \$51.73/\$63.46 Downtown CC
Tue 11:30- 1:30pm Apr 24 119855

WINDOWS LIVE MOVIE MAKER

This workshop uses the latest version of Movie Maker to assemble digital photos, movie clips, text, and music into dynamic presentations. By the end of this course you will be able to create a spectacular movie to play on a DVD player. Familiarity in Windows 7 is essential to enjoy this session.

2wks \$44.41/\$54.47 Downtown CC
Tue 1:30- 4pm Apr 3 119848
Mon 1:30- 4pm May 7 119849

WINDOWS XP - INTRODUCTION

This 'hands on' course is an introduction to the Windows XP operating system. It is designed for those with little or no experience on the computer. You will learn how to create folders and how to save documents/files that you have created. In addition, you will learn to navigate, manipulate, and manage Windows applications. You will learn the essentials of your computer and will cover such topics as: the Desktop, correct use of the Mouse, the Taskbar and the Dialogue Box.

3wks \$53.29/\$65.36 Downtown CC
Tue 11:30- 1:30pm Apr 3 119846
Fri 11:30- 1:30pm May 4 119994
Tue 11:30- 1:30pm Jun 5 119847
Fri 11:30- 1:30pm Jun 15 119995

WINDOWS XP - LEVEL 2

A continuation of the introduction course shows you how to create shortcuts, use special fonts and graphics and move, copy and edit folders. You will learn how to install and remove programs, printers, scanners, copiers and external hard drives. In addition, we will cover topics such as: dealing with Updates, the use of Special Symbols and various ways of storing/moving data. We will also spend a short time examining subjects such as photos and music.

3wks \$53.29/\$65.36 Downtown CC
Tue 11:30- 1:30pm Apr 24 119850
Fri 11:30- 1:30pm May 25 119996

MICROSOFT POWERPOINT

Have some really cool pictures you'd love to piece together with some music? Nothing could be easier when using PowerPoint, Microsoft's powerful, yet relatively simple, presentation software. This three-day, six-hour, course will introduce you to the software's interface, how to perform the tasks necessary to create a working presentation.

3wks \$53.29/\$65.36 Downtown CC
Fri 2- 4pm Jun 1 119859
Tue 7- 9pm Jun 5 119860

MICROSOFT WORD - INTRODUCTION

The Word for Windows course teaches you how to create a large number of distinctive and interesting documents with Word. Learn to add special formatting, pictures and special graphics.

3wks \$53.29/\$65.36 Downtown CC
Fri 9-11am Apr 13 119864
Tue 9-11am May 15 119861

DANCE

BALLROOM DANCING BEGINNER

Come out and learn the style and grace of ball room dancing. This is for those with no ballroom dancing experience. A great way to have fun and to exercise. A partner is required.

10wks \$48.03/\$61.25 Downtown CC
Thu 7- 8pm Apr 12 119802

Registration for courses begins February 21

ONE MEMBERSHIP = THREE CENTRES

Did you know that if you are a member at one centre, you are a member at all three centres? Travel around and visit each centre. All centres are unique and have something special to offer!

COURSES

BALLROOM DANCING INTERMEDIATE

Come out and learn the style and grace of ball room dancing. This is for those with ballroom dancing experience. A great way to have fun and to exercise. A partner is required.

10wks \$72.04/\$91.70 Downtown CC
 Thu 8- 9:30pm Apr 12 119803

BEGINNER BELLY DANCING

Join us for a fun, relaxed class. Participants learn the basic moves of belly dancing while improving their flexibility, coordination and self-image. Class is coed. Taught by Shantell Powell.

12wks \$45.02/\$54.65 Rockway Centre
 Wed 6:30- 7:30pm Apr 4 120014

DANCES FROM AROUND THE WORLD

Have fun learning dances from various countries, including line and circle dances from Europe, Israel, North and South America. No partners or experience required. Great exercise for the body and brain. Wear casual clothes & comfortable shoes. Men and women welcome.

9wks \$43.22/\$55.02 Breithaupt Centre
 Wed 12-12:55pm Apr 11 120092

LINE DANCE - BEGINNER

Come out and learn the latest line dance. This is for those with no line dancing experience. A great way to have fun and to exercise. Even those with two left feet!

9wks \$43.22/\$55.02 Breithaupt Centre
 Wed 11-11:55am Apr 11 120091
10wks \$48.03/\$61.13 Downtown CC
 Mon 12:30- 1:30pm Apr 16 119804

LINE DANCE - BEGINNER PLUS

This level of dancing is for those that have participated in the Beginner level for some time and are looking for some more challenging dances and are not at the advanced level yet.

10wks \$48.03/\$61.13 Downtown CC
 Mon 1:30- 2:30pm Apr 16 119808

LINE DANCE - INTERMEDIATE

Come out and learn the latest line dances. This is for those with some line dancing experience.

10wks \$72.04/\$91.70 Downtown CC
 Mon 2:30- 4pm Apr 16 119805

TAP - BEGINNER

Tap is a fun and aerobic dance style. Tap gives all dancers a greater understanding of rhythm and style. This course is designed for new tappers or those needing a refresher on the basics.

10wks \$48.03/\$61.13 Downtown CC
 Fri 11-12pm Apr 13 119807

TAP DANCE - INTERMEDIATE & ADVANCED

Tap dance is the art of making rhythmic tap sounds in relation to the rhythm of the music. This advance course is for those that have experience with tap dancing.

10wks \$72.04/\$91.70 Downtown CC
 Fri 9:30-11am Apr 13 119806

Intensity Chart

- ♥ = Low intensity (great for beginners)
- ♥♥ = Medium Intensity
- ♥♥♥ = High Intensity

OOPS! WE CANCELLED IT...

Because we didn't know you wanted it!
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YouTube: <http://www.youtube.com/cityofkitchener>

**COURSE RATES LISTED:
 VIP rate/Adult rate and include HST.**



Downtown Community Centre

35B Weber St W., Kitchener

at the
**DOWNTOWN
COMMUNITY
CENTRE**

'OLD VIC' MEAL PROGRAM

Delicious home-style meals prepared by our experienced chef & volunteers. Open Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, & Saturdays with meals starting at 12:00 noon. Take outs are available for regular meals. All meals include soup or salad, starch (rice/potato/pasta/grain), vegetable dessert and tea/coffee. Everyone is welcome!

To make **RESERVATIONS**, call 519-741-2501 at least 1 day in advance.

Members - \$9.23 / Non Members - \$10.38

All reservations for Meal Program 'SPECIALS' are extra and must be purchased at least 2 days prior to the day of the event. All Meal Program Special reservations taken (with chef's approval) with less than 2 days notice will be subject to an additional charge.

Upcoming menus...

(Menus & prices may change, due to suppliers and program increases.)

MARCH

- Thurs - 1 Beef Stew & Biscuits
- Fri - 2 Sweet & Sour Pork Chops
- Sat - 3 BBQ Chicken
- Mon - 5 Swiss Steak with Gravy
- Tues - 6 Pork Chops & Apple Sauce
- Wed - 7 Traditional Chicken Pot Pie
- Thurs - 8 Baked Fish & Rice Pilaf
- Fri - 9 Liver & Onions with Bacon
- Sat - 10 Stuffed Pork Loin
- Mon - 12 Seasoned Pan Fried Fish
- Tues - 13 Roast Beef with Gravy
- Wed - 14 Ham & Scalloped Potatoes
- Thurs - 15 Turkey Dinner
- Fri - 16 Hot Beef Sandwich
- Sat - 17 **St Patrick's Day Special**
- Mon - 19 Hot Turkey Sandwich
- Tues - 20 Cannelloni & Garlic Bread
- Wed - 21 Chopped Sirloin
- Thurs - 22 Pork Pot Roast & Stuffing
- Fri - 23 Chicken Parmesan
- Sat - 24 Fish Patties with Rice
- Mon - 26 Pork Stew
- Tues - 27 Chicken and Dumplings
- Wed - 28 Lasagna & Garlic Bread
- Thurs - 29 Southern Baked Chicken
- Fri - 30 Pork Schnitzel
- Sat - 31 Beef Stroganoff

APRIL

- Mon - 2 Hot Chicken Sandwich
- Tues - 3 Pork Roast with Stuffing
- Wed - 4 Roast Beef Dinner
- Thurs - 5 Steamed Fish Fillets
- Fri - 6 **CLOSED - Good Friday**
- Sat - 7 **CLOSED**
- Mon - 9 **CLOSED - Easter Monday**
- Tues - 10 Chopped Sirloin with Gravy
- Wed - 11 Turkey a la King
- Thurs - 12 Ham & Cheese Quiche
- Fri - 13 Fish Patties
- Sat - 14 Turkey Plate
- Mon - 16 Pork Schnitzel
- Tues - 17 Chicken Pot Pies
- Wed - 18 BBQ Chicken
- Thurs - 19 Beef Stew with Biscuits
- Fri - 20 Cannelloni & Caesar Salad
- Sat - 21 Fish & Chips
- Mon - 23 Swedish Meatballs
- Tues - 24 Liver with Bacon & Onions
- Wed - 25 Pork Chops & Applesauce
- Thurs - 26 Hunter Style Chicken
- Fri - 27 Home-style Meatloaf
- Sat - 28 Ham & Scalloped Potatoes
- Mon - 30 Pulled Pork

MAY

- Tues - 1 Roasted Chicken
- Wed - 2 Smoked Ham
- Thurs - 3 Turkey a la King
- Fri - 4 Pork Stew with Biscuits
- Sat - 5 Home-style Meatloaf
- Mon - 7 BBQ Chicken
- Tues - 8 Roast Pork with Stuffing
- Wed - 9 Lasagna & Caesar Salad
- Thurs - 10 Fish with Hollandaise Sauce
- Fri - 11 Southern Baked Chicken
- Sat - 12 Baked Pork Chop
- Mon - 14 Swiss Steak
- Tues - 15 Chicken Alfredo
- Wed - 16 Liver with Bacon & Onions
- Thurs - 17 Beef Stew with Biscuits
- Fri - 18 Steamed Fish
- Sat - 19 Swedish Meatballs
- Mon - 21 **CLOSED - Victoria Day**
- Tues - 22 Roast Beef Dinner
- Wed - 23 Hot Turkey Sandwich
- Thurs - 24 Sweet & Sour Pork Chop
- Fri - 25 Ham & Cheese Quiche
- Sat - 26 Pan Fried Fish
- Mon - 28 Smoked Ham
- Tues - 29 Fish Patties with Rice
- Wed - 30 Chopped Sirloin
- Thurs - 31 Chicken Pot Pies



Dine at the Rock

at the
**ROCKWAY
CENTRE**

Rockway Centre Meal Program • 1405 King Street East • 519-741-2507

MEMBERS \$9.23 • Non MEMBERS \$10.38 • SPECIALS \$1 extra

Join us for a freshly prepared nutritious hot noon meal. 24 hours notice requested for all meals. **Call 519-741-2512 to register for eat in or take-out meals.** Meals are served from 11:45 am. Regular eat-in meals include appetizer, main course, dessert, tea or coffee. Take-out meals available upon request. Reserved seating available for 4 or more upon request.

MARCH

Thursday 1

Chicken cacciatore

Friday 2

Roast beef dinner

Monday 5

Pork chops with applesauce

Tuesday 6

Honey garlic chicken

Wednesday 7

Norwegian meatballs

Thursday 8

Fish & chips or chicken if specified

Friday 9

Smoked ham with scalloped potatoes

Monday 12

Chicken Alfredo

Tuesday 13

Beef stroganoff

Wednesday 14

Sweet & sour chicken

Thursday 15

Mum's meatloaf

Friday 16

Schnitzel dinner St. Patricks celebration

Monday 19

Tender Salisbury steak

Tuesday 20

BBQ pork roast

Wednesday 21

Delicious beef wellington

Thursday 22

Breaded pork chops

Friday 23

Lasagne meat or veggie

Monday 26

Honey garlic chicken

Tuesday 27

Juicy swiss steak

Wednesday 28

Pineapple pork

Thursday 29

Chicken stew with fresh biscuits

Friday 30

Stuffed pork loin

APRIL

Monday 2

Fresh made meatballs with
homemade mac & cheese

Tuesday 3

Chicken bake

Wednesday 4

Scottish steak pie

Thursday 5

Easter dinner special

Friday 6

Good Friday **closed**

Monday 9

Easter Monday **closed**

Tuesday 10

Glazed ham with hash brown bake

Wednesday 11

Stuffed chicken breast supreme

Thursday 12

Deep dish shepherds pie

Friday 13

Liver with bacon & onions

Monday 16

Lemon chicken

Tuesday 17

Beef stew with biscuits

Wednesday 18

Pork chops with mushroom gravy

Thursday 19

Italian chicken dinner

Friday 20

Slow roasted beef dinner

Monday 23

Breaded pork chops dinner

Tuesday 24

Chicken paprika

Wednesday 25

Mum's meatloaf

Thursday 26

Quiche ham & cheese or Spanish

Friday 27

Chicken parmesan

Monday 30

BBQ beef

MAY

Tuesday 1

Fish & chips or chicken if specified

Wednesday 2

Roasted chicken dinner

Thursday 3

Cabbage roll dinner

Friday 4

Cranberry pork loin

Monday 7

Chicken shepherds pie

Tuesday 8

Homemade spaghetti & meatballs

Wednesday 9

BBQ pork chops

Thursday 10

Sweet & sour chicken

Friday 11

Mothers day celebration roast beef dinner

Monday 14

Juicy swiss steak

Tuesday 15

Liver with bacon & onions or chicken if
specified

Wednesday 16

Beef stroganoff

Thursday 17

Pork chops with homemade applesauce

Friday 18

Ginger sesame chicken

Monday 21

Victoria Day **closed**

Tuesday 22

Honey garlic chicken

Wednesday 23

Smoked ham with scalloped potatoes

Thursday 24

Hot chicken

Friday 25

Rosemary roasted pork

Monday 28

Crispy southern baked chicken

Tuesday 29

Spanish meatloaf

Wednesday 30

Tender schnitzel dinner

Thursday 31

Homemade meatballs & mac & cheese

SPECIAL **Events**

Members:
\$22.00 + HST
Non members:
\$24.00 + HST
No Refunds

Tickets can be
purchased at the
Rockway Centre,
519-741-2507.



at the
**ROCKWAY
CENTRE**

Smile Dinner Theatre

At the Rockway Centre

Thursday, March 1st, 2012

Lavendar Blue

Full of both original and familiar songs, this fascinating new musical by Smile favourite Dinah Christie – based on a true story - will enchant, move and surprise you.

Doors open at 5:30 p.m., dinner at 6:00 p.m. and entertainment starts at 7:30 p.m.



At the Rockway Centre

Canadian National Institute for the Blind Workshop

A CNIB Ambassador will discuss the impact of vision loss, the abilities of blind and partially sighted individuals and CNIB's role in providing the confidence, skills and opportunities for people who are blind or partially sighted to fully participate in life

Thurs., April 25, 2012 at 9 -11 a.m.

Please call the Rockway Centre for more information and to register at **519-741- 2507** or in person.

at the
**ROCKWAY
CENTRE**

HOLD ONTO YOUR HAT!
The Main Volunteer Committees at Breithaupt are hosting
(Hostess, Boosters, Snack Bar)

The "MAD HATTER" Tea Party

BRING YOUR OWN TEA CUP AND
SAUCER IF YOU LIKE

April 26, 2012
2 - 4 p.m.

All Welcome (space is limited)
Refreshments, Entertainment by "That Trio"
Wear your most Whimsical hat - you might
walk away with a prize.

Show your VIP Member Card at the event
and have your name entered in a draw.
RSVP in person at the front office or call
(519)-741-2502.

at the
**BREITHAUPT
CENTRE**

Income Tax WALKTHROUGH

at the
**ROCKWAY
CENTRE**

Revenue Canada is offering an income tax walkthrough session where one of their representatives will explain line by line how to complete your income tax and go over some of the guidelines. Please bring your return and information slips to this group session where you can fill out your return as they walk you through the forms. (T1 General, T1SA form, T1 Special and T1SA forms only.)

(Please note: if you have a business or rental income and capital gains, we are not able to assist you).

Wednesday, March 14

1:30 p.m. - 3:30 p.m.

Call 519-741-2507 beginning Feb. 1 to book your space.

SPECIAL **events**

Breithaupt Centre ANNUAL BOOK SALE

at the
BREITHAUPT
CENTRE

NEW!

WEDNESDAY, MAR. 28 –
FRIDAY, MAR. 30, 2012

9 a.m. - 7 p.m.
in the gymnasium

DONATIONS will be accepted
starting Jan. 16, 2012.

Please bring them to the solarium area
of the Breithaupt Centre.

PLEASE NO text books, readers digest, encyclopedias,
National Geographic, or damaged books.

at the
ROCKWAY
CENTRE

ENHANCING YOUR MEMORY WITH **SELF-HYPNOSIS**

Mon., Apr. 23, 2012, 1-3 p.m.

One of the long held beliefs is that memory gets worse with age. New findings in neuroscience (brain) research shows this does not have to be true. In fact, because older people have more life experience, they often have more neural connections in their brains. However, memory is like any other muscle. If you don't use it, you lose it. Often, when people get older or retire, they stop using their memories in the same way they did when they were employed. Add the effects of medication, illness and lack of exercise to the mix, and you have a combination for memory loss. Join Executive Coach and Hypnotherapist Renate Donovan for real usable techniques to increase your memory.

Call Rockway to register 519-741-2507.

Breithaupt Boosters present

The BOOSTER BLAST!

This gathering will take place

May 9, 2012 10 - 11:30 a.m.

-including discussion, review and light refreshments.

Review: brief overview of what the Boosters, Volunteer Committees and Breithaupt Centre have accomplished over the past year. What some of the plans are for Breithaupt in the coming year?

at the
BREITHAUPT
CENTRE

The Annual Report will also be available.

To join us please RSVP in person at the front office or call (519) 741-2502.

Antique Appraisal Day

Mon. May 14, 2012, 2 - 4 p.m.

Rockway Centre, Auditorium

Cost: \$5 per item

Priceless or worthless, a professional appraiser can help you out.

Alex Crawford, owner of Treasure Antiques in Thornhill, is an expert in Canadian and European art and high end porcelain. He can also assess just about anything ancient from furniture to an English top to bric-a-brac. Bring your treasures to be appraised. Please note:

No appraisal of books or firearms.

Each item is \$5.00 paid to the appraiser. Limit of 50 people. Call to register 519-741-2507.

at the
ROCKWAY
CENTRE





ROCKWAY CENTRE SLIDE SHOWS

April - June, First Wednesday of the Month
(except July & August) 1:30 p.m.
Call 519-741-2507 for more information.

Join us for an afternoon of outstanding travel
slides with engaging commentary.

Wednesday, April 4, 2012
.....

**Scotland: Walking the Western
Highlands & Highlights of Glasgow
and Edinburgh** – Presenter: Crystal Helms

Wednesday, May 2, 2012
.....

**Camping in South America from Bolivia
to Antarctica** – Presenters: Judith Holmes

Wednesday, June 6, 2012
.....

A Tour of France – Presenter:
Edith Leuverink

NEW! Buy lunch & save one dollar off
the price of the slide show.

Call 519-741-2512 by the Monday before
to reserve your space.

Eat-in or take-out: the choice is yours.
Slide show only \$2 plenty of free parking.

For a reel good time...

Classic Movie at Breithaupt

Breithaupt Boosters host Classic Movies.
\$2 - Movie only. \$5 - Lunch combo
and movie (purchase ticket at
Welcome Desk in the Solarium).
4th Tuesday of the month September -
June. Movies subject to change based
on availability.

February	Man's Favorite Sport
March	Fortune Cookie
April	Inherit the Wind
May	Beach Blanket Bingo
June	To Sir With love

at the
**BREITHAUPT
CENTRE**

WARM EMBRACE

presents

Prevention Strategies to Remain Independent

At the Rockway Centre

Wednesday, April 11, 9 – 11 a.m.

Call Rockway Centre to register **519-741-2507**

at the
**ROCKWAY
CENTRE**

SPECIAL **Events**

Annual **GENERAL MEETINGS**

at the
**DOWNTOWN
COMMUNITY
CENTRE**

Downtown Community Centre Advisory Council

will be hosting their Annual General Meeting on
Wednesday, May 9th at 10:30 a.m. in the
Multipurpose Room at the Downtown Community Centre.
Those who attend the meeting and have pre-booked
for lunch, will receive their meal for \$2.00. For more
details, please call the Downtown Community Centre
office at **519-741-2501**.

at the
**ROCKWAY
CENTRE**

Rockway Centre Advisory Council

will be hosting their Annual General Meeting on
Tuesday, May 15, 2012 at 10 a.m. in the
Rockway Centre Auditorium.

at the
**DOWNTOWN
COMMUNITY
CENTRE**

K-W 2ND CHANCE CAMPER'S

Camping is shared meals, and shared laughs.
It's joining the gang for biking,
hiking, fun and games.

It's finding a quiet spot to read a good book.
At the end of the day, it's enjoying a
campfire. Tent or RV it's your choice!
Then rise and shine round the coffee pot,
your camping buddies are "mugged".

For more information
Contact the Downtown Community Centre
at **519-741-2501**
Or attend our spring meeting on April 5th at
1:30 p.m. at the downtown Community Centre

6th Annual Mayor's Advisory
Council for Kitchener Seniors

2012
MACKS

Salute to Seniors

Thursday, June 14

7 - 9 p.m., City Hall Rotunda

Please join Mayor Carl Zehr, Kitchener City Council,
the Mayor's Advisory Council for Kitchener Seniors
and city staff in recognizing seniors who contribute
to the betterment of our community.

Submissions forms will be available in late March
online and at Rockway, Breithaupt and the Downtown
Community Centre, or by calling **519-741-2510**.

Submissions deadline is April 26, 2012.
Please refer to page 3 for more information.

at the
**ROCKWAY
CENTRE**



Join: Beth Hasson **Financial Consultant**

Retirement Survival - "how to get guaranteed
payouts of 6% partially tax free, how to protect
your principal in down markets, how to avoid
unnecessary risk and the real cost of investing".

Wednesday, April 18, 2012, 9 - 11 a.m.

Subject to cancellation if not enough people register.
Please call the Rockway Centre for more information
and to register at **519-741-2507** or in person.

at the
**BREITHAUP
CENTRE**

Back by a popular demand...
The Hostess/Host Committee present

BRC VIP Member Photo Contest!

(All skill levels welcome)

Must be a current VIP

FIVE CATEGORIES

1. Farm Barn – outdoor farm building
2. Farm House – any farm house
3. Farm Animal – any type of animal that could be found on a farm
4. Farm Equipment – tools found on a farm, machines etc.
5. My best friend – Family pet

Photos are voted on by the public and prizes are awarded based on the number of votes a photo receives.

Get creative; you have time, enter all 5 or just 1.

Snap a picture it could be fun!

Submission packages are available for pick up at the Welcome Desk in the Solarium Monday afternoon, Tuesday morning, Wednesday and Thursday.

For more information please call

(519) 741-2502 and ask to speak to a Hostess.

*Find the option
that's right
for you.*

Purchasing a cemetery plot doesn't have to be complicated or expensive.

City of Kitchener Cemeteries have many different options that will suit your needs.

Whether you want a natural option in our Sanctuary Woods section, with a living tree as your memorial or a traditional upright monument by the pond, we have options that will suit your needs and budget.

Contact us and we will help you choose the option that's right for you.

Your choice for life.

www.kitchenercemeteries.ca



The City of Kitchener is committed to providing accessible formats and communication supports for persons with disabilities. If another format would work better for you, please contact: Kelly Steiss, Inclusion Coordinator, City of Kitchener/City of Waterloo, at 519-741-2226.

PEER HELPING programs



SHARE

Senior peer support groups run from October to June and are offered to older adults 50+. For more information and to register for any of the following programs, please contact Wendy, peer helper co-ordinator, at Rockway Centre, 519-741-2576.

bridging the gap
BUILDING BRIDGES TO A SATISFYING RETIREMENT

*Live well
Stay well
Be inspired*



A conference to bring adults 50+ and professionals working with older adults together for a day of wellness inspired learning. The day will feature workshops, demonstrations and professional speakers who will surely inspire participants to take action in living life to their healthiest potential!

**Tuesday, April 3,
8:30 a.m. to 4 p.m.**

Breithaupt Centre, 350 Margaret Ave, Kitchener
\$22.60 including HST. Lunch is included in the cost.

To register for the conference, pick up a registration brochure at any Kitchener Community Centres or register on-line at www.kitchener.ca

DEADLINE TO REGISTER IS MARCH 23.

Funds raised through the conference will directly support programs of the SHARE (Senior Helpers Aiding Retirees Through Experience).

For more information, contact Carolyn Cormier at 519-741-2510 or carolyn.cormier@kitchener.ca, or Wendy Fifield at 519-741-2576 or wendy.fifield@kitchener.ca

Joining a support group:

- Provides the opportunity to share your concerns and feelings with others experiencing a similar situation;
- Provides you with personal resources to work within your situation;
- Helps you to connect with other community supports, and;
- Offers a confidential group setting facilitated by trained senior peer helpers.

Growing Further

A social group to make new friends and share ideas. Learn ways to build on your life experience and enrich the lives of others. Meetings on the third Friday of each month 1:30-3:30 p.m.

Caregiver Support Group

Provides a support system to help those caring for parents, spouses, family or friends. Participants in this group may be younger, provided they are caring for a person 55+.

Rockway Centre:

Every other Wednesday afternoon 1:30-3:30 p.m.

Care Giver Support Group:

Downtown Community Centre

4th Tuesday afternoon each month, 1:30-3 p.m.

Divorced & Separated Support Group:

A peer-run support group for information, sharing and mutual support for seniors experiencing a divorce or separation. Meetings are every other Wednesday, 1-3 p.m.

New Beginnings Grief Support Group:

A caring support system for help in dealing with personal loss. Meetings every other Monday, 1-3 p.m., at Rockway Centre.

Please call to register for any of these support groups

ONGOING **activities**

	Location	Day	Time
Amigos Latinos Americanos	Downtown	Sa	9:15 a.m. - 12:45 p.m. (Hispanic Seniors Program)
Aqua Stretch (formerly Arthritis Swim)	Breithaupt	F	10:30 - 11:15 a.m. (exercise pool) 11:30 a.m. - 12:15 p.m. (exercise pool) 12:15 - 1 p.m. (exercise pool)
Badminton	Breithaupt	M Th	9 - 11:45 a.m. 9:45 - 11:45 a.m.
Bible Study	Rockway	W	10 - 11 a.m. (Sept.-June)
Billiards	Breithaupt Rockway Downtown	M, T, W, Th, F Th Sat, Su Tu M-F M, W, Th M-F M, Tu, W, Th, F	9 a.m. - 12:30 p.m. (men's) open to 8 p.m. 12:30 - 4:30 p.m. (beginners) open to 8 p.m. 12 - 5 p.m. 1 - 4:30 p.m. (ladies) open to 8 p.m. 8:30 a.m. - 5 p.m. 5 - 9 p.m. 11 a.m. - 1 p.m. (beginners only) 9 a.m. - 4 p.m.
Bingo	Downtown	Tu F	1 - 4 p.m. (Einigkeit Club-German speaking) 1 - 4 p.m.
Book Talks	Downtown Breithaupt Rockway	F W (3rd) (FULL) W (4th)	10 - 11:30 a.m. (Call 519-741-2501) 7 p.m. Solarium (Call 714-2505) 1:30 - 3:30 p.m.
Board Game Club	Downtown	Th	1 - 3 p.m.
Bridge-Progressive	Downtown Rockway	Th F	12:30 - 4 p.m. (room opens 12) 12:30 - 4 p.m. (room opens 12:15)
Bridge-Social (Partnership game last Wed of every month)	Breithaupt Rockway Rockway Rockway Downtown	M W M Tu Sat	12:45 - 4 p.m. 6:45 - 9 p.m. 6:30 - 9:30 p.m. 12:30 - 4 p.m. (room opens 12:15) 12:30 - 3:30 p.m. (room opens 12:15)
Bridge-Beginner	Rockway	Tu	1 - 4 p.m.
Camping Club	Downtown	off-site	call 519-741-2501 for information
Canasta	Rockway	W	12:30 - 4 p.m.
Caregiver Support	Rockway Downtown	W (every other week) Th (2nd) Tu (4th)	1:30 - 3:30 p.m. (Oct-June) 10 - 11:30 a.m. 1:30 - 3 p.m.
Chat & Crafts	Rockway	W	9:15 - 11:45 a.m.
Chess	Rockway	M, Tu	1 - 4:30 p.m.
Classic Movies	Breithaupt	Tu 4th	2 - 4 p.m.

ONGOING **activities**

Location	Day	Time	
Computer Club Drop-in	Downtown	M (4th)	1:30 - 3:30 p.m.
	Downtown	W(2nd)	9:30 - 11:30 a.m.
Computer Laptop Group	Downtown	W(2nd)	1:30 - 3:30 p.m.
Computer Club Speaker Mtg	Downtown	W(3rd)	9:30 - 11:30 a.m. (Sept - May)
Computer Show & Tell	Downtown	W(4th)	9:30 - 11:30 a.m.
Crokinole	Rockway	W	1 - 4 p.m.
Cycle Club	off-site	M	9:15 - 11 a.m., call 519-741-2501 for info.
Darts	Rockway	W,F	9:30 - 11:30 a.m. (Sept. -June)
Divorced & Separated Group	Rockway	W (every other wk)	1 - 3 p.m. (Oct-June)
Euchre - Bid	Downtown	F	1 - 4 p.m.
	Downtown	F (1st)	7 - 10 p.m.
	Rockway	W	1 - 4 p.m.
Euchre-Progressive	Breithaupt	F	1 - 4 p.m.
	Rockway	M	1 - 4 p.m.
Friends	Rockway	Tu	1 - 3 p.m. (Sept. -May)
Growing Further	Rockway	F (3rd)	1:30 - 3:30 p.m. (Oct-July)
Guitar	Rockway	Tu	9:30 - 11:30 a.m.
Hand and Foot Canasta	Rockway	M	6 - 9 p.m.
Happy Harmonicas	Rockway	Tu	9:30 - 11:30 a.m. (Sept. -June)
Happy Hoofers	Breithaupt	Th	9 a.m. - 12 p.m. (May- Oct)
Just Us Guitar	Rockway	W	9 - 11 a.m.
Leap into Life (social/educational)	Breithaupt	Th (1st)	1:30 - 3 p.m.
Loopy Crooks (knitting/crocheting)	Breithaupt	Th	1:30 - 3 p.m.
Mall Walking	Fairview Mall	M-Sa	7 - 9:30 a.m.
Nattering Needles	Rockway	F	9:30 - 11:30 a.m.
New Beginnings Grief Support	Rockway	M (every other week)	1 - 3 p.m. (Oct-June)
Opera Club	Downtown	Su (1st)	1:30 - 5 p.m.
Osteoporosis Support Group	Breithaupt	Th 1st (Feb, Apr, Jun)	1:30 - 3 p.m.
Pickleball	Downtown	W, F	1:30 - 4 p.m.
	Downtown	F	7 - 10 p.m.
Pins and Patches	Downtown	F	9:30 a.m. - 2 p.m.
Quilting	Rockway	Th	9 a.m. - 3 p.m.
Resoles Hiking Group	Breithaupt	W	8:30 a.m. - early afternoon
Scrabble	Rockway	F	1 - 4 p.m.
	Breithaupt	W	1 - 4 p.m.
Shuffleboard	Downtown	M	1:30 - 4 p.m.
	Downtown	Th	1:30 - 4 p.m.
Slideshows	Rockway	1st Wed	1:30 - 3:30 p.m. (Sept. -June)

ONGOING **activities**

Location	Day	Time	
Singing - Rockway Entertainers	Rockway	Th	1:30-3:30 p.m. (Sept. -May)
Singing - Mostly Music	Breithaupt	W	1:15 - 3:15 p.m. (Sept.-May)
Solo	Breithaupt	Tu	2 - 4 p.m.
Solo-Progressive	Rockway	M Th	6:45 - 9:45 p.m. 1 - 4 p.m.
	Breithaupt Downtown	Tu W	2 - 4 p.m. 6:45 - 9:45 p.m.
Table Tennis	Breithaupt	Tu,Th	Tu 9:45 - 11:45 a.m. Th 2 - 4 p.m.
Tennis	Highland Courts	M-F	9:30 - 11:30 a.m. (call 519-741-2501)
Volleyball	Breithaupt	F	1:45 - 3:45 p.m.
Ukelele	Rockway	M	9 - 10 a.m.
Water media art group	Rockway	F	9:30 - 11:30 a.m.
Wood carving	Breithaupt Rockway	Tu W	1 - 3 p.m. 1:30 - 3:30 p.m.
Writers' Guild	Rockway	F (3rd)	1 - 3 p.m.
Writing Group - Write Now	Rockway	M (every other)	11 a.m. 12 noon

A course to fit every skill level

and the one pay, unlimited play membership options to fit every budget



Lessons

Memberships

Tournaments



For more information visit
www.kitchenergolf.ca

Doon Valley - 519-741-2939
Rockway - 519-741-2949

Do you know who to contact?

FOR INQUIRIES REGARDING ADULTS 50+ SERVICES

Email adults50+@kitchener.ca 519-741-2507

IF YOU ARE INTERESTED IN VOLUNTEERING

Karrie Zettler 519-741-2564

BREITHAUPT CENTRE

General inquiries, course registration, to purchase special event tickets 519-741-2502

Ongoing groups, special events

Ronnie Sekulin 519-741-2505

Courses, pay as you play programs

Diane Cowie 519-741-2662

ROCKWAY CENTRE

General inquiries, course registration, to purchase special event tickets 519-741-2507

Courses, ongoing groups, special events

Michelle Gamauf 519-741-2508

Peer Helping programs

Wendy Fifield 519-741-2576

To order lunch at the Meal Program.. 519-741-2512

DOWNTOWN COMMUNITY CENTRE

General inquiries, course registration, to purchase special event tickets 519-741-2501

Courses, ongoing groups, special events

Lisa Schurter 519-741-2910

To find out about the Senior Day Program

Bethany Pearce 519-741-2916

To order lunch at the "Old Vic Meal" Program

..... 519-741-2501

To book a hair appointment 519-741-2501

ADVISORY COUNCILS CONTACTS

Mayor's Advisory Council for Kitchener Seniors

Carolyn Cormier 519-741-2510

Breithaupt Advisory Council 519-741-2502

Rockway Advisory Council 519-741-2507

Downtown Centre Advisory Council

..... 519-741-2501

OTHER IMPORTANT NUMBERS

Fee Assistance 519-741-2382

TTY 1-866-969-9994
(telephone device for deaf, deafened, hard of hearing)

Benefits OF A VIP MEMBERSHIP

- Member rate for courses/workshops
- Member rate for special events, save between \$3-\$5 off regular ticket price
- Member rate for "Pay as you Play" programs (some restrictions may apply)
- Save \$1 off noon hour lunches at Rockway and Downtown Community Centre meal programs
- Access to over 65 ongoing groups (Some restrictions may apply.)
- 10% discount on a room rental, valid only at Rockway and Downtown Community Centres

Diamond VIP - \$16.15 (over the age of 80) includes tax

Platinum VIP - \$29.69 (55 - 79 years of age) includes tax

Gold VIP - \$36.32 (50 - 54 years of age) includes tax

VIP memberships may be purchased at Breithaupt, Rockway or Downtown Community Centres, and valid at all three centres.

How to register...

REGISTRATION MADE EASY!

Registration for spring programs begins on Tuesday, Feb. 21, 2012

Method	What you need	What to do
WEBreg (Internet Registration)	<ul style="list-style-type: none"> • Family PIN (personal identification number) & Client ID Number ** • Barcode for the activity you wish to register in • Credit card and expiry date 	<ul style="list-style-type: none"> • Visit our website at www.kitchener.ca • Click on E-Services • Click on Webreg Online Registration • Follow the online registration steps through to payment
In Person	<ul style="list-style-type: none"> • Activity barcodes • Cash, cheque, Visa, Mastercard, or debit card 	<ul style="list-style-type: none"> • Go to any of the three Adult 50+ Centres or City of Kitchener pools during regular business hours to register with staff
By Mail	<ul style="list-style-type: none"> • Registration form that is available for pick-up at City of Kitchener pools and adult 50+ centres • Cheque, Visa, or Mastercard • Mail-in registrations are processed in order of receipt 	<ul style="list-style-type: none"> • Mail completed form to: City of Kitchener Program Registrations City Hall - 7th floor, 200 King St. W., Kitchener, ON N2G 4G7 • If request is unavailable, you will be contacted by phone • Confirmation of registration will be mailed to you within seven business days

**To request a PIN Number & Client ID Number, please ask at any adult 50+ centre main office, City of Kitchener indoor pool, or online at www.kitchener.ca

FEE ASSISTANCE FOR PROGRAMS AT ADULT. 50+ CENTRES

Who? City of Kitchener residents can apply for fee assistance

What? It is called a Leisure Access Card (LAC).

Where? Ask for LAC forms at any City of Kitchener community centre or indoor pool, or phone 519-741-2382.

When can I apply for a Leisure Access Card? Please apply 2 weeks before registering for a program. Approval is based on your household income. If you qualify, the LAC card will be mailed to you. You will also receive a letter to tell you if you do not qualify for LAC.

How do I register for a program when using LAC? Bring your card with you to register in person. You cannot register by phone or Internet.

Questions? Need Help with the Forms? Call 519-741-2382 or 519-741-2228 (TTY 1-866-969-9994) OR come to Kitchener City Hall, Floor 7, 200 King St. W. during business hours.

Registration Policies

CITY OF KITCHENER REGISTRATION POLICIES

*For all Breithaupt Centre leisure programs, senior centre programs and aquatic programs

Refund and Withdrawal Policy

Refunds will only be accepted before the 3rd class unless there are extenuating circumstances, in which case, the request must be approved by the program supervisor. A 20% administration fee and the cost of the classes that have already taken place will be applied to all refund requests. If the customer decides to leave the financial credit on their account, they can use it towards another program.

Returned (NSF) cheques / declined credit card payments made by cheques or credit card, which are not accepted by the bank, must be replaced with an alternate form of payment within 24 hours upon notification by the City of Kitchener. A \$30 administrative fee will be charged for each returned cheque.

Transfer Requests

Class transfers must occur before the start of the 3rd class and will be based on space availability. After the 3rd class, transfers will only be allowed at the program supervisor's discretion.

Class Cancellations

Classes may be cancelled in the event of insufficient registration. We reserve the right to change, cancel or alter any class times or instructors if necessary. You will be contacted in the event of a cancellation. Every effort will be made to avoid these changes.

Emergency Closings

If classes are unexpectedly cancelled, announcements will be made on most local radio stations. We also make every effort to contact all participants by phone.

Post Dated Cheques

Post-dated cheques will be accepted for program costs exceeding \$100, provided the client provides a current dated deposit of 20% of the program cost, and the cheques are post-dated a minimum of 1 month prior to the start of the program.

Support Services for Individuals with disabilities

The City of Kitchener is committed to making its programs and leisure services available to persons with disabilities. If you or your child has a disability or special need and requires accommodations to participate in programs, one-to-one assistance may be available. Please call 519-741-2228 / TTY 1-866-969-9994.

Sign Up don't
line
up!



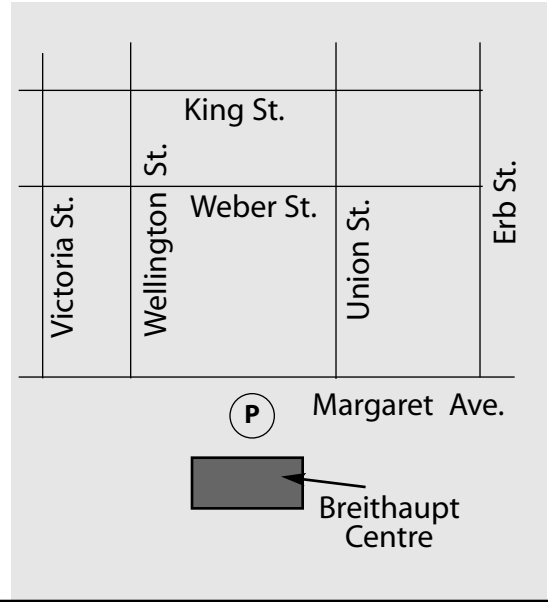
REQUEST YOUR PIN TODAY!

Internet (WEBreg) registration is available for Breithaupt Leisure, Senior Centre programs.
To use this registration method, you need a personal identification number. Pick up a PIN request form at any City of Kitchener aquatic centre or senior centre or call 519-741-2907.
Completed forms can be dropped off at any pool or senior centre or faxed to 519-741-2723.
Your family's identification numbers will be mailed to you.



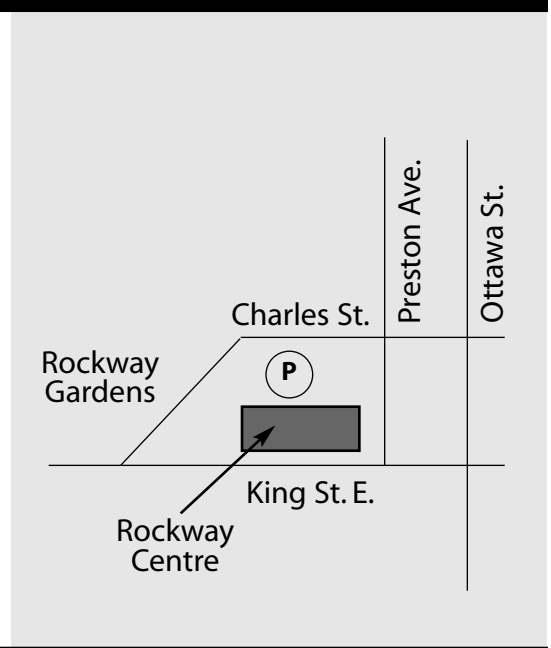
Breithaupt Centre

350 Margaret Avenue, Kitchener N2H 4J8 • Phone: 519-741-2502 Fax: 519-741-2609



Rockway Centre

1405 King Street East, Kitchener N2G 2N9 • Phone: 519-741-2507 Fax: 519-741-2650



Downtown Community Centre

35 Weber Street West, Kitchener N2H 3X1 • Phone: 519-741-2501 Fax: 519-741-2704

