

# TRAINS, PLANES AND AUTOMOBILES

**Physical issues, loss of sight or change in income may mean loss of driving independence for older adults. It doesn't have to be the end of mobility, however. Other options are available, and can help older adults maintain independence.**

Grand River Transit has reduced fares for older adults. Their website, [www.grt.ca](http://www.grt.ca), contains information about fares, schedules, routes and more. The Easy Go service allows riders to call in with their stop number and find out when the bus will arrive at their closest stop.

Grand River Transit can also be contacted at 519-585-7597 to answer general questions and to request forms for Mobility Plus. Currently, reduced fares are applied to people who are 65 years and over:

- A single fare: \$2.50
- A strip of tickets: \$8.25

Bus tickets can be purchased at a variety of locations: Shoppers, Sobey's, some community centres and other locations. A monthly pass, accompanied with the GRT photo ID, is \$52 and allows unlimited ridership.

Photo ID can be acquired at the downtown terminal on Charles Street. Once a person has ID, a pass can be purchased at other locations.

For those who are unable to ride the bus, there are options, as well.

Mobility Plus is a door-to-door service that requires an application and registration. The cost is \$2.50 per ride, and there is also a half-price taxi service attached to this program. This program does require some planning on the user's part. Call 519-585-7597 for more information.

There are also community organizations that offer volunteer drivers who can assist with transportation for groceries, appointments, community centre programs and so on. These programs require an assessment to determine eligibility, and there can be nominal fees involved.

Try Community Support Connections at 519-772-8787 for Kitchener residents only, or Waterloo Adult Recreation Centre at 519-579-6930 to find out more.

The importance of remaining independent on some level is significant. Driving a car is only one way to achieve this.



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](mailto:access@kitchener.ca).

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**REGISTRATION  
 BEGINS  
 AUGUST 15**

*Sorry* We're  
**CLOSED**

## CENTRE CLOSURES

### All centres will be closed:

Monday, September 5 - Labour Day

Monday, October 10 - Thanksgiving Day

### Rockway Centre and Downtown Community Centre will be closed:

Friday, November 11 - Remembrance 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 local 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.

**The centres gratefully acknowledge  
contributions made in memory of  
Jean Arnold.**

### 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  
available on Mondays,  
Wednesdays, Thursdays, Fridays  
and Saturdays.**

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



# SERVICES

## Get your HEARING TESTED!

This free of charge service will be by appointment only at Breithaupt Centre on the morning of Wednesday, October 12 in the morning. Please book your 20-minute time at the front office of the Breithaupt Centre or by calling 519-741-2505.

## Flu Shot Clinics

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

## Breithaupt 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 - 519-741-2564.

## Welcome Desk at Breithaupt

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.

## Breithaupt Annual Snowflake Bazaar and Old Style Tea Room

**Saturday, November 5, 9:30am - 2pm**  
**Old Style Tea Room**

Hosted by the Breithaupt Snack Bar Volunteers

### Looking for vendors:

\$22/6ft table (includes tax)

Reserve your table starting August 22 at Breithaupt Centre main office.

## FOOT CARE SERVICES ARE AVAILABLE AT:

### Breithaupt Centre

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

### Rockway Centre

Tuesdays and Thursdays. 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.

## What is MACKS?

MACKS is the Mayor's Advisory Council for Kitchener Seniors, a group of 13 older adults who meet monthly to discuss issues in the community affecting adults 50+.

Supported and regularly attended by Mayor Carl Zehr, MACKS membership has grown from representing just the three Kitchener senior centres - Breithaupt Centre, Downtown Community Centre and Rockway Centre - to include community representation from older adults eager to represent interests in arts and culture, health, environment, education and technology, multiculturalism and heritage.

MACKS members work hard to provide a representative voice for older adults in our community. They link with seniors organizations, discuss current and relevant topics, debate opinion, host the annual Salute to Seniors event and provide valuable advice to city staff and city council.

For more information, please contact staff liaison Carolyn Cormier at Rockway Centre, 519-741-2510.

# ONGOING **groups**

## **Loopy Crooks**

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Knitting, crocheting we enjoy them both just as much as we enjoy each other, any skill level welcome. Thursdays, 1:30 -3 pm at Breithaupt 519-741-2502.

## **Mostly Music Group**

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"Tune" up your Wednesday afternoon by humming a few bars with us! Foot tappers are welcome. All levels of singers welcome. Meet in room 207 Breithaupt Centre from 1:15 - 3:15 pm Call 519-741-2502.

## **Learn to play Billiards at Breithaupt**

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Test your skills with a cue and balls. Learn with a fellow peer instructor. We offer groups of four at a time. Two timeslots: Fridays, 1-2:30pm and 2:30-4pm, from Sept. 16 to Oct. 21. This is a 6-week commitment. Cost \$9. Sign up at the front office.

## **NEW Leap into Life Mind, Body, Spirit and Soul**

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Keep connected no matter what hurdles may come your way. The first and fourth Thursday of each month enjoy socializing, educational, guest speakers and more. For more information call 519-741-2505.

- Sept. 29 Mixer Kick Off
- Oct. 6 Cheese, Crackers and Cider (call for details)
- Oct. 27 Prevention strategies to remain independent
- Nov. 3 Memory Therapy - Ashby Memory Method
- Nov. 24 Brown Bag Snack?
- Dec. 8 Someone is getting... married? Potluck

## **Happy Hoofers Walking Group**

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50+ with a VIP membership, come out and join the fun! May 5 - October 20, sign in before 9:15 am each Thursday at the Breithaupt Centre Solarium. The walks are approximately 4 -5 kilometres. A schedule of all of the walks is available at Breithaupt Centre, or call 519-741-2502 for destinations.

## **Breithaupt Booster Team**

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Be a part of the voice for Breithaupt participants. Make a difference in your life and the lives of others. This advisory council makes every effort to work closely with the committees/groups and staff to enhance and maintain the fantastic energy and enthusiasm found here at Breithaupt. We meet the fourth Wednesday of each month September to June.

## **Osteoporosis Support Group**

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This group will be meeting the first Thursday in October and December at Breithaupt Centre from 1:30 - 3:30 pm in room 109. Most meetings feature a guest speaker. The December meeting has a Christmas theme, with a tea party after the speaker. Bring your questions and learn about osteoporosis and Osteoporosis Canada events.

## **Scrabble**

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Words, upon words and more words... perhaps a cup of coffee too! Join us Wednesday 1 to 4 pm at the Breithaupt Centre, 519-741-2502.

## **Volleyball**

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Friday afternoons at 1:45 pm, come join in a fun game of volleyball. A beach-type ball is used that allows a competitive game but is easier on hands. This groups is welcoming new members and has a great time. The first time is free so come by and try it out.

## **Badminton**

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Stay active and meet new friends at the Breithaupt gym. We have a competitive and social group of players that meet on Monday and Thursdays mornings weekly. We would be pleased to have a rally with you.

## **Rockway Entertainers**

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Recruiting new members. Calling all tenors and bases. Four-part harmony. Membership open to those over 50 years old. Ability to read music an asset. Rehearsal is every Thursday afternoon from September until May, 1:30 to 3:30 pm starting Sept. 8, Rockway Centre Auditorium. Please call 519-741-2507 for more info.

## **Campfire Song Jammin' 101**

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Bring your voice and/or an acoustic instrument and join in on some favourite bluegrass, folk, gospel and other songs. Rockway Centre, 4th Thursday of the month (September- June), 6:30 - 8:30 pm

# SENIOR NEIGHBORHOOD **clubs**

Neighbourhood Club	Description	Meeting Time & Location
<b>Belmont Park Club</b>	Progressive Solo	Monday, 1 pm, Victoria Hills Community Centre, from September to June.
<b>Breithaupt Social Group</b>	Bingo, potlucks, entertainment	1st Wednesday at 1:45 pm, from September to June.
<b>Einigkeit Club (German)</b>	Bingo, cards and billiards	Tuesday, 1 pm Downtown Community Centre, throughout entire year.
<b>Kingsdale Seniors Club</b>	Euchre Mondays, Solo and Marbles Tuesdays	1 pm, Kingsdale Community Centre, from September to June. Bocce from June to August
<b>Forest Heights "Happy Gang"</b>	Progressive Solo	Tuesday, 1 pm, Forest Heights Community Centre, from September to June.
<b>Stanley Park Club</b>	Solo and Euchre	Tuesday, 1 pm, Stanley Park Community Centre, September to June.
<b>Victoria Park Club</b>	Solo	Thursday 1 pm at Mill Courtland Community Centre, September to June.
<b>Victoria Hills Bid Euchre Club</b>	Bid Euchre	Thursday, 1 pm, Victoria Hills Community Centre, from September to June.
<b>Westmount Club</b>	Solo	Friday, 1 pm, Victoria Hills Community Centre, from September to June.

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

## Become a City of Kitchener Volunteer this Fall

Fall is a great time of year to start something new. Would you like to put a smile on someone's face and make new friends? Our dedicated volunteers assist in snack bars, meal programs, peer helping programs, advisory councils, clubs, and at the day program. We also have volunteers who assist at events, make crafts, answer phones, provide people with information and drive patrons to a centre. If you would to experience the joy of making a difference in someone else's life, we want to hear from you!

Come and join our vibrant volunteer team at: Breithaupt Centre on Margaret Avenue, Rockway Centre on King Street East or at the Downtown Community Centre on Weber Street West.

For a list of current openings or to discuss your interests in more detail, contact the volunteer coordinator at 519-741-2564 or email [volunteer@kitchener.ca](mailto:volunteer@kitchener.ca).



# COURSES

**PLEASE NOTE:** Numbers following course date indicate the program barcode to be used for the WEBreg procedures. Please see page 21 for details.

## FITNESS PROGRAMS

All fitness classes are taught by certified instructors.

### Intensity Chart

♥ = Low intensity (great for beginners)

♥♥ = Medium Intensity

♥♥♥ = High Intensity

### BALL CLASS WITH DOUG CUNNINGHAM ♥

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

**12wks \$43.66/\$53.02 Kingsdale CC**  
Fri 1- 2pm Sep 16 112108

### STABILITY BALL CLASS - BEGINNER ♥

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

**15wks \$54.58/\$66.27 Rockway Centre**  
Tue 9:45-10:45am Sep 13 111858

### 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.

**15wks \$54.58/\$66.27 Rockway Centre**  
Tue 8:45- 9:45am Sep 13 111860

### BASIC AEROBICS ♥

Join Michelle in this basic aerobic class. Enjoy the benefits of increased cardio and strength. Men and women welcome.

**12wks \$43.66/\$53.02 Kingsdale CC**  
Mon 10:45-11:45am Sep 12 111861

**12wks \$43.66/\$53.02 Rockway Centre**  
Wed 8:45- 9:45am Sep 14 112099

### CARDIO TONING ♥♥

Join this low impact class which includes use of weights and bands for gentle toning and conditioning. Instructor: Susan Gerth.

**13wks \$47.30/\$57.44 Breithaupt Centre**  
Mon 10-10:55am Sep 12 111827

### 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. Instructor: Mary Marsharley.

**10wks \$47.30/\$61.86 Breithaupt Centre**  
Mon 1:35- 2:30pm Sep 12 111819

**14wks \$50.94/\$61.86 Breithaupt Centre**  
Wed 1:35- 2:30pm Sep 14 111830

### DEEP ♥

#### (DIABETES EDUCATION AND EXERCISE PROGRAM)

This all-ages 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.

Instructor: Marie Quinchee.  
**12wks \$43.66/\$53.02 Downtown CC**  
Mon 10:45-11:45am Sep 12 111906

### FIT AND TONE ♥♥

Aerobics and free weights to build muscle strength.

**14wks \$50.94/\$61.86 Breithaupt Centre**  
Tue 9- 9:55am Sep 13 111815  
Thu 9- 9:55am Sep 15 111818

### 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. Instructor: Marie Quinchee.

**13wks \$47.30/\$57.44 Breithaupt Centre**  
Mon 12-12:55pm Sep 12 112054

**14wks \$50.94/\$61.86 Breithaupt Centre**  
Wed 12-12:55pm Sep 14 112055

**Course rates listed: VIP rate/Adult rate and include HST.**

# COURSES

## FLEXERCISE ♥

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.

Instructor: Diahann Smith.

**12wks \$43.66/\$53.02**

Mon 10:45-11:45am

**Rockway Centre**

Sep 12 111853

Instructor: Doug Cunningham.

**12wks \$43.66/\$53.02**

Fri 10:30-11:30am

**Kingsdale CC**

Sep 16 112094

**12wks \$43.66/\$53.02**

Fri 9-10am

**Rockway Centre**

Sep 16 112093

## 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.

Instructor: Tues. - Jane Taylor, Thurs. - Lynda Daehn

**14wks \$50.94/\$61.86**

Tue 12:15- 1:10pm

Thu 12:15- 1:10pm

**Breithaupt Centre**

Sep 13 111823

Sep 15 111825

## INTERVAL ♥♥♥

This aerobics fitness class incorporates weights, bands and balance to give your body both muscle tone and a cardio workout. Instructor: Mary Marshalley.

**13wks \$47.30/\$57.44**

Mon 1:35- 2:30pm

**Breithaupt Centre**

Sep 12 111824

**14wks \$50.94/\$61.86**

Tue 10-10:55am

Wed 2:35- 3:30pm

**Breithaupt Centre**

Sep 13 111828

Sep 14 112051

## LOW & TONE INTERVALS ♥♥

(formerly Strength Training)

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

**13wks \$47.30/\$57.44**

Fri 9:25-10:25am

**Downtown CC**

Sep 16 111904

## 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.

**13wks \$47.30/\$57.44**

Mon 9:30-10:30am

**Downtown CC**

Sep 12 111916

**14wks \$50.94/\$61.86**

Wed 9:15-10:15am

**Downtown CC**

Sep 14 111914

## NIA ♥♥

The Nia techniques is a gentle, user friendly blend of three moment arts that include: dance, tai chi, and yoga. The fluid non-impact movements invite you to move in a relaxed way and are easy on the joints and skeletal system. Instructor: Tina Payton.

**12wks \$70.92/\$83.06**

Wed 10-10:55am

**Breithaupt Centre**

Sep 21 111817

**10wks \$59.10/\$69.21**

Thu 10-11am

Thu 11-12pm

Wed 5:30- 6:30pm

**Rockway Centre**

Sep 15 112106

Sep 15 112107

Sep 14 112105

## OSTEO MOVES ♥

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

**14wks \$50.94/\$61.86**

Tue 9-10am

Tue 12- 1pm

Thu 9-10am

Thu 12- 1pm

**Downtown CC**

Sep 13 111931

Sep 13 111933

Sep 15 111932

Sep 15 111934

## PILATES ♥

Pilates is a form of exercise that concentrates on strengthening core muscles while toning the whole body. It is very simple to follow but very effective and is suitable for all level of ability. Instructor: Dahann Smith.

**12wks \$43.66/\$53.02**

Mon 6:30- 7:30pm

**Rockway Centre**

Sep 12 111863

**Registration for courses begins August 15**

# COURSES

## PILATES - BEGINNERS ♥♥

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

Instructor: Marie Charbonneau.

**13wks \$61.47/\$77.29** **Breithaupt Centre**  
Wed 10:30-11:25am Sep 21 111833

## PILATES - CONTINUING ♥♥♥

Instructor: Marie Charbonneau.

**13wks \$61.47/\$77.29** **Breithaupt Centre**  
Wed 9:30-10:30am Sep 21 111832

Instructor: Christine Kempster.

**10wks \$36.39/\$44.18** **Downtown CC**  
Tue 10:10-11:10am Sep 27 111910

## 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. Instructor: Christine Kempster.

**10wks \$36.39/\$44.18** **Downtown CC**  
Tue 11:15-12:15pm Sep 27 111905

## 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. Instructor: Heike Sixtus.

**14wks \$50.94/\$61.86** **Downtown CC**  
Tue 9:15-10:15am Sep 13 111903

## 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.

**13wks \$47.30/\$57.44** **Downtown CC**  
Fri 10:30-11:30am Sep 16 111911

## STRENGTH TRAINING ♥♥

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

Instructor: Tue. - Diahann Smith, Thur. - Jan Taylor.

**14wks \$50.94/\$61.86** **Breithaupt Centre**  
Tue 12-12:55pm Sep 13 111821  
Thu 12-12:55pm Sep 15 111816

## S.A.S. ♥♥♥

Stretching, Aerobics and Strengthening will be the main components planned for those who want to stay fit and have fun doing it.

Instructor: Diahann Smith.

**13wks \$47.30/\$57.44** **Breithaupt Centre**  
Mon 9-9:55am Sep 12 111820

Instructor: Susan Gerth.

**14wks \$50.94/\$61.86** **Breithaupt Centre**  
Wed 11:40-12:35pm Sep 14 111829  
Fri 10:15-11:10am Sep 16 112000

## BEGINNER STRENGTH TRAINING WITH HEIKE ♥

Increase your core strength and stability as well as muscular strength and endurance. Class is for beginners that want to work hard. Men and women welcome.

**13wks \$47.30/\$57.44** **Rockway Centre**  
Fri 10:45-11:45am Sep 16 111870

## INTERMEDIATE STRENGTH TRAINING WITH HEIKE ♥♥

Intermediate free weight class for those who want to work hard. Increase your core strength and stability as well as muscular strength and endurance. Men and women welcome.

**13wks \$47.30/\$57.44** **Rockway Centre**  
Fri 9:45-10:45am Sep 16 111867

## ADVANCED STRENGTH TRAINING WITH HEIKE ♥♥♥

Advanced free weight class. Increase muscle mass and balance. If you want to work hard, join Heike and the gang. Class is for both men and women.

**13wks \$47.30/\$57.44** **Rockway Centre**  
Fri 8:45-9:45am Sep 16 111868

## SUPER SENIORS - GYM ♥♥

A complete workout for your heart and muscles... and fun too! Instructor: Gwynn Rodford.

**14wks \$50.94/\$61.86** **Breithaupt Centre**  
Thu 8:30-9:25am Sep 15 111813  
Tue 8:30-9:25am Sep 13 111814

# 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.

**14wks \$50.94/\$61.86** Kingsdale CC  
Wed 9:45-10:45am Sep 14 111864

**14wks \$50.94/\$61.86** Rockway Centre  
Mon 9:45-10:45am Sep 12 111862  
Thu 10:30-11:30am Sep 15 111859

## **STRETCH IT OUT ♥♥**

Stretching is essential to good health and effective exercising. A fun, gentle exercise program to improve activities of daily living, health and independence. This class is designed for both men and women. Instructor: Terry Geis.

**12wks \$43.66/\$53.02** Rockway Centre  
Wed 10-11am Sep 14 111866

## **CHAIR TAI CHI – BEGINNER ♥**

Improve balance, flexibility and overall health while achieving relaxation and harmony in an interactive class. If balance, breathing or flexibility is a true challenge, 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!

**9wks \$36.39/\$44.18** Breithaupt Centre  
Thu 12- 1pm Sep 29 111842

## **TAI CHI – BEGINNER ♥**

Improve balance, flexibility and overall health while achieving relaxation and harmony in an interactive class. Instructor: Tony Arndt.

**12wks \$80.05/\$97.20** Breithaupt Centre  
Mon,Thu 10-11am Sep 19 111840

## **TAI CHI - INTERMEDIATE ♥♥**

Use skills from beginner class to expand balance and flexibility while achieving relaxation and harmony. Instructor: Tony Arndt.

**12wks \$80.05/\$97.20** Breithaupt Centre  
Mon,Thu 9-10am Sep 19 111839

## **TAI CHI – ADVANCED ♥♥♥**

Improve balance, flexibility and overall health while achieving relaxation and harmony in an interactive class. Instructor: Tony Arndt.

**12wks \$80.05/\$97.20** Breithaupt Centre  
Mon,Thu 11-12pm Sep 19 111841

## **TAI CHI QI GONG ♥**

Tai Chi Qi Gong incorporates both physical exercise and guided mediation. Join Suzie for this easy to follow, low impact but energizing class. This exercise is appropriate for all ages and physical ability.

**10wks \$36.39/\$44.18** Rockway Centre  
Fri 9- 10am Sep 16 112098

**11wks \$43.66/\$48.54** Rockway Centre  
Thu 7- 8pm Sep 15 111879

**12wks \$43.66/\$53.02** Rockway Centre  
Wed 9-10am Sep 14 111878

## **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.

**12wks \$43.66/\$53.02** Downtown CC  
Mon 11-12pm Sep 12 111955

## **TAI CHI QI GONG INT & ADVANCED WITH TIM THORNE ♥♥**

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

**12wks \$65.49/\$79.53** Downtown CC  
Mon 9:30-11am Sep 12 111954

## **WEIGHT TRAINING WITH HEIKE ♥♥**

Increase your core strength and stability as well as muscular strength and endurance. Men and women welcome.

**15wks \$54.58/\$66.27** Rockway Centre  
Wed 4:30- 5:30pm Sep 14 111869

**Registration for courses begins August 15**

# COURSES

## SENIORS & WEIGHTS ♥♥

Be guided by Heike as you exercise for essential daily living strength, flexibility and toning with various resistance tools. Alternatives given for limitations.

**14wks \$50.94/\$61.86**      **Rockway Centre**  
 Mon      8:45- 9:45am      Sep 12      111857

**15wks \$54.58/\$66.27**      **Rockway Centre**  
 Thu      8:45- 9:45am      Sep 15      111856

## SHAPE UP WITH WEIGHTS ♥♥

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

**15wks \$54.58/\$66.27**      **Kingsdale CC**  
 Wed      8:45- 9:45am      Sep 14      111855

## YOGA ♥

Regular practice restores natural suppleness, improves concentration, teaches one to breathe properly, aligns posture, reduces anxiety and releases tension. Instructor: Tue.- Anne Aroella, Thu. - Kari Lutz.

**10wks \$73.68/\$81.36**      **Breithaupt Centre**  
 Tue      9:30-10:45am      Sep 27      111843

**12wks \$55.87/\$71.33**      **Downtown CC**  
 Thu      9:30-10:30am      Sep 15      111973

## 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 \$43.66/\$53.02**      **Rockway Centre**  
 Thu      12:10- 1:10pm      Sep 15      111880

## 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. Taught by Joshua Webster.

**12wks \$43.66/\$53.02**      **Rockway Centre**  
 Thu      1:15- 2:30pm      Sep 15      111881

## 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 \$55.87/\$71.33**      **Downtown CC**  
**with Josh Webster**  
 Fri      2:30- 3:30pm      Sep 16      111971

## 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. Instructor Josh Webster

**12wks \$55.87/\$71.33**      **Downtown CC**  
 Fri      1:30- 2:30pm      Sep 16      111972

## 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. Instructor: Diahann Smith.

**12wks \$43.66/\$53.02**      **Rockway Centre**  
 Thu      9:15-10:15am      Sep 15      111882

## 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. Instructor: Miranda Mclean.

**12wks \$43.66/\$53.02**      **Downtown CC**  
 Thu      9:30-10:30am      Sep 15      111908

**14wks \$50.94/\$61.86**      **Breithaupt Centre**  
 Thu      11:40-12:35pm      Sep 15      111822

## ZUMBA EXPRESS ♥♥

Instructor: Susan Gerth.

**14wks \$50.94/\$61.86**      **Breithaupt Centre**  
 Fri      11:10-11:55am      Sep 16      111826

**Registration for courses begins August 15**

# COURSES

## 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.

**13wks \$47.30/\$57.44** **Breithaupt Centre**  
 Mon 4:40- 5:25pm Sep 12 112052

**10wks \$36.39/\$44.18** **Rockway Centre**  
 Thu 5:30- 6:30pm Sep 22 112095

**12wks \$43.66/\$53.02** **Rockway Centre**  
 Mon 8:45-9:45am Sep 12 112104

**12wks \$43.66/\$53.02** **Rockway Centre**  
 Mon 5:30-6:30pm Sept 12 111854

## ZUMBA GOLD CHAIR ♥

Come work out to Latin music. Increase muscle strength, flexibility and aerobic capacity. Join the fun! Instructor: Lynda Daehn.

**14wks \$50.94/\$61.86** **Breithaupt Centre**  
 Fri 11:15-12pm Sep 16 112053

## ART

### BUNKA

Bunka (Japanese embroidery) may be described as painting. Using a punch needle and rayon thread, easily create intricate, multi-dimensional pictures. Beginner kit can be purchased from the instructor for approximately \$80.

**6wks \$55.87/\$71.33** **Rockway Centre**  
 Mon 9:30-11:30am Sep 12 111847  
 Mon 9:30-11:30am Oct 31 111848

**8wks \$74.49/\$95.10** **Breithaupt Centre**  
 – Joan Haugland – starter kit \$30  
 Wed 1- 3pm Sep 28 111812

### EXPRESSIVE CHALK PASTELS - BASIC

The translucent beauty of chalk pastels vivid colours and textures make dynamic paintings. Learn to blend, using fixatives, alcohol washes and colour development. Materials will be provided.

**8wks \$74.49/\$95.10** **Breithaupt Centre**  
 Thu 1- 3pm Sep 29 111837

## CHINA PAINTING

Classes will consist of hands on instruction on mixing paints and over glaze painting on porcelain. May include luster painting. Supplies extra. Beginners welcome.

**12wks \$111.73/\$142.65** **Rockway Centre**  
 Thu 10-12pm Sep 15 111849

**6wks \$55.87/\$71.33** **Downtown CC**  
 Wed 1- 3pm Sep 14 111883  
 Wed 1- 3pm Oct 26 111884

## PAINTING COMBINATION

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 chose medium necessary.

**8wks \$74.49/\$95.10** **Rockway Centre**  
 Thu 7- 9pm Sep 15 111872

## POTTERY

Venture into the characteristics of sculpture with clay and introduction to the wheel. Pinch, slab and hand building techniques are also taught. Supply cost is \$16.15.

**8wks \$74.49/\$95.10** **Breithaupt Centre**  
 Tue 10-12pm Sep 27 111834

## STAINED GLASS BEGINNER

Always wanted to try stain glass? Come join us as Wanda guides you through small projects of winter items.

**6wks \$83.80/\$106.99** **Downtown CC**  
 Mon 9-12pm Sep 12 111950  
 Mon 9-12pm Oct 31 111953

## 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.

**6wks \$83.80/\$106.99** **Downtown CC**  
 Mon 1- 4pm Sep 12 111951  
 Mon 1- 4pm Oct 31 111952

**Course rates listed: VIP rate/Adult rate and include HST.**

# COURSES

## WATERCOLOUR-BEGINNERS TO INTERMEDIATE

You will learn the basics and more of watercolour as you create your own watercolour paintings. This class is for beginners to intermediate, all welcome.

**8wks \$74.49/\$95.10**

**Rockway Centre**

Thu 9:30-11:30am

Sep 15 111871

## SPECIAL INTEREST

### BEGINNER BILLIARD CLASS

Learn the art of holding a cue, making the first break or sinking your ball in the side pocket. Small group lessons for beginner billiard player or for those who make need a refresher. Bring your own cue or one will be provided.

**6wks \$13.56**

**Rockway Centre**

Thu 8:30-10am

Sep 15 112160

Thu 10:15-11:45am

Sep 15 112161

### BRIDGING THE GAP - RETIREMENT WORKSHOP

Bridging the Gap offers a 4-hour pre-retirement workshop on the social and emotional aspects of making the transition to retirement. Topics include discussions on leisure interests, health, finances, changing roles and relationships, community connections and housing.

**1wk \$33.90**

**Rockway Centre**

Sat 9-1pm

Nov 5 112470

### 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 \$51.73/\$63.46**

**Breithaupt Centre**

Mon 12- 1pm

Sep 26 111835

### CAKE DECORATING

Learn the basics of cake decorating. Melanie will bring all the tips and bags, you provide an 8" round cake and butter cream icing. Soon you will be decorating for all occasions.

**4wks \$37.24/\$47.55**

**Rockway Centre**

Thu 6:30- 8:30pm

Oct 6 111877

## CHESS LESSONS BEGINNER

This course is designed to provide the knowledge and start building the skills necessary to get the most out of the game, whether casual games with friends, on your computer, or entering tournaments.

**6wks \$13.97/\$17.83**

**Downtown CC**

Thu 3:30- 4pm

Oct 6 111944

## CHESS LESSONS INTERMEDIATE

For those with chess experience to provide the knowledge and skills necessary to get the most out of the game. Whether you're playing casual games with friends, on your computer, or entering tournaments, this course is for you.

**8wks \$37.24/\$47.55**

**Downtown CC**

Wed 3:30- 4:30pm

Oct 5 111945

## DRAMA CLASS

If you enjoy reading, discussing and acting out great plays, this is the program for you! We will be looking at one or two plays in depths during the session.

**6wks \$41.90/\$53.49**

**Rockway Centre**

Wed 7- 8:30pm

Sep 14 112162

## GUITAR LESSONS

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

**8wks \$37.24/\$47.55**

**Rockway Centre**

Mon 10-11am

Sep 12 111873

## 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 \$46.56/\$59.44**

**Downtown CC**

Thu 1:30- 2:30pm

Sep 15 111948

**Course rates listed: VIP rate/Adult rate and include HST.**

# COURSES

## 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, fluid consumption and how much is enough.

**4wks \$51.73/\$63.46** **Downtown CC**  
Thu 1- 2:30pm Sep 15 111947

## 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 \$93.11/\$118.88** **Downtown CC**  
Wed 1- 3:30pm Sep 14 111941

## 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 \$93.11/\$118.88** **Downtown CC**  
Mon 10-12pm Sep 12 111942

## 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 \$93.11/\$118.88** **Downtown CC**  
Mon 1- 3pm Sep 12 111943

## MAP ME A STORY

This course is ideal for those who enjoy broadening their horizons of geography and history of towns, cities countries and the country side. The adventures of the participants will contribute to their mapped story. The leader of this program will share his skills for mapping and story telling.

**4wks \$37.24/\$47.55** **Breithaupt Centre**  
Tue 1- 3pm Oct 4 112056

## STORYTELLERS CIRCLE

Write and illustrate your own story with professional artist and illustrator Jacqueline Terry. Story board, page development, picture layout, text placement through to final production or a printed, 10 page story.

**10wks \$93.11/\$118.88** **Breithaupt Centre**  
Wed 1- 3pm Sep 28 111836

## WRITING CLASS

Are you interested in writing a work of fiction or creative non-fiction? Participants will complete several pieces by the end of course. Editing and feedback will be provided by instructor. Familiarity with basic grammar will be an asset and full attendance is required as one session builds on another.

**10wks \$93.11/\$118.88** **Rockway Centre**  
Mon 9:30-11:30am Sep 12 111876

## WRITING YOUR MEMORIES

Anyone would like to find a journal or stories written by an ancestor. Learn how to write your memories, share and preserve them for future generations.

**8wks \$74.49/\$95.10** **Rockway Centre**  
Mon 7- 9pm Sep 12 112163

## COMPUTER

### "CTRL, ALT, DELETE" CAN BE YOUR FRIEND

Be daring, learn to troubleshoot a computer because they're pretty hard to break. This four-hour workshop, two hours each class, focuses on some of the tools we use when things don't go as planned.

**2wks \$34.49/\$42.31** **Downtown CC**  
Mon 9:30-11:30am Sep 26 111887  
Tue 7- 9pm Oct 18 112078

### BACKING UP YOUR COMPUTER DATA

How precious is the data on your hard drive? Using tools found in Windows 7 Home Premium this four-hour workshop, two hours each day, will teach you the techniques to successfully back-up and restore your data.

**2wks \$34.49/\$42.31** **Downtown CC**  
Mon 9:30-11:30am Sep 12 111886  
Tue 7- 9pm Oct 4 112077

Connect with Kitchener



# COURSES

## COMPUTER SECURITY

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

<b>2wks \$34.49/\$42.31</b>	<b>Downtown CC</b>
Mon 9:30-11:30am	Oct 17 112080
Tue 7- 9pm	Nov 1 112081

## 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.

<b>2wks \$34.49/\$42.31</b>	<b>Downtown CC</b>
Mon 9:30-11:30am	Oct 31 111888
Tue 7- 9pm	Nov 15 112079

## DIGITAL PHOTOS - 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.

<b>2wks \$34.49/\$42.31</b>	<b>Downtown CC</b>
Wed 2- 4pm	Sep 14 111938
Thu 2- 4pm	Oct 20 111940
Wed 2- 4pm	Nov 9 111939
Thu 2- 4pm	Dec 1 112084

## DIGITAL PHOTOS - LEVEL 2

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 using Paint.net, a free downloadable program. Familiarity in Windows XP or 7 is essential to enjoy this session.

<b>4wks \$68.98/\$84.61</b>	<b>Downtown CC</b>
Wed 2- 4pm	Sep 28 111936
Thu 2- 4pm	Nov 3 111937

## EXCEL - INTRODUCTION

This six-hour introductory course teaches 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.

<b>3wks \$51.73/\$63.46</b>	<b>Downtown CC</b>
Fri 2- 4pm	Sep 16 111889
Thu 7- 9pm	Oct 6 111885

## EXCEL - LEVEL 2

Building on 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, how to sort and filter data and how to analyze data using Pivot tables.

<b>3wks \$51.73/\$63.46</b>	<b>Downtown CC</b>
Fri 2- 4pm	Oct 7 111893
Thurs 7- 9pm	Nov 3 112085

## FREWARE

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.

<b>2wks \$34.49/\$42.31</b>	<b>Downtown CC</b>
Mon 2- 4pm	Sep 12 111891
Mon 2- 4pm	Nov 14 112086

## INTERNET - INTRODUCTION

"Hands-on" experience is focused on online searching, downloading pictures, organizing favourites, and examining different aspects of e-mail. Familiarity with Windows XP or 7 is essential to enjoy this session.

<b>4wks \$68.98/\$84.61</b>	<b>Downtown CC</b>
Tue 2- 4pm	Sep 20 111918
Tue 2- 4pm	Oct 18 111919

**Course rates listed: VIP rate/Adult rate  
and include HST.  
Registration for courses begins August 15**

# COURSES

## 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.

**4wks \$68.98/\$84.61**

**Downtown CC**

Thu	2- 4pm	Sep 22	111920
Wed	2- 4pm	Nov 23	111921

## 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.

**2wks \$43.11/\$52.88**

**Downtown CC**

Mon	7- 9pm	Oct 17	111922
Thu	9-11:30am	Oct 20	111925
Thu	6:30-9am	Nov 3	111923
Thu	9-11:30am	Dec 1	111924

## 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.

**2wks \$34.49/\$42.31**

**Downtown CC**

Mon	7- 9pm	Sep 19	111929
Thu	9-11am	Sep 22	111926
Thu	9-11am	Oct 6	111927
Thu	9-11am	Nov 17	111928

## MICROSOFT POWERPOINT

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

**3wks \$51.73/\$63.46**

**Downtown CC**

Thu	7- 9pm	Sep 15	111969
Fri	2- 4pm	Oct 28	112065

## MICROSOFT WORD - INTRODUCTION

This 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 \$51.73/\$63.46**

**Downtown CC**

Tue	9-11am	Oct 18	112068
Thu	11:30- 1:30pm	Nov 3	112069

## 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 \$51.73/\$63.46**

**Downtown CC**

Fri	11:30- 1:30pm	Sep 30	111970
Tue	9-11am	Nov 8	112058

## 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 enables 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.

**2wks \$34.49/\$42.31**

**Downtown CC**

Tue	7- 9pm	Sep 20	112064
Mon	9:30-11:30am	Dec 5	111890

## SOCIAL NETWORKS

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

**2wks \$34.49/\$42.31**

**Downtown CC**

Wed	7- 9pm	Sep 21	111892
Mon	9:30-11:30am	Nov 14	112066

Connect with Kitchener



Connect with Kitchener online at [www.kitchener.ca](http://www.kitchener.ca)

# COURSES

## WINDOWS 7 INTRODUCTION

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 that you have created. Learn to navigate, manipulate, and manage Windows applications.

**3wks \$51.73/\$63.46**

**Downtown CC**

Tue	9-11am	Sep 13	111963
Thu	11:30- 1:30pm	Oct 6	111964
Wed	7- 9pm	Nov 2	111965

## 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 \$51.73/\$63.46**

**Downtown CC**

Fri	9-11am	Oct 7	111966
Tue	11:30- 1:30pm	Nov 22	111967
Wed	7- 9pm	Nov 23	111968

## WINDOWS MOVIE MAKER

Learn how 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 \$43.11/\$52.88**

**Downtown CC**

Mon	1:30- 4pm	Oct 3	111959
Tue	1:30- 4pm	Nov 15	111960

**Course rates listed: VIP rate/Adult rate and include HST.**

### Connect with Kitchener



Connect with Kitchener online at [www.kitchener.ca](http://www.kitchener.ca)

## WINDOWS XP INTRODUCTION

This hands-on course is an introduction to the Windows XP operating system for those with little or no experience on a computer. You will learn how to create folders and how to save documents/files that you have created. In addition, learn to navigate, manipulate, and manage applications. You will also 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

**3wks \$51.73/\$63.46**

**Downtown CC**

Tue	11:30- 1:30pm	Sep 13	111956
Wed	7- 9pm	Oct 5	111958
Thu	11:30- 1:30pm	Nov 24	111957

## 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 \$51.73/\$63.46**

**Downtown CC**

Tue	11:30- 1:30pm	Oct 11	111961
Tue	9-11am	Nov 29	111962

## DANCE

### BALLET

This classical form of dance develops grace, poise, and postures, while at the same time developing tone and control. This course covers many aspects of ballet including position of arms and legs while combining several dance steps.

**10wks \$46.56/\$59.44**

**Downtown CC**

Wed	9:30-10:30am	Sep 14	111895
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### BALLROOM DANCING BEGINNER

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

**10wks \$46.56/\$59.44**

**Downtown CC**

Thu	7- 8pm	Sep 15	111896
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# 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 \$69.83/\$89.16**      **Downtown CC**  
Thu      8- 9:30pm      Sep 15      111897

## DANCE COMBO

Want to be funky and learn how to dance? Merengue, cha-cha, hustle, rumba and more. Line dance format, so no partner required. Both men and women welcome.

**12wks \$55.87/\$71.33**      **Downtown CC**  
Tue      10:30-11:30am      Sep 13      111898

**12wks \$43.66/\$53.02**      **Rockway Centre**  
Mon      10:15-11:15am      Sep 12      111851

## INTERNATIONAL FOLK DANCING

This class is for the fun of it! Enjoy learning dances from around the world, including; line dances, square dances, the Virginia Reel, dances from England, Scotland, Ireland, Poland, Hungary, Greece and Israel.

**12wks \$55.87/\$71.33**      **Breithaupt Centre**  
Wed      12-12:55pm      Sep 14      112382

## 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!

**12wks \$55.87/\$71.33**      **Downtown CC**  
Mon      1- 2pm      Sep 12      111899

**12wks \$55.87/\$71.33**      **Breithaupt Centre**  
Wed      11-11:55am      Sep 14      112380

## 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.

**12wks \$55.87/\$71.33**      **Downtown CC**  
Mon      2- 3pm      Sep 12      113114

## LINE DANCE - ADVANCED

Come out and learn the latest line dances. This is for those with some line dancing experience. A great way to have fun and to exercise.

**12wks \$83.80/\$106.99**      **Downtown CC**  
Mon      2:40- 4pm      Sep 12      111900

## 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 \$46.56/\$59.44**      **Downtown CC**  
Wed      10:30-11:30am      Sep 14      111902

## TAP - INTERMEDIATE

This continuation of the beginners course teaches you to tap, with warm ups, across the floor work, and combinations. Come tap your toes to the beat.

**10wks \$69.83/\$89.16**      **Downtown CC**  
Fri      11-12:30pm      Sep 16      111894

## TAP - ADVANCED

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

**10wks \$69.83/\$89.16**      **Downtown CC**  
Fri      9:30-11am      Sep 16      111901

## 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.

**10wks \$36.39/\$44.18**      **Rockway Centre**  
Wed      6:30- 7:30pm      Sep 28      111865

## Rockway Christmas Market and Craft Sale

**Saturday, November 26, 9:30 am - 2 pm**

Outside craft vendors, silent auction, baked goods, Tea Room. NEW this year - a children's area and so much more.

### Looking for vendors:

\$22/6ft table (includes tax). Reserve your table starting August 22 at Rockway Centre main office, 519-741-2507.



## Downtown Community Centre

35 Weber St W., Kitchener

# 'OLD VIC' MEAL PROGRAM

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

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

**Members - \$8.96 / Non Members - \$10.08**

**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 and prices may change, due to suppliers and program increases.)

### SEPTEMBER

Thurs-1	Baked Pork Chop
Fri-2	BBQ Chicken
Sat-3	Fish & Chips
Mon-5	<b>Labour Day - CLOSED</b>
Tues-6	<b>CLOSED</b>
Wed-7	<b>CLOSED</b>
Thurs-8	<b>CLOSED</b>
Fri-9	Smoked Ham
Sat-10	Honey Garlic Chicken
Mon-12	Mom's Meatloaf
Tues-13	Pork Roast with Stuffing
Wed-14	Southern Baked Chicken
Thurs-15	Seasoned Pan-Fried Fish
Fri-16	Swiss Steak with Gravy
Sat-17	Pulled Pork
Mon-19	Cannelloni
Tues-20	Chopped Sirloin with Gravy
Wed-21	<b>Rib SPECIAL</b>
Thurs-22	Chopped Sirloin
Fri-23	Steamed Fish Fillets
Sat-24	Classic Roast Beef Dinner
Mon-26	Hot Chicken Sandwich
Tues-27	Fish Patties
Wed-28	Hearty Beef Stew
Thurs-29	Ham & Cheese Quiche
Fri-30	Liver & Onions with Bacon

### OCTOBER

Sat-1	Chicken Alfredo Pasta
Mon-3	Pork Roast with Stuffing
Tues-4	Oven Roasted Chicken
Wed-5	Fish & Chips
Thurs-6	Mom's Meatloaf
Fri-7	<b>Thanksgiving SPECIAL</b>
Sat-8	Turkey Dinner
Mon-10	<b>Thanksgiving - CLOSED</b>
Tues-11	Pulled Pork with BBQ Sauce
Wed-12	BBQ Chicken Dinner
Thurs-13	Fish Patties
Fri-14	Minced Beef Wellington
Sat-15	Baked Pork Chop
Mon-17	Paprika Chicken
Tues-18	Swedish Style Meatballs
Wed-19	Pork Stew with Biscuits
Thurs-20	Traditional Chicken Pot Pie
Fri-21	Ham and Cheese Quiche
Sat-22	Chopped Sirloin
Mon-24	Turkey a la King
Tues-25	Pan Fried Fish
Wed-26	Roast Beef with Gravy
Thurs-27	Ham & Scalloped Potatoes
Fri-28	Hunter Style Chicken
Sat-29	Spaghetti & Meatballs
Mon-31	BBQ Pork Chop

### NOVEMBER

Tues-1	Southern Style Chicken
Wed-2	Liver with Bacon & Onions
Thurs-3	Beef Stew with Biscuits
Fri-4	Sweet & Sour Pork Chops
Sat-5	BBQ Chicken Dinner
Mon-7	Swiss Steak with Gravy
Tues-8	<b>BBQ Rib SPECIAL</b>
Wed-9	Traditional Chicken Pot Pie
Thurs-10	Baked Fish and Rice Pilaf
Fri-11	<b>CLOSED Remembrance Day</b>
Sat-12	Stuffed Pork Loin
Mon-14	Seasoned Pan Fried Fish
Tues-15	Roast Beef
Wed-16	Ham & Scalloped Potatoes
Thurs-17	Home-style Turkey Dinner
Fri-18	Hot Beef Sandwich
Sat-19	Swiss Steak with Gravy
Mon-21	Open Face Turkey Sandwich
Tues-22	Cannelloni & Garlic Bread
Wed-23	Chopped Sirloin
Thurs-24	Pork Pot Roast
Fri-25	Chicken Parmesan
Sat-26	Fish Patties with Rice
Mon-28	Pork Stew with Biscuits
Tues-29	Chicken and Dumplings
Wed-30	Lasagna with Garlic Bread



# Dine at the Rock

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

**MEMBERS \$8.96 • Non MEMBERS \$10.08 • 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.

## SEPTEMBER

### Tuesday 6

Swedish meatballs with macaroni and cheese

### Wednesday 7

Canadian pork roast dinner

### Thursday 8

Lemon chicken

### Friday 9

Slow-roasted beef

### Monday 12

Chicken parmesan

### Tuesday 13

Breaded pork chops with sauerkraut

### Wednesday 14

Beef stroganoff

### Thursday 15

Hand-dipped fish and chips or chicken

### Friday 16

Chicken cordon bleu

### Monday 19

Mum's meatloaf with mashed potatoes

### Tuesday 20

Honey garlic chicken

### Wednesday 21

Ham with scalloped potatoes

### Thursday 22

Salisbury steak

### Friday 23

Stuffed pork loin

### Monday 26

Baked sausage with hash-brown bake

### Tuesday 27

Beef Wellington

### Wednesday 28

Sweet and sour chicken

### Thursday 29

Cabbage roll dinner

### Friday 30

Liver with bacon and onions or chicken

## OCTOBER

### Monday 3

Oven-roasted chicken

### Tuesday 4

Quiche - ham and cheese or spanish veggie

### Wednesday 5

German schnitzel with sauerkraut

### Thursday 6 CLOSED elections

### Friday 7 Thanksgiving special

Turkey with all the trimmings

### Monday 10 CLOSED

### Tuesday 11

Chicken stew with fresh biscuits

### Wednesday 12

Tender Swiss steak

### Thursday 13

BBQ pork loin

### Friday 14

Ham with scalloped potatoes

### Monday 17

Sweet and sour pork

### Tuesday 18

Beef dip

### Wednesday 19

Pork chops with applesauce

### Thursday 20

Chicken Alfredo

### Friday 21

Roast beef dinner

### Monday 24

Chicken paprika

### Tuesday 25

Chinese pineapple pork

### Wednesday 26

Chicken cacciatore

### Thursday 27

Spaghetti with homemade meatballs

### Friday 28

Chicken breast supreme

### Monday 31

Halloween celebration beef ghoulie goulash

## NOVEMBER

### Tuesday 1

Chicken parmesan

### Wednesday 2

Antarctic beef stew with biscuits

### Thursday 3

Ham with hash-brown bake

### Friday 4

Rouladin stuffed steak

### Monday 7

Italian chicken

### Tuesday 8

Hot beef sandwich

### Wednesday 9

Roasted chicken dinner

### Thursday 10

Remembrance Day celebration: roast pork dinner

### Friday 11 CLOSED

### Monday 14

Salisbury steak

### Tuesday 15

Pork chops with sauerkraut

### Wednesday 16

Stuffed pork loin

### Thursday 17

Chicken stew with biscuits

### Friday 18

Sweet and sour pork roast

### Monday 21

Honey garlic chicken

### Tuesday 22

Hand-dipped fish and chips or chicken

### Wednesday 23

Lasagna - meat or veggie

### Thursday 24

Baked sausage with macaroni and cheese

### Friday 25

Liver and onions with bacon

### Monday 28

Glazed ham

### Tuesday 29

Southern baked chicken

### Wednesday 30

BBQ pork

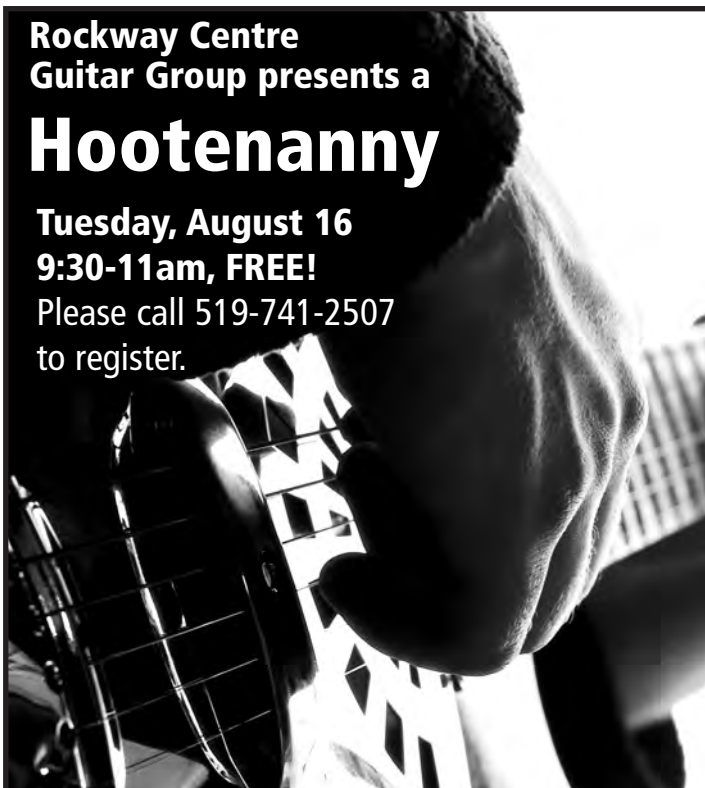
Rockway Centre  
Guitar Group presents a

## Hootenanny

Tuesday, August 16

9:30-11am, FREE!

Please call 519-741-2507  
to register.



Look for our next Hootenanny on  
Tuesday, November 22!

## Antique Appraisal Day

Tuesday, September 13, 2-4 pm  
Rockway Centre, Auditorium

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, paid to the appraiser. Limit of 50 people. Call to register 519-741-2507.



## Rockway BBQ's

Enjoy our outdoor patio, good food and good entertainment with friends. Refreshments at 5 pm, dinner is served at 5:30 pm with entertainment to follow.

**September 15**  
Menu: BBQ beef, roasted potatoes, assorted salads, black forest cake, tea and coffee.

Entertainment by: Tom Nunn and Norm Tellier

**Tickets \$14 + HST members/ \$16 + HST non-members.**  
Tickets on sale now. No refunds unless we cancel.

## Rockway Entertainers' Open House

Thursday, September 22, 1:30-3:30 pm  
Rockway Centre

Recruiting new members, over 50 years of age, who enjoy four part harmony. Tenors and basses needed. Come along and sing along with dedicated friendly group. Call ahead to reserve your spot.

Call Rockway  
main office  
519-741-2507.



## Travel Insurance 101 - What you need to know?

**Tuesday, September 27, 9:30 am**  
Rockway Centre

Join Stacey for this workshop to learn why to purchase insurance and how to prepare to get travel insurance.

Did you know that as a couple you can purchase insurance from different companies if one of you is turned down? What affects the cost of travel insurance? What are the travel insurance options available to you? What isn't covered by most providers?

Please call 519-741-2507 to register. FREE!

## Classic Movies at Breithaupt

Hosted by the Breithaupt Boosters.  
\$2 at the door or a movie lunch combo for \$5 (purchase ticket at welcome desk in the Breithaupt solarium). 4th Tuesday of the month, Sept.-June.

September	Bye-Bye Birdie
October	Abbott and Costello Meet the Mummy
November	King Creole Elvis
December	A Christmas Carol
January	Vertigo Alfred Hitchcock
February	Man's Favorite Sport
March	Fortune Cookie
April	Inherit the Wind
May	Beach Blanket Bingo
June	To Sir With Love



## Upcoming Information Sessions at Breithaupt Centre:

Call Breithaupt 519-741-2502 to sign up or for more details regarding the following information sessions. Subject to cancellation based on number of RSVP's.

- Sept. 21      Fall Prevention.  
                  Guest: Warm Embrace
- Sept. 28      Traveling - Get in the know  
                  beyond the agent  
                  Guest: Stacey Aarsen
- Oct. 5         Let us talk transit  
                  Guest: Region of Waterloo  
                  and Grand River Transit
- Oct .12        How's Your Hearing?  
                  Guest: Kim Linfield
- Oct. 19        Money - Should you know  
                  more about it?  
                  Guest: Chris Sievert
- Nov. 16        Brain Health.  
                  Guest: Charlotte S.  
                  of the Alzheimer's Society

Thursday sessions, hosted by Leap into Life

- Oct. 27        Prevention Strategies  
                  to Remain Independent  
                  Guest: Warm Embrace
- Nov. 3        Memory Therapy -  
                  Ashby Memory method.  
                  Guest: Warm Embrace



## Rockway Centre **Slide Shows**

Shows take place the first Wednesday of the month (except July and August) from September - December.

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

### **Wednesday, September 7**

The North Shore of Lake Superior  
Presenter: Barbara Naylor

### **Wednesday, October 5**

Cycling the Mosel River, Germany  
Presenter: Marius Van Reenen

### **Wednesday, November 2**

Antarctic and the Falkland Islands  
Presenter: Jean Weller

### **Wednesday, December 7**

The Far North - The Dempster Highway  
Presenters: Carolyn and Bill Peg

NEW! By lunch and save \$1 off the price of the slide show. Eat-in or take-out: the choice is yours. Call 519-741-2512 by the Monday before to reserve your space.

Slide show only \$2; plenty of free parking.  
Call 519-741-2507 for more information.

## **Breithaupt Centre Open House**

**October 6, 10 am - 6 pm**

Hosted by the Breithaupt Boosters Advisory Council and Breithaupt Staff Team.

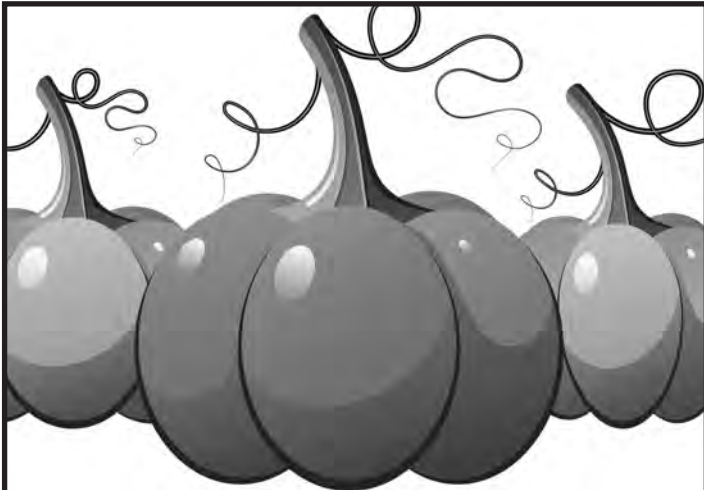
Grab a friend, take a walk through our great facility and see some of our programs in full swing. Talk to some of our volunteers; view displays showcasing programs; check out the renovated changeroom facilities for our 25-yard pool; and meet some of our amazing staff members. Light refreshments.

## **Making the Small Change that Matters Workshop**

**Tuesday, October 11, 9:30 am**  
**Rockway Centre**

Changes don't have to be big to be powerful. A small change can make a big difference! In this FREE workshop, you will learn the impact of making those small changes. Renate Donovan draws on real life experiences from her 20 years as an educator, personal and executive coach and hypnotherapist to support making the small changes that matter most in your life.

Call Rockway to register, 519-741-2507.



## Harvest Craft Sale

Wednesday, October 12, 10am- 1:30pm  
Rockway Centre

Come by and check out the wonderful handmade items, created by some of our crafty ongoing groups.

## China Painting Open House

Saturday, October 29, 9am-5pm  
Rockway Centre Pottery Shed

Join artist Catherine Summerhayes for an open house/demonstration of one of a kind pieces handpainted by Catherine. Learn more about china painting and do some Christmas shopping.



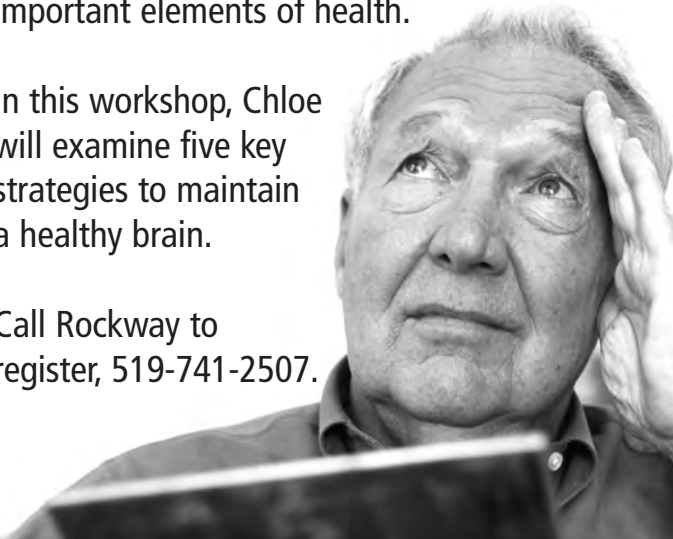
## Five Key Strategies to Maintaining a Healthy Brain

Tuesday, November 1, 9:30 am  
Rockway Centre

Memory therapy and having a healthy brain are important elements of health.

In this workshop, Chloe will examine five key strategies to maintain a healthy brain.

Call Rockway to register, 519-741-2507.



## Anne of Green Gables Thursday, November 3

The unforgettable story of the world's most famous red-haired orphan, Anne Shirley and her adventures at Green Gables comes to Rockway. Join us for Smile Theatre's adaption of this classic musical.

Doors open at 5:30pm. Dinner at 6pm. Entertainment starts at 7:30pm.

\$22 VIP members/\$24 non members. NO REFUNDS. Tickets on sale beginning August 22.

# SPECIAL **events**

## VIP photo contest



Most popular vote:

1st prize \$50 gift card Marks Work Warehouse:  
**Cathy Hesch**

2nd prize \$25 gift card Welcome Desk Volunteers:  
**Shirley McLean**

3rd prize VIP Membership Seniors Program Liaison  
Breithaupt Centre: **Eileen Buckner**

### Category 1

1. **Mary Stericker**
2. **Eileen Buckner**
3. **Pat Snowden**

### Category 2

1. **Eileen Buckner**
2. **Pat Snowden**
3. **Rosemary Rowe**

### Category 3

1. **Cathy Hesch**
2. **Mary Stericker**
3. **Brenda Stericker**

### Category 4

1. **Linda Mills**
2. **Rosemary Rowe and Cathy Hesch**
3. **Pat Snowden**

### Category 5

1. **Shirley McLean**
2. **Brenda Stericker**
3. **Eileen Buckner**



## For some people, pets are family.

The loss of a pet can trigger unexpected feelings. We can help.

Find comfort and gain insight into mourning the loss of a beloved animal companion. Connect with others experiencing the loss of a pet.

We are offering a workshop addressing pet loss. Learn coping and grieving methods and choose to participate in a memorial event honouring your pet.

**Thursday, September 15**

Williamsburg Dedication Centre,  
1541 Fischer Hallman Rd., Kitchener

FREE. Space is limited, please RSVP to 519-741-2880.



City of  
**KITCHENER**Cemeteries

| [kitchenercemeteries.ca](http://kitchenercemeteries.ca)

Owned & Operated by the City of Kitchener

Another **choice** offered by Kitchener Cemeteries.

# PEER HELPING programs



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

Bridging the Gap is a pre-retirement program on the social and emotional aspects of making the transition to retirement.

Information provided on:

- Planning tomorrow today
- Changing roles and relationships
- Making the most of your time
- Taking charge of your health
- Financial and legal affairs
- Housing – A place to grow

Session dates: Saturday, Nov. 5, 9am-1pm.  
\$30 + HST refreshments provided.  
Call 519-741-2576 for more information.

### Rockway Centre information sessions:

#### Dealing with Caregiver Stress

Monday, October 3, 2-3:30pm

Learn how to care for you as you care for your loved one.

#### Housing for Older Adults

Monday, November 21, 2-3:30pm

What are your options?



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 pm.

### 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 pm.

### Drop-in Care Giver Support Group:

Downtown Community Centre

2nd Thursday morning each month, 10-11:30am.

### 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, 1-3pm

### New Beginnings Grief Support Group:

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

*Please call to register for any of these support groups*

# ONGOING **activities**

	Location	Day	Time
<b>Amigos Latinos Americanos</b>	Downtown	Sa	9:15am-12:45pm (Hispanic Seniors Program)
<b>Arthritis Swim</b>	Breithaupt	F	11:00am-12:00pm (large pool) 11:30am-12:15pm (exercise pool) 12:15-1pm (exercise pool)
<b>Badminton</b>	Breithaupt	M Th	9-11:45am (ends Sept. 12) 9:45-11:45am (ends Sept. 15)
<b>Bible Study</b>	Rockway	W	10-11am (Sept.-June)
<b>Billiards</b>	Breithaupt	M, W, Th Tu, F, Sa Su Tu	9:00am-4:30pm (men's) 9:00am-4:30pm (men's) 12:00-5pm 1:00-4:30pm (ladies)
	Rockway	M, W, Th Tu-F	8:30 am-8:00pm 8:30am-4:30pm
	Downtown	M, Tu, W, Th, F	9:00 am-4:00pm
<b>Bingo</b>	Downtown	Tu F	1:00-4:00pm (Einigkeit Club-German speaking) 1:00-4:00pm
<b>Campfire Song Jammin' 101</b>	Rockway	Th (4th)	6:30-8:30pm (Sept.-June)
<b>Book Talks</b>	Downtown	F (Monthly)	10-11:30 am (Call 519-741-2501)
	Breithaupt	W (3rd) (FULL)	7:00pm Solarium (CALL 714-2505)
	Rockway	W (4th)	1:30-3:30pm
<b>Board Game Club</b>	Downtown	Th	1:00-3:00pm
<b>Bridge-Progressive</b>	Downtown	Th	12:30-4:00pm (room opens 12:00)
	Rockway	F	12:30-4:00pm (room opens 12:15)
<b>Bridge-Social</b>	Breithaupt	M	12:45-4:00pm
<b>(Partnership game last Wed of every month)</b>	Rockway	W	6:45-9:00pm
<b>Bridge-Beginner</b>	Rockway	Tu	12:30-4:00pm (room opens 12:15)
	Rockway	Tu	1:00-4:00pm
<b>Camping Club</b>	Downtown	off-site	call 519-741-2501 for information
<b>Canasta</b>	Rockway	W	12:30-4:00pm
<b>Caregiver Support</b>	Rockway	W (every other week)	1:30-3:30pm (Oct-June)
	Downtown	Th (2nd Th)	10:00-11:30am
<b>Chat &amp; Crafts</b>	Rockway	W	9:15-11:45am
<b>Chess</b>	Rockway	M, Tu	1:00-4:30pm
<b>Classic Movies</b>	Breithaupt	Tu 4th	2:00-4:00pm

# ONGOING **activities**

	Location	Day	Time
<b>Computer Club Drop-in</b>	Downtown	M (4th)	1:30-3:30pm
	Downtown	W(2nd)	9:30-11:30am, 1:30-3:30pm- (laptop)
<b>Computer Club Speaker Mtg</b>	Downtown	W(3rd)	9:30-11:30am (Sept - May)
<b>Computer Show &amp; Tell</b>	Downtown	W(4th)	9:30-11:30am
<b>Crokinole</b>	Rockway	W	1:00-4:00pm
<b>Cycle Club</b>	off-site	M	9:15-11:00 am, call 519-741-2501 for info.
<b>Darts</b>	Rockway	W,F	9:30 - 11:30am (Sept. -June)
<b>Divorced &amp; Separated Group</b>	Rockway	W (every other wk)	1:00-3:00pm (Oct-June)
<b>Euchre - Bid</b>	Downtown	F	1:00-4:00pm, 7-10pm (1st Fr)
	Rockway	W	1:00-4:00pm
<b>Euchre-Progressive</b>	Breithaupt	F	1:00-4:00pm
	Rockway	M	1:00-3:45pm
<b>Friends</b>	Rockway	Tu	1:00 - 3:00pm (Sept.-May)
<b>Growing Further</b>	Rockway	F (3rd)	1:30-3:30pm (Oct-July)
<b>Hand and Foot Canasta</b>	Rockway	M	6:00-9:00pm
<b>Happy Harmonicas</b>	Rockway	Tu	9:30-11:30am (Sept. -June)
<b>Happy Hoofers</b>	Breithaupt	Th	9:00am - 12pm (May- Oct)
<b>Loopy Crooks</b>	Breithaupt	Th	1:30 -3:00pm
<b>Mall Walking</b>	Fairview Mall	M-Sa	7:00-9:30am
<b>Nattering Needles</b>	Rockway	F	9:30-11:30am
<b>New Beginnings Grief Support</b>	Rockway	M (every other week)	1:00-3:00pm (Oct-June)
<b>Opera Club</b>	Downtown	Su (1st)	1:30-5:00pm
<b>Osteoporosis Support Group</b>	Breithaupt	Th 1st (Oct & Dec)	1:30-3:00pm
<b>Pickleball</b>	Downtown	W, F	1:30-4:00pm, Fri 7-10pm
<b>Pins and Patches</b>	Downtown	F	9:30am - 2:00pm
<b>Quilting</b>	Rockway	Th	9:00 am - 3:00pm
<b>Resoles Hiking Group</b>	Breithaupt	W	8:30am-early afternoon
<b>Scrabble</b>	Rockway	F	1:00-3:30pm
	Breithaupt	W	1:00-4:00pm
<b>Shuffleboard</b>	Downtown	M	1:30-4:00pm
	Downtown	Th	1:30-4:00pm
<b>Slideshows</b>	Rockway	1st Wed	1:30-3:30pm (Sept. -June)
<b>Singing - Rockway Entertainers</b>	Rockway	Th	1:30-3:30pm (Sept. -May)
<b>Singing - Mostly Music</b>	Breithaupt	W	1:15-3:45pm (Sept. -May)
<b>Solo-Progressive</b>	Rockway	M	6:45-9:45pm
		Th	1:00-4:00pm
	Downtown	W	6:45-9:45pm
<b>Table Tennis</b>	Breithaupt	Tu, Th	Tu 9:45-11:45am (ends Sept. 13) Th 2-4pm (ends Sept. 15)

# ONGOING activities

	Location	Day	Time
<b>Tennis</b>	Highland Courts	M-F	9:30-11:30am (call 519-741-2501)
<b>Volleyball</b>	Breithaupt	F	1:45-3:45pm (ends Sept. 16)
<b>Water media art group</b>	Rockway	F	9:30-11:30am
<b>Wood carving</b>	Breithaupt	Tu	1:00-3:00pm
	Rockway	W	1:30-3:00pm
<b>Writers' Guild</b>	Rockway	F (3rd)	1:00-3:00pm

2011  
MACKS

## Salute to Seniors

The Mayor's Advisory Council for Kitchener Seniors (MACKS) would like to thank the sponsors of the fifth annual Salute to Seniors Awards. With the generous support of our sponsors, MACKS and the City of Kitchener were able to recognize 95 older adults for their outstanding contributions to our community.

Thank you to:



Breithaupt Centre  
Snack Bar



Downtown Community  
Centre Tuckshop

**LEXUS Heffner TOYOTA**



Rockway Centre  
Tuckshop



Kitchener Pioneer Lions Club

Rockway Centre  
Bazaar Committee

## Golf - the way you like it!

Kitchener Golf offers a course for every skill level:

- 2 award-winning 18-hole courses
- a classic nine-hole course
- a new pitch and putt
- a new driving range.

We have the perfect choice for your style of play.  
– all within Kitchener city limits.

# 2011

## fore on the Classic 9 at Doon Valley

Valid Monday – Thursday, 11 a.m. – 3 p.m.  
Please bring in this coupon by Sept. 30, 2011  
Not valid for tournaments.

**KITCHENER  
GOLF**

[kitchenergolf.ca](http://kitchenergolf.ca)

**Doon Valley  
Golf Course**

500 Doon Valley Dr.  
Tel: 519.741.2939

**Rockway  
Golf Course**

625 Rockway Dr.  
Tel: 519.741.2949

Owned & Operated by KITCHENER

# 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

Volunteer co-ordinator ..... 519-741-2564

## BREITHAAPT 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

Karrie Zettler ..... 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

TTY1-866-969-9994

(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 - \$15.68** (over the age of 80) includes tax

**Platinum VIP - \$28.83** (55 - 79 years of age) includes tax

**Gold VIP - \$35.27** (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, August 15

Method	What you need	What to do
<b>WEBreg (Internet Registration)</b>	<ul style="list-style-type: none"> <li>Family PIN (personal identification number) &amp; Client ID Number **</li> <li>Barcode for the activity you wish to register in</li> <li>Credit card and expiry date</li> </ul>	<ul style="list-style-type: none"> <li>Visit our website at <a href="http://www.kitchener.ca">www.kitchener.ca</a></li> <li>Click on E-Services</li> <li>Click on Webreg Online Registration</li> <li>Follow the online registration steps through to payment</li> </ul>
<b>In Person</b>	<ul style="list-style-type: none"> <li>Activity barcodes</li> <li>Cash, cheque, Visa, Mastercard, or debit card</li> </ul>	<ul style="list-style-type: none"> <li>Go to any of the three Adult 50+ Centres or City of Kitchener pools during regular business hours to register with staff</li> </ul>
<b>By Mail</b>	<ul style="list-style-type: none"> <li>Registration form that is available for pick-up at City of Kitchener pools and adult 50+ centres</li> <li>Cheque, Visa, or Mastercard</li> <li>Mail-in registrations are processed beginning, May 24 in order of receipt</li> </ul>	<ul style="list-style-type: none"> <li>Mail completed form to: City of Kitchener Program Registrations City Hall - 7th floor, 200 King St. W., Kitchener, ON N2G 4G7</li> <li>If request is unavailable, you will be contacted by phone</li> <li>Confirmation of registration will be mailed to you within seven business days</li> </ul>

\*\*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](http://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 519-741-2226 / TTY 1-866-969-9994.

**Sign Up** don't  
line  
up!

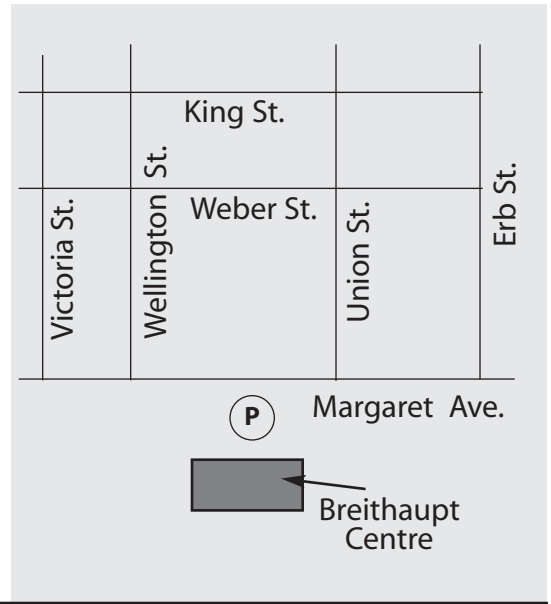
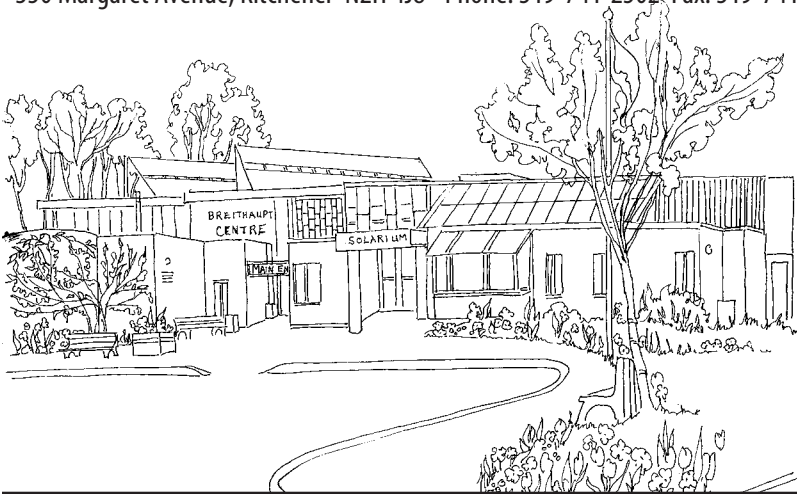


## REQUEST YOUR PIN TODAY!

**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.

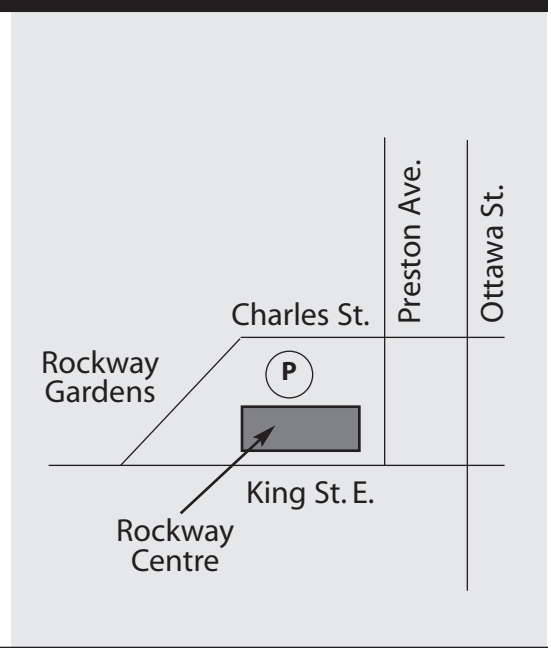
# Breithaupt Centre

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

