

City of Kitchener

OLDER ADULTS

55+

program guide



FALL 2025

Program registration opens Tuesday, August 12, 8:30am

To register: Visit or call any community centre or online at
www.kitchener.ca/olderadultprograms
TTY available at 1-866-969-9994.

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Ontario



With support provided by
the Government of Ontario

55+ program locations:

Breithaupt Centre

350 Margaret Avenue 519-741-2502

Bridgeport Community Centre (Bridgeport CC)

20 Tyson Drive, Kitchener 519-741-2271

Centreville Community Centre (Centreville Chicopee CC)

141 Morgan Avenue, Kitchener 519-741-2490

Chandler Mowat Community Centre (Chandler Mowat CC)

222 Chandler Drive, Kitchener 519-741-2733

Country Hills Community Centre (Country Hills CC)

100 Rittenhouse Road, Kitchener 519-741-2596

Doon Pioneer Park Community Centre (Doon Pioneer Park CC)

150 Pioneer Drive, Kitchener 519-741-2641

Downtown Community Centre (Downtown CC)

35B Weber Street West, Kitchener 519-741-2501

Forest Heights Community Centre (Forest Heights CC)

1700 Queen's Boulevard, Kitchener 519-741-2621

Grand River Recreation Complex (Grand River RC)

600 Heritage Drive, Kitchener 519-741-2670

Huron Community Centre (Huron CC)

80 Tartan Avenue, Kitchener 519-741-2478

Kingsdale Community Centre (Kingsdale CC)

72 Wilson Avenue, Kitchener 519-741-2540

Rockway Community Centre (Rockway CC)

1405 King Street East, Kitchener 519-741-2507

Victoria Hills Community Centre (Victoria Hills CC)

10 Chopin Drive, Kitchener 519-741-2717

Williamsburg Community Centre (Williamsburg CC)

1187 Fischer-Hallman Road, Kitchener 519-741-2240

How to Register for Programs

Before Registration:

- Make sure you have an **ActiveNet** account. If you do not have an account, create one before registration. You can call, visit, or create an account online.
- You can add upcoming programs you are interested in to your “**Wish List**”. Once registration starts, you can return to the wish list and enroll!

Online using ActiveNet:



Visit www.kitchener.ca/activekitchener.
Scroll to and click “Register for a program”.
Login to your ActiveNet account.

(If you don't have an ActiveNet account, click on “create an account” in the top right corner and go through the account creation process.)

Search for a program:

You can find a program by using the search bar or filters. You can filter by: age range, activity category, location, time and date.

Add to cart and check out:

When you find a program that works for you, click “Enroll Now”. Select participant (or create new family member). Review “Enrollment Details” and sign any required waivers. Click “Add to cart”.

If you're ready to finish, click on the “My Cart” button and check out. We'll ask you to agree to a standard waiver and pay for your activities. Click “Finish”.

You'll get a receipt by email that you can print.

By Phone:



Call any community centre
or 519-741-2907 to register!

TTY available at 1-866-969-9994

Tip! Have the activity number of the program you would like to register in ready to provide.

Payments accepted: credit card

In Person:



Visit any community centre
to register!

Tip! Have the activity number of the program you would like to register in ready to provide.

Payments accepted: cash, debit, or credit card



Please visit:
kitchener.ca/activekitchener



Alternative Format and Supports

**Alternative formats, translation supports,
and communication accommodations are available.**

**If you require an alternative document format or support please
call us at 519-741-2345 or TTY 1-866-969-9994**

Find What's New!

Look for "New!" in the title of
courses to find brand new programs
available to try this season!



LEISURE ACCESS

Fee assistance is available for
2025/26!

Are program fees preventing you
from joining a City program?
Fee assistance may be available!

You could qualify for \$400 per person!

Apply online at:
www.kitchener.ca/FeeAssistance

For more details visit or call
any community centre,
or call 519-741-2892

Did you know?

Virtual class options are available
...from the comfort of your own home!



For program listings see Pages 21 & 30

Program Guide Notes:

- Prices listed do not include tax unless noted
- Prices listed are for Adults 55+ (Higher rates apply for Ages 18-54)
- Information in this Program Guide is subject to change

Instructional Courses

Arts & Crafts

Claude Monet: Water Lilies

This class will focus on the artist Claude Monet's iconic paintings involving a bit of history, painting techniques, and creative projects inspired by his work. We will cover topics like Monet's Impressionist style, his use of colour, and the techniques he employed to create the serene water lily scene.

Location	Day	Date	Time	Weeks	Price	Code
Chandler Mowat CC	Tue	Sep 16	12:15- 1:45 pm	5	Free	187757

Crafts with Recycling

Crafts with Recycling is a hands-on program that combines creativity and sustainability. Participants learn how to transform everyday recyclable materials into beautiful and functional crafts, such as turning jars into candle holders or making decorations from cardboard. This program inspires eco-friendly habits and encourages artistic expression, making it perfect for all ages and skill levels. Participants will be asked to collect recyclable waste each week before class to repurpose it into reusable items.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Sat	Sep 20	10:15- 11:45 am	10	\$124.80	187456

Diamond Painting Art

Join Diamond Painting Art class for a calming and meditative activity that requires focus and attention to detail. Diamond Art uses shimmering resin diamonds that are applied to adhesive canvas using a special tool or applicator. Anyone can do Diamond Art and you will be amazed with your finished product.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 15	4:30- 6:00 pm	5	\$62.40	187423
Rockway CC	Mon	Nov 03	4:30- 6:00 pm	5	\$62.40	188334

Handmade Books for Beginners- New!

Bookbinding is a gratifying art form that combines precision and creativity. In this class, you will learn about bookbinding tools and techniques and make several types of handmade books that you can put to use in a many ways - as journals, sketchbooks, or just a place to jot down notes. All materials will be provided.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Mon	Sep 15	12:00- 1:30 pm	11	\$137.28	188713

Information in this guide is subject to change. To verify program information, please contact any of the community centres listed above or check online at: kitchener.ca/activekitchener

Knitting Basics: Learn to Knit a Dishcloths

Learn the basics of knitting and use your skills to make a dishcloth. A supply list will be given in the first class. No experience required.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Oct 01	6:30- 7:30 pm	4	\$32.28	188360

Knitting Basics: Learn to Knit Slippers

Learn the basics of knitting and use your skills to make a pair of slippers. A supply list will be given in the first class. No experience required.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Nov 05	6:30- 7:30 pm	4	\$33.28	188365

Knitting: Learn to Knit a Hat

If you know the basics of knitting (purl and cast on) you can use your skills to make a hat. A supply list will be given in the first class.

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Thu	Oct 02	6:30- 7:30 pm	4	Free	187843

Knitting: Learn to Knit Mittens

If you know the basics of knitting (purl and cast on) you can use your skills to make mittens. A supply list will be given in the first class.

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Thu	Nov 06	6:30- 7:30 pm	6	Free	187845

Learn to Sew- New!

Learn the basics of sewing while creating a beginner-friendly project. Participants will learn how to read a basic pattern, select the right fabric for your project, and operate a sewing machine. Bring fabric that you would like to repurpose. A supply list will be provided at the first class. Bring your own sewing machine.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 23	6:30- 8:00 pm	11	\$137.28	188381

Model Railroad Basics

This is a great course for anyone who enjoys building and creating. In this 10 week course, you will design and build your own model railroad diorama. Learn design, construction, landscaping and operations. Materials included.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Thu	Oct 02	6:30- 8:30 pm	10	\$80.00	188367

Instructional Courses

Arts & Crafts

Oil Painting

This course is designed for artists with little or no experience with Oil Painting. The instructor will teach you the basics and more. All supplies are included.

Location	Day	Date	Time	Weeks	Price	Code
Victoria Hills CC	Wed	Sep 17	1:00- 2:30 pm	12	Free	187465

Painting With Acrylics

In this dynamic and interactive class, you will learn the basics and more of painting with acrylics. No experience required. Supplies included.

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Mon	Sep 22	9:30- 11:00 am	11	Free	187467
Centreville-Chicopee CC	Wed	Sep 17	9:30- 11:00 am	12	Free	187468
Chandler Mowat CC	Fri	Sep 19	9:30- 11:00 am	11	Free	187470

Painting with Acrylics for Beginners

Join this acrylic painting course where you will learn to create beautiful landscapes with extremely versatile and forgiving paints. No prior art experience of any kind is required. Just come, indulge in the beauty of following your passion and learn acrylic painting in the process. All material provided.

Location	Day	Date	Time	Weeks	Price	Code
Chandler Mowat CC	Tue	Sep 16	10:00am-12:00 pm	5	Free	187455

Pencil Sketching

Explore still-life, landscape, cityscape, and portrait sketching in pencil. Each week we will explore a new project in class. This class approach is appropriate for beginners and those with some drawing experience.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Tue	Sep 16	11:45am- 1:15 pm	12	\$149.76	187469

Pottery: Intermediate Hand Building with Clay

This course is for makers with a foundational knowledge of hand building. Students will choose their own projects, and your teacher will help you to execute them. You will also be able to learn more advanced making, decorating and glazing techniques.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Sep 10	5:30- 8:30 pm	6	\$149.76	187492
Rockway CC	Wed	Oct 29	5:30- 8:30 pm	6	\$149.76	187849

Pottery: Introduction to Hand Building with Clay I

Beginners welcome! Learn to make a variety of functional pottery forms using slab, coil and pinch pot techniques. You will learn about surface decoration and glaze work, which will then be fired.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 08	1:00- 4:00 pm	6	\$149.76	187493
Rockway CC	Mon	Nov 03	1:00- 4:00 pm	6	\$149.76	187494
Rockway CC	Tue	Sep 09	5:30- 8:30 pm	6	\$149.76	188112

Pottery: Introduction to Hand Building with Clay II

Beginners welcome! Learn to create sculptural forms-figures, animals, and/or abstracts-using several construction techniques and surface decoration. You will glaze these sculptures, which will then be fired.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Oct 28	5:30- 8:30 pm	6	\$149.76	188114

Watercolour Fundamentals

From Fundamentals to Finding Your Own Style. This course guides students through essential watercolour techniques while encouraging personal artistic expression. From mastering basic skills to developing a unique style, this course empowers students to create dynamic and individualized watercolour artworks.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Mon	Sep 15	10:00- 11:30 am	12	\$149.76	187520
Centreville-Chicopee CC	Tue	Sep 16	10:00- 11:30 am	11	Free	187831
Kingsdale CC	Thu	Sep 18	10:00- 11:30 am	12	Free	187519
Kingsdale CC	Thu	Sep 18	11:45am- 1:15 pm	12	Free	187521

The Fundamentals of Drawing

This course covers the essential principles of drawing, from basic shapes to more complex forms, with a focus on proportion, perspective, shading, and observation. Through hands-on exercises and step-by-step guidance, students will build a strong foundation in drawing, regardless of skill level.

Location	Day	Date	Time	Weeks	Price	Code
Victoria Hills CC	Mon	Sep 15	12:30- 2:00 pm	12	Free	187745

Register at least one week before your class starts
to ensure it doesn't get cancelled.

Instructional Courses

Arts & Crafts

Watercolour for Wellness: Beyond the Basics

Delve into this theme-based watercolour course, designed to inspire, challenge, and build skills and confidence for students who have a basic understanding of the watercolour medium. Students will be provided with thematic references, supplies and instruction, but personal style development and collective learning are prioritized.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Tue	Sep 16	10:00- 11:30 am	10	\$124.80	187526
Forest Heights CC	Wed	Sep 17	12:00- 1:30 pm	10	\$124.80	187524
Rockway CC New!	Thu	Sep 18	2:45- 4:15 pm	10	\$124.80	188417

Watercolour for Wellness: Introduction to Watercolour

Learn the fundamentals of this luminous medium in a relaxed, smaller group setting. This introductory course is ideal for beginners to watercolour. Supplies and references are included.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Wed	Sep 17	2:00- 3:30 pm	10	\$124.80	187528

Watercolour Painting

Learn the basics and more of watercolour painting. Experienced painters welcome. Supplies are extra. Supply list provided on receipt.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Oct 6	9:30- 11:30 am	8	\$133.12	187530
Rockway CC	Thu	Oct 9	9:30- 11:30 am	8	\$133.12	187531

Watercolour: Mixed Media

Bring energy and new ideas to your watercolour paintings with techniques for adding layers, textures, and patterns using mixed media such as pencil, ink, oil pastels, and collage. Beginners and those more experienced with watercolour will all benefit from this fun, accessible approach.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Mon	Sep 15	10:00- 11:30 am	11	\$137.28	187461
Downtown CC	Tue	Sep 16	10:00- 11:30 am	12	\$149.76	187440



Cards & Games

Bingo

Meet new people and discover the benefits of playing this long time favourite activity.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Tue	Sep 16	1:30- 3:30 pm	12	Free	185736

Trivia Challenge- New!

Put your knowledge to the test and have fun with friends at our weekly Trivia Challenge! Showcase your trivia skills and learn new facts. Everyone welcome. Teams will be determined by the instructor each week.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Thu	Sep 18	10:30- 11:30 am	10	\$45.80	188409

New this year, the city introduced a 7 day advance registration window for Kitchener residents for city led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded Programs, drop ins and Pay As You Play.

Have a great idea for your neighbourhood, but need support and funds?

LoveMyHood can help you apply for a grant.

Check out what other Kitchener neighbours did at www.lovemyhood.ca/stories



Create a FREE MyKitchener account!

Get notifications for registration dates,
Report a problem and get staff updates,
Manage your property tax and utility bills,
...and more!

Sign up for your account today!



Visit our website:
mykitchener.kitchener.ca/login

Instructional Courses - continued

Dance

Modern Line Dance for Beginners

Are you new to Line Dancing? This class is for complete Beginners. Modern line dance to different rhythms of music including Latin, country, rock and more.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Sep 10	11:30am- 12:30pm	14	\$116.48	187449

Modern Line Dance for Improver

Modern line dance to different rhythms of music including Latin, country, rock and more.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Sep 10	10:15- 11:15	14	\$116.48	187450

Modern Line Dance for Intermediate

Modern line dance to different rhythms of music including Latin, country, rock and more.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 09	11:15am- 12:15pm	13	\$108.16	187451

Mostly Country Line Dance

Country Line dance is fun! Come out with a friend or meet a new friend and learn some beginner country line dances that will come in handy in social situations.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 09	7:00- 8:00 pm	13	\$108.16	187452

Sharing Dance

Join us for an innovative gentle movement class that is delivered via video streaming from Canada's National Ballet School. The facilitator will create an interactive and enjoyable experience for the participants. Program participants have the option to participate from either a seated or standing position and no previous dance experience is required.

Location	Day	Date	Time	Weeks	Price	Code
Forest Height CC	Wed	Nov 05	1:30- 2:30 pm	6	Free	185742



Fitness & Sport

Activator-Nordic Pole Walking for Beginners

Come and learn how Pole walking can help increase the health benefits and confidence when using walking poles. This program will teach you the correct way on how to use the poles learning 2 different techniques. You decide which technique would be beneficial to your needs and overall fitness. This is a fun, low impact class including a warm-up exercises, and active walking with poles. Poles are available.

Location	Day	Date	Time	Weeks	Price	Code
Centreville-Chicopee CC	Mon	Sep 08	9:15- 10:15 am	14	Free	187751

Active Older Adult Fitness

This low impact class is for active seniors who want to keep their strength, endurance, balance and flexibility up. This class consists of low impact cardio, weights, resistance bands and balls. No floor work.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Mon	Sep 08	10:45- 11:45 am	13	\$65.00	187977
Rockway CC	Tue	Sep 09	11:15am-12:10 pm	13	\$70.85	187394
Forest Heights CC	Thu	Sep 11	10:45- 11:45 am	14	\$70.00	187978
Rockway CC	Fri	Sep 12	10:15- 11:10 am	14	\$76.30	187393

All In One Workout

A moderate intensity workout designed for those getting back into exercise or wanting to maintain their current fitness levels. Low impact cardio, strength and mobility using a variety of equipment. Options available as we go. Let's keep moving and remain capable while having fun!

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 08	11:00- 11:55 am	14	\$76.30	187396
Rockway CC	Wed	Sep 10	11:00- 11:55 am	14	\$76.30	187397

Barre Above- New!

Barre Above is a low-impact, high-results workout that blends the foundational movements of ballet, yoga, and Pilates. This class focuses on building strength, improving posture, increasing flexibility, and enhancing balance. Using a ballet barre (or a sturdy chair), light weights, resistance bands, and a mat.

Location	Day	Date	Time	Weeks	Price	Code
Centreville-Chicopee CC	Mon	Sep 08	11:45am-12:45 pm	14	Free	187776
Downtown CC	Tue	Sep 09	5:30- 6:30 pm	6	\$36.90	187869
Downtown CC	Tue	Oct 21	5:30- 6:30 pm	7	\$43.05	187870
Rockway CC	Thu	Sep 11	9:00- 9:55 am	14	\$76.30	187464

Instructional Courses - continued

Fitness & Sport

Boxfit

Try something new with this non-contact Boxfit class. Learn the basic punches plus incorporate all that boxing is; balance, strength, coordination and aerobic movements. Leave class feeling a new found confidence in yourself as you not only worked your body but also your mind! Suitable for all levels.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 08	10:00- 10:55 am	14	\$76.30	187402
Forest Heights CC	Wed	Sep 10	9:15- 10:15 am	14	\$76.30	187910
Downtown CC	Wed	Sep 10	5:15- 6:15 pm	14	\$76.30	187862

Chair Fitness

Join us for a low intensity workout combining cardio, strength and flexibility using only a chair. Don't be fooled. A seated workout doesn't mean you are not going to burn any calories! Suitable for all levels.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Fri	Sep 19	10:00- 11:00 am	13	\$65.00	188010

Chair Pilates

Get fit while you sit! Chair Pilates helps to tone the entire body. It improves core strength, balance and coordination by challenging the muscles using body weight and resistance equipment. There will be some standing exercises and use of the wall, but no mat work on the floor.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Oct 29	8:45- 9:40 am	7	\$43.05	187412

Core Strengthening

A strong core aids in balance and stability for total body use and everyday activities. This class will help strengthen and tone your muscles focusing on core and lower body. All fitness levels welcomed.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Mon	Sep 08	10:45- 11:30 am	12	\$49.05	187878
Kingsdale CC	Tue	Sep 09	12:00- 12:45 pm	13	Free	188106
Kingsdale CC	Thu	Sep 11	10:45- 11:30 am	14	Free	188108

Functional Fitness Circuit- New!

Move at Your Own Pace! Build strength, improve balance, and boost your energy in this fun, station-based class designed to support everyday movement. You'll rotate through a variety of low-impact stations using steps, light weights, resistance bands, and cardio.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Fri	Sep 12	1:30- 2:25 pm	14	\$76.30	188378

Gentle Moves

This very low intensity exercise class is tailored to accommodate your personal health issues. A gentle, effective workout using bands, free weights and balls to increase strength, flexibility and balance. (No mat/floor work)

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Tue	Sep 09	1:00- 2:00 pm	13	Free	188111
Downtown CC	Thu	Sep 11	12:15- 1:15 pm	14	\$76.30	187867

Mats & Bands

This class will improve your posture and restore natural free-flowing movement while toning your muscles through the use of various resistance bands. Be prepared to get down on the mat while you work!

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Thu	Sep 11	9:00- 9:55 am	14	\$76.30	187448

Osteo Moves

A gentle, effective workout using bands, free weights and balls to increase strength, flexibility and balance. (No mat/floor work)

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Tue	Sep 09	9:15- 10:15 am	13	\$70.85	187893
Forest Heights CC	Wed	Sep 10	9:15- 10:15 am	14	\$76.30	187894
Forest Heights CC	Thu	Sep 11	9:15- 10:15 am	14	\$76.30	187895

Pilates

A beginner/intermediate mat program for seniors to build core strength and stability while improving body alignment.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Thu	Sep 25	10:00- 11:00 am	10	\$61.50	187866

Pilates Basic

If you are new to Pilates, then this mat class is for you. We will focus on the Pilates principles of control, precision, centering, concentration, and flow, as you experience the benefits of breathing for mindful movement. You will develop a strong core, sculpt long and lean muscles, and improve your posture, flexibility, and strength. Recharge and de-stress with our Pilates Basic class.

Location	Day	Date	Time	Weeks	Price	Code
Huron CC	Tue	Oct 21	11:00am-12:00 pm	7	\$43.05	188136
Kingsdale CC	Thu	Sep 11	5:20- 6:20 pm	14	Free	188117
Centreville-Chicopee CC	Thu	Sep 11	7:00- 8:00 pm	14	Free	187758



Instructional Courses - continued

Fitness & Sport

Pilates Intermediate

An intermediate mat program for seniors to build core strength and stability while improving body alignment.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Tue	Sep 23	10:00- 11:00 am	10	\$61.50	187848

Pound Unplugged- New!

Pound Unplugged is a workout designed for your mental health. Blending 20 minutes of high-intensity training with 10 minutes of rhythmic breathing, mindfulness and meditation, POUND Unplugged will make you sweat, release, and boost neurochemicals before quickly settling back into a peaceful, recharged, and empowered state.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Tue	Sep 09	7:45- 8:15 pm	13	\$35.43	187945
Chandler Mowat CC	Thu	Sep 11	8:10- 8:40 pm	14	Free	187817

Shape Up

Become movement confident while building strength in this class. You can expect to work down on the floor, standing, agility, balance, strength and function with bodyweight and free weights built into a variety of formats. Equipment provided and quick transitions to get your heart pumping.

Skill level: Vigorous

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 08	4:30- 5:25 pm	14	\$76.30	187503
Rockway CC	Wed	Sep 10	4:30- 5:25 pm	14	\$76.30	187502

Shape Up With Weights

Increase muscle tone, strengthen and sculpt your body while you improve your balance in this free weight class that uses various resistance tools. Alternative moves provided for limitations.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 08	9:00- 9:55 am	14	\$76.30	187504
Doon Pioneer Park CC	Mon	Sep 08	9:30- 10:30 am	12	\$65.40	187877
Kingsdale CC	Thu	Sep 11	9:30- 10:30 am	14	Free	188122



Strengthening, Aerobics and Stretching (SAS)- New!

This class is a low impact, full body workout for all levels. There may be mat work. Work on improving your cardio endurance, strengthening muscles and increasing flexibility. Modifications are given so you can work at your own pace.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 08	5:45- 6:40 pm	14	\$76.30	188408



Classes that do not meet the minimum number of participants may be cancelled. Refunds or program transfers of equal value will be issued.



WHAT IS A DEATH DOULA? WORKSHOP

ROCKWAY COMMUNITY CENTRE

TUESDAY SEPT. 23RD 9:30 - 10:30 AM

Presented by: Nadine Bell

Discover how Death Doulas bring warmth and guidance to those facing life's final transition in this engaging workshop by Twilight Veil Doula Care. This session explains how non-medical support can provide comfort, guidance, and empowerment during serious illness. Through clear and relatable language, you'll see how a simple act of listening or helping with everyday details makes a big difference. The workshop covers emotional care, practical planning, and spiritual support in a way that feels accessible and meaningful. Come and experience a conversation that transforms the way we view end-of-life care."

 *Register in person, or call 519-741-2507*

 *or online at kitchener.ca/activenet Course Code:*

Instructional Courses - continued

Fitness & Sport

SMART Group Exercises™

Join us for a free gentle exercise program led by SMART™ (Seniors Maintaining Active Roles Together) trained staff. Each class includes a warm-up, aerobic endurance, cool down, balance, strength (using 1 or 2 lb. weights), and flexibility movements. All classes can be done seated or standing. This program is offered in collaboration with Community Support Connections.

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Mon	Sep 15	9:30- 10:30 am	11	Free	185745
Forest Heights CC	Mon	Sep 15	10:00- 11:00 am	11	Free	185750
Forest Heights CC	Mon	Sep 15	11:15 am-12:15pm	11	Free	185755
Doon Pioneer Park CC	Mon	Sep 15	1:15- 2:15 pm	11	Free	188611
Rockway CC	Tue	Sep 16	9:15- 10:15 am	12	Free	185759
Bridgeport CC	Tue	Sep 16	10:45- 11:45 am	12	Free	185748
Grand River RC	Tue	Sep 16	1:00- 2:00 pm	12	Free	185757
Country Hills CC	Wed	Sep 17	9:30- 10:30 am	13	Free	185760
Downtown CC	Wed	Sep 17	11:15am- 12:15pm	13	Free	185753
Doon Pioneer Park CC	Wed	Sep 17	1:15- 2:15 pm	13	Free	185747
Bridgeport CC	Thu	Sep 18	9:30- 10:30 am	13	Free	185752
Bridgeport CC	Thu	Sep 18	10:45- 11:45 am	13	Free	185758
Huron CC	Thu	Sep 18	11:00am- 12:00pm	13	Free	185756
Williamsburg CC	Thu	Sep 18	1:00- 2:00 pm	13	Free	185749
Kingsdale CC	Fri	Sep 19	9:30- 10:30 am	13	Free	185746
Chandler Mowat CC	Fri	Sep 19	11:15am-12:15 pm	12	Free	185754
Forest Heights CC	Fri	Sep 19	1:00- 2:00 pm	13	Free	185751

Stability Ball

This class is for people who have experience with Stability Ball exercise. Join us for a challenging workout. Bring your own ball.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Thu	Sep 11	10:00- 10:55 am	14	\$76.30	187511

Register at least one week before your class starts
to ensure it doesn't get cancelled.

Strength and Balance

A fun and energizing class that combines strength and balance exercises to train your muscles and your brain! You'll be surprised at how much you improve in such a short time. Laughter and energy await you. Suitable to all levels.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 09	3:00- 3:55 pm	13	\$70.85	188394
Doon Pioneer Park CC	Wed	Sep 10	10:30- 11:30 am	14	\$76.30	187881
Forest Heights CC	Thu	Sep 11	2:00- 3:00 pm	14	\$76.30	187896
Rockway CC	Sat	Sep 20	11:00- 11:55 am	12	\$65.40	188390

Strength Training Advanced

In this intense free weight class, the goal is to increase muscle tone and balance.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Fri	Sep 12	9:00- 9:55 am	14	\$76.30	187512

Stretch For All

This class reduces stress and tension while improving your posture and restoring natural free-flowing movement.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Sep 10	9:00- 9:55 am	14	\$76.30	187513
Rockway CC	Thu	Sep 11	4:30- 5:25 pm	14	\$76.30	187514

Total Body Workout

A mix of medium intensity cardio and core work. Includes mat/floor work. Develop, strengthen and challenge yourself!

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Sat	Sep 13	12:45- 1:45 pm	14	Free	188124

Zumba

This dance fitness class is a combination of Latin-flavoured and International music that creates a dynamic fitness system for you! Great for all levels!

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Tue	Sep 09	8:00- 9:00 pm	13	\$70.85	187735
Chandler Mowat CC	Thu	Sep 11	7:00- 8:00 pm	14	Free	187811
Bridgeport CC	Thu	Sep 11	8:00- 9:00 pm	14	\$76.30	187742



Instructional Courses - continued

Fitness & Sport

Zumba Gold

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Location	Day	Date	Time	Weeks	Price	Code
Huron CC	Thu	Sep 11	9:45- 10:30 am	14	\$57.23	188138
Centreville-Chicopee CC New!	Mon	Sep 08	10:45- 11:30 am	14	Free	187774
Kingsdale CC New!	Mon	Sep 15	10:45- 11:30 am	12	Free	187976
Rockway CC New!	Thu	Sep 11	10:15 11:00 am	14	\$57.23	188424
Chandler Mowat CC	Fri	Sep 12	12:30- 1:15	13	Free	187818
Chandler Mowat CC	Sat	Sep 13	2:00- 2:45 pm	14	Free	187819
Victoria Hills CC	Sat	Sep 13	2:00- 2:45 pm	13	Free	188317

Zumba Toning

This class combines Zumba fitness with the addition of toning sticks. A cardio workout aimed at sculpting and toning the body. Perfect for those that want to party, with an extra emphasis on toning and sculpting. Join the party! Suitable for all levels of fitness.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Sat	Sep 13	9:30- 10:30 am	14	\$76.30	187743
Chandler Mowat CC	Sat	Sep 13	3:00- 4:00 pm	14	Free	187820



Book a Free Gym or Community Room

Book free space at a community centre for physical activity or to host a hobby group, book club, or neighbourhood project meeting!

**You can book
a GYM
or COMMUNITY ROOM
for FREE!**



Call or visit your community centre
or visit online: www.kitchener.ca/bookfreespace

Fitness & Sport - Virtual

Shape Up With Weights

This interactive ZOOM class will increase muscle tone, strengthen and sculpt your body while you improve your balance in this free weight class that uses various resistance tools. Alternative moves provided for limitations.

Location	Day	Date	Time	Weeks	Price	Code
Virtual	Wed	Sep 10	10:00- 10:55 am	14	\$76.30	187390

Stretch For All

This interactive ZOOM class reduces stress and tension while improving your posture and restoring natural free-flowing movement.

Location	Day	Date	Time	Weeks	Price	Code
Virtual	Fri	Sep 12	10:00- 10:55 am	14	\$76.30	187391

The Chair and I

This interactive ZOOM class will require a solid chair without arms and you. This class will have a combination of light cardio and stretching. You will feel energized and ready for the day when you are done. Alternative moves provided for limitations.

Location	Day	Date	Time	Weeks	Price	Code
Virtual	Mon	Sep 08	10:00- 10:55 am	14	\$76.30	187392



OLDER ADULT PROGRAMS (55+)

Sign up for our newsletter to get updates about older adults programs and services in Kitchener.

kitchener.ca/SeniorsNewsletter



FREE Onsite Parking is available for participants at all City of Kitchener Community Centres!

At the Downtown Community Centre you must have a pink permit to park, available at the front desk.

Instructional Courses - continued

Fitness & Wellness

Chair Yoga

This class offers a gentle approach to yoga, utilizing a chair for support as you engage in seated and standing poses. Geared to all levels, including those with limited mobility, each session focuses on improving coordination, flexibility, strength, and balance. Experience a welcoming environment where you can move at your own pace and discover the joy of yoga.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Tue	Sep 09	12:00- 1:00 pm	13	\$79.95	187905
Williamsburg CC	Tue	Sep 09	1:00- 2:00 pm	13	\$79.95	188376
Rockway CC	Tue	Sep 09	2:00- 2:55 pm	13	\$79.95	187413
Rockway CC	Wed	Sep 10	10:00- 10:55 am	14	\$86.10	187414
Victoria Hills CC	Sat	Sep 13	11:30am-12:30 pm	13	Free	188301

Flowga

Welcome to a Gentle-Medium Intensity Flowga Class! In this invigorating session, you'll flow through a series of postures that promote movement and strength while encouraging mindfulness and relaxation. This class incorporates light weights and mats. Come discover the joy of flowing through movement in a supportive and welcoming environment!

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC NEW!	Wed	Sep 10	9:15- 10:15 am	14	\$76.30	187879
Rockway CC	Sat	Sep 20	10:00- 10:55 am	12	\$73.80	187429
Kingsdale CC	Sat	Sep 13	11:30am-12:30 pm	14	Free	188123



SPECIAL FALL OUTDOOR PROGRAMS

Bird Nature Walk Sept. 10–10:30-11:30 am
#185738

NEW! Forest Bathing Sept. 19-1:30-2:30 pm
#188623 and Oct. 2-1:30-2:30 pm #188624

Registration required - kitchener.ca/ActiveNet.



Gentle Yoga

In this class we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. Gentle yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. Everybody is welcome to practice yoga in this supportive environment. No yoga experience is required.

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Tue	Sep 09	9:30- 10:30 am	13	Free	188096
Huron CC	Tue	Oct 21	9:45- 10:45 am	7	\$43.05	188135
Kingsdale CC	Tue	Sep 09	10:45- 11:45 am	13	Free	188100
Rockway CC	Tue	Sep 09	1:00- 1:55 pm	13	\$79.95	187431
Rockway CC	Wed	Sep 10	9:00- 9:55 am	14	\$86.10	188348
Downtown CC	Wed	Sep 10	1:00- 2:00 pm	14	\$86.10	187858
Kingsdale CC	Wed	Sep 10	3:45- 4:45 pm	14	Free	188120
Rockway CC	Thu	Sep 11	7:00- 7:55 pm	14	\$86.10	188355
Victoria Hills CC	Sat	Sep 13	12:45- 1:45 pm	13	Free	188305

Hatha Yoga

Traditional yoga poses to align and calm the body and mind. Increase your body resistance and flexibility.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Wed	Sep 10	9:30- 10:30 am	14	\$86.10	187736
Rockway CC	Thu	Sep 11	6:00- 6:55 pm	14	\$86.10	188357

Meditation– New!

Learn to focus your attention, become mindful of thoughts, feelings, and sensations, and observe them in a nonjudgmental way. This practice evokes a state of greater calm, physical relaxation, and a peaceful state. Learn a variety of techniques and styles. No experience necessary.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Wed	Sep 10	10:45- 11:45 am	7	\$43.05	187737
Bridgeport CC	Wed	Oct 29	10:45- 11:45 am	7	\$43.05	187738
Downtown CC	Thu	Sep 11	3:00- 4:00 pm	7	\$43.05	187859
Downtown CC	Thu	Oct 30	3:00- 4:00 pm	7	\$43.05	187860



Instructional Courses - continued

Fitness & Wellness

Meditation For Wellness

If you've been struggling to meditate on your own, this class is for you! Your instructor uses guided meditation and other techniques to help participants focus on relaxation, stress reduction, and quieting your mind. Meditation can be done on a chair or a mat.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Thu	Sep 18	12:15- 1:30 pm	13	\$99.94	187884

Tai Chi Beginner

Gentle flowing movements that improve balance, flexibility, breathing and overall health to achieve relaxation and harmony. It is low impact fitness that improves muscle control, coordination and endurance.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Mon	Oct 20	9:15- 10:15 am	9	\$55.35	187841
Forest Heights CC New!	Tue	Oct 14	1:30- 2:30 pm	9	\$55.35	187925

Tai Chi Beginner Plus & Intermediate

Gentle flowing movements that improve balance, flexibility, breathing and overall health to achieve relaxation and harmony. It is low impact fitness that improves muscle control, coordination and endurance. This class will build on the experience gained from previous Tai Chi Beginner participants.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Mon	Oct 20	10:20- 11:20 am	9	\$55.35	187842

Tai Chi Intermediate

Gentle flowing movements that improve balance, flexibility, breathing and overall health to achieve relaxation and harmony. It is low impact fitness that improves muscle control, coordination and endurance. This class will build on the experience gained from previous Tai Chi Beginner participants.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Mon	Sep 15	10:00- 11:00 am	12	\$73.80	187733

New this year, the city introduced a 7 day advance registration window for Kitchener residents for city led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded Programs, drop ins and Pay As You Play.

Fall Social Event Series

Join us this fall for a series of social events at Rockway Centre. Bring a group of friends or come and meet some new ones. All events are FREE but due to limited seating, registration is required.

October 31 – 10:30 am–12:00 pm
BOO! BINGO



#188626

December 15 – 10:30 am–12:00 pm
Holiday Craft Social



#188768

December 17 – 10:30 am–12:00 pm
Holiday Trivia Social



#188771

December 18 – 1:30–3:00 pm
Holiday BINGO Social



#188772

Register Now!

- Online at kitchener.ca/ActiveNet
- In person or call any community centre

Rockway Centre

Fall Social

Join the Rockway Advisory Council as we celebrate the beauty of the fall season. Enjoy an afternoon of fellowship with friends. Registration is required.

October 18, 2025

1:30 - 3:00 pm

Reserve your spot at Rockway, online or by calling 519-741-2507

#188744

KITCHENER
MARKET
— SINCE 1869 —
FOOD HALL
Tuesday – Friday
8 a.m. – 3 p.m.
FARMERS' MARKET & FOOD HALL
Saturday 7 a.m. – 2 p.m.
300 King St E, Kitchener
KitchenerMarket.ca
Support Local

ONLY VALID FOR THE FIRST 50 CUSTOMERS.

\$5.00

Market Dollars

**HURRY!
HURRY!
HURRY!**

ONE TIME USE ONLY - redeem at the upper-level information desk.
One coupon per customer, per visit.
COUPON EXPIRES: September 1, 2025

Instructional Courses - continued

Fitness & Wellness

Tai Chi Advanced

This class will build on experience gained from the Intermediate Tai Chi class.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Mon	Sep 15	11:05am-12:05 pm	12	\$73.80	187734

Tai Chi Yang Family 13 Style: Beginner Level

Gentle flowing movements that improve balance, flexibility, breathing, and overall health, achieve relaxation and harmony. This is the easiest Tai Chi form. One weekly open practice session is created to support this regular Tai Chi class lesson.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Sep 10	1:00- 1:55 pm	14	\$86.10	187517

Tai Chi Yang Long Form: Continuing Level

This class will build on experience gained from prior Tai Chi classes. One weekly open practice session is created to support this regular Tai Chi class lesson.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Sep 10	2:15- 3:10 pm	14	\$86.10	187518

Yoga (Gentle Chair)

A variety of low-impact gentle seated/standing stretches and movements to help increase flexibility, range of motion, strength and balance.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Thu	Sep 11	9:15- 10:15 am	14	\$70.00	188113

General Programs & Classes

Benefits of Exercise for Older Adults

Do you have arthritis, high blood pressure, diabetes, high cholesterol? Come and find out how exercise can help you manage these chronic disorders and improve your quality of life.

Location	Day	Date	Time	Weeks	Price	Code
Country Hills CC	Mon	Oct 06	1:30- 3:00 pm	1	Free	187789
Centreville-Chicopee CC	Mon	Oct 27	1:30- 3:00 pm	1	Free	187772



Bereavement Support Group

This program is intended for individuals new on their grief journey. This Bereavement Support Group provides older adults an opportunity to connect with other individuals that have experienced the loss of a loved one. This small group setting is a safe, inclusive, and compassionate place to feel understood and supported on the journey through grief. The Group Facilitator is a Certified Grief Specialist and will be present to help guide the conversations. Coffee will be provided.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 16	9:30- 11:00 am	13	Free	185735

Continuing Bereavement Support Group

Continuing Bereavement Support Social Group - For people that have completed the other Bereavement Support Group program and want to continue coming together to connect with individuals that are experiencing grief in different stages of their journey. Our Group Facilitator who is a Certified Grief Specialist will be present for more informal grief conversations and other group discussions. Come enjoy some coffee in this welcoming social setting.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 16	11:15am-12:15 pm	13	Free	185740

Bone Health 101

Join our presenter Liz and learn about bone health and osteoporosis. This presentation provides a general overview on what is osteoporosis, how to maintain good bone health to reduce the risk of the disease and related osteoporotic fractures. In partnership with Osteoporosis Canada.

Location	Day	Date	Time	Weeks	Price	Code
Huron CC	Mon	Oct 20	1:30- 3:00 pm	1	Free	188225
Forest Heights CC	Mon	Nov 24	1:30- 3:00 pm	1	Free	187972

Breathwork & Gentle Movement for Grounding and Resourcing

Breathwork is a powerful tool for physical and emotional release, for cultivating extra energy, and for deep relaxation and stress relief. When combined with gentle movement, it supports the mobilization of stuck energy and can help release discomfort or pain and ease anxiety and stress. We will explore how breath can help you access deeper body awareness through activation, grounding and relaxation techniques. No experience necessary, everyone is welcome.

Location	Day	Date	Time	Weeks	Price	Code
Huron CC	Mon	Sep 15	1:00- 2:30 pm	1	Free	188222
Kingsdale CC	Mon	Oct 06	1:00- 2:30 pm	1	Free	188130
Doon Pioneer Park CC	Sat	Nov 15	3:00- 4:30 pm	1	Free	187888



Instructional Courses - continued

General Programs & Classes

Foam Rolling Fundamentals

You will learn the benefits of rolling and 5 techniques to use the roller. You'll practice using the roller in real time with the instructor guiding you.

Location	Day	Date	Time	Weeks	Price	Code
Williamsburg CC	Mon	Nov 17	12:30- 2:00 pm	1	Free	188382
Downtown CC	Thu	Oct 09	6:30- 8:00 pm	1	Free	187868

Eat Well, Age Well

This interactive workshop focuses on how nutritional needs change as we age and how simple, mindful choices can improve energy, immunity, and overall well-being. Participants will learn about key nutrients for healthy aging, budget friendly meal planning tips, and portion control. We will wrap up with a fun hands-on activity: building a balanced plate using food visuals or simple props.

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	Wed	Oct 15	6:30- 8:00 pm	1	Free	188226
Forest Heights CC	Thu	Nov 20	1:00- 2:30 pm	1	Free	187969

Fit Minds®

Fit Minds® is a unique cognitive stimulation program for older adults that is designed to promote brain health through customized activities and social interaction. All classes are led by certified Fit Minds® Coaches that offer a fun, supportive and social environment where you can enjoy the company of others while furthering your own well-being.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Mon	Sep 15	12:45- 1:45 pm	11	Free	188731
Forest Heights CC	Tue	Sep 16	9:15- 10:15 am	12	Free	185723
Victoria Hills CC	Wed	Sep 17	9:30- 10:30 am	13	Free	185724
Kingsdale CC	Wed	Sep 17	1:30- 2:30 pm	13	Free	185721
Doon Pioneer Park CC	Thu	Sep 18	9:30- 10:30 am	13	Free	188613
Williamsburg CC	Thu	Sep 18	2:15- 3:15 pm	13	Free	185726
Rockway CC	Fri	Sep 19	9:15- 10:15 am	13	Free	185725
Bridgeport CC	Fri	Oct 03	1:15- 2:15 pm	11	Free	185722

Gentle Movement for Chronic Pain, Stress and Trauma

Learn how gentle movement can offer you tools to understand, manage and recover from chronic pain, anxiety, and trauma. Alleviate discomfort and calm triggers as they arise. Connect with powerful resources proven to help you feel healthier and more resilient in body and mind.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Mon	Sep 29	1:00- 2:30 pm	1	Free	187886
Downtown CC	Fri	Nov 07	2:00- 3:30 pm	1	Free	187864

Meditation Basics

Meditation can be frustrating, but it can also be easy and fun. In this workshop, you'll be guided through a number of meditation practices that will help you reduce stress and add calm to your life.

Location	Day	Date	Time	Weeks	Price	Code
Williamsburg CC	Mon	Sep 29	12:30- 2:00 pm	1	Free	188379
Forest Heights CC	Mon	Oct 20	11:30am- 1:00 pm	1	Free	187960
Rockway CC	Thu	Nov 06	6:30- 8:00 pm	1	Free	188259

Mindfulness & Meditation

In these busy times learn how to return to your body, your breath and your stillness. Reconnect with your calm center and learn how to observe your thoughts for greater mental clarity, lower stress and better health. Various meditation and mindfulness techniques will be offered and discussed. No experience necessary.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Mon	Sep 22	1:00- 2:30 pm	1	Free	187955
Centreville-Chicopee CC	Mon	Nov 24	1:00- 2:30 pm	1	Free	187773

Osteoporosis and You

Learn about the disease and gain a better understanding of how you or a loved one can live well with osteoporosis. Topics include nutrition, safe exercise, treatment and fall prevention. This program will help participants to make informed decisions about their bone health. In partnership with Osteoporosis Canada.

Location	Day	Date	Time	Weeks	Price	Code
Country Hills CC	Mon	Sep 22	1:00- 2:30 pm	1	Free	187788
Downtown CC	Mon	Nov 03	1:00- 2:30 pm	1	Free	187844

Plan for Peace of Mind

Join us for a helpful information session and gain peace of mind for you and your loved ones that your final wishes will be in order. Learn about Simple cremation & burial services for all faith traditions, Gaining peace of mind for you & your loved ones by relieving the burden from lack of planning & communication, how to save money by pre-arranging, learn about tax benefits, have your questions answered in a relaxed environment.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Oct 21	10:00- 11:00 am	1	Free	189064

Classes that do not meet the minimum number of participants may be cancelled. Refunds or program transfers of equal value will be issued.

Instructional Courses - continued

General Programs & Classes

Pelvic Floor Basics

We will practice breathing techniques, proper alignment and mindfulness connected to the pelvic floor. Learn to engage and release the pelvic floor muscle and various exercises to strengthen the pelvic floor and assist with incontinence issues. This course will combine pelvic floor work, breath work and exercise to incorporate into you daily life. Floor work will be done in class.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Mon	Oct 27	12:30- 2:00 pm	1	Free	187887
Country Hills CC	Mon	Nov 10	12:30- 2:00 pm	1	Free	187790
Bridgeport CC	Mon	Dec 01	12:30- 2:00 pm	1	Free	187744

Ride a Bus Workshop: Get to know Grand River Transit

This free event is for older adults wishing to become more comfortable with bus service in Waterloo Region. A bus ride and training session with Grand River Transit's travel training experts is included. Please note, a ride on the ION train is not included.

To register please call Rockway Centre at 519-741-2507

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Sat	Sep 13	9:30 am- 12:30 pm	1	Free	180574

Strong Bones & Strong Body

This workshop educates seniors on the importance of bone health and gentle movement as they age. We will explore foods rich in calcium, vitamin D, protein along with simple lifestyle changes to support strong bones and muscles. Participants will also be guided through a light seated stretch routine.

Location	Day	Date	Time	Weeks	Price	Code
Huron CC	Tue	Sep 23	9:30- 11:00 am	1	Free	188223
Rockway CC	Tue	Sep 30	10:00- 11:30 am	1	Free	188256
Chandler Mowat CC	Tue	Oct 28	10:00- 11:30 am	1	Free	187822

What is a Death Doula??

Discover how Death Doulas bring warmth and guidance to those facing life's final transition in this engaging workshop by Twilight Veil Doula Care. This session explains how non-medical support can provide comfort, guidance, and empowerment during serious illness. Through clear and relatable language, you'll see how a simple act of listening or helping with everyday details makes a big difference. The workshop covers emotional care, practical planning, and spiritual support in a way that feels accessible and meaningful. Come and experience a conversation that transforms the way we view end-of-life care.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 23	9:30- 10:30 am	1	Free	190686

Older Adults 55+ Program Guide FAQs

Registration for Kitchener Residents Opens Aug 12, and for other Residents on Aug 19, 2025 at 8:30am

To Register: Visit or call any community centre, or register online at www.kitchener.ca/Activenet

This policy does not apply to Ontario Health Funded programs, drop-ins and Pay As You Play.

Get your 2025/26 Kitchener Group Card!

Enjoy unlimited access to all our Ongoing Groups with the purchase of your Kitchener Group Card!

Cost (excluding HST): Ages 55+ \$16.32

Valid for 12 months: September 1-August 31



Register for Ongoing Groups by phone, in person, or online with ActiveNet

Available now for purchase/renewal at your local community centre or online with ActiveNet!

TRY A FREE CLASS!

Not sure if a program is a good fit for you?

Try it once for FREE!



Call the Community Centre where the class is offered to check availability

LEISURE ACCESS

Fee assistance is available for

2025/26!

Are program fees preventing you from joining a City program?

Fee assistance may be available!

You could qualify for \$400 per person!

Apply online at:

www.kitchener.ca/FeeAssistance

For more details visit or call any community centre, or call 519-741-2892

Older Adult Programs – FAQs

How do I register for programs? Visit or call any community centre, or register online at kitchener.ca/activenet. Ongoing group registration can be done in person, online, or over the phone. See page 4 for details. **Prices listed in this Guide are for adults 55+ (higher rates apply for 18-54) and do not include HST unless noted.**

What is the difference between an Instructional Course and an Ongoing Group?

Instructional courses are paid programs led by instructors hired by the City of Kitchener. Fees are set by Council and based on the type of program and how long it runs. Ongoing Groups for Older Adults 55+ are non-instructional volunteer led activity groups which are low or no cost. An annual Kitchener Group Card is required to participate in Ongoing Groups. Registration is required for both instructional courses and ongoing groups. **You can register in person, by phone, or online at kitchener.ca/activenet**

How much is a Kitchener Group Card and how do I get one? A Kitchener Group Card is required before registering for an Ongoing Group. Purchase a Kitchener Group Card through ActiveNet, online, in person, or by phone at any centres that host Ongoing Groups. Cost: Ages 55+: \$16.32 (excluding HST). **2025/26 group cards are available beginning August 1st for purchase or renewal.** Kitchener Group Cards are valid September 1-August 31.

Is Fee Assistance Available? Yes! You could qualify for a yearly amount of \$400 per person in Leisure Access funds if you are a resident of Kitchener and your total household income (before taxes) is at or below the Leisure Access Annual Household Income Cut Off Line. For instance, a family of one cut off line is \$32,894 and a family of two is \$40,947. A completed application including proof of address and income are required to apply. **Pick up an application at any community centre or pool, apply online at kitchener.ca/feeassistance, or call 519-741-2892.**

How can I find out if an Instructional Course or Ongoing Group is the right fit for me?

You can try most Instructional Courses and Ongoing Groups once for free! Register to attend a free class by calling or visiting the community centre where the program is being offered. It is based on availability, and for programs which need supplements, it is observing.

I'm new to fitness courses. How will I know if a course is suitable for me? Unless otherwise stated in the program description, previous experience is not required to take part in fitness programs. Instructors provide various modifications during class to accommodate different levels of fitness/experience so all can take part successfully. If you have specific questions or concerns, please speak with instructor before class. Also, your first class is always free based on availability! Call or visit the Centre where the course is being offered to sign up for a free class.

Is support available for those with physical or cognitive challenges that limit the ability to participate in programs?

Yes, we offer inclusion support to anyone with a disability or anyone who needs support to join a program. Inclusion Services staff will work with you to find the best accommodation through program adaptations, 1:1 support, and other means of assistance. **To request support services please call 519-741-5793 or visit kitchener.ca** (search "Inclusion Support"). Personal support workers and Personal Attendant for Leisure (PAL) card holders are also welcome. The PAL card allows individuals with a disability to be accompanied by their own personal attendant, so they may have the help they need, to participate in leisure programs and services offered by the municipality and PAL card partners. The personal attendant is not charged the program fee and is present for the sole purpose of assisting the person with the disability.

To learn more or to apply for a PAL card please visit www.kitchener.ca/PAL or call 519-741-2892 Applications can be picked up at any City of Kitchener facility.

If you have more questions, please call any of the Community Centres listed in the front of the Program Guide (page 3). Staff will be happy to answer your questions!

Sign up for the Older Adult Services' Newsletter



Stay up to date about: older adult programs, workshops, events, initiatives, registration dates, program cancellations & centre closures, as well as the city-wide resources available to you!

Sign up at: kitchener.ca/SeniorsNewsletter

Fall HOLIDAY CLOSURES

Sep 1 (Labour Day)

Oct 13 (Thanksgiving Day)

Dec 25 (Christmas Day)

Dec 26 (Boxing Day)

Older Adults Programs & Ongoing groups are cancelled on

Nov 11 (Remembrance Day).

Community centres may be open.

Please call your centre to verify hours or verify your program online:

www.kitchener.ca/activekitchener



Inclusion Support

We offer inclusion support to anyone with a disability or to anyone who needs support to join any of our programs.

We will work with you to find the best accommodation through program adaptations, 1:1 support, and other means of assistance.

We also welcome support through personal support workers, or our personal attendant for leisure (PAL) program.

The PAL program is available for those who qualify to bring their own helper (friend or family member) at no additional program cost.



For more information or to request support:



Visit: www.kitchener.ca/inclusion



Call 519-741-5793

Refund Policy

What is the refund policy if I cancel my participation in a recreation program/activity?

- A 100% refund will be given if you withdraw from a program more than seven (7) days before the first day of the program.
- Refunds will only be given in the same form as payment made.
- Cash refunds over \$20 will be refunded by cheque.
- Please note: If credit is left on an account the credit will expire after three years.
- NO REFUND will be given if a request to withdraw is made less than 7 days prior to the first day of the program. Refunds may be given for special circumstances only as approved by the program coordinator. The request should be submitted through: <https://form.kitchener.ca/CSD/NPS/Refund-request>
- If you have any questions please contact the city facility associated with the program.

Scan the QR Code to access the refund request form



FITNESS CLASS DROP IN RATES

Some registered classes that have extra spaces and are non-progressive in nature may allow a limited number of drop in participants at a price of:

- | | | |
|------------|------------|----------------------|
| • Fitness: | 55+ \$6.27 | Adult 18-54: \$7.65 |
| • Yoga: | 55+ \$7.07 | Adult 18-54: \$8.61 |
| • Dance: | 55+ \$9.57 | Adult 18-54: \$11.67 |

Prices are based on 1 hour class. Prices do not include tax and are subject to change. Please call ahead to ensure the class is running and has availability.



For more information please call any community centre!



Save the Date!
Winter Program Registration for
Kitchener Residents
OPENS
Dec 9th 8:30am



Instructional Courses - continued

General Programs & Classes– Virtual

Fit Minds

Fit Minds® is a unique cognitive stimulation program for older adults that is designed to promote brain health through customized activities and social interaction. All classes are led by certified Fit Mind® Coaches that offer a fun, supportive and social environment where you can enjoy the company of others while furthering your own well-being. This program is offered virtually on ZOOM so you can participate from the comfort of your own home. The ZOOM link for this class will be provided to participants by email prior to the start of the program. Worksheets will be mailed to participants prior to the first class.

Location	Day	Date	Time	Weeks	Price	Code
Virtual	Wed	Sep 17	11:00 am- 12:00 pm	13	Free	185716

Language Classes

French for Beginners- New!

This is a beginner level conversational French class. This class is for participants with little or no knowledge of the language. They will learn the basic conversational skills to improve fluency and confidence when speaking casually with others.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Sat	Sep 20	9:00- 9:55 am	10	\$83.20	188373

Spanish For Beginners

This is a beginner level conversational Spanish class. This class is for participants with little or no knowledge of the language. They will learn the basic conversational skills to improve fluency and confidence when speaking casually with others.

Location	Day	Date	Time	Weeks	Price	Code
Centreville-Chicopee CC	Mon	Sep 15	9:30- 10:25 am	12	Free	187838
Rockway CC	Fri	Sep 12	9:00- 9:55 am	14	\$116.48	187508

Spanish Intermediate Plus

This class is for students who have already taken the two levels of Spanish class, or who have some experience learning Spanish.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Fri	Sep 12	11:00- 11:55 am	14	\$116.48	187510

Spanish Intermediate

This class is for students that have already taken the Beginner Spanish course. They will learn the basic conversational skills to improve fluency and confidence when speaking casually with others.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Fri	Sep 12	10:00- 10:55 am	14	\$116.48	187507

Instructional Courses - continued

Music

Guitar Lessons for Adults: Beginner

Learn to play Guitar in this small group setting. No previous experience is required. Bring an Acoustic Guitar.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Wed	Sep 17	7:00- 8:00 pm	13	\$108.16	187434

Guitar Lessons: Level 1

Guitar playing is a creative and relaxing pastime that you too can enjoy. Students will learn to read music and will soon be able to perform songs such as Love Me Tender and Ode to Joy. Learning to strum the guitar and play chords are also part of the program. Hal Leonard Method Book 1 is used in this course. You can purchase a book from the instructor or bring your own if you have one.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 29	6:00- 6:55 pm	10	\$83.20	187435

Guitar Lessons: Level 2

Students will learn to read music and continue on with the Hal Leonard method. Learning to strum the guitar and play chords are also part of the program. Hal Leonard Method Book 1 is used in this course. You can purchase a book from the instructor or bring your own if you have one.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 29	8:00- 8:55 pm	10	\$83.20	187436

Guitar Lessons: Level 3

Build on your knowledge from the Level 2 lessons to learn to play the acoustic guitar in this small group setting.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Sep 29	7:00- 7:55 pm	10	\$83.20	187437

Piano Lessons: Beginner

Learn to play the piano in this small group setting. This course starts with the basics and will build your skills to be able to play simple songs.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 09	9:00- 9:55 am	13	\$108.16	187485
Downtown CC	Thu	Sep 11	9:30- 10:25 am	14	\$116.48	187489
Rockway CC	Sat	Sep 13	10:00- 10:55 am	13	\$108.16	187486



Piano Lessons For Adults: Beginner

Learn to play the piano in this small group setting. No previous experience required.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC	Thu	Sep 11	3:00- 3:55 pm	13	\$108.16	187480
Victoria Hills CC	Tue	Sep 09	3:25- 4:20 pm	12	\$99.84	187481
Victoria Hills CC	Tue	Sep 09	6:30- 7:25 pm	12	\$99.84	187477
Forest Heights CC	Wed	Sep 17	1:30- 2:25 pm	13	\$108.16	187478
Forest Heights CC	Wed	Sep 17	2:30- 3:25 pm	13	\$108.16	187479

Piano Lessons For Adults: Continuing

Build on your knowledge from the beginner piano lessons to continue to learn to play piano in this small group setting.

Location	Day	Date	Time	Weeks	Price	Code
Victoria Hills CC	Tue	Sep 09	7:30- 8:25 pm	12	\$99.84	187482
Forest Heights CC	Wed	Sep 17	3:30- 2:25 pm	13	\$108.16	187483
Bridgeport CC	Thu	Sep 11	8:00- 8:55 pm	13	\$108.16	187484

Piano Lessons: Continuing

Learn to play the piano in this small group setting. This course is for people who have taken beginner piano lessons before at an intermediate level.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 09	11:00- 11:55 am	13	\$108.16	187487

Piano Lessons: Intermediate

Learn to play the piano in this small group setting. This course is for people who have taken beginner piano lessons before.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Sep 09	10:00- 10:55 am	13	\$108.16	187488
Downtown CC	Thu	Sep 11	10:30- 11:25 am	14	\$116.48	187800
Rockway CC	Sat	Sep 13	11:00- 11:55 am	13	\$108.16	188418



New this year, the city introduced a 7 day advance registration window for Kitchener residents for city led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded Programs, drop ins and Pay As You Play.

Instructional Courses - continued

Music

Sing-A-Long- New!

Join a local musician for a fun and lively sing-a-long. This program is designed to bring joy and connection through the power of song. Whether you're a seasoned singer or just love to hum along, everyone is welcome to participate!

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Nov 5	10:30- 11:30 am	5	\$22.90	188387

Ukulele Lessons For Adults: Beginner- New!

Learn to play the Ukulele in this small group setting. No previous experience required. Bring a Ukulele.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Wed	Sep 17	5:00- 5:55 pm	13	\$108.16	187522

Ukulele Lessons For Adults: Continuing

Learn to play the Ukulele in this small group setting. Beginner level Ukulele experience required. Bring a Ukulele.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Wed	Sep 17	6:00- 6:55 pm	13	\$108.16	187523

Social & Fun

Colouring and Conversation- New!

Come and enjoy the therapeutic benefits of colouring and social interaction with new and old friends. This group will be in a relaxed setting and give individuals the opportunity to engage in colouring activities and connect with others who share this similar interest. Colouring materials will be provided.

Location	Day	Date	Time	Weeks	Price	Code
Chandler Mowat CC	Mon	Sep 15	10:30- 11:30 am	12	Free	188588
Centreville-Chicopee CC	Thu	Sep 18	10:45- 11:45 am	13	Free	188594
Huron CC	Tue	Sep 16	1:30- 2:30 pm	12	Free	188601

Get Up and Move Bingo- New!

Come enjoy the game of Bingo and get up and move with a few gentle exercises done between games. Great opportunity to meet some new friends while having fun.

Location	Day	Date	Time	Weeks	Price	Code
Forest Heights CC	Mon	Sep 15	2:00- 3:00 pm	11	Free	185737



Indoor Backyard Games- New!

Come and enjoy some of the classic backyard games indoors. Some examples of the classic backyard games will include Bocce Ball, Cornhole, Giant Jenga, Ladder Ball and more! This fun program will also allow people to connect with others.

Location	Day	Date	Time	Weeks	Price	Code
Chandler Mowat CC	Wed	Sep 17	11:15am-12:15pm	13	Free	188592

Knit, Crochet and Coffee Group

Join Jacqueline and your neighbours to knit and/or crochet items such as hats and scarves. You can also bring your own project and socialize over coffee. This is a self-led program, no formal instruction provided. Basic supplies are included. Donations of new yarn gratefully accepted.

Location	Day	Date	Time	Weeks	Price	Code
Chandler Mowat CC	Thu	Oct 2	11:00am- 1:00pm	11	Free	188587

Musical Mix Games- New!

Take a ride down memory lane together to enjoy interactive music focused activities like music bingo, music trivia and more. Music has a way of connecting people. Come join the fun and music together!

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Oct 01	10:30- 11:30 am	5	Free	188764

Memory Boosters Social Group

This is a supportive and inclusive social group for people living with dementia or experiencing memory loss and their caregivers. Every 2nd & 4th Tuesday of each month, come join us for some fun together. We will offer different activities including games, music, crafts, guest speakers and informal discussions such as, useful information and services that are designed to make living with dementia a little easier. PLEASE NOTE: Caregivers must register and attend the program with participants.

Location	Day	Date	Time	Weeks	Price	Code
Kingsdale CC	2nd & 4th Tue of the month	Sep 09	1:15- 3:00 pm	6	Free	185731

Morning Out

Come and meet new friends, enjoy a coffee and participate in a variety of activities. Each week will offer different activities including trivia, games, crafts and informal discussions.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Tue	Sep 16	10:00- 11:30 am	12	Free	185732
Forest Heights CC	Tue	Sep 16	10:45am-12:15pm	12	Free	185733
Rockway CC	Fri	Sep 19	10:30am-12:00pm	12	Free	185734

Instructional Courses - continued

Social & Fun

Trivia and Game Squad- New!

Join us for a fun-filled trivia and game experience that keeps your mind sharp and your heart happy! This program will encourage teamwork, lively discussions and social interaction through a variety of engaging activities.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Thu	Sep 18	10:45- 11:45 am	13	Free	188612

Walkie Talkies Outdoor Walking Group- New!

Enjoy an hour of leisure walking outdoors on the Grand River Trails by the Bridgeport CC and some conversation with friends. It is a great opportunity to combine exercise and conversation.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC *offsite	Wed	Sep 17	1:30- 2:30 pm	7	Free	185761

Walkie Talkies Outdoor Walking Group

Come out for some exercise and conversation. Enjoy an hour of leisure walking outdoors at Victoria Park. Group will meet at Victoria Park.

Location	Day	Date	Time	Weeks	Price	Code
Victoria Park	Wed	Sep 17	9:30- 10:30 am	9	Free	185743

Walkie Talkies Indoor Walking Group

Enjoy an hour of leisure walking indoors at Fairview Park Mall and some conversation with friends. It is a great opportunity to combine exercise and conversation. Group will meet at the food court area.

Location	Day	Date	Time	Weeks	Price	Code
Fairview Park Mall	Wed	Nov 19	9:30- 10:30 am	4	Free	188618

Special Events

Bird Nature Walk

Come explore Bridgeport CC Grand River trails and learn about the variety of birds in our Region. David will guide you through an excellent birding opportunity that can be found in your neighbourhood and will also give you a chance to discover lots of nature on the trail.

Location	Day	Date	Time	Weeks	Price	Code
Bridgeport CC *offsite	Wed	Sep 10	10:30- 11:30 am	1	Free	185738

BOO! Bingo

Come out for a "Spooktacular" time to play BOO! Bingo. Enjoy playing this long time favourite activity with some prizes to be won.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Fri	Oct 31	10:30am- 12:00pm	1	Free	188626

Fall Social

Join the Rockway Advisory Council as we celebrate the beauty of the fall season. Enjoy an afternoon of fellowship with friends. Registration is required.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Sat	Oct 18	1:30- 3:00 pm	1	Free	188744

Forest Bathing- New!

Step into the forest and leave the busy world behind. Forest bathing isn't about hiking or learning plant names-its about slowing down and connecting with nature through your senses. With a trained guide to gently lead the way, you'll experience simple, mindful invitations that deepen your connection to the forest. Breathe deeply, feel the textures, listen to the sounds, and let nature work its quiet magic. It's a proven way to reduce stress, lift your mood and feel more grounded-like a spa day, but with birdsong and fresh air. * Offsite Program

Location	Day	Date	Time	Weeks	Price	Code
Kiwanis Park Trails	Thu	Oct 02	1:30- 2:30 pm	1	Free	188624
Breithaupt Park Trails	Fri	Sep 19	1:30- 2:30 pm	1	Free	188623

Holiday Bingo Social

Join us for some fun games of Bingo filled with laughter, great company, refreshments and prizes!

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Thu	Dec 18	1:30- 3:00 pm	1	Free	188772

Holiday Craft Social

Enjoy exploring your creative abilities creating your own holiday craft project while connecting with friends. Refreshments provided.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Dec 15	10:30am-12:00 pm	1	Free	188768

Holiday Trivia Social

Join us for a fun-filled trivia morning! This event will encourage lively discussions with a variety of questions and social interaction. Refreshments provided.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Wed	Dec 17	10:30am-12:00 pm	1	Free	188771

Rockin' It at Rockway: Holiday Social

We're bringing our Rockin' At Rockway spirit to our Holiday Social! Join us for lively, festive, music and an afternoon with friends. Enjoy holiday sweets and coffee/tea and sing-a-long to holiday favourites.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Tue	Dec 16	1:00- 3:00 pm	1	\$8.00	188407

Instructional Courses - continued

Special Events

Rockway Entertainers Christmas Concert

Celebrate the holiday season with a concert presented by our four part choir, "The Rockway Entertainers". Sit back and enjoy their selection of songs as they lift your spirits and entertain you.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Sat	Dec 06	2:00- 3:30 pm	1	\$10.00	188404
Rockway CC	Thu	Dec 11	2:00- 2:30 pm	1	\$10.00	188405

Rockway Christmas Market

Drop in to the Rockway Centre Christmas Market to find unique hand crafted gifts for those special people on your list. Treat yourself to some baked goods at our bake sale table. Interested in becoming a vendor? Visit the Rockway Centre to reserve a table for \$25. Limited quantities.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Sat	Nov 15	9:30 am- 1:00 pm	1	Free	-

Plan for Peace of Mind Workshop

Rockway Community Centre

Tuesday October 21st

10:00 - 11:00 am Presentation with Q & A

Join us for this helpful information session and gain peace of mind for you and your loved ones that your final wishes will be in order. Learn about:

- Simple cremation and burial services for all faith traditions
- Gaining peace of mind for you and your loved ones by relieving the burden from lack of both planning and communication
- How to save money by pre-arranging, learn about tax benefits
- Have your questions answered in a relaxed environment



To Register: call 519-741-2507, visit in-person, or online
at kitchener.ca/activenet Course Code: 189064

 **Tri-City**
Cremation
Services

McKay Memorials Inc.

Simple. Dignified. Affordable.

Sport

Badminton for Adults

**Weekly registration is required.

Registration opens for Badminton six days in advance. You can register in person or online at www.kitchener.ca/activenet.

This is a drop in badminton program, no instruction. All players welcome. Some racquets available, bring your own is recommended. Don't forget to wear running shoes. Withdrawals from single-visit programs must be done by 11:59 pm the day before the program.

Location	Day	Start Date	Time	Weeks	Price	Code
Chandler Mowat CC	Sat	Sep 13	10:15 am- 12:15 pm	Ongoing	Free	-
Chandler Mowat CC NEW!	Tue	Sep 9	9:30 - 11:30 am	Ongoing	Free	-

Pay-As-You-Play (PAYP)

Pay-As-You-Play programs are organized by the City of Kitchener staff in the Adult 55+ division with the daily play of these activities looked after by City volunteers. Individuals must purchase and hand in tickets for each time they participate. This is a drop in program, no instruction. Tickets are available as singles, books of 10 and books of 20.

2025 Prices:	\$3.93/pass	\$35.43/book of 10	\$62.99/book of 20
Not including tax			

PAYP-Badminton

Location	Day	Date	Time	Weeks	Code
Kingsdale CC	Tue	Sep 02	6:30- 9:00 pm	15	188243

PAYP-Pickleball

Location	Day	Date	Time	Weeks	Code
Downtown CC	Wed	Sep 03	1:30- 4:00 pm	16	187952
Downtown CC	Fri	Sep 05	1:30- 4:00 pm	16	187956
Downtown CC	Fri	Sep 05	7:00- 10:00 pm	16	187957

PAYP-Pickleball Intermediate

Kingsdale CC	Mon	Sep 08	12:00- 2:30 pm	13	188237
Kingsdale CC	Fri	Sep 05	12:00- 2:30 pm	16	188241



Instructional Courses - continued

Sport

Pickleball For New Players To Beginners

This course covers the most important parts of learning the game. If you have never played pickleball, or never even played a sport, OR if you have played but need to work on the basics, this is the class for you. We will cover serve, serve receive, drop/soft shot, ground strokes, volley, court positioning & court responsibilities, etiquette, some strategies. By the end of the session, you will understand the basics of the game, including scoring and will take part in some fun game play!

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Tue	Sep 16	9:30- 10:30 am	8	\$49.20	187847
Doon Pioneer Park CC	Thu	Sep 18	9:30- 10:30 am	8	\$49.20	187882

Pickleball For Beginner Plus To Intermediate

This course takes the player past the basics of the game. Meant for players who have some experience playing before and/or already have a basic understanding of the game. We will cover, serve/serve receive options, and strategies, court positioning & court responsibilities, etiquette, ground strokes, learn 3 shot drops, using the drop/soft shot, punch and block volleys, resets, the lob and safe lob retrieval, smashes, improving technique and effective partner play. *Players should have some experience playing and an understanding of scoring.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Tue	Sep 16	10:35- 11:35 am	8	\$49.20	187854
Doon Pioneer Park CC	Thu	Sep 18	10:35- 11:35 am	8	\$49.20	187883

Pickleball Drill & Play- New!

This is a 4 week session with skills and drills in the first hour, and the second hour used as structured game play to practice those skills covered. The coach will observe and will offer guidance with shots and shot selection. Structured rotation will take place so you will play everyone in your group. You get to practice what you have learned! We will cover, serve/serve receive options and strategies, court positioning & court responsibilities, etiquette, ground strokes, learn 3 shot drops, using the drop/soft shot, punch and block volleys, resets, the lob and safe lob retrieval, smashes, improving technique and effective partner play. *Players should have some experience playing and an understanding of scoring.

Location	Day	Date	Time	Weeks	Price	Code
Downtown CC	Tue	Nov 18	9:30- 11:30 am	4	\$49.20	187857
Doon Pioneer Park CC	Thu	Nov 20	9:30- 11:30 am	4	\$49.20	187885

Classes that do not meet the minimum number of participants may be cancelled. Refunds or program transfers of equal value will be issued.

Simplified Pickleball

This is a supportive and inclusive pickleball program for persons living with dementia or experiencing memory loss. Players will have the opportunity to develop skill, participate in related activities, and play non-competitive games of simplified pickleball. This program will also provide good exercise, great fun and social connections. Players can be supported by trained staff/volunteers or caregivers are welcome to join in on the fun. Additional participant information is required prior to program starting.

Location	Day	Date	Time	Weeks	Price	Code
Doon Pioneer Park CC	Tue	Sep 16	1:00- 2:30 pm	12	\$43.29	185744

Register at least one week before your class starts
to ensure it doesn't get cancelled.



OLDER ADULT PROGRAMS (55+)

Sign up for our newsletter to get updates about older adults programs and services in Kitchener.

kitchener.ca/SeniorsNewsletter

Multi-language Interpretation Support



Service is available in over 200 languages at all City of Kitchener facilities
(including American Sign Language (ASL) at City Hall only)

For more information:
Call 519-741-2345 | TTY 1-888-420-1777
or visit www.kitchener.ca/contactus

Instructional Courses - continued

Technology: Kitchener Tech Connects

Google Drive and Docs

In this introductory level two-part course, we will explore Google Drive for file organization and storage, and Google Docs for the creation and sharing of documents. Participants must provide a Gmail address when they register, and should bring a laptop (preferred) or tablet with the Drive and Docs apps loaded.

Location	Day	Date	Time	Weeks	Price	Code
Country Hills CC	Tue	Sep 16	2:30- 3:30 pm	2	Free	187786
Rockway CC	Tue	Nov 18	2:30- 3:30 pm	2	Free	188291

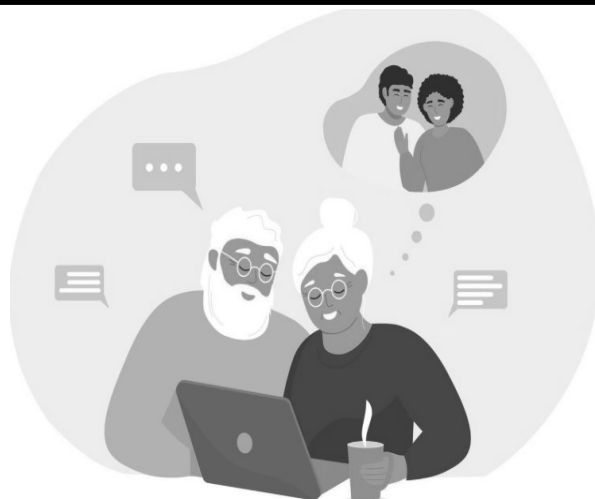
Introduction to Chromebooks

Participants will learn about the physical features of a Chromebook, its basic functionality and how it differs from other laptops and devices. We will explore the Chrome Browser and learn how to use it to access common websites and create bookmarks. Note: Participants will need a Gmail address and password to sign in to the Chromebook, and should bring their own or a borrowed Chromebook (not another type of laptop) to class. Devices may be available to loan through our lending library call 519-783-8560 to inquire.

Location	Day	Date	Time	Weeks	Price	Code
Grand River RC	Tue	Oct 21	1:00- 2:00 pm	1	Free	188132
Breithaupt Centre	Tue	Dec 09	2:15- 3:15 pm	1	Free	188393
Country Hills CC	Thu	Sep 11	2:15- 3:15 pm	1	Free	187787

FREE technology training and lending library for older adults. Registration now on ActiveNet!

- **Online:** www.kitchener.ca/activekitchener
- **In-person:** Go to any of the city's community centres or indoor pools
- **By phone:** Staff are happy to assist you over the phone during regular business hours by calling 519-741-2907



Digital Lending Library

The goal of this program is to help older adults access technology and improve their digital literacy. As a registered participant of this program, you can borrow an iPad or a Chromebook, as well as take part in any of our free technology training programs. Some devices are enabled with LTE/ cellular service for those who do not have access to Wi-Fi. **Call 519-783-8560 to inquire.**

Kitchener Tech Connects Support Session

Support Sessions are designed to provide the opportunity for help or advice on any topic related to the effective use of technology. There will be no lesson taught or specific 'agenda' for Support Sessions; the learning will be driven by participant questions.

Location	Day	Date	Time	Weeks	Price	Code
Grand River RC	Tue	Oct 21	2:15- 3:30 pm	1	Free	188131
Country Hills CC	Thu	Sep 25	2:15- 3:30 pm	1	Free	187784
Rockway CC	Thu	Nov 27	2:15- 3:30 pm	1	Free	188273

Making the Most of your iPad

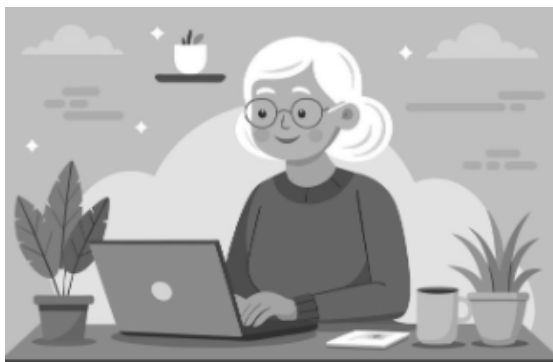
Ready to get more out of your iPad? In these fun, hands-on sessions, you'll unlock the full potential of your device and boost your confidence with every tap and swipe. We'll cover everything from the physical features of your iPad to smart navigation tips, handy gestures, must-know settings, and how to get the most from apps. You'll explore the camera, manage photos like a pro, browse with Safari, and dive into the App Store to find exciting new tools-and more, as time allows. Join us for a relaxed, friendly class where you can ask questions, try new things, and discover just how much your iPad can do for you!

Location	Day	Date	Time	Weeks	Price	Code
Country Hills CC	Thu	Sep 11	1:00- 2:00 pm	3	Free	187781
Grand River RC	Thu	Oct 09	1:00- 2:00 pm	3	Free	188133
Breithaupt Centre	Thu	Dec 04	1:00- 2:00 pm	3	Free	188391

Safe and Savvy Online

In today's connected world, the internet opens up endless opportunities-but it also comes with risks. This essential, practical course empowers you to navigate the digital world with confidence. You'll discover simple, effective ways to protect your personal information, and spot online scams before they catch you. Learn how to stay ahead of evolving cyber threats, keep your devices secure and maintain safe online habits. Whether you're browsing, shopping, or socializing online, this course will give you the tools to protect yourself and your digital identity.

Location	Day	Date	Time	Weeks	Price	Code
Rockway CC	Mon	Nov 24	1:00- 2:30 pm	1	Free	188279
Grand River RC	Wed	Oct 08	1:00- 2:30 pm	1	Free	188128
Country Hills CC	Fri	Sep 26	1:00- 2:30 pm	1	Free	187785



Instructional Courses - continued

Technology: Kitchener Tech Connects

Using the Internet Effectively

Learn how to search effectively and build your confidence using the internet! In these sessions, we will demystify the language of the internet, discuss common purposes for using the internet, demonstrate and practice strategies to search more effectively, discover how to locate and save favorite websites, and outline basic safety practices for being online.

Location	Day	Date	Time	Weeks	Price	Code
Country Hills CC	Tue	Sep 9	1:00- 2:00 pm	2	Free	187778
Rockway CC	Tue	Nov 18	1:00- 2:00 pm	2	Free	188262
Grand River RC	Thu	Oct 16	2:15- 3:15 pm	2	Free	188125
Breithaupt Centre	Thu	Dec 4	2:15- 3:15 pm	2	Free	188389

Using Email Effectively

In these classes, you will learn about the effective and safe use of email-including sending, receiving, forwarding, attaching photos, as well as organizing your account and learning how to recognize and deal with spam. Participants should bring their laptop, tablet or phone to class, logged into your email. Anyone who does not have an email account will be offered time ahead of class to set this up.

Location	Day	Date	Time	Weeks	Price	Code
Country Hills CC	Tue	Sep 23	1:00- 2:00 pm	2	Free	187783
Grand River RC	Tue	Oct 14	1:00- 2:00 pm	1	Free	188127
Breithaupt Centre	Tue	Dec 09	1:00- 2:00 pm	2	Free	188392
Rockway CC	Thu	Nov 20	1:00- 2:00 pm	2	Free	188270



Register at least one week before your class starts
to ensure it doesn't get cancelled.

Classes that do not meet the minimum number of participants may be cancelled. Refunds or program transfers of equal value will be issued.



Kitchener Tech Club

Are you looking for support in your use of technology?

The **Kitchener Tech Club** is a community of older adults interested in technology. Whether you are a beginner or have more experience, we have something for everyone! We offer guest presentations, group learning events, individual support sessions, and more, all of which help our members to learn, grow and thrive in their use of technology. Membership is free with a valid Kitchener Group Card; email kitchenertechclub@gmail.com to learn more or to submit a request to join.



Refer to page 60 for more details.



Come join us at the Downtown Community Centre for:

**Drop in Sessions
(Tech Support)**

Speaker Meeting

Share & Learn

For more info about all the things we offer,
visit the club website: kitchenertechclub.ca



ONGOING GROUPS

Our volunteer led, non-instructional Ongoing Groups for Older Adults 55+ allow you to connect with others with similar interests! Register for as many Ongoing Groups as you like, all included for the cost of your annual Kitchener Group Card!

**Get your 2025/26 Kitchener Group Card
and enjoy unlimited access to all of our
Ongoing Groups
from September 1 to August 31!**

**Group Card Rate:
Ages 55+ \$16.32 (excluding HST)**

Now available for purchase/renewal at your local
community centre or online at:
kitchener.ca/activekitchener



Register for Ongoing Groups in person, by phone, or now online with ActiveNet!

Arts & Crafts

Adult Colouring

Relieve stress and inspire creativity. Adult colouring books are relaxing, calming, and help to improve motor skills and vision. This group is suitable for seniors looking for conversation. Supplies provided or bring your own.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Thu	Sep 04	Dec 18	1:00- 3:30 pm	187395

Bunka

Bunka is easy to learn and is enjoyed by people of all age groups. Most canvases are a "paint by number" technique and subjects range from traditional Japanese scenes of mountains, rivers and flowers to typical Canadian landscapes, animals, and people. Bunka kit is available for purchase or participants can bring their own.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 15	1:30- 3:30 pm	187407

Drawing Practice Group

This non-instructional, drawing practice group welcomes all interested in drawing. Our aim is to provide a supportive social environment to practice, share, and develop skills.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Fri	Sep 05	Dec 19	10:00 am-12:00pm	187425

Needles & Crafts

This friendly group meets twice a week to socialize, share ideas and work on many projects. Goods are sold at Rockway to support programming needs and donations are given to local organizations such as, KW Hospital, KW Humane Society, ACCKWA, Sheppard School and other Community Centres. Members are welcome to work on their own projects. Basic skills are required. Custom orders are welcomed.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Wed	Sep 03	Dec 17	9:30- 11:30 am	187454
Rockway CC	Fri	Sep 05	Dec 19	1:00- 3:00 pm	187453

Oil Painting Practice

This non-instructional group works on their own paintings. Painting techniques and new ideas are welcome to be shared with members of the group.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	1:00- 3:00 pm	187466

Quilting

This group promotes fun and fellowship while quilting for anyone that would like a quilt for a monetary fee. Newcomers are welcome, whether they are an expert or a beginner.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Thu	Sep 04	Dec 18	10:00 am- 1:00 pm	187495

Writer's Collective

Attention all wordsmiths and storytellers! If you're passionate about writing and eager to elevate your skills, look no further, this group is for you! Whether you're fine-tuning a memoir, polishing a novel, or preparing an article for magazine submission, honest and constructive feedback from diverse perspectives is invaluable. We're looking for dedicated writers committed to consistently working on their craft and actively participating. For one week, we'll dedicate ourselves to writing our submissions, and in the subsequent week, we'll convene to offer constructive feedback on each other's work. The group meets every other Tuesday.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 09	Dec 16	12:30- 4:00 pm	187532



Ongoing Groups - continued

Cards & Games

Bid Euchre

Bidding in this game is the only difference from the game of Euchre. The highest trump is the Jack of the trump suit and second Jack same colour suit. A double deck is used containing two of each card. Join this exciting game. Bid Euchre experience is required.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Wed	Sep 03	Dec 17	12:45- 3:15	187400
Downtown CC	Fri	Sep 05	Dec 19	12:45- 3:45	187923

Billiards

Use of the Billiards Table is available Monday-Friday 8:30am-7pm and Saturdays 9:00am-3pm. There is one table available.

Location	Day	Start Date	End Date	Time	Code
Downtown CC	—————On a first come, first served basis.—————				

Billiards

The Billiards Room is open for play Monday-Thursday 8:30am-8pm, Fridays 8:30am-4pm, Saturdays 9am-11:30pm. We have one table which will allow for a maximum of four players at a time.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon– Sat	Sep 02	Dec 23	Centre Hours	187401

Bridge Casual

This version of Bridge plays four rounds of eight hands each. This is progressive Bridge, which means that the winning pair advances to the next table after a high/low draw and plays with the corresponding high/low. No partner required. Bridge experience is required.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	6:30- 9:00 pm	187403

Bridge Partner Progressive

Come out for an afternoon of Bridge. We play progressive style, which means that after several deals, you and your partner move together to the next game. This is a great way to meet new people and have fun. Singles welcome and we will pair you up. This is a volunteer led, non-instructional program. Bridge experience is required.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Wed	Sep 03	Dec 17	6:30- 9:30 pm	187404
Downtown CC	Sat	Sep 06	Dec 20	12:30- 3:30 pm	187938



Bridge Progressive Intermediate

Progressive Bridge is a form of bridge with several tables in play. The winning pair advances to the next table. This is an intermediate level group for experienced players.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 02	Dec 23	12:30- 4:00 pm	187405
Rockway CC	Fri	Sep 05	Dec 19	12:30- 3:30 pm	187406

Canasta

Canasta is an easy to learn card game. Anyone, familiar with card games can learn “Canasta” in a few hours; however, a good memory is helpful.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Wed	Sep 03	Dec 17	12:00- 3:30 pm	187408

Canasta Hand And Foot

Canasta is an easy to learn card game. Anyone familiar with card games can learn “Canasta” in a few hours; however, a good memory is helpful. Hand and Foot is a Canasta variant involving seven decks of cards rather than two, and is played by teams of 2 players. Some players feel this version is more enjoyable for beginners.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	1:00- 4:00 pm	187411
Rockway CC	Wed	Sep 03	Dec 17	6:30- 9:30 pm	187410
Rockway CC	Fri	Sep 05	Dec 19	1:00- 4:00 pm	187409

Chess

Chess is played for fun and relaxation with occasional tournaments. Players of all levels are welcome to join us. Remember chess is not only fun but makes you think.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	1:15- 4:45 pm	187415
Rockway CC	Tue	Sep 02	Dec 23	1:15- 4:45 pm	187416

Cribbage

Cribbage or crib, is a card game traditionally for two players, but commonly played with three, four or more, that involves playing and grouping cards in combinations which gain points.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Thu	Sep 04	Dec 18	11:30am- 2:30pm	187418



Ongoing Groups - continued

Cards & Games

Crokinole

Many people remember Crokinole as a game from childhood. It's played on a circular wooden board with wooden buttons as playing pieces. You'll play with different partners throughout the afternoon. This is an advanced level group for experienced players.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Wed	Sep 03	Dec 17	1:00- 3:30 pm	187419

Dominoes: Mexican Train

Join in the fun of Dominoes, Mexican train style and share a morning out with friends!

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Sat	Sep 06	Dec 20	10:00am- 12:00pm	187424

Euchre

Come and join this group and see if you can get a Euchre hand. Individuals should have some knowledge of how to play the game. This is progressive Euchre, which means that you will move to different tables throughout the afternoon and will play with different people.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	12:45- 4:00 pm	187427

Mah Jongg

This group meets weekly to play the National, American style version of Mah Jongg. Everyone is welcome to join in.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	1:00- 3:00 pm	187445

Scrabble

This group welcomes everyone and will give any help desired. If you have never played before, or have tried it a few times and want to learn more, or if its just been a while since you've played, come and join us.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	1:00- 4:00 pm	187501

ONGOING GROUP REGISTRATION

All participants in all Ongoing Groups **must** register for the Fall Session if they wish to continue to participate in their groups.

Solo Progressive

Solo is a fascinating card game for everyone. Strategy, experience, and luck are requirements for success. As with any card game, players develop these characteristics over time (with the exception of luck, which seems to come and go). This is a volunteer led, non-instructional program. Solo experience is required.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	6:30- 8:30 pm	187506
Downtown CC	Wed	Sep 03	Dec 17	6:45- 9:15 pm	187876

Dance

Ballroom, Latin and Social Dancing

Drop in for a social dance practice of ballroom and Latin dancing. Dance to a variety of music in a fun, relaxed environment. It is preferable to bring a dance partner. All are welcome. This is not a formal instruction session but guidance is available from experienced dancers.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Thu	Sep 04	Dec 18	6:30- 8:30 pm	187399

Line Dance Practice Beginner

A non-instructional social line dance practice for those registered in the instructional line dance program. This practice supports the regular Line Dance classes. We practice what we have learned during the classes to enhance our skills.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Thu	Sep 11	Dec 11	2:45- 3:45 pm	187442

Line Dance Practice Improver

A non-instructional social line dance practice for those registered in the instructional line dance program. This practice supports the regular Line Dance classes. We practice what we have learned during the classes to enhance our skills.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Fri	Sep 12	Dec 12	11:30am- 12:30pm	187443

Line Dance Practice Intermediate

A non-instructional social line dance practice for those registered in the instructional line dance program. This practice supports the regular Line Dance classes. We practice what we have learned during the classes to enhance our skills.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Thu	Sep 11	Dec 11	1:30- 2:30 pm	187444



Ongoing Groups - continued

Fitness & Sport

Bocce Ball

Calling all Bocce Ball enthusiasts to join us for this indoor game! Bocce Ball is enjoyable and can relieve stress. Bocce combines light activity and social interaction which can give a very uplifting distraction from life's worries. Equipment provided. Beginners welcome!

Location	Day	Start Date	End Date	Time	Code
Kingsdale CC	Wed	Sep 03	Dec 17	2:00- 3:30 pm	188229

Darts

Darts is a form of throwing sport in which small missiles are thrown at a circular dartboard fixed to a wall. Though various boards and rules have been used in the past, the term "darts" usually now refers to a standardized game involving a specific board design and set of rules.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 09	Dec 16	6:30- 8:30 pm	187420
Rockway CC	Wed	Sep 03	Dec 10	9:30- 11:30 am	187421
Rockway CC	Fri	Sep 05	Dec 12	9:30- 11:30 am	187422

Floor Curling

Floor curling promotes flexibility, increased range of motion and circulation. Pusher sticks allow seniors to easily deliver the Floor Curl stones without bending to floor level. Equipment provided to curl while sitting. There are two courts available, four players per court.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	10:00am- 12:00pm	187428

Horseshoes

This casual co-ed group welcomes players of all levels. Come out and make new friends while enjoying some fresh air.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue & Thu	Sep 2	Oct 16	9:30- 11:30 am	187439

Ladder Ball/Corn Hole

Ladder ball is played indoors. Each player has 3 golf ball bolas. A bola is 2 golf balls attached by a nylon rope. The object is to toss your bolas and get them to wrap around the steps of the ladder. We have 5 courts, and we play 4 people per court. Corn hole is a game which players or teams take turns throwing bean bags at a raised, angled board with a hole at its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Fri	Sep 05	Dec 19	1:00- 3:00 pm	187441

Ping Pong

An indoor game based on tennis, played with small paddles and a ball bounced on a table divided by a net. If you have never played before, our convener will teach you the game. Come join us for some fun and activity. There are four tables available.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	2:15- 4:15 pm	187490
Rockway CC	Wed	Sep 03	Dec 17	6:30- 8:00 pm	188605

Senior Tennis

The Senior Tennis ongoing group plays at Highland Courts Park. Come out, meet new people, and enjoy a morning of tennis. All skill levels welcome. Courts are available on a first-come, first-serve basis.

Kitchener Group Card is required. The Kitchener Group Card expires at the end of August, but the Tennis Group continues until mid-October. You will need to renew your Kitchener Group card on September 1st.

Location	Day	Start Date	End Date	Time	Code
Highland Tennis Court	Mon– Fri	Sep 01	Oct 10	8:30- 11:00 am	187939

Shuffleboard

Come out, meet new people, and enjoy a social afternoon of shuffleboard. All skill levels welcome.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 02	Dec 23	1:00- 3:00 pm	187505
Downtown CC	Thu	Sep 04	Dec 18	1:00- 3:00 pm	187919

Fitness & Wellness

Tai Chi Movements

Tai Chi Movements is an opportunity for Tai Chi enthusiasts to come together and move through the forms collectively. No instruction is provided.

Location	Day	Start Date	End Date	Time	Code
Kingsdale CC	Tue	Sep 02	Dec 30	11:00am- 12:30pm	188227
Kingsdale CC	Fri	Sep 05	Dec 19	11:00am- 12:30pm	188228

Tai Chi Practice

This ongoing group provides a common time for Tai Chi participants to practice the movements they have already learned. This is not a teaching class. This practice is for those registered in the instructional Tai Chi programs.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Mon	Sep 08	Dec 22	1:00- 2:00 pm	187515
Rockway CC	Thu	Sep 04	Dec 18	11:30am- 12:30pm	187516

Ongoing Groups - continued

Music

Drum Group

All ages and abilities welcome. Bring your own percussion instrument or borrow one of ours.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Sat	Sep 13	Dec 20	10:00- 11:00 am	187426

Guitar Jam

The objective of this group is to provide an opportunity for guitar enthusiasts of all levels and abilities to get together and play songs in a welcoming environment.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 02	Dec 23	9:00- 11:00 am	187433
Rockway CC	Thu	Sep 18	Dec 18	6:00- 8:00 pm	188644

Happy Harmonicas

The Happy Harmonica Band is composed of experienced harmonica players who commit to a weekly practice and 4-6 concerts a year. Members must own a C and a G harmonica and be able to get to and from performances on their own.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 09	Dec 16	10:00- 11:30 am	187438

Rockway Amigos Travel Band

A quaint travelling band that specializes in entertaining seniors in retirement homes with comedy songs and old classic singalongs from the 1920's-1960's.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 02	Dec 23	10:00am- 12:00pm	187497



ONGOING GROUP REGISTRATION

All participants in all Ongoing Groups **must** register for the Fall Session if they wish to continue to participate in their groups.

Rockway Entertainers

The high-spirited Rockway Entertainers is a music group of over 40 voices, male and female, whose goal in life is to bring joy to seniors through four-part harmony. They practice September to May on Thursday afternoons at Rockway Centre in Kitchener. Once a month, they end practice early so they can have a social time, eat together and catch up with each others' lives. The group sings at a seniors' residence once a month and currently performs at Christmas and Spring. They have a dynamic director who helps them improve their technique and sound production.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Thu	Sep 04	Dec 18	1:15- 4:00 pm	187498

Social & Fun

Amigos

This social group meets to celebrate the Spanish culture through crafts, games and many other activities.

Location	Day	Start Date	End Date	Time	Code
Downtown CC	Sat	Sep 06	Dec 20	10:00 am- 2:00 pm	187929

F.R.I.E.N.D.S.

F.R.I.E.N.D.S. stands for Fun loving Retirees Interested in Education, Nutrition, Personal Development and Social Issues. This group offers friendship and intellectual stimulation. Enjoy current topics presented by guest speakers or special theme days.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Tue	Sep 09	Dec 02	1:00- 3:00 pm	187430

Manos A La Obra

This is a Spanish speaking group that make crafts with upcycling materials, such as plastics, glass, newspapers and cardboard.

Location	Day	Start Date	End Date	Time	Code
Rockway CC	Wed	Sep 03	Dec 17	1:00- 4:00 pm	187446
Rockway CC	Fri	Sep 05	Dec 19	1:00- 4:00 pm	187447



Ongoing Groups - continued

Technology

Kitchener Tech Club Drop In

Informal networking and information sharing. Volunteer helpers will be available to answer questions, find solutions and share experience.

Location	Day	Dates	Time	Code
Downtown CC	Wed	Sep 10, Oct 8, Nov 12 & Dec 10	9:30- 11:30am	187873
Virtual	Mon	Sep 22, Oct 27, Nov 24 & Dec 22	1:30- 3:30pm	87871

Kitchener Tech Club Share and Learn Gathering

Learn from club members on a variety of computer related topics.

Location	Day	Dates	Time	Code
Downtown CC	Wed	Sep 24, Oct 22 & Nov 26	9:30- 11:30am	187875

Kitchener Tech Club Speakers Meeting

Learn from professionals on a variety of topics including computer upgrades, internet seminars, software demonstrations and more. \$2.00 admission

Location	Day	Dates	Time	Code
Downtown CC	Wed	Sep 17, Oct 15 & Nov 19	9:30- 11:30am	187874

ONGOING GROUP REGISTRATION

All participants in all Ongoing Groups **must** register for the Fall Session if they wish to continue to participate in their groups.



Register at least one week before your class starts to ensure it doesn't get cancelled.

Becoming a volunteer with the City of Kitchener is as simple as 1..2..3

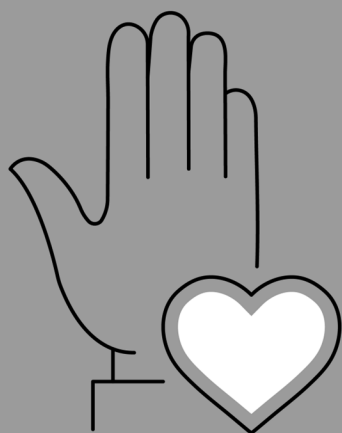
1. Review our list of current volunteer opportunities at www.Kitchener.ca/volunteer.
2. Find a volunteer opportunity that interests you and click 'Apply Online' to fill out application.
3. We will contact you to discuss the next steps in our screening process.

Check out our website www.kitchener.ca/volunteer for details about our current volunteer opportunities or contact Volunteer Engagement at 519-741-2663 or volunteer@kitchener.ca for more information.

New this year, the city introduced a 7 day advance registration window for Kitchener residents for city led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded Programs, drop ins and Pay As You Play.



When you need
community support.

**Dial 2-1-1 or
visit 211ontario.ca**



HELP STARTS HERE



Connecting

CONNECTED AT HOME

Social Support Telephone Calls

Trained volunteers provide regular social and well-being calls to older adults who are lonely or feeling isolated. Referral from friends or family and community agencies are accepted, provided the older adult has agreed to receive a call and has given permission to share their information. Calls are available weekly.

Please contact: **Karrie Zettler** by email: karrie.zettler@kitchener.ca or call **519-783 8565**

CONNECTED IN THE COMMUNITY

The Connected in the Community Program has a variety of opportunities to support older adults of all abilities to stay connected, active and engaged in their community. These free programs are offered within many of our community centres and currently include Fit Minds, Sharing Dance, SMART Group Exercise Program, Bingo, Get Up and Move Bingo, Bereavement Support Group, Virtual Programs, and Social groups.



For more information call 519 783 8615

Do you have a MyKitchener Account?

Get notifications for upcoming registration dates, report a problem and get updates from staff, and manage your property tax and utility bills.

Visit: <https://mykitchener.kitchener.ca/login>

Needles & Crafts Mini Sale!



Visit us in the Rockway Community Centre Lobby and shop for unique handmade items including: hats, mittens, blankets, dishcloths, mini crocheted characters and more!

Mini Market Dates:

Oct 8, Oct 28 from 9:00 -11:30 am

Also, at the Rockway Christmas Market on Sat. Nov 15th: 9:30 am - 1:00 pm

BAKE SALE, DOOR PRIZES & MORE!

JOIN US FOR
THE ROCKWAY CHRISTMAS MARKET

SATURDAY, NOVEMBER 15
9:30 AM TO 1:00 PM

Shop from local vendors selling handmade crafts, original artwork, and unique gifts.

FREE ENTRY

Vendor tables go on sale September 2!

KITCHENER

Rockway ENTERTAINERS

Christmas Concerts

Celebrate the holiday season with a concert presented by our four-part choir, "The Rockway Entertainers."

Sit back and enjoy their selection of songs as they lift your spirits and entertain you.

Sat, Dec 6 2:00 PM #188404

Thu, Dec 11 2:00 PM #188405

Tickets: \$10 each; Children under 12: Free
Tickets available by calling 519-741-2507

ROCKWAY COMMUNITY CENTRE
1405 KING ST E, KITCHENER

Rockin' it at Rockway Holiday Social

Tues. December 16th

1:00 - 3:00 pm

\$8.00 (including HST)

Activenet Code #188407

Join us for a Rockin' It at Rockway Holiday Social with Michael Kelly Cavan! We're bringing our Rockin' It at Rockway spirit to our Holiday Social! Join us for lively, festive music and an afternoon with friends.

Enjoy holiday sweets and coffee/tea and sing-along to holiday favourites.

**RESERVE YOUR SPOT AT ROCKWAY,
ONLINE OR BY CALLING 519-741-2507**

Ride-A-Bus

Get to know Grand River Transit!



This free event is for older adults wishing to become comfortable with bus service in Waterloo Region. A bus ride and training session with GRT travel trainers is included. The session does not include a ride on the ION.

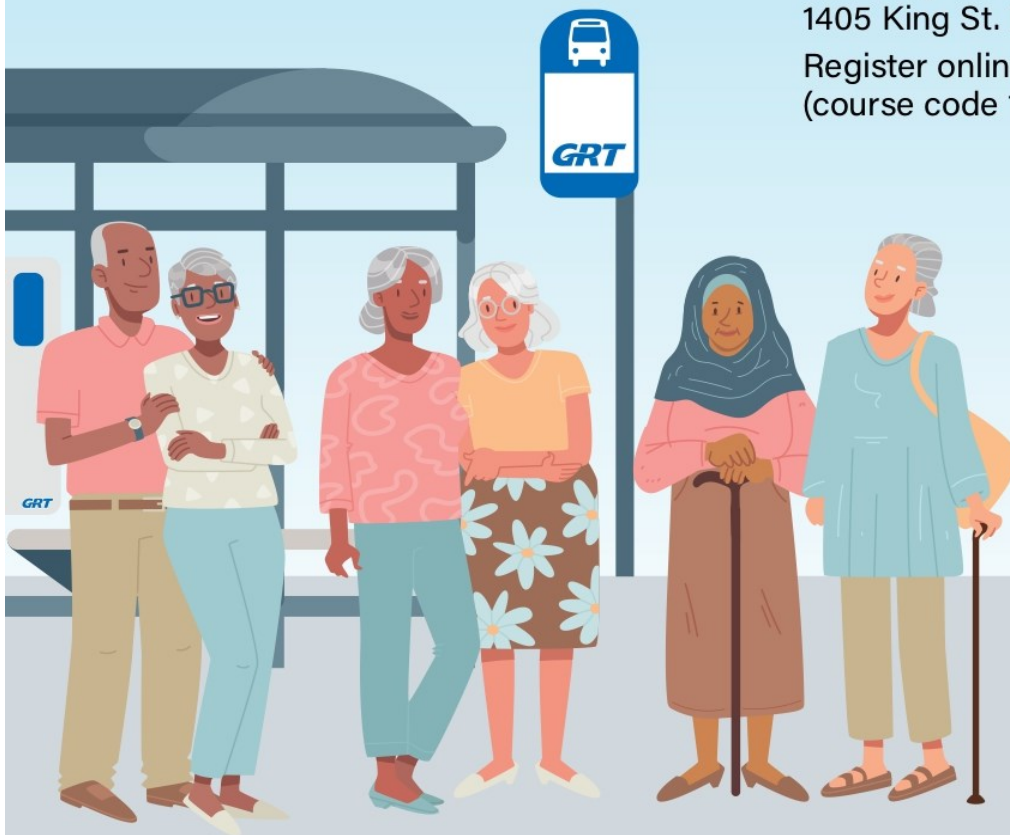
Saturday, September 13

10 a.m. to 12 noon

Rockway Community Centre

1405 King St. E., Kitchener

Register online at kitchener.ca/activenet
(course code 180574) or call 519-741-2507



This event is hosted by the City of Kitchener, in partnership with Grand River Transit, the Waterloo Age-Friendly Network and the Mayor's Advisory Council for Kitchener Seniors.

