Seniors' Programs

Keep fit this summer with one of our energizing fitness programs!

Program Information

You will find recreation services for seniors in two different locations.

1. The Live & Play guide. Starting on page 31 is a listing of all ongoing programs offered for the summer season.

2. The Burlington Seniors' Centre Piece Newsletter, Summer 2012. This quarterly newsletter lists highlighted events, trips and special events.

Both publications can be picked up at the Centre, or viewed online at www.burlington.ca, select: Enjoying Burlington, search Burlington Seniors' Centre.

3. See page 29 for important dates.

We are always interested in new programs for seniors. If you have a skill you would like to share, or any suggestions, please call 905-335-7888, ext. 6340.

Looking for a Program

Community Contacts ..... pages 82-84
Community Advertisers' section .. pages 85-104

June is Seniors Month

- Drop-In fees no charge at the Burlington Seniors' Centre on Monday, June 11, 2012.
- Bring a friend for free to Walk it Off, Friday, June 22, 2012.
- Volunteer appreciation is Friday, June 29, 2012.

Register using RecExpress. Visit **www.burlington.ca**, and click on the RecExpress icon. By touch tone phone, call 905-335-3131.

Day Trips - Summer 2012

Registration for day trips begins Jun 7 at 9am.

Miss Midland

Let's take a trip up to Midland for a day out on the waters. Included is a guided tour of the Midland Murals, luncheon cruise aboard the Miss Midland, tour of Martyrs Shrine and shopping time at Mariposa Market in Orillia. This is always a popular trip!
Member Cost: $105.00
Non-Member Cost: $115.00
252797 Thu Jun 28 7:30am-6:30pm

Seneca Casino

Includes five hours of gaming, $20 gaming credit and $10 meal credit. We will be making a stop at an attraction on the way home.
Member Cost: $41.00
Non-Member Cost: $51.00
252799 Wed Jul 18 8:30am-5:30pm

Stage West "Why Do Fools Fall In Love"

Four girlfriends mellifluously reveal their love lives through 1960's hits such as "I Will Follow Him" and "You Don't Have to Say You Love Me". We will be having Lunch at Stagewest and after the show will leave for the Apple Factory in Brampton.
Member Cost: $105.00
Non-Member Cost: $115.00
252800 Wed Aug 1 10am-4:30pm

Port Dover Lighthouse Theatre "Rum Runners"

It's 1931, prohibition is in full swing and Port Dover has a little secret. This musical, dances, sings and tells the tale of how Port Dover was part of some very exciting 'midnight runs' during the days of Rum Running! Prior to the show we will be going on the Port Dover River Cruise, then stopping at the Erie Beach Hotel for lunch. After the show there will be free time for shopping then a stop at Hewitt's dairy.
Member Cost: $119.00
Non-Member Cost: $129.00
252798 Tue Aug 14 9:30am-7pm

Clinic Information

Speak to a professional in complete confidence. Pre-registration is required. Please book your clinic appointment in person or by phone at 905-335-7888. Please note that times are subject to availability and may change.

Clinic Dates		
Jun 20	Hearing Clinic	No Charge
Jun 25	Foot Care Clinic Step Ahead Foot Care	$20 Members $28 Non-Members
Aug 20	Foot Care Clinic Step Ahead Foot Care	$20 Members $28 Non-Members

Non-resident fee is $12.00 (+HST where applicable) more than the published resident fee (R).

Drop-In Programs

Drop-In tickets are $2.25 per ticket or 10 tickets for $21.00.
Programs run from Jul 3-Aug 31, 2012. No programs Aug 13-17, 2012.

	Mon	Tue	Wed	Thu	Fri
Burlington Seniors' Centre					
Badminton* • Racquet required		1-4pm			
Bingo • Sign in starts at 12:30pm			1-3:30pm		
Party Bridge • Partners not required			1-3:30pm		
Cribbage • Partners not required				9:15-11:30am	
Current Affairs • Topics include social and cultural problems, and governmental actions	9-11:30am				
Euchre • Intermediate to advance play			1-3:30pm		
Bid Euchre • Intermediate to advance play	1-3:30pm				
Knitting for Beginners			1:30-3:30pm		
Open Drop-In • All board and card games welcome	1-4pm		1-4pm	1-4pm	
Pickleball* • Similar to oversized ping pong	1-4pm				
Pottery Open Studio • Participants can use this time to finish class projects					1-3:30pm
Scrabble	9:30-11:30am				
Table Tennis*					1-3pm
Walking Club	9-10am				9-10am
Yoga - Stretch and Relax • Exercises involve gentle stretching, stress and arthritis management and relaxation		9:15-10:45am (Aug 7, 21, 28)			

***Drop-in program end date is Aug 10, 2012 for facility maintenance.**

Page 80

Register using RecExpress. Visit **www.burlington.ca**, and click on the RecExpress icon. By touch tone phone, call 905-335-3131.

Arts & Crafts

Boutique
This is a social group who volunteer their time to produce items for sale in support of the Centre. If you enjoy knitting or sewing, join this group and meet new friends. Stay for your own brown-bag lunch.

Burlington Seniors' Centre

249045	Thu	Jul 5-Aug 30	9am-12:30pm	FREE

Jewellery Making Workshops
Join us as we discover a different style of Jewellery Making in each workshop. Material fee of $25 applies and can be paid to the instructor.

Burlington Seniors' Centre

249203	Mon	Jul 9	9:30am-12:30pm	$9.00 (R)
249204	Mon	Jul 16	9:30am-12:30pm	$9.00 (R)
249205	Mon	Jul 23	9:30am-12:30pm	$9.00 (R)

Papertole
An ancient art originating in Europe. Create three-dimensional pictures from your favourite images that you cut, shape and build.

Burlington Seniors' Centre

249902	Fri	Jul 6-Aug 31	1-3pm	$12.65 (R)

Class Representative

Be the voice of your program. Details available at the Seniors' Centre.

Summer class representative meeting on Thursday, July 26, 2012 from 2-3pm.

Pottery - All Levels
This class is for participants of all levels. Learn the basic principles of working with clay, explore various methods such as hand building, wheel throwing, etc. Build your skills, techniques and experiment. Cost of glazing, bisqueing and firing is included in the fee. Clay can be purchased at a cost of $15.00.

Burlington Seniors' Centre

249908	Wed	Jul 4-Aug 29	1-3:30pm	$36.72 (R)
249907	Thu	Jul 5-Aug 30	1-3pm	$36.72 (R)
253195	Fri	Jul 6-Aug 31	9:30am-12noon	$36.72 (R)

Stained Glass
This class is a mixed group from beginners to experienced stained glass participants with guidance for all. Grinders and soldering irons supplied. You must supply your own materials, e.g. glass cutter, pliers, etc. There is a supply cost of $5.00 payable to the instructor the first day of class.

Burlington Seniors' Centre

253247	Wed	Jul 4-Aug 29	1:30-3:30pm	$28.55 (R)

Turn to page 71 for the Seniors' Brown Bag.

All fees include tax unless otherwise indicated. Burlington Seniors' Centre non-resident member fee is $10.62 +HST more than the published member fee (R). See page 28 for membership details.

Continual Learning

An Opera Per Class
We will discover the music, words and history of an individual opera per class. Two hours with one great operatic work by one of the world's finest composers. Operas such as Tosca, Carmen, Aida, The Marriage of Figaro and more.

Burlington Seniors' Centre
250594 Wed Jul 4-Aug 8 11:30am-1:30pm $21.41 (R)

Computers: One to One
Sign up for your personalized introduction to computers. Lessons include learning basic computer skills, basic internet searching, e-mail, Word & Excel. Book in person at the Burlington Seniors' Centre front desk for your one hour lesson.

Burlington Seniors' Centre
Drop-In Mon-Fri Jul 3-Aug 31 9, 10 or 11am $2.00

Digital Photography
This course covers some of the basic digital photography techniques and equipment for both Point & Shoot and DSLR cameras. We will cover shooting, composition, equipment, uploading photos and photo storage. If you have a digital camera bring it along. If you are looking to purchase a new camera this course will give you the information you need.

Burlington Seniors' Centre
253242 Mon Jul 9-Aug 27 1-3pm $21.41 (R)

Finding Your Unique Voice
This class is about writing from your soul with no boundaries. It is about getting your words on the page and finding your unique, valuable and personal voice. Through a series of exercises and discussions, we write, we share and we laugh.

Burlington Seniors' Centre
249196 Fri Jul 6-Aug 31 9:30-11:30am $28.55 (R)

History, Music and Art of the 50's and 60's
Revisit your memories to the good old times of the rockin' 50's and the swinging 60's! Rediscover the music, fashion trends, food, history, architecture, cars and the lifestyle!

Burlington Seniors' Centre
250595 Wed Jul 4-Aug 8 2-4pm $21.41 (R)

Play Reading
There is no "acting" but a sit down read and discussion on characters, scenes, the times and the importance of the play. We will explore not only the plays but the actual movement of the history of theatre each week. The reading materials will be available for pick up at the Seniors' Centre.

Burlington Seniors' Centre
253642 Tue Jul 3-Aug 28 9-11am $28.55 (R)

Fitness

Dance Fit
Shake up your routine and get moving with Dance Fit. This class offers a variety of dance style aerobics plus core and back exercises. Classes end with a deep, relaxing stretch. Class includes mat work (a mat is provided). No dance experience necessary.

Burlington Seniors' Centre

249094	Wed	Jul 4-Aug 29	10:30-11:30am	$28.55 (R)

Diva Fitness
Join us in this exercise program with choreographed dance routines, stretching, strengthening and balance. The goal is to find movement and joy in an environment that encourages self expression.

Burlington Seniors' Centre

249095	Thu	Jul 5-Aug 30	12noon-12:45pm	$28.55 (R)

Fitness Plus
A complete workout for men and women, this class incorporates cardio, muscular strength and endurance. First part of the class will work your heart and lungs and the second half will strengthen muscles and maintain healthy bones.

Burlington Seniors' Centre

249197	Tue	Jul 3-Aug 28	8-9am	$28.55 (R)
249200	Fri	Jul 6-Aug 31	8-9am	$28.55 (R)

Keep Fit for Bones
A gentle and fun fitness class geared to those who have osteoporosis or those at risk. Light cardio, stretching and weight bearing exercises will build bone and muscle strength. Guaranteed to make you stronger and more flexible. Do it for your bones!

Burlington Seniors' Centre

253243	Wed	Jul 4-Aug 29	1-2pm	$28.55 (R)
253244	Fri	Jul 6-Aug 31	12:45-1:45pm	$28.55 (R)

Ladies Fit
This Beginner/Intermediate class includes a warm-up, cardio workout and a "feel great" cool down finish. Your body will stay in continuous motion. All are welcome to work at their own level of fitness. Please bring your own fitness band.

Burlington Seniors' Centre

249893	Mon	Jul 9-Aug 27	10:30-11:30am	$21.41 (R)
249894	Tue	Jul 3-Aug 28	1-2pm	$28.55 (R)
249895	Wed	Jul 4-Aug 29	9:15-10:15am	$28.55 (R)
253292	Fri	Jul 6-Aug 31	9-10am	$28.55 (R)
249896	Fri	Jul 6-Aug 31	10:15-11:15am	$28.55 (R)

Low Stress Workout
This is a chair-based fitness program perfect for people with joint and mobility issues or anyone looking for a low stress workout. Great for anyone with arthritis, fibromyalgia, or a previous history with heart issues. Wear comfortable shoes and clothing.

Burlington Seniors' Centre

253246	Mon	Jul 9-Aug 27	1-2pm	$21.41 (R)

All fees include tax unless otherwise indicated. Burlington Seniors' Centre non-resident member fee is $10.62 +HST more than the published member fee (R). See page 28 for membership details.

Men's Fit

A good general conditioning to increase flexibility, stamina and muscular strength. Bands and weights will be used. Bring your own fitness band.

Burlington Seniors' Centre

249899	Mon	Jul 9-Aug 27	11:45am-12:45pm	$21.41 (R)
249900	Wed	Jul 4-Aug 29	11:45am-12:45pm	$28.55 (R)
249901	Fri	Jul 6-Aug 31	11:30am-12:30pm	$28.55 (R)

Pilates Beginner

Come learn the principles of Pilates. Begin to strengthen, lengthen and smooth muscles. Approximately 10 minutes of standing for balance. Bring a towel, small pillow for mat work. No shoes required.

Burlington Seniors' Centre

249904	Mon	Jul 9-Aug 27	12:15-1:15pm	$21.41 (R)
249905	Thu	Jul 5-Aug 30	1-2pm	$28.55 (R)

Pilates Intermediate

Continue your mind-body Pilates practice by increasing the difficulty. Standing work and mat work flow with concentration and precision of movement. Weights and flex bands are used for resistance. Towel, small pillow, flex band required.

Burlington Seniors' Centre

252742	Tue	Jul 3-Aug 28	12:15-1:15pm	$28.55 (R)
249906	Thu	Jul 5-Aug 30	2:15-3:15pm	$28.55 (R)

Pilates Advanced on the Ball

Challenge your core as we take Pilates to the ball! Sitting, lying, holding, rolling, feel the difference the unstable surface of the ball adds to Pilates. Also includes use of free weights and a cardio segment. Must have previous Pilates experience.

Burlington Seniors' Centre

249903	Tue	Jul 3-Aug 28	2-3pm	$28.55 (R)

Seniors' Bootcamp

Utilizing a variety of equipment we will strengthen your body while getting a great workout for your heart. This class will increase muscle & cardio endurance, muscle strength and flexibility providing an all round great workout. Please bring your own band.

Burlington Seniors' Centre

249202	Mon	Jul 9-Aug 27	2:15-3:15pm	$21.41 (R)

Strength and Stretch

This class is a great opportunity to both increase your muscular strength/endurance and to stretch those worked muscles. Doing both will create balance in your body and in turn you will feel good and have more energy. Participants are required to bring their own band.

Burlington Seniors' Centre

249910	Thu	Jul 5-Aug 9	11:15am-12:15pm	$21.41 (R)

Walk It Off!

Formerly "Walk/Tone/Stretch", this class will include 30 minutes of walking with various arm & leg movements. We will then take you to the weights and get you strong. A complete stretch will finish off this great class.

Burlington Seniors' Centre
249913 Fri Jul 6-Aug 10 11:30am-12:30pm $21.41 (R)

Yoga Intermediate

Yoga experience is a prerequisite. An opportunity to expand your yoga practice. Wear comfortable, loose clothing and bring small cushion if required.

Burlington Seniors' Centre
249914 Fri Jul 6-Aug 31 9:30-11am $28.55 (R)

Zumba Gold

The beginner's level of aerobic dance which breaks down the intricate step work of Zumba Basic. Join us in some great Latin and alternative dance.

Burlington Seniors' Centre
249915 Wed Jul 4-Aug 8 11am-12noon $21.41 (R)

3RD ANNUAL

Seniors Expo

Saturday September 22, 2012
10am -2pm
Brant Hills Community Centre
2255 Brant Street

Discover the latest health trends, services and products available for seniors and adult caregivers in Burlington and surrounding communities.

Free parking
Free admission
Free samples and door prizes

For more information call 905-335-7888, ext. 6341 or visit www.burlington.ca

All fees include tax unless otherwise indicated. Burlington Seniors' Centre non-resident member fee is $10.62 +HST more than the published member fee (R). See page 28 for membership details.

Games & Cards

Bridge Beginner/Beginner Plus

This course is for anyone starting out or has had limited exposure to the game of Bridge. Basic sequences will be discussed. Stayman and other simple bids over No Trump will be explained.

Burlington Seniors' Centre

249046 Wed Jul 4-Aug 29 1-3:30pm $28.55 (R)

Bridge Beginner Plus/ Intermediate

This instruction is for those who have completed the beginner course. Some advanced conventions Blackwood, Gerber and Transfers will be introduced. Play of the Hand and Opening Leads will be analyzed.

Burlington Seniors' Centre

249044 Tue Jul 3-Aug 28 9:30am-12:30pm $28.55 (R)

Bridge Intermediate/ Intermediate Plus

Strategies of competitive bidding - when and what to bid in various situations - bidding with fits - doubles and redoubles will be discussed. Some advanced conventions will be explained.

Burlington Seniors' Centre

249048 Thu Jul 5-Aug 30 9:30am-12:30pm $28.55 (R)

Bridge Duplicate

The instructor directs the game, takes home travelling score sheets each week and comes back the following week with the results. This is a very popular (non-sanctioned) game. Bidding boxes will be used. Please note that each partner must register individually.

Burlington Seniors' Centre

249047 Fri Jul 6-Aug 31 9:30am-12:30pm $28.55 (R)

Snooker

Tables available from 9am to 4:30pm Monday to Friday.

Burlington Seniors' Centre

249909 Mon-Fri Jul 3-Aug 31 9am-4:30pm $22.03 (R)

Turn to page 26-27 for GroupFit programs.

Register using RecExpress. Visit **www.burlington.ca**, and click on the RecExpress icon. By touch tone phone, call 905-335-3131.

Music & Dance

Appalachian Clogging Beginner Plus

This is a continuation from the beginner class. In this class you will be working with steps already learned and incorporating new ones. Come join the fun! Prerequisite: two sessions of Appalachian Clogging Beginner.

Burlington Seniors' Centre

249043 Thu Jul 5-Aug 30 10-10:45am $28.55 (R)

Appalachian Clogging Intermediate

Get your happy feet on and continue to learn this enjoyable form of dance. You will continue to learn new steps. Prerequisite: two sessions of the Appalachian Clogging Beginner Plus.

Burlington Seniors' Centre

253192 Thu Jul 5-Aug 30 11-11:45am $28.55 (R)

Latin Line Dancing - Beginner

Come feel the rhythm, passion and energy of Latin Line. Burn the floor to vibrant, motivating and energizing music. Merengue, Rumba, Mambo, Tango.

Burlington Seniors' Centre

249897 Thu Jul 5-Aug 30 2:15-3:15pm $28.55 (R)

Latin Line Dancing - Intermediate

More rhythms, more style, more intricate patterns, more fun. Continue to incorporate new steps, new patterns as you Salsa, ChaCha, Merengue your way to better health. **Prerequisite:** Latin Line Dancing Beginner or equivalent.

Burlington Seniors' Centre

249898 Thu Jul 5-Aug 30 1-2pm $28.55 (R)

Turn to page 70 for summer festivals and events.

All fees include tax unless otherwise indicated. Burlington Seniors' Centre non-resident member fee is $10.62 +HST more than the published member fee (R). See page 28 for membership details.