SENIORS ASSOCIATION

PROGRAM GUIDE

FALL/WINTER 2024



St. Lawrence Place

Retirement Residence on the Kingston Waterfront

VENVI



ALL THIS AND MORE - RIGHT ON YOUR DOORSTEP







Life with a View – *from* $3495

Independence with Support | Peace of Mind Guaranteed

Our waterfront location, support services and reputation are second to none in all of Kingston!
Excellent Walking Score ~ 24-hour on-site Nursing Staff ~ Flexible Resident-Centric Dining

Amazing Improvements Underway

There's so much to see at St Lawrence Place! If you haven't been in lately, then it's time to revisit and experience all that is NEW. Complete makeovers are in store for your viewing pleasure.

You haven't seen everything until you've seen St Lawrence Place!

181 Ontario Street | Convenient Indoor Parking

Book Your Personalized Tour Today

613-544-5900

cogir Senior Living

Trial Stays ~ Seasonal Stays ~ Post Surgery Respite ~ Ongoing Residency

INSIDE the guide

The *Program Guide* is published by Seniors Association Kingston Region. Products, services, or positions of the advertisers, correspondents, and contributors do not imply endorsement by the Seniors Association. No part of this document may be reproduced or duplicated without written permission of the publisher.

Seniors Association Kingston Region

56 Francis Street
Kingston ON, K7M 1L7

Business Hours
Monday to Thursday
8:30am to 4:30pm
Friday
8:30am to 4:00pm

tel 613.548.7810
fax 613.531.1862

info@seniorskingston.ca

The **Fall Term** *consists of two sessions*

Session 1 Sep 3 to Nov 16
11 weeks

Session 2 Nov 25 to Feb 8
9 weeks

CLOSURES

The Seniors Association is closed Sep 30, Oct 14, Dec 24 at 1:00pm to Jan 1.

See page 3 for program closures.

The Gym is closed for some special events.

Closures have been taken into consideration when making the schedule and setting prices.

2 Important Info
FAQ 2
Locations 2
Program Calendar 3
Contacts 3

40 Index

42 Registration
Process 42
Checklist 43
Form 44

4 Fitness
Aquatics 4
General Exercise 4
Pilates 6
Specialty Exercise 9
Tai Chi 11
Yoga 11

12 Dance
Line Dance 13

14 Sports
Pickleball 17
Badminton 19
Short Mat Bowling 19
Table Tennis 19

20 Arts
Art History 20
Drawing & Painting 20
Workshops 24

22 Crafts
Needle Arts 23
Wood Crafts 23
Workshops 24

26 Games
Board Games 26
Card Games 27

28 General Interest
Discussion Groups 28
Reading & Writing 28
Special Interest 31
Wellness 32
World History & Culture 32

33 Languages
French 33
German 33
Italian 33
Spanish 34

34 Music
Guitar & Ukulele 35
Jam Sessions 35
Music History & Theory 36
Vocal Music 36

39 Technology

SENIORS ASSOCIATION KINGSTON REGION

Enhancing the quality of life for seniors throughout our community

Seniors Association

Funded by SENIORS ASSOCIATION MEMBERS Ontario KINGSTON

FAQS

Why does Session 1 cost more than Session 2?
Session 1 is 11 weeks long and Session 2 is 9 weeks. Price per session is based on the amount of days a program runs in a session.

Can I get assistance paying for a program?
Yes! Our Members Subsidy Fund is available to help anyone who needs financial assistance with a Seniors Association membership and/or program fee. Call 613.548.7810 x 223

Who can take programs?
Programs are open only to members of the Seniors Association. Membership must be current throughout the length of the program.

What ages are programs for?
Programs are geared for people 50+ but adults 18 and older are welcome to join!

Do I need to sign a medical release?
If you are registering for a fitness or sports program, we require that you sign a medical release. A doctor's note is not required.

Why do I need to provide an emergency contact?
Accidents and illnesses happen, and when they do, we need to know who we should contact. If you do not have a family member close by, ask a friend or neighbour to be your emergency contact.

What is the number before the session dates?
Each program has a unique 5-digit code. Make sure to use the code in order to ensure registration in the correct program.

How do I know which location my program is in?
All programs have location codes, which are located immediately after the day and time details. Make note of your program's location when signing up.

LOCATIONS

The Seniors Centre SC
56 Francis Street
613.548.7810
Monday to Thursday
8:30am to 4:30pm
Friday, 8:30am to 4:00pm

Seniors Centre West SCW
1300 Bath Road
613.583.7897

Seniors Centre North SCN
85 MacCauley Street
613.985.7814

Seniors Centre East SCE
Kingston East Community Centre
779 Hwy 15
613.985.7814

Seniors Centre Dome SCD
Kingston Racquet Centre
1025 Innovation Drive
613.539.7813

Seniors Centre Loyalist SCL
613.484.6021

Odessa, 67 Main St **SCLO**
Mondays

Wilton, 251 Simmons Rd **SCLW**
Tuesdays

Bath, 212 Church St **SCLB**
Wednesdays

Amherstview, 9 Manitou CresW **SCLA**
Thursdays

Seniors Centre Spire SCS
82 Sydenham St, Kingston
613.548.7810

Seniors Centre St Andrew's SCA
St Andrew's By-Lake United Church
1 Redden St, Kingston
613.548.7810

Security Reminder

Don't leave valuables in your car in full sight. Store them in the trunk .

Out & ABOUT

Programs are offered in locations other than the Seniors Centres.

OFFSITE LOCATIONS

5-6-7-8 Dance Studio
574 Princess St., Suite 101

Artillery Park Aquatic Centre
382 Bagot St.

Edith Rankin Church
4080 Bath Rd.

Matt's Place - Legion 631
4034 Bath Rd.

All Seniors Association facilities are SCENT FREE environments.

SCENT FREE ZONE Scent is a HEALTH issue. ***Be mindful of others.***

Has weather forced us to cancel programs?

To find out, call The Centre, check our website or social media.

@KingstonSeniors

KINGSTON TRANSIT
Take the bus and avoid parking and busy roads.

SC	Bus 2
SCW	Buses 701 or 702
SCN	Buses 1 or 2
SCE	Buses 601 or 602
SCD	Buses 601 or 602
SCLA	Buses 501-10 or 6-10
SCS	Buses 1, 2, 3, 18 or 502
SCA	Buses 6, 15, 501

Keep your new Program Guide handy for easy reference throughout the term.

PROGRAM CALNDAR

FALL /WINTER 2024

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
SEP	1	**2**	**3**	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	**30**	1	2	3	4	5
OCT	6	7	8	9	10	11	12
	13	**14**	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
NOV	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	**18**	**19**	**20**	**21**	**22**	**23**
	24	25	26	27	28	29	30
DEC	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	**16**	**17**	**18**	**19**	**20**	**21**
	22	**23**	**24**	**25**	**26**	**27**	**28**
JAN	29	**30**	**31**	**1**	**2**	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
FEB	2	3	4	5	6	7	8

Session 1: September 3 to November 16

Session 2: November 25 to February 8

SCW and SCE closed

No programs: Holidays and buffer week

CONTACT US

PROGRAM STAFF *programs@seniorskingston.ca*

Clare Williams **SC**	613.548.7810 x 223
Heather LeBlanc **SC**	613.548.7810 x 230
Donna Malekos **SCD**	613.539.7813
Dianne Bell **SCE|SCN**	613.985.7814
Lynn Ross **SCW**	613.583.7897
Madeline McKeown **SCL**	613.484.6021
Melanie Brown **PFH**	613.548.7810 x 238

Grab a bite while you're here!

HATTER'S COVE

Weekly Entrées
Chef Specials
Breakfast
(Tues & Thurs, 8:30 to 9:30)

Specials
Themed Lunches
Catering

open Weekdays 11:30am to 1:00pm

at The Seniors Centre **56 Francis St.**

RENDEZVOUS Café

Soups
Salads
Sweets & Muffins
Made-to-order sandwiches

Specials
Lunches
Gluten free options available

open Weekdays 8:30am to 3:30pm

at The Seniors Centre **56 Francis St.**

WINDOW Café

Coffee & Tea
Muffins
Cookies

open Tues & Thurs 8:30am-1:30pm Wed 8:30-11:30am

at Seniors Centre East **779 Hwy 15**

Fitness

All Exercise programs are led by trained exercise instructors. Workout movements are designed to help participants in their day-to-day activities.

AQUATICS

Adult Learn to Swim
Build confidence in the water with our beginner-friendly swim lessons for adults. Improve your skills in a supportive environment and enjoy the numerous benefits of swimming. Dive in today!
Instructor: Lorri Naumann
Fridays, 10:00 to 10:45am **SCW**
24769 Session 1: Sep 6 to Nov 15
24783 Session 2: Nov 29 to Feb 7, no class Jan 3
$95.93/Session 1; $69.77/Session 2

Lane Swim
Strengthen your muscles safely with lane swimming at your own pace. No instructor will be onsite.
Thursdays, 10:00 to 10:45am **SCW**
24771 Session 1: Sep 5 to Nov 14
24779 Session 2: Nov 28 to Feb 6, no class Jan 2
$67.32/Session 1; $48.96/Session 2

AQUAFIT

Exercising in a pool is fun and takes pressure off joints and limbs. Each co-ed class includes stretching, strength and resistance training, balance, range of motion, and cardio exercises all led by a trained and certified instructor.

MONDAYS
9:00 to 9:45am SCW
Instructor: Laura Garofalo
24767 Session 1: Sep 9 to Nov 11
24781 Session 2: Nov 25 to Feb 3
$69.78/Session 1; $69.76/Session 2

10:00 to 10:45am SCW
24775 Session 1: Sep 9 to Oct 28
Instructor: Laura Garofalo
24780 Session 2: Nov 25 to Feb 3
Instructor: Lorri Naumann
$52.33/Session 1; $69.77/Session 2

TUESDAYS
9:00 to 9:45am SCW
Instructor: Nancy Ritchie
24772 Session 1: Sep 17 to Nov 12
24784 Session 2: Nov 26 to Feb 4
$78.48/Session 1; $69.76/Session 2

10:00 to 10:45am SCW
Instructor: Nancy Ritchie
24768 Session 1: Sep 17 to Nov 12
24785 Session 2: Nov 26 to Feb 4
$78.48/Session 1; $69.76/Session 2

WEDNESDAYS
9:00 to 9:45am SCW
Instructor: Laura Garofalo
24766 Session 1: Sep 4 to Nov 13
24778 Session 2: Nov 27 to Feb 5
$95.93/Session 1; $69.77/Session 2

10:00 to 10:45am SCW
Instructor: Lorri Naumann
24770 Session 1: Sep 4 to Nov 13
24782 Session 2: Nov 27 to Feb 5
$95.93/Session 1; $69.77/Session 2

2:00 to 2:45pm OS
Location: Artillery Park
Instructor: TBA
24747 Session 1: Sep 25 to Nov 13
24751 Session 2: Nov 27 to Feb 5
$69.76/Session

THURSDAYS
9:00 to 9:45am SCW
Instructor: Nancy Ritchie
24773 Session 1: Sep 19 to Nov 14
24787 Session 2: Nov 28 to Feb 6, no class Jan 2
$78.48/Session 1; $69.77/Session 2

FRIDAYS
9:00 to 9:45am SCW
Instructor: Lorri Naumann
24774 Session 1: Sep 6 to Nov 15
24786 Session 2: Nov 29 to Feb 7, no class Jan 3
$95.93/Session 1; $69.77/Session 2

GENERAL EXERCISE

5-6-7 Sweat
Good tunes + good moves = good cardio. Join Carole for fun and easy to moderately challenging movement that will get your body grooving and will lift your spirits.
Instructor: Carole Gibson
Tuesdays, 9:00 to 10:00am **SCN**
24199 Session 1: Sep 10 to Nov 12, no class Sep 24
24225 Session 2: Nov 26 to Feb 4
$49.68/Session 1; $44.16/Session 2

NEW Circuit Training
Kick start your routine in a timed circuit of stations and improve agility, strength, and balance using kettlebells, weights, slam balls, and more. Progress assessed during final class. Supply own mat.
Instructor: Teresa Petrocco
Tuesdays, 1:00 to 2:00pm **SCE**
24328 Session 1: Sep 10 to Nov 12
24339 Session 2: Nov 26 to Feb 4
$63/Session 1; $50.40/Session 2

NEW Retro Aerobics
Remember the energy of Richard Simmons and Jane Fonda? Step back in time with Retro Aerobics, a high-cardio, low-impact class. Tailor your workout intensity to your fitness level, alternating manageable, low-impact movements with bursts of higher intensity for a dynamic aerobic experience.
Instructor: Sherry Gregory
Mondays, 9:00 to 10:00am **SCW**
24661 Session 1: Sep 9 to Nov 11
24684 Session 2: Nov 25 to Feb 3
$64.48/Session

A Medical Release Form & EMERGENCY CONTACT INFORMATION must be completed when registering for an exercise, fitness or sport program.

Shop The Centre

FITNESS EQUIPMENT

Exercise Balls • Hand Weights
Yoga Blocks • Yoga Mats • Therabands
Fitness Steps • T-Shirts • Water Bottles



Simply Move

All simply move classes incorporate low-impact cardio, strength training, balance and flexibility. Supply own ball and resistance band or hand weights.

Gentle

If you are new to exercise or prefer a gentle slower-paced class, this class is for you. Participants have the option to sit or stand during the routine.

Moderate

Continue your fitness journey with this program. It is easily adaptable to various physical abilities to get your body moving and your heart pumping.

Vigorous

Challenge your endurance with this high-energy fast-paced workout.

GENTLE

DAY	TIME	LOC	INSTRUCTOR	SESSION 1			SESSION 2		
Mon	10:30 to 11:30am	**SC**	Judy Kay & Sue McInerney	**24128**	Sep 9 to Nov 11	$37.53	**24194**	Nov 25 to Feb 3	$37.53
Thurs	9:30 to 10:30am	**SCW**	Jen Gregory	**24705**	Sep 5 to Nov 14	$51.59	**24721**	Nov 28 to Feb 6, no class Jan 2	$37.52
Tues	10:30 to 11:30am	**SCS**	Kim Heaslip	**24465**	Sep 3 to Nov 12	$51.59	**24473**	Nov 26 to Feb 4	$37.52
Tues	1:00 to 2:00pm	**SCW**	Jane Martin	**24486**	Sep 10 to Nov 12	$46.93	**24645**	Nov 26 to Feb 4	$37.55
Wed	10:30 to 11:30am	**SC**	Sue McInerney & Judy Kay	**24165**	Sep 4 to Nov 13	$51.59	**24192**	Nov 27 to Feb 5	$37.52
Wed	11:00am to 12 noon	**SCE**	Cheryl Descent	**24320**	Sep 4 to Nov 13	$51.59	**24337**	Nov 27 to Feb 5	$37.52

MODERATE

DAY	TIME	LOC	INSTRUCTOR	SESSION 1			SESSION 2		
Mon	11:30am to 12:30pm	**SCA**	Jen Gregory	**24667**	Sep 9 to Nov 11	$37.52	**24670**	Nov 25 to Feb 3	$37.52
Mon	12 noon to 1:00pm	**SCS**	Sherry Gregory	**24447**	Sep 9 to Nov 11	$37.52	**24474**	Nov 25 to Feb 3	$37.52
Tues	10:30 to 11:30am	**SCE**	Jen Gregory	**24296**	Sep 10 to Nov 12	$46.90	**24316**	Nov 26 to Feb 4	$37.52
Wed	9:30 to 10:30am	**SCW**	Sherry Gregory	**24493**	Sep 4 to Nov 13	$51.62	**24640**	Nov 27 to Feb 5	$37.55
Thurs	10:30 to 11:30am	**SCN**	Sharon Allen	**24204**	Sep 5 to Nov 14	$51.62	**24227**	Nov 28 to Feb 6	$42.24
Fri	10:15 to 11:15am	**SC**	Rosi Riopelle	**24253**	Sep 6 to Nov 15, no class Sep 27	$46.90	**24271**	Nov 29 to Feb 7	$42.21

VIGOROUS

DAY	TIME	LOC	INSTRUCTOR	SESSION 1			SESSION 2		
Mon	9:00 to 10:10am	**SC**	TBA	**24569**	Sep 9 to Nov 11	$37.52	**24602**	Nov 25 to Feb 3	$37.52
Mon	10:30 to 11:40am	**SC**	TBA	**24572**	Sep 9 to Nov 11	$37.52	**24595**	Nov 25 to Feb 3	$37.52
Tues	4:00 to 5:00pm	**SC**	Jen Gregory	**24579**	Sep 3 to Nov 12	$51.59	**24603**	Nov 26 to Feb 4	$37.52
Wed	9:00 to 10:00am	**SC**	TBA	**24570**	Sep 4 to Nov 13	$51.59	**24609**	Nov 27 to Feb 5	$37.52
Wed	9:00 to 10:00am	**SCE**	Dianne Bell	**24330**	Sep 4 to Nov 13	$51.59	**24346**	Nov 27 to Feb 5	$37.52
Thurs	4:00 to 5:00pm	**SC**	Jen Gregory	**24582**	Sep 5 to Nov 14	$51.59	**24594**	Nov 28 to Feb 6	$42.21
Fri	9:00 to 10:00am	**SC**	TBA	**24249**	Sep 6 to Nov 15	$51.59	**24283**	Nov 29 to Feb 7	$42.21
Tue & Thurs	9:30 to 10:30am	**OS***	Janice Johnson	**24749**	Sep 10 to Nov 21, no class Nov 12 & 14	$93.80	**24753**	Nov 26 to Feb 6	$79.73

* Edith Rankin Memorial United Church

More Simply Exercise programs on next page:

- **Simply Lift** VIGOROUS
- **Simply Stretch** GENTLE
- **Simply Strength** VIGOROUS
- **Simply Weights**

SC The Seniors Centre **SCW** Seniors Centre West **SCN** Seniors Centre North **SCE** Seniors Centre East **SCD** Seniors Centre Dome **SCL** Seniors Centre Loyalist **SCLA** Seniors Centre Loyalist - Amherstview **SCLB** Seniors Centre Loyalist - Bath **SCLO** Seniors Centre Loyalist - Odessa **SCLW** Seniors Centre Loyalist - Wilton **SCS** Seniors Centre Spire **SCA** Seniors Centre St. Andrew's **OS** Offsite **OL** Online Learning

Simply Lift VIGOROUS
Shape and tone your muscles while burning fat and calories. Features hand weights, mat work, and exercise bands which work every major muscle group. Finish with posture and balance work and a relaxing stretch. Supply own small ball, resistance band, and handweights.
Instructor: Sherry Gregory

Tuesdays, 10:00 to 11:00am **SCW**
24739 Session 1: Sep 10 to Nov 12
24761 Session 2: Nov 26 to Feb 4
$80.60/Session 1; $64.48/Session 2

Thursdays, 9:00 to 10:00am **SCW**
24673 Session 1: Sep 5 to Nov 14
24686 Session 2: Nov 28 to Feb 6
$88.66/Session 1; $72.54/Session 2

Simply Stretch GENTLE
Improve overall flexibility, balance, and strength through stretching muscles. Some stretching will require mat work. Supply own mat.
Instructor: Jean Lawson
Tuesdays, 10:00 to 10:30am **SCW**
24845 Session 1: Sep 10 to Nov 12
24846 Session 2: Nov 26 to Feb 4
$23.50/Session 1; $18.80/Session 2

Simply Strength VIGOROUS
Cardio workout to challenge men and women includes lifting weights and using resistance bands for a head-to-toe workout. Get your heart rate up, improve your endurance, and finish with balance and stretch to relax your muscles. Supply own small ball, short and long resistance bands, and weights.
Instructor: Jean Lawson

Tuesdays, 9:00 to 10:00am **SCW**
24669 Session 1: Sep 10 to Nov 12
24683 Session 2: Nov 26 to Feb 4
$46.90/Session 1; $37.52/Session 2
Thursdays, 11:30am to 12:30pm **SCLA**
24483 Session 1: Sep 5 to Nov 14, no class Nov 7
24443 Session 2: Nov 28 to Feb 6
$46.90/Session 1; $42.21/Session 2

Simply Weights
Experience the transformative power of a strength training program utilizing weights and body resistance. Enhance muscle tone, bone density, balance, and injury prevention for improved physical and mental well-being.
Instructor: Diane Frizzell
Wednesdays, 11:30am to 12:30pm **SCW**
24788 Session 1: Sep 4 to Nov 13
24792 Session 2: Nov 27 to Feb 5
$88.66/Session 1; $64.48/Session 2

Soft Aerobics
This gentle, low impact program focuses on balance, flexibility, coordination through stretching, walking on the spot, and core exercises. Supply own small ball, 2 or 3 pound weight, and resistance band.
Instructor: Rosi Riopelle
Thursdays, 9:00 to 10:00am **SCW**
24730 Session 1: Sep 5 to Nov 14, no class Sep 26
24733 Session 2: Nov 28 to Feb 6, no class Jan 2
$46.90/Session 1; $37.52/Session 2

NEW **Strength & Conditioning**
Empower your everyday movements by building functional strength. Through focused exercises with barbells and dumbbells, enhance strength for daily activities, prioritizing quality to foster functional independence and vitality.
Instructor: Ben Robinson
Tuesdays, 1:00 to 2:00pm **SCW**
24776 Session 1: Sep 10 to Nov 12
24793 Session 2: Nov 26 to Feb 4
$80.60/Session 1; $64.48/Session 2

NEW **Stretch & Release**
This gentle practice focuses on stretching and breathing, no feats of strength or extreme flexibility. Release tense, tight muscles and feel relaxed and rejuvenated. Supply own yoga mat and scarf, tie, or yoga strap.
Instructor: Sherry Gregory
Mondays, 10:00 to 11:00am **SCW**
24677 Session 1: Sep 9 to Nov 11
24679 Session 2: Nov 25 to Feb 3
$64.48/Session

PILATES

BEGINNER
Strengthen your core muscles while focusing on overall spine health. Safely improve flexibility, balance, coordination, posture, and sense of well-being. Supply own yoga mat.

Instructor: Sherry Gregory
Mondays, 1:00 to 2:00pm **SCS**
24449 Session 1: Sep 9 to Nov 11
24467 Session 2: Nov 25 to Feb 3
$67.32/Session

Instructor: Peggy Cuthbert
Tuesdays, 1:30 to 2:30pm **SC**
24241 Session 1: Sep 3 to Nov 12
24276 Session 2: Nov 26 to Feb 4
$92.62/Session 1; $67.36/Session 2

Tuesdays, 1:30 to 2:30pm **OL**
24710 Session 1: Sep 3 to Nov 12
24725 Session 2: Nov 26 to Feb 4
$92.62/Session 1; $67.36/Session 2

Thursdays, 9:50 to 10:50am **SCE**
24300 Session 1: Sep 5 to Nov 14
24310 Session 2: Nov 28 to Feb 6, no class Jan 2
$92.62/Session 1; $67.36/Session 2

INTERMEDIATE
A more challenging form of Pilates. Supply own yoga mat.
Instructor: Peggy Cuthbert

Wednesdays, 10:15 to 11:15am **SC**
24245 Session 1: Sep 4 to Nov 13
24273 Session 2: Nov 27 to Feb 5
$92.62/Session 1; $67.36/Session 2

Wednesdays, 10:15 to 11:15am **OL**
24708 Session 1: Sep 4 to Nov 13
24726 Session 2: Nov 27 to Feb 5
$92.62/Session 1; $67.36/Session 2

Fitness continues →

"The instructors are well trained and have such a positive attitude. The quality of the music and the playlists are real motivators especially when the class is vigorous. Bravo!"



FALL TERM

ART CLASSES

AT KINGSTON SCHOOL OF ART

At KSOA, we offer classes such as drawing, painting, and sculpture, in various mediums like oil paint, acrylic, watercolour, pencil, charcoal, ink, and more! Classes are in different formats such as multi-week courses and 1 or 2 session workshops, to fit your schedule!

Receive $10 off registration with the code: SENIORSASSOCIATION

KS OA
KINGSTON SCHOOL OF ART

647 Princess Street
Unit 101
Kingston, ON

Fall registration opens August 1st
For our full schedule, visit our website:
www.ksoa.info

Contact us for more information:
contact@ksoa.info
613-549-1528

Normandy Retirement Living

Affordable Retirement Living

With our amazing services and amenities, you will get the perfect recipe for all the comforts of home. Come and visit us today and let us show you what Retirement Living is all about.

You may be surprised at how fast you will feel at home!



To Book a Viewing Call:
613-449-8212

630 MacLean Court, Kingston | www.normandyretirement.ca



Daisy Hill

Bed and Breakfast

405 Mud Lake Road North, Odessa



**Escape to our charming 1880's Farmhouse B&B,
nestled on a waterfront acre in Millhaven Creek Conservation Area.
Relax in nature and wildlife, just 10 minutes from Kingston, On.**







Call or text 613-545-5077/ www.daisyhillbreadandbreakfast.ca
daisyhillbedandbreakfast@gmail.com

Advanced Foot Care Kingston

Nursing Foot Care

613-975-9917

Call or Book Online

Clinic & In-Home appointments

COME VISIT OUR NEW CLINIC

1440 Princess St.

Or

IN-HOME FOOT CARE AVAILABLE

www.AdvancedFootCareKingston.com

AMEY'S TAXI

SERVING KINGSTON SINCE 1922



LET US DO THE DRIVING

Purchase or refill your gift cards
by phoning 613-549-4444
Visa or MasterCard required
Business Hours 8:30am - 4:00pm Mon. to Fri.

613.546.1111

www.ameystaxi.com

VISA MasterCard Interac







2025 Long Stays

COSTA DEL SOL, SPAIN

February 4, 2025 ~ 28 nights from $2 995*

DUBROVNIK, CROATIA

February 28, 2025 ~ 28 nights from $4 695*

PORTUGAL

Multiple February, 2025 departures ~ 22-28 days from $3 395*

TUSCANY, ROME & SORRENTO, ITALY

March 1, 2025 ~ 18 nights from $7 995*

GREECE + AEGEAN CRUISE

March 8, 2025 ~ 27 nights from $6 995*

Visit our website for more information.







Lise-Travel Boutique.com

613.540.4486 | info@lise-travelboutique.com

Support: 1003-55 York St, Toronto, ON M5J 1R7 Office: 416.367.8264 ext. 2839 TICO# 50021282

SPECIALTY

Barre
This full body workout, based on ballet, focuses on low impact, small movements that strengthen and tone your body.
Instructor: Sherry Gregory

Tuesdays, 12 noon to 1:00pm **SCW**
24703 Session 1: Sep 10 to Nov 12
24712 Session 2: Nov 26 to Feb 4
$80.60/Session 1; $64.48/Session 2

Thursdays, 1:15 to 2:15pm **SCN**
24202 Session 1: Sep 5 to Nov 14
24228 Session 2: Nov 28 to Feb 6
$88.66/Session 1; $72.54/Session 2

Better Balance
In this standing balance class, reconnect with how and where your body is in space. Create more stability through awareness and strength, challenging your core and legs by strengthening with slow specific and mindful movement patterns. Supply own 4" ball, resistance band and yoga socks. Must be able to stand 75% of class time.

Mondays, 10:00 to 11:00am **SC**
Instructor: Dianne Bell
24379 Session 1: Sep 9 to Nov 11
24453 Session 2: Nov 25 to Feb 3
$64.40/Session

Wednesdays, 1:00 to 2:00pm **SCW**
Instructor: Sherry Gregory
24508 Session 1: Sep 4 to Nov 13
24657 Session 2: Nov 27 to Feb 5
$88.33/Session 1; $64.40/Session 2

Thursdays, 1:00 to 2:00pm **SCE**
Instructor: Dianne Bell
24321 Session 1: Sep 5 to Nov 14
24336 Session 2: Nov 28 to Feb 6, no class Jan 2
$88.55/Session 1; $64.40/Session 2

BoneFit®
Designed for those who have, or are at risk for, osteoporosis. Increase muscle mass and strengthen bones through safe, gentle exercises. Bring your own ball and resistance band or hand weights, and yoga mat.
Instructor: Sue McInerney
Wednesdays, 11:30am to 12:30pm **SC**
24242 Session 1: Sep 4 to Nov 13
24280 Session 2: Nov 27 to Feb 5
$69.30/Session 1; $50.40/Session 2

Drum Fitness
This standing cardio-based class will challenge your brain while improving coordination and balance and give you a full body work-out. Supply own 45-55 cm inflated ball.
Instructor: Kim Heaslip
Fridays, 10:45 to 11:45am **SC**
24174 Session 1: Sep 6 to Nov 15
24216 Session 2: Nov 29 to Feb 7
$79.31/Session 1; $64.89/Session 2

Essentrics
A gentle yet challenging workout of continuous movement specifically designed to re-balance, lengthen, and strengthen every muscle. Essentrics improves your posture, balance, and flexibility, thereby alleviating pain. Supply own yoga mat and resistance band.
Instructor: Gloria Laux-Feltham

Mondays, 11:30am to 12:30pm **SC**
24239 Session 1: Sep 9 to Nov 11
24277 Session 2: Nov 25 to Feb 3
$64.80/Session

Wednesdays, 1:00 to 2:00pm **SCW**
24696 Session 1: Sep 4 to Nov 13
24719 Session 2: Nov 27 to Feb 5
$88.66/Session 1; $64.48/Session 2

NEW Fitness Centre Workout
Enjoy a guided workout at SCW's new fitness centre. Build strength using both cardio equipment and weights. Balance and improve overall fitness levels.
Instructor: Sherry Gregory
Tuesdays, 11:00am to 12 noon **SCW**
24765 Session 1: Sep 10 to Nov 12
24794 Session 2: Nov 26 to Feb 4
$80.60/Session 1; $64.48/Session 2

Foundational Fitness
A progressive exercise program designed for older adults who have not engaged in an exercise routine recently or feel that their mobility has changed or is challenged. Focus is on strength, flexibility, stamina and balance. To ensure best outcomes, participants are encouraged to register for 2 sessions per week. Supply own ball and resistance band.
Instructor: Cheryl Descent
Tuesdays, 9:00 to 11:00am **SCE**
24236 Session 1: Sep 10 to Nov 12
24266 Session 2: Nov 26 to Feb 4
$46.80/Session 1; $37.44/Session 2

Thursdays, 9:00 to 11:00am
24260 Session 1: Sep 5 to Nov 14
24265 Session 2: Nov 28 to Feb 6, no class Jan 2
$51.48/Session 1; $37.44/Session 2

NEW Hike Fit
Enjoy an outdoor workout that allows you to experience nature and all that it has to offer in a group setting. Enjoy a roughly 2km walk in nature with your backpack, a weight, your water bottle and the best company going. Participants will be contacted by the instructor before the program start to announce meeting point.
Instructor: Stephanie Trickey
Tuesdays, 2:00 to 3:00pm **OS**
24805 Session 1: Sep 3 to Nov 12
$44.55/Session 1

NEW Indoor Cycling
Embrace the joy of this low-impact aerobic indoor activity that elevates cardiovascular health, fortifies the heart, and enhances blood circulation. Join us for a fun-filled journey to fitness!
Instructor: Sherry Gregory
Tuesdays, 9:00 to 10:00am **SCW**
24764 Session 1: Sep 10 to Nov 12
24791 Session 2: Nov 26 to Feb 4
$80.60/Session 1; $64.48/Session 2

NEW Kettlebells Introduction
Conquer your fitness journey! This dynamic full-body workout blends muscle strength and cardio fitness, efficiently targeting multiple muscle groups simultaneously with just one kettlebell.
Instructor: Diane Frizzell
Wednesdays, 1:00 to 2:00pm **SCW**
24789 Session 1: Sep 4 to Nov 13
24790 Session 2: Nov 27 to Feb 5
$88.66/Session 1; $64.48/Session 2

SCENT FREE ZONE **All Seniors Association facilities are SCENT FREE environments.** ***Be mindful of others.***

L.I.I.T.
Low Impact Interval Training (LIIT) combines cardio and strength training using functional movements to assist you with your everyday living. Supply own weights and resistance band.
Instructor: Stephanie Trickey
Thursdays, 12:30 to 1:30pm **SCW**
24695 Session 1: Sep 5 to Nov 14
24718 Session 2: Nov 28 to Feb 6, no class Jan 2
$88.66/Session 1; $64.48/Session 2

NEW **Move It, Shake It, Lift It**
Revitalize your fitness routine! Enjoy a low-impact workout featuring easy dance cardio, followed by strength and balance exercises. Suitable for seated or standing participants. Supply own resistance band and small ball.
Instructor: Stephanie Trickey
Wednesdays, 1:30 to 2:30pm **SCW**
24729 Session 1: Sep 4 to Nov 13
24735 Session 2: Nov 27 to Feb 5
$88.66/Session 1; $64.48/Session 2

Moving Meditation INTRODUCTION
Explore the practise of Tai Chi Chih, a mindfulness moving meditation suitable for all ages, physical condition, or agility. Learn the first 10 of 20 gentle movements and discover peace of mind, improved general health and simply, joy.
Instructor: Bill Gervais

Tuesdays, 9:00 to 10:00am **SC**
24500 Session 1: Sep 3 to Nov 12
$53.02/Session 1

Thursdays, 12:45 to 1:45pm **SCLA**
24214 Session 1: Sep 5 to Nov 14, no class Nov 7
$48.20/Session 1

Moving Meditation BEGINNER
Continue your Tai Chi Chih journey by learning the remaining ten movements, while deepening your understanding of your practise with basic principles and philosophy.
Prerequisite: Moving Meditiation Introduction
Instructor: Bill Gervais

Tuesdays, 9:00 to 10:00am **SC**
24522 Session 2: Nov 26 to Feb 4
$38.56/Session 2

Thursdays, 12:45 to 1:45pm **SCLA**
24446 Session 2: Nov 28 to Feb 6
$43.38/Session 2

Pole Walking
Pole walking is a full-body exercise using specially designed poles. It enhances walking by engaging the upper body, improving cardiovascular fitness, balance, and strength. Walking locations determined by group. Bring your own poles. The first class will meet in the parking lot.
Location: Fairfield Park, Amherstview
Instructor: Rolf Lund
Wednesdays, 9:30 to 10:30am **SCLA**
24811 Session 1: Sep 4 to Nov 13, no class Nov 6
$89/Session 1

NEW **Power Hour**
Enhance coordination, strength, balance, and, of course, power through dynamic movement. All levels are welcome to elevate their fitness journey and unlock their full potential. Supply own weights.
Instructor: Stephanie Trickey
Thursdays, 1:30 to 2:30pm **SCW**
24707 Session 1: Sep 5 to Nov 14
24717 Session 2: Nov 28 to Feb 6, no class Jan 2
$88.66/Session 1; $64.48/Session 2

PWR!Moves® for Parkinson's INTRODUCTION
Learn Parkinson's specific exercises to move bigger and faster in everyday life and counteract Parkinson's symptoms. You will be challenged physically and cognitively in a fun, supportive environment. Includes seated exercises with standing options. This specialized class is specific to individuals with Parkinson's. Equipment needs discussed with instructor.
Instructor: Stephanie Trickey
Tuesdays, 12:30 to 1:30pm **SC**
24323 Session 1: Sep 3 to Nov 12
24371 Session 2: Nov 26 to Feb 4
$89.10/Session 1; $64.80/Session 2

NEW **Shake Fit**
Looking for a safe, effective way to work your upper body? Work with special handheld weights and increase your aerobic capacity with the simple, multi-directional footwork. Weights supplied.
Instructor: Sherry Gregory
Tuesdays, 1:00 to 2:00pm **SCW**
24704 Session 1: Sep 10 to Nov 12
24722 Session 2: Nov 26 to Feb 4
$80.60/Session 1; $64.48/Session 2

Sit Fit
Enjoy a totally seated, complete workout combining cardio, strength, and flexibility training for individuals with mobility issues. An inclusive class for those in wheelchairs, people with walkers, and their support companions. Bring your own ball and resistance band or hand weights.
Instructor: Sherry Gregory
Wednesdays, 12 noon to 1:00pm **SCW**
24488 Session 1: Sep 4 to Nov 13
24644 Session 2: Nov 27 to Feb 5
$88.63/Session 1; $64.45/Session 2

Yogalates
Yogalates combines the best of yoga and Pilates exercises to straighten posture, enhance flexibility, and promote relaxation. It also strengthens your core, reduces stress, and improves circulation. Supply own yoga mat, small ball, yoga strap, and blocks.

Instructor: Dianne Bell
Mondays, 8:45 to 9:45am **SC**
24377 Session 1: Sep 9 to Nov 11
24458 Session 2: Nov 25 to Feb 3
$66.72/Session

Instructor: Sherry Gregory
Wednesdays, 10:30 to 11:30am **SCW**
24490 Session 1: Sep 4 to Nov 13
24656 Session 2: Nov 27 to Feb 5
$91.74/Session 1; $66.72/Session 2

Zumba Gold®
An aerobic fitness program that combines exciting Latin and international dance rhythms that are fun, effective, and easy-to-follow.
Instructor: Jenny Randall

Mondays, 9:00 to 10:00am **SCW**
24693 Session 1: Sep 9 to Nov 11
24715 Session 2: Nov 25 to Feb 3
$78.24/Session

Wednesdays, 11:00am to 12 noon
24700 Session 1: Sep 4 to Nov 13
24720 Session 2: Nov 27 to Feb 5
$107.58/Session 1; $78.24/Session 2

TAI CHI

INTRODUCTION

Tai Chi is a sequence of slow, fluid movements that help to improve balance, flexibility, strength, and concentration. Learn the first 17 of the 108 moves of Tai Chi.
Instructor: Marc Desrochers

Tuesdays, 10:45 to 11:45am **SCW**
24492 Session 1: Sep 10 to Nov 12
24681 Session 2: Nov 26 to Feb 4
$48.20/Session 1; $38.56/Session 2

Wednesdays, 12 noon to 1:00pm **SCE**
24299 Session 1: Sep 4 to Nov 13
24312 Session 2: Nov 27 to Feb 5
$53.02/Session 1; $38.56/Session 2

BEGINNER

Tai chi is a sequence of slow, fluid movements that help to improve balance, flexibility, strength, and concentration. Build on your knowledge and learn the next group of moves.
Prerequisite: Tai Chi Introduction
Instructor: Marc Desrochers
Mondays, 10:15 to 11:15am **SC**
24256 Session 1: Sep 9 to Nov 11
24291 Session 2: Nov 25 to Feb 3
$38.56/Session

SOCIAL

Practice the 108-move Tai Chi set and work on refining specific moves. As ability improves, greater benefits are gained from the exercise of Tai Chi. Must know basic 108 moves.
Instructor: Rosalind Mak

Wednesdays, 9:00 to 10:00am **SC**
24252 Session 1: Sep 4 to Nov 13
24287 Session 2: Nov 27 to Feb 5
$53.02/Session 1; $38.56/Session 2

Thursdays, 9:00 to 10:00am **SC**
24238 Session 1: Sep 5 to Nov 14
24274 Session 2: Nov 28 to Feb 6
$53.02/Session 1; $43.38/Session 2

KEEP
your new Program Guide handy for easy reference throughout the term

YOGA

Chair Yoga

A gentle chair-based yoga program focusing on simple breathing, stretching, and relaxation techniques. Suitable for all seniors, including those with arthritis and mobility issues. Supply own yoga strap.

Mondays, 9:00 to 10:00am **SC**
Instructor: Rosi Riopelle
24485 Session 1: Sep 9 to Nov 11
24520 Session 2: Nov 25 to Feb 3
$69.52/Session

Wednesdays, 9:00 to 10:00am **SCW**
Instructor: Rosi Riopelle
24694 Session 1: Sep 4 to Nov 13, no class Sep 25
24716 Session 2: Nov 27 to Feb 5
$86.90/Session 1; $69.52/Session 2

Thursdays, 12:15 to 1:15pm **SCN**
Instructor: Sherry Gregory
24229 Session 1: Sep 5 to Nov 14
24232 Session 2: Nov 28 to Feb 6
$95.59/Session 1; $78.21/Session 2

NEW Simply Seated Yoga

Perfectly suited for new or practicing students with mobility issues and/or chronic pain. A gentle to moderate class with a focus on mobility, strength, flexibility, balance, and coordination, followed by guided relaxation and breathing exercises.
Instructor: TBA
Tuesdays, 12 noon to 1:00pm **SCE**
24304 Session 1: Sep 10 to Nov 12
24314 Session 2: Nov 26 to Feb 4
$86.90/Session 1; $69.52/Session 2

NEW Simply Vinyasa Flow

Take your practice to the next level. This moderate intensity, steady paced class continues a focus on core poses and modifications. Though no experience is needed, some body awareness is recommended. Supply own mat.
Instructor: Kerry McCloy
Tuesdays, 10:15 to 11:15am **SC**
24248 Session 1: Sep 3 to Nov 12
24279 Session 2: Nov 26 to Feb 4
$95.59/Session 1; $69.52/Session 2

NEW Simply Yin Yoga

Restore the body through a practice of stillness where postures are passively held. Relax the muscles to enhance, improve range of motion, and generate both physical and emotional tension release. For all levels. Supply own mat.
Instructor: Kerry McCloy
Mondays, 10:30 to 11:30am **SCS**
24462 Session 1: Sep 9 to Nov 11
24472 Session 2: Nov 25 to Feb 3
$69.52/Session

Simply Yoga FOUNDATION

Appropriate for those with no experience or those looking to go back to the foundations of any yoga class. Start with the very basics of posture, breathing techniques, and relaxation exercises. Supply own mat.
Instructor: Pamela Vanhorn
Tuesdays, 9:00 to 10:00am **SCE**
24294 Session 1: Sep 10 to Nov 12
24317 Session 2: Nov 26 to Feb 4
$86.90/Session 1; $69.52/Session 2

Simply Yoga GENTLE

Focus on a natural range of movement and a gentle combination of seated, standing, and prone poses. Classes are structured around several core postures. No experience is needed. Supply own mat.

Mondays, 10:00 to 11:00am **SCA**
Instructor: TBA
24674 Session 1: Sep 9 to Nov 11
24692 Session 2: Nov 25 to Feb 3
$69.52/Session

Mondays, 12 noon to 1:00pm **SC**
Instructor: TBA
24578 Session 1: Sep 9 to Nov 11
24596 Session 2: Nov 25 to Feb 3
$69.52/Session

Tuesdays, 1:30 to 2:30pm **SCE**
Instructor: Ena Jain
24295 Session 1: Sep 10 to Nov 12
24315 Session 2: Nov 26 to Feb 4
$86.90/Session 1; $69.52/Session 2

Wednesdays, 10:45 to 11:45am **SC**
Instructor: Pamela Vanhorn
24559 Session 1: Sep 4 to Nov 13
24604 Session 2: Nov 27 to Feb 5
$95.59/Session 1; $69.52/Session 2

Wednesdays, 11:30am to 12:30pm **SCLB**
Instructor: TBA
24206 Session 1: Sep 4 to Nov 6, no class Sep 11 & Oct 9
24439 Session 2: Nov 27 to Feb 5, no class Dec 11 & Jan 8
$69.52/Session 1; $52.14/Session 2

Thursdays, 10:15 to 11:15am **SCLA**
Instructor: TBA
24218 Session 1: Sep 5 to Nov 14, no class Nov 7
24445 Session 2: Nov 28 to Feb 6
$86.90/Session 1; $78.21/Session 2

Simply Yoga MODERATE
For both beginners and returning students, this steady paced yoga class continues a focus on core poses and modifications. Though no experience is needed, some body awareness is recommended. Supply own mat.

Tuesdays, 12 noon to 1:00pm **SCS**
Instructor: TBA
25859 Session 1: Sep 3 to Nov 12
25860 Session 2: Nov 26 to Feb 4
$95.59/Session 1; $69.52/Session 2

Wednesdays, 12 noon to 1:00pm **SC**
Instructor: Pamela Vanhorn
24562 Session 1: Sep 4 to Nov 13
24590 Session 2: Nov 27 to Feb 5
$95.59/Session 1; $69.52/Session 2

Wednesdays, 12 noon to 1:00pm **OL**
Instructor: Pamela Vanhorn
24709 Session 1: Sep 4 to Nov 13
24724 Session 2: Nov 27 to Feb 5
$95.59/Session 1; $69.52/Session 2

Wednesdays, 1:30 to 2:30pm **SCE**
Instructor: TBA
24293 Session 1: Sep 4 to Nov 13
24309 Session 2: Nov 27 to Feb 5
$95.59/Session 1; $69.52/Session 2

Thursdays, 10:15 to 11:15am **SC**
Instructor: TBA
24501 Session 1: Sep 5 to Nov 14
24517 Session 2: Nov 28 to Feb 6
$95.59/Session 1; $78.21/Session 2

Thursdays, 11:00am to 12 noon **SCE**
Instructor: TBA
24305 Session 1: Sep 5 to Nov 14
24311 Session 2: Nov 28 to Feb 6, no class Jan 2
$95.59/Session 1; $69.52/Session 2

Fridays, 11:30am to 12:30pm **SC**
Instructor: Rachel Hazel
24240 Session 1: Sep 6 to Nov 15
24284 Session 2: Nov 29 to Feb 7
$95.59/Session 1; $78.21/Session 2

NEW **Simply Yoga Strength & Fitness**
A moderately paced yoga program encompassing yoga fundamentals, elements of strength training, exercise bands with a focus on balance and core strengthening. Suited for those new to Yoga or those looking to add on to a weekly practice. Supply own Yoga mat, exercise bands, and small hand weights.
Instructor: Tamara Kayfetz
Wednesdays, 10:30 to 11:30am **SCLB**
24197 Session 1: Sep 4 to Nov 6, no class Sep 11 & Oct 9
24223 Session 2: Nov 27 to Feb 5, no class Dec 11
$69.52/Session 1; $52.14/Session 2

Dance

NEW **Adult Ballet** BEGINNER
Embark on a graceful journey with our Beginner Ballet class! Enhance flexibility, strength, and balance through gentle warm-ups, exercises, and dance combinations. All skill levels are welcome.
Instructor: Madeline McKeown
Wednesdays, 9:00 to 10:00am **SCLB**
24203 Session 1: Sep 4 to Nov 6, no class Sep 11, Oct 9
24440 Session 2: Nov 27 to Feb 5, no class Dec 11, Jan 8
$45.84/Session 1; $34.38/Session 2

Ballroom & Latin Dance
From standard dances like the Waltz, Slofox and Quickstep to lively Jive, Mambo, Cha Cha and other Latin dances, you are sure to feel both energized and elegant. You must register with a designated lead and follow.
Instructor: Paulette & Gilles Massé
Mondays, 10:30am to 12 noon **SC**
24494 Session 1: Sep 9 to Nov 11
24515 Session 2: Nov 25 to Feb 3
$34.16/Session

Burlesque
This fun, all-bodies class covers the basics of the burlesque dance and the art of the tease. Learn how to establish a playful connection and turn up the volume on your self-confidence and sensual appeal. As a group, we will learn mini dance routines, get a bit spicy, and have a few laughs along the way.
Instructor: Chelsea Edgell
Tuesdays, 1:00 to 2:00pm **SCS**
24479 Session 2: Nov 26 to Feb 4
$65.36/Session 2

Cardio Go-Go
Learn high energy moves from the psychedelic sixties to the nightclubs of today. This class is sure to get your blood pumping with bumps and shimmies made famous through vintage and modern platform, gogo, and cage dance! All bodies and all levels of cardiovascular fitness welcome – modifications offered for your abilities.
Instructor: Chelsea Edgell
Tuesdays, 2:00 to 3:00pm **SCS**
24481 Session 2: Nov 26 to Feb 4
$65.36/Session 2

NEW **Dance Fit**
This dynamic workout blends dance and fitness for a fun, low-impact exercise session. No experience needed – just join the energy and shape up in style!
Instructor: Madeline McKeown
Thursdays, 9:00 to 10:00am **SCLA**
24205 Session 1: Sep 5 to Nov 14, no class Nov 7
24831 Session 2: Nov 28 to Feb 6
$57.30/Session 1; $51.57/Session 2

Dance For Parkinsons
Experience the joy of movement and music in a fun, welcoming atmosphere. Whether seated or standing, have fun exploring elements of modern dance, ballet, folk, and more, regardless of your mobility level. Designed for those living with Parkinson's Disease.
Instructor: Amy Booth
Mondays, 12:30 to 1:30pm **SC**
24322 Session 1: Sep 9 to Nov 11
24362 Session 2: Nov 25 to Feb 3
$64.80/Session 1; $64.80/Session 2

NEW Dance in Ancient Egypt
Step into the mesmerizing world of ancient Egypt's dance legacy. Discover the history of oriental dance, master its basic moves, and dance to authentic Egyptian rhythms.
Instructor: Hanan Zein Eldin
Monday, 4:30 to 6:00pm **SC**
24233 Session 1: Oct 21
$15/Session 1

Feet Beats
Join Carole for good tunes and fun while learning to shuffle, ball change, toe tap, and more! Tap shoes are preferred, but hard-soled shoes might do the trick. No tap experience required.
Instructor: Carole Gibson
Tuesdays, 10:00 to 11:00am **SCN**
24201 Session 1: Sep 10 to Nov 12, no class Sep 24
24226 Session 2: Nov 26 to Feb 4
$51.57/Session 1; $45.84/Session 2

Irish Set & Ceili Dance
Do your feet start tapping when you hear a fiddle? Learn these social forms of Irish dance, performed in various size groups, including reels, jigs, hornpipes, and polkas. No partner or experience required. Comfortable, low-heeled shoes suggested. Runners are not recommended.
Instructor: Stephen Rayner
Thursdays, 11:30am to 1:00pm **SC**
24391 Session 1: Sep 5 to Nov 14
24476 Session 2: Nov 28 to Feb 6
$80.74/Session 1; $66.06/Session 2

Let's Dance!
Let's work body and mind! Get a cardio workout, learn dance routines, have fun and unleash the dancer in you.
Instructor: Carole Gibson

Mondays, 9:00 to 10:00am **SC**
24254 Session 1: Sep 9 to Nov 11, no class Sep 23
24270 Session 2: Nov 25 to Feb 3
$38.64/Session 1; $44.16/Session 2

Thursdays, 10:15 to 11:15am **SC**
24244 Session 1: Sep 12 to Nov 14, no class Sep 26
24275 Session 2: Nov 28 to Feb 6, no class Jan 2
$49.68/Session 1; $44.16/Session 2

Scottish Country Dance
This is the ballroom dance of Scotland, a social and non-competitive activity that combines movement to music, gentle aerobic exercise, and mental stimulation. No partner required.
Instructor: Virginia Haggerty
Tuesdays, 11:30am to 1:00pm **SC**
24255 Session 1: Sep 3 to Nov 12
24281 Session 2: Nov 26 to Feb 4
$58.19/Session 1; $42.32/Session 2

NEW Square Dance INTRODUCTION
Step into the rhythm of modern square dance! Enjoy simple, engaging lessons, lively tunes, and a vibrant community. Perfect for beginners and seasoned dancers alike. Singles welcome.
Instructor: Mary Thurston
Mondays, 12:30 to 2:00pm **SCW**
25907 Session 1: Sep 9 to Nov 11
25908 Session 2: Nov 25 to Feb 3
$58.72/Session

LINE DANCE

INTRODUCTION
New to line dancing? Learn to line dance from the very beginning steps and to a variety of music including country, classical, swing, pop and Caribbean. Location: Wilton Community Hall, 251 Simmons Rd., Odessa

Instructor: Cathy Johnston
Tuesdays, 2:00 to 3:00pm **SCLW**
24639 Session 1: Sep 3 to Nov 12
24649 Session 2: Nov 26 to Feb 4
$57.97/Session 1; $42.16/Session 2

Instructor: Mary Golem
Wednesdays, 10:30 to 11:30am **SCE**
24297 Session 1: Sep 4 to Nov 13
24313 Session 2: Nov 27 to Feb 5
$57.97/Session 1; $42.16/Session 2
Thursdays, 11:30am to 12:30pm **SC**
24247 Session 1: Sep 5 to Nov 14
24285 Session 2: Nov 28 to Feb 6
$57.97/Session 1; $47.43/Session 2

BEGINNER
Advance your knowledge of the essential line dance steps and move on to more elaborate steps and dances at a reasonable pace.
Prerequisite: Line Dancing Introduction

Instructor: Mary Golem
Tuesdays, 9:00 to 10:00am **SC**
24250 Session 1: Sep 3 to Nov 12
24286 Session 2: Nov 26 to Feb 4
$57.97/Session 1; $42.16/Session 2
Wednesdays, 9:15 to 10:15am **SCE**
24298 Session 1: Sep 4 to Nov 13
24308 Session 2: Nov 27 to Feb 5
$57.97/Session 1; $42.16/Session 2

Instructor: Cathy Johnston
Thursdays, 2:00 to 3:00pm **SCLA**
24209 Session 1: Sep 5 to Nov 14, no class Nov 7
24444 Session 2: Nov 28 to Feb 6
$52.70/Session 1; $47.43/Session 2

NEW High BEGINNER
Advance your line dancing skills with this high beginner level. Build on your foundation with more intricate steps and dances, all at a comfortable pace. Keep progressing and enjoy the rhythm!
Prerequisite: Line Dancing Beginner
Instructor: Ruurd Van De Ven
Wednesdays, 9:00 to 10:00am **SCW**
24665 Session 1: Sep 4 to Nov 13
24682 Session 2: Nov 27 to Feb 5
$57.97/Session 1; $42.16/Session 2

IMPROVER
Learn more complex steps and routines as you build on the basic sequences you have mastered.
Prerequisite: Line Dancing Beginner (1 year)
Instructor: Ruurd Van De Ven

Mondays, 9:15 to 10:15am **SCS**
24448 Session 1: Sep 9 to Nov 11
24471 Session 2: Nov 25 to Feb 3
$42.16/Session

Wednesdays, 10:00 to 11:00am **SCW**
24662 Session 1: Sep 4 to Nov 13
24680 Session 2: Nov 27 to Feb 5
$57.97/Session 1; $42.16/Session 2

All Exercise programs are led by trained exercise instructors. Workout movements are designed to help participants in their day to day activities.

Sports

NEW Axe Throwing
Don't worry – the axes aren't real! Using special safety axes, hone your hand-eye coordination and compete against your peers in this exciting, low-impact activity. No experience necessary.
Instructor: Seniors Association Volunteer Instructor
Thursdays, 12:30 to 2:00pm **SCW**
24809 Session 1: Sep 5 to Nov 14
24810 Session 2: Nov 28 to Feb 6, no class Jan 2
$60.72/Session 1; $44.16/Session 2

Basketball
The ball's in your court. Enjoy a great cardio workout in this popular team sport. All levels welcome.
Instructor: Lou Cucoch
Wednesdays, 11:00am to 1:00pm **SCW**
24663 Session 1: Sep 4 to Nov 13
24685 Session 2: Nov 27 to Feb 5
$60.72/Session 1; $44.16/Session 2

NEW Floor Hockey
This floor hockey class teaches basic Learn the basic skills, strategies, and rules of this fun team sport. Practice stick-handling, passing, shooting, and teamwork through drills and gameplay, promoting fitness and coordination.
Instructor: Seniors Association Volunteer Instructor
Tuesdays, 12:15 to 2:15pm **SCN**
24230 Session 1: Sep 3 to Nov 12
24231 Session 2: Nov 26 to Feb 4
$60.72/Session 1; $44.16/Session 2

Plan your next EVENT OR MEETING at The Seniors Centre

We have a variety of rooms and catering options – perfect for your next gathering!

Rooms	Rates/hour	Capacity
Double Room	$35.54*	20 people
Single Room	$23.69*	10 people
Hatter's Cove	Included in Catering Fee	40 people

*plus room set up charge

Rentals
Dan Heffernan
613.548.7810 x241

Catering
Eve Korhonen
613.548.7810 x234

Improve Your Putting
Perfect your putting during the off-season, on beautiful indoor turf. Learn tips and tricks to improve your skills and impress your golf buddies. Supply own putter.
Instructor: Jack LeBlanc
Mondays, 10:00 to 11:00am **SCW**
24796 Session 2: Nov 25 to Feb 3
$47.12/Session 2

Indoor Bocce
Once reserved strictly for the nobility, bocce is now a game for any age or stage. Beyond the social benefits, it improves coordination, balance, and relieves stress. No experience required.
Instructor: Rick Choma
Wednesdays, 12:30 to 2:30pm **SCW**
24798 Session 1: Sep 4 to Nov 13
24801 Session 2: Nov 27 to Feb 5
$60.72/Session 1; $44.16/Session 2

NEW Master Your Drive
Sharpen your golf skills with this driving program, focusing on precision, power, and technique. All levels welcome. Supply own driver.
Instructor: Jack LeBlanc
Mondays, 11:30am to 12:30pm **SCW**
24797 Session 2: Nov 25 to Feb 3
$47.12/Session 2

NEW Spikeball
Enjoy this energetic, competitive sport that combines elements of volleyball and four square, requiring agility, teamwork, and strategic gameplay. Perfect for fun and fitness!
Instructor: Seniors Association Volunteer Instructor
Mondays, 11:30am to 12:30pm **SCW**
24807 Session 1: Sep 9 to Nov 11
24808 Session 2: Nov 25 to Feb 3
$44.16/Session

NEW Volleyball
Bump, set, and spike your way to a fun cardio workout in this popular team sport. All levels welcome.
Instructor: Seniors Association Volunteer Instructor
Thursdays, 10:30am to 12 noon **SCW**
24675 Session 1: Sep 5 to Nov 14
24687 Session 2: Nov 28 to Feb 6
$60.72/Session 1; $49.68/Session 2

Walking Soccer
Discover your passion for playing soccer! Walking soccer is a non-contact sport and is designed for people of all ages who walk instead of run to shoot and score.
Instructor: Jim Boyce
Thursdays, 1:00 to 2:00pm **SCW**
24799 Session 1: Sep 5 to Nov 14
24800 Session 2: Nov 28 to Feb 6, no class Jan 2
$60.72/Session 1; $44.16/Session 2

Sports continues →



THE ISABEL VOICES

CALLING ALL SINGERS...

After an extraordinary inaugural year, The Isabel Voices is excited to continue growing our vibrant community of singers. Whether you're a seasoned performer or new to singing, we invite you to audition and become part of our family.

Highlights of our upcoming 2024-25 season include:

- A concert with the Kingston Symphony Orchestra
- A collaboration with the Vancouver Chamber Choir
- A tour to Cambridge, UK
- A world-premiere performance of a commissioned piece

At The Isabel Voices, we are a diverse group of singers spanning all age ranges and experience levels performing a wide variety of music. But we are about more than just the music. We are committed to engaging with our local community, fostering connections through singing and engaging in projects that reflect our contemporary world. All our concerts and rehearsals take place at the incredible Isabel Bader Centre for the Performing Arts, offering a unique and world-class performance experience.

Book your audition today at www.isabelvoices.ca/audition




There are 87 decisions to make when a death occurs
Know what's involved. Planning today gives you and your family the comfort of knowing its all been taken care of.
Start today with our 87 Decisions brochure. Call Elise Sweeney for your free kit today. 343-644-4307
Glenhaven Memorial Gardens
by Arbor Memorial
2563 Perth Road, Glenburnie, ON
glenhavenmemorial.ca
87 Decisions
Choices and Things to Do
A list of the essential, practical matte
in the days following a death
Arbor Memorial Inc.

INTRODUCTION
Learn the rules, strategies, and techniques of the most popular sport for today's active adults.

24491	Mondays	8:30 to 10:30am	Sep 9 to Nov 11	**SCW**	$60.72
24140	Mondays	9:00 to 11:00am	Sep 9 to Nov 11	**SCD**	$60.72
24497	Mondays	10:30am to 12:30pm	Sep 9 to Nov 11	**SCW**	$60.72
24498	Tuesdays	8:30 to 10:30am	Sep 10 to Nov 12	**SCW**	$75.90
24159	Tuesdays	9:00 to 11:00am	Sep 3 to Nov 12	**SCD**	$83.49
24151	Tuesdays	11:00am to 1:00pm	Sep 3 to Nov 12	**SCD**	$83.49
24487	Thursdays	8:30 to 10:30am	Sep 5 to Oct 24	**SCW**	$60.71



Supply own eye protection.
(eyeglasses are suitable)

BEGINNER
For players who have completed the introductory course or have played before. Some assistance provided.

24155	Mondays	1:00 to 3:00pm	Sep 9 to Nov 11	**SCD**	$60.72
24142	Tuesdays	9:00 to 11:00am	Sep 3 to Nov 12	**SCD**	$83.49
24148	Wednesdays	11:00am to 1:00pm	Sep 4 to Nov 13	**SCD**	$83.49
24332	Wednesdays	12 noon to 2:00pm	Sep 4 to Nov 13	**SCE**	$83.49
24156	Wednesdays	1:00 to 3:00pm	Sep 4 to Nov 13	**SCD**	$83.49
24141	Thursdays	9:00 to 11:00am	Sep 5 to Nov 14	**SCD**	$83.49
24158	Thursdays	1:00 to 3:00pm	Sep 5 to Nov 14	**SCD**	$83.49

INTERMEDIATE
A social game for experienced players of all levels. Enjoy friendly games of pickleball.

24139	Mondays	9:00 to 11:00am	Sep 9 to Nov 11	**SCD**	$60.72
24153	Mondays	11:00am to 1:00pm	Sep 9 to Nov 11	**SCD**	$60.72
24135	Mondays	1:00 to 3:00pm	Sep 9 to Nov 11	**SCD**	$60.72
25862	Mondays	3:00 to 5:00pm	Sep 9 to Nov 11	**SCD**	$60.72
24668	Mondays	5:00 to 7:00pm	Sep 9 to Nov 11	**SCA**	$60.72
24567	Mondays	7:00 to 9:00pm	Sep 9 to Nov 11	**SC**	$60.72
24327	Tuesdays	8:30 to 10:30am	Sep 10 to Nov 12	**SCE**	$75.90
24137	Tuesdays	9:00 to 11:00am	Sep 3 to Nov 12	**SCD**	$83.49
24157	Tuesdays	1:00 to 3:00pm	Sep 3 to Nov 12	**SCD**	$83.49
25863	Tuesdays	3:00 to 5:00pm	Sep 3 to Nov 12	**SCD**	$83.49
24144	Wednesdays	9:00 to 11:00am	Sep 4 to Nov 13	**SCD**	$83.49
24136	Wednesdays	11:00am to 1:00pm	Sep 4 to Nov 13	**SCD**	$83.49
24152	Wednesdays	1:00 to 3:00pm	Sep 4 to Nov 13	**SCD**	$83.49
25864	Wednesdays	3:00 to 5:00pm	Sep 4 to Nov 13	**SCD**	$83.49
24568	Wednesdays	7:00 to 9:00pm	Sep 4 to Nov 13	**SC**	$83.49
24333	Thursdays	8:30 to 10:30am	Sep 5 to Nov 14	**SCE**	$83.49
24138	Thursdays	9:00 to 11:00am	Sep 5 to Nov 14	**SCD**	$83.49
24143	Thursdays	1:00 to 3:00pm	Sep 5 to Nov 14	**SCD**	$83.49
25865	Thursdays	3:00 to 5:00pm	Sep 5 to Nov 14	**SCD**	$83.49
25853	Saturdays	9:00 to 11:00am	Sep 7 to Nov 16	**SC**	$83.49

Skills & Drills
INTERMEDIATE
For players looking to improve their level of play by focusing on drills and strategies used in competitive pickleball.
Prerequisite: At least 3 years of Pickleball Intermediate.

Instructor: Al Rankin
Tuesdays, 11:00am to 1:00pm **SCD**
24167 Session 1: Sep 3 to Nov 12
$105.93/Session 1

Instructor: Tim Glenn
Wednesdays, 9:00 to 11:00am **SCD**
24166 Session 1: Sep 4 to Nov 13
$105.93/Session 1

CHALLENGE
For players seeking a competitive game.

24563	Mondays	5:00 to 7:00pm	Sep 9 to Nov 11	**SC**	$60.72
24561	Wednesdays	5:00 to 7:00pm	Sep 4 to Nov 13	**SC**	$83.49

SOCIAL CHALLENGE

24146	Mondays	11:00am to 1:00pm	Sep 9 to Nov 11	**SCD**	$60.72
24149	Tuesdays	1:00 to 3:00pm	Sep 3 to Nov 12	**SCD**	$83.49
24134	Wednesdays	11:00am to 1:00pm	Sep 4 to Nov 13	**SCD**	$83.49
24150	Thursdays	11:00am to 1:00pm	Sep 5 to Nov 14	**SCD**	$83.49

COMPETITIVE CHALLENGE Prerequisite: At least 3 years of Pickleball **INTERMEDIATE**

24145	Mondays	9:00 to 11:00am	Sep 9 to Nov 11	**SCD**	$60.72
24160	Tuesdays	11:00am to 1:00pm	Sep 3 to Nov 12	**SCD**	$83.49
24132	Wednesdays	9:00 to 11:00am	Sep 4 to Nov 13	**SCD**	$83.49
24154	Thursdays	11:00am to 1:00pm	Sep 5 to Nov 14	**SCD**	$83.49

Tune-Ups at the Dome
Receive private or small group 45-minute Coaching tailored for any level or specific skill.
Instructor: Tim Salmon
Contact Donna Malekos (613.539.7813) to schedule.
$40/1 member

Session 2 →

INTRODUCTION
Learn the rules, strategies, and techniques of the most popular sport for today's active adults.

24642	Mondays	8:30 to 10:30am	Nov 25 to Feb 3	**SCW**	$60.72
25917	Mondays	9:00 to 11:00am	Nov 25 to Feb 3	**SCD**	$60.72
24648	Mondays	10:30am to 12:30pm	Nov 25 to Feb 3	**SCW**	$60.72
24647	Tuesdays	8:30 to 10:30am	Nov 26 to Feb 4	**SCW**	$60.72
24435	Tuesdays	9:00 to 11:00am	Nov 26 to Feb 4	**SCD**	$60.72
24431	Tuesdays	11:00am to 1:00pm	Nov 26 to Feb 4	**SCD**	$60.72
24643	Thursdays	8:30 to 10:30am	Nov 28 to Feb 6	**SCW**	$60.71



Supply own eye protection.
(eyeglasses are suitable)

BEGINNER
For players who have completed the introductory course or have played before. Some assistance provided.

24408	Mondays	1:00 to 3:00pm	Nov 25 to Feb 3	**SCD**	$60.72
24411	Tuesdays	9:00 to 11:00am	Nov 26 to Feb 4	**SCD**	$60.72
24430	Wednesdays	11:00am to 1:00pm	Nov 27 to Feb 5	**SCD**	$60.72
24335	Wednesdays	12 noon to 2:00pm	Nov 27 to Feb 5	**SCE**	$60.72
24428	Wednesdays	1:00 to 3:00pm	Nov 27 to Feb 5	**SCD**	$60.72
24409	Thursdays	9:00 to 11:00am	Nov 28 to Feb 6	**SCD**	$68.31
24414	Thursdays	1:00 to 3:00pm	Nov 28 to Feb 6	**SCD**	$68.31

INTERMEDIATE
A social game for experienced players of all levels. Enjoy friendly games of pickleball.

24424	Mondays	9:00 to 11:00am	Nov 25 to Feb 3	**SCD**	$60.72
24427	Mondays	11:00am to 1:00pm	Nov 25 to Feb 3	**SCD**	$60.72
24410	Mondays	1:00 to 3:00pm	Nov 25 to Feb 3	**SCD**	$60.72
25866	Mondays	3:00 to 5:00pm	Nov 25 to Feb 3	**SCD**	$60.72
24671	Mondays	5:00 to 7:00pm	Nov 25 to Feb 3	**SCA**	$60.72
24591	Mondays	7:00 to 9:00pm	Nov 25 to Feb 3	**SC**	$60.72
24345	Tuesdays	8:30 to 10:30am	Nov 26 to Feb 4	**SCE**	$60.72
24422	Tuesdays	9:00 to 11:00am	Nov 26 to Feb 4	**SCD**	$60.72
24421	Tuesdays	1:00 to 3:00pm	Nov 26 to Feb 4	**SCD**	$60.72
25867	Tuesdays	3:00 to 5:00pm	Nov 26 to Feb 4	**SCD**	$60.72
24412	Wednesdays	9:00 to 11:00am	Nov 27 to Feb 5	**SCD**	$60.72
24433	Wednesdays	11:00am to 1:00pm	Nov 27 to Feb 5	**SCD**	$60.72
24429	Wednesdays	1:00 to 3:00pm	Nov 27 to Feb 5	**SCD**	$60.72
25869	Wednesdays	3:00 to 5:00pm	Nov 27 to Feb 5	**SCD**	$60.72
24592	Wednesdays	7:00 to 9:00pm	Nov 27 to Feb 5	**SC**	$60.72
24347	Thursdays	8:30 to 10:30am	Nov 28 to Feb 6	**SCE**	$60.72
24420	Thursdays	9:00 to 11:00am	Nov 28 to Feb 6	**SCD**	$68.31
24423	Thursdays	1:00 to 3:00pm	Nov 28 to Feb 6	**SCD**	$68.31
25868	Thursdays	3:00 to 5:00pm	Nov 28 to Feb 6	**SCD**	$68.31
25854	Saturdays	9:00 to 11:00am	Nov 30 to Feb 8	**SC**	$68.31

CHALLENGE
For players seeking a competitive game.

24593	Mondays	5:00 to 7:00pm	Nov 25 to Feb 3	**SC**	$60.72
24608	Wednesdays	5:00 to 7:00pm	Nov 27 to Feb 5	**SC**	$60.72

SOCIAL CHALLENGE

24417	Mondays	9:00 to 11:00am	Nov 25 to Feb 3	**SCD**	$60.72
24413	Tuesdays	11:00am to 1:00pm	Nov 26 to Feb 4	**SCD**	$60.72
24407	Wednesdays	9:00 to 11:00am	Nov 27 to Feb 5	**SCD**	$60.72
24418	Thursdays	11:00am to 1:00pm	Nov 28 to Feb 6	**SCD**	$68.31

COMPETITIVE CHALLENGE Prerequisite: At least 3 years of Pickleball **INTERMEDIATE**

24416	Mondays	11:00am to 1:00pm	Nov 25 to Feb 3	**SCD**	$60.72
24415	Tuesdays	1:00 to 3:00pm	Nov 26 to Feb 4	**SCD**	$60.72
24419	Wednesdays	11:00am to 1:00pm	Nov 27 to Feb 5	**SCD**	$60.72
24432	Thursdays	11:00am to 1:00pm	Nov 28 to Feb 6	**SCD**	$68.31

Skills & Drills
For players who would like to improve their play.

BEGINNER
Prerequisite: Pickleball Introduction or at least 6 months of consistent Pickleball play.
Instructor: Tim Salmon
Mondays, 9:00 to 11:00am **SCD**
24426 Session 2: Nov 25 to Feb 3
$60.72/Session 2

INTERMEDIATE
Prerequisite: Skills & Drills Beginner and 2 years of intermediate play.
Instructor: Tim Glenn
Wednesdays, 9:00 to 11:00am **SCD**
24434 Session 2: Nov 27 to Feb 5
$77.04/Session 2

ADVANCED
Prerequisite: Skills & Drills Beginner or Intermediate and 3 years of intermediate play.
Instructor: Al Rankin
Tuesdays, 11:00am to 1:00pm **SCD**
24425 Session 2: Nov 26 to Feb 4
$77.04/Session 2

Tune-Ups at the Dome
Receive private or small group 45-minute Coaching tailored for any level or specific skill.
Instructor: Tim Salmon
Contact Donna Malekos (613.539.7813) to schedule.
$40/1 member

BADMINTON

Supply own racket and eye protection (eyeglasses are suitable).

BEGINNER

For first-time players who want to learn the rules and basics of badminton.
Instructor: Karen Smith
Saturdays, 2:15 to 4:15pm **SC**
24577 Session 1: Sep 7 to Nov 2
24606 Session 2: Nov 30 to Feb 8
$29.70/Session

INTERMEDIATE

Keep your body fit, strong and agile by playing this very popular sport. For experienced players.

Instructor: Natasha Smith
Tuesdays & Thursdays, 11:00am to 1:00pm **SC**
24565 Session 1: Sep 3 to Nov 14
24597 Session 2: Nov 26 to Feb 6
$72.60/Session 1; $56.10/Session 2

Instructor: Keith Fairbank & Nancy Fairbank
Saturdays, 12 noon to 2:00pm **SC**
24560 Session 1: Sep 7 to Nov 16
24610 Session 2: Nov 30 to Feb 8
$36.30/Session 1; $29.70/Session 2

SOCIAL

Enjoy this fun and interactive doubles sport in a relaxed, non-competitive environment. Open to beginners and intermediate players. Beginner instruction available.
Instructor: Debbie McMillan
Tuesdays, 10:30am to 12:30pm **SCE**
24848 Session 1: Sep 10 to Nov 12
24849 Session 2: Dec 3 to Feb 4
$33/Session 1; $23.10/Session 2

CHALLENGE

Enjoy this fun and interactive doubles sport in a relaxed, non-competitive environment. Open to intermediate and advanced players.
Mondays, 9:00 to 11:00am **SCA**

Instructor: Seniors Association Volunteer Instructor
24666 Session 1: Sep 9 to Nov 11
24672 Session 2: Nov 25 to Feb 3
$26.40/Session

Thursdays, 10:30am to 12:30pm **SCE**
Instructor: Lynda Breen
24334 Session 1: Sep 5 to Nov 14
24348 Session 2: Nov 28 to Feb 6, no class Jan 2
$36.30/Session 1; $26.40/Session 2

ALL registrants ***must*** complete an **In Case of Emergency** form.

ADVANCED

For more competitive, experienced players.
Instructor: Hugh Pross
Tuesdays & Thursdays, 8:30 to 10:30am **SC**
24574 Session 1: Sep 3 to Nov 14
24611 Session 2: Nov 26 to Feb 6
$72.60/Session 1; $56.10/Session 2

SHORT MAT BOWLING

BEGINNER

An introduction to an engaging and active indoor team sport. Learn the rules, strategy and execution. Prepares you for the group of experienced friendly players in Social.
Instructor: Carol-Anne Bell
Tuesdays & Thursdays, 1:30 to 3:30pm **SC**
24581 Session 1: Sep 3 to Sep 12
$18.16/Session 1

SOCIAL

Designed for more experienced bowlers to practise and play.
Prerequisite: Short Mat Bowling Beginner or permission of the instructor.
Instructor: Carol-Anne Bell
Tuesdays & Thursdays, 1:30 to 3:30pm **SC**
24576 Session 1: Sep 17 to Nov 14
24601 Session 2: Nov 26 to Feb 6
$81.72/Session 1; $77.18/Session 2

TABLE TENNIS

SOCIAL

Table tennis is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. It also keeps you fit and flexible, without putting severe stress on joints. All levels welcome and beginners will receive instruction. Racquets and balls supplied.
Instructor: Seniors Association Volunteer Instructor

Mondays, 1:30 to 4:30pm **SC**
24571 Session 1: Sep 9 to Nov 11
24607 Session 2: Nov 25 to Feb 3
$22.32/Session

Tuesdays, 6:30 to 9:30pm **SC**
24564 Session 1: Sep 3 to Nov 12
24598 Session 2: Nov 26 to Feb 4
$30.69/Session 1; $22.32/Session 2

Wednesdays, 1:30 to 4:30pm **SC**
24573 Session 1: Sep 4 to Nov 13
24599 Session 2: Nov 27 to Feb 5
$30.69/Session 1; $22.32/Session 2

Thursdays, 6:30 to 9:30pm **SC**
24566 Session 1: Sep 5 to Nov 14
24600 Session 2: Nov 28 to Feb 6
$30.69/Session 1; $25.11/Session 2

Arts

Art Cards
A handmade card is a gift and a reflection of your sincerity towards the person who receives it. Create your own personal, decorative cards using a variety of techniques and materials. All materials supplied.
Instructor: Leslie Welfare
Wednesdays, 12:30 to 2:30pm **SCW**
24762 Session 2: Nov 27 to Feb 5
$71.68/Session 2

NEW **Portrait, Landscape, & Wildlife Photography**
Take better photos, make more memories! Learn the basics in order to turn your snapshots into works of art. Any camera (including cell phones) and all experience levels welcome.
Instructor: Craig Edwards & Sherry Edwards
Tuesdays, 12:30 to 1:30pm **SC**
24386 Session 1: Sep 3 to Nov 12
24456 Session 2: Nov 26 to Feb 4
$98.56/Session 1; $71.68/Session 2

ART HISTORY

Abstract Expressionism
Uncover the mystery of how drips, gesture painting and non-representational subjects became the approach for post-WWII Abstract Expressionist artists. The overall movement, and many key dynamic individual artists will be studied.
Instructor: Mary O'Brien
Tuesdays, 2:00 to 4:00pm **SC**
24461 Session 2: Nov 26 to Jan 28
$66.43/Session 2

NEW **Art Collecting in Kingston**
Learn about the history of collecting art in Kingston in the 20th century that led to an art collection at Queen's University and the formation of the Agnes Etherington Art Centre.
Instructor: Christina MacLachlan
Tuesdays, 10:00am to 12 noon **SC**
24852 Session 1: Sep 17 to Sep 24
$18.98/Session 1

NEW **Art Museum Origins**
Discover the origins of art museums. Learn how they developed over time. Learn about their mission statements, functions and how they got their artwork. Discuss how to plan a trip to a museum to maximize the visit.
Instructor: Christina MacLachlan
Tuesdays, 10:00am to 12 noon **SC**
25852 Session 1: Oct 29 to Nov 5
$18.98/Session 1

Surrealism
Learn the many fascinating sources, developments and outcomes of this thrilling period in art. An overview of both well-known and less famous, yet important, male and female artists will be presented.
Instructor: Mary O'Brien
Tuesdays, 2:00 to 4:00pm **SC**
24387 Session 1: Sep 3 to Sep 24
$37.96/Session 1

DRAWING AND PAINTING

Abstract Art BEGINNER
Work with all the art elements including, line, shape, value, and texture, in a variety of interesting projects. Build creative confidence in finding your ways of personal expression. Some materials supplied.
Instructor: Joan Scaglione
Thursdays, 9:00am to 12 noon **SC**
24171 Session 1: Sep 5 to Nov 14
$218.35/Session 1

Abstract Art BEGINNER CONTINUED
Continue working with all the art elements including, line, shape, value, and texture, in a variety of interesting projects. Build confidence in finding your creative ways of personal expression. Some materials supplied.
Instructor: Joan Scaglione
Thursdays, 9:00am to 12 noon **SC**
24215 Session 2: Nov 28 to Feb 6
$178.65/Session 2

Acrylic Painting BEGINNER
Learn the basics of this versatile and forgiving medium, even if you have never picked up a paintbrush. After a quick look at technique, jump straight into a step-by-step painting on a subject of your own choice. Designed for the beginner, open to previous students. Material list supplied.
Instructor: Bruce St. Clair
Mondays, 10:00am to 12:30pm **SCA**
24697 Session 1: Sep 9 to Nov 11
24702 Session 2: Nov 25 to Feb 3
$133.68/Session 1; $133.68/Session 2
Wednesdays, 1:00 to 4:00pm **SC**
24528 Session 1: Sep 4 to Nov 13
24545 Session 2: Nov 27 to Feb 5
$183.81/Session 1; $133.68/Session 2

Acrylic Painting INTERMEDIATE
Having learned the basics of the medium and sampled different styles and approaches, this course will emphasize both composition and a more personal approach, working with your own subject references. Material list supplied.
Instructor: Bruce St. Clair
Thursdays, 1:30 to 4:30pm **SC**
24507 Session 1: Sep 5 to Nov 14
24514 Session 2: Nov 28 to Feb 6
$183.81/Session 1; $150.39/Session 2

Acrylic Pouring
Acrylic pouring is an abstract art technique where artists pour fluid acrylic paints on a surface to create art. Learn how to mix colours and layer the paint in order to create stunning works on canvas and other surfaces. All materials included.
Instructor: Leslie Welfare
Wednesdays, 12:30 to 2:30pm **SCW**
24746 Session 1: Sep 4 to Nov 13
$179.08/Session 1

Artists' Rendezvous
Get together with other painters, share ideas, and practice skills in a supportive setting. Supply own materials. No oil paints allowed at SC.

Tuesdays, 9:00am to 12 noon **SCS**
Instructor: Patrice Dwyer
24450 Session 1: Sep 3 to Nov 12
24469 Session 2: Nov 26 to Feb 4
$42.57/Session 1; $30.96/Session 2

Tuesdays, 9:00 to 11:30am **SCLW**
Instructor: Seniors Association Volunteer Instructor
24803 Session 1: Sep 4 to Nov 13
24827 Session 2: Nov 26 to Feb 4
$42.57/Session 1; $30.96/Session 2

Thursdays, 1:00 to 4:00pm **SC**
Instructor: Beatsie McLean & Carol Yntema
24526 Session 1: Sep 5 to Nov 14
24546 Session 2: Nov 28 to Feb 6
$42.57/Session 1; $34.83/Session 2

Guided Studio
Get expert one-on-one help with your art projects, whatever the medium. Whether oil, acrylic, watercolour, or pastel, Bruce provides tips and tricks learned from a lifetime of creating and teaching art. Beginner and previous students welcome. Supply own materials.
Instructor: Bruce St. Clair
Thursdays, 9:00am to 12 noon
24181 Session 1: Sep 5 to Nov 14 **SCN**
24187 Session 2: Nov 28 to Feb 6 SC
$183.81/Session 1; $150.39/Session 2

Learn to Draw
Enhance creativity and build confidence in your drawing ability through time-proven seeing/drawing exercises and ending with more finished pieces. A good starter course for all artistic pursuits. Designed for the beginner, open to previous students. Supply own materials.
Instructor: Bruce St. Clair
Wednesdays, 9:00 to 11:30am **SCN**
24173 Session 1: Sep 4 to Nov 13
24188 Session 2: Nov 27 to Feb 5
$183.81/Session 1; $133.68/Session 2

Let's Draw!
Let's draw!! Even (and especially) if you think you can't! Learn some basics, have fun and surprise yourself. Silence that inner critic and discover the artist in you. Material list supplied.
Instructor: Bonnie Anthony

Wednesdays, 1:00 to 3:00pm **SCLB**
24200 Session 1: Sep 4 to Nov 6, no class Sep 11, Oct 9
24442 Session 2: Nov 27 to Feb 5, no class Dec 11, Jan 8
$133.68/Session 1; $100.26/Session 2

Life Drawing
Maximize drawing time while you continue to develop your life drawing skills. Pick up strategies and tips for drawing the human figure by exploring proportions, musculature, and skeletal structures as features of the human form. Work with life models using your choice of medium. Supply own materials.
Instructor: Ineke MacNab
Fridays, 1:30 to 3:30pm **SC**
24176 Session 1: Sep 6 to Nov 15
24217 Session 2: Nov 29 to Feb 7
$61.82/Session 1; $50.58/Session 2

Open Studio
Get together with other artists, share ideas, and work independently on your own projects in any medium. A good opportunity to work on that troublesome piece in a supportive setting. Supply own materials and tools.
Instructor: Marsha Esford
Wednesdays, 9:00am to 12 noon **SC**
24529 Session 1: Sep 4 to Nov 13
24547 Session 2: Nov 27 to Feb 5
$45.54/Session 1; $33.12/Session 2

Paint Party
Enjoy acrylic painting through step-by-step lessons with instructions and demonstrations. Each week will be a different project. All supplies included and no previous experience is necessary.
Instructor: Bonnie Humber
Thursdays, 9:00 to 11:30am **SCW**
24758 Session 1: Sep 5 to Nov 14
24759 Session 2: Nov 28 to Feb 6, no class Jan 2
$183.81/Session 1; $133.68/Session 2

Portrait Painting
Explore the time-honoured art of portrait painting! After reviewing accurate drawing skills, the course will guide you progressively to finished masterpieces! All skill levels and mediums embraced in this creative journey. Material list supplied.
Instructor: Bruce St. Clair
Tuesdays, 12 noon to 2:30pm **SCN**
24185 Session 1: Sep 3 to Nov 12
24190 Session 2: Nov 26 to Feb 4
$183.81/Session 1; $133.68/Session 2

Joyful Watercolour
Find inspiration in nature and express your creativity. Explore elements, such as line and colour, and principles of design. Learn technique with paints and tools and develop skills and confidence. Material list supplied.
Instructor: Trudy McKeown
Thursdays, 12:30 to 3:00pm **SCE**
24307 Session 1: Sep 5 to Nov 14
$217.03/Session 1

Watercolour BEGINNER
Explore materials, colours, techniques, glazing and basic composition in an interactive environment. Supply own materials, list provided during first class.
Instructor: Anne Irwin
Mondays, 1:00 to 4:00pm **SC**
24385 Session 1: Sep 9 to Nov 11
24463 Session 2: Nov 25 to Feb 3
$157.84/Session

Watercolour BEGINNER CONTINUED
Continue to learn the joys of watercolour by working on more advanced guided projects. Supply own materials.
Prerequisite: Watercolour Beginner
Instructor: Anne Irwin
Wednesdays, 12 noon to 2:30pm **SCN**
25904 Session 1: Sep 4 to Nov 13
25905 Session 2: Nov 27 to Feb 5
$217.03/Session 1; $157.84/Session 2

Watercolour INTERMEDIATE
Create your own paintings, supported by instruction and demonstrations. This series of workshops is designed for those with a solid basic knowledge in watercolour painting. Supply own materials.
Prerequisite: Watercolour Beginner or permission of the instructor.
Instructor: Jane Hanley
Fridays, 9:00am to 4:00pm **SC**
24359 Session 1: Oct 4 and Nov 1
24375 Session 2: Dec 6 and Feb 7
$98.74/Session

Watercolour Wonderland
It's as easy as painting with water. The magic is in the glowing colours! In this course you'll learn simple techniques – washes, blending, dry brush – for successful watercolour painting. Supply own materials, list provided in first class.
Instructor: Bruce St. Clair
Tuesdays, 9:00 to 11:30am **SCN**
24168 Session 1: Sep 3 to Nov 12
24189 Session 2: Nov 26 to Feb 4
$183.81/Session 1; $133.68/Session 2

SCENT FREE ZONE
All Seniors Association facilities are SCENT FREE environments.
Scent is a HEALTH issue.
Be mindful of others.

Crafts

NEW Ceramic Painting
Do you love painting ceramics but don't want to make the pots? Paint a whole dinner set, including charger, dinner & salad plate, mug, cup, soup bowl and bowl plate. Sets will be glazed and fired to take home and use in your kitchen! Materials and tools supplied.
Instructor: Carrie Whalen
Fridays, 12:30 to 3:00pm **SC**
24554 Session 2: Nov 29 to Jan 10
$250/Session 2

NEW Coil Building
Discover how to build vessels or sculptures using the coil building technique. Learn to shape, join, and smooth coils to create unique pottery pieces. Materials and tools supplied.
Instructor: Carrie Whalen
Saturdays, 12 noon to 2:30pm **SC**
24538 Session 1: Oct 5 to Nov 2
24553 Session 2: Jan 4 to Feb 1
$220/Session

NEW Diamond Painting
Create intricate, sparkling artworks by placing resin "diamonds" onto adhesive canvases, combining art and relaxation for a therapeutic and creative experience. Supply own diamond painting kit.
Instructor: Sandy Miller
Thursdays, 11:30am to 1:30pm **SCN**
24652 Session 1: Sep 5 to Nov 14
24653 Session 2: Nov 28 to Feb 6
$48.40/Session 1; $39.60/Session 2

Handbuilding Ceramics
Let's clay together! We will pinch, push, roll, poke, pull, and play in clay. Using many different types of tools and techniques we will create cups, mugs, bowls, plates, and other fun, functional items. For all levels. Materials and tools supplied.
Instructor: Carrie Whalen
Saturdays, 9:00 to 11:30am **SC**
24536 Session 1: Oct 5 to Nov 2
24544 Session 2: Jan 4 to Feb 1
$220/Session

NEW Mixed Media Safari
Embark on an artistic adventure with Mixed Media Safari! Discover diverse mediums to elevate your cards, journals, and artwork. Unleash creativity with supplied materials and bring along forgotten treasures from your stash.
Instructor: Jen Gregory
Thursdays, 10:30am to 12:30pm **SCW**
24818 Session 1: Sep 5 to Nov 14
24819 Session 2: Nov 28 to Feb 6, no class Jan 2
$117.15/Session 1; $85.20/Session 2

Printmaking
Unlock your creativity through the marriage of technique and imagination. From etching to lithography, delve into a rich world where artists carve, etch, or draw onto surfaces to create unique artworks. Materials and tools supplied.
Instructor: Carrie Whalen
Fridays, 12:30 to 3:00pm **SC**
24555 Session 2: Jan 17 to Feb 7
$80/Session 2

Stained Glass BEGINNER
Calling all aspiring glass artists! Learn the basic skills of cutting, foiling, and soldering, along with safe tool and glass handling, and create your own stunning works of art. Materials and tools supplied.
Instructor: Bill Perry
Tuesdays, 1:00 to 3:00pm **SC**
24623 Session 1: Oct 1 to Oct 29
$88.40/Session 1

Instructor: Alanna Hakim
Tuesdays, 4:00 to 6:00pm **SC**
24621 Session 1: Sep 3 to Nov 12
25855 Session 2: Nov 26 to Feb 4
$194.48/Session 1; $141.44/Session 2

Stained Glass Ornaments
Get festive with this Stained Glass Beginner course! Craft stunning Christmas ornaments, mastering glasswork techniques from cutting to soldering. Perfect for beginners or experienced artisans – add a personal touch to your holiday decor! Materials and tools supplied.
Instructor: Bill Perry
Tuesdays, 1:00 to 3:00pm **SC**
24635 Session 1: Nov 26 to Dec 10
$53.04/Session 1

NEW Swedish Weaving
Discover the artistry of Swedish hand weaving in this immersive program. Learn intricate patterns, traditional techniques, and create stunning textile masterpieces. Unveil your creativity in every stitch. Some materials supplied.
Instructor: Madeleine Broxham
Mondays, 12:30 to 2:00pm **SC**
24495 Session 1: Sep 9 to Nov 11
24519 Session 2: Nov 25 to Feb 3
$71.68/Session

NEEDLE ARTS

Needlecrafts RENDEZVOUS
Gather with fellow crafters to work on needlecraft projects, share skills, and build friendships. Knitting, crocheting, embroidery, cross-stitch – all are welcome! Bring your own materials.

Instructor: Seniors Association Volunteer Instructor
Tuesdays, 12 noon to 2:00pm **SCLW**
24812 Session 1: Sep 3 to Nov 12
24830 Session 2: Nov 26 to Feb 4
$55.99/Session 1; $40.72/Session 2

Instructor: Sandy Miller
Thursdays, 9:00 to 11:30am **SCN**
24654 Session 1: Sep 5 to Nov 14
24655 Session 2: Nov 28 to Feb 6
$55.99/Session 1; $45.81/Session 2

Needlepoint & Cross Stitch RENDEZVOUS
Join us to complete those new and unfinished projects in a pleasant, helpful, and friendly atmosphere. No instruction offered, rather friendly advice where needed. Supply own materials.
Instructor: Mariette Ringuette
Tuesdays, 10:30am to 12:30pm **SC**
24504 Session 1: Sep 3 to Nov 12
24521 Session 2: Nov 26 to Feb 4
$55.99/Session 1; $40.72/Session 2

WOOD CRAFTS

Woodburning BEGINNER
Discover the art of woodburning with this beginner program, designed to teach you the techniques and skills needed to create beautiful, personalized wood art. Supply own woodburner. Note: wand burners not recommended. Some materials supplied.
Instructor: Plonia Servage
Fridays, 9:00am to 12 noon **SC**
24624 Session 1: Sep 6 to Nov 15
25858 Session 2: Nov 29 to Feb 7
$58.63/Session 1; $47.97/Session 2

Woodburning RENDEZVOUS
Work on independent projects. Instruction will be provided. Supply own woodburner and materials.
Instructor: Plonia Servage
Fridays, 1:00 to 4:00pm **SC**
24618 Session 1: Sep 6 to Nov 15
25857 Session 2: Nov 29 to Feb 7
$58.63/Session 1; $47.97/Session 2

Woodcarving INTRODUCTION
An introduction to basic carving. Subjects include types of tools and their use, safety and PPE, types of carvings, basic cuts and techniques, sharpening tools, patterns. Students will work under close supervision (one instructor to two students) on a simple project that they can take home. This workshop should be taken by any beginner wishing to participate in the Centre's carving sessions. All tools and materials supplied.
Instructor: Roger Sashaw
24625 Friday Aug 30, 9:00 to 11:00am **SC**
$60/member

Keep your new Program Guide handy for easy reference throughout the term. Updates available at The Seniors Centre.

Woodcarving INTRODUCTION

Learn basic non-power-tool wood carving techniques. Beginners are loaned tools and receive some carving material support. Continuing carvers bring their own tools and projects. All participants will need a shop apron and Level 5 carving glove.

Instructor: Greg Healey
Mondays, 9:00 to 11:00am **SCLO**
25861 Session 1: Sep 9 to Nov 11
24436 Session 2: Nov 25 to Feb 3
$61.12/Session

Woodcarving INTERMEDIATE

Participants develop and practice woodcarving skills by working on individual projects at their own pace. Students are free to employ a variety of techniques, carving styles, and woods. Supply own tools, PPE, and materials.

Prerequisite: Woodcarving Introduction or permission of the instructor.

Instructor: Fred Georgeadis
Mondays and Wednesdays, 9:00am to 12 noon **SC**
24622 Session 1: Sep 4 to Nov 13
24636 Session 2: Nov 25 to Feb 5
$101.27/Session 1; $85.28/Session 2

Instructor: Don McTaggart & Roger Sashaw
Mondays and Wednesdays, 1:00 to 4:00pm
24619 Session 1: Sep 4 to Nov 13
24633 Session 2: Nov 25 to Feb 5
$101.27/Session 1; $85.28/Session 2

Woodworking

Participants work on independent projects. Instruction provided on safe use of machines. Supply own materials.
Instructor: Mario Morin & Ken Beckett

Tuesdays, 9:00am to 12 noon **SC**
24620 Session 1: Sep 3 to Nov 12
24637 Session 2: Nov 26 to Feb 4
$84.04/Session 1; $61.12/Session 2

Thursdays, 9:00am to 12 noon **SC**
24617 Session 1: Sep 5 to Nov 14
24634 Session 2: Nov 28 to Feb 6
$84.04/Session 1; $68.76/Session 2



ARTS & CRAFTS WORKSHOPS at The Seniors Centre

Register now or watch for full details in the corresponding *Vista*.

Photo Transfer
24182 Tuesdays, Sep 3 & 10 10:00am to 12 noon
$53.04/Member

Dried Flower Arrangement
24632 Thursday Sep 12, 1:00 to 3:00pm
$50/Member

Dried Mini Grapevine Wreath
24628 Thursday Sep 26, 1:00 to 3:00pm
$55/Member

Paint with Gouache
24183 Tuesdays, Oct 1 & 8, 10:00am to 12 noon
$53.04/Member

Floral Centrepiece
24184 Tuesday Oct 15, 10:00am to 12 noon
$26.52/Member

Brushstrokes and Friends
24186 Tuesday Oct 22, 10:00am to 12 noon
$26.52/Member

Silver Metal Clay
24629 Thursday Nov 14, 1:00 to 3:00pm
$80/Member

Woodcarving Special Project
24626 Friday Nov 22, 9:00am to 4:00pm
$60/Member

Seasonal Greeting Cards
24207 Tuesday Nov 26, 10:00am to 12 noon
$26.52/Member

Brushstrokes and Friends
24208 Tuesday Dec 3, 10:00am to 12 noon
$26.52/Member

Christmas Door Swag or Wreath
24627 Thursday Dec 5, 1:00 to 3:00pm
$80/Member

Floral Centrepiece
24210 Tuesday Dec 10, 10:00am to 12 noon
$26.52/Member

Christmas Centrepiece
24630 Thursday Dec 12, 1:00 to 3:00pm
$80/Member

Growing Sprouts & Microgreens
24631 Thursday Jan 16, 1:00 to 3:00pm
$40/Member

Bereaved Families of Ontario
KINGSTON REGION

613-634-1230
bfo@kingston.net
www.bfo-kingston.ca

Bereaved Families of Ontario - Kingston Region provides programs, services and resources based on a peer support model to individuals, families, children, groups and communities.

We are the Bereaved helping the Bereaved learn to live with grief.

We can help the healing begin.

Support Services

Families and individuals can access grief support at any point in their grief journey, free of charge. BFO-Kingston offers a wide range of services to meet these needs:

One-to-One Peer Support

Speak with a peer support facilitator. We do our best to pair each person with a volunteer who has experienced a similar loss.

Structured 7-Week Grief Support Groups

Run at various points during the year for specific types of loss, age groups, etc.

Monthly Support Groups

A variety of groups are offered, including for partner loss, child loss, and loss by suicide. Check www.bfo-kingston.ca or social media for current offerings. Contact the office to register.

Lending Library

Books on grief and loss are available for loan.

Help Us Make a Difference

We are an in-demand charity that provides valuable grief support in the Kingston area, but we can't do it alone. We are looking for compassionate volunteers and generous donors who share our commitment to helping others through difficult times. Join us in making a meaningful impact. Contact us to learn more.
Donate: www.canadahelps.org/en/dn/t/62501

bfo@kingston.net **613-634-1230** **www.bfo-kingston.ca** **@bfokingston**

Games

NEW Classic Games RENDEZVOUS
Learn and play timeless games like cribbage, backgammon and more, in a fun and social atmosphere. Games provided. All abilities welcome!
Instructor: Sandy Miller
Wednesdays, 11:30am to 1:30pm **SCN**
24658 Session 1: Sep 4 to Nov 13
24659 Session 2: Nov 27 to Feb 5
$39.49/Session 1; $28.72/Session 2

Crokinole RENDEZVOUS
Jump into the exhilarating world of Crokinole, a tabletop game where skill meets strategy. Aim, shoot, and strategize to score points while tactically removing your opponent's discs.
Instructor: Carol Wallace & Jim Wallace
Tuesdays, 1:00 to 3:00pm **SC**
24161 Session 1: Sep 3 to Nov 12
24211 Session 2: Nov 26 to Feb 4
$36.08/Session 1; $26.24/Session 2

Darts
Test your concentration and aim in this friendly, social game. No experience required. Location: Collins Bay Legion, 4034 Bath Rd, Kingston
Instructor: Jack LeBlanc
Wednesdays, 11:00am to 1:00pm **OS**
24750 Session 1: Sep 4 to Nov 13
24752 Session 2: Nov 27 to Feb 5
$60.72/Session 1; $44.16/Session 2

Mahjong RENDEZVOUS
Enjoy the ancient game of tiles involving strategy, skill, calculation, and chance. American National and Chinese style played. Game sets provided. Novice players welcome. Supply own cards for American mahjong.
Instructor: Rosemary Richardson, Margaret MacDermaid & Linda Donoghue
Thursdays, 12 noon to 2:00pm **SCW**
24748 Session 1: Sep 5 to Nov 14
24763 Session 2: Nov 28 to Feb 6, no class Jan 2
$44 /Session 1; $32 /Session 2



Shuffleboard
It's not just for cruise ships anymore! This strategic game is a fun and friendly way to stay active, while reducing your stress level and improving your flexibility.
Instructor: Seniors Association Volunteer Instructor
Tuesdays & Thursdays, 11:00am to 1:00pm **SCW**
24489 Session 1: Sep 5 to Nov 14
24660 Session 2: Nov 26 to Feb 6, no class Jan 2
$84 /Session 1; $64 /Session 2

Team Trivia
Test your knowledge with this fun and collaborative game! Participants will be placed on teams that collectively choose an answer. Each class will have a different theme and include 3 rounds of 20 questions.
Instructor: Lisa Bird
Thursdays, 12:30 to 2:00pm **SCE**
24261 Session 1: Sep 5 to Nov 14
24268 Session 2: Nov 28 to Feb 6, no class Jan 2
$46.64/Session 1; $33.92/Session 2

BOARD GAMES

Board Game RENDEZVOUS
Learn a new board game each week (Ticket to Ride, Kingdomino, Azul, Rummikub etc) or play a game of your choice. Games provided and novices welcome!
Instructor: Seniors Association Volunteer Instructor
Wednesdays, 12 noon to 2:00pm **SCE**
24259 Session 1: Sep 4 to Nov 13
24267 Session 2: Nov 27 to Feb 5
$44.88/Session 1; $32.64/Session 2

Chess INTEGRATED
After covering the basics, the pieces, and their moves, examine openings, middlegame and endgame strategies, and put them into practice. For new and returning players. Chess sets provided.
Instructor: Roman Polywkan
Thursdays, 2:30 to 4:00pm **SC**
24172 Session 1: Sep 5 to Nov 14
24193 Session 2: Nov 28 to Feb 6
$39.71/Session 1; $32.49/Session 2

Scrabble RENDEZVOUS
Get together to enjoy a game and demonstrate your word-smith skills. Played by two to four people, words are formed by placing lettered tiles on a game board, crossword style.
Instructor: Paul Kennedy
Mondays, 1:00 to 4:00pm **SC**
24525 Session 1: Sep 9 to Nov 11
24552 Session 2: Nov 25 to Feb 3
$29.76/Session

CARD GAMES

NEW Learn to Play Bridge
An introduction to the world's most interesting card game. Bridge is social, and good for your mind and memory. For those with no or little knowledge of bridge, the classes will cover basics of the game, card play and bidding. We'll play a game every class.
Instructor: Elaine McDougall
Thursdays, 12:30 to 2:30pm **SCE**
24306 Session 1: Sep 26 to Nov 14
24318 Session 2: Nov 28 to Feb 6, no class Jan 2
$28.24/Session

Social Bridge
Join us for an afternoon of Contract Bridge, played without weak 2's or transfers. Players should have a solid knowledge of bidding and playing the game.
Instructor: Shirl Worley
Wednesdays, 12:30 to 3:30pm **SC**
24499 Session 1: Sep 4 to Nov 13
24518 Session 2: Nov 27 to Feb 5
$38.83/Session 1; $28.24/Session 2

Hand and Foot Canasta
This versatile, strategic card game is believed to be a variant of rummy. New and experienced players, including beginners, welcome.
Instructor: Barbara Schwab
Wednesdays, 9:15am to 12:15pm **SCW**
24754 Session 1: Sep 4 to Nov 13
24760 Session 2: Nov 27 to Feb 5
$39.49/Session 1; $28.72/Session 2

Hand and Foot Canasta RENDEZVOUS
A versatile and strategic card game believed to be a variant of rummy. This program is for experienced players. If you're new to the Seniors Association or a beginner, you should consider joining the SCW program.
Instructor: Barbara Schwab
Tuesdays, 1:00 to 4:00pm **SC**
24505 Session 1: Sep 3 to Nov 12
24516 Session 2: Nov 26 to Feb 4
$39.49/Session 1; $28.72/Session 2

Cribbage
Test your card-playing ability! Cribbage involves scoring points by playing and grouping cards into pairs, runs, and combinations of cards that total to 15.

Instructor: Seniors Association Volunteer Instructor
Mondays, 9:00 to 11:00am **SCW**
24727 Session 1: Sep 9 to Nov 11
24734 Session 2: Nov 25 to Feb 3
$28.72/Session

Instructor: Debbie Richard
Fridays, 10:30am to 12:30pm **SC**
24502 Session 1: Sep 6 to Nov 15
24510 Session 2: Nov 29 to Feb 7
$39.49/Session 1; $32.31/Session 2

Bid Euchre
Improve your memory and bidding skills. Like Social Euchre, this card game introduces the trump suit decided by the player who bids to take the most tricks. Participants should have previous experience with the basics of bid euchre.
Instructor: Irene Kirkpatrick
Wednesdays, 1:15 to 4:15pm **SC**
24246 Session 1: Sep 4 to Nov 13
24288 Session 2: Nov 27 to Feb 5
$39.49/Session 1; $28.72/Session 2

Social Euchre
Enjoy this trick-taking card game in a social atmosphere.
Instructor: Seniors Association Volunteer Instructor
Mondays, 1:00 to 3:00pm **SCLO**
24178 Session 1: Sep 9 to Nov 11
24221 Session 2: Nov 25 to Feb 3
$31.72/Session 1; $31.68/Session 2
Instructor: Thea Young
Thursdays, 1:00 to 4:00pm SC
24243 Session 1: Sep 5 to Nov 14
24272 Session 2: Nov 28 to Feb 6
$39.49/Session 1; $32.31/Session 2

Wizard
More fun than Hearts or Rummy, this trick-taking card game is easy to learn and the strategy adds an exciting challenge. No experience required.
Instructor: Christine Arh
Tuesdays, 10:00am to 12 noon SC
24381 Session 1: Sep 3 to Nov 12
24452 Session 2: Nov 26 to Feb 4
$38.94/Session 1; $28.32/Session 2



General Interest

DISCUSSION GROUPS

NEW Climate Action Discussion
Explore sustainable solutions and innovative ideas to combat climate change. Engage, learn, and contribute in a collaborative environment. All are welcome!
Instructor: Nathan Nesdoly
Mondays, 2:00 to 3:30pm **SC**
24326 Session 1: Sep 9 to Nov 11
$31.76/Session 1

Conversation Pit
Engage in lively discussions on local and global affairs in a roundtable format. Voice your opinions in a friendly, supportive atmosphere. Topics chosen by the group.
Instructor: Sandra Storring
Wednesdays, 11:45am to 1:15pm **SC**
24353 Session 1: Sep 4 to Nov 13
24365 Session 2: Nov 27 to Feb 5
$43.67/Session 1; $31.76/Session 2

Philosophy Rendezvous
The post-modern world looks different from the modern world. View postmodernism through the ideas of various authors to see its implications on our lives.
Instructor: Eden Elliott
Fridays, 9:00 to 10:30am **SC**
24650 Session 1: Sep 6 to Nov 15
24651 Session 2: Nov 29 to Feb 7
$46.97/Session 1; $38.43/Session 2

Trending Topics
The news is full of interesting and complex topics to unravel. Join this friendly conversational group to talk about what's trending today and how it affects your life.
Instructor: John Fleischmann
Mondays, 1:30 to 3:30pm **SC**
24147 Session 1: Sep 9 to Nov 11
24196 Session 2: Nov 25 to Feb 3
$31.44/Session

READING AND WRITING

Book Club
Book lovers meet bi-weekly in a fun, discussion-based environment. Enjoy reading recent releases intertwined with old favourites to gain fresh perspectives on the authors, stories, and themes that resonate today. Supply own books. Book list will be decided after the first class.
Instructor: Seniors Association Volunteer Instructor
Every other Monday, 11:30am to 1:00pm **SCLO**
24177 Session 1: Sep 9 to Nov 4
24220 Session 2: Nov 25 to Feb 3
$24.65/Session

Book Club
Book lovers meet monthly in a fun, discussion-based environment. Enjoy reading recent releases intertwined with old favourites to gain fresh perspectives on the authors, stories, and themes that resonate today. Book list available in Registration Notes. Supply own books.

Instructor: Seniors Association Volunteer Instructor
Second Tuesday of Month, 12 noon to 1:30pm **SCE**
24257 Session 1: Sep 10 to Nov 12
24264 Session 2: Dec 10 to Jan 14
$14.79/Session 1; $9.86/Session 2

Instructor: Anne Brunner
Second Friday of Month, 1:30 to 3:00pm **SC**
24360 Session 1: Sep 13 to Nov 8
24367 Session 2: Dec 13 to Jan 10
$14.79/Session 1; $9.86/Session 2

Joy of Writing
Learn to tune out your inner critic and write with ease and pleasure. Tap into your own treasure chest of unique material. Get useful tips on the craft of writing.
Instructor: Kathleen Hamilton
Mondays, 10:00am to 12 noon **SC**
24325 Session 1: Sep 9 to Nov 11
$66.16/Session 1

NEW Non-Fiction Book Club
Explore, discuss, and discover enlightening reads across history, science, and culture with like-minded enthusiasts in a supportive and engaging community environment on a bi-weekly basis. We will start with The Year of Less by Caitlyn Flanders.
Instructor: Heather Morgan
Mondays, 11:30am to 1:00pm **SCA**
24676 Session 1: Sep 9 to Nov 11
24688 Session 2: Nov 25 to Feb 3
$39.44/Session

Play Reading
Join an award-winning playwright in reading through some of the best scripts ever written, and some that are hot off the press. No theatrical experience required. In a fun and supportive setting, take parts, read plays aloud, and laugh a lot.
Instructor: Ned Dickens
Wednesdays, 2:30 to 4:00pm **SC**
24170 Session 1: Sep 4 to Nov 13
24213 Session 2: Nov 27 to Feb 5
$154.11/Session 1; $112.08/Session 2

General Interest continues →

Learning a second language as a senior has its funny moments. We laughed a lot.



CARACO
PROPERTY MANAGEMENT

Call our Leasing Agent for a viewing today!
(613) 331-1903 | www.caracoproperties.ca

Come Home to CaraCo

Clean, quiet and comfortable living, in several convenient locations in central Kingston and near the Cataraqui Centre.

- Utilities and parking are included in most buildings
- There are no hidden fees
- Social committees, pot-luck events, games & fitness classes

Call us to learn more about the **Oasis Senior Supportive Living Inc.** program at L'Hermitage East!



The Examined Life

Join us for conversations around life, dying & death.

Sep 9	**Book Night*** *featuring Helen Humphreys, Author of Nocturne*
Oct 7	**Funeral & Financial Planning Workshop** with Jane Lapointe
Nov 4	**Bereavement Craft***
Dec 2	**Candle Light Ceremony***
Jan 8	**Paint Night***

*supportive evening for the bereaved. All welcome, no cost.

JAMES REID
FUNERAL HOME
jamesreidfuneralhome.com
1900 John Counter Blvd., Kingston
613.544.3411

www.JamesReidFuneralHome.com
613.544.3411
1900 John Counter Blvd

First Monday of the Month, 7:00 to 9:00pm
RSVP events@jamesreidfuneralhome.com, 613.544.3411

YMCA of Eastern Ontario eo.ymca.ca

Senior Start Strong

Find out about our many fitness & aquatics classes designed with you in mind.

Shine On Eastern Ontario

PWR! MOVES

A fitness program specifically designed for those who are diagnosed with Parkinson's Disease.

Exercises are performed for a more symptom-specific focus such as rigidity and bradykinesia.

This program focuses on mobility and functional exercises to help make daily life easier and improve quality of life.

Contact

Team Lead of Fitness, Cass Leduc
613-546-2647 ext 242
cassandra.leduc@eo.ymca.ca

Total Life Care

TLC

Because your life is about more than your chronic health condition.



Contact

Regional Supervisor of Fitness, Tracy Vallier
613-546-2647 ext 247
tracy.vallier@eo.ymca.ca

NEW Refine Your Writing
Transition seamlessly from 'The End' towards polished perfection with this Refine Your Writing program. Join our experienced editor and writer for a friendly journey through editing, enhancing your skills in all genres.
Instructor: Dorothyanne Brown
Tuesdays, 9:30 to 11:00am **SC**
24527 Session 1: Sep 3 to Nov 12
24549 Session 2: Nov 26 to Feb 4
$80.30/Session 1; $58.40/Session 2

Why Read Poetry
Many keen readers avoid poetry, expecting it to be difficult, but slowing down to puzzle out a poem can be very rewarding. Read one or two poems in each class to find ways into the meaning, and thereby discover the joy that poetry can bring.
Instructor: Maggie Berg
Tuesdays, 10:30am to 12 noon **SC**
24351 Session 1: Sep 3 to Nov 12
$80.30/Session 1

Writers' Rendezvous
Have you always wanted to write? Do you need motivation and encouragement? Join this congenial group of writers, from novice to published authors to share work, provide mutual support, and offer constructive suggestions.
Instructor: Franklin Pinch
Every other Friday, 1:00 to 4:00pm **SC**
24509 Session 1: Sep 6 to Nov 15
24523 Session 2: Nov 29 to Feb 7
$47.70/Session 1; $39.75/Session 2

SPECIAL INTEREST

NEW From Soup to Nuts
Embark on a culinary adventure, delving into every aspect of a complete meal. Explore weekly themes from appetizers to desserts, with a grand finale of delectable samplings.
Instructor: Beth Milne
Tuesdays, 10:30am to 12:30pm **SCN**
24235 Session 1: Oct 1 to Nov 5
$89.76/Session 1

NEW Haircare for Women
Transform your hair routine with expert insights. Discover professional tools, products, and techniques to unleash your mane's full potential through live demonstrations and expert guidance.
Instructor: Pam Gagne
Fridays, 11:00am to 12 noon **SC**
24392 Session 1: Sep 6 to Oct 25
$81.76/Session 1

How We Got the Bible
There is no literature on Earth that has been more formative and influential than the Bible. Whether or not we 'believe' it, the Bible affects our lives. Knowing more about it can only help our understanding. Come to ask questions.
Instructor: Anthony Gifford
Tuesdays, 9:00 to 10:30am **SCN**
24133 Session 1: Sep 3 to Nov 12
24179 Session 2: Nov 26 to Feb 4
$75.13/Session 1; $54.64/Session 2

In Between Life & Death
Thriving and living your best life and yet planning for the end is challenging, important and ever-changing. Update your knowledge for you, your family, and estate with professionals including health professionals, lawyers, accountants, executor advisors, funeral professionals, and more.
Instructor: Kathryn Wright & Lynn Snider
Wednesdays, 9:30 to 10:30am **SC**
24451 Session 1: Sep 11 to Nov 13
$82.70/Session 1

In the Kitchen
Explore a variety of easy to follow recipes, tips, and kitchen tricks for breakfast, lunch, dinner and snacks. The focus will be on preparing dishes for one or two people. Sample tasting will be available.
Instructor: Helga Bellmore
Wednesdays, 12 noon to 2:30pm **SCE**
24349 Session 1: Sep 4 to Oct 30
$134.64/Session 1

NEW Let's Do Brunch
Join this delightful brunch cooking program to learn how to create mouth-watering dishes that will transform your mornings into a culinary adventure. Sample tastings available. Held in the kitchen
Instructor: Helga Bellmore
Wednesdays, 10:00am to 12 noon **SCLB**
24437 Session 2: Nov 27 to Feb 5, no class Dec 11 & Jan 8
$89.76/Session 2

Make-up for the Older Woman
Explore makeup basics and how to enhance YOUR best features for a fresh, natural, everyday look. Learn fun, simple, tips, tricks and techniques and give your confidence a boost! No experience needed.
Instructor: Shannon Donnelly
Wednesdays, 12 noon to 2:00pm **SC**
24169 Session 1: Sep 4 to Nov 13
$123.42/Session 1

SC The Seniors Centre **SCW** Seniors Centre West **SCN** Seniors Centre North **SCE** Seniors Centre East **SCD** Seniors Centre Dome **SCL** Seniors Centre Loyalist **SCLA** Seniors Centre Loyalist - Amherstview **SCLB** Seniors Centre Loyalist - Bath **SCLO** Seniors Centre Loyalist - Odessa **SCLW** Seniors Centre Loyalist - Wilton **SCS** Seniors Centre Spire **SCA** Seniors Centre St. Andrew's **OS** Offsite **OL** Online Learning

Mapping Your Family History
Learn the various ways to collect and record information about your ancestors, extract the most from their records, preserve their old photographs and documents, and place their lives in some historical and cultural context.
Instructor: Bob Arlidge
Wednesdays, 11:00am to 12:30pm **SC**
24475 Session 2: Nov 27 to Feb 5

$80.72/Session 2

Stamps & Their Stories
Whether you're a seasoned collector, a complete beginner or have inherited a stamp collection from a family member, join the experts for an engaging and informative series of weekly presentations on philately and postal history.
Instructor: Hugh MacDonald
Mondays, 2:00 to 3:30pm **SC**
24496 Session 1: Sep 9 to Nov 11
24512 Session 2: Nov 25 to Feb 3

$33.92/Session

NEW The Positivity Effect
Strengthen your inner optimist! Discover and use practical techniques to counteract the brain's built-in negativity bias, boost your sense of well-being and enhance life's positive experiences.
Instructor: Maggie Berg & Norma Vale
Tuesdays, 10:30am to 12 noon **SC**
24376 Session 2: Nov 26 to Feb 4

$58.40/Session 2

Truth & Reconciliation
Canada's Truth and Reconciliation Commission Report is a landmark in relations between our country's Indigenous Peoples and the rest of Canadians. Learn the history and review Canadian law as it relates to this area. There will be guest speakers throughout the session.
Instructor: David More
Mondays, 2:00 to 3:30pm **SC**
25856 Session 2: Nov 25 to Feb 3

$67.04/Session 2

Wildlife & Their Adaptations CONTINUED
Learn about animal camouflage, nesting in birds, and interesting life cycles, along with how some animals adapt to the night.
Instructor: Shirley French
Fridays, 12 noon to 1:00pm **SC**
24175 Session 1: Sep 6 to Nov 15

$90.97/Session 1

WELLNESS

NEW Brain Health
Interested in learning about your brain? This program offers insights into how the brain really works, brain-boosting activities, and ways to reduce the risk of cognitive decline. Empower yourself with the tools to foster a healthier brain!
Instructor: Joyla Furlano
Thursdays, 9:00 to 10:00am **SC**
24806 Session 1: Sep 5 to Nov 14

$57.86/Session 1

NEW Mindful Art
Focus on creating as a mindful activity, with the process being more important than the product, to release stress and inspire creativity. No art experience necessary.
Instructor: Carol Ritchie
Fridays, 10:00am to 12 noon **SC**
24534 Session 1: Sep 6 to Nov 15, no class Sep 27 & Oct 4
24548 Session 2: Nov 29 to Feb 7

$91.53/Session

WORLD HISTORY AND CULTURE

NEW Russian History
Reflecting on Vladimir Putin's legacy, will it mirror Peter the Great's achievements or draw parallels to Ivan the Terrible's reign? Let's delve into history to unravel this intriguing comparison.
Instructor: Wanda Gyde
Mondays, 12 noon to 1:00pm **SC**
24131 Session 1: Sep 9 to Nov 11

$74.16/Session 1





Languages

FRENCH

BEGINNER

Want to know more than bonjour and au revoir? Beginners who have little or no oral French will learn structures, expressions, and vocabulary in a relaxed, interactive setting. New students only.
Instructor: Paul Heppelle
Tuesdays & Thursdays, 11:00am to 12 noon **SCE**
24237 Session 1: Sep 5 to Nov 14
24263 Session 2: Nov 26 to Feb 6, no class 1/2/2025
$131.25/Session 1; $100/Session 2

INTERMEDIATE

Develop confidence in everyday situations by learning grammar and practical vocabulary as well as cultural aspects of French. Emphasis will be on speaking, listening, and developing conversational skills.
Prerequisite: French Beginner
Instructor: Joy Obadia
Tuesdays & Thursdays, 11:30am to 12:30pm **SC**
24524 Session 1: Sep 3 to Nov 14
24550 Session 2: Nov 26 to Feb 6
$70.40/Session 1; $54.40/Session 2

ADVANCED

Features conversation with attention to mastering complex structures and increasing vocabulary. This course presupposes a fairly high level of French and is for advanced students only.
Instructor: Caroline Farrell
Fridays, 9:30 to 10:45am **SC**
24378 Session 1: Sep 6 to Nov 15
24454 Session 2: Nov 29 to Feb 7
$35.20/Session 1; $28.80/Session 2

RENDEZVOUS

Let's work together on your grammar, vocabulary and conversational skills in a relaxed ambiance to increase your fluency in French. Intermediate to advanced level.
Instructor: Suzanne Bodner
Wednesdays, 10:30 to 11:30am **SC**
24503 Session 1: Sep 4 to Nov 13, no class Oct 9 & Oct 16
24511 Session 2: Nov 27 to Jan 22
$47.70/Session 1; $31.80/Session 2

GERMAN

INTERMEDIATE

Share laughter and stories while focusing on comprehension through conversation, grammar, vocabulary, and weekly homework. This class is for students who have a good grasp of German grammar and know enough vocabulary to take part in simple conversations.
Prerequisite: German Beginner
Instructor: Marie-Therese Ferguson
Thursdays, 9:00 to 10:30am **SC**
24530 Session 1: Sep 5 to Nov 14
24551 Session 2: Nov 28 to Feb 6
$119.90/Session 1; $98.10/Session 2

ITALIAN

INTERMEDIATE

Have fun learning this romantic language with emphasis on reading, writing, vocabulary, grammar, and some conversation. Media such as oral comprehension exercises, songs, and short movies will be used. Text: *Prego 6th edition*
Prerequisite: Italian Beginner Continued
Instructor: Brigitte Bachmann
Thursdays, 3:15 to 5:15pm **SC**
24358 Session 1: Sep 5 to Nov 14, no class Oct 17
24370 Session 2: Nov 28 to Feb 6, no class Jan 2
$105.50/Session 1; $84.40/Session 2

INTERMEDIATE CONTINUED

Have fun expanding your knowledge of this romantic language with emphasis on reading, writing, vocabulary, grammar, and some conversation. Media such as oral comprehension exercises, songs, and short movies will be used. Text: *Ponti Italiano Terzo Millenno 2nd edition*
Prerequisite: Italian Intermediate
Instructor: Brigitte Bachmann
Thursdays, 8:30 to 10:30am **SC**
24356 Session 1: Sep 5 to Nov 14, no class Oct 17
24363 Session 2: Nov 28 to Feb 6, no class Jan 2
$105.50/Session 1; $84.40/Session 2

ADVANCED

Sharpen your already advanced grammar and communication skills through readings, creative writing, and comprehension exercises using different media. Text: *Ponti Italiano Terzo Millennio 2nd Edition* is very helpful.
Prerequisite: Italian Intermediate Continued
Instructor: Brigitte Bachmann
Thursdays, 1:00 to 3:00pm **SC**
24355 Session 1: Sep 5 to Nov 14, no class Oct 17
24364 Session 2: Nov 28 to Feb 6, no class Jan 2
$105.50/Session 1; $84.40/Session 2

ADVANCED CONTINUED

Sharpen your proficiency and communication skills through dialogue, readings (short stories, newspaper articles), some grammar (review), creative writing, comprehension exercises, songs, and movies.
Prerequisite: Italian Intermediate Continued or Advanced
Instructor: Brigitte Bachmann
Thursdays, 10:40am to 12:40pm **SC**
24357 Session 1: Sep 5 to Nov 14; no class Oct 17
24373 Session 2: Nov 28 to Feb 6; no class Jan 2
$105.50/Session 1; $84.40/Session 2

SPANISH

INTRODUCTION

Hola! This introduction to conversational Spanish focuses on vocabulary and grammar for the absolute beginner. Gain confidence in speaking and enjoy a relaxed environment.
Instructor: Laura Badour
Tuesdays, 9:00 to 10:00am **SC**
24350 Session 1: Sep 3 to Nov 12
24361 Session 2: Nov 26 to Feb 4
$115.39/Session 1; $83.92/Session 2

BEGINNER

Now that you have the basics, increase your vocabulary and practice putting it all together to make complete sentences. Improve your listening comprehension skills so you can have basic conversations.
Prerequisite: Spanish Introduction or permission of the instructor.
Instructor: Laura Badour
Wednesdays, 9:30 to 10:30am **SC**
24506 Session 1: Sep 4 to Nov 13
24513 Session 2: Nov 27 to Feb 5
$115.39/Session 1; $83.92/Session 2

BEGINNER CONTINUED

Continue building your conversational skills by adding to your foundation from the Beginner course. Gain more confidence by practicing more complex sentences while increasing your vocabulary in a fun and relaxed setting.
Instructor: Laura Badour
Tuesdays, 11:00am to 12 noon **SCN**
24840 Session 1: Sep 10 to Nov 12
24841 Session 2: Dec 3 to Feb 4
$104.90/Session 1; $73.43/Session 2

INTERMEDIATE

Continue to discover Latin American culture, while further expanding your knowledge of vocabulary, grammar, and communication skills in a fun and relaxed environment.
Prerequisite: Spanish Beginner
Instructor: Laura Badour
Mondays, 1:30 to 3:00pm **SCA**
24689 Session 1: Sep 9 to Nov 11
24690 Session 2: Nov 25 to Feb 3
$83.92/Session 1; $83.92/Session 2

INTERMEDIATE CONTINUED

Enjoy the freedom of a less structured class and engage in discussion on a variety of topics. Use your knowledge of the language to do short presentations and work towards perfecting your Spanish skills in a fun, low-stress environment.
Instructor: Laura Badour
Mondays, 11:15am to 12:45pm **SC**
24838 Session 1: Sep 9 to Nov 11
24839 Session 2: Nov 25 to Feb 3
$83.92/Session

Music

Bucket Drumming BEGINNER

Bucket drumming is a fun way to learn some of the basics of percussion. The focus will be on learning one to two compositions written specifically for bucket drums. Equipment supplied, no experience necessary.
Instructor: Jamie Corbett
Tuesdays, 11:30am to 1:00pm **SCN**
24728 Session 1: Sep 3 to Nov 12
24732 Session 2: Nov 26 to Feb 4
$112.20/Session 1; $81.60/Session 2

Bucket Drumming INTERMEDIATE

Learn more complex compositions written specifically for bucket drums while improving your drumming skills in a fun environment. Equipment supplied.
Instructor: Jamie Corbett
Tuesdays, 1:00 to 2:30pm **SCN**
24234 Session 1: Sep 3 to Nov 12
24224 Session 2: Nov 26 to Feb 4
$112.20/Session 1; $81.60/Session 2

NEW Harmonica BEGINNER

Master basic techniques to play harmonica alongside guitar in folk, blues, and improvisation styles. Ideal for beginners looking to enhance their musical repertoire and performance skills. Supply own 10-hole diatonic harmonica in C major.
Instructor: David Cliff
Mondays, 1:00 to 2:00pm **SCS**
24828 Session 1: Sep 9 to Nov 11, no class Sep 24
24829 Session 2: Nov 25 to Feb 3
$81.36/Session

NEW Handbells INTRODUCTION

If you can hold a wineglass by the stem, you can ring handbells! Learn the basics of this vibrant instrument, including specific bell techniques, and experience the joy of playing in a group. Basic music reading skills required.
Location: Edith Rankin Memorial United Church
Instructor: Ruth Pettis
Mondays, 11:00am to 12 noon **OS**
24824 Session 1: Sep 9 to Nov 11
24825 Session 2: Nov 25 to Jan 27
$62.72/Session 1; $54.88/Session 2

NEW Opera Appreciation

Relax and enjoy excerpts by great operatic composers from the seventeenth century to today. Gain insights into musical eras and the composers, and discuss what moved you (or didn't!)
Instructor: David Smith
Fridays, 12:30 to 2:30pm **SC**
24393 Session 1: Oct 4 to Nov 15
24457 Session 2: Nov 29 to Feb 7
$70.63/Session 1; $90.81/Session 2

NEW Songwriting Circle
Unlock your musical creativity with the help of a multi award-winning songwriter. Learn to craft compelling lyrics, melody, and harmony in a supportive environment. No prior experience needed!
Instructor: Michael George
Mondays, 1:00 to 3:00pm **SCA**
24698 Session 1: Sep 9 to Nov 11
24701 Session 2: Nov 25 to Feb 3

$81.36/Session

GUITAR AND UKULELE

Guitar BEGINNER
Learn essential skills for playing, including chord shapes, note theory, and popular strumming patterns. Gain knowledge on tuning and maintenance to enhance your musical journey. Perfect for new musicians. Supply own guitar.
Instructor: David Cliff
Tuesdays, 1:00 to 2:00pm **SCS**
24464 Session 1: Sep 3 to Nov 12
24468 Session 2: Nov 26 to Feb 4

$111.87/Session 1; $81.36/Session 2

Guitar INTERMEDIATE
Continue exploring more guitar techniques, repertoire, and build on the skills you have learned in a fun, casual environment. Knowledge of basic chords required. Supply own guitar.
Prerequisite: Guitar, Acoustic Intermediate or permission of the instructor.
Instructor: Mark Kristiansen
Thursdays, 11:00am to 12 noon **SCW**
24706 Session 1: Sep 5 to Nov 14
24713 Session 2: Nov 28 to Feb 6, no class Jan 2

$111.87/Session 1; $81.36/Session 2

Guitar & Uke RENDEZVOUS
Pick up your favourite guitar or uke and join this fun and relaxed jam! Enjoy the magic of playing music with others while learning new skills. All levels welcome.
Instructor: Mauricio Montecinos
Mondays, 4:30 to 6:00pm **SC**
24324 Session 1: Sep 9 to Nov 11
24368 Session 2: Nov 25 to Feb 3

$51.52/Session

Campfire Guitar
Have you always wanted to strum and sing around a campfire on a warm summer night? Learn some basic chords and strumming patterns and open up a world of song possibilities. No experience required. Supply own guitar and music stand.
Instructor: David Wilkins
Wednesdays, 9:00 to 10:00am **SCE**
24290 Session 2: Nov 27 to Feb 5

$81.36/Session 2

NEW Campfire Guitar CONTINUED
Continue learning more complex chords and strumming patterns so you can wow those around a campfire. Supply own guitar and music stand.
Prerequisite: Campfire Guitar Beginner or permission of the instructor.
Instructor: David Wilkins
Wednesdays, 10:00 to 11:00am **SCE**
24292 Session 2: Nov 27 to Feb 5

$81.36/Session 2

JAM SESSIONS

Coffee House
Hosted by one of Kingston's best-known musicians, this program gives you the chance to perform live, while learning tips and tricks of the trade. Each class will start with a mini-concert by Michael, and then the microphone is all yours! Learn mic technique, how to really engage your audience, how to deal with performance anxiety, and lots more.
Instructor: Michael George
Mondays, 4:30 to 6:30pm **SC**
24251 Session 1: Sep 9 to Nov 11
24278 Session 2: Nov 25 to Feb 3

$81.36/Session

Jam Session
A fun opportunity for both experienced and novice musicians and vocalists who like to play, sing, and learn music together. Recommended instruments: guitar, uke, keyboard, violin, banjo, bass, or similar. Reading music not essential. Supply own instrument.
Instructor: Chuck Tindall
Mondays, 1:30 to 4:00pm **SC**
24258 Session 1: Sep 9 to Nov 11
24289 Session 2: Nov 25 to Feb 3

$44.16/Session

Phone From Home



Programs from the comfort of your home using only your phone!

A variety of topics to choose from every month. Check *Vista* for current listing.

FREE!

Contact 613.548.7810 ext 238

SENIORS ASSOCIATION KINGSTON REGION
YourTV truly local
KINGSTON

NEW Jam Session ADVANCED
Are you looking for a bit more of a musical challenge? Join our advanced jam session, tailored to experienced musicians seeking to refine their skills and collaborate with like-minded people. Supply own instrument.
Instructor: Seniors Association Volunteer Instructor
Tuesdays, 3:00 to 5:00pm **SC**
24262 Session 1: Sep 3 to Nov 12
24282 Session 2: Nov 26 to Feb 4
$60.72/Session 1; $44.16/Session 2

Jamboree
Jam with both experienced and novice musicians and vocalists. Tunes include everything from bluegrass, to country, to gospel, and more. Recommended instruments: guitar, keyboard, violin, banjo, bass, or similar. Reading music not essential. Supply own instrument.
Instructor: Linda Cronk & Mary Lou Boudreau
Fridays, 1:30 to 3:30pm **SC**
24269 Session 1: Sep 6 to Nov 15
24301 Session 2: Nov 29 to Feb 7
$60.72/Session 1; $49.68/Session 2

MUSIC HISTORY AND THEORY

History of Classical Music
Beginning with the Baroque era and concluding with the transition into the Romantic, learn about the major composers and their most important works. This will be accomplished through lectures, listening, and discussion.
Instructor: Bob Arlidge
Thursdays, 9:30 to 11:00am **SC**
24390 Session 1: Sep 5 to Nov 14
$110.99/Session 1

History of Classical Music CONTINUED
Beginning with the Romantic era and concluding with the 20th century, learn about major composers and their most important works. This will be accomplished through lectures, listening, and discussion.
Instructor: Bob Arlidge
Thursdays, 9:30 to 11:00am **SC**
24460 Session 2: Nov 28 to Feb 6
$90.81/Session 2

Music of the 60s
Examine the various styles and artists that came to prominence during this turbulent decade: The Beatles, Bob Dylan, Joni Mitchell, Jimi Hendrix, and many others.
Instructor: Bob Arlidge
Wednesdays, 11:00am to 12:30pm **SC**
24388 Session 1: Sep 4 to Nov 13
$110.99/Session 1

VOCAL MUSIC

Learn to Sing
With gentle vocal exercises and familiar songs, tune up, refresh your voice and achieve the best sound you can, while experiencing the joy and ease of singing. Text: Teach Yourself to Sing by Karen Farnum Surmani, available at Long & McQuade, Indigo, and Amazon.
Instructor: Meg Breslow
Tuesdays, 2:30 to 3:30pm **SC**
24352 Session 1: Sep 3 to Nov 12
24366 Session 2: Nov 26 to Feb 4
$109.12/Session 1; $79.36/Session 2

Prime Time Chorus
Do you love singing? Join this fun and friendly mixed voice choir for men and women. Learn popular songs while working on rhythms, pitch and simple harmonies. No singing or music reading experience necessary.
Instructor: Daniel Bart
Wednesdays, 1:00 to 3:00pm **SC**
24382 Session 1: Sep 25 to Nov 13
24455 Session 2: Nov 27 to Feb 5
$78.32/Session

Singalong
Love to sing well-known songs in a relaxed and fun group atmosphere? Music includes folk songs, golden oldies, and all your favourites. The goal is participation, not performance. No experience necessary.
Instructor: Chuck Tindall & Mary Lou Boudreau
Wednesdays, 2:30 to 4:30pm **SC**
24354 Session 1: Sep 4 to Nov 13
24372 Session 2: Nov 27 to Feb 5
$54.89/Session 1; $39.92/Session 2

Tri-Tone Singers
A fun-loving ladies' choral group. Reading music is an asset, but not essential with past choir experience and the ability to learn a part: Soprano I, Soprano II or Alto. Performs occasionally for seniors' groups & retirement homes.
Thursdays, 1:30 to 3:30pm **SC**
Instructor: Juliet Milsome & Rosemary Kozak
24383 Session 1: Sep 5 to Nov 14
24459 Session 2: Nov 28 to Feb 6
$62.04/Session 1; $50.76/Session 2

MISSING SOMETHING?
Check our Lost & Found – we just may have your belongings. Unclaimed items will be donated to a local charity.



KINGSTON
PICKLEBALL
Club
1150 Gardiners Road

Kingston's Premier Pickleball Club

Join the fun and find out why Pickleball is North America's fastest growing sport on our best-in-class, climate controlled courts. Call us today for more info.

343.477.0246

Learn to Play Bridge!

The Kingston Duplicate Bridge Club is offering classes for newer players Saturdays (10 am—12 noon) at the Seniors Centre, 56 Francis Street, Kingston.

No prior bridge experience is required.

Classes start Sep 7, 2024 and end April 26, 2025. Cost is $10 per session, paid at the start of each lesson.

For info/to register, contact **Gaylia Ohlman** at 613-449-1830 or gcohlman@gmail.com

KDBC

EST 1937
AMERICAN CONTRACT BRIDGE LEAGUE
ACBL.ORG

THINKING OF MOVING?
TAKE ADVANTAGE OF OUR EXPERTISE

ROYAL LEPAGE
ProALLIANCE
REALTY

- Combined 40 Years Experience
- Full Service Real Estate - Whether you are Buying or Selling
- Professional Contacts in all Manner of Trades to help make your move as seamless as possible from Start to Finish.
- Complimentary Home Evaluation with in-person consultation.

For a Clear Path Forward
Call us Today

ROYAL LEPAGE
DIRECTOR'S PLATINUM AWARD 2023

ROYAL LEPAGE
TOP 10% NATIONAL
2023



Connie Fletcher
Realtor: 613.541.9022
cfletcher@royallepage.ca

Mat Fletcher
Realtor: 613.539.8144
mfletch@royallepage.ca

WALK TO REMEMBER

SAVE THE DATE:

A 2KM WALK IN SUPPORT OF BEREAVED FAMILIES OF ONTARIO - KINGSTON REGION

Each step is in remembrance of a lost loved one.



Sunday, October 6th

MacDonald Park
Across from Kingston General Hospital (King St and Barrie St)

Registration: 10:30am
Walk Begins: 11:00am

It's Free to Register and Participate

Fundraising pledge forms are available.

Please RSVP

Email: bfokregion@gmail.com
Phone: 613-634-1230
Online: https://bit.ly/WTR-2024

Bereaved Families of Ontario
KINGSTON REGION

Lifeline



Seniors are at the heart of everything we do.

Senior Support Services
Supporting Seniors Independence at Home and in the Community.

CPHC Lifeline
1-877-565-0008
613-342-9991 (Brockville and Area)
613-542-9643 (Kingston and Area)

Mention code 589 and receive 1 FREE month of service*

* Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Discounts are not applicable for out of area installations. Discounts not available on GoSafe

Trusted Financial Advice

Investments • Financial & Estate Planning • Insurance

KCCU Wealth Solutions can help you grow a healthy financial future. We offer professional advice for all of your investment and planning needs tailored to help you set and achieve your financial goals.



KCCU Wealth SOLUTIONS

kccuwealth.ca 795 Gardiners Rd, Unit 5 • (613) **507-1131**

KCCU Wealth Solutions is a program provided by Credential Financial Strategies Inc. offering financial planning, life insurance and investments to members of credit unions and their communities.
Trade-mark(s) of KCCU Wealth Solutions are used under licence by Credential Financial Strategies Inc.

Technology

NEW Android Devices
Unlock the potential of your Android device with this beginner-friendly program. Learn essential basics and simple apps to enhance efficiency, empowering you to navigate the world of smart technology with confidence. Supply own device.
Instructor: Jarda Zborovsky
Tuesdays, 4:30 to 5:30pm **SC**
24162 Session 1: Sep 3 to Nov 12
25879 Session 2: Nov 26 to Feb 4
$110.77/Session 1; $80.56/Session 2

NEW Getting Tech Savvy
Uncover how to navigate technology confidently. Master email, Facebook, and Zoom for connecting. Safeguard against scams, and viruses. Stay informed, and entertained while protecting yourself online. Get tech-savvy for safe, and enjoyable digital experiences. Supply own device.
Instructor: Jarda Zborovsky
Tuesdays, 3:30 to 4:30pm **SC**
24163 Session 1: Sep 3 to Nov 12
25880 Session 2: Nov 26 to Feb 4
$110.77/Session 1, $80.56/Session 2

NEW How Things Work
Join a tech expert while he demystifies the world of devices, the internet, artificial intelligence, online privacy and more. Have a question? Just ask! Perfect for the curious mind.
Instructor: Pat Morrow
Wednesdays, 3:30 to 4:30pm **SC**
24389 Session 1: Sep 4 to Nov 13
$75.13/Session 1

iPad & iPhone BEGINNER
This comprehensive program will show you how to get the most out of your iPhone or iPad. Customize your settings, explore the features, find new apps, learn email, photo functions, and more. No experience required. Supply own Apple device.
Instructor: Sam Kalb
Wednesdays, 9:00 to 10:00am **SC**
24212 Session 2: Nov 27 to Feb 5
$107.36/Session 2

iPad & iPhone BEGINNER CONTINUED
Discover the many useful features and apps not covered by the basic course. This course also discusses the new features and changes implemented in iOS 18. Supply own Apple device.
Prerequisites: iPad & iPhone Beginner or familiarity with the iPad or iPhone.
Instructor: Sam Kalb
Wednesdays, 9:00 to 10:00am **SC**
24164 Session 1: Sep 4 to Oct 23
$107.36/Session 1

Shopping & Selling Online
Enjoy shopping safely online: how to get the most out of Amazon, how to choose streaming services for movies & TV programs, how to buy and sell with Ebay, Kijiji, and much more.
Instructor: Sam Kalb
Wednesdays, 8:30 to 10:00am **SC**
24822 Session 1: Oct 30 to Nov 6
$26.84/Session 1

iTech One-on-one computer consultations are also available. Call The Centre for dates & times: 613.548.7810.



Crème de la Closet
BOUTIQUE
women's used clothing store
at The Seniors Centre, enter beside the cafe

**Monday to Friday,
10:00am to 2:00pm**

Call for donations Accepting "like new" women's clothing, accessories, shoes, and jewellery. Must be freshly laundered with no rips, tears, stains, or heavy scents.

Bring 10 items, get $10 Boutique Bucks*!
***Valid on purchases over $30.**

ALL PROGRAMS

FALL / WINTER 2024

INDEX

5-6-7 Sweat 4
Abstract Art 20
Abstract Expressionism 20
Acrylic Painting 20
Acrylic Pouring 21
Adult Ballet 12
Adult Learn to Swim 4
Android Devices 39
Aquafit 4
Art Cards 20
Art Collecting in Kingston 20
Artists' Rendezvous 21
Art Museum Origins 20
Axe Throwing 14
Badminton 19
Ballroom & Latin Dance 12
Barre 9
Basketball 14
Better Balance 9
Bid Euchre 27
Board Games 26
BoneFit® 9
Book Club 28
Brain Health 32
Bridge 27
Bucket Drumming 34
Burlesque 12
Campfire Guitar 35
Cardio Go-Go 12
Chair Yoga 11
Chess 26
Ceramic Painting 22
Circuit Training 4
Classic Games 26
Climate Action Discussion 28
Coffee House 35
Coil Building 22
Conversation Pit 28
Cribbage 27
Crokinole 26
Dance 12
- Adult Ballet
- Ancient Egypt
- Ballroom & Latin
- Burlesque
- Cardio Go-Go
- Feet Beats
- Fit
- For Parkinsons
- Irish Set & Ceili
- Let's Dance!
- Line
- Scottish Country
- Square
- Zumba Gold® 15

Dance Fit 12
Dance For Parkinsons 12
Dance in Ancient Egypt 13
Darts 26
Diamond Painting 22
Drum Fitness 9
Essentrics 9
Euchre 27
Exercise 10
- Simply Lift
- Simply Move
- Simply Strength
- Simply Stretch
- Simply Weights
- Soft Aerobics
- Strength & Conditioning
- Stretch & Release

Feet Beats 13
Fitness Centre Workout 9
Floor Hockey 14
Foundational Fitness 9
French 33
From Soup to Nuts 31
German 33
Getting Tech Savvy 39
Guided Studio 21
Guitar 35
Guitar & Uke 35
Haircare for Women 31
Hand and Foot Canasta 27
Handbells 34
Handbuilding Ceramics 22
Harmonica 34
Hike Fit 9
History of Classical Music 36
How Things Work 39
How We Got the Bible 31
Improver 13
Improve Your Putting 14
In Between Life & Death 31
In the Kitchen 31
Indoor Bocce 14
Indoor Cycling 9
iPad & iPhone 39
Irish Set & Ceili Dance 13
Italian 33
Jamboree 36
Jam Session 35
Joyful Watercolour 22
Joy of Writing 28
Kettlebells 9
Lane Swim 4
Learn to Draw 21
Learn to Play Bridge 27
Learn to Sing 36
Let's Dance! 13
Let's Do Brunch 31
Let's Draw! 21
Life Drawing 21
Line Dancing 13
Line Dancing High 13
L.I.I.T. 10
Mahjong 26
Make-up for the Older Woman 31
Mapping Your Family History 32
Master Your Drive 14
Mindful Art 32
Mixed Media Safari 22
Move It, Shake It, Lift It 10
Moving Meditation 10
Music of the 60s 36
Needlecrafts 23
Needlepoint & Cross Stitch 23
Non-Fiction Book Club 28
Open Studio 21
Opera Appreciation 34
Paint Party 21
Philosophy 28
Pickleball 17
Pilates 6
Play Reading 28
Pole Walking 10
Power Hour 10

Photography 20
Portrait Painting 21
Prime Time Chorus 36
Printmaking 23
PWR!Moves® for Parkinson's 10
Refine Your Writing 31
Retro Aerobics 4
Russian History 32
Scottish Country Dance 13
Scrabble 26
Shake Fit 10
Shopping & Selling Online 39
Shortmat Bowling 19
Shuffleboard 26
Simply Lift 6
Simply Move 5
Simply Strength 6
Simply Stretch 6
Simply Weights 6
Simply Yoga 11
Simply Seated Yoga 11
Simply Vinyasa Flow 11
Simply Yin Yoga 11
Simply Yoga Strength & Fitness 12
Singalong 36
Sit Fit 10
Social Bridge 27
Social Euchre 27
Soft Aerobics 6
Songwriting Circle 35
Spanish 34
Spikeball 14
Sports 14
- Axe Throwing
- Badminton
- Basketball
- Floor Hockey
- Improve Your Putting
- Indoor Bocce
- Master Your Drive
- Pickleball
- Short Mat Bowling
- Spikeball
- Table Tennis
- Volleyball
- Walking Socer

Square Dance 13
Stained Glass 23
Stamps & Their Stories 32
Strength & Conditioning 6
Stretch & Release 6
Surrealism 20
Swedish Weaving 23
Table Tennis 19
Tai Chi 11
Team Trivia 26
The Positivity Effect 32
Trending Topics 28
Tri-Tone Singers 36
Truth & Reconciliation 32
Volleyball 14
Walking Soccer 14
Watercolour 22
Why Read Poetry 31
Wildlife & Their Adaptations 32
Wizard 27
Woodburning 23
Woodcarving 24
Woodworking 24
Workshops (arts & crafts) 24
- Brushstrokes and Friends
- Christmas Centrepiece
- Christmas Door Swag or Wreath
- Floral Centrepiece
- Growing Sprouts & Microgreens
- Dried Flower Arrangement
- Dried Mini Grapevine Wreath
- Paint with Gouache
- Photo Transfer
- Seasonal Greeting Cards
- Silver Metal Clay
- Woodcarving Special Project

Writers' Rendezvous 31
Yoga 11
Yogalates 10
Zumba Gold® 11

NEVER STOP *playing*

Keep your Program Guide handy for easy reference throughout the term.

Exercise Your Body • Stimulate Your Mind • Nurture Your Spirit

NEW PROGRAMS

Adult Ballet 12
Art Collecting in Kingston 20
Art Museum Origins 20
Axe Throwing 14
Brain Health 32
Campfire Guitar 35
Ceramic Painting 22
Circuit Training 4
Classic Games 26
Climate Action Discussion 28
Coil Building 22
Dance Fit 12
Dance in Ancient Egypt 13
Diamond Painting 22
Fitness Centre Workout 9
Floor Hockey 14
From Soup to Nuts 31
Haircare for Women 31
Handbells 34
Harmonica 34
Line Dancing High 13
Hike Fit 9
Indoor Cycling 9
Jam Session Advanced 36
Kettlebells 9
Learn to Play Bridge 27
Let's Do Brunch 31
Master Your Drive 14
Mindful Art 32
Mixed Media Safari 22
Move It, Shake It, Lift It 10
Non-Fiction Book Club 28
Opera Appreciation 34
Power Hour 10
Refine Your Writing 31
Retro Aerobics 4
Russian History 32
Shake Fit 10
Simply Seated Yoga 11
Simply Vinyasa Flow 11
Simply Yin Yoga 11
Simply Yoga Strength & Fitness 12
Songwriting Circle 35
Spikeball 14
Square Dance 13
Strength & Conditioning 6
Stretch & Release 6
Swedish Weaving 23
The Positivity Effect 32
Volleyball 14

FALL/WINTER 2024 REGISTRATION PROCESS

FYI

PROGRAMS

- are open only to members of the Seniors Association. Membership must be current throughout the length of the program.
- are filled on a first-come basis.
- have waitlists when full.

Prerequisites
The Programs Department may reassign participants to appropriate levels, if prerequisites are not met.

WAITLISTS

Are managed by our database.
If you are on a list and a spot becomes available:

- an email notification will be sent to you.
- you have 72 hours to register upon receiving the email. Non-response moves you to the bottom of the waitlist and offers the spot to the next person.
- you will receive a phone call, if you do not have email

CANCELLATIONS

- The Programs Department can cancel or alter classes due to low enrolment, policy changes, or availability issues. Full refunds will only be issued for cancellations made by the Seniors Association.
- A class may be cancelled due to instructor illness, weather, etc. No guarantees for make up classes, credits, or refunds.

REFUND POLICY

Before the program starts:
full refund for withdrawls.

After program starts but before the third class:

- withdrawal at least one business day before the third class to receive a refund
- refund amount will be pro-rated to the date of notification (not backdated).

On or after the third class:

- refunds will be granted for medical reasons ONLY.
- refund amount will be pro-rated to the date of notification (not backdated).
- medical requests are not subject to a service charge.

Refund Options

- **credit** on membership account for future use at the Seniors Association.
- **credit card** refund
- **cheque**

Has weather forced us to close?
To find out, call The Centre, check our website, or social media.

@KingstonSeniors



Available... KINGSTON TRANSIT'S *My Card*
MY TICKETS Disposable Card
. . . at The Seniors Centre

REGISTRATION OPTIONS

1. **Online**
2. **Mail-In**
3. **In-Person**

IMPORTANT DATES

Registration Begins

Session 1
Online Tuesday Aug 6, 12 noon
Mail-In Tuesday Aug 6
In-Person Wednesday Aug 7, 8:30am

Session 2
Online Monday Nov 4, 12 noon
Mail-in Monday Nov 4
In-person Tuesday Nov 5, 8:30am

1 Register Online

Our database is safe, secure, and complies with current payment card and data security standards to ensure long-term security. All data is stored in Canada.

Access our online database from our website
www.SeniorsKingston.ca

2 Register by Mail

Mail-in payment options:
Credit Card (preferred)
Cheques *
(NO post-dated cheques)

* **Separate Cheques REQUIRED** per program, per session, per person

* Make cheques payable to:
Seniors Association Kingston Region
(**SAKR**)
56 Francis Street
Kingston ON, K7M 1L7

3 Register In-Person

at The Seniors Centre, 56 Francis St.

ONLINE REGISTRATION HOW-TO'S

Access our online database from our website
www.SeniorsKingston.ca

LOGIN TO YOUR ACCOUNT

Current Member
- Enter your username (email) and password, then click "Login".
- Review and edit your General and Emergency Contact information.
- To change your password, click "Manage Login".

Member
- Click "Signup" below our logo, follow the prompts, and fill out required fields.
- Check your confirmation email and manage your account from any device.

Renew Membership
- Ensure your membership is current before registering.
- Click the three dots on the membership tile, then click "Renew" to go to the payment page.

HOW-TO VIDEOS

- Review your schedule
- Review your purchases
- Add a family member
- Use filters
- Register a family member

and more available online at
www.SeniorsKingston.ca/programs

REGISTER FOR A PROGRAM

Browse
- On a desktop, click the "Activity Registration" button at top of page.
- On a tablet or smartphone, click the menu button (three stacked lines) located in the top left corner by the Seniors Association logo. Select "Activity Registration"
- Under "Programs" section, click a broad program category (e.g., "Art")
- Choose a sub-category (e.g., "Drawing and Painting") and "Show" for the list of programs.

Search
- If you know the program you'd like to take, enter the program code in "Keyword Search".
- On a tablet, click the icon that looks like a martini glass to get to the search bar.

Select a Program
- Click "Sign Me Up!" or "Waitlist" and follow the prompts to proceed.
- Your spot is held for 15 minutes.
- Click "next" to proceed to your cart.

Payment
- Click "continue shopping" to add more programs.
- Enter your payment information and click "Place My Order".
- Use any available credit by selecting the credit box above the credit card details.
- You will receive a confirmation email.

NEED HELP?

Contact us 613.548.7810

You can also manage your membership and register in-person, by phone, or by mail.

CONTACT US

Program Staff	
Clare Williams	613.548.7810 x 223
Heather LeBlanc	613.548.7810 x 230
Donna Malekos **SCD**	613.539.7813
Dianne Bell **SCE|SCN**	613.985.7814
Lynn Ross **SCW**	613.583.7897
Madeline McKeown **SCL**	613.484.6021
Melanie Brown **PFH**	613.548.7810 x 238

programs@seniorskingston.ca

REGISTRATION CHECK LIST

Complete all required forms and include:

- ☐ membership renewal
- ☐ program codes and details
- ☐ emergency contact information (ALL registrants)
- ☐ medical release (for exercise, fitness, or sports)
- ☐ full payment: credit card (preferred) or cheque (one cheque per program, per session, per person)



Instructors Wanted!

Do you have a special skill or interest and a passion for teaching?

Do you want a truly rewarding way to spend your free time?

The Seniors Association is looking for part-time, casual instructors for all subjects.

We are committed to offering our members the best experience and are always open to new ideas.

MUSIC, DANCE, ARTS & CRAFTS, HISTORY, PHILOSOPHY, LANGUAGES, AND MORE!

REGISTRATION FORM

name _____

phone _____

email _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

day _____ time _____

location _____ cost _____

IN CASE OF EMERGENCY

Required for ALL registrants

name of contact & relationship

_____

phone

_____

email

_____

MEDICAL RELEASE

for exercise, fitness & sports

I have read the descriptions of the Seniors Association exercise, fitness, and sport programs for which I am registering. I acknowledge that I have been advised to consult with my doctor about my participation in these classes.

signature

_____

date

_____

Doctor's signature NOT required.

PAYMENT (Please circle method.)

Credit Card Cheque Cash

credit card # _____

expiry date __ __ / __ __ CVV __ __ __

(Separate cheque per person, per program, per session for registration in advance)

KEEP your Program Guide handy for easy reference throughout the term

Barbara J. Hulme Professional Corporation



Barbara J. Hulme
B.A., M.A., LL.B.

- Seniors' Law
- Probate Applications
- Estate Administration
- Wills & Estates
- Living Wills
- "Henson" Trusts
- Powers of Attorney
- Estate Planning

275 Ontario Street - Suite 201
The Executive House
Kingston, ON, K7K 2X5

Barb@barbhulmelaw.ca

613.766.2200

KINGSBRIDGE

WELCOME TO A WORLD OF COMFORT, CONVENIENCE, FUN AND CARE AT **KINGSBRIDGE RETIREMENT COMMUNITY**

Kingsbridge
Retirement Community by Signature



www.KingsbridgeRetirement.com
950 Centennial Drive, Kingston

Call us today!
613-583-2555



Kristine Geary's *Fully Escorted*

Maple Leaf Tours

Tour • Travel • Cruise

CANADIAN COUNCIL FOR INDIGENOUS BUSINESS

EVERY CHILD MATTERS

Call 613-384-0012 or Book Online www.MapleLeafTours.com

Kristine Geary is a Sahtu Dene from Treaty 11 Territory, Tłegóhłį Got'įnę
Maple Leaf Tours is a proud Indigenous Business

St. Jacobs...Aug 1, Sept 12 & Nov 14
Glengarry Highland Games.....Aug 3
Canada`s Wonderland.....Aug 13
SHREK the Musical.....Aug 14
Mean Girls the Musical.....Aug 14
African Lion Safari.....Aug 15
The CNE.....Aug 22
Cape Cod Beach Stay....Aug 25-29
Charlevoix & Saguenay: Castles, Whales & Fjords..... Aug 26-29
Ripley's Aquarium & Medieval Times.....Aug 28
Cape Cod & Martha's Vineyard..Sept 9-13
Daniel O`Donnell.....Sept 12
Nashville & Mempis.....Sept 17-24
St. Jacobs Overnight.....Sept 18-19
Life of Pi.....Sept 21
Agawa Canyon, Mantioulin Island & Tobermory.....Sept 26-29 & Oct 1-5
Quebec City .....Sept 26-29
Niagara Falls.....Sept 29 - Oct 1
England, Ireland & Scotland....Oct 1-13

MARITIMES!

Nova Scotia & New Brunswick...Jul 22-30
Newfoundland (Fly).....Jul 26 - Aug 7
Prince Edward Island.....Aug 6-12
Gaspe & Quebec City.....Aug 18-23
Cape Breton.....Oct 15-21

** 2025 **

Nova Scotia Tattoo.....Jun 29 - Jul 5
Maritime Magic.....Jul 7-18
Nova Scotia & New Brunswick...Jul 21-29
Newfoundland (Fly).....Jul 25 - Aug 6
Newfoundland.....Aug 1-21
Prince Edward Island.....Aug 5-11
Gaspe & Quebec City.....Aug 18-23
Cape Breton .....Oct 14-20

Aug 1-5
Aug 22-25
Sept 12-15
Oct 17-20
Nov 14-17
Dec 5-8

I ♥ NY

Nashville.....Oct 2-7 & Oct 23-28
Foxwoods & Connecticut.....Oct 7-10
MAMMA MIA.....Oct 9 & Nov 6
Enchanting Ireland.....Oct 15-26
Stratford Festival.....Oct 17-18
The Ark Encounter.....Oct 22-26
Atlantic City & Cape May.....Oct 28-31
Royal Winter Fair.....Nov 5-9
Branson Christmas.....Nov 12-20
New York City Deluxe.....Nov 14-17
Dollywood & Pigeon Forge..Nov 17-22
Nashville Christmas.....Nov 25-30
Moulin Rouge.....Nov 27 & Jan 8
Myrtle Beach Christmas..Nov 28 - Dec 7
Niagara Festival of Lights....Dec 4-6
Alight at Night.....Dec 5
Quebec Christmas Markets..Dec 7-9
The Lion King...Jan 22, Feb 12 & Mar 5
Come From Away..Jan 15, Feb 12 & Mar 12
Coco Beach, Florida.....Jan 30 - Feb 16
St. Patrick`s Day in Ireland..Mar 12-18
Paducah Quilt Festival.....Apr 23-28







ALL INCLUSIVE CRUISES!

NCL NORWEGIAN CRUISE LINE®

OPEN BAR!

Bermuda No Fly.....Nov 22-30
Caribbean Christmas ...Dec 20- Jan 2
Hawaiian Islands.....Feb 11-23
Bahamas.....Feb 13-22
Caribbean .....Feb 22 - Mar 7
Bermuda No Fly.....Apr 5-13

ALL GRATUITIES!

New York - London.....Apr 26 - May 13
Fire & Ice.....Jun 19 - Jul 14
Fire & Ice.....Sept 27 - Oct 18
Bermuda.....Sept 26 - Oct 4
Med: Venice - Barcelona...Oct 5 - 22
Sydney - Auckland.....Dec 17 - Jan 7



AMAWATERWAYS™

...Coming Soon!

TICO#50023381 2937 Princess Street, Kingston, ON, K7P 0K3