

55+ PROGRAMS

DROP-IN CARDS & GAMES

Join us on Tuesday afternoons for coffee, conversations, and casual games. Enjoy our collection of cards and games and meet others in your community. All supplies, coffee, and tea provided.

Oaklands Community Centre	Drop-in \$2
Tu Apr 16–Jun 25	12–2 pm

LINE DANCING

Learn basic line dancing to some great tunes. Line dancing is great exercise for your body and mind. Learn the techniques and steps that you'll need to progress to the next level. No partner required for this dance class. Both women and men are welcome to join us.

Oaklands Community Centre	4/\$20
Th Apr 4–Apr 25	1–2 pm
Th May 2–May 23	1–2 pm
Th May 30–Jun 20	1–2 pm

OAKLANDS SOCIAL WALKING GROUP

A community-based social walking group for those interested in increasing their physical activity and meeting new people. Enjoy a weekly walk around the neighbourhood followed by a coffee and tea social. Walk begins and ends at Oaklands Community Centre. Suitable for all levels but expect some slight hills, steps and uneven pavement.

Oaklands Community Centre	6/\$15
Th Apr 4–Oct 11	9–10:30 am

STRENGTH & STRETCH

In this 45 minute class, we use small weights, bands and balls to strengthen muscles. We then spend time to ensure that each muscle group is stretched out. These exercises increase strength, balance, and flexibility; which increases your ability to walk and move with greater ease and certainty. This class can be done sitting and standing. Free trial class on Wednesday, April 3. Instructor: Helen Dougherty

Oaklands Community Centre	6/\$48 or Drop-in \$12
W Apr 10–May 15	11–11:45 am
W May 22–Jun 26	11–11:45 am

