

# Recreation Programs for 50+



Happy Birthday Darcy!



## Newsletter

April to June 2023     [cambridge.ca/coral](https://cambridge.ca/coral)

### Hours of Operation

#### Allan Reuter Centre

Mon - Fri  
8:30 a.m. - 9 p.m.

Sat  
9:00 a.m. - 3 p.m.

#### David Durward Centre

Mon - Thurs 8:30 a.m. - 9 p.m.

Fri 8:30 a.m. - 4 p.m.

(4-9 p.m. access through CCA  
entrance)

#### Ted Wake Centre

Mon - Fri  
8:30 a.m. - 9 p.m.

#### William E. Pautler Centre

Mon - Thurs  
8:30 a.m. - 8 p.m.

Fri  
8:30 a.m. - 4 p.m.



## Spring Registration begins Wed March 22 at 8:30am

When you arrive for a drop-in program or registered activity, come to the reception desk to be checked in. Proof of membership will be needed for drop-ins.

Please note that staff shortages or illness may result in service cancellations for scheduled recreation programs. We are committed to providing notice of cancellations where timing allows. Please ensure your contact information is accurate by visiting the front desk or online at [Cambridge.ca/CORAL](http://Cambridge.ca/CORAL).

The **Activities for Less** program provides cost assistance to those needing financial support to participate in recreation programs. Give us a call for all the details at (519) 623-1340 ext. 4531



Pickleball enthusiasts!

### Hours of Operation and Schedules

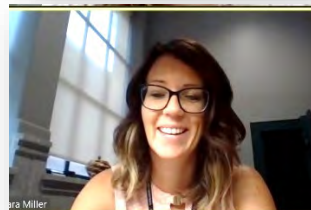
Effective April 3, 2023.

Please note: Fees reflect the Recreation Rates increase that is effective April 1, 2023.

Would you prefer to view this newsletter online and not receive a paper copy? Please email [50plus@cambridge.ca](mailto:50plus@cambridge.ca) with this request.

Funding provided by: **Ontario** 

Our team is here for any questions or comments.



#### **Supervisor of Recreation, Older Adult Services**

Nicole Cichello (519)740-4681 ext. 4398  
[cichellon@cambridge.ca](mailto:cichellon@cambridge.ca) (top left above)

#### **Recreation Co-ordinator, ARC, TWC**

Colleen Lichti (519)740-4681 ext. 4459  
[lichtic@cambridge.ca](mailto:lichtic@cambridge.ca) (top right above)

#### **Recreation Co-ordinator, DDC, WEPC**

Kara Miller (519)740-4681 ext. 4634  
[millerk@cambridge.ca](mailto:millerk@cambridge.ca) (bottom left above)

#### **Administrative Service Representative**

Gursher Singh (519)740-4681 ext. 4397  
[singhg@cambridge.ca](mailto:singhg@cambridge.ca) (bottom right above)

### Memberships

Please bring your 50+ membership card for registration. Staff can update or replace cards.

#### **Benefits of Membership**

- Valid at 4 centres
- Reduced rates on courses, drop-in, support services, events and conditioning room memberships
- Annual General Meeting vote
- Opportunity to volunteer e.g., position on centre boards
- Access to join Clubs
- Receive program newsletters and other direct communication about activities

**Annual Memberships** are available in person or online for \$35.69 +HST

#### **David Durward Centre**

2023 Parking Pass (Jan-Dec) \$9.06 effective March 1, 2023



# Special Events

## An Afternoon of Games

Enjoy a social afternoon with old and new friends. Many games available including euchre, scrabble, crokinole, chess, dominoes, cribbage & more. Light snacks & door prizes too.

**Ted Wake Centre**

**Fee: \$3.00**

M Apr 3 1:30 PM-4:30 PM 42866

## Medieval Fair

Hear Ye, Hear Ye. Calling all noble ladies & gentlemen. Join us for an afternoon of merriment. Lunch, coffee, tea and entertainment.

**Allan Reuter Centre**

**Fee: \$9.00**

W Apr 19 12:30 PM-2:30 PM 42674

## Bid Euchre Event

Enjoy a social afternoon of Progressive Bid Euchre.

**David Durward Centre**

**Fee \$2.00**

F Apr 21 1:00 PM-4:00 PM 42725

## Trivia Pursuit

Test your trivia knowledge on current events and tidbits from the past. If you don't know the answer maybe someone at your table will! Refreshments & snacks served.

**Ted Wake Centre**

**Fee: \$10.00**

Sa Apr 29 1:30 PM-4:00 PM 41976



## Celebrity Productions present ABBA & Fleetwood Mac

Celebrity Productions returns with a tribute show to ABBA & Fleetwood Mac! Come and hear their hit songs, dessert, tea & coffee will be served. Door Prizes too!

**David Durward Centre**

**Fee: \$15.00**

F May 12 1:00 PM-3:00 PM 42727



## Celebrate Our Pets!

Sit and stay while we celebrate our pets! Bring a photo of your pet and a story to share. Local respected dog trainer, Lili Romeo will talk about dog ownership and answer your questions.

**Allan Reuter Centre**

**Fee: \$5.00**

W May 17 1:30 PM-3:00 PM 42861

## Bocce & BBQ

Play bocce outdoors at the Ted Wake Centre and discuss your strategies and best shots during a BBQ lunch. Rain date Tuesday June 6.

**Ted Wake Centre**

**Fee: \$10.00**

T May 30 10:00 AM-1:00 PM 42813



## Wine Tasting Special Event

Explore wine from Portugal, paired with complimentary foods to enhance your overall experience. This session is limited to 30 people so book early! The presenter is a Canadian Gold Metal Winner for his wine and numerous times an Ontario Gold Medal winner.

**David Durward Centre**

**Fee: \$20.00**

F Jun 23 1:00 PM-3:00 PM 42726

## Strawberries and Music Jam

Enjoy strawberry desserts and sing with the music jam guitar players and musicians.

**Ted Wake Centre**

**Fee: \$5.00**

T Jun 27 2:00 PM-4:00 PM 42698

# Adult Programs - Arts

## Calligraphy

Calligraphy means beautiful writing. Calligraphy can be both a delight to the eye and an inspiration to the spirit. Calligraphy is a fun hobby, a great business, and a creative art. Previous experience is helpful. Beginners welcome!

### Allan Reuter Centre

**Member: \$100.61. Non-member: \$118.36**

M Apr 3-Jun 26 1:00 PM-2:30 PM 11 42668

## Drawing & Conversation

Enjoy some creative, social time. Instructor Kari Mullin will lead a variety of drawing projects and include time for conversation and support. Supplies needed - the instructor will advise at the first class.

### Allan Reuter Centre

**Member: \$51.51. Non-member: \$60.60**

M Apr 3-May 15 9:30AM-11:30AM 6 42854

**Member: \$42.92 . Non-member: \$50.50**

M May 29-Jun26 9:30AM-11:30AM 5 43094

## Watercolour - Intermediate

Prerequisite: beginner watercolour or prior exp. Learn new techniques. Draw inspiration from nature. Our creative journey will include both abstract & representational projects.

### Allan Reuter Centre

**Member: \$51.51. Non-member: \$60.60**

M Apr 3-May 15 12:00PM-2:00PM 6 43095

**Member: \$42.92 . Non-member: \$50.50**

M May 29-Jun26 12:00PM-2:00PM 5 43096

## Cards Workshops

Add a personal touch. Create three wonderful cards to give to family or friends. All materials provided. Presented by Leigh, a local Stampin' Up demonstrator.

**Fee: \$15.96 per workshop**

**Mother's Day or the Women in Your Life**

**Allan Reuter Centre**

Th Apr 13 1:00 PM-3:00 PM 42791

**Cards for the Men in Your Life**

**David Durward Centre**

T May 23 10:00AM-12:00PM 42790

**Wedding Day**

**Ted Wake Centre**

T Jun 6 1:00 PM-3:00 PM 42819

## Paint & Collage Class

This paint class adds a different dimension to your painting by adding collage pieces such as sand, shells, theatre tickets etc., to create unique pieces relevant to the artists theme. Come and learn techniques of adding common items that take your painting from ordinary to extraordinary! Instructor: Lois Walker

### Ted Wake Centre

**Member: \$15.73. Non-member: \$18.51**

F Jun 9 11:00 AM-2:00 PM 1 42771

## Pointillism - Art Class using dots!

This class takes you through the process of creating art using simple dots. Black and white using simple spacing right through to colour. Tromper l'oeil (fooling of the eye) where colours merge to create other colours from a distance. Art tools needed, fine tip pens (black & colour), pad of paper or canvas, pencil, eraser, tracing paper.

Instructor: Lois Walker

### Ted Wake Centre

**Member: \$15.73. Non-member: \$18.51**

F May 5 11:00 AM-2:00PM 1 42770

## Sketch Class - Beginner and beyond

Drawing & Sketching class will take you through the sketch process. A great way to learn by using shapes, shading, texture, light sources, contour and perspective to create a wide variety of drawing interests. Supplies needed for class: drawing pencils, erasers, sharpener, sketch pad, tracing paper. Instructor: Lois Walker

### David Durward Centre

**Member: \$94.40. Non-member: \$111.06**

T Apr 4 - May 9 12:30pm to 3:30pm 6 42620

**Member: \$78.67. Non-member: \$92.55**

T May 23- Jun 27 12:30pm to 3:30pm 5 42728



## Paint Class - Beginner - Plus

Painting in different mediums can broaden your art experience. Using watercolour, acrylic inks, markers and washes, gouache & alcohol inks. Learning the difference, you may find your art work takes on a new style of its own. Instructor: Lois Walker

### David Durward Centre

**Member: \$94.40. Non-member: \$111.06**

Th Apr 6 - May 11 1:30PM - 4:30PM 6 42729

**Member: \$78.67. Non-member: \$92.55**

Th May 25 - Jun 29 1:30PM - 4:30PM 5 42730

# Adult Programs - Fitness

## Belly Dancing

A fun and entertaining way to exercise! This class combines Belly Dancing with fitness, along with its beauty and tradition for a wonderful workout to build cardio health, fitness, stamina, and range of motion. Scarves will be provided if you choose to use them, let your inner goddess emerge. Optional: welcome to bring your own shaker belts. Instructor: Lois Walker

### Allan Reuter Centre

**Member: \$48.92 Non-member: \$57.55**

M	Apr 3-May 8	6:00 PM-7:00 PM	5	42811
M	May 29-Jun 26	6:00 PM-7:00 PM	5	42812

### David Durward Centre

**Member: \$58.70. Non-member: \$69.06**

Th	Apr 6-May 11	12:00 PM-1:00 PM	6	42733
Th	May 25-Jun 29	12:00 PM-1:00 PM	6	42734

## Boxercise

This beginner - plus fitness class combines boxing, music and exercise. Shadow boxing with weighted gloves and ankle weights will give you that extra "punch" to your workout! This class will focus on increasing balance, strength, coordination as well as cognitive stimulation. Optional equipment: weighted hand gloves, ankle weights. Instructor: Lois Walker

### David Durward Centre

**Member: \$58.70. Non-member: \$69.06**

W	Apr 5-May 10	6:00 PM-7:00 PM	6	42731
W	May 24-Jun 28	6:00 PM-7:00 PM	6	42732

## Conditioning Room Orientation Clinics

If you are a member of our conditioning room, learn how to use the equipment safely and confidently by our qualified personal trainer. **Free. Sign up in advance.** Spots limited.

### David Durward Centre

M	Apr 17	2:15 PM-3:15 PM	42581
M	May 15	2:15 PM-3:15 PM	42623
M	Jun 19	2:15 PM-3:15 PM	42624

### William E Pautler Centre

F	Apr 14	1:00 PM-2:00 PM	42765
F	May 12	1:00 PM-2:00 PM	42768
F	Jun 9	1:00 PM-2:00 PM	42769

### W.G. Johnson Centre

M	Apr 3	7:30 PM-8:30 PM	42862
M	May 1	7:30 PM-8:30 PM	42863
M	Jun 5	7:30 PM-8:30 PM	42864

## Gentle Fitness Combo

This class is designed to give your body just what it needs... movement! Enjoy a variety of exercises designed to address all aspects of fitness - cardio, muscular conditioning and flexibility. You will work at a light to moderate pace while grooving to tunes and having fun.

### Allan Reuter Centre

**Member: \$55.75 Non-member: \$65.59**

T	Apr 4-May 16	10:15 AM-11:15 AM	7	42670
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**Member: \$47.79 Non-member: \$56.22**

T	May 23-Jun 27	10:15 AM-11:15 AM	6	42671
F	Apr 14-May 19	9:15AM-10:15 AM	6	42672
F	May 26-Jun 30	9:15 AM-10:15 AM	6	42673

### David Durward Centre

**Member: \$47.79 Non-member: \$56.22**

M	Apr 3-May 15	1:00 PM-2:00 PM	6	42602
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**Member: \$39.82 Non-member: \$46.85**

M	May 29-Jun 26	1:00 PM-2:00 PM	5	42603
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**Member: \$55.75 Non-member: \$65.59**

Th	Apr 6-May 18	4:15 PM-5:15 PM	7	42629
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**Member: \$47.79. Non-member: \$56.22**

Th	May 25-Jun 29	4:15 PM-5:15 PM	6	42630
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## Gentle Stretch

A class combination of yoga postures and Pilates moves. Benefits include improved strength, endurance and flexibility with a special emphasis on core during the Pilates section. This class is a great introduction to both disciplines with options for experienced participants.

### David Durward Centre

**Member: \$29.34. Non-member: \$34.52**

M	Apr 3-May 15	1:50 PM-2:35 PM	4	42618
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**Member: \$36.68. Non-member: \$43.15**

M	May 29-Jun 26	1:50 PM-2:35 PM	5	42619
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**Member: \$44.01. Non-member: \$51.78**

Th	Apr 6-May 18	11:05 AM-11:50 AM	6	42582
Th	May 25-Jun 29	11:05 AM-11:50 AM	6	42583

## Habit

Give your hips, abs, buttocks and inner thigh a workout specifically for them!

### David Durward Centre

**Member: \$44.01. Non-member: \$51.78**

W	Apr 5-May 17	9:00 AM-9:45 AM	6	42584
W	May 24-Jun 28	9:00 AM-9:45 AM	6	42585



# Adult Programs - Fitness

## Low Impact Fitness – Pay as you go

An aerobics class with energizing music, low impact movements, and light hand weights. Pay as you go at the front desk. Instructor: Susan Joyce

**David Durward Centre**

**Member \$5.34. Non-member \$6.28**

T 9:00 AM – 10:00 AM

Th 9:00 AM – 10:00 AM

## Meditation

Come and explore our Meditation classes. Different techniques will be explored to help you deal more effectively with stress, increase your health and wellness and develop your full potential. These classes offer something for everyone.

**Allan Reuter Centre**

**Member: \$60.04. Non-member: \$70.63**

Th Apr 6-May 18 7:30 PM-8:30 PM 7 42838

**Member: \$51.46. Non-member: \$60.54**

Th May 25-Jun 29 7:30 PM-8:30 PM 6 42839

**David Durward Centre**

**Member: \$60.04. Non-member: \$70.63**

T Apr 4-May 16 7:30 PM-8:30 PM 7 42586

**Member: \$51.46. Non-member: \$60.54**

T May 23-Jun 27 7:30 PM-8:30 PM 6 42587



## Move & Groove

This dance fitness class combines great music with fun moves from all different styles of dance. Each week, dance through the decades! Do what feels right for your body at your level and pace.

**David Durward Centre**

**Member: \$58.70 Non-member: \$69.06**

T Apr 4-May 9 11:00 AM-12:00 PM 6 42588

T May 23-Jun 27 11:00 AM-12:00 PM 6 42589

**Ted Wake Centre**

**Member: \$58.70. Non-member: \$69.06**

T Apr 4-May 9 7:00 PM-8:00 PM 6 42696

T May 23-Jun 27 7:00 PM-8:00 PM 6 42697

## Pilates

Pilates is a workout designed to restore natural alignment to the body while focusing on the core. Improve posture, muscular strength, endurance and flexibility. Work through a series of mat exercises while connecting your breath with each movement. Leave feeling reset and centered. Please note: exercises will be using a mat on the floor, must be able to get up and down.

**David Durward Centre**

**Member: \$68.66. Non-member: \$80.78**

T Apr 4-May 16 12:15 PM-1:00 PM 7 42625

**Member: \$58.85. Non-member: \$69.24**

T May 23-Jun 27 12:15 PM-1:00 PM 6 42626

## 1:1 Personal Training

Experience the attention, support, and motivation of Personal Training! It's beneficial to all – whether you're just starting out, have a specific goal or you're looking to take your workouts to the next level. Benefit from individualized, private training to suit all your exercise needs. Must have a conditioning room pass. If interested, please notify Recreation Coordinator, Kara Miller (millerk@cambridge.ca or 519-740-4681 ext 4634)

**David Durward/William E Pautler Centre**

**Fee: \$58.35 per 1 hour session**

## Small Group Personal Training - Conditioning Room Equipment

This program will deliver a series of structured workouts in a group setting that's small enough to give you the attention you deserve. Have fun in a group setting while working hard and improving muscular strength, tone and stability. Learn about exercises you can revisit again and again and how to tailor your workouts to suit your needs. Get ready to move! This program will be using the Conditioning Room equipment. Note: Must have current Conditioning Room Pass

**William E Pautler Centre**

**Member: \$68.59. Non-member: \$80.70**

W Apr 5-May 10 2:00 PM-3:00 PM 6 42766

W May 24-Jun 28 2:00 PM-3:00 PM 6 42767



# Adult Programs - Fitness

## Strength Training

Experience the benefits of resistance training at an introductory level. Strengthen bones and muscles as you learn safe and proper execution of techniques involved in resistance training.

### David Durward Centre

**Member: \$29.34. Non-member: \$34.52**

M	Apr 3-May 15	1:00 PM-1:45 PM	4	42621
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**Member: \$36.68. Non-member: \$43.15**

M	May 29-Jun 26	1:00 PM-1:45 PM	5	42622
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**Member: \$44.01. Non-member: \$51.78**

Th	Apr 6-May 18	10:15 AM-11:00 AM	6	42604
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Th	May 25-Jun 29	10:15 AM-11:00 AM	6	42605
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### Ted Wake Centre

**Member: \$36.38. Non-member: \$43.15**

Th	Apr 6-May 4	10:30AM-11:15 AM	5	42687
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T	Apr 4-May 2	10:30AM-11:15 AM	5	42686
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**Member: \$51.35. Non-member: \$60.41**

T	May 16-June 27	10:30 AM- 11:15 AM	7	42688
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Th	May18-June 29	10:30 AM- 11:15 AM	7	42689
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## Tai Chi- Intermediate

An exercise system consisting of slow, non-strenuous soft and relaxing movements which are beneficial to people of all ages. Basic knowledge of 108 moves is required.

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A`Ya`VYf.~`'`)"`("Bcb!a`Ya`VYf.~`(``%),

Th	Apr 6-May 11	10:00AM-11:00 AM	6	42676
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Th	May 18-Jun 22	10:00AM-11:00 AM	6	42677
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## Tone & Stretch

Without proper use, muscles over time with cause atrophy, causing weakness, imbalance and discomfort. Combat the effect with gentle conditioning using light weights and resistance bands with seated exercises. Dynamic stretching will be integrated into the warm up, gentle stretching will be infused to compliment the muscles worked through the class and static will be used at the end to restore balance. Leave feeling taller, energized and strong.

### David Durward Centre

**Member: \$47.79. Non-member: \$56.22**

M	Apr 3-May 15	12:00 PM-12:45 PM	6	42606
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**Member: \$39.82. Non-member: \$46.85**

M	May 29-Jun 26	12:00 PM-12:45 PM	5	42607
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## TRX for 50+

The TRX Suspension Trainer class focuses on techniques, flexibility, balance, and strength by using basic foundational exercises through easy to follow progressions.

### Ted Wake Centre

**Member: \$44.45. Non-member: \$52.30**

W	Apr 5-May 3	11:15AM-12:00 PM	5	42690
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**Member: \$62.24. Non-member: \$73.22**

W	May 17-Jun 28	11:15 AM-12:00 PM	7	42691
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## Yoga

A gentle program of stretching, strengthening and breathing. The focus of the class is relaxation - allowing participants at any level of fitness to participate and gain benefits in stress reduction and increased flexibility of the mind and body.

### Allan Reuter Centre

**Member: \$60.04. Non-member: \$70.63**

W	Apr 5-May 17	7:00 PM-8:00 PM	7	42680
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Th	Apr 6-May 18	2:30 PM-3:30 PM	7	42678
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**Member: \$51.46. Non-member: \$60.54**

W	May 24-Jun 28	7:00 PM-8:00 PM	6	42681
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Th	May 25-Jun 29	2:30 PM-3:30 PM	6	42679
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### David Durward Centre

**Member: \$51.46. Non-member: \$60.54**

M	Apr 3-May 15	5:30 PM-6:30 PM	6	42608
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W	May 24-Jun 28	1:30 PM-2:30 PM	6	42611
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**Member: \$60.04. Non-member: \$70.63**

W	Apr 5-May 17	1:30 PM-2:30 PM	7	42609
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**Member: \$42.88. Non-member: \$50.45**

M	May 29-Jun 26	5:30 PM-6:30 PM	5	42610
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# Adult Programs - Fitness

## Yoga - Chair

Designed for those who find it difficult to get down to or up from the floor. Participants are able to safely perform seated and standing yoga poses with the support and stability of a chair.

### Allan Reuter Centre

**Member: \$51.46. Non-member: \$60.54**

M Apr 3-May 15 1:30 PM-2:30 PM 6 42682

**Member: \$42.88. Non-member: \$50.45**

M May 29-Jun 26 1:30 PM-2:30 PM 5 42683

### David Durward Centre

**Member: \$60.04. Non-member: \$70.63**

W Apr 5-May 17 12:15 PM-1:15 PM 7 42612

**Member: \$51.46. Non-member: \$60.54**

W May 24-Jun 28 12:15 PM-1:15 PM 6 42613

### Ted Wake Centre

**Member: \$51.46. Non-member: \$60.54**

M Apr 3-May 15 9:45 AM-10:45 AM 6 42701

**Member: \$42.88. Non-member: \$50.45**

M May 29-Jun 26 9:45 AM-10:45 AM 5 42702

## Yoga - Gentle

Gently move through traditional, sequenced poses designed to bring about a flexible and stronger body, a deeper breath and a calmer mind. Attention is paid to proper alignment. Increase your balance both inside and out.

### Ted Wake Centre

**Member: \$51.46. Non-member: \$60.54**

M Apr 3-May 15 11:00 AM-12:00 PM 6 42703

Th May 25-Jun 29 1:00 PM-2:00 PM 6 42706

**Member: \$60.04. Non-member: \$70.63**

Th Apr 6-May 18 1:00 PM-2:00 PM 7 42705

**Member: \$42.88. Non-member: \$50.45**

M May 29-Jun 26 11:00 AM-12:00 PM 5 42704

## Yoga - Power

A more intense form of practice. Builds strength and endurance while focusing on the breath.

### David Durward Centre

**Member: \$60.04. Non-member: \$70.63**

T Apr 4-May 16 6:30 PM-7:30 PM 7 42614

**Member: \$51.46. Non-member: \$60.54**

T May 23-Jun 27 6:30 PM-7:30 PM 6 42615

## Zumba

A dance fitness program combining dance steps like salsa, merengue & reggae tone.

### Allan Reuter Centre

**Member: \$60.04. Non-member: \$70.63**

T Apr 4-May 16 7:00 PM-7:45 PM 7 42836

**Member: \$51.46. Non-member: \$60.54**

T May 23-Jun 27 7:00 PM-7:45 PM 6 42837

## Zumba Gold

Zumba Gold is the same as regular zumba with Latin rhythms and international music that create a dynamic and exciting session, with a little less intense cardio workout.

### Allan Reuter Centre

**Member: \$60.04. Non-member: \$70.63**

Th Apr 6-May 18 1:15 PM-2:00 PM 7 42684

**Member: \$51.46. Non-member: \$60.54**

Th May 25-Jun 29 1:15 PM-2:00 PM 6 42685

### David Durward Centre

**Member: \$60.04. Non-member: \$70.63**

T Apr 4-May 16 1:15 PM-2:00 PM 7 42627

**Member: \$51.46. Non-member: \$60.54**

T May 23-Jun 27 1:15 PM-2:00 PM 6 42628





# Adult Programs - Sport & General Interest

## Pickleball - Beginner Plus

This clinic teaches the basic skills of dinking, 3rd Shot, Servicing and Return of Serve to each player, to allow a better understanding of game play. Participants are expected to have a basic understanding of the rules of pickleball. Taking Pickleball-Learn to Play is helpful.  
Instructor: Matt Pitts

**John Dolson Centre**

**Member: \$42.87. Non-member: \$50.43**

T	Apr 11	9:00AM-12:00 PM	1	42822
T	May 9	9:00AM-12:00 PM	1	42826



## Pickleball - Drills Clinic

In these clinics players will work on the main skills of the sport of Pickleball; dinking, 3rd shots, Serves, Return of serve, Volleys (Attacks and Blocking) and Transition Shot, using repetitive practice to improve their overall skill and create better success rate while playing with others.  
Instructor: Matt Pitts

**John Dolson Centre**

**Member: \$42.87. Non-member: \$50.43**

T	Apr 18	9:00 AM-12:00 PM	1	42823
T	Apr 25	9:00 AM-12:00 PM	1	42824
T	May 2	9:00 AM-12:00 PM	1	42825
T	May 16	9:00 AM-12:00 PM	1	42827
T	May 23	9:00 AM-12:00 PM	1	42828
T	May 30	9:00 AM-12:00 PM	1	42829

## River Cruise Information Session

Celebrating 20 incredible years on the world's rivers, our family-owned and operated company has remained focused on what we do best: providing our guest with innovative and unforgettable travel experiences. Our visionary leaders were the pioneers of modern luxury river cruising and have received numerous prestigious awards and accolades. However we are most fulfilled by the positive feedback we receive from our guests, whom we have always considered a part of our family. Join us, stay awhile and discover Europe, Asia or Africa with us - one river at a time.

Presented by Neil Dudley, AmaWaterways

**David Durward Centre**

**Fee: \$4.27**

Th	May 4	10:00AM-11:00AM	42820
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## Pickleball - Learn to Play Adults

This program will be an introduction to the game, focused on the basic rules of the game and fundamental skills. Equipment will be provided. Instructor: Jim Patterson

**John Dolson Centre**

**Member: \$35.02. Non-member: \$41.20**

Th	Apr 6-Apr 27	9:00 AM-10:00 AM	4	42773
Th	May 4-May 25	9:00 AM-10:00 AM	4	42775
Th	Apr 6-Apr 27	10:15 AM-11:15 AM	4	42774
Th	May 4-May 25	10:15 AM-11:15 AM	4	42776

**WG Johnson Centre**

**Member: \$35.02. Non-member: \$41.20**

T	Apr 4-Apr 25	3:00 PM-4:00 PM	4	42786
T	May 9-May 30	3:00 PM-4:00 PM	4	42788
T	Apr 4-Apr 25	4:15 PM-5:15 PM	4	42787
T	May 9-May 30	4:15 PM-5:15 PM	4	42789



# Adult Programs - Health

## Foot Care Clinics

Foot Care is provided by Treva, an RN with over 35+ years of experience in geriatrics specializing in nursing foot care to help maintain healthy feet. Services include:

- Foot consultations, curative/preventative recommendations
- Clipping/filing of nails
- Removal of corns/calluses/ingrown toenails (some requiring ongoing treatments)
- Specialized diabetic nail care
- Completed with light moisturized massage.

**Fee: \$4.27 when the appointment is booked. Payment for service is \$30 cash to Treva at the appointment.**

**Appointments (25 minutes) available on Wednesdays**

Apr 12 & 26, May 10 & 24, June 7 & 21

**David Durward Centre**

Wed 9:00AM, 9:25AM, 9:50AM, 10:15AM, 10:40AM

**Allan Reuter Centre**

Wed 12:50PM, 1:15PM, 1:40PM, 2:05PM, 2:30PM

## Hearing Clinics

The Cambridge Hearing Centres will offer the following services.

- Hearing screenings
- Education regarding hearing loss and available treatments.
- Cleanings and adjustments for current hearing aid users
- New hearing aid battery installations.

All in house repairs and re-programming at no additional cost.

**Appointments available on Tuesdays**

Apr 11, May 9, Jun 13

**Allan Reuter Centre \$4.27**

T 10:00AM, 10:30AM, 11:00AM

**David Durward Centre \$4.27**

T 1:00PM, 1:30PM, 2:00PM (no June 13 appts at DDC)



## Reflexology Treatment Session

Reflexology is a natural therapy that is safe and non-invasive. Patients remain fully clothed and relaxed in a reclining chair, removing only their shoes and socks. It is based on the principle that there are "reflex" points on our feet that correspond to the various organs, glands, and systems in our bodies by way of neural pathways. Applying gentle pressure on these reflex points is said to release energy blockages that may be causing pain and other imbalances that interfere with our body's natural healing ability. Reflexology appointments with Heather.

**Fee: \$4.27 when the appointment is booked. Payment for service is \$25 cash to Heather at the appointment.**

**Appointments available on Thursdays**

Apr 6 & 20, May 4 & 18, June 1, 15, 29

**Allan Reuter Centre**

Th 9:00AM, 10:15AM

**David Durward Centre**

Th 1:15PM, 2:30PM



## Mild Cognitive Impairment (MCI)

Learn the signs and symptoms of MCI as well as strategies for living well. Individuals with MCI have problems with language, thinking or judgement that are greater than the cognitive changes associated with normal aging.

Presented by: Alzheimer's Society Education Coordinator

**David Durward Centre**

**Fee: \$4.27**

W Apr 19 10:00 AM-11:00 AM 42832

## Understanding the Stages

Participants will explore the commonalities between the different stages of Alzheimer's and other dementias.

Presented by: Alzheimer's Society Education Coordinator

**Allan Reuter Centre**

**Fee: \$4.27**

T May 16 10:00 AM-11:00 AM 42833

## 3 D's of Dementia

Dementia, Delirium, and Depression are often called the Geriatric Giants. This session will compare and contrast the three to help you differentiate between them, and learn the best steps to take in each situation.

Presented by: Alzheimer's Society Education Coordinator

**Ted Wake Centre**

**Fee: \$4.27**

M Jun 12 10:00 AM-11:00 AM 42834



# Clubs

## Cambridge 50+ Woodworkers

The Cambridge 50+ Woodworkers club is still going strong after 25 years. With 2 professionally equipped, heated shops, in the core of Preston and Galt you have the use of professional woodworking equipment, glues, screws, anything needed to build your project, except the lumber and an idea. Added attractions include the comradery, an abundance of advice/experience to draw on, and the fact that no one will complain about the saw dust you produce. The shops are open, year-round, except holidays.



### How to become a member:

Cambridge 50+ Recreation Centres Member  
September to August \$75.00 paid to the club  
May to August \$40.00 (new members only)

**David Durward Centre, 62 Dickson Street,  
519-623-1340 ext. 4579**

Mon, Tues, Thurs, Fri 8:30am-4:00pm, Wed  
8:30am – 6:00pm

**Allan Reuter Centre, 507 King Street East,  
519-623-1340 ext. 4409**

Mon - Fri, 9:00am-4:00pm



**Travel Club** – Trip planning is on hold for now. The Travel Club executive plans day trips for Cambridge 50+ Recreation Centre members. The club is looking for new volunteers to join the executive and to plan future trips. Interested? Contact Colleen at 519-740-4681 ext. 4459

**\*Fees listed are set by each Club and are subject to change.**

## Cambridge 50+ Choir

Cambridge 50+ practices at David Durward Centre each Friday. Looking forward to Spring weather and adding more concerts to the schedule! New members are always welcomed into our musical community. If you are interested, you are invited to attend a Friday 9:30am practice for more information.



### How to become a member:

Cambridge 50+ Recreation Centre Member  
Starting in September \$15.00 per month paid to the choir. Choir practices for 10 months/year.

Practice each Friday 9:30am – 11:30am

**David Durward Centre, 62 Dickson Street,  
519-623-1340 ext. 4634**



## Ancient Mariners Canoe Club

AMCC paddles Tuesday mornings and some Wednesday mornings from May into October, mainly on the Grand River but also on some smaller rivers, such as the Speed, Nith, Conestoga and Eramosa. Spring training includes refreshers for all members. When it is not canoeing season, club members enjoy hikes every Tuesday morning, weather permitting, around the Cambridge area and beyond. AMCC owns canoes, trailers, and other equipment, stored at our Boathouse for members' use. Various committees – equipment, safety, training, social, membership, and program – keep things organized. AMCC also has many socials and getaways. AMCC also contributes to the community through gardening in the Pollinator Preserve and at Lisaard House, river cleanups, and paddles with various groups.



### How to become a member:

New members join in the fall and complete training in the fall and the spring

Cambridge 50+ Recreation Centre Member  
Age 55 or older

AMCC Club Membership & Training \$150  
Membership subsequent years \$50

If you are interested in joining this friendly club, contact [amcc.membership@gmail.com](mailto:amcc.membership@gmail.com)





# 50+ Adult Drop-In Programs

Registration for drop-in programs is no longer needed in advance. When you arrive, come to the reception desk to be checked in for your activity (e.g., bridge). Proof of membership will be needed.

## Badminton

Stay active while having fun! Doubles play.  
All skill levels welcome.

**Ted Wake Centre M: No Fee NM: \$2.06**

M 1:30PM - 3:30PM

Th 1:00PM - 4:00PM

## Bell Ringers

If you are interested in playing the hand bells, please contact David Durward Centre for more information. Reading music is an asset.

**David Durward Centre M: No Fee NM: \$2.06**

M 9:30AM - 11:30AM

## Billiards/Snooker

Pool table available for open play. Billiards or snooker. Play anytime between the times listed

**Allan Reuter Centre M: No Fee NM: \$2.06**

M-F 9:00AM – 9:00PM

**David Durward Centre M: No Fee NM: \$2.06**

M-Th 9:00AM – 9:00PM

F 9:00AM – 3:30PM



**Recreation Programs for 50+**

[cambridge.ca/coral](http://cambridge.ca/coral)

# 50+ Adult Drop-in Programs

## Bingo

**Allan Reuter Centre M: No Fee NM: \$2.06**  
F 1:30PM – 3:30PM

## Bocce (Outdoor)

Fresh air, sunshine and a great bowl game.  
Beginners welcome!

**Ted Wake Centre M: No Fee NM: \$2.06**  
T 10:00AM-12:00PM  
Begins mid-May

## Book Club

Do you love books? Looking for someone with whom to discuss your favourite reads? This is the right place!

**David Durward Centre M: No Fee NM: \$2.06**  
T (1st Tuesday) 9:30AM - 11:30AM  
**Ted Wake Centre M: No Fee NM: \$2.06**  
Th (3rd Thursday) 9:30AM-11:30AM



## Bridge

Join in on a game of bridge. All skill levels welcome.

**Allan Reuter Centre M: No Fee NM: \$2.06**  
T 1:00PM-3:30PM  
Th 1:00PM-3:30PM  
1st Wed & 3rd Mon. May and June.  
6:30PM-9:00PM - Social Bridge  
**David Durward Centre M: No Fee NM: \$2.06**  
T 9:30AM-11:30AM  
**Ted Wake Centre M: No Fee NM: \$2.06**  
F 9:30AM-11:30AM

## Cornhole

Play this fun & popular bean bag toss game indoors.  
2 courts available – 2 or 4 players per game.

**Allan Reuter Centre M: No Fee NM: \$2.06**  
T 1:30PM-3:30PM

## Crafts/Knitting

Join us and share your ideas, projects or learn something new! All skill levels are welcome.

**Allan Reuter Centre M: No Fee NM: \$2.06**  
F 9:30AM - 11:30AM - Knitpickers  
**Ted Wake Centre M: No Fee NM: \$2.06**  
T 9:30AM - 11:30AM - Beehive Crafters  
Th 9:30AM - 11:30AM - Knitting

## Cribbage

Although this game is traditionally a two player game, you can play with 3, 4 or more! Stop by for a game and join others. All skill levels welcome.

**David Durward Centre M: No Fee NM: \$2.06**  
T 1:00PM – 3:30PM

## Crokinole

Play Crokinole with a cue. You'll love it!

**David Durward Centre M: No Fee NM: \$2.06**  
Th 1:30PM - 4:00PM

## Darts

Bring your own darts for a great social time.

**Allan Reuter Centre M: No Fee NM: \$2.06**  
Th 1:00PM - 3:00PM  
**David Durward Centre M: No Fee NM: \$2.06**  
Available during operating hours.

## Euchre

All player skills welcome

**Allan Reuter Centre M: No Fee NM: \$2.06**  
M 1:00PM - 3:30PM  
**David Durward Centre M: No Fee NM: \$2.06**  
M 1:00PM - 4:00PM  
W 1:00PM – 4:00PM Bid Euchre

## Garden Group

Visit local gardens, garden centres, hear a speaker, share gardening ideas and enjoy lunch out.

**Ted Wake Centre M: No Fee NM: \$2.06**  
One Monday per month  
**Contact Ted Wake Centre for details.**

# 50+ Adult Drop-in Programs

## Line Dancing - Beginner & Intermediate

Come exercise your body and mind while learning a variety of line dances. Styles include western, swing, Latin, rock, salsa and more. No partner required.

**Allan Reuter Centre M: \$7.54 NM: \$9.20**  
(Intermediate) F 2:00PM – 3:30PM

**Ted Wake Centre M: \$6.53 NM: \$7.68**  
(Beginner) T 12:00PM – 1:00PM

**Ted Wake Centre M: \$7.54 NM: \$9.20**  
(Intermediate) T 1:00PM - 2:30PM

Volunteer instructed. Enjoy a variety of dance styles including western, swing, Latin, rock, salsa and more.

**David Durward Centre M: \$4.05 NM: \$4.77**  
(Intermediate) W 10:30AM - 11:30AM

## Music Jam Session & Sing Along

Bring your guitar and jam with us or sing along. Songbooks have folk, rock, oldies and more! Join the fun!

**Ted Wake Centre M: No Fee NM: \$2.06**  
T 2:00 PM-3:30 PM (2nd and 4th of month)

## Oil Painting & Acrylics

Drop by with your supplies and enjoy a relaxing afternoon, while you create your next masterpiece. Beginners welcome.

**Allan Reuter Centre M: No Fee NM: \$2.06**  
T 1:00PM - 3:00PM

## Papercrafting

Come join us for a fun afternoon of scrapbooking, card making and other papercrafting activities.

**David Durward Centre M: No Fee NM: \$2.06**  
W 1:00PM – 4:00PM

**Ted Wake Centre M: No Fee NM: \$2.06**  
W 12:30PM – 4:30PM



## Pickleball Open Recreational Play

**Ted Wake Centre M: No Fee NM: \$2.06**

W 3:00 PM – 5:00 PM

F 1:00 PM - 4:00 PM

**William E. Pautler Centre M: No Fee NM: \$2.06**

M 9:00 AM – 12:00 PM

T 9:00 AM – 10:30 AM (Easy Pace Play)

T 10:30 AM – 12:00 PM

W 9:00 AM – 12:00 PM

F 9:00 AM – 12:00 PM

**John Dolson Centre M: No Fee NM: \$2.06**

**212 South St.** Play ends June 15 as floor is taken out.

M 12:30PM – 3:30PM

T 12:30PM – 3:30PM

Th 12:30PM – 3:30PM

## Quilting

Create your quilt in a fun social environment. Share techniques, ideas and friendly conversation.

**M: No Fee NM: \$2.06**

**Allan Reuter Centre**

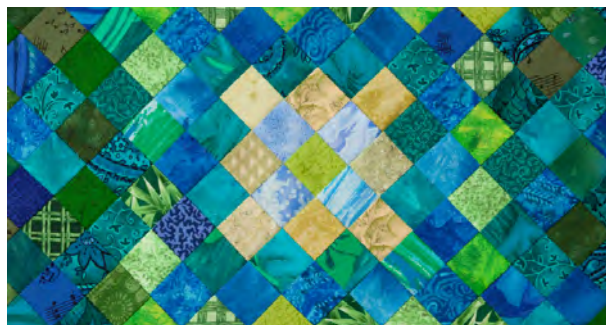
W 1:00PM - 3:30PM

**David Durward Centre**

T 9:00AM - 3:00PM

**Ted Wake Centre**

Th 6:30PM– 8:45PM



## Scrabble

If you enjoy a game of words then come play scrabble! Newcomers welcome.

**David Durward Centre**

**M: No Fee NM: \$2.06**

T 1:30 PM – 5:30 PM



# 50+ Adult Drop-in Programs

## Shuffleboard

All equipment is provided. All skill levels welcome.

**Allan Reuter Centre M: No Fee NM: \$2.06**

W 10:00AM - 12:00PM

**Ted Wake Centre M: No Fee NM: \$2.06**

W 1:00PM – 2:30PM

**David Durward Centre M: No Fee NM: \$2.06**

Th 2:00 PM – 4:00 PM

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## Stained Glass

Share your methods, techniques and ideas. Engage in enjoyable conversation while working on your current project. Supplies available for a starter project.

**David Durward Centre M: No Fee NM: \$2.06 W**

9:00M – 12:00PM



## Social Cards

Play a variety of card games and enjoy socializing.

**Ted Wake Centre M: No Fee NM: \$2.06**

F 6:30PM – 9:00PM

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## Solo

Enjoy this trick playing game free of the complexities of counting or scoring. All skill levels welcome.

**Allan Reuter Centre M: No Fee NM: \$2.06**

Tu 1:00PM – 3:30PM

## Table Tennis

Relieve stress and enjoy playing this active game.

Beginners welcome.

**Allan Reuter Centre M: No Fee NM: \$2.06**

M 9:30AM-11:30PM

**Ted Wake Centre M: No Fee NM: \$2.06**

M 1:00PM – 3:00PM

F 1:30PM – 3:30PM

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## Walking

**Allan Reuter Centre**

Walks are at local trails or parks. Meet at the centre to car pool. Schedule available. Wear walking boots/shoes and weather appropriate clothing

**M: No Fee NM: \$2.06**

T 8:45 AM

**David Durward Centre**

Lace up and come meet us - all weather. Enjoy taking walks around our beautiful city.

**M: No Fee M: No Fee M: \$2.06**

M 9:30 AM

W 9:30 AM



## Wii Sports

Get your daily dose of being active while having fun!

Try Wii Sports interactive games.

**Allan Reuter Centre M: No Fee NM: \$2.06**

W 1:30-3:30 PM

# Supportive Programs and Services



The City of Cambridge offers several supportive programs and services for seniors and adults experiencing physical, sensory or cognitive challenges who are looking to enhance their quality of life. Our Without Walls (WOW), Francophone, Friendly Visiting and Adult Day Programs offer unique ways to enrich, engage and energize participants and caregivers alike. In-person programming available once again and programs continue to expand with the health and safety of everyone in mind. Socializing and recreational programming continue to be provided through the WOW group telephone sessions and one to one phone calls for individuals not able or wishing to return to in-person programs. **New referrals are being accepted.**

**Francophone Support Services** In addition to supporting older adult members of the Francophone community to attend in-person day programs on Tuesdays & Thursdays, the Francophone Support Worker helps to navigate, connect and access the WOW, Friendly Visiting, recreation programs at 50+ Centres and across the community that may not be offered in French but are available for Francophones to attend. Info: 519-623-1340 ext. 4737

## Adult Day Services

### Have Fun, Socialize & Make New Friends

- All languages and cultures welcome
- Safe and inclusive environment
- Programs offered Monday through Friday
- Attend one or more days per week
- Small groups. Adults 18+
- Personal care assistance available
- Fees vary by program. Subsidy available
- Serving Cambridge, North Dumfries & surrounding area

### You Belong. Join Us

Referrals through Home & Community Care Support Services Call 519-748-2222  
For more information or to volunteer:  
519-623-1340 ext. 4424

## Without Walls Program - WOW

Participate in WOW sessions for interactive telephone based programming from the comfort of your home.

Weekly programs include health and wellness, trivia, reminiscing, general interests, and more!

To register or to get more information call

519-623-1340 ext.4820

or email

wow@cambridge.ca



## Friendly Visiting Program

The Friendly Visiting Program is a community support service that matches a volunteer with a socially isolated senior or adult and offers:

- Companionship, friendship
- Social and leisure activities
- Decreased social isolation and loneliness
- Caregiver relief and support

For more information call: 519-623-1340 ext. 4820  
[cambridge.ca/friendlyvisiting](http://cambridge.ca/friendlyvisiting)

## Volunteer: Be the difference!

Volunteers are an invaluable part of our programs and teams. With just a couple hours a week you can be the voice that connects our clients to the community. Bilingual volunteers who speak French, Portuguese and other languages would be a great asset to our volunteer team.

For more information call: 519-623-1340 ext. 4820 or to complete an application form visit [cambridge.ca/volunteer](http://cambridge.ca/volunteer)



# Cambridge Conditioning Rooms

## Annual Conditioning Room Pass

Includes 3 Centres - W.G Johnson, David Durward & W.E. Pautler

**50+ Member or Youth: Only \$80.17 + HST**

**Adult (18 & older): Only \$135.59 + HST**

## Annual Conditioning Pass

Includes 2 Centres - David Durward & W.E. Pautler

**50+ Member Only \$64.02 + HST**

**Adult (18 & older): Only \$135.59 + HST**

W.G. Johnson / Ted Wake

Monday - Friday 6:00AM - 9:00PM

Saturday 8:00AM - 5:00PM

Sunday 8:00AM - 4:00PM



William E. Pautler

Monday - Thursday 8:30AM - 8:00PM

Friday 8:30AM - 4:00PM

David Durward

Monday - Thursday 8:30AM - 9:00PM

Friday 8:30AM - 4:00PM

Saturday 9:00AM - 3:00PM



Visit the front  
desk to  
purchase!



Lockers & showers available 17



# Contact Information

## Cambridge 50+ Recreation 519-740-4681

	Allan Reuter Centre	David Durward Centre	Ted Wake Centre	Wm E. Pautler Centre
Activities for Less Fee Assistance - 4531				
Ancient Mariners Canoe Club			4459	
Cambridge 50+ Choir		4634		
Foot Care Clinics	4406	4360		
Friendly Visiting Program				4820
General Inquiries	4406	4360	4464	4722
Supervisor of Recreation-Older Adult Services	4398	4398	4398	4398
Recreation Co-ordinators	4459	4634	4459	4634
Rentals	4018	4018	4018	
Senior Day Program				4424
Travel Club Information	4459			
Volunteer Opportunities	4459	4634	4459	4634
Woodworker's Shops	4409	4579		

Other Useful Contact Organizations	Phone Number
Accessible Parking Permit	1-800-387-3445
Alzheimer Society of Waterloo Wellington	519-742-1422
Canada Pension Plan, Old Age Security, GIS Supplement	1-800-277-9914
Community Alzheimer Day Program	519-893-8494 Ext. 6316
Waterloo Wellington Local Health Integrated Network	519-748-2222
<b>Community Connection, Government, social &amp; health, education, counseling, senior programs &amp; much more</b>	<b>2-1-1 www.211ontario.ca</b>
Community Support Connections - Meals on Wheels & More	519-772-8787
Senior Support Team WRPS	519-579-4607
Senior Safety Line	1-866-299-1011
Ontario Securities Commission	1-877-785-1555
Grand River Transit Mobility Plus	519-585-7597 ext. 7345
Government – Provincial	www.ontario.ca/seniors
Government – Federal	www.canada.ca/seniors
Idea Exchange – Library Services Queen Square	519-621-0460 www.ideaexchange.org
Service Ontario – Toll free 561 Hespeler Road, Cambridge	1-800-664-8988 519-621-2100
Ministry of Transportation: Drive Test	1-888-570-6110
Ministry for Seniors and Accessibility – Information and referral services on programs operated by Service Ontario.	1-888-910-1999 TTY: 1-800-387-5559
Telehealth Ontario	1-866-797-0000
Veterans Affairs Canada Assistance Service	1-866-522-2122

**NATIONAL  
VOLUNTEER WEEK**

**APRIL 16 - 22, 2023**

**#NVW2023 #WEAVINGUSTOGETHER**

# Volunteering Weaves Us Together



## Looking for volunteers...

Positions available:

Operating Boards, Special Events Committee,  
Host/Hostess, Tuck shop

Please contact via  519-740-4681

Colleen Lichti Ext 4459

Kara Miller Ext 4634



# Recreation Programs for 50+ Facility Information

## Allan Reuter Centre

Mon - Fri. 8:30 a.m.-9 p.m.

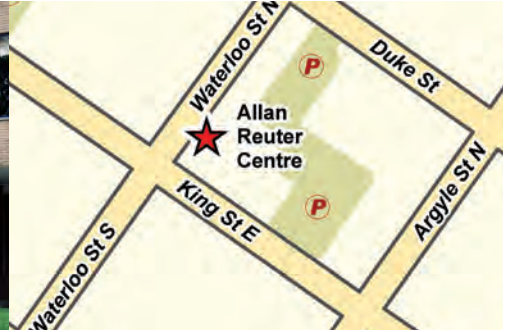
Sat 9:00 a.m.-3 p.m.

✉ 507 King St E.  
Cambridge, ON. N3H 3N4

☎ 519-740-4681 Ext. 4406

P Free parking available  
Lot rear of Allan Reuter Centre

🚌 206 Express



## David Durward Centre

Mon - Thurs 8:30 a.m.-9 p.m.

Fri 8:30 a.m.-4 p.m.

(4-9 p.m. access through CCA entrance)

✉ 62 Dickson St.  
Cambridge, ON. N1R 1T8

☎ 519-740-4681 Ext. 4360

P Parking pass available for 50+ Members. Beverly St. and City Hall lots in designated spaces

🚌 206 Express



## Ted Wake Centre

Mon-Fri. 8:30 a.m.-9 p.m.

✉ 31 Kribs St.  
Cambridge, ON. N3C 2L3

☎ 519-740-4681 Ext. 4459

P Free parking available

🚌 Bus Route 51



## William E. Pautler Centre

Mon-Thurs. 8:30 a.m.-8 p.m.

Fri. 8:30 a.m.-4 p.m.

✉ 1145 Concession Rd.  
Cambridge, ON. N3H 4L5

☎ 519-740-4681 Ext. 4722

P Free. Lot north side at WEPC entrance

🚌 Bus Route 56 or 64

