

JULY & AUGUST 2023

# RECREATION PROGRAMS FOR 50+



## 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, Tue, Thu, Fri:  
8:30 a.m. - 4:00 p.m.  
Wed: 8:30 a.m. - 9:00 p.m.  
(4 - 9 p.m. access through  
CCA entrance)

### Ted Wake Centre

Mon-Thu: 8:30 a.m. - 9 p.m.  
Fri: 8:30 a.m. - 6 p.m.

### William E. Pautler Centre

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



# Summer Registration Begins

Wed June 14 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



## Hours of Operation and Schedules

Effective July 4, 2023.

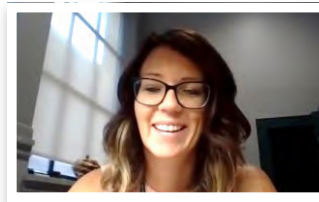
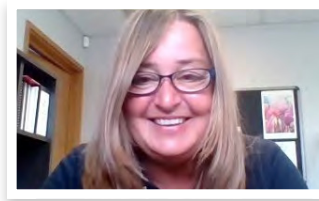
Would you prefer to view this newsletter online and not receive a paper copy?

Please email [50plus@cambridge.ca](mailto:50plus@cambridge.ca) with this request.

Funding provided by:



**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

## 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: \$64.02 Non-member: \$75.32**

M Jul 10 - Aug 28 1:00PM - 2:30PM 7 44259



## 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 though 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 Aug 11 11:00AM - 2:00PM 1 44265

## Scratch Board Art Session

Scratch board is a unique art form that is accomplished by ink on a board that has compressed chalk. The image is drawn on the board then details are scratched to form a relief type of work. Animals are particularly beautiful as the scratching mimics the animal's hair. Come and experience a new art form. Instructor: Lois Walker

### David Durward Centre

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

W Jul 19 9:00AM - 12:00PM 1 44237

## 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: \$39.13    Non-member: \$46.04**

W Jul 5-Jul 26	6:00 PM-7:00 PM	4	44224
W Aug 2-Aug 30	6:00 PM-7:00 PM	4	44225

## 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. Must register in advance.

### David Durward Centre

M Jul 17	2:15 PM-3:15 PM	1	44171
M Aug 21	2:15 PM-3:15 PM	1	44175

### WG Johnson Centre

M Jul 10	7:30 PM-8:30 PM	1	44241
M Aug 14	7:30 PM-8:30 PM	1	44242

### William E Pautler Centre

F Jul 14	1:00 PM-2:00 PM	1	44235
F Aug 11	1:00 PM-2:00 PM	1	44236

## Foam Rolling

Foam rolling can help relieve muscle tightness, soreness and inflammation, and increase your joint range of motion. Foam rolling can be an effective tool to add to your warmup or cooldown routine.

### David Durward Centre

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

W Jul 5-Jul 26	9:50 AM-10:35 AM	4	44238
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## 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: \$31.86 Non-member: \$37.48**

T	Jul 4-Jul 25	10:15 AM-11:15 AM	4	44183
F	Jul 7-Jul 28	9:15 AM-10:15 AM	4	44185

### Allan Reuter Centre

**Member: \$39.82 Non-member: \$46.85**

T	Aug 1-Aug 29	10:15 AM-11:15 AM	5	44184
F	Aug 4-Sep 1	9:15 AM-10:15 AM	5	44186

### David Durward Centre

**Member: \$31.86 Non-member: \$37.48**

M	Jul 10-Jul 31	1:00 PM-2:00 PM	4	44172
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### David Durward Centre

**Member: \$23.89 Non-member: \$28.11**

M	Aug 14-Aug 28	1:00 PM-2:00 PM	3	44176
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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**

Th	Jul 6-Jul 27	11:05 AM-11:50 AM	4	44163
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## Habit

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

### David Durward Centre

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

W	Jul 5-Jul 26	9:00 AM-9:45 AM	4	44159
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# Fitness

## 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: \$25.73    Non-member: \$30.27**

T Jul 4-Jul 25    7:30 PM-8:30 PM    3    44194

### Allan Reuter Centre

**Member: \$34.31    Non-member: \$40.36**

T Aug 1-Aug 22    7:30 PM-8:30 PM    4    44195

## 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 own level and pace.

### David Durward Centre

**Member: \$39.13    Non-member: \$46.04**

T Jul 4-Jul 25    11:00 AM-12:00 PM    4    44222

T Aug 1-Aug 29    11:00 AM-12:00 PM    4    44223

### Ted Wake Centre

**Member: \$39.13    Non-member: \$46.04**

T Jul 4-Jul 25    7:00 PM-8:00 PM    4    44179

T Aug 1-Aug 29    7:00 PM-8:00 PM    4    44180

## 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: \$39.24    Non-member: \$46.16**

T Jul 4-Jul 25    12:15 PM-1:00 PM    4    44173

### David Durward Centre

**Member: \$49.04    Non-member: \$57.70**

T Aug 1-Aug 29    12:15 PM-1:00 PM    5    44177





## 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: \$45.73    Non-member: \$53.80**

W Jul 5-Jul 26    2:00 PM-3:00 PM    4 44226

W Aug 2-Aug 30    2:00 PM-3:00 PM    4 44227

## 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: \$44.01    Non-member: \$51.78**

Th Jul 6-Jul 27    10:15 AM-11:00 AM    4 44161

## 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. If interested, please notify Recreation Coordinator, Kara Miller (millerk@cambridge.ca or 519-740-4681 ext 4634)

### David Durward Centre/ William E. Pautler Centre

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



# Fitness

## 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 throughout the class 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: \$31.86 Non-member: \$37.48**

M Jul 10-Jul 31 12:00 PM-12:45 PM 4 44174

### David Durward Centre

**Member: \$23.89 Non-member: \$28.11**

M Aug 14-Aug 28 12:00 PM-12:45 PM 3 44178



## 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.

### David Durward Centre

**Member: \$25.73 Non-member: \$30.27**

M Jul 3-Jul 24 10:30 AM-11:30 AM 3 44217

W Jul 5-Jul 26 1:30 PM-2:30 PM 3 44165

### David Durward Centre

**Member: \$34.31 Non-member: \$40.36**

W Aug 2-Aug 23 1:30 PM-2:30 PM 4 44169

### David Durward Centre

**Member: \$17.15 Non-member: \$20.18**

M Aug 14-Aug 21 10:30 AM-11:30 AM 2 44218

### Allan Reuter Centre

**Member: \$25.73 Non-member: \$30.27**

W Jul 5-Jul 26 7:00 PM-8:00 PM 3 44191

Th Jul 6-Jul 27 2:30 PM-3:30 PM 3 44189

### Allan Reuter Centre

**Member: \$34.31 Non-member: \$40.36**

W Aug 2-Aug 23 7:00 PM-8:00 PM 4 44192

Th Aug 3-Aug 24 2:30 PM-3:30 PM 4 44190



## 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: \$42.88 Non-member: \$50.45**

M Jul 10-Aug 21 1:30 PM-2:30 PM 5 44193

### David Durward Centre

**Member: \$25.73 Non-member: \$30.27**

W Jul 5-Jul 26 12:15 PM-1:15 PM 3 44166

W Aug 2-Aug 23 12:15 PM-1:15 PM 4 44170

### Ted Wake Centre

**Member: \$34.31 Non-member: \$40.36**

M Jul 3-Jul 24 9:45 AM-10:45 AM 4 44167

## 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: \$34.31 Non-member: \$40.36**

M Jul 3-Jul 24 11:00 AM-12:00 PM 4 44168



## Yoga - Power

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

### Allan Reuter Centre

**Member: \$25.73 Non-member: \$30.27**

T Jul 4-Jul 25 6:30 PM-7:30 PM 3 44196

### Allan Reuter Centre

**Member: \$34.31 Non-member: \$40.36**

T Aug 1-Aug 22 6:30 PM-7:30 PM 4 44197

# Fitness



## Volunteer at a 50+ Centre!

Work with other great people to provide events and services. Roles include:

- Tuck shops
- Operating Boards
- Reception Desks
- Special Event Committees

Call 519-740-4681 and talk to Colleen (ext. 4459) or Kara (ext. 4634) to discuss how you can get involved.

## 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: \$34.31    Non-member: \$40.36**

Th Jul 13-Aug 3    1:15 PM-2:00 PM    4 44187

Th Aug 10-Aug 31    1:15 PM-2:00 PM    4 44188

### David Durward Centre

**Member: \$25.73    Non-member: \$30.27**

T Jul 11-Jul 25    1:15 PM-2:00 PM    3 44219

### David Durward Centre

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

T Aug 1-Aug 29    1:15 PM-2:00 PM    5 44220





# Upcoming Events

Cambridge 50+ Recreation Centres

## Try Before You Buy!

Promo Week: September 11 - 15

**50+ registered and drop in programs FREE for this week ONLY**

Always wanted to try a certain class or activity? Here is your opportunity!

Watch for details in the Fall Newsletter



### Picnic in the Park

Enjoy an old fashioned picnic in the park (Riverside Park) with plenty of delicious food and a variety of fun games to please everyone. Please no Pets allowed except service animals.

**Allan Reuter Centre**

**Fee: \$10.00**

W Aug 2

10:00 AM-2:30 PM 1 44260



# Clubs

## Cambridge 50+ Woodworkers

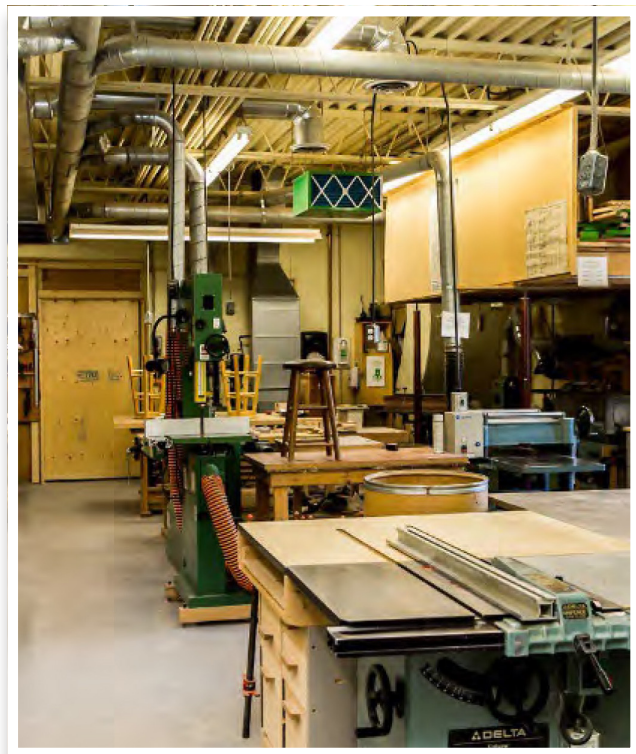
The Cambridge 50+ Woodworkers club is still going strong after 25 years. With 2 professionally equipped, heated shops, in the core of Preston and Galt you have the use of professional woodworking equipment, glues, screws, anything needed to build your project, except the lumber and an idea. Added attractions 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+ choir practices will resume the first Friday in September. 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)

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

## 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.

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

July 13 & 27, Aug 10 & 24

### Allan Reuter Centre

Th 9:00AM, 10:15AM

### David Durward Centre

Th 1:15PM, 2:30PM

## 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**

July 5, Aug 2, 16 & 30

### 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



# 50+ Drop-In Programs

ⓘ When you arrive for a drop-in program, please go 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 Returning this fall

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



# 50+ Drop-in Programs

## Bingo

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

F 1:30PM – 3:30PM

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## 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

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## 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

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## 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

**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

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## 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

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## 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

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## 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 M: \$2.06**

T 1:00PM – 3:30PM

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## Crokinole

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

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

Th 1:30PM - 4:00PM

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

Available during operating hours. Cue or no cue.

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# 50+ Drop-in Programs

## 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 or two Mondays per month

**Contact Ted Wake Centre for details.**



## 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 Returning this fall.**

F 2:00PM - 3:30PM (Intermediate)

**Ted Wake Centre M: \$6.53 NM: \$7.68**

T 12:00PM - 1:00PM (Beginner)

**Ted Wake Centre M: \$7.54 NM: \$9.20**

T 1:00PM - 2:30PM (Intermediate)

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**

W 10:30AM - 11:30AM (Intermediate)

## Music Jam Session & Sing Along

Returning this fall

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

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

T 2:00 PM-3:30 PM (2nd and 4th of month)

# 50+ Drop-in Programs

## 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

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## 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

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## 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

## 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** Returning this fall

T 9:00AM - 3:00PM

**Ted Wake Centre** Returning this fall

Th 6:30PM– 8:45PM



## Rook

Returning this fall

NEW! Similar card game to bid euchre.

Played with a specialized deck of cards.

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

Th 1:00 PM – 4:00 PM

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## 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+ 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

## Stained Glass

Returning this fall

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 1:30PM - 4:00PM

## 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**

T 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-11:30AM

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

M 1:00PM - 3:00PM

F 1:30PM - 3:30PM

## 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





# 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](mailto: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 - Thursday	6:00AM - 10:00PM
Friday	6:00AM - 6:00PM
Saturday	8:00AM - 4:00PM
Sunday	8:00AM - 2:00PM



## William E. Pautler

Monday - Thursday	8:30AM - 8:00PM
Friday	8:30AM - 4:00PM

## David Durward

Monday, Tuesday, Thursday, Friday	8:30AM - 4:00PM
Wednesday	8:30AM - 9:00PM

4:00-9:00pm access through Cambridge Centre for the Arts entrance



Lockers & showers available

Visit the front  
desk to  
purchase!

# Contact Information

<b>Cambridge 50+ Recreation 519-740-4681</b>	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		

<b>Other Useful Contact Organizations</b>	<b>Phone Number</b>
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
Community Connection, Government, social & health, education, counseling, senior programs & much more	2-1-1 www.211ontario.ca
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

# RECREATION PROGRAMS FOR 50+

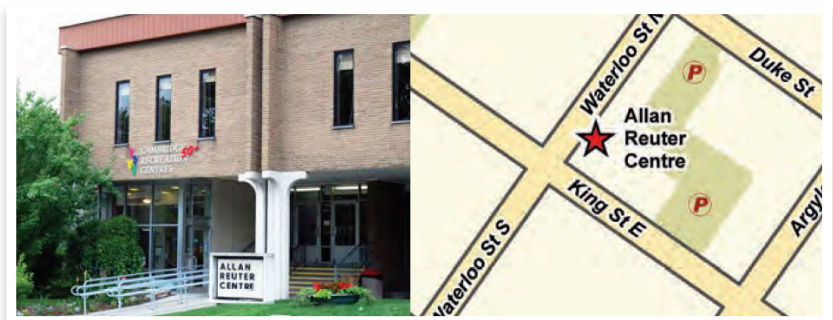
## FACILITY INFORMATION

### 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
-  Free parking available  
Lot rear of Allan Reuter Centre
-  206 Express







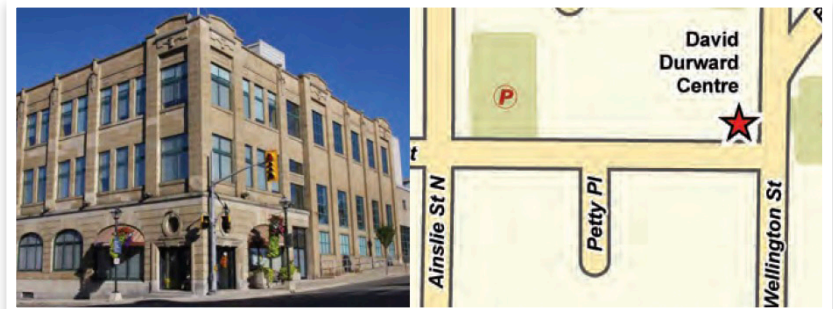
### David Durward Centre (Summer Hours)

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

Wed 8:30am - 9:00pm

(4-9 pm access through CCA entrance)





-  62 Dickson St.  
Cambridge, ON. N1R 1B
-  519-740-4681 Ext. 4360
-  Parking pass available for 50 +  
Members. Beverly St. and City Hall  
lots in designated spaces
-  206 Express

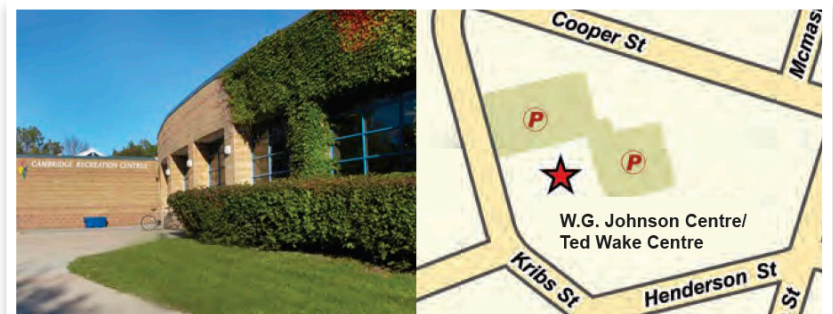


### Ted Wake Centre

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

Fri 8:30 a.m.-6 p.m.





-  31 Kribs St.  
Cambridge, ON. N3C 2L3
-  519-740-4681 Ext. 4459
-  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
-  Free. Lot north side at WEPC  
entrance
-  Bus Route 56 or 64

