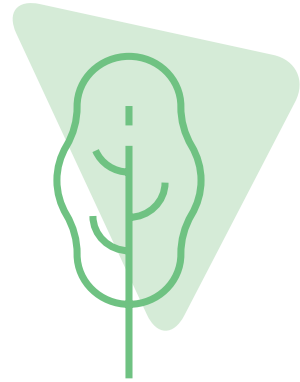
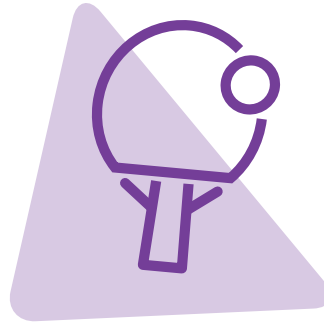
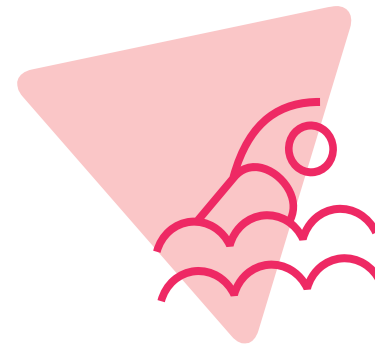




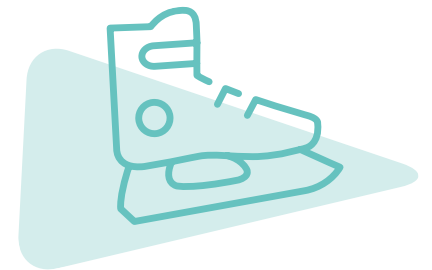
St. Catharines



stayactive

Older Adult Guide

stcatharines.ca/ActiveSTC



activestc 

Older Adult

(50+ years)



stcatharines.ca/OAC

St. Catharines Older Adult Centres (OAC) and Community Centres offer social, recreational, and educational activities for residents aged 50 and older.

Annual memberships are valid at Older Adult Centres and Community Centres.

low cost, and
free for 90+

Legend

✓ Pre-registration required

\$ Additional fee required

* First Friday of the month

Fees and schedule subject to change

PLAY CARDS

can be used for public skating, leisure swimming, aquatic activities and drop-in recreation programs.

- Chair Yoga
- Core and Floor
- Drumfit
- Escape the Ache
- Essentrics
- Fit for Function
- Line Dancing
- Older Adult Fit
- Resistance with Eric
- Strength and Tone
- Stronger for Longer
- Tai Chi
- Yoga
- Zumba Gold

OAC Drop in programs

Cards

500 Cards
Bid Euchre
Cribbage
Duplicate Bridge
Euchre
Progressive Bridge

Dance and Exercise

Chair Yoga
Chinese Cultural Dancing
Core and Floor
Drumfit
Essentrics
Fit for Function
Fitness with Physipod
Escape the Ache
Line Dancing
Nordic Pole Walking
Older Adult Fit
Resistance with Eric
Strength and Tone with Amanda
Stronger for Longer
Tai Chi
Walk Aerobics
Yoga
Zumba Gold

Arts, Crafts and Hobbies

Bunka Punch Art
Crafts
Indoor Model Flying
Mindful Moments
Painting
Quilting
Rug Hooking
Sip and Chat
Woodcarving
Yarn Lovers

Sports and Games

Badminton
Billiards
Bingo
Carpet Bowling
Darts
Mahjong
Musical Bingo
Pickleball
Shuffleboard
Table Tennis



If you have a suggestion for a new activity, please call **905.688.5601 x1570** or email sphelan@stcatharines.ca

Join in the programs held at Harriett Tubman Public School:

- Badminton
- Basketball
- Soccer
- Pickleball

Jeanne Sauve Public School:

- Indoor Model Flying



St. Catharines Museum & Welland Canals Centre

905.984.8880, 1932 Welland Canals Parkway

Monday

10 a.m. Nordic Pole Walking (outdoor activity)

Dunlop Drive Older Adult Centre

905.685.6668, 80 Dunlop Drive

Monday

9:30 a.m. Chair Yoga \$ ✓
 9:30 a.m. Painting
 11 a.m. Badminton
 12:45 p.m. Duplicate Bridge \$
 1 p.m. Shuffleboard
 4 p.m. Pickleball ✓
 6 p.m. Bid Euchre \$
 6 p.m. Pickleball ✓



Tuesday

9 a.m. Strength and Tone with Amanda \$ ✓
 10 a.m. Darts
 11 a.m. Walk Aerobics
 12:30 p.m. Progressive Bridge (intermediate play) \$
 1 p.m. Euchre \$
 1 p.m. Shuffleboard
 4 p.m. Pickleball ✓
 6:30 p.m. Essentrics, Release, Rebalance and Restore \$ ✓
 6:30 p.m. Table Tennis

Wednesday

9:30 a.m. Chair Yoga \$ ✓
 9:30 a.m. Quilting
 9:30 a.m. Sip and Chat
 10:30 a.m. Line Dancing \$ ✓
 12 p.m. Badminton
 1 p.m. Cribbage \$
 1 p.m. Painting
 1:30 p.m. Carpet Bowling
 4 - 6 p.m. Pickleball ✓
 6 - 8 p.m. Pickleball ✓



Thursday

9 a.m. Woodcarving
 9:30 a.m. Zumba Gold \$
 10 a.m. Darts
 10:30 a.m. Essentrics, Release, Rebalance and Restore \$ ✓
 12:30 p.m. Progressive Bridge (intermediate play) \$
 1 p.m. 500 Cards \$
 1 p.m. Shuffleboard
 4 p.m. Pickleball ✓
 6 p.m. Pickleball ✓

Friday

9:30 a.m. Bunka Punch Art
 9:30 a.m. Chair Yoga \$ ✓
 9:30 a.m. Fit for Function \$ ✓
 11 a.m. Table Tennis
 11 a.m. Tai Chi \$
 12:45 a.m. Duplicate Bridge \$
 1 p.m. Walk Aerobics

Saturday

9:30 a.m. Strength and Tone with Amanda \$ ✓
 9:30 a.m. Pickleball ✓
 1 p.m. Table Tennis
 1 p.m. Bingo \$



Sunday

10 a.m. Pickleball ✓
 1 p.m. 500 Cards \$
 2 p.m. Chinese Cultural Dancing

Register at stcatharines.ca/ActiveSTC

Port Weller Community Centre

905.937.6232, 1 Bogart St.

Monday

- 9 a.m. Woodcarving
- 9:30 a.m. Fit for Function \$ ✓
- 12:15 p.m. Pickleball ✓
- 1:30 p.m. Sip and Chat
- 2 p.m. Pickleball ✓
- 5:30 p.m. Stronger for Longer ✓

Tuesday

- 9 a.m. - 12 p.m. Indoor Model Flying
- 12:15 p.m. Pickleball ✓
- 12:30 p.m. Rug Hooking
- 2 p.m. Pickleball ✓
- 4 p.m. Pickleball ✓

Wednesday

- 9 a.m. Woodcarving
- 11 a.m. Tai Chi \$
- 12:15 p.m. Pickleball ✓
- 1 p.m. Escape the Ache Fitness Class \$
- 2 p.m. Pickleball ✓

Thursday

- 9 a.m. - 12 p.m. Indoor Model Flying
- 10 a.m. Nordic Pole Walking
- 12:15 p.m. Pickleball ✓
- 1:30 p.m. Musical Bingo \$
- 2 p.m. Pickleball Skills and Drills ✓

Check out **ActiveSTC** for small group fitness classes with **Physipod**.



Friday

- 11 a.m. Yoga \$ ✓
- 11 a.m. Drumfit \$
- 12:15 p.m. Mindful Moments \$ *
- 12:15 p.m. Pickleball ✓
- 2 p.m. Pickleball ✓

Saturday

- 9 a.m. Core and Floor ✓



West St. Catharines Older Adult Centre

905.684.0993, 117 Chetwood St.

Monday

- 10 a.m. Zumba Gold \$
- 1 p.m. Bingo \$

Tuesday

- 9:30 a.m. Resistance with Eric \$ ✓
- 11 a.m. Chair Yoga \$ ✓
- 1 p.m. Euchre \$

Wednesday

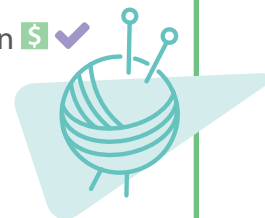
- 10 a.m. Fit for Function \$ ✓
- 1 p.m. Bingo \$

Thursday

- 10 a.m. Rug Hooking
- 1:30 p.m. Yarn Lovers
- 5:30 p.m. Fitness with Physipod \$

Friday

- 10 a.m. Escape the Ache Fitness Class \$
- 1 p.m. Painting
- 6 p.m. Euchre \$



Russell Avenue Community Centre

905.685.6071, 108 Russell Ave.

Monday

- 1 p.m. Euchre \$
- 5:30 p.m. Table Tennis



Tuesday

- 6:30 p.m. Advanced Tai Chi \$

Wednesday

- 10 a.m. Nordic Pole Walking
- 1 p.m. Mahjong
- 1 p.m. Bid Euchre \$
- 7:30 p.m. Yoga \$ ✓

Thursday

- 10:45 a.m. Older Adult Fit \$ ✓
- 11 a.m. Chair Yoga \$ ✓
- 6:30 p.m. Tai Chi \$

Friday

- 10:30 a.m. Line Dancing \$ ✓
- 1 p.m. Bid Euchre \$

Saturday

- 9 a.m. Resistance with Eric \$ ✓



Check out **ActiveSTC** for **Learn to Pickleball**. Improve your game with **Pickleball, Skills and Drills**.