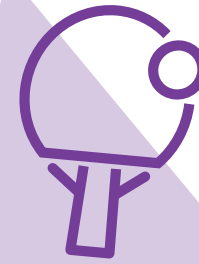




St. Catharines



stay active

Older Adult

Drop in Program Guide

stcatharines.ca/ActiveSTC



Fall 2024

activesc 

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

Fees and schedule subject to change

PLAY CARDS

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

- Balance and Core
- Chair Yoga
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Resistance Fitness with Sarah
- Resistance with Eric
- Strength and Tone
- Tai Chi
- Yoga
- Zumba Gold

OAC Drop in programs

Cards

- 500 Cards
- 6 Handed Bid Euchre
- Bid Euchre
- Cribbage
- Duplicate Bridge
- Euchre
- Progressive Bridge

Dance and Exercise

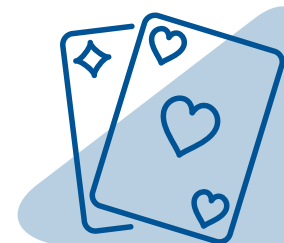
- Argentine Tango
- Balance and Core
- Chair Yoga
- Chinese Cultural Dancing
- Essentrics
- Fit for Function
- Line Dancing
- Maximize Mobility
- Mobility for Movement
- Nordic Pole Walking
- Resistance Fitness with Sarah
- Resistance with Amanda
- Resistance with Eric
- Strength and Tone with Amanda
- Tai Chi
- Walk Aerobics
- Yoga
- Zumba Gold

Arts, Crafts and Hobbies

- Crafts
- Indoor Model Flying
- Painting
- Quilting
- Rug Hooking
- Woodcarving
- Yarn Lovers

Sports and Games

- Billiards
- Bingo
- Carpet Bowling
- Darts
- Horseshoes (seasonal)
- Mahjong
- Pickleball
- Shuffleboard
- Table Tennis



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

Register at stcatharines.ca/ActiveSTC

Join in the programs held at:

**Harriett Tubman
Public School:**

- Pickleball (*Tuesdays and Fridays*)

**Jeanne Sauve
Public School:**

- Indoor Model Flying



Dunlop Drive Older Adult Centre

905.685.6668, 80 Dunlop Drive

Monday

- 8:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Painting
- 10 a.m. Horseshoes (*seasonal*)
- 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

- 8:30 a.m. Strength and Tone with Amanda \$ ✓
- 9:30 a.m. Strength and Tone with Amanda \$ ✓
- 10 a.m. Darts
- 10:30 a.m. Zumba Gold \$ ✓
- 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. Advanced Tai Chi \$ ✓

Wednesday

- 8:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Quilting
- 10:30 a.m. Line Dancing \$ ✓
- noon Badminton
- 1 p.m. Cribbage \$
- 1 p.m. Painting
- 1:30 p.m. Carpet Bowling
- 4 p.m. Pickleball ✓
- 6 p.m. Pickleball ✓
- 6 p.m. Darts (*except the first Wednesday of the month*)

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. Hatha Yoga \$ ✓
- 4 p.m. Square Dancing \$ ✓
- 6 p.m. Line Dancing \$ ✓

Serene Sound Healing

Come enjoy the healing effects of a sound bath. Benefits can include extreme relaxation, sleep regression improvement, potential decrease in high blood pressure, anxiety and more.

West St. Catharines Older Adult Centre
(*Bi-monthly, every second Friday*)

Register at stcatharines.ca/ActiveSTC

Friday

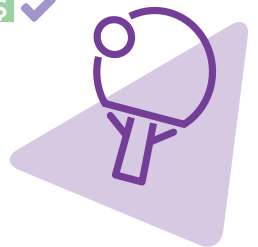
- 8:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Chair Yoga \$ ✓
- 9:30 a.m. Fit for Function \$ ✓
- 9:30 a.m. Knitting and Crocheting
- 11 a.m. Table Tennis
- 11 a.m. Tai Chi \$ ✓
- 12:45 p.m. Duplicate Bridge \$
- 1 p.m. Walk Aerobics

Saturday

- 9 a.m. Strength and Tone with Amanda \$ ✓
- 10 a.m. Pickleball ✓
- noon Table Tennis
- 1 p.m. Bingo \$

Sunday

- 9:30 a.m. Pickleball ✓
- 11:30 a.m. Pickleball ✓
- 1 p.m. 500 Cards \$
- 2 p.m. Chinese Cultural Dancing



stayactive

Port Weller Community Centre

905.937.6232, 1 Bogart St.

Monday

- 9 a.m. Woodcarving
- 9:30 a.m. Fit for Function **\$** ✓
- 10:45 a.m. Chair Yoga **\$** ✓
- 12:15 p.m. Pickleball ✓
- 2:30 p.m. Pickleball ✓
- 4:30 p.m. Pickleball ✓

Tuesday

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

Wednesday

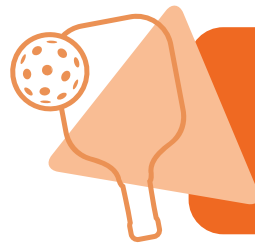
- 8:45 a.m. Pickleball ✓
- 9 a.m. Woodcarving
- 11 a.m. Tai Chi **\$** ✓
- 12:15 p.m. Pickleball ✓
- 1 p.m. Essentrics, Release, Rebalance and Restore **\$** ✓
- 2:30 p.m. Pickleball ✓
- 2:30 p.m. Yoga **\$** ✓

Thursday

- 9 a.m. to noon Indoor Model Flying
- 10 a.m. Nordic Pole Walking
- 12:15 p.m. Pickleball ✓

Friday

- 9 a.m. Pickleball ✓
- 11 a.m. Yoga **\$** ✓
- 12:15 p.m. Pickleball ✓
- 2:30 p.m. Pickleball ✓



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

Russell Avenue Community Centre

905.685.6071, 108 Russell Ave.

Monday

- 1 p.m. Euchre **\$**
- 5 p.m. Table Tennis

Tuesday

- 1 p.m. 6 Handed Bid Euchre **\$**
- 5 p.m. Table Tennis
- 6 p.m. Argentine Tango **\$**

Wednesday

- 1 p.m. Mahjong
- 1 p.m. Bid Euchre **\$**
- 7:30 p.m. Yoga **\$** ✓

Thursday

- 9 a.m. Cardio, Strength and Flexibility **\$** ✓
- 10:15 a.m. Hatha Yoga **\$** ✓
- 11:45 a.m. Chair Yoga **\$** ✓
- 6:30 p.m. Advanced Tai Chi **\$** ✓

Friday

- 9 a.m. Resistance with Amanda **\$** ✓
- 10:30 a.m. Line Dancing **\$** ✓
- 1 p.m. Bid Euchre **\$**
- 1 p.m. Mahjong

Saturday

- 9 a.m. Resistance with Eric **\$** ✓



West St. Catharines Older Adult Centre

905.684.0993, 117 Chetwood St.

Monday

- 9:30 a.m. Resistance Fitness with Sarah **\$** ✓
- 11 a.m. Zumba Gold **\$** ✓
- 1 p.m. Bingo **\$**
- 5:30 p.m. HIIT Fitness **\$** ✓
- 6:15 p.m. Full Body Fitness **\$** ✓

Tuesday

- 11 a.m. Chair Yoga **\$** ✓
- 1 p.m. Euchre **\$**
- 6 p.m. Line Dancing **\$** ✓

Wednesday

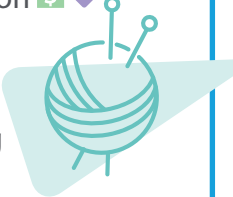
- 9:30 a.m. Fit for Function **\$** ✓
- 1 p.m. Bingo **\$**

Thursday

- 10:15 a.m. Rug Hooking
- 1:30 p.m. Yarn Lovers
- 5 p.m. Maximize Mobility **\$** ✓
- 6:15 p.m. Balance and Core **\$** ✓

Friday

- 10 a.m. Movement for Mobility **\$** ✓
- 11:15 a.m. Serene Sound Healing **\$** ✓
(Bi-monthly)
- 1 p.m. Painting
- 6 p.m. Euchre **\$**



Learn more about **FAIR**
Fee Assistance in Recreation
stcatharines.ca/Fair