

# Active SENIORS Week



**JUNE 14 TO JUNE 20**

Active Seniors Week offers opportunities to explore new interests, connect with others, and learn about resources that support staying active and involved in the community. Whether you're a senior looking to try something new, build friendships, or discover ways to remain engaged, there will be a variety of program options for you to choose from!

**REGISTER ONLINE OR GIVE US A CALL!**

**Leisure & Activity Centre,  
177 Upper Park Rd, Amherstview  
613-386-7351 ext. 300#**

## SUNDAY JUNE 14



### Yoga & Mat Pilates:

This energizing class blends the core-strengthening principles of mat Pilates with the flexibility and mindfulness of yoga, creating a balanced workout that improves posture, stability, and overall well-being.

**Time:** 10:00 a.m.

**Location:** Leisure & Activity Centre

## MONDAY JUNE 15

### Game & Gab

One-hour of friendly competition and conversation. We'll have a variety of board games and puzzles to choose from, along with tea and snacks.

**Time:** 11:00 a.m.

**Location:** Amherstview Library



### Balance System with Shauna, PhysioCare At Home

In this workshop, you'll have the opportunity to speak with a physiotherapist, learn about the body's balance systems, assess your balance, and practice a short balance routine.

**Time:** 1:00 p.m. to 2:00 p.m.

**Location:** Leisure & Activity Centre

### Qi Gong

This is an introduction class to Qi Gong. Qi Gong is a practice of gentle movements, breathing, and meditation that promotes energy balance and overall health.

**Time:** 3:30pm – 4:15pm

**Location:** Leisure & Activity Centre

### Interesting Years Card Club

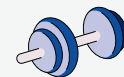
Offering 2 free visits to check out the club. There are spots in the Club if interested, reach out when on site at the program.

### Euchre and Cribbage

**Time:** 6:45 p.m.

**Location:** Trinity Presbyterian Church, 9 Manitou Crescent West, Amherstview

## TUESDAY JUNE 16



### Strong Seniors Class

This program is designed for seniors of all abilities and fitness levels. Our instructor will focus on exercises appropriate for maintaining bone mass, improving muscular and joint strength, endurance, and will wrap up with full body stretches.

**Time:** 10:00 a.m.

**Location:** Leisure & Activity Centre

### Gentle Stretch

This class uses a chair for support in both standing and seated stretches. It is a great place to be if you are just starting back into fitness, looking to improve balance, wanting to increase mobility and flexibility, or if you just want to start the day off with a good old-fashioned stretch!

**Time:** 11:00 a.m.

**Location:** Leisure & Activity Centre



## WEDNESDAY JUNE 17



### Tai Chi

The session promotes movement, flexibility, balance, and strength. It begins with warm-up exercises, followed by YANG style Tai Chi, done in a 10-move set, a 24-move set and the short set (42 moves)

**Time:** 9:00 a.m.

**Location:** Amherstview Community Hall, 177 Upper Park Road, Amherstview

### Strength and Balance Workshop with Maple Family Health Team

Join our Occupational Therapist (OT), Physiotherapist (PT), and Community Service Worker (CSW) for an informative session on balance and falls prevention. Learn how to stay safe, maintain independence, and build confidence in your mobility.

**Time:** 10:00 a.m. to 11:30 a.m.

**Location:** Leisure & Activity Centre

### Interesting Years Card Club

Offering 2 free visits to check out the club. There are spots in the Club if interested, reach out when on site at the program.

### Euchre

**Time:** 1:00 p.m.

**Location:** St. Peters Anglican Church, 4333 Bath Road, Kingston

### Pickleball

Drop In Pickleball

**Time:** 6:00 p.m.

**Location:** Bath Pickleball & Tennis Courts



## THURSDAY JUNE 18

### Coffee Conversations & Crafting with Michelle from Midtown Kingston Health Home (A part of Kingston Community Health Centres)

Drop-in opportunity for Seniors to come together to enjoy a craft, coffee, treats, and conversations.



**Time:** 9:00 a.m. to 11:00 a.m.

**Location:** Leisure & Activity Centre

### Hearing tests with HearCanada

If you think you or a loved one might have hearing loss, the first step is to have a hearing test at a hearing clinic to get a better understanding of your hearing health. Our hearing care professionals are equipped with the necessary training, experience and technology to perform the hearing test you need. Once registered you will be given a time to attend for the 20-minute hearing test.

**Time:** 1:00 p.m. to 4:00 p.m.

**Location:** Leisure & Activity Centre

### Interesting Years Card Club

Offering 2 free visits to check out the club. There are spots in the Club if interested, reach out when on site at the program.



### Contract Bridge

**Time:** 1:00 p.m.

**Location:** St. Peters Anglican Church, 4333 Bath Road, Kingston

## FRIDAY JUNE 19

### Introduction to Line Dancing

Free intro to line dancing class with Carol

**Time:** 11:30 a.m. to 12:30 p.m.

**Location:** Amherstview Community Hall, 177 Upper Park Road, Amherstview

### Paint Night

Enjoy some time painting a one-of-a-kind masterpiece! Our experienced instructor will guide you through the step-by-step process to create your very own work of art! All supplies for paint night will be provided; all you'll need to bring is your creative, artistic side! Refreshments will be available.



**Time:** 6:00 p.m. to 8:00 p.m.

**Location:** Leisure & Activity Centre



## SATURDAY JUNE 20

### Yoga

Students will gain an understanding of postures, breath work and energy flow. Classes focus on moving safely between each position while improving your ability to flex, bend, balance and gain strength. Please register online or at the desk upon arrival.

**Time:** 10:00 a.m.

**Location:** Leisure & Activity Centre