

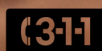
55+

FALL ACTIVITIES


SEPTEMBER 1
to DECEMBER 31

FLOWER CITY
SENIORS RECREATION CENTRE
FLOWER CITY
LAWN BOWLING FACILITY
905.874.3500

REGISTRATION
BEGINS AUGUST 21



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 BRAMPTON



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Welcome to Flower City Seniors Recreation Centre

Flower City Seniors Recreation Centre is a municipal recreation facility operated by the City of Brampton, Community Services Department, Recreation Division. Our goal is to provide an extensive range of social, health, recreational and educational opportunities for adults age 55 and older. Participation, independence, growth and learning are encouraged for all who come to the Centre.



Alternate formats of this guide available upon request.

Recreation Supervisor:

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Operations Coordinator:

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Laurelle Carrigan ✉ laurelle.carrigan@brampton.ca

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Joan Hoffman ✉ joan.hoffman@brampton.ca

Flower City Seniors Recreation Centre

8870 McLaughlin Road
Brampton, Ontario L6Y 5T1
Phone: 905.874.3500
Fax: 905.874.3508

Office Hours:

Monday to Friday	8:00 am – 8:30 pm
Saturday	8:30 am – 2:30 pm
Sunday	8:30 am – 3:00 pm

Flower City Lawn Bowling Facility

8910 McLaughlin Road
Brampton, Ontario L6Y 5T1



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Closure Dates

Labour Day – September 3 · Thanksgiving – October 8 · Christmas Break – December 24 – January 1

Membership

The Flower City Seniors Recreation Centre is for adults age 55 and older. The Centre provides a wide variety of accessible programs, special events, travel, services and volunteer opportunities. Brampton residents 55 years of age and older are welcome to join the Centre for an annual membership fee of \$20.50; non-residents may join for \$25.60. Membership is free of charge for anyone over the age of 90. Proof of age may be requested at the time of registration. Memberships are valid for one year from the date of purchase. Please carry your membership card with you at all times. Please note that membership fees are non-refundable. Once you have a valid membership, additional fees are required to participate in programs, special events and bus trips.

Change of Address

Have you moved or changed any of your contact phone numbers? Please advise Customer Service if you have moved, changed your phone number or your emergency contact numbers since becoming a member.

Flower City Seniors Recreation Centre Advisory Committee

The responsibility of the Advisory Committee is to act as a liaison between the seniors and the City of Brampton. The committee provides advice based on input received to improve the programs, policies and services. Minutes of the monthly meetings are stored in the library. Members are welcome to read minutes of the meetings.

Your Advisory Committee Members are:

Barb, Pat, Mary, Hanne, Jane, Irene, Licia

Not Pictured:

Linda

Benefits of Membership

Your membership at Flower City Seniors Recreation Centre entitles you to:

- Participate in all programs, salon services, special events and travel offered at the Centre
- Program Activities Brochures
- Hold office on the Centre's Advisory Committee
- Have a direct link with local government through the Community Services Department
- Keep up to date on the latest information involving seniors such as local initiatives, health care, community support and social services
- Become involved in meaningful and rewarding volunteer work
- Most importantly, meet new friends!

Registration

Drop-in Programs

These programs are offered on an ongoing basis unless otherwise stated. Participants are not required to sign up in advance for drop-in programs. In order to participate in a drop-in program, you are required to pay the fee listed under the course description each time you come to participate. Drop-in programs begin the week of September 3, 2018.

Registered Programs

Participants are required to sign up in advance for programs that have a registration code. Registered programs have specific start and end dates listed in the program description. Registration for fall programs must be received one week prior to the start of the program.

Registrations cannot be processed if your membership card is not up to date. Note that your membership must be valid for the duration of a program, event or bus trip in order for it to be processed. Registration for programs begins Tuesday, August 21 at 8:30 am.

Timely Registration

Participants are encouraged to register as soon as possible. Classes with low registration may be cancelled.



Non-residents Program Fees

A surcharge fee of 25% per person, per program, up to a maximum of \$100 per person, per program, per session, will be added to the registration fee of all non-residents. Non-residents do not qualify for special discounts. Proof of residency may be requested at time of registration. For the purposes of this section, City of Brampton ratepayers are considered residents.

Withdrawal Requests

Membership

There are no refunds for membership fees.

Programs

- Requests must be made no later than one business day prior to the third class (unless otherwise indicated).
- Requests made due to medical reasons must be accompanied by medical documentation.
- Requests will be processed as of the date official notification is received and will not be backdated.
- Requests will be prorated to reflect the number of classes having already occurred.
- Make-up classes will not be granted for classes that are not attended due to illness, weather, or personal emergency.
- Refund requests are subject to a \$10 administration fee for each refund requested per person, per program.

Special Events and Travel

- Requests will only be accepted at Flower City Seniors Recreation Centre.
- Requests will only be considered if the place is filled by another person on the waitlist prior to the event/travel date.
- If filled, the requesting individual is only eligible to a partial refund (less a \$10 Administration Fee).
- Transfers will not be considered.
- Special Events are non-transferable.

How to Register

In Person

Participants may register for programs, special events and bus trips in person at any recreation facility.

Please contact the facility to obtain hours of operation for program registration. Anyone who registers in person is required to sign a waiver. If someone is registering on your behalf at a recreation centre, you are required to have the registration form filled out and signed.

Accepted payment methods are:

Cash / Cheque / Debit Card / Credit Card (Visa, MasterCard, American Express)

By Mail

You can mail or drop off your registration form to the Flower City Seniors Recreation Centre. Registrations will be processed on a first come, first served basis. In-person registration will be given priority.

Interactive Voice Registration (IVR) & Web Registration

To register using IVR and/or web, you will need the following:

- Family Personal Identification Number (PIN)*
- Client Barcode*
- Program Code for first choice and alternatives
- Credit Card Number and Expiry Date

*To obtain your PIN and Barcode numbers please contact:

- Express Support 905.874.3399
- expresssupport@brampton.ca
- Your local recreation centre

How to use IVR and Web Registration

Interactive Voice Registration



- Call 905.874.3388
- Follow the voice prompts
- If you need assistance while in the IVR system, press “0” during regular business hours to speak with a customer service representative
- Make your payment by credit card
- Record your receipt number
- A receipt will be mailed to you within two weeks of your registration

Web



- Visit www.brampton.ca, Online Services, Recreation, Registration
- Select your programs and click “Checkout”
- Make your payment by credit card
- Print your receipt from your browser if you wish
- A receipt will be emailed to you after you complete your transaction

Please Note

- IVR/Web Registration will be available until the course start date
- Your account balance must be \$0 to be eligible to use IVR/Web registration
- All participants must meet the age requirements of the courses as listed in the guide
- For transfer and/or refund information, please refer to this page of the guide
- Payment must be completed and accepted prior to disconnecting or all registrations will be void
- IVR/Web registration will not accept post-dated payments

If you need help with the above process, you can call 311 for assistance.

A: FAMILY INFORMATION (Please print clearly)

 Do you have an existing Family Account? YES NO Has your address, phone number, or email changed? YES NO

LAST NAME		FIRST NAME			SEX (M / F)
ADDRESS				BIRTH DATE mm / dd / yy	
CITY	POSTAL CODE	EMAIL			
HOME PHONE #	ALT PHONE #	MEMBERSHIP #			
EMERGENCY CONTACT LAST NAME	EMERGENCY CONTACT FIRST NAME	PHONE #	RELATIONSHIP		

B: PARTICIPANT INFORMATION

COURSE BARCODE	ACTIVITY NAME	LOCATION	DAY	START DATE	TIME	FEE
						\$
						\$
						\$
						\$
						\$
						\$
						\$
						\$
						\$

C: WAIVER

I agree to release, indemnify and save harmless the City from and against all claims, proceedings and/or actions in respect of any costs, losses, damage or injury arising by reason of my or the Dependant Registrants' participation in any activities offered by the City of Brampton's Community Services Department, or by reason of the provision of medical care by the City to me or the Dependant Registrants.

Participant's Signature

Date
D: PAYMENT

 PAYMENT TYPE: Cash Cheque AMEX VISA MasterCard * Prepaid Cards **cannot** be used. *

CREDIT CARD #				EXPIRY DATE m m y y		TOTAL FEES	\$
CARDHOLDER SIGNATURE				DATE mm / dd / yy		Non-Residents add 25% per person, per program (up to a maximum of \$50)	\$
						TOTAL AMOUNT DUE	\$

Parking

Designated Flower City Seniors Recreation Centre parking is located directly in front of the building and additional parking is located on the west side of the building.

Bus Transportation

Brampton Transit is pleased to serve the Flower City Seniors Centre seven days a week!

Catch **Route 1/1A – Queen** into the Flower City Community Campus at these times:

1/1A	Monday to Friday	
	Eastbound	1:02 pm, 2:34 pm, 3:12 pm
	Westbound	8:44 am, 9:39 am, 1:06 pm

Catch **Route 3A – McLaughlin** into the Flower City Community Campus between these hours:

3A	Monday to Friday	7:30 am – 10:00 pm
	Saturdays	8:00 am – 4:00 pm
	Sundays	8:00 am – 6:00 pm

Catch **Route 57 – Charolais** into the Flower City Community Campus at these times:

Northbound Only:		
57	Monday to Friday	7:30 am – 10:00 pm
	Saturdays	7:00 am – 12:00 pm
	Sundays	9:00 am – 11:00 am

For detailed schedule information, please call 905.874.2999.

Flower City Lawn Bowling Facility

The Flower City Lawn Bowling Facility is adjacent to the Seniors Centre to facilitate linkages and sharing of program space between the two facilities. Please note some Flower City Seniors Recreation Centre programs will take place at this facility and the location will be included in the program description.

City-Wide Adult 55+ Programs

The City of Brampton is committed to providing quality programs for adults 55+. Refer to the Recreation Guide for a full list of programs available in local facilities for adults 55+.

Gift Certificates

Looking for the perfect gift for that hard-to-buy-for person? Why not buy them a membership or one of our salon

services such as a manicure or haircut? Gift certificates are available at the front desk. They may be purchased in any denomination and can be used for a variety of services. For more information, please see the staff at the front desk.

WiFi

For those wishing to stay connected, we have free WiFi for your convenience.

Advertising

If you are interested in advertising in our brochure, please contact Katie Smith at 905.874.3682 or katie.smith@brampton.ca to discuss rates and submission deadlines.

Disclaimer

All precautions are taken to ensure that accurate information and prices are printed in this brochure. Rates are subject to change and notice will be posted at the Centre if a rate adjustment is required. Occasionally, room locations, times and dates are changed between the printing of the brochure and the start of programs. We kindly remind you to check your registration receipt for updates, and watch for notices posted in the Centre.

The City of Brampton does not necessarily endorse paid advertisements in this brochure.

Flower City Library

All books, magazines, puzzles and movies may be borrowed for your enjoyment. Please use the sign-out book provided when borrowing items.

Donations are accepted for gently used books. Please ensure all donated books are produced after 2000, in good condition and are not hard covered. Donations can be left in the wooden drop off box located in the front entrance of the centre.

Well Wishers

Sympathy and get well cards for those members who are hospitalized are mailed from the Centre. If you know of any card that should be sent, please notify the staff at Customer Service

Farewell Notices

When we are notified of a member's passing, a notice will be posted in the main entrance.



Course Cancellations

Programs, special events and bus trips are cancelled when minimum registration numbers are not met. Don't wait for the last minute to register, do it now! The cancellation process starts one week prior to commencement of programs, special events and bus trips. You will be notified at that time if your program is cancelled.

Comments, Suggestions and Kudos

Let us know how we can serve you better. The suggestion box is on the wall next to Member Services.

Participating in Physical Activity

It is recommended that your physician be consulted prior to the start of any physical activity.

Good Behaviour Guidelines

The City of Brampton is committed to providing a safe and harassment free environment. Coarse language, physical, aggressive, disrespectful, or uncooperative behavior is not acceptable. If inappropriate behavior occurs, it will be recorded, reported, and may result in removal from the program and/or facility.

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Jill Black,
Audiologist

Brampton Hearing Aid
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18 Kensington Rd, Suite #100 | www.bramptonhearingaid.com

Acrylic Painting

Enjoy the versatility that painting with acrylic has to offer. Participants will paint a picture from scratch using various techniques and 'shortcuts'. Basic knowledge of drawing and painting is recommended.

Required Materials: A material list is available from the front desk at Flower City Seniors Recreation Centre.

Day/Dates: Mondays, September 10 – October 15
*Not scheduled October 8

Time: 1:00 pm – 3:15 pm

Location: Flower City Lawn Bowling Facility
Community Room

Fee: \$36.10 for 5 weeks

Code: 923659

Day/Dates: Tuesdays, September 4 – October 16

Time: 10:00 am – 12:15 pm

Location: Hobby Shop

Fee: \$50.54 for 7 weeks

Code: 923662

Day/Dates: Tuesdays, September 4 – October 16

Time: 1:00 pm – 3:15 pm

Location: Hobby Shop

Fee: \$50.54 for 7 weeks

Code: 923663

Day/Dates: Mondays, November 12 – December 17

Time: 1:00 pm – 3:15 pm

Location: Flower City Lawn Bowling Facility
Community Room

Fee: \$43.32 for 6 weeks

Code: 923661

Day/Dates: Tuesdays, November 6 – December 18

Time: 10:00 am – 12:15 pm

Location: Hobby Shop

Fee: \$50.54 for 7 weeks

Code: 923665

Day/Dates: Tuesdays, November 6 – December 18

Time: 1:00 pm – 3:15 pm

Location: Hobby Shop

Fee: \$50.54 for 7 weeks

Code: 923664

Beading Crafts

Participants will share ideas on mixed media, wire crocheting, chain maille, dream catchers and various beading projects.

Prerequisite: Participants must have previous experience making jewellery.

Required Materials: Participants must bring their own supplies.

Day/Dates: Thursdays

*Not scheduled December 27

Time: 12:00 pm – 2:30 pm

Location: Flower City Lawn Bowling Facility
Program Room 2

Fee: \$1.10 per visit

Code: Drop-in

Ceramics

Participants work on a variety of ceramic projects at their own pace. Materials are not included.

Day/Dates: Thursdays

*Not scheduled December 27

Time: 10:00 am – 12:00 pm

Location: Ceramics Room

Fee: \$1.10 per visit

Code: Drop-in

Crafter's Club

Participants bring their ideas, talent and creativity to this group and make new friends while working together on a variety of handmade craft projects.

Day/Dates: Tuesdays and Wednesdays

*Not scheduled December 25 and 26

Time: Tuesdays: 9:00 am – 2:00 pm

Wednesdays: 9:00 am – 12:00 pm

Location: Craft Room

Fee: \$1.10 per day

Code: Drop-in

Drawing

Learn “how to” skills and master the art of drawing. Participants will work on the basic principles of drawing and learn to shade, work with perspective, landscapes, shadows, portraits, etc.

Required Materials: Participants will receive a materials list the first day of class.

Day/Dates: Thursdays, September 6 – October 18
Time: 1:00 pm – 3:15 pm
Location: Hobby Shop
Fee: \$50.54 for 7 weeks
Code: 923966

Day/Dates: Thursdays, November 1 – December 13
Time: 1:00 pm – 3:15 pm
Location: Hobby Shop
Fee: \$50.54 for 7 weeks
Code: 923967

Floral Design: Christmas Centrepiece

Participants will learn from a skilled florist how to design and create a fresh flower and greenery Christmas arrangement. All materials included. Participants will leave with their own centerpiece.

Day/Dates: Tuesday, December 4
Time: 3:30 pm – 5:00 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$22.26
Code: 923968

Day/Dates: Tuesday, December 11
Time: 3:30 pm – 5:00 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$22.26
Code: 923969



Jewellery Making Level 1

Create unique and beautiful necklaces, earrings and bracelets in this fun and easy program. Includes a starter kit.

Day/Dates: Thursdays, September 13 – October 4
Time: 12:30 pm – 2:30 pm
Location: Craft Room
Fee: \$34.04 for 4 weeks
Code: 923970

Jewellery Making Level 2

Building on what participants learned in the Level 1 course, this course will teach participants how to enhance their jewellery-making skills. A jewellery-making kit is included.

Prerequisite: Jewellery Making Level 1 or previous jewellery-making experience

Required Materials: Participants must supply their own tools

Day/Dates: Thursdays, October 25 – November 15
Time: 12:30 pm – 2:30 pm
Location: Craft Room
Fee: \$34.04 for 4 weeks
Code: 924220

Quilting Level 1

Learn the basics of quilting and how to use tools, including a rotary cutter and portable sewing machine.

Required Materials: Participants must bring their own sewing machine, sewing materials and be able to cut their own fabric.

Day/Dates: Thursdays
 *Not scheduled December 27
Time: 9:00 am – 12:00 pm
Location: Craft Room
Fee: \$1.10 per visit
Code: Drop-in

Stained Glass Level 1

Learn to make two lovely sun catchers using the copper foil method. All materials and tools are included.

Required Equipment: Participants are required to wear closed-toe shoes and there is a significant amount of standing required for this course.

Day/Dates: Wednesdays, September 5 – October 10
Time: 10:00 am – 12:00 pm
Location: Ceramics Room
Fee: \$75.20 for 6 weeks
Code: 923974

Day/Dates: Wednesdays, October 24 – November 28
Time: 10:00 am – 12:00 pm
Location: Ceramics Room
Fee: \$75.20 for 6 weeks
Code: 923976

Stained Glass Level 2

The project for this class will be a small panel. All materials are included except for framing.

Prerequisite: Stained Glass Level 1

Required Equipment: Participants are required to wear closed-toe shoes and there is a significant amount of standing required for this course.

Day/Dates: Fridays, September 7 – October 12
Time: 10:00 am – 12:30 pm
Location: Ceramics Room
Fee: \$81.86 for 6 weeks
Code: 923977

Day/Dates: Fridays, October 26 – November 30
Time: 10:00 am – 12:30 pm
Location: Ceramics Room
Fee: \$81.86 for 6 weeks
Code: 924167



Stained Glass: All Levels

This class is designed for participants wishing to work independently on their own projects. Participants will work at their own pace with guidance from the instructor. Tools are available for use.

Prerequisite: Stained Glass Level 1 or Stained Glass Level 2

Required Equipment: Participants are required to wear closed-toe shoes and there is a significant amount of standing required for this course.

Required Materials: Participants must supply their own glass, solder and foil.

Day/Dates: Wednesdays, September 5 – October 10
Time: 12:30 pm – 3:30 pm
Location: Ceramics Room
Fee: \$38.22 for 6 weeks
Code: 924168

Day/Dates: Wednesdays, October 24 – November 28
Time: 12:30 pm – 3:30 pm
Location: Ceramics Room
Fee: \$38.22 for 6 weeks
Code: 924169

Stained Glass: Projects

In this class, participants will learn how to create lovely gifts – or treasures for themselves. All materials are included.

Prerequisite: Stained Glass Level 1 or Stained Glass Level 2

Required Equipment: Participants are required to wear closed-toe shoes and there is a significant amount of standing required for this course.

Project: 3D Candle Holder
Day/Dates: Tuesdays, September 4 – September 18
Time: 1:00 pm – 3:00 pm
Location: Ceramics Room
Fee: \$37.60 for 3 weeks
Code: 924170

Project: Christmas Decoration
Day/Dates: Tuesdays, October 2 – October 16
Time: 1:00 pm – 3:00 pm
Location: Ceramics Room
Fee: \$37.60 for 3 weeks
Code: 924171

Watercolour Drop-in

This class is for participants who have previous watercolour painting experience and want to work independently on their own projects. Bring your own supplies and share your talents.

Prerequisite: Participants must have previous watercolour experience.

Required Materials: Participants must bring their own art supplies.

Day/Dates: Fridays
 *Not scheduled December 28
Time: 1:00 pm – 3:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$1.10
Code: Drop-in



Hobby Shop Notice

Please be advised that a Hobby Shop policies and procedures manual is in place for all users of this room. **One of the requirements includes participating in a mandatory training session for all of our equipment and updating this training/refresher every two years.** No one will be admitted into the Hobby Shop to work without an instructor in the room. Safety first!

PLEASE NOTE: CLOSED TOE SHOES ARE REQUIRED IN THE HOBBY SHOP WHILE PARTICIPATING IN THE WOOD WORKING PROGRAMS

Woodworking

Participants work independently on projects at your own pace. A variety of project suggestions and patterns will be made available. Assistance and guidance is available from a qualified instructor. Please keep in mind the Hobby Shop is designed for small projects only. You will not be able to cut wood larger than 4' x 4'.

PLEASE NOTE: PARTICIPANTS ARE REQUIRED TO PAY THE DROP-IN FEE FOR EACH PERIOD

Day/Dates: Mondays
 *Not scheduled September 3, October 8, December 24 & 31
Time: 8:30 am – 12:00 pm and 12:30 pm – 4:00 pm
Location: Hobby Shop
Fee: \$4.30
Code: Drop-in

Woodworking Mandatory Orientation

This course is for participants who are new to the Flower City Hobby Shop. This two-day course will cover safe operation and set-up for the most common woodworking machinery. After participants demonstrate their use with an emphasis on safety, they will use the equipment with instructor supervision.

Day/Dates: Wednesdays, September 12 – September 19
Time: 4:00 pm – 8:00 pm
Location: Hobby Shop
Fee: \$2.26 for 2 weeks
Code: 924172

Day/Dates: Wednesdays, October 10 – October 17
Time: 4:00 pm – 8:00 pm
Location: Hobby Shop
Fee: \$2.26 for 2 weeks
Code: 924173

Day/Dates: Wednesdays, November 14 – November 21
Time: 4:00 pm – 8:00 pm
Location: Hobby Shop
Fee: \$2.26 for 2 weeks
Code: 924174

Woodworking Training: Refresher

This course is for participants who already have experience using woodworking equipment in the woodworking shop. **This training must be updated every two years.** Training is not required to participate in the wood burning or wood carving program.

Day/Dates: Monday, September 17
Time: 4:00 pm – 5:30 pm
Location: Hobby Shop
Fee: Free
Code: 924175

Day/Dates: Monday, October 15
Time: 4:00 pm – 5:30 pm
Location: Hobby Shop
Fee: Free
Code: 924176

Day/Dates: Monday, November 19
Time: 4:00 pm – 5:30 pm
Location: Hobby Shop
Fee: Free
Code: 924177

Wood Burning and Wood Carving


Discover a beautiful art form in this weekly drop-in program with an award-winning artist! No previous experience necessary and beginners are welcome. Please note, participants are required to pay the drop-in fee for each time period.

Carving Club: Experienced carvers can enroll in carving club based on instructor evaluation and recommendation.

Day/Dates: Wednesdays, Thursdays and Fridays
 *Not scheduled December 26 – 28
Time: Wednesday, Thursday and Friday:
 9:00 am – 12:00 pm
 Wednesday and Friday:
 1:00 pm – 4:00 pm
Location: Hobby Shop
Fee: \$4.30 per visit/\$2.20 per visit for Carving Club Members
Code: Drop-in

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Bid Euchre Lessons

Participants will learn the basics of this card game including how to bid and score.

Day/Dates: Wednesdays, September 12 – October 17
Time: 1:00 pm – 3:00 pm
Location: Games Room
Fee: \$13.56 for 6 weeks
Code: 923618

Contract Bridge

A friendly game designed for the experienced bridge player.

Day/Dates: Mondays and Fridays
 *Not scheduled September 3, October 8, December 24, 28 and 31
Time: Mondays: 1:00 pm – 4:00 pm
 Fridays: 12:45 pm – 3:45 pm
Location: Mondays: Gymnasium B
 Fridays: Craft Room
Fee: \$1.10 per visit
Code: Drop-in

Cribbage

15–2, 15–4, 15–6! Cribbage, or crib, is a card game traditionally played by two players, but commonly played with three, four or more. It involves playing and grouping cards in combinations, which gain points.

Day/Dates: Tuesdays
 *Not scheduled December 25
Time: 1:00 pm – 4:00 pm
Location: Auditorium A
Fee: \$1.10 per visit
Code: Drop-in

Cribbage Lessons

Participants will learn the basics of this card game including the board and the different card combinations.

Day/Dates: Wednesdays, October 24 – November 14
Time: 1:00 pm – 3:00 pm
Location: Games Room
Fee: \$9.04 for 4 weeks
Code: 923629

Euchre/Bid Euchre

Join this group for a fun and challenging round of Euchre and Bid Euchre.

Program: Bid Euchre
Day/Dates: Thursdays
 *Not scheduled December 27
Time: 6:45 pm – 10:00 pm
Location: Auditorium B
Fee: \$1.10 per visit
Code: Drop-in

Program: Euchre/Bid Euchre
Day/Dates: Wednesdays and Fridays
 *Not scheduled December 26 and 28
Time: 7:00 pm – 10:00 pm
Location: Auditorium
Fee: \$1.10 per visit
Code: Drop-in

Program: Euchre
Day/Dates: Tuesdays
 *Not scheduled December 25
Time: 1:00 pm – 4:00 pm
Location: Auditorium B
Fee: \$1.10 per visit
Code: Drop-in

Social Drop-in Cards

Come enjoy a friendly afternoon of cards.

Day/Dates: Tuesdays and Wednesdays
 *Not scheduled December 25 and 26
Time: Tuesdays: 1:30 pm – 3:30 pm
 Wednesdays: 1:00 pm – 3:00 pm
Location: Tuesdays: Games Room
 Wednesdays: Craft Room
Fee: \$1.10 per visit
Code: Drop-in

Social Duplicate Bridge

A friendly game designed for the experienced bridge player. Participants are encouraged to bring a partner.

Day/Dates: Wednesdays
 *Not scheduled November 7 and December 26
Time: 1:00 pm – 4:30 pm
Location: Auditorium
Fee: \$1.10 per visit
Code: Drop-in

Ballroom Dancing Level 1

For the beginner, participants will learn how to lead with confidence. Learn the Waltz, Rumba, and Merengue. Fee is per person and a partner is required.

Day/Dates: Saturdays, September 8 – October 20
Time: 11:00 am – 12:00 pm
Location: Auditorium
Fee: \$34.16 for 7 weeks
Code: 923644

Country Western

This class will focus on the most popular Country 'Pattern' dances and will introduce many of the basic moves necessary for Line Dancing.

Day/Dates: Thursdays, September 6 – October 18
 *Not scheduled September 27
Time: 2:00 pm – 3:30 pm
Location: Gymnasium
Fee: \$10.08 for 6 weeks
Code: 923724

Day/Dates: Thursdays, November 1 – December 20
 *Not scheduled December 6
Time: 2:00 pm – 3:30 pm
Location: Gymnasium
Fee: \$11.76 for 7 weeks
Code: 923725

Drop-in Dance Practice

Participants are encouraged to use this weekly time slot to practise the moves that they have learned throughout the week. A CD player will be provided however participants are encouraged to bring their own music.

***Program is not intended as a line dance practice time.**

Day/Dates: Wednesdays and Saturdays
 *Not scheduled December 26 and 29
Time: Wednesdays: 3:00 pm – 5:00 pm
 Saturdays: 2:00 pm – 4:00 pm
Location: Dance Studio
Fee: \$1.10 per visit
Code: Drop-in



Hula Dancing Level 1

Stay fit and have fun while learning one of the world's most beautiful dances – the Hula. The focus will be on Hawaiian dance with a bit of Tahitian to bring up the cardio level.

Day/Dates: Saturdays, September 8 – October 20
Time: 11:00 am – 12:00 pm
Location: Dance Studio
Fee: \$34.16 for 7 weeks
Code: 923660

Day/Dates: Saturdays, November 3 – December 15
Time: 11:00 am – 12:00 pm
Location: Dance Studio
Fee: \$34.16 for 7 weeks
Code: 923666

Hula Dancing Level 2

Experience a new level of Hula dancing while working out. The focus will be on Hawaiian dance with a bit of Tahitian to bring up the cardio level.

Prerequisite: Hula Dancing Level 1 or previous Hula dance experience required.

Day/Dates: Saturdays, September 8 – October 20
Time: 12:15 pm – 1:15 pm
Location: Dance Studio
Fee: \$34.16 for 7 weeks
Code: 923667

Day/Dates: Saturdays, November 3 – December 15
Time: 12:15 pm – 1:15 pm
Location: Dance Studio
Fee: \$34.16 for 7 weeks
Code: 923668



Latin Dance Level 1

Participants will learn the basics of Salsa, Bachata, Merengue, Cumbia and Samba in this introductory course. A professional instructor will teach the fundamental footwork, turns and movements. No partners required.

Day/Dates: Saturdays, September 8 – October 20
Time: 9:00 am – 10:00 am
Location: Auditorium
Fee: \$34.16 for 7 weeks
Code: 923716

Latin Dance Level 2

Participants will build on their previously developed Latin dancing skills in a more challenging environment. Partners are not required.

Prerequisite: Participants should have previous Latin dance experience.

Day/Dates: Saturdays, September 8 – October 20
Time: 10:00 am – 11:00 am
Location: Auditorium
Fee: \$34.16 for 7 weeks
Code: 923718

Line Dance Level 1

This class is for the absolute beginner. Participants will be introduced to the basics of line dancing and will learn the different steps and sequences in a fun atmosphere.

Day/Dates: Wednesdays, September 5 – October 17
Time: 1:00 pm – 2:30 pm
Location: Flower City Lawn Bowling Facility Program Room 2
Fee: \$51.24 for 7 weeks
Code: 923721

Line Dance Level 2

Dance the Cha-Cha, Samba and Rumba to different styles of music including pop, rock, new country and more!

Prerequisite: Line Dance Level 1 or previous line dance experience required.

Required Equipment: leather-soled shoes are recommended.

Day/Dates: Fridays
 *Not scheduled December 28

Time: 10:00 am – 12:00 pm

Location: Gymnasium

Fee: \$1.10 per visit

Code: Drop-in

Square Dancing

Participants will learn a variety of square dancing moves, taught at a relaxed pace. Beginner participants are recommended to join in September and January.

Day/Dates: Wednesdays, September 5 – October 17

Time: 10:00 am – 12:00 pm

Location: Flower City Lawn Bowling Facility Community Room

Fee: \$44.94 for 7 weeks

Code: 923726

Day/Dates: Wednesdays, October 31 – December 12

Time: 10:00 am – 12:00 pm

Location: Flower City Lawn Bowling Facility Community Room

Fee: \$44.94 for 7 weeks

Code: 928916



Ceilidh

Pronounced Kay-Lee, this is a traditional Gaelic social gathering. During this lively musical program, participants are encouraged to sing, play a guitar or simply relax and enjoy the music.

Day/Dates: Mondays, September 24, October 22, November 26
Time: 7:00 pm – 9:00 pm
Location: Auditorium
Fee: \$1.10 per visit
Code: Drop-in

Fine Tune Folk Club

Intermediate and advanced guitarists come together to practice and play a variety of folk and easy-listening songs.

Prerequisite: Participants should have a solid understanding of chord structures and rhythm and experience with voice work, tab and theory are helpful

Day/Dates: Wednesdays
 *Not scheduled December 26
Time: 7:00 pm – 10:00 pm
Location: Craft Room
Fee: \$1.10
Code: Drop in

Guitar Lessons Level 1

This course is for the adult beginner and leads to quickly understanding the guitar, chords, and shortcut methods to have participants playing some of their favourite songs.

PLEASE NOTE: CHRISTMAS SONGS ARE PART OF THIS PROGRAM

Required Equipment: An acoustic guitar, tuner and music stand.

Day/Dates: Mondays, September 10 – October 29
 *Not scheduled October 8
Time: 10:00 am – 11:00 am
Location: Craft Room
Fee: \$26.60 for 7 weeks
Code: 923729

Day/Dates: Mondays, November 12 – December 17
Time: 10:00 am – 11:00 am
Location: Craft Room
Fee: \$22.80 for 6 weeks
Code: 923730

Guitar Lessons Level 2

Building on the beginner level, participants will gain an understanding of barre chords, chromatic scale and numerical chord sequence or equivalent. Participants will also work on improving method, strumming techniques, chord theory, and increasing their portfolio of songs.

PLEASE NOTE: CHRISTMAS SONGS ARE PART OF THIS PROGRAM

Prerequisite: Guitar Lessons Level 1

Required Equipment: An acoustic guitar, tuner, music stand and course instruction book.

Day/Dates: Mondays, September 10 – October 29
 *Not scheduled October 8
Time: 11:30 am – 12:30 pm
Location: Craft Room
Fee: \$26.60 for 7 weeks
Code: 923731

Day/Dates: Tuesdays, September 4 – October 16
Time: 10:00 am – 11:00 am
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$26.60 for 7 weeks
Code: 923732

Day/Dates: Mondays, November 12 – December 17
Time: 11:30 am – 12:30 pm
Location: Craft Room
Fee: \$22.80 for 6 weeks
Code: 923733

Day/Dates: Tuesdays, October 30 – December 11
Time: 10:00 am – 11:00 am
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$26.60 for 7 weeks
Code: 923734

Guitar Lessons Level 3

This course is directed at those who have a good working knowledge of the 1, 4, 5 major and 6 minor chords or the common keys. The focus of the course is on jamming and increasing each participant's portfolio of songs.

PLEASE NOTE: CHRISTMAS SONGS ARE PART OF THIS PROGRAM

Prerequisite: Guitar Lessons Level 2 and an understanding of barre chords, chromatic scale, numerical chord sequence and circle of fifths, or equivalent.

Required Equipment: An acoustic guitar, tuner, music stand and course instruction book.

Day/Dates: Fridays, September 7 – October 19
Time: 10:00 am – 11:00 am
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$26.60 for 7 weeks
Code: 923736

Day/Dates: Fridays, November 2 – December 14
Time: 10:00 am – 11:00 am
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$26.60 for 7 weeks
Code: 923737

Jam Session

Get together weekly with players of all levels for a morning of music! This is a great opportunity to practise and jam with friends in a casual environment. Please note this is not an instructional program.

PLEASE NOTE: THIS IS NOT AN INSTRUCTIONAL PROGRAM

Day/Dates: Fridays
 *Not scheduled December 28
Time: 11:15 am – 1:15 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$1.10 per visit
Code: Drop-in



Musicfest Concert

All types of musical instruments are welcome at this fun musical concert! Participants can work on their skills as a soloist or a member of a group. Assistance is provided during rehearsals to get participants ready to perform in this welcoming environment.

Audience members are welcome.

Day/Dates: Mondays, September 17, October 15, November 19, December 17
Time: 7:00 pm – 9:00 pm
Location: Auditorium
Fee: \$1.10 per visit
Code: Drop-in

Musicfest Rehearsal

Participants interested in the Musicfest Concert are encouraged to join other musicians and practise for the performance; all types of instruments are welcome and a variety of genres of music are encouraged.

Day/Dates: Thursdays and Sundays
 *Not scheduled December 27 and 30
Time: Sundays: 11:00 am – 3:00 pm
 Thursdays: 7:00 pm – 10:00 pm
Location: Craft Room
Fee: \$1.10 per visit
Code: Drop-in

Ask an Expert

All About: Accessing Community Services

Join a guest speaker from the Central West Local Health Integration Network (LHIN) as they speak about the ways that participants can access care and support in their community. Topics covered include home support, supported living programs, long-term care options and much more!

Day/Dates: Thursday, September 20
Time: 1:30 pm – 3:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$1.68 for 1 day
Code: 923742

All About: Healthy Brain Strategies

Healthy brain, healthy life! Join a guest speaker from William Osler as they explore strategies to keep the brain sharp and healthy later in life. Services available at Peel Memorial Centre will also be discussed.

Day/Dates: Thursday, October 4
Time: 1:30 pm – 3:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$1.68 for 1 day
Code: 923971

All About: Fire Safety

Join a guest speaker from Brampton Fire as they speak about fire safety and the different precautions that participants should take in their homes.

Day/Dates: Thursday, November 15
Time: 1:30 pm – 3:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$1.68 for 1 day
Code: 923972

All About: Cancer Prevention and Detection

Join a guest speaker from the Canadian Cancer Society for answers to common questions and concerns about cancer. Topics discussed will include the most common cancer diagnoses, screening tests and how lifestyle can influence cancer.

Day/Dates: Thursday, November 29
Time: 1:30 pm – 3:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$1.68 for 1 day
Code: 923975

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Cooking

Cooking: Dinner for One

NEW!

This program offers participants the opportunity to prepare and enjoy a full meal including a dessert. With regular guidance from an experienced instructor, participants will learn how to chop, dice and cook delicious meals. A different meal is prepared each week.

Day/Dates: Tuesdays, October 16 – November 13
Time: 4:15 pm – 5:45 pm
Location: Café
Fee: \$42.00 for 5 weeks
Code: 925317

Financial Planning

Financial Planning: Becoming a Snowbird

NEW!

Participants will learn vital information about spending some time (usually winter) outside Canada. The focus will be on the US Sunbelt but some subjects apply to other countries as well. Topics covered include how long you can stay outside of Canada and still receive benefits, how long you can stay in the US within a year, and how this all impacts income taxes. Information about health insurance and real estate options will also be discussed.

Day/Dates: Monday, October 15
Time: 6:30 pm – 8:00 pm
Location: Library
Fee: \$6.31 for 1 week
Code: TBD

Financial Planning: Reverse Mortgages

NEW!

Participants will learn all about reverse mortgages and how this may or may not be the right choice for them. Alternative financial options will also be discussed.

Day/Dates: Saturday, October 13
Time: 11:00 am – 12:30 pm
Location: Craft Room
Fee: \$6.31 for 1 week
Code: TBD



Financial Planning: Tax Free Savings Accounts

Participants will learn how a Tax Free Savings Account can allow their investments and savings to grow.

Day/Dates: Monday, November 19
Time: 7:00 pm – 8:00 pm
Location: Library
Fee: \$4.18 for 1 week
Code: 924117

General Interest

Book Club

Each month participants will read a book of the month, and then have a conversation about common bonds and trends throughout. This exciting program is in partnership with the Brampton Library.

Required Materials: Library books will be available from the Flower City front desk.

September: *The Inner Life of Animals* by Peter Wohlleben
October: *Gone to Pot* by Jennifer Craig
November: *Forgiveness* by Mark Sukamoto

Day/Dates: September 10, October 15, November 12
Time: 1:00 pm – 3:00 pm
Location: Library
Fee: \$3.39 for 3 meetings
Code: 924268

Colour Theory for Everyone Level 1

Participants will learn how to use colour in new and exciting ways in this progressive course. Topics covered include grey scale, illumination, contrasts, colour chords and more! Participants will learn through simple exercises using paints – no previous experience is required.

Required Equipment: A supply list will be available from the instructor the first day of class.

Day/Dates: Thursdays, September 6 – October 18
Time: 3:00 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$11.76 for 7 weeks
Code: 923979

Creative Writing

Participants who would like to write creatively are encouraged to join in this weekly program. Expand your writing skills while sharing stories in a fun and relaxed atmosphere.

Day/Dates: Thursdays
 *Not scheduled December 27
Time: 9:30 am – 11:30 am
Location: Flower City Lawn Bowling Facility
 Program Room 1
Fee: \$1.10 per visit
Code: Drop-in

Movie Matinee

Join in weekly for a feature flick! Light refreshments included.

The featured movie is posted weekly on the Program Bulletin Board. Please come early, as space is limited.

Day/Dates: Fridays and Sundays
 *Not scheduled December 28 and 30
Time: Fridays: 1:15 pm
 Sundays: 1:00 pm
Location: Library
Fee: \$1.10 per visit
Code: Drop-In

Health and Beauty

Join a passionate Flower City volunteer as they explore the fascinating world of health and beauty. These entertaining courses provide an opportunity to learn something new in a fun and casual environment.

Cosmetic Play Day

Participants will discover what colours best suit their complexion and how to apply makeup for a flawless look. Participants are encouraged to bring in their own makeup and makeup brushes to learn some tricks of celebrity makeup artists.

Day/Dates: Thursday, November 22
Time: 3:00 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$1.68 for 1 week
Code: 924020

Make Your Own Cleaning Products

Participants will learn all about do it yourself (DIY) cleaning products. Products discussed will include linen sprays, all-purpose cleaners, laundry detergent and much more!

Day/Dates: Thursday, November 1
Time: 3:00 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$1.68 for 1 week
Code: 924019

Natural Health and Beauty

Participants will hear all about the different ways that they can take a more natural approach to their beauty routines. Topics covered will include bathroom sprays, shampoos and body washes as well as facials and masks.

Day/Dates: Thursday, November 8
Time: 3:00 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$1.68 for 1 week
Code: 924022

Languages

Conversational French Level 1A

This program is for beginners wanting to learn basic French. Participants will practise standard pronunciation and emphasis will be placed on building vocabulary skills.

Day/Dates: Mondays, November 5 – December 17
Time: 9:30 am – 11:30 am
Location: Building E, Boardroom 3
Fee: \$58.52 for 7 weeks
Code: 924118

Conversational French Level 3

This program is for advanced French language speakers. Participants will learn words and practise phrases taught in previous levels to advance their dialogue skills.

Prerequisite: Conversational French Level 2

Day/Dates: Wednesdays, November 7 – December 19
Time: 9:30 am – 11:30 am
Location: Building E, Boardroom 3
Fee: \$58.52 for 7 weeks
Code: 924119

Conversational Italian Level 1A

This program is for beginners wanting to learn basic Italian. Participants will practise standard pronunciation and emphasis will be place on building vocabulary skills.

Day/Dates: Mondays, November 5 – December 17
Time: 12:00 pm – 2:00 pm
Location: Building E, Boardroom 3
Fee: \$58.52 for 7 weeks
Code: 924120

Conversational Italian Level 3

This program is for advanced Italian language speakers. Participants will learn words and practise phrases taught in previous level to advance their dialogue skills.

Prerequisite: Conversational Italian Level 2

Day/Dates: Wednesdays, November 7 – December 19
Time: 12:00 pm – 2:00 pm
Location: Building E, Boardroom 3
Fee: \$58.52 for 7 weeks
Code: 924121



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Conversational Spanish Level 1A

This program is for beginners wanting to learn basic Spanish. Participants will practise standard pronunciation and emphasis will be placed on building vocabulary skills.

Day/Dates: Mondays, November 5 – December 17
Time: 2:00 pm – 4:00 pm
Location: Building E, Boardroom 3
Fee: \$58.52 for 7 weeks
Code: 924122

Conversational Spanish Level 2

This program is an intermediate Spanish language program. Participants will build on conversational language skills developed in Level 1 (formerly Spanish Beginners) and expand their general vocabulary.

Prerequisite: Conversational Spanish Level 1A and 1B

Day/Dates: Tuesdays, November 6 – December 18
Time: 9:30 am – 11:30 am
Location: Building E, Boardroom 3
Fee: \$58.52 for 7 weeks
Code: 924123

Technology: *Computers*

Drop-in Help Desk: Laptop Computers and Handheld Devices

Participants can bring their electronic device to this drop-in and get hands-on help with a knowledgeable computer instructor. Please come early as space is limited.

Day/Dates: Wednesdays, September 5 – October 10
Time: 4:00 pm – 6:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$10.44 per visit
Code: Drop-in

Genealogy Online

Participants will learn how to use Family Tree Maker to record their family history, as well as learn about useful sites and programs to add ancestors to their family trees.

Day/Dates: Mondays
 *Not scheduled September 3, October 8, December 24 and 31
Time: 9:00 am – 11:00 am
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$1.10 per visit
Code: Drop-in

Technology: *iPads, Smart Phones and Tablets*

Android Smartphones

This introductory class introduces participants to the various features and capabilities of their smartphones including how to make calls, how to text, take pictures and much more!

Required Equipment: participants must bring their own Android smartphone.

Day/Dates: Tuesdays, October 16 – November 20
Time: 2:00 pm – 4:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$62.64 for 6 weeks
Code: 924138



iPhone Level 1

NEW!

This introductory class introduces participants to the various features and capabilities of their iPhones including how to make calls, how to text, take pictures and much more!

Required Equipment: participants must bring their own iPhone.

Day/Dates: Wednesdays, October 24 – November 28
Time: 4:00 pm – 6:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 1
Fee: \$TBD for 6 weeks
Code: TBD

iPad Level 1

Participants will learn why iPads are different from other computers, how to connect to the internet, and some basics on how to get apps, music and books.

Required Equipment: Participants must bring their own iPads.

Day/Dates: Wednesdays, September 5 – October 10
Time: 6:00 pm – 8:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 1
Fee: \$62.64 for 6 weeks
Code: 924139

Day/Dates: Tuesdays, October 16 – November 20
Time: 4:00 pm – 6:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 1
Fee: \$62.64 for 6 weeks
Code: 924140

iPad Level 2

This intermediate course helps participants to get even more out of iPads. This course will provide a more in-depth look at this useful device.

Prerequisite: iPad Level 1

Day/Dates: Wednesdays, October 24 – November 28
Time: 6:00 pm – 8:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 1
Fee: \$62.64 for 6 weeks
Code: 924141

Technology: Workshops

These workshops will provide participants with information, comparisons, and advantages needed for today's modern technology. Whether it is deciding if a mobile phone suits their lifestyle, or information regarding recent updates, this course focuses on aiding participants with today's modern technology.

All About Apps

NEW!

Participants will learn all about the popular applications or "apps" that are available on their smart devices. This introductory course will cover programs like Fongo, Spotify, Facebook, Messenger and YouTube.

Required Equipment: Participants must bring their own device (iPad, iPhone, Tablet or Smartphone) and have the ability to download apps through an apple account or Gmail account.

Day/Dates: Tuesdays, October 30
Time: 6:00 pm – 8:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 1
Fee: \$10.44 for 1 week
Code: 928217

Bon Voyage

NEW!

Participants will learn how to research, plan and book their next getaway online. This course will navigate participants through sites like Red Tag, Expedia, Trip Advisor and more!

Prerequisite: completion of a beginner's/level 1 computer program

Required Equipment: participants must bring their own laptop computer

Day/Dates: Monday, October 22
Time: 4:00 pm – 6:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 1
Fee: \$10.44 for 1 week
Code: 928218

PC Maintenance

In this workshop, participants will learn about spyware, adware and viruses. Topics covered will include how to protect their computer and how to recognize a computer virus.

Required Equipment: participants must bring their own laptop computer.

Day/Dates: Thursdays, October 11
Time: 6:00 pm – 8:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$10.44 for 1 week
Code: 924144

Purchasing an iPad

Participants contemplating purchasing an iPad are encouraged to come and discover all about this device. Participants are able to try the iPad in class with no commitments to buy.

Day/Dates: Tuesday, October 16
Time: 6:00 pm – 8:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$10.44 for 1 week
Code: 924145

Purchasing a Smartphone

This workshop will provide an overview of what common types of smartphones are available on the market. Assistance from a knowledgeable instructor will be provided to help participants discover which device might be right for them.

Day/Dates: Thursday, November 22
Time: 6:00 pm – 8:00 pm
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$10.44 for 1 week
Code: 924146

Wellness Workshops:

Memory Workshop

The techniques presented in this workshop will help participants to remember vital information. The innovative techniques discussed can easily provide substantial improvements to memory.

Day/Dates: Wednesday, September 12
Time: 9:30 am – 11:30 am
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$1.13 for 1 day
Code: 924147

Day/Dates: Wednesday, November 7
Time: 9:30 am – 11:30 am
Location: Flower City Lawn Bowling Facility Program Room 1
Fee: \$1.13 for 1 day
Code: 924148



TOPS

Take off pounds sensibly (TOPS)! Change old habits – change your life. Learn about weight loss successes and join a caring support group. TOPS is a non-profit organization.

Day/Dates: Wednesdays
 *Not scheduled December 26
Time: 3:00 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility Community Room and Program Room 2
Fee: \$44 registration fee payable to TOPS, plus \$1.10 per visit
Code: Drop-in

Our Fitness programs offer something for all fitness levels. Our wide variety of classes provide opportunities for you to walk, dance, lift, push, and stretch your way to a leaner, stronger, and more toned you!

All of our fitness instructors are fully certified by accredited associations and have many years of instructing experience. Our wide selection of fitness programs is sure to help you meet your personal fitness goals.

Please ensure you are dressed for physical activity, wearing comfortable indoor athletic shoes, and please bring a water bottle to stay hydrated.

Rating System

All fitness classes have indicators informing you of the difficulty of that particular program.



Low Intensity
(Beginner Fitness Level)



Medium Intensity
(Intermediate Fitness Level)



High Intensity
(Advanced Fitness Level)



This class focuses on your cardiovascular health



This class requires floor work

Balance and Flexibility

In this class, participants will warm up, stretch out muscles, and work on balance to improve fitness and overall wellbeing. An asset to any fitness program, balance training helps strengthen the brain/body connection, which can help reduce the risk of falls. All fitness levels are welcome.

Day/Dates: Fridays, September 14 – October 26
*Not scheduled September 28

Time: 10:45 am – 11:45 am

Location: Flower City Lawn Bowling Facility
Program Room 2

Fee: \$22.80 for 6 weeks

Code: 922061

Day/Dates: Fridays, November 9 – December 21

Time: 10:45 am – 11:45 am

Location: Flower City Lawn Bowling Facility
Program Room 2

Fee: \$26.60 for 7 weeks

Code: 922062

Better Bottoms

In this workout, participants will target belly, back, butt, and thigh areas. A series of exercises will strengthen the core, lengthen the spine, tone and firm the lower body, and increase overall muscle strength needed for functional mobility.

Day/Dates: Thursdays, September 20 – October 25

Time: 10:45 am – 11:45 am

Location: Flower City Lawn Bowling Facility
Program Room 2

Fee: \$22.80 for 6 weeks

Code: 921918

Day/Dates: Thursdays, November 8 – December 20

Time: 10:45 am – 11:45 am

Location: Flower City Lawn Bowling Facility
Community Room

Fee: \$26.60 for 7 weeks

Code: 921919

Cardio Fit

Participants will increase cardiovascular fitness in this low impact aerobics class. Minimum 30 minutes of aerobics will be followed by light resistance and flexibility components.

Day/Dates: Fridays, September 7 – October 19

Time: 11:00 am – 12:00 pm

Location: Dance Studio

Fee: \$26.60 for 7 weeks

Code: 921920

Day/Dates: Fridays, November 2 – December 14

Time: 11:00 am – 12:00 pm

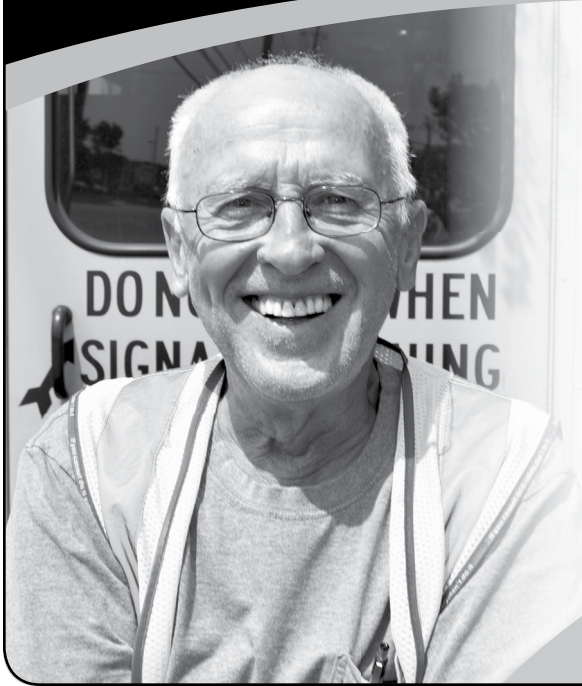
Location: Dance Studio

Fee: \$26.60 for 7 weeks

Code: 921921



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First Student

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Chair-ercise

This is a fun cardiovascular workout and muscle conditioning class using a chair for additional support. This low-key workout is ideal for the beginner.

Day/Dates: Thursdays, September 6 – October 18
Time: 11:30 am – 12:30 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921923

Day/Dates: Thursdays, November 1 – December 13
Time: 11:30 am – 12:30 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921924

Dancersize

This class combines fitness and dance and is designed to be fun! A class for all levels, participants will improve strength, flexibility and balance using easy to follow movements set to great music.

Day/Dates: Fridays, September 7 – October 19
Time: 12:00 pm – 1:00 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921926

Day/Dates: Fridays, November 2 – December 14
Time: 12:00 pm – 1:00 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921927



Dancefit Fusion  

This Dancersize-inspired program combines dance moves with a few easy choreographed routines. The class concludes with strengthening and conditioning using upper body weights and a cool down.

Day/Dates: Wednesdays, September 5 – October 17
Time: 11:30 am – 12:30 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921928

Day/Dates: Thursdays, September 6 – October 18
Time: 10:15 am – 11:15 am
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 921930

Day/Dates: Wednesdays, October 31 – December 12
Time: 11:30 am – 12:30 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921929

Day/Dates: Thursdays, November 1 – December 13
Time: 10:15 am – 11:15 am
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 921931

DRUM! Fitness  

DRUM! Fitness is a cardio drumming program that combines the mental health benefits of drumming with the overall health benefits of physical fitness. In this 1-hour class, drummers will begin with a fun warm up game to get their muscles ready for the work ahead. Once they are warm and ready to go the instructor will take them through a few choreographed songs, giving them time to learn the movements along the way.

Day/Dates: Tuesdays, September 4 – October 16
Time: 9:45 am – 10:45 am
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921935

Day/Dates: Thursdays, September 6 – October 18
Time: 11:30 am – 12:30 pm
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 921934

Day/Dates: Tuesdays, October 30 – December 11
Time: 9:45 am – 10:45 am
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 921937

Day/Dates: Thursdays, November 1 – December 13
Time: 11:30 am – 12:30 pm
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 921936

Easy Fit  

A gentle fitness class that is geared towards anyone who is looking for a low-impact exercise session that focuses on cardiovascular and resistance training. This program is excellent for those who have bone disease, arthritis or fibromyalgia.

Day/Dates: Tuesdays, September 11 – October 23
 *Not scheduled October 2
Time: 11:00 am – 12:00 pm
Location: Auditorium
Fee: \$22.80 for 6 weeks
Code: 921938

Day/Dates: Fridays, September 14 – October 26
 *Not scheduled September 28
Time: 9:30 am – 10:30 am
Location: Auditorium A
Fee: \$22.80 for 6 weeks
Code: 921939

Day/Dates: Tuesdays, October 30 – December 18
 *Not scheduled November 6 and December 4
Time: 11:00 am – 12:00 pm
Location: Auditorium
Fee: \$22.80 for 6 weeks
Code: 921940

Day/Dates: Fridays, November 2 – December 14
Time: 9:30 am – 10:30 am
Location: Auditorium A
Fee: \$26.60 for 7 weeks
Code: 921944

Easy Fit Plus

This cardio-based class bridges the gap between the original Easy Fit and Cardio Fit programs. One foot always remains on the floor during the cardio component and the class concludes with strengthening, balance and stretching.

Day/Dates: Mondays, September 10 – October 22
 *Not scheduled October 8
Time: 10:15 am – 11:15 am
Location: Gymnasium A
Fee: \$22.80 for 6 weeks
Code: 921947

Day/Dates: Thursdays, September 20 – October 25
Time: 9:30 am – 10:30 am
Location: Flower City Lawn Bowling Facility Program Room 2
Fee: \$22.80 for 6 weeks
Code: 921945

Day/Dates: Mondays, November 5 – December 17
Time: 10:15 am – 11:15 am
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 921948

Day/Dates: Thursdays, November 8 – December 20
Time: 9:30 am – 10:30 am
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$26.60 for 7 weeks
Code: 921946

Kettlebell Kraze

This class progresses through a series of exercises that isolate one muscle group at a time to firm your arms, shoulders, thighs and glutes as you push, pull, lift and swing the kettlebell.

It will also develop core strength and stability as we balance, hold and connect breath with movement.

Day/Dates: Tuesdays, September 4 – October 16
Time: 9:45 am – 10:45 am
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 921949

Day/Dates: Fridays, September 7 – October 19
Time: 9:45 am – 10:45 am
Location: Auditorium B
Fee: \$26.60 for 7 weeks
Code: 921952

Day/Dates: Tuesdays, October 30 – December 11
Time: 9:45 am – 10:45 am
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$26.60 for 7 weeks
Code: 921950

Day/Dates: Fridays, November 2 – December 14
Time: 9:45 am – 10:45 am
Location: Auditorium B
Fee: \$26.60 for 7 weeks
Code: 921953





Men's Fitness

Come and try this no-fuss fitness class geared towards men who want exercise without all the dancing, singing and clapping. This class will guide participants through a fitness routine that includes muscle conditioning and strength training while promoting an active and healthy lifestyle.

PLEASE NOTE: THIS PROGRAM IS FOR MEN ONLY

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8
Time: 9:00 am – 10:00 am
Location: Gymnasium A
Fee: \$22.80 for 6 weeks
Code: 921957

Day/Dates: Thursdays, September 6 – October 18
Time: 9:00 am – 10:00 am
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 921955

Day/Dates: Mondays, November 5 – December 17
Time: 9:00 am – 10:00 am
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 921958

Day/Dates: Thursdays, November 1 – December 13
Time: 9:00 am – 10:00 am
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 921956

Nia

Nia is a fun and easy workout based on the joy of movement. The instructor will guide participants through a workout that's great for cardio conditioning, toning, flexibility, strength and relaxation. Great for all fitness levels!

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8
Time: 9:45 am – 10:45 am
Location: Flower City Lawn Bowling Facility
Program Room 2
Fee: \$33.60 for 6 weeks
Code: 921961

Day/Dates: Wednesdays, September 5 – October 17
Time: 10:15 am – 11:15 am
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 921959

Day/Dates: Mondays, November 5 – December 17
Time: 9:45 am – 10:45 am
Location: Flower City Lawn Bowling Facility
Program Room 2
Fee: \$39.20 for 7 weeks
Code: 921962

Day/Dates: Wednesdays, October 31 – December 12
Time: 10:15 am – 11:15 am
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 921960

Nordic Walking

Walking using poles is a low-stress, total body workout that's fantastic for weight-loss, lowering blood pressure, reducing cholesterol, relieving back, shoulder and neck pain, recovery from knee and hip replacement surgeries, and great for the body and mind. Poles provided.

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8
Time: 5:00 pm – 6:00 pm
Location: Gymnasium
Fee: \$22.80 for 6 weeks
Code: 921965

Day/Dates: Thursdays, September 6 – October 18
Time: 11:30 am – 12:30 pm
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921963

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Day/Dates: Thursdays, September 6 – October 18
Time: 12:45 pm – 1:45 pm
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921966

Day/Dates: Thursdays, November 1 – December 13
Time: 11:30 am – 12:30 pm
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921967

Day/Dates: Fridays, September 7 – October 19
Time: 8:30 am – 9:30 am
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921964

Day/Dates: Thursdays, November 1 – December 13
Time: 12:45 pm – 1:45 pm
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921970

Day/Dates: Tuesdays, October 30 – December 11
Time: 8:30 am – 9:30 am
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921972

Day/Dates: Fridays, November 2 – December 14
Time: 8:30 am – 9:30 am
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921968

Day/Dates: Mondays, November 5 – December 17
Time: 5:00 pm – 6:00 pm
Location: Gymnasium
Fee: \$26.60 for 7 weeks
Code: 921969

Nordic Walking: Outdoors

Day/Dates: Tuesdays, September 4 – October 16
Time: 8:30 am – 9:30 am
Location: Gymnasium Lobby
Fee: \$26.60 for 7 weeks
Code: 921971

Osteofit

A gentle fitness class that is geared towards anyone who is looking for a low impact exercise session that focuses on cardiovascular and resistance training. This program is excellent for those who have bone disease, arthritis or fibromyalgia.

Day/Dates: Tuesdays, September 25 – October 30
Time: 12:15 pm – 1:15 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$22.80 for 6 weeks
Code: 922017

Day/Dates: Tuesdays, September 25 – October 30
Time: 1:30 pm – 2:30 pm
Location: Dance Studio
Fee: \$22.80 for 6 weeks
Code: 922018

Day/Dates: Tuesdays, September 25 – October 30
Time: 2:45 pm – 3:45 pm
Location: Dance Studio
Fee: \$22.80 for 6 weeks
Code: 922019

Day/Dates: Wednesdays, September 19 – October 24
Time: 10:30 am – 11:30 am
Location: Auditorium
Fee: \$22.80 for 6 weeks
Code: 922020

Day/Dates: Wednesdays, September 19 – October 24
Time: 11:30 am – 12:30 pm
Location: Auditorium
Fee: \$22.80 for 6 weeks
Code: 922021

Day/Dates: Wednesdays, September 19 – October 24
Time: 1:30 pm – 2:30 pm
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$22.80 for 6 weeks
Code: 922028

Day/Dates: Thursdays, September 20 – October 25
Time: 12:45 pm – 1:45 pm
Location: Dance Studio
Fee: \$22.80 for 6 weeks
Code: 922022

Day/Dates: Tuesdays, November 6 – December 18
Time: 12:15 pm – 1:15 pm
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922023

Day/Dates: Tuesdays, November 6 – December 18
Time: 1:30 pm – 2:30 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922024

Day/Dates: Tuesdays, November 6 – December 18
Time: 2:45 pm – 3:45 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922025

Day/Dates: Wednesdays, November 7 – December 19
Time: 10:30 am – 11:30 am
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 922026

Day/Dates: Wednesdays, November 7 – December 19
Time: 11:30 am – 12:30 pm
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 922027

Day/Dates: Wednesdays, November 7 – December 19
Time: 1:30 pm – 2:30 pm
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922030

Day/Dates: Thursdays, November 8 – December 20
Time: 12:45 pm – 1:45 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922029

Osteofit and Beyond

This course is designed for those that have previously participated in Osteofit and are ready for more of a challenge. The focus will remain on strengthening muscles to prevent injury, but will now incorporate more standing exercises to improve balance.

Day/Dates: Tuesdays, September 25 – October 30
Time: 11:00 am – 12:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$22.80 for 6 weeks
Code: 922031

Day/Dates: Wednesdays, September 19 – October 24
Time: 9:00 am – 10:00 am
Location: Dance Studio
Fee: \$22.80 for 6 weeks
Code: 922032

Day/Dates: Tuesdays, November 6 – December 18
Time: 11:00 am – 12:00 pm
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$26.60 for 7 weeks
Code: 922034

Day/Dates: Wednesdays, November 7 – December 19
Time: 9:00 am – 10:00 am
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922033



Pilates

Designed to lengthen and tone the muscles, Pilates' holistic approach to body-conditioning also improves your posture, corrects muscular imbalances and much more. This program is the mat-style of Pilates.

Day/Dates: Tuesdays, September 4 – October 16
Time: 12:15 pm – 1:15 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922035

Day/Dates: Thursdays, September 6 – October 18
Time: 2:00 pm – 3:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922036

Day/Dates: Tuesdays, October 30 – December 11
Time: 12:15 pm – 1:15 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922037

Day/Dates: Thursdays, November 1 – December 13
Time: 2:00 pm – 3:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922038



Stretch and Strengthen Level 1

Participants will learn how to strengthen muscles safely and effectively with a variety of strength training equipment. This program will improve your flexibility and strength. This program will consist of chair and standing exercises, no work on the floor.

Day/Dates: Tuesdays, September 4 – October 16
Time: 11:00 am – 12:00 pm
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 922047

Sculpt

Build muscle and boost your metabolism with this weight training class. Participants will learn muscle-building principles that will help tone the body, increase strength and muscular endurance. Please note: there will be some 'floor work' in this class.

Day/Dates: Mondays, September 10 – October 22
 *Not scheduled October 8
Time: 11:30 am – 12:30 pm
Location: Gymnasium A
Fee: \$22.80 for 6 weeks
Code: 922039

Day/Dates: Mondays, November 5 – December 17
Time: 11:30 am – 12:30 pm
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 922040

Step and Sculpt

This is a fun and friendly exercise class for those looking for more of a challenge. By using a combination of the step, weights and other fitness equipment, this class will provide a total body workout. Participants will use the step and lift weights.

Day/Dates: Fridays, September 7 – October 19
Time: 12:30 pm – 1:30 pm
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 922041

Day/Dates: Fridays, November 2 – December 14
Time: 12:30 pm – 1:30 pm
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 922042

Day/Dates: Thursdays, September 6 – October 18
Time: 10:15 am – 11:15 am
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 922043

Day/Dates: Fridays, September 7 – October 19
Time: 11:00 am – 12:00 pm
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 922044

Day/Dates: Tuesdays, October 30 – December 11
Time: 11:00 am – 12:00 pm
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922048

Day/Dates: Thursdays, November 1 – December 13
Time: 10:15 am – 11:15 am
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 922045

Day/Dates: Fridays, November 2 – December 14
Time: 11:00 am – 12:00 pm
Location: Auditorium
Fee: \$26.60 for 7 weeks
Code: 922046



Strong and Fit

This program will focus on lowering resting heart rate and toning muscles. This program will provide a total body workout including cardio exercises and a strength training component.

Day/Dates: Tuesdays, September 4 – October 16
Time: 8:30 am – 9:30 am
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922053

Day/Dates: Tuesdays, October 30 – December 11
Time: 8:30 am – 9:30 am
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922054

Stretch and Strengthen Level 2

Improve strength and body awareness in this resistance training workout. Participants will build muscle, increase bone density and metabolism by lifting, pushing and pulling. This program will include floor work.

Day/Dates: Mondays, September 10 – October 29
 *Not scheduled October 8 & 22
Time: 9:30 am – 10:30 am
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$22.80 for 6 weeks
Code: 922051

Day/Dates: Thursdays, September 6 – October 18
Time: 9:00 am – 10:00 am
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 922049

Day/Dates: Mondays, November 5 – December 17
Time: 9:30 am – 10:30 am
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922052

Day/Dates: Thursdays, November 1 – December 13
Time: 9:00 am – 10:00 am
Location: Gymnasium A
Fee: \$26.60 for 7 weeks
Code: 922050



BRAMPTON CARP CHAPTER #52 Serving Brampton, Caledon and Orangeville

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- Long Term Care for Seniors
- Creating Age Friendly Communities
- National Pharmacare Program
- Pension Protection

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- Free Admission
- Refreshments
- Door Prizes

For more info please contact Peter Howarth (President)

Email - brampton@carp.ca

Please quote: *Flower City Senior Ctr.*

Tae Kwon Do (Self-Defense)

Participants will learn fundamental stances, punching, kicking and releases. There will be a focus on improving balance and co-ordination. A reasonable level of fitness is required.

Day/Dates: Tuesdays, September 4 – October 16
Time: 9:45 am – 10:45 am
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$11.76 for 7 weeks
Code: 927866

Day/Dates: Tuesdays, October 30 – December 11
Time: 9:45 am – 10:45 am
Location: Flower City Lawn Bowling Facility
 Program Room 2
Fee: \$11.76 for 7 weeks
Code: 927870

Tai Chi

An ancient form of Chinese exercise promoting flexibility, co-ordination and relaxation, Tai Chi is performed through slow stretching and turning movements, designed to strengthen and balance body and mind.

Level 1

This program is for beginners and those new to Tai Chi.

Day/Dates: Fridays, September 7 – November 23
Time: 9:15 am – 10:30 am
Location: Dance Studio
Fee: \$16.56 for 12 weeks
Code: 922067

Level 2

Participants must have completed at least one session of Tai Chi

Day/Dates: Tuesdays, September 11 – December 18
 *Not scheduled October 2, November 6, December 4
Time: 9:15 am – 10:45 am
Location: Auditorium
Fee: \$20.16 for 12 weeks
Code: 922063

Level 3

Participants must have completed the entire set of Tai Chi

Day/Dates: Tuesdays, September 11 – December 18
 *Not scheduled October 2, November 6, December 4
Time: 9:15 am – 10:45 am
Location: Auditorium
Fee: \$20.16 for 12 weeks
Code: 922065



Walking Program

Lace up your walking shoes, rain or shine. Join us for a walk indoors.

PLEASE NOTE: AT TIMES, FITNESS PROGRAMS WILL BE USING THE GYM AND WALKING PARTICIPANTS ARE ASKED TO USE THE OUTSIDE PERIMETER OF THE GYMNASIUM

Day/Dates: Mondays – Fridays
 *Not scheduled September 3, October 8, December 24 – January 1
Time: Mondays, Wednesdays and Thursdays:
 8:00 am – 9:00 am
 Tuesdays and Fridays:
 7:30 am – 8:30 am
Location: Gymnasium
Fee: FREE
Code: Drop-in

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Yoga

Introductory Yoga will begin your journey into the Yoga experience. Relax your mind and learn to handle everyday stress in a peaceful environment

Level 1

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8

Time: 12:30 pm – 1:30 pm

Location: Flower City Lawn Bowling Facility
Program Room 2

Fee: \$33.60 for 6 weeks

Code: 922073

Day/Dates: Thursdays, September 6 – October 18

Time: 8:30 am – 9:30 am

Location: Dance Studio

Fee: \$39.20 for 7 weeks

Code: 922070

Day/Dates: Saturdays, September 8 – October 20

Time: 9:45 am – 10:45 am

Location: Dance Studio

Fee: \$39.20 for 7 weeks

Code: 922068

Day/Dates: Mondays, November 5 – December 17

Time: 12:30 pm – 1:30 pm

Location: Flower City Lawn Bowling Facility
Program Room 2

Fee: \$39.20 for 7 weeks

Code: 922074

Day/Dates: Thursdays, November 1 – December 13

Time: 8:30 am – 9:30 am

Location: Dance Studio

Fee: \$39.20 for 7 weeks

Code: 922071

Day/Dates: Saturdays, November 3 – December 15

Time: 9:45 am – 10:45 am

Location: Dance Studio

Fee: \$39.20 for 7 weeks

Code: 922069

Level 2

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8

Time: 8:45 am – 10:15 am

Location: Dance Studio

Fee: \$50.40 for 6 weeks

Code: 922081

Day/Dates: Wednesdays, September 5 – October 17

Time: 8:30 am – 10:00 am

Location: Auditorium

Fee: \$58.80 for 7 weeks

Code: 922077

Day/Dates: Thursdays, September 6 – October 18

Time: 9:45 am – 11:15 am

Location: Dance Studio

Fee: \$58.80 for 7 weeks

Code: 922079

Day/Dates: Mondays, November 5 – December 17

Time: 8:45 am – 10:15 am

Location: Dance Studio

Fee: \$58.80 for 7 weeks

Code: 922082

Day/Dates: Wednesdays, October 31 – December 12

Time: 8:30 am – 10:00 am

Location: Auditorium

Fee: \$58.80 for 7 weeks

Code: 922078

Day/Dates: Thursdays, November 1 – December 13

Time: 9:45 am – 11:15 am

Location: Dance Studio

Fee: \$58.80 for 7 weeks

Code: 922080



Yoga: Chair

Using a chair for seated and standing poses, chair yoga provides an opportunity to stretch, tone and relax in a comfortable way. Great for yoga beginners and also makes yoga practice more accessible to the experienced body, rounder body or recovering body. Expect to ease tensions, loosen up the body and improve range of motion.

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8
Time: 10:30 am – 11:30 am
Location: Dance Studio
Fee: \$33.60 for 6 weeks
Code: 922084

Day/Dates: Tuesdays, September 4 – October 16
Time: 11:00 am – 12:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922083

Day/Dates: Mondays, November 5 – December 17
Time: 10:30 am – 11:30 am
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922086

Day/Dates: Tuesdays, October 30 – December 11
Time: 11:00 am – 12:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922085



Yoga: Fusion

Stretch and strengthen the body with Yoga and Pilates Fusion. Designed to unite both Yoga and Pilates, participants will relax and enjoy the benefits of these ancient and modern systems of movement.

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8
Time: 11:45 am – 12:45 pm
Location: Dance Studio
Fee: \$33.60 for 6 weeks
Code: 922088

Day/Dates: Mondays, September 10 – October 22
*Not scheduled October 8
Time: 7:00 pm – 8:00 pm
Location: Dance Studio
Fee: \$33.60 for 6 weeks
Code: 922089

Day/Dates: Wednesdays, September 5 – October 17
Time: 12:45 pm – 1:45 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922095

Day/Dates: Wednesdays, September 5 – October 17
Time: 7:00 pm – 8:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922092

Day/Dates: Fridays, September 7 – October 19
Time: 1:15 pm – 2:15 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922090

Day/Dates: Mondays, October 29 – December 10
Time: 11:45 am – 12:45 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922096

Day/Dates: Mondays, October 29 – December 10
Time: 7:00 pm – 8:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922091



Day/Dates: Wednesdays, October 31 – December 12
Time: 12:45 pm – 1:45 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922094

Day/Dates: Wednesdays, October 31 – December 12
Time: 7:00 pm – 8:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922097

Day/Dates: Fridays, November 2 – December 14
Time: 1:15 pm – 2:15 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922093

Yoga: Gentle

This introductory yoga program will improve flexibility and mobility with an emphasis on breathing and body alignment. This program is ideal for beginners, seniors and the physically challenged. It focuses on gently stretching and toning muscles to improve health and mobility. Relax the mind and learn to handle everyday stress in a peaceful environment.

Day/Dates: Mondays, September 10 – October 22
 *Not scheduled October 8
Time: 1:00 pm – 2:00 pm
Location: Dance Studio
Fee: \$33.60 for 6 weeks
Code: 922099

Day/Dates: Mondays, October 29 – December 10
Time: 1:00 pm – 2:00 pm
Location: Dance Studio
Fee: \$39.20 for 7 weeks
Code: 922100

Zumba®

We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.

Day/Dates: Tuesdays, September 4 – October 16
Time: 5:15 pm – 6:15 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922101

Day/Dates: Wednesdays, September 5 – October 17
Time: 12:00 pm – 1:00 pm
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922102

Day/Dates: Fridays, September 7 – October 19
Time: 9:45 am – 10:45 am
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922103

Day/Dates: Tuesdays, October 30 – December 11
Time: 5:15 pm – 6:15 pm
Location: Dance Studio
Fee: \$26.60 for 7 weeks
Code: 922104

Day/Dates: Wednesdays, October 31 – December 12
Time: 12:00 pm – 1:00 pm
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922106

Day/Dates: Fridays, November 2 – December 14
Time: 9:45 am – 10:45 am
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: \$26.60 for 7 weeks
Code: 922105

Badminton

Enjoy friendly and active competition in the gymnasium! Racquets and shuttlecocks provided, but participants are welcome to bring their own.

All Levels

Day/Dates:	Tuesday – Friday and Sundays *Not scheduled September 3 and 27, October 8 and 25, November 4 and 18, December 6, 12, 24 – January 1
Time:	Tuesdays (September 4 – October 23): 8:30 am – 12:00 pm Tuesdays (October 30 – December 18): 9:30 am – 12:00 pm Wednesdays: 7:00 pm – 10:00 pm Thursdays: 4:00 pm – 6:30 pm Fridays: 6:00 pm – 10:00 pm Sundays: 8:30 am – 12:30 pm
Location:	Wednesdays, Thursdays, Fridays and Sundays: Gymnasium Tuesdays: Gymnasium B
Fee:	\$1.10 per visit
Code:	Drop-in

Billiards: Recreational

Stop by for a game of snooker! Three billiard tables available.

Day/Dates:	Monday – Sunday *Not scheduled September 3, October 8, December 24 – January 2
Time:	Monday – Friday: 9:00 am – 9:00 pm Saturday: 9:00 am – 5:00 pm Sunday: 9:00 am – 4:00 pm
Location:	Billiards Room
Fee:	\$1.10 per visit
Code:	Drop-in

Carpet Bowling

Join us for this exciting game! Everyone is welcome.

Day/Dates:	Tuesdays and Wednesdays *Not scheduled November 21, December 12, 25 and 26
Time:	Tuesdays: 7:00 pm – 9:00 pm Wednesdays: 10:00 am – 12:00 pm
Location:	Tuesdays: Gymnasium A Wednesdays: Gymnasium
Fee:	\$1.10 per visit
Code:	Drop-in

Carpet Bowling Lessons

Participants can join us before the regular drop-in program to receive instruction from one of our knowledgeable players. Players must also pay for the drop-in program if they will be playing after the instruction.

Day/Dates:	Wednesdays, September 5 – September 26
Time:	9:30 am – 10:00 am
Location:	Gymnasium A
Fee:	\$1.10 per visit
Code:	Drop-in

Chess Club

Participants can join in weekly for a friendly game of chess, a two-player strategy game played on a checkered board.

Day/Dates:	Tuesdays *Not scheduled December 25
Time:	10:00 am – 4:00 pm
Location:	Library
Fee:	\$1.10 per visit
Code:	Drop-in

Dominoes

Participants can join in weekly to play this fun game with tiles.

Day/Dates:	Mondays *Not scheduled September 3, October 8, November 12, December 24 and 31
Time:	1:00 pm – 6:00 pm
Location:	Craft Room
Fee:	\$1.10 per visit
Code:	Drop-in

Mah Jong

Ever wondered what Mah Jong is all about? A game of Chinese origin played with tiles resembling dominoes and bearing various designs. Find out how tiles are drawn and discarded until one player wins.

Day/Dates:	Wednesdays *Not scheduled December 26
Time:	9:00 am – 12:00 pm
Location:	Games Room
Fee:	\$1.10 per visit
Code:	Drop-in

Pickleball

Pickleball is a combination of tennis and badminton played on a badminton court with a three-foot-high net, lightweight paddles and a plastic perforated ball. The game, similar to oversized ping-pong, is mainly placement and strategy, not brute power or strength.

Required Equipment: Court shoes are required.

Recreational

Day/Dates: Sundays, Mondays, Tuesdays, Wednesdays, Thursdays and Saturdays
 *Not scheduled September 3 and 27, October 8 and 25, November 3, 4, and 18 December 6, 24 – January 1

Time: Mondays: 9:00 am – 12:00 pm
 Tuesdays and Thursdays:
 7:00 pm – 10:30 pm
 Wednesdays: 4:30 pm – 6:45 pm
 Saturdays and Sundays:
 1:00 pm – 4:30 pm

Location: Mondays, Tuesdays and Thursdays:
 Gymnasium B
 Wednesdays, Saturdays and Sundays:
 Gymnasium

Fee: \$1.10 per visit

Code: Drop-in

Advanced

Participants must display consistent, advanced Pickleball skills (serves, returns, drop shots, dinks, volleys) and be familiar with court positioning and strategy. An invitation to play at this level will be sent to players who have been approved by the Advanced Pickleball Committee Members.

Day/Dates: Mondays
 *Not scheduled September 3, October 8, December 24 and 31

Time: 7:00 pm – 10:30 pm

Location: Gymnasium B

Fee: \$1.10 per visit

Code: Drop-in

Scrabble

Scrabble is a word game in which two to four players score points by placing letter tiles onto a game board. Participants can join in weekly for a fun and challenging game. Everyone is welcome!

Day/Dates: Tuesdays
 *Not scheduled December 25

Time: 7:00 pm – 10:00 pm

Location: Library

Fee: \$1.10 per visit

Code: Drop-in

Shuffleboard

Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. Participants join in weekly for a fun and challenging game. Everyone is welcome!

Required Equipment: Closed-toe shoes are required.

Day/Dates: Wednesdays
 *Not scheduled November 21, December 12 and 26

Time: 1:00 pm – 4:00 pm

Location: Gymnasium

Fee: \$1.10 per visit

Code: Drop-in

Table Tennis

A great way to stay in shape! All are welcome to join us for a friendly game. Games are played at the recreational level. General equipment is supplied. However, if you like to use a specific size ball you are welcome to bring it along with you.

Day/Dates: Sundays, Tuesdays and Thursdays
 *Not scheduled September 25, December 25, 27 and 30

Time: Sundays: 10:00 am – 3:00 pm
 Tuesdays: 7:00 pm – 10:00 pm
 Thursdays: 9:00 am – 11:30 am

Location: Sundays: Auditorium
 Tuesdays: Auditorium A
 Thursdays: Gymnasium B

Fee: \$1.10 per visit

Code: Drop-in



MAKING *Our Seniors* MATTER

FALLING DOWN IS SCARY AND DANGEROUS!!

Consequences of a Fall

- *reduced quality of life * chronic pain
- *injuries like fractures *increased risk of death

Funded by



1/3 of our senior population over 65 falls each year (and those are the reported ones!)

Falls are one of leading causes of injury related hospitalization

1/3 of seniors who are hospitalized because of a fall end up in Long Term Care

SO...LET'S DO SOMETHING ABOUT IT! WE ARE OFFERING 6 SEMINARS WITH AMAZING PROFESSIONALS TO LEARN ABOUT **FALL PREVENTION**. NO COST TO YOU! REFRESHMENTS! Q AND A WITH SPEAKERS!

Oct 23—Dr James Meschino, **Chiropractor**. Expert in nutrition, anti-aging, fitness and wellness

Oct 30—Dr Melanie Abbott, **Chiropractor**. Maintaining muscles to prevent falls

Nov 6—Jim Salituri, **Orthopaedic & Sports Medicine Physiotherapist**. Moving right to prevent injury

Nov 13—Anita Salituri, **Occupational Therapist, Consultant & Educator**. Staying home safely. Equipment

Nov 20—Marylou Drygas **Professional Ballroom Dancer and Instructor**. Dance moves as an alternative!

Nov 27—Kuldeep Chahal R.N. **Lead Elder Life Specialist**. ACE unit Brampton Civic Hospital **Hospitalization changes you!**

Locations TBA * 9am—12pm * Reserve seating call 647-982-4052 or email info@makingourseniorsmatter.com

If you use a computer get more information from our website www.MakingOurSeniorsMatter.com click on FALLS PREVENTION



Volleyball

Beginners can join in for a game of recreational volleyball on Mondays and Saturdays. Players with experience who want a more challenging game can play at the advanced level. All equipment is supplied.

PLEASE NOTE: ALL PLAYERS WILL BE RATED TO DETERMINE THEIR LEVEL OF PLAY

Recreational

Day/Dates: Mondays and Saturdays
*Not scheduled September 3, October 8, November 3, December 24, 29 and 31

Time: Mondays: 7:00 pm – 10:00 pm
Saturdays: 9:00 am – 12:00pm

Location: Mondays: Gymnasium A
Saturdays: Gymnasium

Fee: \$1.10 per visit

Code: Drop-in

Advanced

Participants must display consistent, strong volleyball skills (basic volleying, bumping, passing and serving). Participants must be familiar with court positioning and volleyball rules, and must also be a team player! No blue chip players for this level of play.

Day/Dates: Thursdays
*Not scheduled September 27, October 25, December 6 and 27

Time: 7:00 pm – 10:00 pm

Location: Gymnasium A

Fee: \$1.10 per visit

Code: Drop-in



NEED A BITE TO EAT?

The Garden View Café offers sandwiches, desserts, snacks, beverages and baked goods.

Hot specials available! Dates and specials will be posted in the café.

Enjoy service with a smile from our dedicated staff and volunteers!

VOLUNTEERS WANTED!

Join our team of Garden View Café volunteers. Applications available at Customer Service.

THE CAFÉ IS OPEN:

Monday to Friday
9 am – 2:30 pm

Wednesday to Friday
6-8 pm



**GARDEN
VIEW CAFE**



High Tea

Partake in a British Afternoon Tea! A hot mini quiche, tea sandwiches, scones and goodies can be enjoyed while chatting with friends. Guests are encouraged to get in the spirit and wear a fascinator.

Date: Thursday, September 20
Time: 3:30 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$10.83 Members; \$15.83 Non-Members
Code: 924216

Date: Thursday, October 18
Time: 3:30 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$10.83 Members; \$15.83 Non-Members
Code: 924217

Date: Thursday, November 15
Time: 3:30 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$10.83 Members; \$15.83 Non-Members
Code: 924218

Date: Thursday, December 20
Time: 3:30 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$10.83 Members; \$15.83 Non-Members
Code: 924219

Haunted High Tea

Enjoy a spooky presentation on the haunted buildings of Brampton and the GTA by a knowledgeable guest speaker. During the presentation, guests will partake in an afternoon tea featuring tea sandwiches, scones and some special Halloween-themed treats.

Date: Tuesday, October 30
Time: 3:00 pm – 4:30 pm
Location: Flower City Lawn Bowling Facility Community Room
Fee: \$13.64 Members; \$18.64 Non-Members
Code: 927566

Cancellation Procedures

By the Seniors Recreation Centre:

In the event that an event must be cancelled due to insufficient registration, you will be notified by phone and a full refund will be issued to you in the manner that you paid. If you paid by cash, you will receive a cheque.

By the Participant:

A refund will be issued only if your “place” is filled by another person on the waiting list. Please note these changes must be done by a Recreation Programmer.

A Special Note for Special Events

There are no transfers for event tickets, tickets can only be used by the person who purchased them. Refer to cancellation procedure for refunds.



Oktoberfest

Oom Pah Pah! Guests will feast on a delicious meal of German favourites and then join in as they kick up their heels and dance a combination of traditional German tunes with some current music mixed in by a DJ.

Date: Thursday, September 27
Time: 6:00 pm – 9:00 pm
Location: Gymnasium
Fee: \$24.05 Members; \$29.05 Non-Members
 Cash bar
Code: 924816

Halloween Monster Mash

We've got a spooktacular evening planned just for you! Get dressed up in your creepiest, funniest and scariest costumes for a ghoulish good time. Enjoy a delicious catered dinner, and then dance the night away with a DJ. Prizes for best costumes and a few tricks and treats can also be expected.

Date: Thursday, October 25
Time: 6:00 pm – 9:00 pm
Location: Gymnasium
Fee: \$24.05 Members; \$29.05 Non-Members
 Cash bar
Code: 922225

Fall Golf Tournament

Join us for this best ball tournament open to all seniors 55+. Included in your registration fee are nine holes of golf at Peel Village Golf Club, lunch, and prizes. Register as a foursome, or as a single and we will team you up. For club rental information, contact Peel Village Golf Course at 905-874-2995. Driving and pull carts are available for an additional fee and are assigned on a first come, first served basis at the course on the day of the tournament.

Date: Monday, October 1
Time: 8:00 am Shotgun Start
Location: Peel Village Golf Club
Fee: \$45.00 Members; \$50.00 Non-Members
 Cash bar
Code: 927871



New Member Orientation

Learn about all of the exciting opportunities now available at Flower City Seniors Recreation Centre for new members! Meet other new members and the staff team, and learn helpful hints for registration.

Date: Tuesday, November 6
Time: 2:30 pm – 3:30 pm
Location: Flower City Lawn Bowling Facility
 Community Room
Fee: Free
Code: By Invitation Only

Christmas Lunch and Dance

There is no better way to get into the holiday spirit than enjoying a traditional Christmas meal followed by an afternoon of dancing with one of the centre's favourite DJs.

Date: Wednesday, November 21
Time: 12:00 pm – 3:00 pm
Location: Gymnasium
Fee: \$24.05 Members; \$29.05 Non-Members
 Cash bar
Code: 924316

Christmas Dinner and Dance

Get in the holiday spirit and jingle on over for a festive dinner and dance. Enjoy a traditional festive meal followed by dancing with one of our favourite DJs.

Date: Thursday, December 6
Time: 6:00 pm – 10:00 pm
Location: Gymnasium
Fee: \$24.05 Members; \$29.05 Non-Members
 Cash bar
Code: 928216

Gratuities

It is common to tip the driver at the end of a bus trip. Standard tipping is \$1 per person, per trip. This is only a recommendation and you are free to use your own tipping practices. The gratuity is not included in the cost of the trip.

Transportation




We travel by coach equipped with a washroom on board. All of our trips depart from the Flower City Campus. We kindly ask that you park your car in the west parking lot while joining us for bus trips.

Timing

Please note all return times are approximate and will be subject to the weather and traffic conditions.

Walking

All trips have indicators informing you how much walking is involved on the trips.

	Minimal or no walking
	Moderate walking
	Walking throughout the day

Registration

You must register for bus trips. Tickets are sold on a first-come, first-served basis. We will not reserve tickets over the phone. Payment is required on the date you sign up for a bus trip.

Payment Plan Option:

Participants may pay for bus trips in two installments.

The first installment (50%) must be paid at the time of registration and the second installment (50%) is due two weeks prior to the date of the bus trip.

Cancellation Procedures

By the Seniors Recreation Centre:

In the event that a trip must be cancelled due to insufficient registration, you will be notified by phone and a full refund will be issued to you in the manner that you paid. If you paid by cash, you will receive a cheque.

By the Participant:

A partial refund (less a \$10 administration fee) will be issued only if your 'place' is filled by another person on the waiting list. Please note these changes must be done by a Recreation Programmer. Due to the limited number of tickets available for bus trips we ask that you return your receipt to the front desk where we can offer the space to someone on a waiting list. The booking of bus trips is planned carefully with our passengers' requests and needs in mind. We are sure that you will agree that all of our trips are of terrific value. Happy travelling!



London Casino

Travel by coach to the beautiful City of London and try your luck at the London Casino! Price includes a \$15 slot play incentive.

- Date:** Tuesday, September 25
- Time:** Depart: 9:00 am
Return: 6:15 pm
- Fee:** \$20.00
Must show valid Government issued photo I.D.
- Code:** 926767
Registration ends September 17



Shaw Theatre: A Christmas Carol

Travel to Niagara and experience this Holiday classic. The Matinee show will be followed by a visit to Souvenir City and then a delicious dinner at Betty's Restaurant. Lastly, we will visit the Niagara Winter Festival of Lights.

Date: Friday, December 14
Time: Depart: 10:30 am
 Return: 7:45 pm
Fee: \$129
Code: Available soon
 Registration ends October 25

Casino Niagara

Travel by luxury coach to downtown Niagara Falls and test your luck at the slots. \$10 incentive included.

***PLEASE NOTE THAT FUTURE INCENTIVES ARE BASED ON PLAYER CARD SPENDING AMOUNT.**

Date: Tuesday, October 23
Time: Depart: 8:30 am – 8:45 am
 Return: 5:15 pm – 5:30 pm
Fee: \$12
Code: 922128
 Registration ends October 15



Sounds of Christmas

Celebrate the season with the Guse Family and this musical journey through the many styles of Christmas Music from Traditional to Country and Gospel. Before the show, guests will feast on a buffet lunch at Conestoga Place while enjoying the musical sounds of Peter Shaw. After the show, we will visit the Bingemans Gift of Lights display.

Date: Friday, November 23
Time: Depart: 9:45 am
 Return: 7:00 pm
Fee: \$114
Code: Available soon
 Registration ends November 8

Fallsview Casino

Travel by luxury coach to downtown Niagara Falls and test your luck at the slots. \$10 slot incentive included.

***PLEASE NOTE THAT FUTURE INCENTIVES ARE BASED ON PLAYER CARD SPENDING AMOUNT.**

Date: Wednesday, January 16
Time: Depart: : 8:30 – 8:45 am
 Return: Return: 5:15 – 5:30 pm
Fee: \$13.00
 Must show valid Government issued photo I.D.
Code: 922126
 Registration ends January 8



**WE'RE UPGRADING OUR
REGISTRATION SOFTWARE TO SERVE
YOU BETTER.**

Coming soon:

- Customized account settings
- Streamlined booking and scheduling process
- Email updates and up-to-date communications
- Mobile-friendly
- Additional online services



Brampton Senior Citizens Club 106

Brampton Senior Citizens Club 106

Mondays:	9:30 am – 11:30 am 1:00 pm	Cardinal Choir (Auditorium) Bid Euchre & Euchre (Auditorium)
Tuesdays:	1:00 pm	Shuffleboard (Gymnasium)
Thursdays:	1:00 pm	Bridge, Euchre and Cribbage (Auditorium) Darts (Auditorium) Crafts (Craft Room) Rummoli (Auditorium, 4 Thursday of the month)

Trips (Laurie 905.453.7299):

Thursday, October 4	St. Jacobs, Bo-De Foods Outlet, Picard Peanuts – Cost \$50
Wednesday, November 14	Two Shows at Bingeman's for the price of one – Cost \$98 Tribute to Rod Stewart (show 1)- Tribute to Cher (show 2)
Wednesday, December 12	Elvis Loves Patsy ~Greg Ferwin Theatre meal inc.~Cost TBA

Brampton Senior Citizens Club 106 membership cost is \$7.00 per calendar year.

President: Laurie 905.453.7299 • **Membership:** Carolyne 905.450.0014 • **First V.P:** Janie 905.459.4764
Shuffleboard: Darlene 905.452.1083 • **Crafts:** Sheila 905.495.3989 (donations of yarn welcomed)
Cardinal Choir: Margaret 905.450.9028 • **Cribbage:** Sandra 905.846.1866 • **Bridge:** Sonny 905.495.3989
Rummoli: Janice 416.528.7930

Brampton Senior Citizens Council



Brampton Senior Citizens Council (BSCC) was founded in 1975, in affiliation with the City of Brampton Recreation Division. The executive is made up of a president, vice-president, three directors, secretary and treasurer. These positions are elected by members and are all volunteers.

The purpose of the club is to:

- Facilitate innovative leadership and advocacy
- Develop and maintain a higher community profile
- Assist seniors with the everyday needs of community living through involvement in meaningful activities and social engagement
- Embrace the challenge of constant and significant change in the senior population
- Plan in partnership with the various senior organizations and all level of governments

Presently 70 clubs send two representatives to the monthly meetings held on the first Tuesday of the month. In attendance also are three Councillors and one Regional Councillor.

In addition to offering workshops and seminars, BSCC works closely with senior groups to advocate on their behalf to resolve local issues.

For more information, contact Myrna Montrichard Adams, Senior Council President, at 905.796.1268.

SEPTEMBER

Brampton Farmers' Market

Saturdays until
October 6, 7 am - 1 pm
Downtown Brampton

Mount Pleasant Village Market

Thursdays until
October 4, 4-8 pm
Mount Pleasant Village Square

Youth Sports Registration

September 21, 6-9 pm
September 22, 9 am - 12 pm
Century Gardens and Terry
Miller Recreation Centres

Brampton Tough Run

September 29
Chinguacousy Park

Culture Days

September 28, 29 and 30

OCTOBER

Fall Parks Cleanup

Month of October
Citywide

Fright Nights

October 19 - Century Gardens
Recreation Centre
October 20 - Loafer's Lake
Recreation Centre
October 26 - Gore Meadows
Community Centre and
Professor's Lake
Recreation Centre
All events are 6 - 9 pm.

Curling and Tennis Open House

October 27
Chinguacousy Curling Club
& Tennis Centre

NOVEMBER

The Great Pumpkin Party

November 1, 6 - 8 pm
Garden Square

Remembrance Day Services and Parades Branches 15 & 609

Annual Christmas Tree Lighting

November 16, 6 - 8 pm
Downtown Brampton
Ken Whillans Square

Brampton Santa Claus Parade

Saturday, November 17,
5 pm
Main Street
Downtown Brampton

Brampton Christmas Market

November 16-18
Garden Square
Daily Times Square
City Hall Conservatory

Ski/Snowboard Open House

December 1, 12 - 3 pm
Chinguacousy Ski Chalet

DECEMBER

Christmas in the Park

December 15
Chinguacousy Park

New Year's Eve

December 31, 7 pm - midnight
Downtown Brampton

Event details may be subject
to change.

These events and many
more can be found in the
2018 Brampton Visitor
Guide at
www.tourismbrampton.ca.
Community events are also
available on the events
calendar at www.brampton.ca



EVENTS CALENDAR



VOTE ON OCTOBER 22

2018 BRAMPTON MUNICIPAL ELECTION

Our City had over 19,500 registrations
in seniors' programming last year.
Vote for what matters to you.

IT COUNTS. YOU COUNT.



**MAKE
YOUR
MARK**
Brampton Votes 2018