

COMMUNITY CENTRE 55 SPRING PROGRAM SCHEDULE – 2024

CLASSES BEGIN THE WEEK OF APRIL 2ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:30 (HF) COFFEE CLUB*	10:00-11:00 (HF) FITNESS (Stewart)	9:15-10:15 (HF) GROOVE FIT	9:30 – 11:30 WALKING CLUB*	9:00-10:00 (HF) QIGONG
9:15-10:15 (AC) MOTION WITH WEIGHTS	11:00 -12:30 (HF) GAMES CLUB*	11:00-12:30 (HF) ART WORKSHOPS*	10:00-11:30 (HF) WRITE YOUR LIFE STORIES	10:00-11:00 (AC) FITNESS (Janice)
10:15-11:15 (AC) CHAIR YOGA (Intermediate)	11:15-12:15 (AC) MINDFUL MOVEMENT AND MEDITATION	11:15-12:15 (AC) LINE DANCING	10:30-11:30 (AC) HATHA YOGA	11:00-1:00 (HF) ART- INTRODUCTION TO WATER COLORS (Starts April 12 – June 7)
11:15-12:15 (AC) CHAIR YOGA (Basic)	2:00-3:00 (HF) TAI CHI	11:00-12:00 (BR) COMPUTER CAFÉ*	11:30-12:30 (AC) CHAIR YOGA (Basic)	2:00-3:00 (HF) * INFORMATION FRIDAY PRESENTATION SERIES
11:30-1:15 (HF) KNITTING GROUP*	3:30 – 4:30 (HF) TRIVIA	12:45- 2:00 (AC) PHOTOGRAPHY	1:30-3:15 (AC) FRENCH CONVERSATION*	
12:30-1:15 (AC) MAT PILATES ESSENTIALS	7:00 P.M. (Lower Nursery) BOOK CLUB* (1 st Tuesday)	1:30-2:30 (HF) UKULELE (Intermediate)	2:00-3:00 BINGO (HF) (3 rd Thursday)	
1:15-2:00 (AC) MAT PILATES				
1:30-2:30 (HF) UKULELE (Beginner)				
2:30-3:30 (HF) UKULELE JAM*				

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LEGEND

HF – Herb Fortune Room (Main Floor)

AC – Alex Christie Room (2nd Floor)

BR – Board Room (2nd Floor)

*Free to all members

PLEASE NOTE

NO PROGRAMS THE FOLLOWING DATES AS CENTRE 55 WILL BE CLOSED: MONDAY, APRIL 1ST AND MAY 20TH 2024

FOR INFORMATION ON FEES AND REGISTRATION CONTACT:

COMMUNITY CENTRE 55

PHONE: 416-691-1113

97 MAIN STREET

TORONTO ON M4E 2V6

PROGRAM DESCRIPTIONS: All activities will start the week of April 2nd, unless indicated otherwise.

NEW! ART - INTRODUCTION TO WATERCOLOURS: In this beginner watercolour program, you will learn about the basic fundamental techniques of watercolour painting in a fun and social environment. These include topics such as colour theory, colour mixing, values, layering, working wet on wet, wet on dry and more. You will also learn about the importance of paper, paint and brush quality and selection. Once the fundamentals have been covered, you will learn how to paint loose leaves, flowers and wreaths. Basic materials will be provided and art supplies recommended for purchase will be discussed in the first class.

ART MAKING WORKSHOP: This class will explore your inner creativity. Making art is good for physical and mental health. It releases the feel-good hormones which helps you combat both stress and pain. Being creative can bring a sense of fulfillment and joy. We will explore sketching, drawing, pastels, watercolor and tempera painting. Create at your own pace, no experience needed. Join us for some creative fun – health benefits included!

BOOK CLUB: On the first Tuesday of the month, members come together to discuss a chosen book of by the group. See book list on our website at www.centre55.com.

BINGO: Third Thursday of each month. Come and enjoy a few games of bingo and enjoy some good times and great prizes! \$5 to play.

CHAIR YOGA: Choose Basic or Intermediate level. This is a gentle workout where you start with a seated meditation and move to stretch and strengthening exercises for 30 mins. Another 30 mins will be standing, working on balancing and a yoga flow series moving mindfully while breathing.

COFFEE CLUB: Catch up with old friends or meet new ones while enjoying a coffee and treats every Monday.

COMPUTER CAFÉ: Participate in a range of courses available to help improve your comfort and skills with navigating computers.

FITNESS: 1-hour fitness classes for seniors includes cardio, balance, strength and flexibility training for older adults. Get energized, get stronger and improve your quality of life.

FRENCH CONVERSATION GROUP: Bienvenue! We welcome all who wish to practice French conversation in a relaxed, friendly atmosphere. Intermediate level recommended.

GAMES CLUB: Looking for people to play with? Scrabble, Dominoes, Cards, Euchre, join us for some fun and refreshments.

GROOVE FIT – DANCING FOR HEALTH: Heart health, Cardiovascular Health and Mental Health all in one class! Strengthen your heart and lungs, improve muscular strength, balance, agility and coordination, strengthen areas of the brain for learning, memory and equilibrium, boost your mood, and help reduce stress levels! *Basic steps and choreography accessible to all, set to music from various music genres.*

NEW! INFORMATIVE FRIDAYS PRESENTATION SERIES: A variety of engaging topics covering mental, financial, physical and social wellness. Keep an eye out for ongoing emails or check the Centre 55 bulletin board and our website for more information

KNITTING GROUP: All levels welcome. Join us for some warm camaraderie, socializing and the clicking of knitting needles.

LINE DANCING: Dance to a variety of musical styles, country, pop and more. No advanced dances in this medium-paced class. A line dance is a choreographed dance with a repeated sequence of steps. Unlike circle dancing, line dancers are not in physical contact with each other.

MAT PILATES: Pilates is a gentle strengthening and lengthening form of exercise that focuses on your core (abs/spine) muscles while also training your arms and legs. Classes start lying on our backs and rolling onto our bellies or sides to right and left with small movements focused on targeted muscles moving slowly with control.

HATHA YOGA: Combining breathing practices, postures, and mindfulness, this class helps to increase flexibility, strength, clarity, and balance. Seated, standing, and supine postures are utilized and connected with the breath to create a gentle flow in the practice. Bring your own mat, yoga blocks and yoga strap.

MINDFUL MOVEMENT AND MEDITATION: Mindful movement practices and meditations allow us to check in with our bodies, get moving in a way that can help us lower stress, release stagnant energy and strengthen our mind-body connection. It's a great way to practice self-care by incorporating both mental and physical well-being. Often, when we engage in mindful movement to help our body feel better, our mood is uplifted too.

MOTION WITH WEIGHTS: Join Rika for this new exercise class consisting of a gentle warm-up followed by hand weights in a seated position, then moving on to hand weights in a standing position with balance. Ending with hand weights in a dance-inspired routine.

NEW! PHOTOGRAPHY: This hands-on photography workshop at Community Centre 55 is for anyone new to photography. Participants are asked to bring their "camera" (cellphone camera, point-&-shoot, mirrorless or DSLR) and a USB stick for their presentations. The photography program is run by Landscape and Travel photographer James Dawson. James has traveled extensively through Europe, the U.K, Mexico, the Caribbean, as well as Columbia, and of course Canada. This

workshop is designed for participants who want to unlock the full potential of their Smartphone/Point and Shoot/DLSR as powerful tools for creating stunning images. From mastering basic camera settings to exploring advanced photography techniques, each session will provide hands-on learning experiences and creative exercises to help you develop your skills and unleash your creativity.”

QIGONG: Qigong is a holistic mind-body exercise that harmonizes your body, mind and spirit with movement exercises, meditation and breathing to increase energy and enable healing.

TAI CHI: Tai chi movements are steady and slow, shifting from one side to the other with coordinating upper body movements. These movements help the core regain balance, strength, endurance, flexibility and reduces the risk of falling for seniors.

TRIVIA (in person): Six categories—arts, science, general, geography, history and entertainment—and then an endless slew of questions in each. It’s super easy and fun to play. Our host will keep the fun going and the answers will eventually be revealed.

UKULELE: Intermediate and Beginner ukulele classes continuing the program that started at Centre 55 the previous season. For more information, contact Cheryl at cherylxreid@gmail.com

UKULELE JAM SESSION: Do you have a ukulele and are looking for people to jam with? This is for you!

NEW! WALKING CLUB: Meet outside of Centre 55 and explore different locations in the city and enjoy the outdoors all while getting some exercise and enjoying great company.

WRITE YOUR LIFE STORIES: Writing is a relaxing and stimulating memory exercise. In a supportive, fun and relaxed atmosphere, we will practice writing positive life stories. Conversations and prompts will stimulate our memories for writing. We will to read our stories and listen to each other's work (optional) for enjoyment, giving encouraging feedback. This program is for beginner or experienced writers, the curious and those who want to enjoy their life memories and even share stories with friends and family. Just bring a pen and a notebook!