

# 55+ ACTIVITIES & SPECIAL EVENTS

## ACTIVE AGING

Join a community of seniors and older adults for a total body workout appropriate for any fitness level. Classes are designed to increase flexibility, joint stability, balance, coordination, agility, cardiovascular and muscle endurance and strength.

**Oaklands Community Centre 8/\$64 or Drop-in \$10**

55589 M Jan 14–Mar 11 1–1:45 pm

55590 Th Jan 17–Mar 14 1–1:45 pm

\*No class Jan 21 & Feb 18

## TAI CHI

Tai Chi, an ancient Chinese exercise, helps to strengthen the body, improve balance and circulation, and can alleviate many chronic ailments. This accessible and meditative class will help exercise your mind and body through a series of gentle, flowing postures.

**Oaklands Community Centre 9/\$36**

55547 W Jan 16–Mar 13 11 am–12 pm

## CONVERSATIONAL SPANISH FOR SENIORS

This class is for those with previous knowledge of Spanish. Learn how to listen and respond naturally in Spanish including grammar, vocabulary and pronunciation. Practice common scenarios including going to a store, checking into a hotel and ordering a meal in a restaurant.

**Oaklands Community Centre 8/\$72**

55525 T Jan 15–Mar 5 12–1 pm

## STRENGTH AND STRETCH

In this 45 minute class, we will do strengthening of all the major muscle groups. We then spend time to ensure that each muscle group is stretched out. These exercises increase your strength and flexibility which increases your ability to walk with greater ease and certainty. This class can be done sitting or standing.

Instructor: Helen Dougherty

**Oaklands Community Centre 9/\$72 or Drop-in \$10**

55510 T Jan 15–Mar 12 1–1:45 pm

