

# WINTER 2019 SENIOR PROGRAMS

AGES  
50+



Register by email or in person at Town Hall  
10 Robert Street W, Penetanguishene  
For registration forms : [www.penetanguishene.ca](http://www.penetanguishene.ca)  
PHONE: 705-549-7453  
EMAIL: [recreation@penetanguishene.ca](mailto:recreation@penetanguishene.ca)

**REGISTRATION OPENS NOVEMBER 26TH @ 8:30 AM**

(Fees are subject to HST)

## Age Defying Circuits with Nicole

**Location: Penetanguishene Memorial Community Centre**

Strength exercises using motion, body weight, and some light equipment to help maintain muscle strength, improve circulation, reduce arthritis pain, strengthen balance, flexibility and agility.

\*Exercises will be modified to each individual if needed.

#	Day	Dates	Time	Fee
1	Monday	January 7th - March 11th	9 10:30 AM - 11:30 AM	\$55.00
2	Thursday	January 10th - March 7th	9 10:30 AM - 11:30 AM	\$55.00

## By the Bay Rug Hookers

**Location: Penetanguishene Memorial Community Centre**

#	Day	Dates	Time	Fee
1	Wednesdays	Ongoing	10:00 AM - 12:00 PM	\$20.00

## Shuffleboard & Cards

**Location: Penetanguishene Memorial Community Centre**

#	Day	Dates	Time	Fee
1	Monday	Ongoing	11:00 AM - 12:00 PM	\$20.00
2	Wednesday	Ongoing	10:30 AM - 11:30 PM	\$20.00

## LOCATIONS

École Saint-Louis School	54 Dufferin St, Penetanguishene
Canadian Martyrs School	7 Bellisle Road, Penetanguishene
James Keating Elementary School	20 Lorne Ave, Penetanguishene
Penetanguishene Memorial Community	61 Maria St, Penetanguishene
Waypoint Centre for Mental Health Care	500 Church St., Penetanguishene

[www.penetanguishene.ca](http://www.penetanguishene.ca)

## PENETANGUISHENE ARENA SKATING

Parent & Tot Skating	FREE	Tuesday 10 AM – 10:50 AM	
Parent & Tot Skating	FREE	Thursday 1 PM – 1:50 PM	
Public Skating	FREE	Friday 6 PM – 7:15 PM	
Public Skating	FREE	Sunday 12:30 PM – 1:50 PM	
Adult/Senior Skating	FREE	Monday & Thursday 2 PM – 2:50 PM	
Shinny Hockey	\$2.25	Tuesday & Thursday 9 AM – 9:50 AM	
Shinny Hockey	\$2.25	Monday to Friday 12 PM – 12:50 PM	
Seniors Skate & Shoot	\$2.25*	Monday 9 AM – 9:50 AM *	

\*Helmet Mandatory for Skate & Shoot\*

Fees incl. HST • Helmets are recommended to be worn by all skating participants  
705-549-6957

## Holiday Free Skate

	Thursday, December 27 <sup>th</sup>	1:00 PM – 1:50 PM
	Sunday, December 30 <sup>th</sup>	12:30 PM – 1:50 PM
	Wednesday, January 2 <sup>nd</sup>	10:00 AM – 10:50 PM
	Sunday, January 6 <sup>th</sup>	12:30 PM – 1:50 PM

## Nordic Pole Walking with Lucy P

**Meets at Penetanguishene Memorial Community Centre**

Nordic walking is a total body version of walking that can be enjoyed both by non-athletes as a health-promoting physical activity and athletes alike. The activity is performed with specially designed walking poles similar to ski poles.

\*This is an outdoor Program

\*Program will start from the Penetanguishene Community Centre

\* The program will move indoors as needed (based on weather)

\* Please bring your own poles if possible

\* There are a limited quantity of poles available for beginners

#	Day	Dates	Wks	Time	Fee
1	Thursday	January 10th - March 28th	12	11:00 AM - 12:00 PM	\$66.00

## VON SMART Exercises - Fall Prevention Level 2

\*Subject to Change\*

**Location: Penetanguishene Memorial Community Centre**

Tuesday: Cardio, balance, coordination, and flexibility

Friday: Balance, coordination, and flexibility

\* **MUST call to register, phone #705-355-2200**

#	Day	Dates	Time	Fee
	Tuesday	Ongoing	1:00 PM - 1:45 PM	Free
	Friday	Ongoing	1:00 PM - 1:45 PM	Free



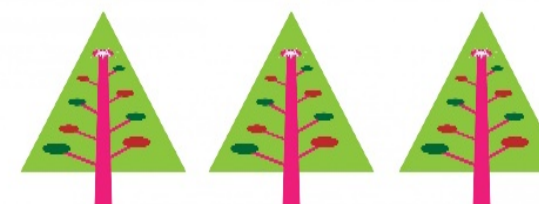
## Winter Activities and Programs

Wreath Making Workshop  
Ugly Christmas Sweater  
Workshop  
Adult and Children's  
Ginger Bread House Workshops  
Book Clubs  
Computer Classes  
Spanish and German Classes  
*And so much more, check us out!*

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bring our Library to your location!"

"Now serving you in two locations"

Check us out at  
[www.penetanguishene.library.on.ca](http://www.penetanguishene.library.on.ca)  
or call 705 549 7164



**ALL PROGRAMS ARE SUBJECT TO CHANGE**