

# *Seniors Programs*

## Seniors Activities

### *50+ Aerobics*

Exercise to music at your own speed with low-impact aerobics. The 50+ Aerobics program is designed for active individuals who wish regular exercise of lower intensity that offered by standard aerobics classes.

Classes are held on Monday, Wednesday, and Friday mornings from 8:30-9:15am or from 9:15-10am. They will begin on Monday, October 1 and run until December 14.

Pre-register by calling the Parks & Rec Department at 364-4955 by September 21.

### *Ice Skating*

Mondays & Thursdays 10:30-11:30

Seniors Skating will be held again this year during October –December and January-March. Special equipment and assistance is available for participants who are either returning to skating after many years or who wish to learn to skate. “Leo’s Sled” provides very safe and stable support while skaters develop strength, endurance & skills.

### *Seniors Bowling*

Bowling is held on Wednesday and Thursday afternoons at the Sackville Bowling Centre. For more information contact 536-2530.

### *Seniors Card Parties*

Held every Friday evening starting on September 1<sup>st</sup> at the Sackville Lion’s Den, beginning at 7:30pm. The cost for these fun and social evenings is \$2. For more information call Verna Estabrooks at 536-2624.

### *Seniors Club*

Sackville has a very active group of senior citizens who are 50 years of age and over. Anyone in this age group who may be interested in joining the club may contact Verna Estabrooks at 536-2624 or Elise Landry at 536-1745 for membership inquiries.

Regular meetings are held at the Sackville Lion’s Den at 2pm on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month.