

# Seniors Activities

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## 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 than offered by standard aerobics classes.

Classes are held on Monday, Wednesday, and Friday mornings from 9:00-10am at the Tantramar Veterans Memorial Civic Centre. They will begin Wednesday, September 30.

Pre-register by calling the Parks & Rec Department at 364-4955 by September 28.

## 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 4 at the Sackville Lion's Den, beginning at 7:30pm. The cost for these fun and social evenings is \$2. Everyone welcome regardless of age. 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.

## Sackville Curling Club

Seniors actively participate in all leagues at the Sackville Curling Club. Many older curlers who have encountered leg or back problems are able to continue curling by using an extender to deliver the curling rocks.

Registration Nights are Thursday, October 15 and Monday, October 19 from 6:30-9:00pm. Curling starts in November

See details in the Adult Programs section of this brochure.

## VON Seniors Fitness

The VON SMART Program is also offering Seniors 55+ Fitness Classes with trained Senior Fitness Instructors commencing the middle of October. The classes will be held at: Middle Sackville Baptist Church, East Botsford Senior's Recreation Centre-Murray Corner, St. Edwards Hall – Dorchester, Baie Verte Community Centre,

DATE and TIME to be announced. Registration fee is \$4.00 per class, for further information regarding our classes, please contact Donna Everist, SMART Coordinator at 536-0750.

## VON Seniors at Home Fitness

VON Sackville offers a program for Seniors 55+ living with a disability who wish to improve their strength balance and flexibility regardless of their current ability level. The SMART "In Home" program is 15 gentle yet beneficial exercises designed by Phillips Lifeline and SMARTRISH to help improve active daily living. Volunteers receive training from VON to lead participants safely through the exercises. The program is one hour per week over a 12-week period