



# ACTIVE LIVING it's for LIFE

## Newsletter

July, August 2011

## New Wellness Centre



Spring has finally arrived and summer is on its way. All three centres seem to be alive like little honey bees busily buzzing around their hives. We are sure that no matter where you go you are finding that people have smiles on their faces and a spring in their step. It is amazing what a little warm weather will do.

There are so many wonderful and fun events planned throughout the Spring and Summer such as

Strawberry Socials, Perennial Plant Sales, Canada Day, Portugal Day, Picnic in the Park etc., so make sure you look inside for further information. You don't want to miss out!

For this edition we thought we would update you on what is happening in Preston with the joint building between the City of Cambridge and Lang's Farm Village Neighbourhood Association.

A number of years ago Cambridge City Council approved to build a 10,000 sq. ft. Wellness Centre for Older Adults in 2014/15. Then the opportunity came up to build in conjunction with Lang's Neighbourhood Association who the City has been a partner with since Lang's earliest days. So last year, Council approved to move the funds forward to 2011/12 and proceed with the plan to build 10,000 sq. ft. of space within the 58,000 sq. ft. of the Lang's building.

The new building at 1145 Concession Road is well underway. The construction is "on time and under budget".

Only a few of our programs will be moving—the Adult Day Program, and the Friendly Visiting Program, as well as a few of ARC's fitness programs however they have not been identified yet. There will be a small fitness room which will require a fitness membership to use. The building will have a small green wall and a portion of the roof is a green roof. In the centre of the building there will be a lovely courtyard accessible from a number of the rooms. From the second floor walking track you will be able to look into the courtyard and the open concept lounge. It will be a hub of activity with many programs and services offered. We anticipate moving in October 2011.

The Allan Reuter Centre will remain open at 507 King Street East. It will remain a busy and active 50+ Centre. This new space is an addition to the space we currently have and we will be able to offer even more at the Allan Reuter Centre on King Street.

Watch for our new name for our portion of the Concession Road Centre!

### Allan Reuter Centre

507 King Street, East  
N3H 3N4  
Phone 519.740.4681, Ext. 4406  
Fax 519.653.4302  
TTY 519.623.6691

### David Durward Centre

62 Dickson Street  
N1R 1T8  
Phone 519.740.4681, Ext. 4360  
Fax 519.624.8992  
TTY 519.623.6691

### G.E. (Ted) Wake Lounge

W.G. JOHNSON CENTRE  
31 Kribs Street, N3C 2L3  
Phone 519.740.4681, Ext. 4464  
Fax 519.654.0033  
TTY 519.623.6691



*Cambridge 50+ Recreation Centres  
July and August Newsletter*

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*To view the newsletter on-line visit [www.cambridge.ca/50news](http://www.cambridge.ca/50news)*



**ALLAN REUTER CENTRE**

507 King Street  
 Cambridge, ON N3H 3N4  
 519.740.4681 ext. 4406  
Open  
 Mon to Fri – 9 am – 4 pm

**DAVID DURWARD CENTRE**

62 Dickson Street  
 Cambridge, ON N1R 1T8  
 519.740.4681 ext. 4360  
Open  
 Mon to Thu 8:30 am-9 pm  
 Fri 8:30 am-4 pm

**G.E. TED WAKE LOUNGE  
 W.G. JOHNSON CENTRE**

31 Kribs Street  
 Cambridge, ON N3C 2L3  
 519.740.4681 ext. 4464  
Open  
 Mon to Fri 9 am - 4 pm



**CLUB ACTIVITIES & PARTNERSHIPS**

**Ancient Mariners Canoe Club**

The Ancient Mariners meet every Tuesday, year round, for fun, fellowship and invigorating but leisurely outdoor activity. In warm weather we paddle the local rivers; in winter we hike or cross-country ski. New member canoe training each February.

For more information please call Membership Chair Barb Tuck at 519.658.5827

[barb.tuck@sympatico.ca](mailto:barb.tuck@sympatico.ca)

**Travel Club of the Cambridge 50+ Recreation Centres**

Join us on one of our day trips on luxury coach lines. Call 519.740.4681 ext. 4407 for more information. All travelers must be members of the Cambridge 50+ Recreation Centres.

**Chesley Lake Campers**

This active group of seniors venture to Chesley Lake, Ontario each September for a fun-filled week.

**Cambridge Seniors Woodworking**

Two state of the art woodworking shops for adults 55+. Visit our shops at the Allan Reuter and David Durward Centres Mon – Fri, 9 am – noon and 1 – 4 pm, or call 519.740.4681: ARC ext. 4409: DDC ext. 4579

**Cambridge Senior Choir**

The Choir practices at the David Durward Centre but performs regularly at special events. Call Tessie at 519.621.7952 for

**One Membership = Three Centres**

Did you know that if you are a member at one centre, you are a member at all three centres? Travel around and visit each centre. All centres are unique and have something special to offer

**GREAT PROGRAMS AND EVENTS**

Our 50+ Recreation Centers' offer a great variety of recreational, fitness, social, athletic and educational programs and events.

**OPEN TO ALL ADULTS**

All adults, 18 years and older, are welcome to register for programs.

**50+ MEMBERSHIP BENEFITS**

Membership is offered to adults 50 years and older. The benefits of membership include the following:

- Reduced rates on 50+ courses and events
- Reduced rates on support services\*
- Drop-in activities with nominal fee
- Access to Clubs
- Quarterly program newsletter

**SUPPORT SERVICES**

- Senior Day Programs
- Friendly Visiting Program
- Caregiver Support Program
- Foot Care Clinics\*

**50+ MEMBERSHIPS**

Annual \$25.66 + HST = \$29.00  
 Lifetime: \$245.56 + HST = \$277.48  
 Non-Member Drop-in Fee \$2.15



# Special Events!

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Allan Reuter Centre

## Strawberry Social

**Date:** Wednesday, June 22 (Register by June 19)

**Time:** 12:30 pm Sharp

Come join us at the Allan Reuter Centre for our Annual Strawberry Social and Fashion Show by Emilia. Come and enjoy the seasons best.

**Cost:** \$8 +HST

**Bar Code:** 162059

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David Durward Centre

## Canada Day

**Date:** Thursday, June 30

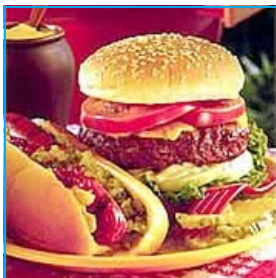
**Time:** 1:30 pm

Come and celebrate our wonderful country Canada, as you are entertained by the Cambridge Seniors Choir and served a delicious dessert with refreshments.

**Cost:** \$7

**Barcode:** 162055

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Allan Reuter Centre

## ARC Operating Board BBQ

**Date:** Thursday, July 7

**Time:** 11:30 am—1:30 pm

Join us in Central Park for the Preston Sidewalk Sale BBQ sponsored by the Allan Reuter Centre Operating Board.

Afterwards stroll through the Market and then head down King Street for some bargain shopping at Preston's Annual Sidewalk Sale.

**Cost:** TBD — Hamburgers & Hotdogs & Pop

# More Special Events!

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## 3rd Annual Summer Picnic



**Date:** Thursday, July 21

**Time:** 10:30 am

Join us at Riverside Park to enjoy a fun filled afternoon of friendly competition. Games available will be botchi ball, horseshoes, horse races, bean bag toss and more; or choose to relax and enjoy watching the activities.

**Cost:** \$4.42 Member, \$6.19 Non-Member, +HST

**Bar Code:** 162085

Allan Reuter Centre

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## Garden Tea Party

**Date:** Wednesday, August 10

**Time:** 2—4 pm

**Location:** Cottage on King back yard garden

Come to Tea: An Elegant Garden Gathering! Perhaps nothings say "garden party" like having an afternoon tea outdoors. It's a charming reminder of bygone days and childhood make-believe. Wear your fancy duds!

**Cost:** To be Announced

Allan Reuter Centre

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## Summer BBQ Social

**Date:** Wednesday, August 24

**Time:** 12:00pm

Come for a luncheon BBQ and be entertained by some local talent. Leave your name at the front desk if planning to attend.

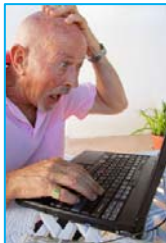
**Cost:** Bring Cash, food individually priced by Cornucopia Catering.

**Location:** Entrance to the Cambridge Centre for the Arts

David Durward Centre

## Basic Computers

A good starting place for people new to computers. Beginning with the



language you will become familiar with parts such as the mouse, monitor, printer, keyboard, hard drive, CD ROM, floppy disk, etc. Using the computer's software you will learn

how to find your way around the computer, play music, games, and enter text. Typing skills are not necessary. Whether you are thinking of buying a PC, or already own one, this course will help you become comfortable with the computer.

Instructor: Rick Downton

**Mon, Jun 20-Jul 11, 9:30-11:30 am**

**Bar Code 162286**

\$49.56 Member, \$59.29 Non-Member, +HST

## Enhancing Digital Photos

Photo editing tools let you manipulate pictures. Whether from a digital camera, scanner or the Internet, there are many ways to enhance your photos. Learn how to crop, retouch, change colours, and create special effects. Combine pictures into a collage or poster. Create a short movie with music. Have fun with your creativity.

Instructor: Mary-Jane Rogers

**Wed, Jul 6, 1:30-3:30 pm**

**Bar Code 162278**

Or

**Thu, Jul 21, 9:30-11:30 am**

**Bar Code 162279**

\$12.39 Member, \$15.49 Non-Member, +HST

## Internet Downloads

Are you discovering new programs, pictures, videos etc. on the Internet? Do you want to save them onto your computer? Are you aware that many files contain dangerous elements such as viruses and Spyware? This workshop shows you how to find things online and how to safely download them onto your computer.

Instructor: Mary-Jane Rogers

**Fri, Jul 8, 9:30-11:30 am**

**Bar Code 162280**

\$12.39 Member, \$15.49 Non-Member, +HST

## Scanning

Do you have old pictures, slides, letters, or important family documents?



Preserve them digitally. Once scanned into the computer you can retouch or edit the

new files. Print the revised pictures, save them onto a CD, create a slide show, or email to friends and family. Preserve your memories.

Instructor: Mary-Jane Rogers

**Tue, Jul 12, 9:30-11:30 am**

**Bar Code 162282**

\$12.39 Member, \$15.49 Non-Member, +HST

## Social Networking

This phenomenon lets people interact using online communities. From instant messaging programs to websites like Facebook and Twitter, social networks provide connection with other people worldwide over the Internet. This workshop will help you create a

twitter



adjust the security settings necessary to protect your privacy. It will also explore the implications to today's society.

Instructor: Mary-Jane Rogers

**Wed, Jul 13, 1:30-3:30 pm**

**Bar Code 162283**

\$12.39 Member, \$15.49 Non-Member, +HST

## Computer Security

Internet security isn't just about keeping viruses from infecting your computer, or having an up-to-date Anti-Virus program. Web sites can contain a malicious code that installs itself onto your PC. Spyware programs can send information back to web sites without your knowledge. Your Internet Browser program may be full of security holes. Learn about Firewalls, Spyware, Phishing, Pharming and how to protect your computer.



Instructor: Mary-Jane Rogers

**Thur, Jul 14, 9:30-11:30 am**

**Bar Code 162284**

\$12.39 Member, \$15.49 Non-Member, +HST

## Computer Back-Up

Learn how to back up Windows settings to an external hard drive to restore in case of a hard drive crash. Archive valuable documents and pictures. Discover the media and methods available to store your information, and learn how to restore it.

Instructor: Mary-Jane Rogers

**Mon, Jul 11, 1:30-3:30 pm**

**Bar Code 162281**

\$12.39 Mem, \$15.49 Non-Mem, +HST

## Helpful PC Programs

Utility programs perform specific tasks on a computer.



Diagnostic functions detect hardware and software problems. File viewers organize files and folders. Photo

Editing programs enhance digital pictures. DVD Burning programs create CDs and DVDs. There's even a tool to make all your Internet Explorer windows open full-screen. Discover an add-in feature to bring back MS Office's original menus for versions 2007 and 2010.

Instructor: Mary-Jane Rogers

**Tue, Jul 19, 9:30-11:30 am**

**Bar Code 162285**

\$12.39 Member, \$15.49 Non-Member, +HST

## Guitar for Beginners

Imagine yourself playing the guitar, strumming the chords to one of your favorite songs. With proper guidance, learning to play the guitar is easy, fun and very exciting! You will play any of your favourite songs in less time than you ever dreamed of. No previous music knowledge needed and you will not need to read music notes. You will be jamming out on your favourite songs and surprising everybody, including yourself!



No guitar – No problem. Guitar rentals start at \$20 a month and can be obtained at majority of major music stores or ask Spira.

Make your guitar time the most relaxing and fun part of your summer.

Instructor: Spira Ristic

**Wed, Jul 6 – Aug 24, 10 am – 12 pm**

**Bar Code 162262**

\$58 Member, \$68 Non-Member, +HST

## Meditation

Meditation has been known to bring peace, promote health, and longevity. This program is an introductory course for different types of meditation. Techniques can help to relieve stress and increase your health and wellness. Beginners to seasonal practitioners welcome. Bring a pillow and wear comfortable clothing. You may also wish to bring a journal book. Each class begins with a small amount of yoga accessible by all.

**Wed, Jul 6-Aug 10, 8:15-9:15 pm**  
**Bar Code 162082**

\$46.02 Member, \$55.75 Non-Member, +HST

## It's Time to Tee Up!

A Cambridge 50+ Recreation Centres Golfing Group meets weekly at the



Grand Valley Golf Course on Wednesday mornings. Excellent Grand Valley rates. You

must book a tee-off time with Convener, Deb, at 519.624.0716, at least one week in advance. To be eligible to participate in this program, a membership with the Cambridge 50+ Recreation Centres is required. *Under no circumstances call the golf course for information, tee-off times or cancellations.*

## Drop-In T'ai Chi

If you are already familiar with the moves and do not require instruction, you may join us at the Allan Reuter Centre, Thursday mornings, 9 – 10 am, July 7 to August 25.



## Allan Reuter Centre 2011 Golf Tournament

At the  
Grand Valley Golf & Country Club

Thursday, September 22  
Noon Registration  
1 pm Shot Gun Start

Three flights:  
35-54 years of age  
55-65 years of age  
66 plus

Fabulous hot buffet, cash prizes,  
putting contest and more.  
\$60 (Includes HST)

For registration information call  
519.740.4681 ext. 4400.



## Water Fitness

The Allan Reuter Centre and the Fairview Mennonite home have joined together to bring you the opportunity to participate in a water fitness class with an instructor to guide you. The pool is used as a therapy pool so the temperature, at all times, is 92 degrees, which is really good for people with arthritic joints or for those of you that prefer warm water. The pool has a maximum capacity of 20 people so sign up early, don't be disappointed.



**Wed, Jun 15-Aug 24, 3:15-4 pm**  
(No class Jun 29, pool closed)

**Bar Code 162302**

\$45.20 Member, \$49.67 Non-Member, +HST

## Harnessing Energy Seminar

Join Dr. Mark Guker and Dr. Jennifer Hendry Lynn ND from ReAlign Health in Cambridge for this two-part series. The doctors will teach you how to use all natural techniques to help harness more energy every day. You will receive tips on exercise, diet, sleeping habits and much more. This seminar is for better health information only.

**Thu, Jun 23 – Jul 7, 10 – 11:30 am**  
**Bar Code 162188**

\$0 Member, \$1.90 Non-Member +HST

## Yoga

Course	Weeks	Date	Time	M	Price*	NM	Bar Code
<b>Gentle Yoga</b> Inst: Susan Takacs	4	Mon, Jul 4 – 25	1 – 2 pm	\$21	\$25		162078
<b>Yoga</b> Inst: Susan Takacs	4	Mon, Jul 4 – 25	2 – 3 pm	\$21	\$25		162075
<b>Yoga</b> Inst: Susan Takacs	4	Tue, Jul 5 – 26	7 – 8 pm	\$26	\$30		162081
<b>Yoga</b> Inst: Tammy Lawrence -Cymbalsty	6	Wed, Jul 6 – Aug 10	7 – 8 pm	\$41.70	\$44.76		162070

\*+HST

**Zumba®** Fast paced dance-fitness program using salsa, meringue and reggae dance steps.

Course	Weeks	Date	Time	M	Price*	NM	Bar Code
<b>Zumba</b> Inst: Dedee Kurevija	4	Tue, Aug 2 - 23	6 – 6:45 pm	\$22	\$25		162165
<b>Zumba Gold</b> Inst: Dedee Kurevija	4	Thu, Aug 4 - 25	1:30 – 2:15 pm	\$22	\$25		162167

\*+ HST

**MEMBERS ONLY**, register two weeks before your program begins and receive a ten percent Early Bird Discount.

## Grandparent/Grandchild Birdhouses

Is your grandchild bored already? Why not do something fun with them at your centre? Join Lynn Leach, Horticulture Therapist, for a wonderful afternoon making birdhouses. Bring your grandchild and have fun while enjoying a few hours working on a fun and functional project.



**Wed, Jul 13, 1:30-3:30 pm**  
**Bar Code 162178**

\$20 Member & Non-Member, +HST  
(Additional \$5 fee per birdhouse to be given to instructor day of course.)

## Gardening/Craft Apron

Design and decorate your own unique gardening/craft apron.

Using natural materials and stamping techniques, personalize yours to suit your taste. Sewing experience is not necessary as aprons are provided.



**Wed, Jul 20, 1:30-3:30 pm**  
**Bar Code 162177**

\$10 Member, \$13 Non-Member, +HST  
(Additional \$10 supply fee payable to instructor day of course.)

## Herbal Heaven

Learn about the health and taste benefits of using fresh herbs. Learn some preserving techniques for the herbs ready in your garden now. Go home with some samples as well as the recipes for herbal pastes, vinegars, salad dressings and more.

**Wed, Aug 17, 1:30-3:30 pm**  
**Bar Code 162176**

\$10 Member, \$13 Non-Member, +HST  
(Additional \$5 supply fee payable to instructor day of course.)

## Cooking 101

Cooking 101 is a beginners cooking course focusing on the skills necessary to create meals suitable for a person on their own or a couple at home. Skills learned will be basic techniques which can be transformed into a variety of dishes as demonstrated in class

**Wed, Jul 6-27, 1:30-4 pm**

**Bar Code 162289**

\$50 Member, \$60 Non-Member, +HST  
Supplies Extra

## Glass Etching

Glass etching is a beautiful and elegant method of creating a graphic design on the surface of an otherwise smooth piece of glass. It is a way to produce a 'frosted' design on the glass that is permanent. A beginner can produce etched glassware such as small flat pieces of glass and mirror with no experience.

**Fri, Jul 22, 9 am – 12 pm**

**Bar Code 162292**

\$13.27 Member, \$15.93 Non-Member, +HST

## Strawberry Social

Come join us for our Annual Strawberry Social. This year you're in for an added treat, a Fashion Show by Emilia's. Come and enjoy the seasons best.



**Wed, Jun 22, 12:30 pm Sharp**

**Bar Code 162059**

\$8 Member & Non-Member  
(tax included)

Registration and payment is required in advance. (date subject to change)

## Bingo Special Event

Back by popular demand.



Refreshments will be served along with special prizes offered for neighbour bingos. Bingo is played as usual on our weekly Friday afternoons.

**Fri, Jun 17, 1:30-3:30 pm**

Pre-registration is required at the Host/Hostess desk.

\$5 Member, \$6 Non-Member, +HST

## 3rd Annual Summer Picnic

Join us at Riverside Park to enjoy a fun filled afternoon of friendly competition. Games available will be bocce ball, horseshoes, horse races, bean bag toss and more; or choose to relax and enjoy watching the activities.

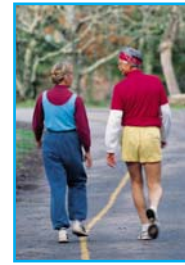


**Thu, Jul 21, 10:30 am**

**Bar Code 162085**

\$4.42 Member, \$6.19 Non-Member, +HST

## Walking/Hiking Group



Join Cambridge 50+ Recreation Centres members for a vigorous walk every Tuesday morning. Meet at the Allan Reuter Centre at 8:45 am to head out together. A yearly schedule is available

at the Allan Reuter Centre. Comfortable shoes required!

## Cycling Group

This Cambridge 50+ Recreation Centres group continues to meet during the warm weather for a group ride each Thursday morning at approximately 9 am. There is



a different meeting place and scheduled ride each week. All levels of

ability are welcome. A schedule for the season is posted at each Centre. Keep in touch with Betty at 519.621.6175 or Heinz at 519.658.5962 to find out what's happening.

## Urban Pole Walking

Enjoy this user friendly activity that combines the aerobic and strength building benefits of cross country skiing with convenience of walking. Urban

poling takes walking to the next level. Poling with specially designed walking poles provide a surprisingly



dynamic workout engaging 90% of the bodies muscles. We have a limited number of poles available to borrow.

**Fri, Jul 13 – Aug 17, 12 – 1 pm**

**Bar Code 162296**

\$10.62 Member, \$11.50 Non-Member, +HST

## Languages:

### Introductory Spanish



In this 8 week course, you will acquire a basic understanding of grammar and other topics in the Spanish language. You will also have the opportunity to discover

the Spanish culture and learn the basics needed to communicate when traveling. The last class will be off site at a Spanish restaurant, where students can practice ordering in Spanish. \*Cost of food extra\*.

Instructor: Dora Brenes

**Mon, Jul 4 – Aug 29, 7-9 pm**

**No Class Mon Aug 1**

**Bar Code: 162190**

\$58.67 Mem \$64.53 Non Mem + HST

### Intermediate Spanish

In this 8 week course participants will add to the knowledge and skills acquired in Introductory Spanish. Continue to enhance your language skills and appreciate the Spanish culture.

The last class will be off site at a Spanish restaurant, where students can practise ordering in Spanish. \*Cost of food extra\*.

Instructor: Dora Brenes

**Wed, Jul 6 – Aug 24, 7-9 pm**

**Bar Code: 162191**

\$58.67 Mem \$64.53 Non Mem + HST

## Culinary:

### Summer Theme Cookie Basket

Come out and learn how to make 6 unique summer theme cookies using fondant and royal icing. You will leave the class with a complete bouquet of beautifully decorated cookies. Perfect for a hostess gift or as a special treat for yourself! \$15 supplies fee. All supplies included.



\*\* Bring a tray or Tupperware to bring cookies home in as the icing will need time to dry before putting them in decorative baggies.

Instructor: Caralee Robertshaw

**Thu, Jul 21, 7-9pm**

**Bar Code: 162238**

\$ 15 Mem \$ 18 Non Mem + HST

### Driving Assessments

The driving assessment program offers individuals an opportunity to obtain a fair and comprehensive evaluation in order to determine their ability to drive a vehicle safely.

Presented by Lindsay Cox, OT at CBI Physiotherapy & Rehabilitation Centre

**Tue, Jul 12, 10-11am**

**Bar Code: 162240**

\$ 0 Mem \$ 2 Non Mem + HST

### Horticulture Program:

Instructor: Lynn Leach

**Summer Floral Design:**



Create a cut floral masterpiece in a summer container. Learn some tips on how to make your

arrangement last longer, and the best flowers to cut from your perennial garden. \*Supplies Extra\*

**Thu, Jul 21, 9-11am**

**Barcode: 162211**

\$10 Mem \$13 Non Mem + HST

**Patio Lanterns:**

Perfect for your patio or porch, these hand-painted, nature inspired glass lanterns are simple even for the beginner painter. Learn techniques to put your own personal style into your work of art. \*Supplies Extra\*

**Thu, Aug 18, 9-11am**

**Barcode: 162212**

\$10 Mem \$13 Non Mem + HST

### Writing! About Memorable Events in Your Life

Write about memorable events in your life. Share your travel experiences, cooking recipes, or home remedies. Long or short, simple or exciting, write down those things which you want to recall and cherish, or publish. The workshop will deal with basic, as well as advanced level writing techniques simultaneously. Basic writing rules, presentation, style and format will be done at the learner's individual pace.

Advanced level writers too are welcome to modify and improve their style and presentation. Instructor: Rafeth Yasmin

**Wed, Jul 13 – Aug 17, 9:30-11:30am**

**Barcode: 162290**

\$10 Mem \$13 Non Mem + HST

### Fitness:

#### Multi-Level Pilates

A mind-body workout that increases core strength, flexibility and agility. Builds strength without bulking-up.

Instructor: Vicki Power

**Tue, Jul 5 – 26, 1:00-1:45pm**

**Barcode: 162214**

**Tue, Aug 9 – 30, 1:00-1:45pm**

**Barcode: 162215**

\$27.60 Mem \$30.00 Non Mem + HST

### Flexibility

This program will prepare you for summer activities and help ease aching muscles afterwards. Treat your body to a good healthy stretch & relaxation.

Your body will thank you for it!

Instructor: Vicki Power

**Mon, Jul 4-25, 1:45-2:30pm**

**Barcode: 162224**

**Mon, Aug 8-29, 1:45-2:30pm**

**Barcode: 162225**

\$22 Mem \$25 Non Mem + HST

### Meditation

Come and explore our Meditation Classes. Different techniques will be explored to help you deal more effectively with stress, increase your health and wellness and develop your full potential. These classes offer something for everyone.

Instructor: Tammy Lawrence-Cymbalisty

**Wed, Jul 6 – Aug 10, 2:35-3:35pm**

**Barcode: 162209**

\$30.48 Mem \$38.10 Non Mem + HST

### Conditioning Room Orientation Clinics

If you are a member of our conditioning room and are interested in learning proper technique join one of the conditioning room orientation clinics. Learn how to use the equipment safely and confidently. Clinics are lead by a qualified instructor who will show you how to use the weight training equipment and how to program our cardio equipment.

**Mon, Jul 11, 9:30-11am**

**Barcode: 162242**

**Mon, Jul 11, 6:30-8pm**

**Barcode: 162243**

**Mon, Aug 8, 9:30-11am**

**Barcode: 162244**

**Mon, Aug 8, 6:30-8pm**

**Barcode: 162245**

\$0 DDC Members or Conditioning Rm. Members

### Personal Training Services

Get started on a fitness program geared specifically to your needs, goals, and lifestyle! Spend an hour one-on-one with one of our personal trainers so you can get the most out of your workout. Sign up at Front desk of David Durward Centre. Session (1 hour) 1 Session:

\$30.00 Mem \$35.00 for Non Mem + HST

## Zumba

Zumba Fitness is a dance-fitness exercise program using a combination of dance steps such as salsa, merengue, and reggae tones. Zumba also uses fitness exercise such as squats, knee-lifts, and bicep curls. Zumba music uses mostly Latin rhythms but also uses other upbeat music from calypso to swing.

	Weeks	Date	Time	M	NM	Code
Inst: Dee Dee Kurevija	4	Tue, Aug 2 – Aug 23	1:00 – 1:45pm	\$24	\$26	162194
	4	Wed, Aug 3 – Aug 24	5:55 – 6:40pm	\$24	\$26	162196
	4	Thu, Aug 4 – Aug 25	12:05 -12:50pm	\$24	\$26	162192
	4	Fri, Aug 5 – Aug 26	5:45 – 6:30pm	\$24	\$26	162200

## Pilates on the Ball

Similar to mat Pilates, you will lengthen and strengthen your core muscles. By including the ball we will be adding more intensity and more fun! This is a mixed level class, beginner to advance. Come and enjoy!

	Weeks	Date	Time	M	NM	Code
Inst: Vicki Power	4	Tue, Jul 5 – Jul 26	12:10–12:55pm	\$27.60	\$30.00	162218
	4	Tue, Aug 9 - Aug 30	12:10–12:55pm	\$27.60	\$30.00	162219
	4	Thu, Jul 7– Jul 28	10:15- 11:00am	\$27.60	\$30.00	162216
	4	Thu, Aug 4 – Aug 25	10:15- 11:00am	\$27.60	\$30.00	162217
	4	Thu, Jul 7 – Jul 28	5:30 – 6:15pm	\$27.60	\$30.00	162222
	4	Thu, Aug 4 – Aug 25	5:30 – 6:15pm	\$27.60	\$30.00	162223
	4	Fri, Jul 8 – Jul 29	12:05–12:50pm	\$27.60	\$30.00	162220
	4	Fri, Aug 5 – Aug 26	12:05-12:50pm	\$27.60	\$30.00	162221

## Strength Training

This class will focus on muscle conditioning. Learn to use free weights & your own body weight. Focus on alignment, technique & safe and effective use of weights. Can be modified for people with arthritis or minor ailments.

	Weeks	Date	Time	M	NM	Code
Inst: Vicki Power	4	Mon, Jul 4– Jul 25	1:00 - 1:45 pm	\$22.00	\$25.00	162228
	4	Mon, Aug 8 – Aug 29	1:00 - 1:45 pm	\$22.00	\$25.00	162229
	4	Thu, Jul 7 – Jul 28	11:00- 11:45 am	\$22.00	\$25.00	162230
	4	Thu, Aug 4 – Aug 25	11:00- 11:45 am	\$22.00	\$25.00	162231

## Low Impact Fitness

An aerobic class that combines music, low-impact movements and light hand weights. Try our 'Pay as you go' classes!

	Weeks	Date	Time	M	NM	Code
<b>Low-Impact</b> Inst: Sue Joyce	5	Mon, Jul 18 – Aug 22 *No Class Aug 1*	7:00 – 8:00 pm	**See Note		
<b>Low-Impact</b> Inst: Sue Joyce	6	Wed, Jul 20 – Aug 24	7:00 – 8:00 pm	** See Note		
<b>Low-Impact</b> Inst: Sue Joyce	7	Thu, Jul 21 – Aug 25	9:00 - 10:00 am	**See Note		

**\*\*Note: Pay as you go \$4 per/class 5 classes \$15 Mem. - \$18 Non Mem. 10 classes \$28 Mem. - \$30 Non Mem.**

## Yoga

A gentle program of stretching, strengthening, breathing and relaxation. The main focus of the class is **relaxation**. This allows participants of all fitness levels to participate and gain benefits in stress reduction and increased flexibility. Breathing techniques, physical postures and meditation will be the focus.

	Weeks	Date	Time	M	NM	Code
Inst: Tammy Lawrence Cymbalistry	5	Mon, Jul 4 – Aug 8 *No Class Aug 2, 2010*	5:30 – 6:30 pm	\$25.71	\$32.38	162201
	6	Tue, Jul 5 – Aug 9	6:00 - 7:00pm	\$30.48	\$38.10	162207
	6	Wed, Jul 6 – Aug 10	1:30 – 2:30 pm	\$30.48	\$38.10	162203

## Power Yoga

A more intense form of practice. Builds strength and endurance while focusing on the breath.

	Weeks	Date	Time	M	NM	Code
Inst: Tammy Lawrence Cymbalistry	6	Tue, Jul 5- Aug 9	7:00 – 8:00 pm	\$30.48	\$38.10	162205

## Lunch Time Yoga

Yoga moves each joint through its full range of motion and simultaneously stretches and balances the body. The movements and postures of Yoga release stiffness and tension. This class is suitable for all fitness levels.

### *We Love Lucy!*

With 35 years of teaching experience, Lucy Klimpke is the original Hatha Yoga instructor of Cambridge. Learn from a pro during her class "Lunchtime Yoga".

**Wed, Jun 29-Jul 20**

**11:30am-12:20pm**

**Bar Code 162343**

\$24.19 M, \$30.24 NM + HST

**Wed, Jul 27-Aug 17**

**11:30am-12:20pm**

**Bar Code 162344**

\$24.19 M, \$30.24 NM + HST

**Thu, Jun 30-Jul 21**

**11:45am-12:35 pm**

**Bar Code 162342**

\$24.19 M, \$30.24 NM + HST

**Thu, Jul 28-Aug 18**

**11:45 am-12:35pm**

**Bar Code 162345**

\$24.19 M, \$30.24 NM + HST

## Pilates Foundations

Gentle yet profound. This class will help to improve your range of motion, strengthen around your joints and provide you with a stronger core.

**Tue, Jun 28-Jul 19, 10:05-11 am**

**Bar Code 162346**

\$27.20 M, \$34 NM+ HST

**Tue, Jul 26-Aug 16, 10:05-11 am**

**Bar Code 162347**

\$27.20 M, \$34 NM + HST

**Babysitting available for a fee**



## FALL ROUND-UP! FREE for FIRST TIMERS

As a magnificent summer comes to a close, we invite those who have never used our programs before to take a sneak peek at some of our fall line up of fitness class and workshops; wellness seminars and specialty classes...for FREE Sept 11 – 17.

More details to follow in the Fall Guide & at the WG Johnson Centre

## Zumba

**Ditch the Workout! Join the Party!**

A fusion of Latin rhythms and International music that creates a dynamic, exciting, and effective cardio workout; you WILL see benefits while experiencing an absolute blast in 55-minutes of exhilarating, caloric-burning, body-energizing fun fitness moves.

**Tue, Jun 28-Jul 19, 5-5:50 pm**

**Bar Code 162322**

\$27.20 M, \$34 NM + HST

**Tue, Jul 26-Aug 16, 5-5:50 pm**

**Bar Code 162327**

\$27.20 M, \$34 NM + HST

**Thu, Jun 30-Jul 21, 5:30-6:20 pm**

**Bar Code 162330**

\$27.20 M, \$34 NM + HST

**Thu, Jul 28-Aug 18, 5:30-6:20 pm**

**Bar Code 162331**

\$27.20 M, \$34 NM + HST

**Babysitting available for a fee**

**ZUMBA DISCOUNT!**  
**When you register for 1 Zumba class on this page you can get any other Zumba class on this page for ½ price!**

## Zumba Gold Toning

A fusion of Latin rhythms and International music that creates a dynamic, exciting, and effective combo cardio and toning class using 2 and 3 lbs weights.

**Mon, Jun 27-Jul 18, 5:30-6:20 pm**

**Bar Code 162328**

\$27.20 M, \$34 NM + HST

**Mon, Jul 25-Aug 15, 5:30-6:20 pm**

**Bar Code 162329**

\$25.50 / 3 weeks + HST

**Wed, Jun 29-Jul 20, 5:30-6:20 pm**

**Bar Code 162325**

\$27.20 M, \$34 NM + HST

**Wed, Jul 27-Aug 17, 5:30-6:20 pm**

**Bar Code 162326**

\$27.20 M, \$34 NM + HST

**Babysitting available for a fee.**

**Wed, Jul 6-20, 7-8 pm**

**Bar Code 162332**

\$27.20 M, \$34 NM + HST

**Wed Jul 27-Aug 17, 7-8 pm**

**Bar Code 162333**

\$27.20 M, \$34 NM + HST

## Dancing Debbie's Diva Fitness

Dance and Fitness combined for a fun way to exercise. Improve posture, upper body strength and overall fitness while singing and dancing to choreographed routines to an array of music from 40's, 50's, 60's etc. Participants are encouraged to work at their own level.

**Wed, Jul 6-Jul 20, 8-9 pm**

**Bar Code 162334**

\$24.19 M, \$30.24 NM + HST

**Wed, Jul 27-Aug 17, 8-9 pm**

**Bar Code 162335**

\$24.19 M, \$30.24 NM + HST

## Argentine Tango

Tango is essentially walking with a partner and the music. Argentine tango is danced in an embrace that can vary from very open, in which leader and follower connect at arms length, to very closed, in which the connection is chest-to-chest, or anywhere in between.

**Thu, Jun 30-Jul 21, 7-8:30 pm**

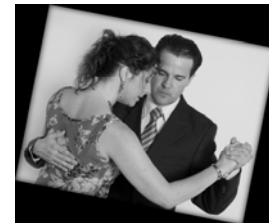
**Bar Code 162318**

\$30 M, \$37.50 NM + HST

**Thu, Jul 28-Aug 18, 7-8:30 pm**

**Bar Code 162319**

\$30 M, \$37.50 NM + HST



**Practica:** Course participants may stay for an additional 30 minute Practica from 8-8:30pm at no additional cost. Non-participants will pay a \$10 practica fee.

## Traditional Line Dancing

**DROP IN!** Line Dancers will be re-introduced to the basics of line dancing and will learn different steps and sequences in a fun atmosphere. All are welcome to participate.

### Instructed Classes

#### *Beginners*

**Tuesdays, 2:35-3:35 pm**

\$6.56 / class + HST

#### *Intermediate*

**Tuesdays, 1-2:30 pm**

\$7.81 / class + HST

## Urban Poling (Instructed)

This outdoor activity with a certified instructor allows participants to burn more calories than regular walking while eliminating stress on your body and joints.

**Wed, Jun 29-Jul 20**

**11:30 am-12:20pm**

**Bar Code 162323**

\$24.19 M, \$30.24 NM + HST

**Wed, Jul 27-Aug 17**

**11:30 am-12:30pm**

**Bar Code 162324**

\$24.19 M, \$30.24 NM + HST

## Conversational Spanish I

Hola! Have you been thinking of traveling to a Spanish speaking country, or do you need to exercise your brain by learning another language, then this program will give you a chance to use Spanish in social settings such as greetings, expressing needs, ordering meals and much more. Class size limited to 8 students.

**Wed, Jun 29-Jul 20, 5:45-7:15 pm**

**Bar Code 162348**

\$30 M, \$37.50 NM + HST

**Wed, Jul 27-Aug 17, 5:45-7:15 pm**

**Bar Code 162349**

\$30 M, \$37.50 NM + HST

**Babysitting available for a fee.**

## Conversational Spanish II

Hola! Take the next step in conversing in Spanish. This program will further enhance your use of Spanish in social settings. Class size limited to 8 students.

**Wed, Jun 29-Jul 20, 7:15-8:45 pm**

**Bar Code 162350**

\$37.50 NM + HST

**Wed, Jul 27-Aug 17, 7:15-8:45 pm**

**Bar Code 162351**

\$37.50 NM + HST

## Active Living Drop-Ins

Don't let the cool weather slow you down. Join us at one of our indoor programs. Nominal fees are applicable to some of the drop-in programs. Non-Members of the Cambridge 50+ Centres are subject to an additional \$2 day fee + HST.

Gym Walking, **Mon & Fri 2:45-4 pm**

Shuffleboard, **Wed 1-2:30 pm**

Wii Sports, **Wed 1-4 pm**

Badminton, **Thu, 1:30-3:30 pm**

Table Tennis, **Mon 1-4 pm\***

*\*(Wed during summer camp)*

## Movie Tuesdays

Join your friends at the Ted Wake Lounge for a movie on the third Tuesday of each month.

**Tue, July 19, Aug 16 1:30-4 pm**

Pop & popcorn \$4 + HST

## Computer Club

Drop in anytime during these hours to get extra practice and help, and to hang out with a great group of computer users ranging from beginner to advanced. An instructor is available to answer your questions and guide your computer concerns. This is a drop-in program: no advanced registration required.

**Every Wednesday, 9:30-11 am**

Computer club will not be running July 1- August 31

\$2 + HST

\$2 + HST

**Babysitting available for a fee.**

## Computer Operations Certificate

Get your personal and/or business computer skills updated with a 6 course Computer Operations Certificate

## Microsoft Office

One of the most popular features of Microsoft Office is their Word program. In this course, learn the main functions of the toolbar, create and save a document, add formatting, cut, copy and paste, insert photos and clip art, and use advanced features such as tables, Word Art, page breaks, and headers and footers.

**Wed, Jul 12-Aug 3, 12-1:30 pm**

**Bar Code 162405**

\$36.58 M, \$45.72 NM + HST

## Microsoft PowerPoint

Create personal slide shows using pictures from your digital camera. Combine text, photos, music, narration, even short video clips. Produce presentations for groups or organizations. Work with different slide categories, layouts and views. Change a slide's background, text style and colour for visual impact. Use transitions as one slide changes to another. Animate text and objects on the slide, while music plays in the background.

**Thu, Jul 14-Aug 4, 12-1:30 pm**

**Bar Code 162406**

\$36.58 M, \$45.72 NM + HST

## Social Marketing & Business Certificate

Earn a Social Marketing Certificate by taking two more Social Marketing Courses: Creating Your Own Free Website for business or family, Make Money Online As An Affiliate

## Using Social Media

Learn about various aspects of social media for your business or personal use, such as Twitter, Facebook, Youtube, and social media time-saving tips from Hootsuite.

**Mon, Jul 11-Aug 8, 12-1:30 pm**

**Bar Code 162403**

\$36.58 M, \$45.72 NM + HST

## Buying and Selling on eBay

Buying and Selling on eBay - In this interactive course, learn how to buy and sell on eBay. Avoid the pitfalls as a buyer and learn tips to attract customers as a seller. Turn your crafts and surplus items into cash or use products from a drop shipper.

**Tue, Jul 12-Aug 2, 12-1:30 pm**

**Bar Code 162404**

\$36.58 M, \$45.72 NM + HST

## Using a Wordpress Website

Wordpress has become the preferred method of having a website nice enough for business, yet easy enough for anyone to update. Learn about themes, plug ins, widgets, and adding content. Create a website you'll be proud of.

**Tue, Jul 12-Aug 2, 6-7:30 pm**

**Bar Code 162407**

\$36.58 M, \$45.72 NM + HST

## Getting Traffic to your Website

A website needs to be found on the Internet to be effective. Find out how to drive traffic to your site through articles, newsletters, search engine optimized content, and social marketing. One session will also focus on email marketing to turn that traffic into customers.

**Thu, Jul 14-Aug 4, 6-7:30 pm**

**Bar Code 162408**

\$36.58 M, \$45.72 NM + HST

## DDC Annual Christmas Bazaar 2011

Crafters - We would appreciate anyone willing to make craft items eg. sewing, knitting, crocheting, etc. for our annual bazaar. If you are able to donate items, fabric or craft materials, please leave the items at the David Durward Centre reception desk.

We need **NEW** items for our White Elephant Table and Mystery Packages and clean, gently used children's toys. Sorry we are unable to accept stuffed animals. If you are able to hold on to any of the items needed for the above tables until the fall please do so, if not please drop them off at reception. Preserves- If doing preserves, please keep us in mind when preparing your jams, jellies, relishes and pickles.

Only with your help, can we look forward to another successful Bazaar. Please watch for Bazaar updates during the year in the Newsletters. For more information, please contact Deirdre - 519 -622-1785

**NOTE:** Next Bazaar Committee meeting is Monday, September 12 at 1 p.m. Anyone wishing to join the committee is invited to attend.

## DDC Walking Group



Come out and join our walking group who meet rain or shine every Tuesday morning from 9-10 am. This is an enthusiastic group who have interesting routes throughout historic downtown Galt.

## Allan Reuter Centre Parking

The Allan Reuter Centre has only a limited number of parking spaces in the back lot (off of Duke Street) but there are other options:

Free	Two Hour	Two Hour with Voucher Then pay
Dover Street #1 Lot Corner of King & Dover Streets	On street: King Street, Argyle Street	King Street Lot
Dover Street #2 Lot King Street Baptist Church Lot	Duke Street Lot	

Now that the nice weather is here why not park a little further away and enjoy the walk to the Centre – if you are able. Then the back parking lot would be available for those who maybe cannot walk so far.

## Good News from Ted Wake Lounge!

Chef Nancy Brown and the owner of the Java Garden Dan Dudack are looking forward to hosting the Friday Lunch Program at the TWL. Several members attended a meet and greet on May 13. Let's just say we are in for a treat. Come enjoy our summer menu by calling the Ted Wake Lounge at 519 740.4681 ext. 4464 Dates are June 10; June 24, July 22 (BBQ); Aug 19 (BBQ)

## Bocce Ball (ARC)

Bocce ball, otherwise known as bocci, boccie, volo, lawn bowling, or Italian bowling, is played with the small ball, also known as the jack or palliano, and eight larger balls. The jack acts as a target as bocce balls can be thrown or rolled, with points given to the team closest to the jack.

The Allan Reuter Centre hosts bocce ball Thursdays at 1 pm in Central Park.

