FALL 2022 Newsletter
September to December
Recreation Programs for 50+
cambridge.ca/coral

Allan Reuter Centre
Mon - Fri
8:30 a.m.-9 p.m.
Sat
9:00 a.m.-3 p.m.

David Durward Centre
Mon - Thurs 8:30 a.m.-9 p.m.
Fri 8:30 a.m.-4 p.m.
(4-9 p.m. access through CCA entrance)

Ted Wake Centre
Mon - Fri
8:30 a.m. 9 p.m.

William E. Pautler Centre
Mon - Thurs
8:30 a.m.-8 p.m.
Fri
8:30 a.m.-4 p.m.
New this fall: Registration for drop-in programs will no longer be needed in advance. When you arrive, come to the reception desk to be checked in for your activity (e.g., bridge). Proof of membership will be needed.

Most instructed activities are being offered in 3-4 week sessions. See program details below.

COVID-19
In consultation with Public Health, the City continues to review the provincial regulations and will make changes to programming as necessary. For more information on current safety measures, visit www.cambridge.ca/recsafety

The City of Cambridge is committed to providing assistance that covers part of the cost of city-run recreation programs and memberships for those who cannot afford to participate in these activities. The Activities For Less program is for permanent Cambridge residents only. Eligibility is based on total household income. For all program inquiries please call the Recreation and Culture Department at (519) 623-1340 ext. 4531.

Like our Cambridge 50+ Centres Facebook Page!

Hours of Operation
Effective Sept. 6, 2022.

Our team is here to help! Reach out with any questions or comments.

Supervisor of Recreation, Older Adult Services
Nicole Cichello (519)740-4681 ext. 4398 cichellon@cambridge.ca (bottom right above)

Recreation Co-ordinator, ARC, TWC
Colleen Lichti (519)740-4681 ext. 4459 lichtic@cambridge.ca (top right above)

Recreation Co-ordinator, DDC, WEPC
Kara Miller (519)740-4681 ext. 4634 millerk@cambridge.ca (bottom left above)

Administrative Service Representative
Megan Hooper (519)740-4681 ext. 4397 hooperm@cambridge.ca (top left above)

Memberships
Please bring your 50+ membership card for registration. Staff can update or replace cards if needed.

Benefits of Membership
• Valid at 4 centres
• Reduced rates on courses, drop-in, support services, events and conditioning room membership.
• Annual General Meeting vote
• Opportunity to volunteer e.g., position on centre boards
• Access to join Clubs
• Receive program newsletters and other direct communication about activities

Annual Memberships are available in person or online for $32.77 +HST

David Durward Centre
2022 Parking Pass (Jan-Dec): $6.87 + HST
Welcome Back BBQ
Welcome back to our Cambridge Recreation Centres! We hope you had a wonderful summer and are ready to get back into your recreation routine! Please join the celebration featuring games and a BBQ. Location: Riverside Park, 49 King St. W., Dolph Picnic Area portable washrooms will be on site.

**Riverside Park**
Fee: $10.00
W  Sep 21  11:30 AM-2:30 PM  1  39864

**Autumn Treats!**
Join us for a fun filled afternoon celebrating autumn! There will be pumpkin & apple pies, ice cream, cider, tea/coffee, door prizes and entertainment.

**Allan Reuter Centre**
Fee: $9.00
W  Oct 19  1:00 PM-3:00 PM  1  39859

**Fashion Show**
See the latest trends in fashion from Cleo. Lovely food, coffee and tea are enjoyed during the show.

**WG Johnson Centre**
Fee: $9.50
Th  Oct 27  2:00 PM-4:00 PM  1  39861

**Active Living Fair**
Exhibitors, demonstrations, seminars. Empowering older adults to take an active role in their quality of life!

**Hespeler Arena Beehive Hall, 640 Ellis Road West, Cambridge**
W  Nov 2  1:00 PM-5:00 PM

**Wine Tasting**
Explore wine paired with complimentary foods to enhance the overall experience. This session is limited to 30 people so book early! The presenter is a Canadian Gold Medal Winner for his wine and numerous times an Ontario Gold Medal winner.

**Ted Wake Centre**
Fee: $20.00
T  Nov 15  1:00 PM-3:00 PM  1  39862

**Celebrity Productions 60’s & 70’s Christmas Show**
Welcome back Tribute Shows! Celebrity Productions will bring back the Groove and the Glam from the 60’ & 70’s! This Legendary Christmas Show will feature many superstars from these two great decades. Hear their hit songs, and holiday tunes too! Theatre style seating.

**David Durward Centre**
Fee: $10.00
F  Nov 25  1:30 PM-2:30 PM  1  39723

**Bingo Special Day**
Join all the Bingo playing regulars for a fun afternoon of Bingo with prizes, snacks and refreshments!

**Allan Reuter Centre**
Fee: $6.00
W  Nov 30  1:30 PM-3:30 PM  1  39860

**Puzzles, Books & Cards Sale**
We are accepting donations of puzzles and books during the month of November. New and barely used items please. The sale will run December 1-23 during Centre hours. Thanks so much for your support!

**Allan Reuter Centre, David Durward Centre and Ted Wake Centre**
Th  Dec 1 – F Dec 23  8:30 AM-4:30 PM

**Christmas Turkey Dinner**
All 50+ Centres are joining together for an old-fashioned Christmas Dinner with door prizes and entertainment. Location: Grand Valley Golf Club, 1910 Rosedale Rd. Cambridge

**Grand Valley Golf Club**
Fee: $25.00
T  Dec 6  12:00 PM-3:00 PM  1  39863
**Arts**

**Calligraphy**
Calligraphy means beautiful writing. Calligraphy can be both a delight to the eye and an inspiration to the spirit. Calligraphy is a fun hobby, a great business, and a creative art. Previous experience is helpful. Beginners welcome!

<table>
<thead>
<tr>
<th>Location</th>
<th>Fee: $87.12. NM: $102.50</th>
<th>M: Sep 12-Nov 21 1:00 PM-2:30 PM 10 39596</th>
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<tbody>
<tr>
<td>Allan Reuter Centre</td>
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<tr>
<td>Ted Wake Centre</td>
<td>Fee: $14.75</td>
<td>T Nov 29 1:00 PM-3:00 PM 1 39915</td>
</tr>
<tr>
<td>David Durward Centre</td>
<td>Fee: $14.75</td>
<td>Th Nov 17 1:00 PM-3:00 PM 1 39899</td>
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**Christmas Cards Workshop**
Add a personal touch. Create three wonderful Christmas Cards to give to family or friends. All materials provided. Presented by Leigh, a local Stampin’ Up demonstrator.

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<tr>
<th>Location</th>
<th>Fee: $14.75</th>
<th>M: Sep 12-Oct 24 12:30 PM-2:30 PM 6 39623</th>
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<tbody>
<tr>
<td>Ted Wake Centre</td>
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<tr>
<td>David Durward Centre</td>
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**Drawing - Beginners**
Would you like to learn to draw but don’t know where to start? We use pencil and charcoal. The focus will be on portraits of people or pets. Supplies needed - the instructor will advise at the first class.

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<tr>
<th>Location</th>
<th>Fee: $49.06. NM: $57.72</th>
<th>M: Sep 15-Oct 20 9:30 AM-11:30 AM 6 39597</th>
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<tr>
<td>Allan Reuter Centre</td>
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<tr>
<td>Ted Wake Centre</td>
<td>M: $49.06. NM: $57.72</td>
<td>M Sep 12-Oct 24 10:00 AM-12:00 PM 6 39629</td>
</tr>
<tr>
<td>David Durward Centre</td>
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**Slices of Wood Wreath**
Come and join Kriss from Cambridge RIVERS’ EDGE Gardeners to make a wreath created with slices from tree branches. A wonderful display that can be changed for all seasons. All materials provided including some embellishments. Something for your own home or as a gift.

<table>
<thead>
<tr>
<th>Location</th>
<th>Fee: $23.00. NM: $27.00</th>
<th>M: Sep 15-Oct 20 9:30 AM-11:30 AM 6 39603</th>
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<tr>
<td>Allan Reuter Centre</td>
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<tr>
<td>Ted Wake Centre</td>
<td>M: $49.06. NM: $57.72</td>
<td>Th Oct 31-Dec 5 12:30 PM-2:30 PM 6 39636</td>
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**Watercolors - Beginner**
No experience needed, just a willingness to be open to explore. Our inspiration will be drawn from Mother Nature, and our creative journey will include both abstract and representational projects. Freedom of expression is encouraged.

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<tr>
<th>Location</th>
<th>Fee: $49.06. NM: $57.72</th>
<th>M: Sep 13-Oct 18 9:30 AM-11:30 AM 6 39603</th>
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<tr>
<td>Allan Reuter Centre</td>
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<tr>
<td>Ted Wake Centre</td>
<td>M: $49.06. NM: $57.72</td>
<td>Th Oct 27-Dec 1 12:00 PM-2:00 PM 6 39614</td>
</tr>
</tbody>
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**Watercolors - Intermediate**
Prerequisite: Beginners Watercolours or prior experience. Continue learning new techniques in this class. Our inspiration will be drawn from Mother Nature, and our creative journey will include both abstract and representational projects. Freedom of expression is encouraged.

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<tr>
<th>Location</th>
<th>Fee: $49.06. NM: $57.72</th>
<th>M: Sep 15-Oct 20 9:30 AM-11:30 AM 6 39604</th>
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<tr>
<td>Allan Reuter Centre</td>
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<tr>
<td>Ted Wake Centre</td>
<td>M: $49.06. NM: $57.72</td>
<td>Th Oct 27-Dec 1 12:00 PM-2:00 PM 6 39613</td>
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Like us on Facebook

Cambridge 50+ Centres
Fitness

Barre
Barre is a low-impact Ballet-inspired workout combining small, isolated movements with lots of reps to burn calories and sculpt muscles. Barre is one of the fastest, most effective ways to change the shape of your body. From a stronger core to better posture to leaner legs, the benefits are numerous. Barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. No dance experience required.

David Durward Centre  M:$24.51. NM: $28.83
W Sep 14-Sep 28  7:00 PM-7:50 PM  3  39742
David Durward Centre  M:$32.67. NM: $38.44
W Oct 5-Oct 26  7:00 PM-7:50 PM  4  39743
David Durward Centre  M:$40.84. NM: $48.05
W Nov 2-Nov 30  7:00 PM-7:50 PM  5  39744
David Durward Centre  M:$24.51. NM: $28.83
W Dec 7-Dec 21  7:00 PM-7:50 PM  3  39745
William E Pautler Centre  M:$24.51. NM: $28.83
M Sep 12-Sep 26  12:30 PM-1:15 PM  3  39900
William E Pautler Centre  M:$32.67. NM: $38.44
M Oct 3-Oct 31  12:30 PM-1:15 PM  4  39901
William E Pautler Centre  M:$24.51. NM: $28.83
M Nov 7-Nov 28  12:30 PM-1:15 PM  4  39902
William E Pautler Centre  M:$24.51. NM: $28.83
M Dec 5-Dec 19  12:30 PM-1:15 PM  3  39903

Cycle
Join our cycle class; the intensity will vary throughout the class thanks to different body positions, pedal speed, and resistance. The instructor will tell you when to change your settings so your ride includes hill climbs, sprints, and coasting. Suitable for all levels.

William E Pautler Centre  M:$16.93. NM: $19.92
M Sep 12-Sep 26  1:30 PM-2:00 PM  3  39904
William E Pautler Centre  M:$22.58. NM: $26.56
M Oct 3-Oct 31  1:30 PM-2:00 PM  4  39905
William E Pautler Centre  M:$16.93. NM: $19.92
M Dec 5-Dec 19  1:30 PM-2:00 PM  3  39908

Gentle Fitness Combo
This class is designed to give your body just what it needs... movement! Enjoy a variety of exercises designed to address all aspects of fitness - cardio, muscular conditioning and flexibility. You will work at a light to moderate pace while grooving to tunes and having fun.

Allan Reuter Centre  M:$22.75. NM: $26.76
T Sep 13-Sep 27  10:15 AM-11:15 AM  3  39599
F Sep 16-Sep 30  9:15 AM-10:15 AM  3  40065
Allan Reuter Centre  M:$30.33. NM: $35.68
T Oct 4-Oct 25  10:15 AM-11:15 AM  4  39600
T Nov 1-Nov 22  10:15 AM-11:15 AM  4  39608
T Nov 29-Dec 20  10:15 AM-11:15 AM  4  39609
Allan Reuter Centre  M:$30.33. NM: $35.68
F Oct 7-Oct 28  9:15 AM-10:15 AM  4  40066
F Nov 4-Nov 25  9:15 AM-10:15 AM  4  40067
F Dec 2-Dec 23  9:15 AM-10:15 AM  4  40068

Conditioning Room Orientation Clinics
If you are a Member of our conditioning room, learn how to use the equipment safely and confidently with our qualified personal trainer.

David Durward Centre
M Sep 19  2:15 PM-3:15 PM  1  39849
M Oct 17  2:15 PM-3:15 PM  1  39850
M Nov 21  2:15 PM-3:15 PM  1  39851
M Dec 19  2:15 PM-3:15 PM  1  39852
William E Pautler Centre
F Sep 9  1:00 PM-2:00 PM  1  39853
F Oct 14  1:00 PM-2:00 PM  1  39854
F Nov 11  1:00 PM-2:00 PM  1  39855
F Dec 9  1:00 PM-2:00 PM  1  39856

Adult Programs
Adult Programs

**Gentle Stretch**
A class combination of yoga postures and Pilates moves. Benefits include improved strength, endurance and flexibility with a special emphasis on core during the Pilates section. This class is a great introduction to both disciplines with options for experienced participants.

- **David Durward Centre**
  - M: $13.97. NM: $16.44
  - M Sep 12-Sep 26 1:50 PM-2:35 PM 2 39691
  - M Oct 17-Oct 31 1:50 PM-2:35 PM 3 39692
  - M Nov 7-Nov 28 1:50 PM-2:35 PM 4 39693

- **Low Impact Fitness**
  - An aerobics class with energizing music, low impact movements, and light hand weights.
  - **David Durward Centre**
    - M: $15.25. NM: $17.94
    - T Sep 13-Sep 27 9:00 AM-10:00 AM 3 39663
    - W Sep 14-Sep 28 9:00 AM-10:00 AM 3 39670
    - Th Sep 15-Sep 29 9:00 AM-10:00 AM 3 39664

- **H.I.I.T (High Intensity Interval Training)**
  - These workouts are a great way to build muscle and improve your cardiovascular fitness at the same time! A full body class which will include resistance training using a variety of equipment (dumbbells, bands, bodyweight) combined with small bursts of cardio to help burn those calories and increase your metabolism. Difference levels and low-impact options will be offered throughout the class, all fitness levels and experience welcome!
  - **David Durward Centre**
    - M: $24.51. NM: $28.83
    - T Sep 13-Sep 27 9:00 AM-10:00 AM 3 39663
    - W Sep 14-Sep 28 9:00 AM-10:00 AM 3 39670
    - Th Sep 15-Sep 29 9:00 AM-10:00 AM 3 39664

- **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.
  - **David Durward Centre**
    - M: $24.51. NM: $28.83
    - T Sep 13-Sep 27 7:30 PM-8:30 PM 3 39909
    - W Sep 14-Sep 28 7:30 PM-8:30 PM 3 39910
    - Th Sep 15-Sep 29 7:30 PM-8:30 PM 3 39911

**Meditation Benefits**

- Enhance Mood
- Improve Memory
- Sleep Well
- Bring Harmony to Your Life
- Increases Energy
- Weight Loss
- Regulates Heart Rate
- Reduces Stress
- More Creativity
Osteo-Fit
Designed for bone-conscious people, and appropriate for anyone looking for a well-rounded gentle fitness program. Power posture, core strength, balance, and fall prevention are emphasized. Participants will learn correct exercise technique and the benefits of regular physical activity.

Allan Reuter Centre
M: $28.02. NM: $32.97
T Sep 13-Sep 27 11:30 AM-12:30 PM 3 39841
Allan Reuter Centre
M: $37.37. NM: $43.96
T Oct 4-Oct 25 11:30 AM-12:30 PM 4 39842
T Nov 1-Nov 22 11:30 AM-12:30 PM 4 39843
T Nov 29-Dec 20 11:30 AM-12:30 PM 4 39844

Small Group Personal Training
This program will deliver a series of structured workouts in a group setting that’s small enough to give you the attention you deserve. Have fun in a group setting while working hard and improving muscular strength, tone and stability. Learn about exercises you can revisit again and again and how to tailor your workouts to suit your needs. Get ready to move!

David Durward Centre
M: $65.33. NM: $76.86
M Sep 12-Oct 24 1:00 PM-2:00 PM 6 39668
M Nov 7-Dec 12 1:00 PM-2:00 PM 6 39669

Strength On The Ball
*Must have ball and strength experience*

David Durward Centre
M: $13.97. NM: $16.44
T Sep 13-Sep 20 11:05 AM-11:50 AM 2 39703
David Durward Centre
M: $20.96. NM: $24.66
T Oct 11-Oct 25 11:05 AM-11:50 AM 3 39704
David Durward Centre
M: $34.93. NM: $41.10
T Nov 1-Nov 29 11:05 AM-11:50 AM 5 39705
David Durward Centre
M: $13.97. NM: $16.44
T Dec 6-Dec 20 11:05 AM-11:50 AM 2 39706

Strength Training
Experience the benefits of resistance training at an introductory level. Strengthen bones and muscles as you learn safe and proper execution of techniques involved in resistance training.

David Durward Centre
M: $13.97. NM: $16.44
M Sep 12-Sep 19 1:00 PM-1:45 PM 2 39687
Th Sep 15-Sep 22 10:15 AM-11:00 AM 2 39695
David Durward Centre
M: $20.96. NM: $24.66
M Oct 17-Oct 31 1:00 PM-1:45 PM 3 39688
Th Oct 13-Oct 27 10:15 AM-11:00 AM 3 39696
David Durward Centre
M: $27.95. NM: $32.88
M Nov 7-Nov 28 1:00 PM-1:45 PM 4 39689
Th Nov 3-Nov 24 10:15 AM-11:00 AM 4 39697
David Durward Centre
M: $13.97. NM: $16.44
M Dec 5-Dec 19 1:00 PM-1:45 PM 2 39690
David Durward Centre
M: $20.96. NM: $24.66
Th Dec 1-Dec 22 10:15 AM-11:00 AM 3 39698
WG Johnson Centre
M: $20.96. NM: $24.66
Th Sep 15-Sep 29 10:30 AM-11:15 AM 3 39626
WG Johnson Centre
M: $27.95. NM: $32.88
T Nov 1-Nov 22 10:30 AM-11:15 AM 4 39638
T Nov 29-Dec 20 10:30 AM-11:15 AM 4 39639
Th Oct 6-Oct 27 10:30 AM-11:15 AM 4 39640
Th Nov 3-Nov 24 10:30 AM-11:15 AM 4 39641
Th Dec 1-Dec 22 10:30 AM-11:15 AM 4 39642

Step
Come out and learn a new level of stepping! Experience required. This is not a beginner class.

David Durward Centre
M: $13.97. NM: $16.44
T Sep 13-Sep 20 11:05 AM-11:50 AM 2 39703
David Durward Centre
M: $20.96. NM: $24.66
T Oct 11-Oct 25 11:05 AM-11:50 AM 3 39704
David Durward Centre
M: $34.93. NM: $41.10
T Nov 1-Nov 29 11:05 AM-11:50 AM 5 39705
David Durward Centre
M: $13.97. NM: $16.44
T Dec 6-Dec 20 11:05 AM-11:50 AM 2 39706

Small Group Personal Training
Conditioning Room Equipment
This program will deliver a series of structured workouts in a group setting that’s small enough to give you the attention you deserve. Have fun in a group setting while working hard and improving muscular strength, tone and stability. Learn about exercises you can revisit again and again and how to tailor your workouts to suit your needs. Get ready to move! This program will be using the Conditioning Room equipment. Note: Must have current Conditioning Room Pass

William E Pautler Centre
M: $65.33. NM: $76.86
F Sep 23-Oct 28 1:00 PM-2:00 PM 6 39857
F Nov 4-Dec 9 1:00 PM-2:00 PM 6 39858
**Tai Chi-Beginners**
Tai Chi is an exercise system designed to improve health and promote relaxation. You will learn the first 17 moves in this class.

**Allan Reuter Centre**
- **M:** $67.32. **NM:** $79.20
- **T** Sep 13-Nov 29 9:00 AM-10:00 AM 12 39601

**Tai Chi-Intermediate**
An exercise system consisting of slow, non-strenuous, soft, and relaxing movements which are beneficial to people of all ages. Basic knowledge of 108 moves is required.

**Allan Reuter Centre**
- **M:** $16.83. **NM:** $19.80
- **Th** Sep 15-Sep 29 10:00 AM-11:00 AM 3 39602
- **M:** $22.44. **NM:** $26.40
- **Th** Oct 6-Oct 27 10:00 AM-11:00 AM 4 39610
- **M:** $28.05. **NM:** $33.00
- **Th** Nov 3-Dec 1 10:00 AM-11:00 AM 5 39611

**Tone & Stretch**
Without proper use, muscles over time with cause atrophy, causing weakness, imbalance and discomfort. Combat the effect with gentle conditioning using light weights and resistance bands with seated exercises. Dynamic stretching will be integrated into the warm up, gentle stretching will be infused throughout the class to compliment the muscles worked through the class and static will be used at the end to restore balance. Leave feeling taller, energized and strong.

**David Durward Centre**
- **M:** $22.75. **NM:** $26.76
- **M** Sep 12-Sep 26 12:00 PM-12:45 PM 3 39665
- **W** Sep 14-Sep 28 1:30 PM-2:30 PM 3 39721

**TRX for 50+**
The TRX Suspension Trainer class focuses on techniques, flexibility, balance, and strength by using basic foundational exercises through easy to follow progressions.

**WG Johnson Centre**
- **M:** $33.86. **NM:** $39.84
- **W** Nov 2-Nov 23 10:30 AM-11:15 AM 4 39644
- **W** Nov 30-Dec 21 10:30 AM-11:15 AM 4 39645

**Yoga**
A gentle program of stretching, strengthening, breathing and relaxation. The focus of the class is relaxation - allowing participants at any level of fitness to participate and gain benefits in stress reduction and increased flexibility of the mind and body.

**David Durward Centre**
- **M:** $24.51. **NM:** $28.83
- **M** Sep 12-Sep 26 5:30 PM-6:30 PM 3 39683
- **W** Sep 14-Sep 28 1:30 PM-2:30 PM 3 39719

**Allan Reuter Centre**
- **M:** $24.51. **NM:** $28.83
- **W** Sep 14-Sep 28 7:00 PM-8:00 PM 3 39960
- **Th** Sep 15-Sep 29 2:30 PM-3:30 PM 3 39605
- **W** Oct 5-Oct 26 1:30 PM-2:30 PM 4 39720
- **M** Nov 7-Nov 28 5:30 PM-6:30 PM 4 39685

**David Durward Centre**
- **M:** $41.69. **NM:** $49.05
- **W** Nov 2-Nov 30 1:30 PM-2:30 PM 5 39721
- **M** Dec 5-Dec 19 12:00 PM-12:45 PM 3 39686
- **W** Dec 7-Dec 21 1:30 PM-2:30 PM 3 39722
- **M** Nov 3-Nov 23 7:00 PM-8:00 PM 4 39644
- **W** Nov 30-Dec 21 7:00 PM-8:00 PM 4 39645
- **Th** Oct 6-Oct 27 2:30 PM-3:30 PM 4 39615
- **Th** Nov 3-Nov 24 2:30 PM-3:30 PM 4 39616
- **Th** Dec 1-Dec 22 2:30 PM-3:30 PM 4 39617
Yoga - Chair
Designed for those who find it difficult to get down to or up from the floor. Participants are able to safely perform seated and standing yoga poses with the support and stability of a chair.

**Allan Reuter Centre**
M $24.51, NM $28.83  
M Sep 12-Sep 26 1:30 PM-2:30PM  3 40191
M Oct 3-Oct 31 1:30 PM-2:30PM  4 40192
M Nov 7-Nov 28 1:30 PM-2:30PM  4 40194
M Dec 5-Dec 19 1:30 PM-2:30PM  3 40195

**David Durward Centre**
M $24.51, NM $28.83  
M Sep 12-Sep 26 1:30 PM-2:30PM  3 40191
M Oct 3-Oct 31 1:30 PM-2:30PM  4 40192
M Nov 7-Nov 28 1:30 PM-2:30PM  4 40194
M Dec 5-Dec 19 1:30 PM-2:30PM  3 40195

**Zumba**
A fast-paced dance fitness program combining dance steps like salsa, merengue & reggae tone.

**Allan Reuter Centre**
M $24.51, NM $28.83  
T Sep 13-Sep 27 7:00 PM-7:45PM  3 39837
T Oct 4-Oct 25 7:00 PM-7:45PM  4 39838
T Nov 1-Nov 22 7:00 PM-7:45PM  4 39839
T Nov 29-Dec 20 7:00 PM-7:45PM  4 39840

**David Durward Centre**
M $24.51, NM $28.83  
M Sep 12-Sep 26 4:00 PM-4:45PM  3 39738
M Oct 3-Oct 31 4:00 PM-4:45PM  4 39739
M Nov 7-Nov 28 4:00 PM-4:45PM  4 39740

**WG Johnson Centre**
M $24.51, NM $28.83  
Th Sep 15-Sep 29 7:00 PM-7:45PM  3 39845
Th Oct 6-Oct 27 7:00 PM-7:45PM  4 39846
Th Nov 3-Nov 24 7:00 PM-7:45PM  4 39847
Th Dec 1-Dec 22 7:00 PM-7:45PM  4 39848

**Yoga - Gentle**
Gently move through traditional, sequenced poses designed to bring about a flexible and stronger body, a deeper breath and a calmer mind. Attention is paid to proper alignment. Bring your own mat.

**Ted Wake Centre**
M $24.51, NM $28.83  
M Sep 12-Sep 26 9:45 AM-10:45AM  3 39624
M Oct 3-Oct 31 9:45 AM-10:45AM  4 39630
M Nov 7-Nov 28 9:45 AM-10:45AM  4 39631
M Dec 5-Dec 19 9:45 AM-10:45AM  3 39632

**Th Sep 15-Sep 29 7:00 PM-7:45PM  3 39845
Th Oct 6-Oct 27 7:00 PM-7:45PM  4 39846
Th Nov 3-Nov 24 7:00 PM-7:45PM  4 39847
Th Dec 1-Dec 22 7:00 PM-7:45PM  4 39848

**Zumba Gold**
Zumba Gold is the same as regular zumba with Latin rhythms and international music that create a dynamic and exciting session, with a little less intense cardio workout.

**Allan Reuter Centre**
M $24.51, NM $28.83  
Th Sep 15-Sep 29 1:15 PM-2:15PM  3 39714

**David Durward Centre**
M $24.51, NM $28.83  
T Sep 13-Sep 27 6:30 PM-7:30PM  3 39715
General Interest

Mediterranean Diet
What is this diet? How is it related to my brain health? We will discuss these questions, the benefits of this diet and how it is related to dementia. Presented by: Alzheimer’s Society Education Coordinator

David Durward Centre Fee: $4.07
Th Oct 6 10:00 AM-11:00 AM 1 39920

Overview of Dementia
This session provides a general understanding of what dementia is, what are the signs, symptoms and treatment options available for someone who is living with Dementia. Presented by: Alzheimer’s Society Education Coordinator

Allan Reuter Centre Fee: $4.07
M Oct 17 6:00 PM-7:00 PM 1 39921

Visiting Tips and Suggestions
Visiting someone who has dementia can become a challenge for many people. We discuss strategies and tips to have a better visiting experience for all involved. Presented by: Alzheimer’s Society Education Coordinator

David Durward Centre Fee: $4.07
W Nov 9 6:00 PM-7:00 PM 1 39922

Foot Care Clinics
Foot Care is provided by an RN with over 35+ years of experience in geriatrics specializing in nursing foot care to help maintain healthy feet. Services include:
• Foot consultations, curative/preventative recommendations
• Clipping/filing of nails
• Removal of corns/calluses/ingrown toenails (some requiring ongoing treatments)
• Specialized diabetic nail care
• Completed with light moisturized massage.

Appointments (25 minutes) available on Thursdays
Sept 14 & 28, Oct 12 & 26, Nov 9 & 23, Dec 7 & 21
David Durward Centre W 9:00AM – 11:00AM
Allan Reuter Centre W 12:50PM – 2:30PM

Hearing Clinics
The Cambridge Hearing Centres will offer the following services.
• Hearing Screenings
• Education regarding hearing loss and available treatments
• Cleanings and adjustments for current users
• New battery installations

All in house repairs and re-programming at no additional cost

Appointments available on Tuesdays
Oct 11, Nov 8, Dec 13
Allan Reuter Centre $4.07
T 10:00AM, 10:30AM, 11:00AM
David Durward Centre $4.07
T 1:00PM, 1:30PM, 2:00PM

Reflexology Treatment Session
Reflexology is a natural therapy that is safe and non-invasive. Patients remain fully clothed and relaxed in a reclining chair, removing only their shoes and socks. It is based on the principle that there are “reflex” points on our feet that correspond to the various organs, glands, and systems in our bodies by way of neural pathways. Applying gentle pressure on these reflex points is said to release energy blockages that may be causing pain and other imbalances that interfere with our body’s natural healing ability.

Appointments available on Thursdays
Sept 8 & 22, Oct 6 & 20, Nov 3 & 17
Allan Reuter Centre Fee: $23.18
Th 9:00AM – 10:15AM, 10:15AM-11:30AM
David Durward Centre Fee: $23.18
Th 1:15PM – 2:30PM, 2:30PM-3:45PM

Sport

Pickleball - Learn to Play Adults
Pickleball is a sport for everyone. This program will be an introduction to the game, focused on the basic rules of the game and fundamental skills. Equipment will be provided. Instructor: Jim Patterson

John Dolson Centre M:$35.02. NM: $41.20
Th Oct 13-Nov 3 9:00 AM-10:00 AM 4 39918
Th Oct 13-Nov 3 10:15 AM-11:15 AM 4 39919
WG Johnson Centre M:$35.02. NM: $41.20
T Oct 11-Nov 1 3:00 PM-4:00 PM 4 39917
Cambridge 50+ Woodworkers
The Cambridge 50+ Woodworkers club is still going strong after 25 years. With 2 professionally equipped, heated shops, in the core of Preston and Galt you have the use of professional woodworking equipment, glues, screws, anything needed to build your project, except the lumber and an idea. Added attractions include the comradery, an abundance of advice/experience to draw on, and the fact that no one will complain about the saw dust you produce. The shops are open, year-round, except holidays.

How to become a member:
Cambridge 50+ Recreation Centres Member September to August $75.00 paid to the club May to August $40.00 (new members only)
David Durward Centre, 62 Dickson Street, 519-623-1340 ext. 4579
Mon, Tues, Thurs, Fri 8:30am-4:00pm, Wed 8:30am – 6:00pm
Allan Reuter Centre, 507 King Street East, 519-623-1340 ext. 4409
Tues – Thurs, 9:00am-4:00pm

Chesley Lake Get-A-Way
Cancelled for 2022
An Annual General Meeting is being held Friday October 14 at 12 noon. New executive members are being sought to organize future plans. Watch for AGM details at the 50+ Centres and online. Usually held the 2nd week of September. Fun filled week of activities - pickleball, golf, volleyball, baseball, horseshoes, shuffleboard, hiking, swimming, bocce, washer toss, cards, Wii, line dancing, fishing, talent show, and more. Price includes accommodation (shared cottages only), all meals and entertainment. 2020 fee was $305 per person

Travel Club – Trip planning is on hold for now. The Travel Club executive plans day trips for Cambridge 50+ Recreation Centre members. Trip Registration Tuesdays: Allan Reuter Centre Wednesdays: David Durward Centre Thursdays: Ted Wake Centre Registration hours: 9:00 – 11:45 am The club is looking for new volunteers to join the executive and to plan future trips. Interested? Contact Colleen at 519-740-4681 ext. 4459

Cambridge 50+ Choir
Formally known as Cambridge Seniors Choir. This past Spring the choir resumed their practices every Friday morning and had the pleasure to perform at the Preston Mennonite Church. After a short summer break we are back to rehearse in September and looking forward to performing a few concerts this Fall. We are looking forward to welcoming new members to our choir. If you are interested in joining, you are invited to attend any of our Friday morning practices for more information.

How to become a member:
Cambridge 50+ Recreation Centre Member Starting in September $15.00 per month paid to the choir. Choir practices for 10 months/year. Practice each Friday 9:30am – 11:30am
David Durward Centre, 62 Dickson Street, 519-623-1340 ext. 4634

Ancient Mariners Canoe Club
AMCC paddles Tuesday mornings and some Wednesday mornings from May into October, mainly on the Grand River but also on some smaller rivers, such as the Speed, Nith, Conestoga and Eramosa. New members join in the fall and participate in training in the fall and the spring. Spring training includes refreshers for all other members. When it is not canoeing season, club members enjoy hikes every Tuesday morning, weather permitting, around the Cambridge area and beyond. AMCC owns canoes, trailers, and other equipment, stored at our Boathouse for members' use. Various committees – equipment, safety, training, social, membership, and program – keep things organized. AMCC also has many socials and getaways. AMCC also contributes to the community through gardening in the Pollinator Preserve and at Lisaard House, river cleanups, and paddles with various groups. If you are interested in joining this friendly club, contact Colleen at lichtic@cambridge.ca

How to become a member:
Cambridge 50+ Recreation Centre Member Age 55 or older Complete the required training AMCC Club Membership & Training $150 Membership subsequent years $50

*Fees listed are set by each Club and are subject to change.
50+ Adult Drop-In Programs

Registration for drop-in programs will no longer be needed in advance. When you arrive, come to the reception desk to be checked in for your activity (e.g., bridge). Proof of membership will be needed.

Badminton
Stay active while having fun! Doubles play.
All skill levels welcome.
Ted Wake Centre  M: No Fee  NM: $1.96
M  1:30PM - 3:30PM
Th  1:00PM - 4:00PM

Bell Ringers
If you are interested in playing the hand bells, please contact David Durward Centre for more information. Reading music is an asset.
David Durward Centre  M: No Fee  NM: $1.96
M  9:30AM - 11:30AM

Billiards/Snooker
Pool table available for open play. Billiards or snooker. Play anytime between the times listed
Allan Reuter Centre  M: No Fee  NM: $1.96
M-F  9:00AM – 9:00PM
David Durward Centre M: No Fee  NM: $1.96
M-Th 9:00AM – 9:00PM
F  9:00AM – 3:30PM

Bingo
Allan Reuter Centre  M: No Fee  NM: $1.96
F  1:30PM – 3:30PM

Bocce (outdoor)
Fresh air, sunshine and a great bowl game.
Beginners welcome.
Ted Wake Centre  M: No Fee  NM: $1.96
T  10:00AM – 12:00PM
50+ Adult Drop-in Programs

Crafts/Knitting
Join us and share your ideas, projects or learn something new! All skill levels are welcome.

**Allan Reuter Centre**  M: No Fee  NM: $1.96
F  9:30AM - 11:30AM - Knitpickers

**Ted Wake Centre**  M: No Fee  NM: $1.96
T  9:30AM - 11:30AM - Beehive Crafters
Th  9:30AM - 11:30AM - Knitting

Cribbage
Although this game is traditionally a two player game, you can play with 3, 4 or more! Stop by for a game and join others. All skill levels welcome.

**David Durward Centre**  M: No Fee  M: $1.96
T  1:00PM – 3:30PM

Crokinole
Play Crokinole with a cue. You’ll love it!

**David Durward Centre**  M: No Fee  M: $1.96
Th  1:30PM - 4:00PM

Darts
Bring your own darts for a great social time.

**Allan Reuter Centre**  M: No Fee  NM: $1.96
Th  1:00PM - 3:00PM

Euchre
All player skills welcome

**Allan Reuter Centre**  M: No Fee  NM: $1.96
M  1:00PM - 3:30PM

**David Durward Centre**  M: No Fee  NM: $1.96
M  1:00PM - 4:00PM
W  1:15PM – 4:00PM Bid Euchre

**Book Club**
Do you love books? Looking for someone with whom to discuss your favourite reads? This is the right place!

**David Durward Centre**  M: No Fee  NM: $1.96
T (1st Tuesday)  9:30AM - 11:30AM

**Ted Wake Centre**  M: No Fee  NM: $1.96
Th (3rd Thursday)  9:30AM-11:30AM

**Bridge**
Join in on a game of bridge. All skill levels welcome.

**Allan Reuter Centre**  M: No Fee  NM: $1.96
T  1:00PM-3:30PM
Th  1:00PM-3:30PM
1st Wed & 3rd Mon
6:30PM-9:00PM - Social Bridge

**David Durward Centre**  M: No Fee  NM: $1.96
T  9:30AM-11:30AM

**Ted Wake Centre**  M: No Fee  NM: $1.96
F  9:30AM-11:30AM

**Cornhole**
Play this fun & popular bean bag toss game indoors. 2 courts available –
2 or 4 players per game.

**Allan Reuter Centre**  M: No Fee  NM: $1.96
T  1:30PM-3:30PM
Garden Group
Visit local gardens, garden centres, hear a speaker, share gardening ideas and enjoy lunch out.
Ted Wake Centre  M: No Fee  NM: $1.96
One Monday per month
Contact Ted Wake Centre for details.

Line Dancing - Beginner & Intermediate
Come exercise your body and mind while learning a variety of line dances. Styles include western, swing, Latin, rock, salsa and more. No partner required.
Allan Reuter Centre  M: $6.21  NM: $7.31  (Beginner)  F  10:30AM - 11:30AM
Allan Reuter Centre  M: $7.45  NM: $8.76  (Intermediate)  F  11:35AM – 1:00PM
Ted Wake Centre  M: $6.21  NM: $7.31  (Beginner)  T  12:30PM – 1:30PM  (New Time)
Ted Wake Centre  M: $7.45  NM: $8.76  (Intermediate)  T  1:00PM - 2:30PM
David Durward Centre  M: $3.86  NM: $4.54  (Intermediate)  W  10:30AM - 11:30AM
Volunteer instructed. Enjoy a variety of dance styles including western, swing, Latin, rock, salsa and more.

Music Jam Session & Sing Along
Bring your guitar and jam with us or sing along. Songbooks have folk, rock, oldies and more! Join the fun!
Ted Wake Centre  M: No Fee  NM: $1.96  T  2:00 PM-3:30 PM  (2nd and 4th of month)

Oil Painting & Acrylics
Drop by with your supplies and enjoy a relaxing afternoon, while you create your next masterpiece. Beginners welcome.
Allan Reuter Centre  M: No Fee  NM: $1.96  T  1:00PM - 3:00PM

Pickleball Open Recreational Play
Ted Wake Centre  M: No Fee  NM: $1.96
W  3:00 PM – 4:30 PM
F  1:00 PM - 2:30 PM, 2:30 PM - 4:00 PM
William E. Pautler Centre
M: No Fee  NM: $1.96
M  9:00 AM – 10:30 AM, 10:30 AM – 12:00 PM
T  9:00 AM – 10:30 AM  (Easy Pace Play)
T  10:30 AM – 12:00 PM
W  9:00 AM – 10:30 AM, 10:30 AM – 12:00 PM
F  9:00 AM – 10:30 AM, 10:30 AM – 12:00 PM
John Dolson Centre
Starting in October
M: No Fee  NM: $1.96
M  12:30PM – 2:00PM, 2:00PM – 3:30PM
T  12:30PM – 2:00PM, 2:00PM – 3:30PM
Th  12:30PM – 2:00PM, 2:00PM – 3:30PM

Quilting
Create your quilt in a fun social environment. Share techniques, ideas and friendly conversation.
M: No Fee  NM: $1.96
Allan Reuter Centre
W  1:00PM - 3:30PM
David Durward Centre
T  9:00AM - 3:00PM
Ted Wake Centre
Th  6:30PM– 8:45PM
Scrabble
If you enjoy a game of words then come play scrabble! Newcomers welcome.
David Durward Centre  M: No Fee  NM: $1.96
T  1:30 PM – 5:30 PM

Scrapbooking
Craft a lasting image as you reminisce over your best memories. Bring pictures, albums and supplies.
David Durward Centre  M: No Fee  NM: $1.96
W  1:00PM – 4:00PM
Ted Wake Centre  M: No Fee  NM: $1.96
W  12:30PM – 4:30PM

Shuffleboard
All equipment is provided. All skill levels welcome.
Allan Reuter Centre  M: No Fee  NM: $1.96
W  10:00AM - 12:00PM
Ted Wake Centre  M: No Fee  NM: $1.96
W  1:00PM – 2:30PM
David Durward Centre  M: No Fee  NM: $1.96
Th  2:15 PM – 4:15PM

Social Cards
Play a variety of card games and enjoy socializing.
Ted Wake Centre  M: No Fee  NM: $1.96
F  6:30PM – 9:00PM

Solo
Enjoy this trick playing game free of the complexities of counting or scoring. All skill levels welcome.
Allan Reuter Centre  M: No Fee  NM: $1.96
Tu  1:00PM – 3:30PM

Table Tennis
Relieve stress and enjoy playing this active game. Beginners welcome.
Allan Reuter Centre  M: No Fee  NM: $1.96
M  9:30AM-12:00PM
Ted Wake Centre  M: No Fee  NM: $1.96
M  1:00PM – 3:00PM
F  1:30PM – 3:30PM

Walking
Allan Reuter Centre
Walks are at local trails or parks. Meet at the centre to car pool. Schedule available. Wear walking boots/shoes and weather appropriate clothing
M: No Fee    NM: $1.96
T  8:45 AM
David Durward Centre
Lace up and come meet us - all weather. Enjoy taking walks around our beautiful city.
M: No Fee    NM: $1.96
M  9:00 AM
W  9:00 AM

Wii Sports
Get your daily dose of being active while having fun! Try Wii Sports interactive games.
Allan Reuter Centre  M: No Fee  NM: $1.96
W  1:30-3:30 PM
## Cambridge Conditioning Rooms

**David Durward**
- Monday - Thursday: 8:30AM - 9:00PM
- Friday: 8:30AM - 4:00PM
- Saturday: 9:00AM - 3:00PM

**William E. Pautler**
- Monday - Thursday: 8:30AM - 8:00PM
- Friday: 8:30AM - 4:00PM

**W.G. Johnson / Ted Wake**
- Monday - Thursday: 6:00AM - 9:00PM
- Friday: 6:00AM - 8:00PM
- Saturday: 8:00AM - 5:00PM
- Sunday: 8:00AM - 4:00PM

**3 Centre Annual Pass**
Includes David Durward, W.E. Pautler, and W.G. Johnson
- 50+ Member: $76.35 + HST
- Adult (18 & older): $129.13 + HST

**2 Centre Annual Pass**
Includes David Durward, W.E. Pautler
- 50+ Member: $60.97 + HST

Visit front desk to check in or register

Lockers & showers available

Hours begin September 6, 2022
Aquatic Fall Schedule

**John Dolson Pool, 212 South Street**

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon</td>
<td>AquaCombo</td>
<td>9-9:45am</td>
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<td>9-9:45am</td>
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<td>Tue</td>
<td>AquaBility</td>
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**W.G. Johnson Centre Pool, 31 Kribs Street**

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<tr>
<td>Mon</td>
<td>AquaDeep</td>
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<tr>
<td>Mon</td>
<td>AquaCombo</td>
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<td>Sat</td>
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Please note aquatics programs are not included in the 50+ recreation centre membership. Additional fees are noted below.

For further information on our pools, visit [www.cambridge.ca/aquatics](http://www.cambridge.ca/aquatics)

**Type of Pass**

<table>
<thead>
<tr>
<th></th>
<th>Adult (18-49)</th>
<th>Senior (50+) / Student</th>
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<tbody>
<tr>
<td>Per Activity</td>
<td>$5.98</td>
<td>$4.07</td>
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<tr>
<td>10 Activities</td>
<td>$47.12</td>
<td>$32.06</td>
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<tr>
<td>20 Activities</td>
<td>$94.25</td>
<td>$64.12</td>
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<tr>
<td>Plus HST</td>
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**AquaCombo**

Water exercise is a good fit for every BODY. These classes will energize you while they improve your fitness in a gravity-reduced, resistive environment. Each workout includes warm-up, cardiovascular exercise, muscle conditioning and stretch. The AquaCombo class will transition from chest deep to deep water, with the option to work exclusively at your preferred depth.

**AquaDeep**

Deep water aqua fitness improves balance, while it challenges cardio and core strength in a zero-gravity environment. No swimming skill is required, but you should be comfortable in deep water. Flotation belts are provided. AquaDeep can provide a new challenge to your land-based training, or expand your aqua fitness skills.

**AquaBility**

This class is ideal for adults, participants with joint pain, pregnant participants, people recovering from injuries or surgeries, or anyone new to aquatic exercise. AquaBility classes will help you improve balance, align and strengthen your core, and adapt exercises as required to suit their specific needs and exercise abilities. AquaBility participants are welcome to work in either deep or chest deep water.
Without Walls Program

WOW

Let's get CONNECTED
Participate in WOW sessions for interactive telephone based programming from the comfort of your home. Weekly programs include health and wellness, trivia, reminiscing, general interests, and more!

All you need is a phone!

To register or to get more information call 519-623-1340 ext. 4820 or email wow@cambridge.ca
Supportive Programs and Services

The City of Cambridge offers several supportive programs and services for seniors and adults with disabilities who are looking to enhance their quality of life. Our Without Walls (WOW), Friendly Visiting and Adult Day Programs offer unique ways to enrich, engage and energize participants and caregivers alike. Some in-person programming is being offered once again and programs will expand when restrictions allow. Socializing and recreational programming continue to be provided through the WOW group telephone sessions and one to one phone calls. New referrals are being accepted.

Francophone Support Services In addition to supporting older adult members of the Francophone community to attend in-person day programs on Tuesdays & Thursdays, the Francophone Support Worker helps to navigate, connect and access the WOW, Friendly Visiting, recreation programs at 50+ Centres and across the community that may not be offered in French but are available for Francophones to attend. Info: 519-623-1340 ext. 4737

Adult Day Services

Have Fun, Socialize & Make New Friends
- All languages and cultures welcome
- Safe and inclusive environment
- Programs offered Monday through Friday
- Attend one or more days per week
- Small groups. Adults 18+
- Personal care assistance available
- Fees vary by program. Subsidy available
- Serving Cambridge, North Dumfries & surrounding area

You Belong. Join Us
Referrals through Home & Community Care Waterloo Wellington Local Health Integration Network. Call 519-748-2222
For more information or to volunteer: 519-623-1340 ext. 4424

Friendly Visiting Program

The Friendly Visiting Program is a community support service that matches a volunteer with a socially isolated senior or adult and offers:
- Companionship, friendship
- Social and leisure activities
- Decreased social isolation and loneliness
- Caregiver relief and support
Changes may be made to in person visits due to COVID-19 restrictions.
For more information call: 519-623-1340 ext. 4820
www.cambridge.ca/friendlyvisiting

Volunteer: Be the difference!
Volunteers are an invaluable part of our programs and teams. With just a couple hours a week you can be the voice that connects our clients to the community. Bilingual volunteers who speak French, Portuguese and other languages would be a great asset to our volunteer team.
For more information call: 519-623-1340 ext. 4820 or complete an application form visit www.cambridge.ca/volunteer.
Your voice matters!
Help develop the City of Cambridge
Older Adult Strategy.

As you may know Baby Boomers are a large cohort of people born between 1946-1964, they are the largest contributing factor to Waterloo Region’s steady aging population. As this cohort continues to grow older, the number of seniors will increase. By 2029, all baby boomers will be 65 or older.

The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in southwestern Ontario, part of Canada’s Technology Triangle. With a multi-cultural mix and strong foundation of support services, Cambridge has a diverse economic base.

The Older Adult Strategy will provide an updated understanding of the older adult market in Cambridge and provide direction for recreation programs and service delivery. Identifying relevant issues for older adults will help guide the Recreation and Culture department’s decision making in how we address these needs over the next five years.

Help develop the City of Cambridge’s Older Adult Strategy by sharing your thoughts. More information on how to get involved is coming soon.
50+ Active Living Fair

Wednesday November 2
1-5 p.m.
Hespeler Arena
640 Ellis Road West
Cambridge

Live demos, exhibitors, snacks, seminars and more!

Empowering you to take an active role in your quality of life!

Free Admission & Parking
Contact Information

Cambridge 50+ Recreation 519-740-4681

<table>
<thead>
<tr>
<th>Activities for Less Fee Assistance - 4531</th>
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<td>Ancient Mariners Canoe Club</td>
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<td>Supervisor of Recreation-Older Adult Services</td>
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Other Useful Contact Organizations

| Accessible Parking Permit                          | 1-800-387-3445      |
| Alzheimer Society of Waterloo Wellington          | 519-742-1422        |
| Canada Pension Plan, Old Age Security, GIS Supplement | 1-800-277-9914    |
| Community Alzheimer Day Program                   | 519-893-8494 Ext. 6316 |
| Waterloo Wellington Local Health Integrated Network | 519-748-2222     |
| Community Connection, Government, social & health, education, counseling, senior programs & much more | 2-1-1 www.211ontario.ca |
| Community Support Connections - Meals on Wheels & More | 519-772-8787     |
| Senior Support Team WRPS                          | 519-579-4607        |
| Senior Safety Line                                | 1-866-299-1011      |
| Ontario Securities Commission                     | 1-877-785-1555      |
| Grand River Transit Mobility Plus                 | 519-585-7555        |
| Government – Provincial                           | www.ontario.ca/seniors |
| Idea Exchange – Library Services                  | 519-621-0460        |
| Queen Square                                      | www.ideaexchange.org |
| Service Ontario – Toll free                       | 1-800-664-8988      |
| 561 Hespeler Road, Cambridge                      | 519-621-2100        |
| Ministry of Transportation: Drive Test            | 1-888-570-6110      |
| Ministry of Seniors Affairs – Information and referral services on programs operated by Service Ontario. | 1-888-910-1999 TTY: 1-800-387-5559 |
| Telehealth Ontario                                | 1-866-797-0000      |
| Veterans Affairs Canada Assistance Service        | 1-866-522-2122      |
Join us at our 50+ Centres during our Open House Days!
9 a.m.-3 p.m.
Mon Sept 26 – William E Pautler Centre
Tues Sept 27 – Allan Reuter Centre
Wed Sept 28 – David Durward Centre
Thurs Sept 29 – Ted Wake Centre

Tours, program info, door prizes!
Recreation Programs for 50+

Allan Reuter Centre
Mon - Fri. 8:30 a.m.-9 p.m.
Sat 9:00 a.m.-3 p.m.

507 King St E.
Cambridge, ON. N3H 3N4
519-740-4681 Ext. 4406
Free parking available
Lot rear of Allan Reuter Centre
Bus Route 52

David Durward Centre
Mon - Thurs 8:30 a.m.-9 p.m.
Fri 8:30 a.m.-4 p.m.
(4-9 p.m. access through CCA entrance)

62 Dickson St.
Cambridge, ON. N1R 1T8
519-740-4681 Ext. 4360
Parking pass available for 50+ Members. Beverly St. and City Hall lots in designated spaces
Bus Route 52

Ted Wake Centre
Mon-Fri. 8:30 a.m.-9 p.m.

31 Kribs St.
Cambridge, ON. N3C 2L3
519-740-4681 Ext. 4459
Free parking available
Bus Route 52

William E. Pautler Centre
Mon-Thurs. 8:30 a.m.-8 p.m.
Fri. 8:30 a.m.-4 p.m.

1145 Concession Rd.
Cambridge, ON. N3H 4L5
519-740-4681 Ext. 4722
Free. Lot north side at WEPC entrance
Bus Route 64

cambridge.ca/coral