FALL 2021 Newsletter

Programs begin the week of Sept 13th

Recreation Programs for 50+

Cambridge.ca/register

Allan Reuter Centre
Tues-Thurs
8:30am-4pm
6-9pm

David Durward Centre
Tues-Thurs
8:30am-9pm

Ted Wake Centre
Mon-Thurs
8:30am-9pm
Fri
8:30am-4:30pm

William E. Pautler Centre
Mon-Fri
8:30am-8pm
**COVID-19**

**Important Information**

COVID-19 safety protocols as determined by the Province of Ontario and Region of Waterloo will be in place.

All individuals will be asked to visit self-screening procedures at [www.cambridge.ca/screening](http://www.cambridge.ca/screening)

The public will be asked to wear masks at all times when in the building including all hallways and or event meeting rooms with the exception of high impact fitness classes and sports participants during play (e.g. on ice, on a court).

**Public Building Access Limited to:**

- Individuals registered for a program (class, workshop, drop-in)
- Individuals participating in a meeting/event that is taking place in a room that has been booked or rented by an outside group or city staff
- Individuals or groups who have a prior arrangement with staff to access the building (i.e. contractors)
- City staff
- Program volunteers
- At this time all programs (e.g. pickleball drop-in or yoga classes) are being offered on a weekly basis and participants must register each week.
- Participants can register on-line or in person at a Cambridge Recreation Centre up to 7 days in advance of the program start date. See page 7.
- Arrive appropriately attired to begin your activity. Keep personal belongings to a minimum and bring a bag to keep them with you at all times. Chairs for belongings will be available and spaced at distance.
- There will be limited use of equipment so please bring your own where possible e.g. yoga mat

**Temporary Hours of Operation**

The 50+ Recreation Centre hours listed begin Monday September 13.

ARC evening hours will begin in October.

**Memberships and Passes Extended**

All memberships and passes have been extended through the length of our closure. Confirm your new expiry date through your online account or check with the front desk at your centre.

Annual Memberships are available for purchase in person or online. $31.82 +HST

**Parking passes** – David Dunward Centre:

2020 yellow passes have been refunded on your account and are still valid. 2021 passes are for sale. $6.67 +HST (non-refundable)

Both 2020 & 2021 passes expire Dec. 31, 2021
Pandemic Health and Safety Guidelines: To monitor class sizes and ensure proper distancing, participants are required to register for each activity on a weekly basis. Registration is open for each activity seven (7) days before the scheduled class. Participants can sign-up online or in person at a Cambridge Recreation Centre.

Schedule begins the week of September 13th unless marked otherwise.

Badminton - Doubles
Want a way to stay active while having fun? Badminton is for you! All skill levels welcome.
Ted Wake Centre  M: No Fee  NM: $1.90
M  1:30PM - 3:30PM
Th  1:00PM - 3:00PM

Ballroom Dancing – Beginners
Learn to have fun on the dance floor with basic steps for dances such as Bachata, Rumba, and Cha Cha. Must have a partner who also registers.
Ted Wake Centre M: $6.20  NM: $7.30
Th  6:30PM - 7:30PM

Ballroom Dancing – Beginner Plus
This class is for those who have taken the beginner classes and want to add more steps to their repertoire. Must have a partner who also registers.
Ted Wake Centre M: $6.20  NM: $7.30
Th  7:35PM - 8:30PM

Bell Ringers
If you are interested in playing the hand bells, please contact Center for more information. Reading music is an asset.
David Durward Centre M: No Fee  NM: $1.90
W  9:30AM - 11:30AM

Bocce – Outdoor
Fresh air, sunshine and a great bowl game. Beginners welcome.
Ted Wake Centre  M: No Fee  NM: $1.90
W  10:00AM – 12:00PM

Book Club
Do you love books? Looking for someone to discuss your favourite reads with? Then this is the right place!
David Durward Centre M: No Fee  NM: $1.90
T(1st Tuesday of month)  9:30AM - 11:30AM

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: $1.90
Th  9:30AM - 11:30AM  Knitpickers
Ted Wake Centre M: No Fee  NM: $1.90
T  9:30AM - 11:30AM  Beehive Crafters
Th  9:30AM - 11:30AM  Knitting

Darts
Bring your own darts for a great social time.
Allan Reuter Centre M: No Fee  NM: $1.90
Th  1:00PM - 3:00PM

HABIT
Give your hips, abs, buttocks and inner thigh a workout specifically for them!
David Durward Centre  M: $6.78  NM: $7.98
W  12:00PM – 12:45PM  Starts Oct 6, 2021

Programs will be added as restrictions change – check the website or call the Centres.
Low Impact Fitness
An aerobics class with energizing music, low impact movements, and light hand weights. Note: If you have an existing fit pass card, you will need to sign up for a class in person in order to use the remaining balance on the card.
David Durward Centre $5.81
T 9:00AM - 10:00AM
Th 9:00AM - 10:00AM

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 NW: $1.90
W 1:00PM - 3:00PM

Osteo-Fit
Designed for bone-conscious people, and appropriate for anyone looking for a well-rounded gentle fitness program. Participants will learn correct exercise technique and the benefits of regular physical activity.
Allan Reuter Centre M: $9.08 NW: $10.68
T 11:30AM - 12:30PM (tentative)

Pickleball - Doubles
Open Recreational Play
Ted Wake Centre M: No Fee NW: $1.90
W 3:00PM – 4:30PM
F 1:00PM - 2:30PM, 3:00PM - 4:30PM
William E. Pautler Centre M: No Fee NW: $1.90
M 9:00AM – 10:15AM, 10:30AM – 11:45AM
T Will add when numbers increase
W 9:00AM – 10:15AM, 10:30AM – 11:45AM
F 9:00AM – 10:15AM, 10:30AM – 11:45AM

Scrapbooking
Share your stories while discussing techniques and ideas. Bring your own supplies
David Durward Centre M: No Fee NW: $1.90
W 1:00PM – 4:00PM

Shuffleboard
All equipment is provided. All skill levels welcome.
Allan Reuter Centre M: No Fee NW: $1.90
W 12:30 PM - 2:30PM
Ted Wake Centre M: No Fee NW: $1.90
W 1:00PM – 2:30PM
David Durward Centre – Needs Convener

Stained Glass
Share your methods, techniques and ideas. Bring your own supplies.
David Durward Centre M: No Fee NW: $1.90
W 8:30AM – 11:30AM

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: $7.00 NW: $8.50 (B & I)
W 3:00PM - 4:30PM
Ted Wake Centre M: $7.00 NW: $8.50 (I)
T 1:00PM - 2:30PM
Ted Wake Centre M: $5.90 NW: $7.10 (B)
T 2:45PM - 3:45PM

Line Dancing Intermediate
Volunteer instructed. Enjoy a variety of dance styles including western, swing, Latin, rock, salsa and more.
David Durward Centre M: $2.21 NW: $4.41
W 10:30AM - 11:30AM

Nia Fitness
The most original and advanced form of non-impact fusion fitness combines martial arts, dance and healing arts. The fluid movement of this whole body approach to fitness is easy on the joints and skeletal system.
Allan Reuter Centre M: $7.36 NW: $8.66
W 10:45AM - 11:45AM
## 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: $6.78  NM: $7.98  
T & Th 10:30AM - 11:15AM  
**Starting Oct 5 & 7, 2021**

**Ted Wake Centre**  
M: $6.78  NM: $7.98  
T & Th 10:30AM - 11:15AM

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## Table Tennis - Doubles
Relieve stress and enjoy playing this active game. Beginners welcome.

**Ted Wake Centre**  
M: No Fee  NM: $1.90  
M 1:00PM – 3:00PM  
F 1:30PM – 3:30PM

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## Tai Chi – Beginner
An exercise system designed to improve health and promote relaxation. This class uses the first 17 moves.

**Allan Reuter Centre**  
M: $5.45  NM: $6.41  
T 9:00AM - 10:00AM

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## 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: $5.45  NM: $6.41  
Th 10:00AM - 11:00AM

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## 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.

**Allan Reuter Centre**  
M: $7.93  NM: $9.33  
W 7:00PM - 8:00PM  (Starts October 7)  
Th 2:30PM - 3:30PM

**David Durward Centre**  
M: $7.93  NM: $9.33  
T 6:00PM – 7:00PM  
W 1:30PM – 2:30PM

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## 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: $7.93  NM: $9.33  
T 1:30PM - 2:30PM

**David Durward Centre**  
M: $7.93  NM: $9.33  
W 2:45PM – 3:45PM

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## 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. Increase your balance both inside and out. Bring your own mat.

**Ted Wake Centre**  
M: $7.93  NM: $9.33  
M 11:00AM - 12:00PM  
Th 1:00PM – 2:00PM (tentative)

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

**David Durward Centre**  
M: $7.93  NM: $9.33  
T 1:15PM - 2:00PM  (Starts September 21, 2021)  
W 5:45PM – 6:30PM  (Starts September 22, 2021)  
Th 1:15PM – 2:00PM  (Starts November 4, 2021)

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

**Allan Reuter Centre**  
M: $7.93  NM: $9.33  
Th 1:15PM - 2:15PM  (Starts September 23, 2021)

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Programs will be added as restrictions change – check the website or call the Centres.
**Conditioning Centres**

Start times below are for 1-hour time slots with cleaning in between. **Schedule begins the week of September 13th, 2021**

**David Durward Centre**  
62 Dickson Street, 519-623-1340 ext. 4360  
Tues, Wed, Thurs  
8:30AM, 10:00AM, 11:30AM, 1:00PM, 2:30PM, 4:30PM, 6:00PM, 7:30PM

**William E. Pautler Centre**  
1145 Concession Road, 519-623-1340 ext. 4722  
Mon to Fri  
8:30AM, 10:00AM, 11:30AM, 1:00PM, 2:30PM, 4:30PM, 6:00PM

**WG Johnson Centre / Ted Wake Centre**  
31 Kribs Street, 519-623-1340 ext. 4469  
Mon to Fri: 6:00AM, 9:30AM, 11:00AM, 12:30PM, 2:00PM, 3:30PM, 6:30PM (not Friday)  
Sat & Sun: 8:30AM, 10AM, 1:30PM  
More times to be added – check online or at the centre.

**3 Centre Annual Pass**  
Includes David Durward Centre, W.E. Pautler Centre and W.G. Johnson Centre  
**50+ Member, Youth (14-17): $74.13 + HST, Adult (18 & older): $125.37 + HST**

**2 Centre Annual Pass**  
Includes David Durward Centre, W.E. Pautler Centre  
**50+ Member, Youth (14-17): $59.19 + HST, Adult (18 & older): $125.37 + HST**

**Notes:**  
- All Conditioning Centre Membership have been extended for the length of the facility closure.  
- No lockers are available for use at this time.

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**Cambridge 50+ Woodworking**

As stated above, Woodworking Members must sign up for specific morning or afternoon times.

**David Durward Centre**  
62 Dickson Street, 519-623-1340 ext. 4579  
Tues, Wed, Thurs: 8:30AM – 12:00PM, 1:00PM-4:00PM

**Allan Reuter Centre**  
507 King Street East, 519-623-1340 ext. 4409  
Tues, Wed, Thurs: 8:30AM – 12:00PM, 1:00PM-4:00PM
How to Register for 50+ Programs

The following is a step by step process of how to sign up online for our available programs. Please note you can register in person at a Cambridge Recreation Centre. Online booking in advance guarantees a spot. Some in person registration spots are available for each activity.

Visit the [City of Cambridge online registration page](#) Click on the **Search** button to view all programs offered at all Centres.

Use the **filter** to choose either the location, dates or categories you wish to search. If you know the name of the program, type into the “Search by keyword” section.

You can register up to 7 days in advance of the program start date.

Click on the activity you want and then click **Add to Cart**.

You will go to the **Login page**. As a member of the Cambridge 50+ Recreation Centres you are an existing customer and already have an account. **Follow the instructions for Existing Customers.** Do not create a new account. If you do not know your password, please click on “Forgot your password” and follow the steps.

Once you have logged in, select the participant, click next, proceed to shopping cart, check off the waiver and pay or finish as needed (many drop-in programs are free for Members)

**Don’t have a credit card or don’t want to use one online?**
A credit may be placed on your account in advance of registration by cash, cheque or debit payment at a City Recreation Centre. You can then use online registration and pay with the credit from your account.
Other 50+ Centre Info…

Clubs
Find club updates at www.cambridge.ca or by calling 519-623-1340 ext. 4397

Ancient Mariners Canoe Club
Canoeing, hiking, skiing and more.
Ages 55+. Some activities happening with Covid protocols in place.

Cambridge Senior Choir
Sing together and perform locally.
Not singing at this time.

Chesley Lake Get-A-Way
Five fun filled days in September.
Cancelled for 2021.

Travel Club
Day trips filled with great adventures.
No trips planned at this time.

Cambridge 50+ Woodworking
Wood shops are open. For details see page 6.

Volunteer Update
In order for drop in activities to return, each drop in needs a convenor or convenors who are given some training regarding Covid protocols. Willing to assist with the following?
- DDC Shuffleboard, contact Kara Miller
- ARC & TWC Shuffleboard, contact Colleen Lichti

We will bring back other volunteers like host / hostesses when we are able.

Stay active at home
Visit the City of Cambridge website for #RecFromHome ideas.
Like our Cambridge 50+ Centres Facebook Page to get the latest updates

Please note Footcare Appointments and Hearing Clinics are not available at this time.Seniors and technology info coming soon.

Region of Waterloo Older Adult Event
with the Minister of Indigenous Affairs Greg Rickford. Thursday September 16 on Zoom.
Details at the City of Cambridge website

50+ Centres AGM was held Wed June 2

Allen Reuter Centre Board
- President: Lynda Hillis
- Marketing: Deirdre Antoniewicz
- Tuck Shop: Joan Strome
- Special Events: Sharon Baumtrog
- Host/Hostess: Lynda Hillis
- Member at Large: Peter Keough
- Past President: Joan Strome

David Durward Centre Board
- President: Margaret Coleman
- Treasurer: Rick Bilicky
- Secretary: Karen Howes
- Tuck Shop: Evelyn Caron
- Special Events: Gloria Bertoni
- Host/Hostess: Karen Howes
- Woodworkers: Julien Marquis
- Past President: Janet Perkins

Ted Wake Centre Board
- President: Richard Trottier
- Vice-President: Owen Dick
- Treasurer: Betty Anne Betts
- Secretary: Dave Weber
- Membership: Joe Vliehs
- Volunteer: Sandra Kerr
- Special Events: Marilyn Pearce
- Host/Hostess: Sandra Kerr
- Marketing: Carolyn Jackson

Stay Tuned for more details to follow!
Supportive Programs and Services

* Due to increasing vaccination rates and reduced COVID-19 cases in the community, changes and updates are being made to in-person programming when deemed safe for the Friendly Visiting and Adult Day Services.

Socializing and recreational programming continue to be provided through the WOW (Without Walls) group telephone sessions and one to one phone calls. New referrals are being accepted.

Did you know 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?

Supportive Programs

Our Without Walls, Friendly Visiting and Adult Day Programs offer unique ways to enrich, engage and energize participants and caregivers alike.
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.
Let's get CONNECTED

Join us in participating in WOW Social and WOW Virtual sessions for interactive telephone based and video-based programming from the comfort of your home. Monthly programs include health and wellness, trivia, reminiscing, general interests and more.

How do I participate in the WOW calls?

1. All you need to participate is a phone
2. To register or to get more information
   Call 519-623-1340 ext. 4820

How do I participate in the WOW Virtual videos?

1. To register or to get more information
   Call 519-623-1340 ext. 4820
2. Download Zoom on your device
3. On the day & time of the registered program, click the link provided after your registration

All older adults welcome!
Call 519-623-1340 ext. 4820 to enroll
Recreation Programs for 50+ Facilities Information

Allan Reuter Centre
Tues-Thurs. 8:30am-4pm, 6-9pm
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
Tues-Thurs. 8:30am-9pm
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. 8:30am-9pm
31 Kribs St.
Cambridge, ON. N3C 2L3
519-740-4681 Ext. 4459
Free parking available
Bus Route 51

William E. Pautler Centre
Mon-Fri. 8:30am-8pm
1145 Concession St.
Cambridge, ON. N3H 4L5
519-740-4681 Ext. 4722
Free. Lot north side at WEPC entrance
Bus Route 64

Cambridge.ca/register