SPRING 2022 Newsletter
Activities ongoing April to June

Recreation Programs for 50+

Cambridge.ca/register

Allan Reuter Centre
Mon-Fri
8:30am-4pm

David Durward Centre
Mon-Thurs
8:30am-9pm
Fri
8:30am-4pm

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

William E. Pautler Centre
Mon-Thurs
8:30am-8pm
Fri
8:30am-4pm
Register now for Spring Programs!

COVID-19
The City continues to closely monitor the COVID-19 pandemic and, in consultation with Region of Waterloo Public Health, is taking steps to help prevent the spread of infection in the community.

For additional details and information, please visit www.cambridge.ca/recsafety

At this time most programs (e.g. pickleball drop-in or yoga classes) are being offered on a weekly basis and participants must register for each activity.

Participants can register on-line or in person at a Cambridge Recreation Centre several weeks in advance of a program.

Coats racks, lockers and showers are now available for use.

😊 Please check in with our friendly staff at the front desk before attending your program

Like our Cambridge 50+ Centres Facebook Page!

Hours of Operation
The 50+ Recreation Centre hours listed begin Monday April 4, 2022.

Please note Recreation Rates increase on April 1, 2022. Fees listed reflect the increase.

Memberships
All memberships were extended through the length of our closures but some have expired by now. Confirm your new expiry date through your online account or check with the front desk at your centre.

Benefits of Membership
• One membership applies to four 50+ Centres
• Reduced rates on 50+ courses, drop-in activities, support services and events
• Reduced rates on Conditioning Room memberships
• Annual General Meeting vote
• Opportunity to volunteer including holding a position on Centre Boards
• Access to join Clubs
• Receive program newsletters and other direct communication about activities

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

David Durward Centre
2022 Parking Pass: $6.87 + HST
Participants are required to register for each activity. Registration is open for each activity approximately a month in advance of the scheduled class. Participants can sign-up online or in person at a Cambridge Recreation Centre. Classes that are progressive in nature (e.g. art lessons) are being offered as multiple week sessions.

Schedule begins Mon April 4 unless marked otherwise.

**Badminton**
Stay active while having fun! Doubles play. All skill levels welcome.

<table>
<thead>
<tr>
<th>Centre</th>
<th>Time</th>
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<tbody>
<tr>
<td>Ted Wake Centre</td>
<td>M: No Fee</td>
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<tr>
<td></td>
<td>NM: $1.96</td>
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<tr>
<td>M</td>
<td>1:30PM - 3:30PM</td>
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<td>Th</td>
<td>1:00PM - 4:00PM</td>
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**Bell Ringers**
If you are interested in playing the hand bells, please contact Center for more information. Reading music is an asset.

<table>
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<tr>
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<tr>
<td>David Durward Centre</td>
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<tr>
<td></td>
<td>NM: $1.96</td>
</tr>
<tr>
<td>W</td>
<td>9:30AM - 11:30AM</td>
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**Billiards**
Pool table available for open play. Billiards or snooker. Play anytime between the times listed below.

<table>
<thead>
<tr>
<th>Centre</th>
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<tbody>
<tr>
<td>Allan Reuter Centre</td>
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<tr>
<td></td>
<td>NM: $1.96</td>
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<tr>
<td>M-F</td>
<td>9:00AM – 3:30PM</td>
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<tr>
<td>David Durward Centre</td>
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<tr>
<td></td>
<td>NM: $1.96</td>
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<tr>
<td>M-Th</td>
<td>9:00AM – 9:00PM</td>
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<tr>
<td>F</td>
<td>9:00AM – 3:30PM</td>
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**Bingo**

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<tr>
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<tr>
<td>F</td>
<td>1:30PM – 3:30PM</td>
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<tr>
<td></td>
<td>NM: $1.96</td>
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<td>F</td>
<td>10:00AM-11:30AM</td>
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**Bocce (outdoor)**
Fresh air, sunshine and a great bowl game. Beginners welcome.

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<tr>
<td></td>
<td>NM: $1.96</td>
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<tr>
<td>W</td>
<td>10:00AM – 12:00PM</td>
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**Book Club**
Do you love books? Looking for someone with whom to discuss your favourite reads? This is the right place!

<table>
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<tbody>
<tr>
<td>David Durward Centre</td>
<td>M: No Fee</td>
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<tr>
<td></td>
<td>NM: $1.96</td>
</tr>
<tr>
<td>T (1st Tuesday of month)</td>
<td>9:30AM - 11:30AM</td>
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**Bridge**
Join in on a game of bridge. All skill levels welcome.

<table>
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<tr>
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<tr>
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<tr>
<td></td>
<td>NM: $1.96</td>
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<tr>
<td>F</td>
<td>9:30AM-11:30AM</td>
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**Calligraphy**
Calligraphy means beautiful writing. It can be both delightful 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 but beginners are welcome.

<table>
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<tr>
<th>Centre</th>
<th>Time</th>
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<tbody>
<tr>
<td>Allen Reuter Centre</td>
<td>M: $78.38</td>
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<tr>
<td></td>
<td>NM: $92.21</td>
</tr>
<tr>
<td>M</td>
<td>Apr 25-Jun 27 1:00PM-2:30PM 9wks 36156</td>
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**Card Workshops**
Time to get creative! Make 3 cards to give to family or friends. All materials provided. Presented by Leigh, a local Stampin’ Up demonstrator $15.20 per workshop

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mother’s Day Cards</td>
<td>5:45PM-7:45PM</td>
<td>WEPC – W Apr 20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>36359</td>
</tr>
<tr>
<td>Friends/Birthday Cards</td>
<td>1:00PM-3:00PM</td>
<td>DDC – Th May 12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>36360</td>
</tr>
<tr>
<td>Grandchildren Cards</td>
<td>10:00AM-12:00PM</td>
<td>TWC – Tu May 24</td>
</tr>
<tr>
<td></td>
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<td>36451</td>
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**Crafts/Knitting**
Join us and share your ideas, projects or learn something new! All skill levels are welcome.

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<tr>
<td></td>
<td>NM: $1.96</td>
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<tr>
<td>F</td>
<td>9:30AM - 11:30AM Knitpickers</td>
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<tr>
<td>Ted Wake Centre</td>
<td>M: No Fee</td>
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<tr>
<td></td>
<td>NM: $1.96</td>
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<tr>
<td>T</td>
<td>9:30AM - 11:30AM Beehive Crafters</td>
</tr>
<tr>
<td>Th</td>
<td>10:00AM - Noon Knitting</td>
</tr>
</tbody>
</table>

3
Cribbage

Although this game is traditionally a two player game, you can play with 3, 4 or more! Stop by for a game while enjoying the company of others. All skill levels welcome.

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

Crokinole

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

David Durward Centre  M: No Fee  NM: $1.96
F 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

Dance Fit – New!

The class combines great music with fun moves from all styles of dance. Do what feels right for your body at your own level and pace.

Ted Wake Centre  M: $6.39  NM: $7.52
Th 1:30PM-2:30PM  New Instructor: Lauryn Vetro

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 still life and landscape. Supplies needed - the instructor will advise at the first class.

Allan Reuter Centre  M: $49.06  NM: $57.72
Th Apr 7-May 12  9:30AM-11:30AM  6wks 35829
Th May 19-Jun 23  9:30AM-11:30AM  6wks 35830

Ted Wake Centre  M: $49.06  NM: $57.72
M Apr 11-May 16  10:00AM-12:00PM  6wks* 35868

Ted Wake Centre  M: $40.89  NM: $48.10
M May 30-Jun 27  9:30AM-11:30AM  5wks* 35869

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: $7.58  NM: $8.92
T 10:15AM – 11:15AM
F 9:15AM – 10:15AM

Ted Wake Centre  M: $7.58  NM: $8.92
Th 9:00AM – 10:00AM

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 introductory to both disciplines with options for experienced participants.

David Durward Centre  M: $6.99  NM: $8.22
Th 11:05AM – 11:50AM

HABIT

Give your hips, abs, buttocks and inner thigh a workout specifically for them!

David Durward Centre  M: $6.99  NM: $8.22
W 11:15AM – 12:00PM

Many activities have ongoing registration so drop in and try something when you can
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.

**David Durward Centre $5.98**
T  9:00AM - 10:00AM
W  9:00AM – 10:00AM
Th  9:00AM - 10:00AM

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 (Beg)**
F  10:30AM - 11:30AM

**Allan Reuter Centre  M: $7.45 NM: $8.76 (Int)**
F  11:35AM - 1:00PM

**Ted Wake Centre  M: $6.21 NM: $7.31 (Beg)**
T  11:45AM - 12:45PM  **New Time!**

**Ted Wake Centre  M: $7.45 NM: $8.76 (Int)**
T  1:00PM - 2:30PM

Line Dancing Intermediate
Volunteer instructed. Enjoy a variety of dance styles including western, swing, Latin, rock, salsa and more.

**David Durward Centre  M: $3.86 NM: $4.54**
W  10:30AM - 11:30AM

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**
W  1:00PM - 3:00PM

**David Durward Centre  M: No Fee NM: $1.96**
T  9:00AM - 3:00PM

**Ted Wake Centre  M: No Fee NM: $1.96**
Th  6:30PM – 8:45PM

Quilting
Create your quilt in a fun social environment. Share techniques, ideas and friendly conversation.

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

**David Durward Centre  M: No Fee NM: $1.96**
T  9:00AM - 3:00PM

**Ted Wake Centre  M: No Fee NM: $1.96**
Th  6:30PM – 8:45PM

1:1 Personal Training
Experience the attention, support and motivation of Personal Training! It’s beneficial to all - whether you’re just starting out, have a specific goal or you’re looking to take your workouts to the next level. Benefit from individualized, private training to suit all of your exercise needs. Must be have a conditioning room pass. If interested notify Rec Coordinator, Kara Miller (millerk@cambridge.ca ext. 4634)

**David Durward Centre $55.57**

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: $43.55 NM: $51.24**
M Apr 25 – May 16  1:00PM-2:00PM  4wks  36357

**David Durward Centre M: $54.44 NM: $64.05**
M May 31 – Jun 27  1:00PM – 2:00PM  5wks  36358

Pickleball
Open Recreational Play

**Ted Wake Centre  M: No Fee NM: $1.96**
W  3:00PM – 4:30PM
F  1:00PM - 2:30PM, 3:00PM - 4:30PM

**William E. Pautler Centre  M: No Fee NM: $1.96**
M  9:00AM – 10:15AM, 10:30AM – 11:45AM
T  9:00AM – 10:15AM  **Beginners Only**
T  10:30AM – 11:45AM
W  9:00AM – 10:15AM, 10:30AM – 11:45AM
F  9:00AM – 10:15AM, 10:30AM – 11:45AM

Quilting
Create your quilt in a fun social environment. Share techniques, ideas and friendly conversation.

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

**David Durward Centre  M: No Fee NM: $1.96**
T  9:00AM - 3:00PM

**Ted Wake Centre  M: No Fee NM: $1.96**
Th  6:30PM – 8:45PM

Beth Dawkins  PTS FIT HWL PMI
Beth is passionate about helping people to appreciate how a healthy lifestyle can assist in overcoming a variety of obstacles. Beth is a certified Personal Trainer, Fitness Instructor, Healthy Eating and Weight Loss Coach and Active Aging Instructor. She values keeping up with new research and continuing education. Beth has over 15 years of experience working with clients in various settings and she is thrilled to be teaching at the 50+ Centres!

See Personal Training & Gentle Fitness Combo
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

Scrabble
If you enjoy a game of words then come play scrabble! Newcomers welcome.
David Durward Centre M: No Fee NM: $1.96
Th 2:15 PM – 4:15PM

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

Social Cards
Play a variety of card games and enjoy socializing.
Ted Wake Centre M: No Fee NM: $1.96
F 6:00PM – 7:50PM

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

Stained Glass
Share your methods, techniques and ideas. Bring your own supplies.
David Durward Centre M: No Fee NM: $1.96
W 9:15AM – 12:15PM

Step
Come out and learn a new level of stepping! Experience required. This is not a beginner class.
David Durward Centre M: $6.99 NM: $8.22
T 11:05AM – 11:50AM

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: $6.99 NM: $8.22
Th 10:15AM – 11:00AM
Ted Wake Centre M: $6.99 NM: $8.22
T & Th 10:30AM - 11:15AM

Strength on the Ball
*Must have ball and strength training experience*
David Durward Centre M: $6.99 NM: $8.22
T 10:15AM – 11:00AM

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

Tai Chi – Beginner
An exercise system designed to improve health and promote relaxation. This class uses the first 17 moves.
Allan Reuter Centre M: $56.61 NM: $66.60
T Apr 5 – Jun 7  9:00AM - 10:00AM 10wks  35813
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: $5.61  NM: $6.60
Th  10:00AM - 11:00AM

Tone & Stretch *NEW*

Without proper use, muscles over time will 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: $7.58  NM: $8.92
M  12:00PM - 12:45PM

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.

Ted Wake Centre  
M: $8.47  NM: $9.96
W  10:30AM - 11:15AM

Watercolours – Beginners

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.

Allan Reuter Centre  
M: $49.06  NM: $57.72
T  Apr 5-May 10  9:30AM-11:30AM  6wks*  35832
T  May 17-Jun 21  9:30AM-11:30AM  6wks*  35833

Ted Wake Centre  
M: $49.06  NM: $57.72
M  Apr 11-May 16  12:30PM-2:30PM  6wks*  35870

Tammy Lawrence-
Cymbalsty B.A.

Tammy is the Certified Yoga teacher, Meditation teacher, Reiki Master/Teacher, HBCE that helps people find balance and enhance their life experiences. She has been teaching for the City of Cambridge for 19 years. Standing 6’1” Tammy knows not all bodies are created the same. She works towards designing Yoga classes for all bodies regardless of size or condition. Tammy offers a safe place to investigate, restore optimal movement, posture, balance and breath.

In her spare time you’ll find Tammy doodling with her sharpie or recording interviews for her podcast.

Try one of Tammy’s yoga classes today – chair, gentle, power – there is something for everyone.

50+ Adult Programs - Classes & Drop-ins

Watercolours – Intermediate

Prerequisite: Watercolour beginners 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.

Allan Reuter Centre  
M: $49.06  NM: $57.72
Th  Apr 7-May 12  12:00PM-2:00PM  6wks*  35826
Th  May 19-Jun 23  12:00PM-2:00PM  6wks*  35827

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: $8.17  NM: $9.61
M  1:30PM – 2:30PM
Th  2:30PM - 3:30PM

David Durward Centre  
M: $8.17  NM: $9.61
M  5:30PM – 6:30PM  NEW
W  1:30PM – 2:30PM

NEW
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.

David Durward Centre  M: $8.17  NM: $9.61
W  12:15PM – 1:15PM
Ted Wake Centre  M: $8.17  NM: $9.61
M  9:45AM – 10:45AM

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.

Ted Wake Centre  M: $8.17  NM: $9.61
M  11:00AM - 12:00PM

Yoga - Power
A more intense for of practice. Builds strength and endurance while focusing on the breath.

David Durward Centre  M: $8.17  NM: $9.61
T  6:30PM-7:30PM

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

David Durward Centre  M: $8.17  NM: $9.61
T  1:15PM - 2:00PM
W  5:45PM – 6:30PM
F  12:15PM – 1:00PM NEW

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: $8.17  NM: $9.61
Th  1:15PM - 2:15PM

*NEW* Reflexology Intro Sessions & Treatment Appointments
Heather’s interest in reflexology began, simply enough, when she tried a treatment for herself. The benefits - easing of tension and reduction in the chronic pain she suffered from, were immediately apparent. She was inspired to become a reflexologist to help others cope with day to day stresses and health challenges.

Introduction to Reflexology
Join an information session to learn more about the health benefits of reflexology and to see a short demonstration of an actual treatment. Come and see if it’s right for you! Information handouts are provided. Presented by: Heather, Reflexologist

David Durward Centre  $4.07
Th  Apr 28  10:00AM - 11:00AM  36362
William Pautler Centre  $4.07
Th  May 26  6:00PM – 7:00PM  36363
Ted Wake Centre  $4.07
Th  Jun 9  9:30AM-10:30AM  36422

Reflexology Treatment Sessions
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 May 5 & 19, June 2, 16, & 30
Allan Reuter Centre  $23.18
Th  9:30AM – 10:45AM, 10:45AM – 12:00PM
David Durward Centre  $23.18
Th  1:00PM – 2:15PM, 2:15PM – 3:30PM

Foot Care Clinics
Please reserve your appointment online or in person. Fee upon reservation is $4.07, with $30.00 to be paid directly to foot care nurse.

David Durward Centre  W  9:00AM-11:00AM
Allan Reuter Centre  W  12:50PM – 2:30PM

Stay active at home Visit the City of Cambridge website for #RecFromHome ideas.
50+ Annual General Meeting
Please join us for the 50+ Recreation Centres Annual General Meeting. This meeting is open to ALL Members of the 50+ Centres.

Wednesday June 1, Ted Wake Centre
9:30am Social & Refreshments, 10:00am Meeting
Register by Wed. May 25 with activity #36443

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+. Membership inquiries at membership_amcc@rogers.com

Cambridge Senior Choir is back!
Singing every Friday morning from 9:30AM – 11:30AM at David Durward Centre.
With a current 50+ membership, choir dues are $10 per month. No choir practice July & August.

Chesley Lake Get-A-Way
Five fun filled days in September.
Watch for 2022 info

Travel Club
Day trips filled with great adventures.
Watch for 2022 info

What is Hospice Care: Info Session
Do you have questions about hospice care? Please join this information session to learn from the Clinical Resource Nurse from Lisaard & Innisfree Hospice. Learn about the difference between hospice and palliative care. Explore options for care at the end of life.
David Durward Centre $4.07
Th Apr 14 10:00AM – 11:00AM 36412
William Pautler Centre $4.07
W Jun 8 6:00PM – 7:00PM 36413

Cambridge 50+ Woodworking Club
Woodworking Members must sign up for specific morning or afternoon times.

David Durward Centre
62 Dickson Street, 519-623-1340 ext. 4579
Mon, Tues, Thurs & Fri
8:30AM – 12:00PM, 1:00PM-4:00PM
Wed 8:30AM – 12:00PM, 1:00PM-6:00PM *NEW*

Allan Reuter Centre
507 King Street East, 519-623-1340 ext. 4409
Tue, Wed, Thurs
9:00AM – 12:00PM, 1:00PM-4:00PM

Annual membership includes both shops
September – August $75.00 paid to the shop
May to August $40.00 (new members only)

Volunteer Update
In order for drop in activities to run, each drop in needs a convenor or convenors who are given training regarding Covid and emergency protocols. Interested in being a convenor for a drop in activity you attend? See Kara or Colleen
We will bring back other volunteers like host / hostesses, and event and program committees back soon!
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.

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.

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.
Let's get CONNECTED

Join us in participating in WOW 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
Or Email wow@cambridge.ca
Supportive Programs and Services

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 (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.
Supportive Programs

**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

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**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

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**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.
## Contact Information

### Cambridge 50+ Recreation 519-740-4681

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<th>Service</th>
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<th>TWC</th>
<th>WEPC</th>
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<td>General Inquiries</td>
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<td>Supervisor of Recreation-Older Adult Services</td>
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### Other Useful Contact Organizations

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<tr>
<td>Accessible Parking Permit</td>
<td>1-800-387-3445</td>
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<td>Alzheimer Society of Waterloo Wellington</td>
<td>519-742-1422</td>
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<tr>
<td>Canada Pension Plan, Old Age Security, GIS Supplement</td>
<td>1-800-277-9914</td>
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<tr>
<td>Community Alzheimer Day Program</td>
<td>519-893-8494 Ext. 6316</td>
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<tr>
<td>Waterloo Wellington Local Health Integrated Network</td>
<td>519-748-2222</td>
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| **Community Connection, Government, social & health, education, counseling, senior programs & much more** | **2-1-1**  
[www.211ontario.ca](http://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](http://www.ontario.ca/seniors) |
| Idea Exchange – Library Services | 519-621-0460  
[www.ideaexchange.org](http://www.ideaexchange.org) |
| Queen Square |  |
| Service Ontario – Toll free  
561 Hespeler Road, Cambridge | 1-800-664-8988  
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.  
TTY: 1-800-387-5559 | 1-888-910-1999  
1-866-797-0000  
1-866-522-2122 |
| Telehealth Ontario | 1-866-797-0000  
1-866-522-2122 |
| Veterans Affairs Canada Assistance Service | 1-866-522-2122 |
DAVID DURWARD
Monday - Thursday  8:30AM - 9:00PM
Friday              8:30AM - 4:00PM
Saturday            9:00AM - 3:00PM

WILLIAM PAUTLER
Monday - Thursday  8:30AM - 8:00PM
Friday              8:30AM - 4:00PM

WG 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 Centre, W.E. Pautler Centre and W.G. Johnson Centre
50+ Member: $76.35 + HST, Adult (18 & older): $129.13 + HST

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

Lockers & Showers available
Visit front desk to check in or register
Recreation Programs for 50+

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

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

Cambridge.ca/register