

OLDER ADULT

SPRING

NEWSLETTER

THIS ISSUE:

Belleville's 50+ Centre

50+ Centre Programs

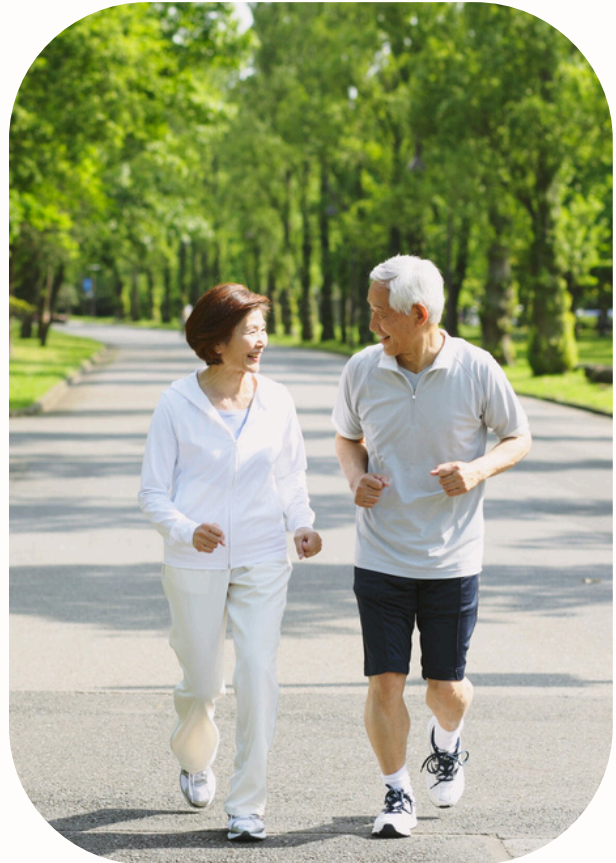
Art & Music

*Older Adult
Fitness Programs*

Schedule

Giggles

Cozy Creations



PROGRAM REGISTRATION OPENS

Land Programs

Mar 16 for City Residents/Taxpayers

Mar 19 for Non-City Residents/Taxpayers

Aquatic Programs

Mar 30 for City Residents/Taxpayers

Apr 2 for Non-City Residents/Taxpayers



Ontario



QUINTE
SPORTS & WELLNESS CENTRE

50+ CENTRE

Welcome to the 50+ Centre, at the Quinte Sports & Wellness Centre. Our annual membership of \$11.00 provides free registration for many volunteer-led programs such as card games, craft groups, art workshops, board games, and educational seminars. It's also a great place to just socialize and meet new friends or reconnect with old ones. Drop in for a visit or an orientation.



50+ MEMBERSHIP
\$11.00/YEAR

- *Artist Collective
- *Scrapbooking
- *Virtual Cooking
- *Bid Euchre
- *Bridge
- *Cribbage
- *Mexican Train
- *Dominoes
- *Falls Prevention
- *French Lessons
- *Crokinole
- *Deaf Seniors
- *Tech Talks
- *Mah Jongg
- *Walking Group
- *Stitches
- *Photography Meet Up
- *English Conversation Grp
- *Garden Club



New Programs: We are always interested in offering new programs for Older Adults in our community. If you have an idea for a program or class for the 50+ Centre, or a hobby/talent that you would like to share with others, please let us know about it.

Contact us: 613-967-3266 or email rccsprogrammers@belleville.ca or drop in to visit us!



THURSDAY
APRIL 16

10:30AM - 12PM

BELLEVILLE'S
50+ CENTRE

OPEN
HOUSE



STRAWBERRY
SOCIAL & BBQ

JUNE 23RD

Artist Collective

Do you need a friendly place to get creative with other artists? Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. This session, the group will be learning Water Colour Pencil Art.

ASL Practice Group

Join our American Sign Language practice group to keep your skills or enhance your signing skills. Meet with other learners to practice conversations and maybe add to your vocabulary.



Bid Euchre

Bid Euchre is similar to Euchre but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. All levels welcome.

Bridge (Experienced)

Are you an avid Bridge player? Then this program is for you! Join other experienced Bridge players and enjoy an afternoon of socializing and playing your favourite game.

CARP

Members engage in polls and petitions, email their elected representatives, connect with local chapters and share stories and opinions on urgent issues. Public and members are invited to join monthly meetings at the QSWC. Meet new people and enjoy the speakers, discussions and engagements that follow.

Cooking with Chef Jesse (Zoom)

Join us for this Zoom class and learn new cooking or baking techniques with Quinte Gardens Retirement Residence's Chef Jesse. He will demonstrate how to make a new creation and then you can make it later to enjoy. All supplies are provided by Quinte Gardens and will be available for pick up the Wednesday prior to the class.

Cribbage

Enjoy strategic card play, improve your skills, and socialize with fellow enthusiasts in a friendly, welcoming atmosphere.

Crokinole

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition.

Deaf Seniors

This is a great opportunity to enjoy a morning of games and socializing with older adults from our deaf community.

Dominoes - Mexican Train

This is a great opportunity to enjoy a morning of games and socializing with older adults from our deaf community.

Drumming Group

Join our vibrant drumming group and immerse yourself in the rhythmic beats of Djembe drums and other percussion instruments!



English Conversation Circle

New to Canada and living in the Bay of Quinte? Join our Newcomer Connections social group to meet others, share experiences, practice everyday English, and learn about community programs in the Belleville area.

Falls Prevention offered by Victorian Order of Nurses

Our VON SMART classes are crafted just for you, whether you're a fitness newbie or have limited mobility. Learn fall prevention tips to keep you safe and steady.

Garden Club Conversation

Each month our Garden Club hosts a seminar and discussion. Our first session will cover how to start your own herb and vegetable garden using the space and materials you have available, plus a sneak preview of our new courtyard community garden.

Learn to Speak French - Beginner

Join our Beginner French class! Learn essential phrases and perfect your pronunciation to feel confident ordering food in a French restaurant.

Learn To Speak French - Continuing Your Knowledge

Looking to build on your French skills? This class helps you expand your vocabulary, improve pronunciation, and gain confidence in conversational French.

Mah Jongg

Mah Jongg is a rummy-like game played with tiles rather than cards and is played with four or five players. The object of Mah Jongg is to make the tiles match up with a hand on a Mah Jongg card. Beginners are welcome.

Parkinson's - Keep Moving

The Parkinson's Keep Moving program is for members to experience 30 minutes of continuous moving with large range of movement techniques and gentle strength training.

Parkinson's Social

This group meets after their fitness program to share Parkinson's journeys. Care givers / partners welcome.

Photography Meet Up

If you love taking photos—on a DSLR, film camera, or just your phone—this new monthly Photography Club is for you. Join us to connect with fellow enthusiasts, sharpen your skills, and find fresh inspiration in a friendly, no-judgment space. Bring your curiosity, your camera, and your stories. We can't wait to see what you'll capture.



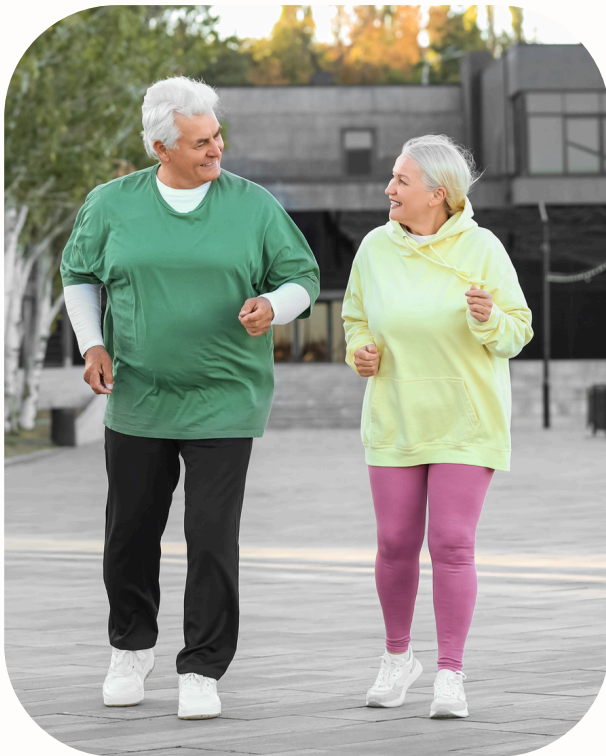
Scrapbooking

Come to work on your own photo pages or cards while visiting and learning from others. There are some supplies available.

Speak Up!

Boost your brainpower and build communication confidence in this fun, interactive session.

Impromptu questions and discussions will hone your quick thinking skills while meeting new friends. Participants will have the opportunity to present prepared speeches throughout the program. Creative, social and skill-building, with no judgement.



Stitches

This time is dedicated for crafty people to work on their knitting, crocheting, quilting, repurposing, sewing embroidery, cross stitch, etc., projects while visiting and learning from others. There are 4 sewing machines, 2 sergers, and a felting machine. Bring your own projects. All levels are welcome.

Tech Talks and Tech Support with Jordan

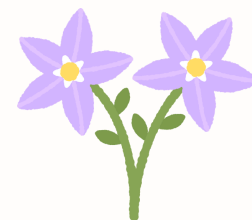
"Tech Talks" inspires, educates and motivates you to embrace technology. Bring your phone or tablet to get specific questions answered. Just Drop in!

Walking Group & Social

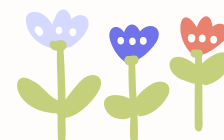
Join us on the indoor track at 1pm for an instructor led warm-up stretch. Walk at your own pace, meet new friends! Coffee Social time is included from 1:30-3pm in the Youth room. Fridays have been added

SCHEDULE

50+ CENTRE PROGRAMS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Learn to Speak French - Beginner 8:45 - 9:45am</p> <p>Deaf Seniors 10am - 12pm</p> <p>Speak Up 12 - 1pm <i>Every other Mon.</i></p> <p>Bid Euchre 1:15 - 4pm</p>	<p>Artist Collective 9:30 - 11:30am</p> <p>Falls Prevention 10am - 12pm</p> <p>Parkinson's Keep Moving/Social 11:15am - 1pm</p> <p>Cribbage 1 - 3:30pm</p> <p>Dominoes - Mexican Train 1 - 4pm</p> <p>Garden Club 1:30 - 3:30pm <i>1st Tues of the month</i></p> <p>CARP 2 - 4pm <i>2nd Tues. of the month</i></p> <p>Drumming Group 4:30 - 6:30pm</p>	<p>Stitches 9am - 12pm</p> <p>Mah Jongg 1 - 4pm</p> <p>Walking Group/Social 1 - 3pm</p>	<p>Learn To Speak French - Continuing Your Knowledge 8:45 - 9:45am</p> <p>English Conversation Circle 10:30 - 11:30am</p> <p>Photography Group 10:30 - 12pm <i>Last Thur of each month</i></p> <p>Scrapbooking 1 - 4pm</p> <p>Tech Talks 1:30 - 3pm</p> <p>Cooking with Chef Jesse 2 - 2:30pm <i>3rd Thur of the month</i></p>	<p>Crokinole 10am - 12:30pm</p> <p>American Sign Language Practice 12:30 - 1:30pm</p> <p>Walking Group/Social 1 - 3pm</p> <p>Bridge (Experienced) 1 - 4pm</p>



SCHEDULE

SEMINARS & WORKSHOPS

April	May	June
<p>April 2 Arthritis and the Importance of Physical Exercise</p> <p>April 7 Garden Club Conversation Veg + Herb Garden</p> <p>April 8 Paint Pouring Workshop</p> <p>April 16 50+ Centre Orientation and Open House</p> <p>April 16 Cooking with Chef Jesse (Zoom)</p> <p>April 23 Avoiding Probate and Estate Taxes</p> <p>April 30 Photography Group</p>	<p>May 5 Garden Club Conversation Pollinators</p> <p>May 6 Paint Pouring Workshop</p> <p>May 7 Emergency Preparedness</p> <p>May 21 Cooking with Chef Jesse (Zoom)</p> <p>May 21 Senior Women Living Together</p> <p>May 26 Getting the Most from your Health Care Appointment</p> <p>May 28 Photography Group</p> <p>May 28 Acrylic Painting with Natalia</p>	<p>June 2 Garden Club Conversation Lawn Care</p> <p>June 3 Paint Pouring Workshop</p> <p>June 4 80+ Driver Renewal Preparation Seminar</p> <p>June 10 Medical Cannabis 101: Pain, Sleep, & More</p> <p>June 15 Balanced Diets for Older Adults</p> <p>June 18 Cooking with Chef Jesse (Zoom)</p> <p>June 23 Strawberry Social & BBQ</p> <p>June 25 Photography Group</p>



ART & MUSIC

THE FOLLOWING PROGRAMS ARE **NOT** INCLUDED IN A 50+ MEMBERSHIP.
A REGISTRATION FEE APPLIES FOR EACH COURSE.

Acoustic Guitar

Beginner Learn to play the Guitar in a small group setting. This course teaches a variety of strumming techniques, basic chords, smooth transitions, and chord progressions

Experienced This course builds on your knowledge of strumming techniques, basic chords, smooth transitions, and chord progressions

Sunday

Beginner - 11:15am-12:15pm

Experienced - 10:00-11:00am

Acrylic Landscape Painting for Beginners

This course is for beginners seeking to learn more about painting with acrylics. We will use simplified landscapes to teach core skills like colour mixing, layering and texture, and creating depth. Learn to confidently use this versatile, forgiving medium and complete several beautiful paintings. No prior experience is required!

Monday - 2:00-4:00pm

Thursday 6:00-8:00 pm

Ukulele Lessons

Learn to play the Ukulele in a small group setting. Learn a variety of techniques and basic chords, smooth transitions, chord progressions. By the end of this six week course, you will be playing your first song with confidence. Students must bring their own ukulele.

Sundays

12:30-1:30pm

Acrylic Painting with Natalia

Natalia will walk you through a step-by-step painting lesson using acrylic paints. All supplies included.

Cost: \$10 for supplies

May 28 - 9:30am-11:30pm

Paint Pouring Workshop

Experience Paint Pouring - watch your painting evolve as you pour paint onto canvas. No art skills needed, just patience and a desire to learn. Come ready to have fun and get messy! Each session teaches a different technique.

Cost: \$10 for supplies

April 8 - 11:00am-12:30pm

May 6 - 11:00am-12:30pm

June 3 - 11:00am-12:30pm

OLDER ADULT FITNESS

THE FOLLOWING PROGRAMS ARE **NOT** INCLUDED IN A 50+ MEMBERSHIP.
A REGISTRATION FEE APPLIES FOR EACH COURSE.

Older Adult Gentle Exercise & Fitness

Monday 1:30-2:30pm

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. A variety of body weight, resistance bands and light weights will be used in the class (Beginner).

Karate For Older Adults

Tuesday - 1:00-2:00pm

Enhance balance, strength, and confidence with our Older Adult Karate Course! Suitable for 50+, fostering fitness and self-defense skills.

Mix-It-Up

Tuesday - 10:15-11:15am

Friday - 10:15-11:15am

Enjoy this intermediate level fun class, that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance.

Stretch & Balance Fit

Wednesday - 10:15-11:15am

Friday - 9:00-10:00am

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of seated or standing gentle movements in resistance training, balance and flexibility exercises.

Chair Fitness/Chair Yoga

Thursday - Level 1 - 12:30-1:30pm

Thursday - Level 2 - 11:15am-12:15pm

In this beginner class you will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises.

Level 1 is sitting only. Level 2 has some standing exercises.



OLDER ADULT FITNESS

THE FOLLOWING PROGRAMS ARE **NOT** INCLUDED IN A 50+ MEMBERSHIP.
A REGISTRATION FEE APPLIES FOR EACH COURSE.

Strong Seniors

Monday and Wednesday - 9:00-9:45am

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

Stronger Seniors

Monday, Wednesday & Friday - 10:00-10:45am

The next level of fitness after Strong Seniors.

Strength Training for Senior Men

Friday 9-9:45 am

This low-impact class builds muscle, bone density, and flexibility with modifications for all levels. Perfect for staying active, confident, and healthy at any stage of life.

Stretch & Strengthen

Thursday - 10:15-11:15am

Combine cardio, resistance training, and stretching to improve strength, flexibility, and heart health. Customize the workout to your fitness level using body weight or equipment.



Women's Weight Training

Tuesday and Thursday - 10:00-10:45am

Open to women of all ages! Learn to use Workout Studio equipment, free weights, bodyweight, balls, and bands to build strength and improve flexibility. Leave feeling stronger and more energized.

Gentle Core Strengthening

Monday - 10:15-11:15am

This class builds core strength—focusing on the back, abs, and hips—using bodyweight, bands, and stability balls. With breathing guidance and modifications, you'll improve strength, flexibility, and coordination at your own pace.

— OLDER ADULT DANCE FITNESS —

THE FOLLOWING PROGRAMS ARE **NOT** INCLUDED IN A 50+ MEMBERSHIP.
A REGISTRATION FEE APPLIES FOR EACH COURSE.

Line Dancing (Beginner)

Fridays 10:45-11:45am and 12-1pm

Come and learn the steps and routines required to be a great line dancer. You will burn calories, tone muscles and improve coordination. This is a progressive course, not weekly drop in.

Line Dancing (Experienced)

Mondays 11:30am-12:30pm

Enhance your fitness, coordination, and cognitive health with this fun, calorie-burning class for experienced line dancers. Enjoy stress relief and brain stimulation while dancing to the beat.

Dancing for Adults Beginner and Experienced

***Tuesdays 5:45-6:45pm (Beg)
7:00-8:00pm (Exp)***

Learn Waltz, Tango and salsa skills with your partner.



Dancing for Fitness

Wednesdays - 9:00-10:00am

This beginner class will help you gently move your body with a mixture of basic dance moves. This class will help you move and feel better while enjoying yourself to some music. Get healthier in cardio, balance, coordination, and mental health exercises. Using a variety of body weight, resistance bands and light weights will be used in the class. (Beginner)

Zumba Gold (50+)

Wednesday - 1:30-2:30pm

Join this fun and casual atmosphere that is more like a party than a workout, but you will definitely enjoy the fitness benefits. No previous dance experience necessary.

Zumba

Mondays 5:00-6:00pm

Thursday - 5:15-6:15pm

Latin dance meets fitness in this fun, high-energy workout with great music and real results. Boost your cardio, balance, flexibility, and coordination—no dance experience needed!

OLDER ADULT YOGA

THE FOLLOWING PROGRAMS ARE **NOT** INCLUDED IN A 50+ MEMBERSHIP.
A REGISTRATION FEE APPLIES FOR EACH COURSE.

Intro to Yoga:

Instructor - Ann

Monday - 1:00pm-2:00pm

Wednesday - 1:30pm-2:30pm

You can do yoga! Learn the basics with individualized movements, posture alignment, mindfulness and breathing - no experience needed.

Intro to Yoga:

Continuing the Journey

Instructor - Megan

Wednesday - 9:00am-10:00am

This foundational yoga class will build on the basics of yoga. If you have taken an introductory yoga class, this is the next step for your yoga journey.

Yoga for Men

Instructor - Nic

Friday - 1:30pm-2:30pm

Looking to improve flexibility, balance, and overall well-being? Our beginner-friendly yoga class is designed specifically for men 50+, with no prior experience required.

Gentle Flow Yoga

Instructor - Shwetha

Monday - 5:00pm-6:00pm

The nature of this class is a slower pace with a softer gentler practice of the poses. The practice is still active while maintaining a peaceful approach with less strain on the mind and body.

Chair Yoga

Instructor - Megan

Monday - 9:00am-9:45am

Instructor - Kathy

Wednesday - 11:00am-11:45am

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it.

90 Minute Yoga

Instructor - Ann

Monday - 11:15pm-12:45pm

This all-levels class combines mat and standing poses with cross-lateral movements to enhance mind-body connection, improve memory, balance, and overall strength.

OLDER ADULT YOGA

THE FOLLOWING PROGRAMS ARE **NOT** INCLUDED IN A 50+ MEMBERSHIP.
A REGISTRATION FEE APPLIES FOR EACH COURSE.

Older Adult Yoga Flow

Instructor - Megan

Thursday - 8:45am-9:45am

Flowing from one pose to the next without stopping to talk about the finer points of each pose will allow you to come away with a good workout and a great yoga experience.

Yoga Stretch & Flow

Instructor - Megan

Tuesday - 6:15pm-7:15pm

Thursday 6:15-7:15pm

Instructor - Nic

Relax and recharge with our Yoga Stretch and Flow class, perfect for all levels. Build strength, boost flexibility, and find balance through mindful movement.

Older Adult Yoga

Mon, Tues, Thur - 10-11:00am

Tuesday 8:45-9:45am

Friday - 9:30-10:30am

Our older adult Yoga classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Bring your own mat.



Yoga Fit

Instructor - Megan

Tuesday 5:00pm-6:00pm

Thursday 5:00-6:00pm

Instructor - Taiya

Yoga Fit focuses on exploring your body's potential through asanas, emphasizing proper alignment, breath control, strength, and balance.

Balance & Mobility Yoga

Instructor - Anee

Friday 3:30pm-4:30pm

Focus on posture, movement, muscles and balance to improve body awareness. Skills will be learned while in class, no yoga experience necessary.

OLDER ADULT GAMES

THE FOLLOWING PROGRAMS ARE **NOT** INCLUDED IN A 50+ MEMBERSHIP.
A REGISTRATION FEE APPLIES FOR EACH COURSE.

Carpet Bowling

\$5.50

Thursday - 1:00pm-3:30pm

Enjoy playing outdoor bowling or new to the game? Carpet bowling is for you! This variation of outdoor bowling, uses a smaller bowl, jack and playing surface. Join in a fun and friendly game, meet new people and stay active.

Shuffleboard

\$5.50

Thursday - 9:30am-11:30am

Slide into the fun with Floor Shuffleboard! Join fellow enthusiasts for a morning of friendly competition as you aim for the highest score.

GIGGLES

When is it impossible
to plant flowers?

When you haven't botany.

**WHAT TYPE OF
BOW CAN'T BE
UNTIED?**

A RAINBOW.

What kind of book does
a rabbit like at bedtime?

One with a hoppy ending!

**WHY ARE
FLOWERS SO
POPULAR?**

THEY HAVE LOTS
OF BUDS!

SPRING SNACKS

Green Goddess Gnocchi



INGREDIENTS

- KOSHER SALT
- 1 (8-OZ.) CONTAINER CRÈME FRAÎCHE
- 1/2 CUP DILL, MORE FOR SERVING
- 1/2 CUP PACKED FRESH BASIL LEAVES, PLUS MORE FOR SERVING
- 1/4 CUP FRESH TARRAGON LEAVES
- 1/4 CUP SLICED FRESH CHIVES
- 1/2 LEMON, JUICED
- 2 CUPS CHOPPED ASPARAGUS
- 2 CUPS SUGAR SNAP PEAS, TRIMMED
- 1 (16-OZ.) PKG. FRESH GNOCCHI
- GRATED PARMESAN, FOR SERVING

INSTRUCTIONS

- BRING A LARGE POT OF SALTED WATER TO A BOIL. PREPARE AN ICE BATH BY FILLING A LARGE BOWL WITH ICE WATER.
- MEANWHILE, IN A BLENDER, BLEND CRÈME FRAÎCHE, DILL, BASIL, TARRAGON, CHIVES, LEMON JUICE, AND 1/2 TEASPOON SALT UNTIL FINELY CHOPPED.
- COOK ASPARAGUS AND PEAS IN BOILING WATER UNTIL BRIGHT GREEN AND CRISP-TENDER, 1 TO 2 MINUTES. USING A SLOTTED SPOON OR SPIDER, TRANSFER VEGETABLES TO ICE BATH; RESERVE WATER IN POT.
- RETURN WATER TO A BOIL. COOK GNOCCHI, STIRRING OCCASIONALLY, UNTIL THEY FLOAT TO THE SURFACE ACCORDING TO PACKAGE DIRECTIONS. RESERVE 1/2 CUP PASTA WATER. DRAIN PASTA AND RETURN TO POT.
- ADD PASTA WATER TO SAUCE IN BLENDER 1 TABLESPOON AT A TIME AND BLEND UNTIL A SILKY TEXTURE FORMS. DRAIN VEGETABLES AND ADD TO POT WITH GNOCCHI. ADD SAUCE AND TOSS TO COMBINE.
- DIVIDE GNOCCHI AMONG BOWLS. TOP WITH PARMESAN, DILL, AND BASIL.

FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Strong Seniors 9 - 9:45am</p> <p>StrongER Seniors 10 - 10:45am</p> <p>Gentle Core Strengthening 10:15 - 11:15am</p> <p>Line Dancing (Experienced) 11:30 - 12:30pm</p> <p>Gentle Exercise & Fitness 1:30 - 2:30pm</p> <p>Zumba 5 - 6pm</p>	<p>Women's Weight Training 10 - 10:45am</p> <p>Mix It Up 10:15 - 11:15am</p> <p>Karate for Older Adults 1 - 2pm</p> <p>Dancing for Adults (Beginner) 5:45 - 6:45pm</p> <p>Dancing for Adults (Experienced) 7 - 8pm</p>	<p>Dancing for Fitness 9 - 10am</p> <p>Strong Seniors 9 - 9:45am</p> <p>StrongER Seniors 10 - 10:45am</p> <p>Stretch & Balance Fit 10:15 - 11:15am</p> <p>Zumba Gold 1:30 - 2:30pm</p>	<p>Women's Weight Training 9 - 9:45am</p> <p>Stretch & Strengthen 10:15 - 11:15am</p> <p>Zumba 5:15 - 6:15pm</p>	<p>Strength Training for Senior Men 9 - 9:45am</p> <p>Stretch & Balance Fit 9 - 10am</p> <p>StrongER Seniors 10 - 10:45am</p> <p>Mix It Up 10:15 - 11:15am</p> <p>Line Dancing (Beginner) 10:45 - 11:45am</p> <p>Line Dancing (Beginner) 12 - 1pm</p>
<p>Chair Yoga 9 - 9:45am</p> <p>OA Yoga 10 - 11am</p> <p>90 Minute Yoga 11:15am - 12:45pm</p> <p>Intro to Yoga 1 - 2pm</p> <p>Gentle Yoga Flow 5 - 6pm</p>	<p>OA Yoga 8:45 - 9:45am</p> <p>OA Yoga 10 - 11am</p> <p>Yoga Fit 5 - 6pm</p> <p>Yoga Stretch & Flow 6:15 - 7:15pm</p>	<p>Intro to Yoga, Continuing the Journey 9 - 10am</p> <p>Chair Yoga 11am - 11:45am</p> <p>Intro to Yoga 1:30 - 2:30pm</p>	<p>OA Flow Yoga 8:45 - 9:45am</p> <p>OA Yoga 10 - 11am</p> <p>OA Chair Fitness/ Chair Yoga Level 2 11:15am - 12:15pm</p> <p>OA Chair Fitness/ Chair Yoga Level 1 12:30 - 1:30pm</p> <p>Yoga Fit 5 - 6pm</p> <p>Yoga Stretch & Flow 6:15 - 7:15pm</p>	<p>OA Yoga 9:30 - 10:30am</p> <p>Yoga for Men 1:30 - 2:30pm</p> <p>Balance & Mobility Yoga 3:30 - 4:30pm</p>