

## About Evergreen Seniors Centre



We offer recreational, social and educational programs for individuals living in Guelph and the surrounding areas. The Evergreen Seniors Centre is a 25,000 square foot, state-of-the-art, recreation facility that is completely wheelchair accessible. The Centre has a gymnasium/auditorium, several activity/meeting rooms, snooker room, a lending library, a health room, a computer lab, and a public dining room.

Most of the programs offered at the Centre are tailored to individuals 55 years of age and older, however all registered programs are open to all adults looking to develop new skills and a focus on staying active.



Address: 683 Woolwich Street  
(near Riverside Park)

Phone: 519-823-1291

Hours: Mon - Fri, 8:30 a.m. - 4 p.m.  
(except statutory holidays)

Mon - Sun, 4 - 11 p.m.  
(based on rental requests)

# Seniors



**Join the association and take advantage of your seniority!**



## **Guelph Wellington Seniors Association (GWSA)**

The Evergreen Seniors Centre is home to the Guelph Wellington Seniors Association, a non-profit organization for seniors, 55 years of age or older. An annual membership to the Guelph Wellington Seniors Association starts at \$20 and entitles you to the following benefits:

- Access to more than 30 different activity groups
- Access to more than 60 different registered programs
- A reduced registration fee for senior service courses
- Access to GWSA drop-in activity groups at affordable rates
- Access to appointments at any of our clinics located at the Evergreen Senior Centre that offer foot care, blood pressure, diabetes support and nutritional services. Some clinics are at no cost for members.
- Participate in a variety of day trips organized by the GWSA Travel Committee
- Vote at the Annual General Meeting
- Meet new friends
- Discounted rates at our public dining room
- Subscription to the monthly newsletter, with information about the centre and your membership
- Opportunities to become involved in meaningful volunteer work

**Join the association and take advantage of your seniority!**

## **Centre Services**

There are a variety of services, support groups, and classes available at Evergreen Seniors Centre to assist you with many of your daily routines. Whether your interests focus on health, exercise, transportation, general interest, or food there is something just for you.

*Live it  
everyday!*

June is Recreation and Parks Month

## **DID YOU KNOW...**

**Active and engaged senior citizens live longer, remain in their home longer and participate more fully in community life.**

The City of Guelph offers a wide variety of programs and volunteer opportunities in partnership with the Guelph Wellington Seniors Association. **Sign up today!**



Visit [guelph.ca>recmonth](http://guelph.ca>recmonth) in May  
for a calendar of activities and events.





Are you trying to find services that will help you remain independent and healthy? Do you want to continue living at home as long as possible? Do you have questions about the types of services available that help seniors remain living independently? If so, contact the Make Yourself At Home Program at 519-837-5696. This program provides free home visits from volunteers, also seniors, who can connect you with the right community supports. This service is funded by the Waterloo Wellington Local Health Integration Network Aging At Home Strategy.

**If you're interested in volunteering as a Peer Advocate, call Maryanne Wilford, Volunteer Manager at 519-837-5665.**



## OUTREACH

The Outreach Program is a friendly and enjoyable program for seniors who are unable to socialize on a regular basis. This half day Program is held twice a month at the Evergreen Centre and once a month at Norfolk Street United Church. The Program includes refreshments, gentle exercise, speakers and entertainment. A hot lunch or soup and sandwich are included. Return transportation from home to the Program is generously provided through the support of volunteer drivers from the Guelph Wellington Seniors Association and Stone Lodge Retirement Residence. For more information or to participate, call 519-837-5696.

Date:

**Evergreen Seniors Centre: 1st Thursday and 3rd Tuesday of each month**

**Norfolk Street United Church: 2nd Friday of each month**

Cost: \$5

## Feeling Better

### Feeling Better Move Well In-Home and Group Exercise

This program promotes and develops opportunities for older adults to maintain/increase their mobility and independence through moderate physical activity for one hour either in groups or in their home.

Consider becoming a Feeling Better-Move Well volunteer. One hour per week will help a senior in our community become functionally fit and maintain their independence. Call Maryanne Wilford, Volunteer Manager for more information at 519-837-5665

# Seniors

## Feeling Better

### Feeling Better Move Well

(Group Exercise Sites)

An entry level 1 hour long group fitness class for older adults led by certified senior fitness instructors. For more information call Helga Thiessen at 519-823-1291 x 2747. There is a suggested \$2 donation per visit for these programs

#### Evergreen Seniors Centre - Auditorium

Mon. 1 - 2 p.m.

April 5 - Jun 21

First time participants are requested to arrive 30 mins earlier to the first class.

#### The Salvation Army Guelph Citadel

1320 Gordon St., Guelph  
Exercise/Community Room

Wed. 10:45 - 11:45 a.m.

April 7 - Jun 23

#### Dublin St. Apartments

229 Dublin St. N. Guelph

Thu. 10:30 - 11:30 a.m.

April 8 - Jun 24

### Move Well - In-Home Exercise

Trained volunteers provide direction and motivation to seniors in their homes once a week.

Call Helga Thiessen, Program Coordinator,  
at 519-823-1291 x 2747

### Feeling Better Eat Well

This program promotes the importance of good nutrition for older adults through displays and educational opportunities. Good food choices are encouraged to help improve and maintain health and independence.

The Feeling Better Eat Well Program will provide nutrition programs including Diabetes Support Group, Nutrition Counseling, Education, Information Displays and Food Tastings. Fees vary for each program. Contact Helga Thiessen, Feeling Better Programs Coordinator at 519-823-1291 x 2747 or myahfeelingbetter@gmail.com

### Nutrition Counseling

Individual nutrition counseling with Registered Dietician, Holly Reimer. Holly is available every Monday at the Evergreen Seniors Centre for members and non-members. Call to schedule an appointment at 519-823-1291

### Diabetes Support Group

A support group for people 55+ facing the challenges and sharing the solutions of living with diabetes. Pre-registration is not required, just drop in when you can.  
Date: 2nd & 4th Tuesdays of each month  
Time: 9-10 a.m.

Location: Evergreen Seniors Centre, Room 2

Cost: \$2 donation/meeting

### Garden Fresh Box

A non-profit, fresh produce-buying service operated by the Guelph Community Health Centre. For more information about the service call 519-821-8833. To order a box call the Evergreen Seniors Centre 519-823-1291. All boxes contain fruit and vegetables.

Orders must be placed by the first Friday of each month and picked up the third Wednesday of each month between 1:30 - 2:30 p.m. in the front foyer at the Evergreen Centre.

Cost: \$15/large box; \$10/small box Payment is due when placing your order

### Food Tasting

Join us the last Thursday of each month from 10:30 a.m. - 12 p.m. at the Evergreen Centre (front foyer) for our food sampling. A new theme every month. Free draw and recipes!

Date: Apr 29, May 27, Jun 24, Jul 29, Aug 26, Sep 30.

## SENIORS OFFERING SUPPORT (Telephone Support Line)



Trained and caring senior volunteers provide assistance to fellow seniors and caregivers for the following:

- Information about community services,
- Listening and support with loneliness, grief, isolation, aging challenges, independence issues, health concerns and mistreatment,
- Access and referral to a collaborative network of specialized community and professional seniors' service agencies,
- Telephone visiting calls.

Free of charge and confidential, the Seniors Offering Support phone line operates Monday-Friday, 11:00 a.m. - 3:00 p.m. at 519-767-4445 or toll-free 1-866-767-4445.

If you are interested in becoming a telephone support volunteer with the Seniors Offering Support program, call Maryanne Wilford, Volunteer Manager at 519-837-5665



## Health

### Osteo-Arthritis Education Classes

Learn more about your arthritis condition and proper exercises for your affected joints. A screening assessment is done by an Arthritis Society physiotherapist prior to the classes. For more information please call the Arthritis Society at 1-800-854-6445.

When: April 13, May 11

Time: 1 - 3:45 p.m.

Cost: Free



### FREE Blood Pressure Clinics

A registered nurse will check your blood pressure and provide tips on how to control your blood pressure. To register in advance call 519-823-1291. "Drop-ins" are also acceptable.

When: Apr 28, May 26, Jun 23, Jul 28, Aug 25

Time: 10 a.m. - 12 noon

Where: Evergreen Seniors Centre, Health Room

### Foot Care

Foot care is provided by Registered Practical Nurse Kim Wiatr. Appointments are necessary and fill quickly. To book your appointment call 519-823-1291.

When: Tuesday; Thursday, and the third Wednesday of each month

Cost: \$22 (paid to the nurse)

### Hearing Clinics

Get your hearing tested by the Canadian Hearing Society and receive immediate results. Appointments are half an hour and results are provided immediately. To book your appointment in advance call 519-823-1291.

When: Apr 7

Time: 10 a.m. - 1 p.m. (30 minutes each)

Cost: FREE

### Hearing Improvement Committee

A self help program for people with hearing impairment and those interested to coping better with hearing loss. Anyone interested, is encouraged to join. For more information, call Marianne Matthews at 519-822-3946.

When: Apr 7, May 5

Time: 2 - 4 p.m.

Evergreen Seniors Centre Board Room

### The Osteoporosis Support Group

For more information call Ann Stallman at the YMCA-YWCA at 519-824-5150.

Evergreen Senior Centre

When: April 7, May 5, Jun 10

Time: 7:30 - 9 p.m.

### Vision Support Group

4th Tue of the month - Apr 27, May 25, Jun 22, 1 - 3 p.m. The Seniors Support Group for older adults with blindness or vision loss offers guest speakers and discussions about topical issues. For more information please call Denise Perrior at 519-837-1316.

*Enjoy a great meal*  
at the Evergreen Seniors Centre

Join us every weekday as we serve up  
a selection of breakfast and lunches



*Breakfast*

**Monday to Friday**

(except holidays)

**8 - 10 a.m.**

*Lunch*

**Monday to Friday**

(except holidays)

**11 a.m. - 1 p.m.**

Open to all members  
of the community.

683 Woolwich St  
519-823-1291

CITY OF  
**Guelph**  
Making a Difference

# Seniors

## Leisure Services

### Book Nook

The Evergreen Seniors Centre library has a wonderful collection of fiction and non-fiction books, videocassettes, CDs and DVDs in our Rotary Rotunda. This collection has been made possible through generous donations from our members and the public. Borrowed items may be kept for up to 3 weeks and returned to the drop box outside the library doors. For more information about book or audio-visual donations please call 519-823-1291.

Date: Mon - Fri

Time: 9 a.m. - 4 p.m.

Cost: Free to GWSA members. Donations are always greatly appreciated.


### Coin Valuation and Identification

Volunteer Donald Quant will value, identify, and chat with you about your coins and trade dollars. His collection of coins from over 400 countries, dating from 200 BC will be on display! To register in advance call 519-823-1291.

Date: Last Wed of each month - Apr 28, May 26, Jun 30

Time: 1 - 3 p.m.

### The Sentinel Newsletter

Now available on-line at [gwsa-guelph.ca](http://gwsa-guelph.ca)   
A newsletter published 10 times per year, written by and for seniors. This publication is available through your GWSA membership. A subscription can also be purchased. The Sentinel will keep you up to date on what is happening at the Centre and in the community. For advertising inquiries contact The Sentinel at 519-823-1291.

### Trips and Tours

Our volunteer Travel Committee plans and organizes a variety of trips and tours for members of the Guelph Wellington Seniors Association. Trips are advertised monthly in The Sentinel and in travel flyers available at the Centre.

Date: first Wed of each month is trip booking

Time: Doors open 8 a.m.; on-site trip bookings start 9 a.m.; phone trip bookings start 12 noon

The Evergreen Travel Committee takes reservations for any trips offered by Great Canadian Travel. When you book your trip through the Centre, a donation is made by Great Canadian Travel to the Guelph Wellington Seniors Association. When booking a Great Canadian Trip, why not help your association and register through us.

Date: Mon

Time: 11 a.m. - 1 p.m.

## Transportation Services

### Free Bus Transportation from the Evergreen Seniors Centre to:

**Stone Road Mall, 519-821-5780**

Date/Time: First Tuesday of every month, 10:10 a.m. departure/ 1:30 p.m. return

**Ultra Food Mart, 519-763-3827**

Date: Every Tuesday

Time: 9:40 a.m. departure/12 noon return

**Willow West Mall, 519-821-4310**

Date: Every Wednesday

Time: 10:15 a.m. departure/ 1 p.m. return

All buses are sponsored and organized by the malls or store. **All times listed are approximations and include departure and return to the Evergreen Seniors Centre.** Please contact individual locations for more information.

### St. Joseph's Transportation Program

Getting to the Evergreen Seniors Centre is easy!

Volunteers and staff provide transportation to seniors and physically disabled adults living in Guelph, Fergus, Elora, and surrounding areas. For more information about the program and ride rates, call St. Joseph's Health Centre Outreach Department at 519-824-6000 x 4651.

### Guelph Transit

Did you know you can purchase your monthly Senior bus pass or sets of 10 - Adult, Senior, or Mobility tickets at the Evergreen Seniors Centre? Stop by the front desk and buy your tickets today.

### Guelph Transit Community Bus

The Guelph Transit Community Bus is a fully accessible mobility van that can seat up to five passengers using mobility devices and four without mobility constraints. This service operates Monday to Friday from 10 a.m. until 2 p.m. The fare structure is the same as conventional transit; tickets or passes are also accepted.

The Community Bus travels along two routes within the city, stopping at several major destinations within the city, including Guelph Medical Clinic, St. Joseph's Hospital, Wal-Mart, Riverside Glen Seniors Centre, Evergreen Seniors Centre, Speedvale Court, Guelph General Hospital, The Elliot, Bullfrog Mall, Grange St. Court, and St. George's Square. Additional stops can also be requested along the two designated routes.

Riders can catch the Community Bus by waiting at their nearest bus stop or corner and waving down the Community Bus to let the driver know they require a ride.

**For more information contact  
Guelph Transit at 519-822-1811.**

## Facility Services

### Member Services

The Evergreen Seniors Centre is a great resource if you are looking for people who can be hired to do odd jobs, helping you find the government office or service that you need, or assisting you with filling out your forms. For more information call 519-823-1291 or visit the Information Desk for assistance from a knowledgeable volunteer.

### Room Rentals at the Evergreen

There are a number of rooms and services available for rent, evening and weekends. We can accommodate a variety of functions including meetings, recitals, parties, sporting events, weddings and trade shows.

Features of the Evergreen Centre include:

- Bright, airy rooms
- Fully accessible
- Overhead projectors, screens available at no extra charge.

For more information call the administrative clerk at 519-823-1291 x 2454

### Dining Room at the Evergreen

Let our culinary team entice your palate with fantastic treats and sumptuous meals at a cost that will fit your budget. Take advantage of the convenient "meals to go" service and the variety of catering choices for your group's special functions.

Hours: Mon - Fri, 9 a.m. - 1 p.m.

Meals: Breakfast 9 - 10 a.m.  
lunch (hot) 11:30 a.m. - 1 p.m.

### Gift Certificates

The Evergreen Seniors Centre sells gift certificates, available in any denomination. They are great gifts ideas for birthdays and special occasions.

## Doing Business at City Hall?

Don't forget to register for your programs at ServiceGuelph.



### Treasure Chest

Visit the Evergreen Seniors Centre's craft store, "The Treasure Chest", to find some great homemade crafts and collectibles, including baby clothing and blankets, sweaters, hats, mitts, scarves and so much more. This is a great place to find homemade items at reasonable prices.

Date: Mon - Fri

Hours: 9 a.m. - 4 p.m.

### Volunteer Opportunities

Are you looking for a meaningful and rewarding way to give back to the community? Evergreen Seniors Centre offers a vast number of volunteer positions and opportunities for seniors. The volunteer coordinator will work with you to find the best fit for your interests, strengths and your schedule. Positions include, but are not limited to: kitchen, dining room services, registration desk, information desk, special events, SOS telephone support program, feeling better exercise program, outreach, activity leaders, and committee work. For more information call Wendy at 519-823-1291 x 2684.

## Attic Treasures Sale



Saturday, April 17  
8 a.m. to 12 p.m.

Spend the morning treasure hunting for unique crafts, antiques, collectibles and treasures.



## Evergreen Seniors Centre

683 Woolwich Street

Shop at the Attic Treasures Sale.  
Free admissions, free parking,  
and lots of selections.

Sale located in the auditorium.



Call 519-823-1291  
to book a table

# Seniors

## Special Events

The Evergreen Seniors Centre welcomes everyone to fun and entertaining events planned throughout spring and summer that range from golf tournaments, craft sales, fun, movies to leisurely dinners and FREE fitness classes. Invite a friend along and enjoy!

### Wed Afternoon Movies

Join us every Wednesday afternoon for a movie in our air conditioned facility. Movies vary from action to comedy to romance.

Date: Every Wed in Jul & Aug

Time: 1:30 p.m.

Location: Evergreen Seniors Centre

Cost: Members \$2.00 Non Members \$5.00

### Picnic In The Park

In celebration of seniors month join us for an afternoon of fun including a picnic lunch at Riverside Park

Date: Thursday Jun 24

Time: 11:30 a.m. - 1 p.m.

Location: Riverside Park

Code: 115366

Cost: \$8/person

### Easter Dinner

Join us for a special Easter Dinner served up by the Evergreen Dining Room. Enjoy roasted turkey with giblet gravy, mashed potatoes, turnips and peas and a scrumptious dessert. Three sittings available. Please purchase your tickets in advance from the front desk. A special take out dinner is also available.

Date: Thu, Mar 25

Sittings and codes: 11 a.m. code: 114715

12 p.m. code: 114716

1 p.m. code: 114717

Take-out code: 114718

Cost: Members \$9.15/Non-members \$10.80

## June is Seniors/Recreation Month

Join us at Evergreen Seniors Centre through the month of June as we celebrate recreation with fun and exciting activities for everyone! For more information contact Chris Zamin at 519-823-1291.

Watch for more June is Recreation Month activities in the coming months by visiting the City's website at [guelph.ca/recreation](http://guelph.ca/recreation)

### Attic Treasures

Looking for that unique item? There's plenty to see and buy while shopping in the comfort of our auditorium. Free admission and parking.

Date: Apr 17

Time: 8 a.m. - 12 p.m.

### Looking To Sell Some Treasures?

Rent a table for the sale

Cost: \$20/table

Code: 110415

### Seniors Month Concert

Kick off a month of celebrating seniors with a concert in the Evergreen auditorium, featuring "the Village Singers".

Date: Jun 1

Time: 2:30 p.m.

### Summer Dance

Come dance and enjoy the music of previous eras including Big Band, country and 50/60's. Our DJ has them all and will play to please. Light refreshments will be served. Space is limited so purchase your tickets early at the Evergreen Seniors Centre.

Date: Aug 18

Time: 1:30 - 3 p.m.

Cost: \$6/person

### Spring Fling

Join us at the Spring Fling - an afternoon of music with Derek Bryne. Light refreshments included.

Date: Tuesday Jun 8

Time: 1 - 3 p.m.

Location: Evergreen Seniors Centre Room 4

Code: 115365

Cost: \$ 7/person

### Evergreen Adventure Trip - 5 Day Canoe Trip

A back country canoe trip exclusively for older adults. Accompanied by two guides you and seven other participants paddle and portage a number of beautiful Ontario lakes. Includes all equipment and food. Pack your clothes, your sleeping bag and for an amazing adventure. Join us for an information night on Thursday July 28 at 7 p.m.

Evergreen Seniors Centre

Date/Time: Depart, Thu Sep 9 at 7 a.m.

Return: Mon Sep 13 at approx 7 p.m.

Code: 114397

Cost: Members & Non Members \$675

Volunteer Opportunities • Housing • Travel • Health Services • Recreational Activities • Education

6<sup>th</sup> Annual



One Day Only!

Friday, March 26  
2 – 5 p.m.

LOCATED IN THE  
EVERGREEN SENIORS CENTRE  
683 WOOLWICH ST, GUELPH

Open to the public

Free admission • Free parking & shuttle service from Riverside Park



FOR MORE INFORMATION  
CONTACT WENDY KORNELSEN  
AT 519-823-1291 X 2684



## Nine and Dine at the Guelph Country Club

Wednesday, September 8, 2010  
9 a.m. shotgun start

Enjoy nine holes of golf  
at the beautiful Guelph  
Country Club followed  
by a buffet lunch.

**Nine and Dine**  
Code: 107920

**Lunch only**  
Code: 107921

Call the Evergreen Seniors Centre at  
**519-823-1291** to register today.

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# Seniors

## Registered Programs Registration Begins Mon March 8

For more details, please refer to the Registration Information section of this Guide.

Non-members (non-seniors) may register beginning Monday March 15, 2010 or one week before the course begins, whichever date is earlier.

Excellent programs with super instructors, are cancelled when too many people wait until the last minute to register. A minimum number of participants are required to register in order for a class to run. To avoid inconvenience to registrants, we cancel courses with low registration numbers up to ten business days ahead of time.

Register early - avoid the disappointment of a cancelled or full class!

### Refund Information

If you pay with your credit card we can automatically refund your card if your course is cancelled. Consider using your credit card to register for courses to avoid waiting for a cheque in the mail.



### Pilates

Achieve better posture, balance and everyday movement through the exercises of Joseph Pilates. Pilates can benefit everyone and offers a refreshing change from the traditional types of exercise. Please bring a mat.

#### Evergreen Seniors Centre

Wed	2 - 3 p.m.	
12 classes	Apr 7 to Jun 30	114387
No class Jun 23		
Members \$87.44/Non Members \$95.32		

### Qi Gong (Chi Kung)

A Chinese blend of exercise, stretching and meditation. The class will focus on 'Eighteen Postures for Daily Practice,' a series of gentle exercises designed to maintain and enhance health. Adapting classical Qi Gong forms, this style incorporates therapeutic exercise, self massage and meditation.

#### Evergreen Seniors Centre

Mon	11 a.m. - 12:30 p.m.	
11 classes	Apr 12 - Jun 28	114388
No class May 24		
Members \$63.41 /Non Members \$71.28		

### Qi Gong 2 (Chi Kung)

This class is for students who are familiar with the 'Eighteen Postures for Daily Practice.' This class will explore the movements and Qi Gong principles with greater detail to help develop a daily practice.

#### Evergreen Seniors Centre

Thu	11:30 a.m. - 12:30 p.m.	
12 classes	Apr 8 - Jun 24	114389
Members \$50.40/Non Members \$57.90		

### Strength Training - Advanced

Fast paced, high intensity class that challenges both your muscular and cardio-respiratory fitness. You will sweat! Wednesday's class also features low impact aerobics and floor exercises on the mat or step. Participants are expected to bring their own hand weights for this class (1, 2 or 3 lbs)

#### Evergreen Seniors Centre

<b>Mon</b>	8:10 - 8:55 a.m.	
11 classes	Apr 12 - Jun 28	114365
No class May 24		
<b>Wed</b>	8:10 - 8:55 a.m.	
11 classes	Apr 14 - Jun 30	114366
No class Jun 23		
<b>Fri</b>	8:10 - 8:55 a.m.	
11 classes	Apr 16 - Jun 25	114367
Members \$64.68/Non Members \$72.18		

<b>Mon</b>	8:10 - 8:55 a.m.	
8 classes	Jul 5 - Aug 30	114375
No class Aug 2		
<b>Wed</b>	8:10 - 8:55 a.m.	
8 classes	Jul 7 - Aug 25	114376
<b>Fri</b>	8:10 - 8:55 a.m.	
8 classes	Jul 9 - Aug 27	114377
Members \$49.39/Non Members \$57.27		

### Strength Training - Intermediate

Moderate intensity for those with good mobility, stamina, and experience in fitness programs.

#### Evergreen Seniors Centre

<b>Tue</b>	8:10 - 8:55 a.m.	
12 classes	Apr 6 - Jun 22	114368
<b>Thu</b>	8:10 - 8:55 a.m.	
12 classes	Apr 8 - Jun 24	114369
Members \$70.56/Non Members \$78.06		
<b>Tue</b>	8:10 - 8:55 a.m.	
8 classes	Jul 6 - Aug 24	114380
<b>Thu</b>	8:10 - 8:55 a.m.	
8 classes	Jul 8 - Aug 26	114381
Members \$49.39/Non Members \$57.27		

## Strength Training - Beginner/Intermediate

Slower paced for those who are new or have some experience in a fitness class.

### Evergreen Seniors Centre

**Mon** 9 - 9:45 a.m.  
11 classes Apr 12 - Jun 28 114371  
No class on May 24

**Fri** 9 - 9:45 a.m.  
11 classes Apr 16 - Jun 25 114372

Members \$67.91/Non Members \$75.79

**Mon** 9 - 9:45 a.m.  
8 classes Jul 5 - Aug 30 114378

No class Aug 2

**Fri** 9 - 9:45 a.m.  
8 classes Jul 9 - Aug 27 114379

Members \$49.39/Non Members \$57.27

## Strength Training- Beginner

By maintaining and enhancing physical strength, flexibility, balance and mental agility as we age, you will be better able to enjoy independent living. Join this friendly group of women and men as we go through a series of gentle exercises.

### Evergreen Seniors Centre

**Tue** 9 - 9:45 a.m.  
12 classes Apr 6 - Jun 22 114373

**Thu** 9 - 9:45 a.m.  
12 classes Apr 8 - Jun 24 114374

Members \$70.56/Non Member: \$78.06

**Tue** 9 - 9:45 a.m.  
8 classes Jul 6 - Aug 24 114383

**Thu** 9 - 9:45 a.m.  
8 classes Jul 8 - Aug 26 114384

Members \$49.39/Non Members \$57.27

## Strength Training - On The Ball

Get bouncing with certified personal trainer Pat Skibinski in this awesome abdominal and low back workout. Experience the fun and challenge of the stability ball in improving your core strength, posture, coordination and balance. Participants are required to bring their own exercise ball and mat to this class.

### Evergreen Seniors Centre

**Wed** 9 - 9:45 a.m.  
11 classes Apr 14 - Jun 30 114370

No class Jun 23

Members \$67.91/Non Members \$75.79

**Wed** 9 - 9:45 a.m.  
8 classes Jul 7 - Aug 25 114382

Members \$49.39/Non Members \$57.27

## Tai Chi - Beginner

Practiced by the Chinese for hundreds of years, this non strenuous exercise is extremely beneficial to both mind and body. An introduction to the first moves of the Tai Chi Ch'uan will be provided.

### Evergreen Seniors Centre

**Thu** 10:15 - 11:30 a.m.  
12 classes Apr 8 - Jun 24 114390

Members \$92.48/Non Members \$100.36



## June is Seniors Month

June is Seniors Month, an opportunity for all Ontarians to recognize and value the contributions made by seniors every day in communities across the province. Join us throughout June to discover and enjoy your senior centre and the endless possibilities to keep yourself active and healthy.

Pick up a calendar of June events at the Evergreen Seniors Centre, 683 Woolwich St or call 519-823-1291 for more information.



# Seniors

## Active Living

### Tai Chi - Continuing Level I

Continue to work on learning the complete sequence of Tai Chi Ch'uan moves. These classes are suitable for anyone who has completed Beginners Tai Chi or has had previous experience with a similar style of Tai Chi.

**Evergreen Seniors Centre**  
 Tue 10:15 a.m. - 12 p.m.  
 12 classes Apr 6 - Jun 22 114391  
 Members \$94.37/Non Members \$102.25

### Tai Chi - Continuing Level II

Slightly more advanced than Level 1.

**Evergreen Seniors Centre**  
 Wed 10:15 - 11:30 a.m.  
 12 classes Apr 7 - Jun 30 114392  
 No class Jun 23  
 Members \$92.48/Non Members \$100.36

### Tai Chi - All Levels

Join us as we progress through the various relaxation, breathing and technique of the martial arts form of Tai Chi. All are welcome to participate, regardless of level or experience.

**Evergreen Seniors Centre**  
 Wed 10:15 - 11:30 a.m.  
 4 classes Jul 7 - Jul 28 114670  
 Members \$29.36/Non Members \$36.86

### Total Body Workout

Improve your physical and mental wellness with this lighter paced fitness class that combines motivating music, low impact movements, and light hand weights. Wear loose fitting clothing and running or cross trainer shoes.

**Evergreen Seniors Centre**  
 Wed & Fri 8:30 - 9:20 a.m.  
 24 classes Apr 7 - Jun 25 114393  
 Members \$100.55/Non Members \$108.42

### Yoga - All Levels

Open to everyone, no previous experience is required. We will explore this centuries old discipline which brings health and vitality to the body, peace to the mind and joy to the spirit.

**Evergreen Seniors Centre**  
 Fri 10:30 a.m. - 12 p.m.  
 11 classes Apr 9 - Jun 18 114394  
 Members \$83.79/Non Members \$91.67

### Yoga for Seniors

Gentle yoga, designed for seniors, combines overall body stretching, deep breathing and deep relaxation. An introduction to the ancient discipline will strengthen muscles and promote good health and stress release. Yoga mats must be brought to each class.

**Evergreen Seniors Centre**  
 Mon 2 - 3:30 p.m.  
 11 classes Apr 12 - Jun 28 114396  
 No class May 24  
 Members \$83.79/Non Members \$91.67

### Zumba Gold

This innovative, fun and exciting dance fitness class is guaranteed to get you moving into shape. This effective Total Body work out is specifically designed for seniors.

**Evergreen Seniors Centre**  
 Tue 1 - 2:30 p.m.  
 11 classes Apr 13 - Jun 29 115465  
 No class June 8  
 Members \$74.88/Non Members \$82.38



## Computer Programs

### Computer Maintenance

Get peak performance from your computer by using your existing software.

#### Evergreen Seniors Centre

Mon	9:30 - 11:30 a.m.	
3 classes	Apr 12 - Apr 26	114404
Thu	1 - 3 p.m.	
3 classes	Jun 10 - Jun 24	114405
Tue	9:30 - 11:30 a.m.	
3 classes	Aug 10 - Aug 24	114406

Members \$37.99/Non Members \$45.86

### Computer Mentoring

Just about everyone with a computer runs into problems. Don't struggle when there is help available at these weekly mentoring sessions. Volunteers from the GWSA Computer Club are available to assist you with your specific problem areas.

#### Evergreen Seniors Centre

Mon	1 - 3 p.m.
Weekly, Apr 12 - Jun 28	

Members \$3/Non Members \$5 per visit

#### Evergreen Seniors Centre

Mon	1 - 3 p.m.
Bi-weekly, Jul 12 - Aug 23	

Members \$3/Non Members \$5 per visit

### Computers Getting Started I: Beginner

This beginner's course is for those who would like to try computing at its most basic level. Instructor Ken Russell will provide you with hands on experience and the opportunity to learn at your own pace.

#### Evergreen Seniors Centre

Tue	1 - 3 p.m.	
4 classes	Apr 13 - May 4	114398
Wed	1 - 3 p.m.	
4 classes	May 12 - Jun 2	114399
Thu	9:30 - 11:30 a.m.	
4 classes	Jul 8 - Jul 29	114400

Members \$66.19/Non Members \$74.07

### Computers Getting Started II

Learn how to create files and folders, save your work, develop mouse and keyboard skills, and maintain your computer. Use a simple text editor and be ready to move on to e-mail and other computer courses. This course requires completion of the Getting Started I course or equivalent experience.

#### Evergreen Seniors Centre

Tue	1 - 3 p.m.	
4 classes	May 11 - Jun 1	114401
Wed	1 - 3 p.m.	
4 classes	Jun 9 - Jun 30	114402
Thu	9:30 - 11:30 a.m.	
4 classes	Aug 5 - Aug 26	114403

Members \$66.19/Non Members \$74.07

### Digital Photos to Movies

You have mastered the art of taking photos with your digital camera - now what do you with them? Let us show you how Movie Maker software that comes with Windows, takes your ordinary photos and brings them to life that can be played on any DVD player.

#### Evergreen Seniors Centre

Mon	9:30 - 11:30 a.m.	
4 classes	May 3 to May 31	114423
Thu	1 - 3 p.m.	
4 classes	Aug 5 - Aug 26	114424

Members \$50.65/Non-Members \$58.53

### Email

Set up an email account and begin sending and receiving simple email messages with your classmates. Discuss software programs, the types of email services and how email works. Prerequisite: Computers Getting Started I or equivalent.

#### Evergreen Seniors Centre

Thu	1 - 3 p.m.	
3 classes	Apr 15 - Apr 29	114420
Tue	9:30 - 11:30 a.m.	
3 classes	Jun 15 - Jun 29	114421
Fri	9:30 - 11:30 a.m.	
3 classes	Jul 9 - Jul 23	114422

Members \$37.99/Non Members \$46.52

### MAC - The Other Computer

Every Mac is created with the guiding principle that computers should be easy to use, so you can spend more time doing what you love and less time figuring out how your computer works. If you've never owned a Mac, or are looking to upgrade, then this course is for you.

#### Evergreen Seniors Centre

Wed	1 - 3 p.m.	
4 classes	Apr 7 - Apr 28	114471
	9:30 - 11:30 a.m.	
4 classes	Jun 4 - Jun 25	114472

Members \$60/Non Members \$67.87

# Seniors

## Computer Programs

### Microsoft Office 97 - The Series

Microsoft Office is an amazing package of software that can help you simplify a number of daily tasks if you know how to use it. Let us show you the shortcuts and how Word, Excel, PowerPoint and Access can work for you. Sign up for one or save money and register for all 4 sessions.

#### Evergreen Seniors Centre

Thu 1 - 3 p.m.  
4 classes May 13 - Jun 3 114415  
Members \$50.65/Non Members \$58.53

### Microsoft Office - Word

Microsoft Word is a great program that can help you create better documents, letters, cards and so much more. Find out how this part of Microsoft Office can help you in your day-to-day computing.

#### Evergreen Seniors Centre

Thu 1 - 3 p.m.  
1 class May 13 114416  
Members \$14.23/Non Members \$20

### Microsoft Office - Excel

This one day course will introduce you to the power of Microsoft Excel - spreadsheet software that does so much more than adding numbers together. Create charts, graphs and formulas to prepare budgets, investments and more.

#### Evergreen Seniors Centre

Thu 1 - 3 p.m.  
1 class May 20 114417  
Members \$14.23/Non Members \$20

### Microsoft Office - Powerpoint

Unleash the power and develop amazing, brilliant presentations of pictures, text and graphics that will amaze everyone. It will be our little secret just how EASY it is to use.

#### Evergreen Seniors Centre

Thu 1 - 3 p.m.  
1 class May 27 114418  
Members \$14.23/Non Members \$20

### Microsoft Office - Access

An introduction to the world of databases. After this course, you will want everything including songs and recipes in a database. It's the easiest way to store and sort information and recall it at the press of a key (or two).

#### Evergreen Seniors Centre

Thu 1 - 3 p.m.  
1 class Jun 3 114419  
Members \$14.23/Non Members \$20

### PowerPoint

Learn the power of presentation and enhanced multimedia software. Make your pictures and files come to life as you develop a computerized slide show.

#### Evergreen Seniors Centre

Thu 1 - 3 p.m.  
3 classes Jul 8 - Jul 22 114446  
Members \$37.99/Non Members \$45.86

### Web Design 101

Want to design your own website. This series will focus on everything you need to get your own basic web site running. A great way to share stories and information with friends and families around the world.

#### Evergreen Seniors Centre

Fri 9:30 - 11:30 a.m.  
4 classes Apr 16 - May 7 114442  
Tue 9:30 - 11:30 a.m.  
4 classes Jul 6 - Jul 27 114443  
Members \$50.65/Non-Members \$58.53

### Word

Learn the principles of word processing and the fundamentals of 'Word'. Participants will learn basic editing and formatting and have fun with 'clipart' and 'drawing'.

#### Evergreen Seniors Centre

Tue 1 - 3 p.m.  
3 classes Jun 8 - Jun 22 114445  
Members \$37.99/Non Members \$45.86

### Excel

A beginner's guide to spreadsheet management. Learn the basic functions and procedures in creating data for home or small business use including financial reporting and tracking expenses (e.g. automobile and home).

**Prerequisite:** Windows Course or equivalent.

#### Evergreen Seniors Centre

Thu 9:30 - 11:30 a.m.  
3 classes Jun 3 - Jun 17 114444  
Members \$37.99/Non-Members \$45.86

# How big is your *water* footprint?



Guelph residents use an average of 210 litres per person per day, or 76,650 litres of water per year. Visit [guelph.ca/waterfootprint](http://guelph.ca/waterfootprint) to use the One Minute Water Calculator to determine your water footprint and see how you compare.

For more water conservation tips and tools visit [guelph.ca/waterconservation](http://guelph.ca/waterconservation).



## Royal Flush Toilet Rebate Program

**Almost 30% of all water consumed in the home is flushed down the toilet.** Saving water and money is as easy as replacing your high water use (13-litre or more) toilet with a new high-efficiency, dual-flush, or six litre All Stars model.

**Replace up to two toilets in your home and receive a rebate from the City of Guelph on your hydro bill.**

**\$60** rebate for each approved six litre toilet

**\$75** rebate for each approved dual flush, or high efficiency toilet

To qualify for a rebate you must purchase a Royal Flush All Stars model — a selection of high quality, top performance, water efficient toilets.



For more information visit [guelph.ca/royalflush](http://guelph.ca/royalflush) or call 519-822-1260 x 2633.



## Wash clean, wash green with the Smart Wash Front-Loading Washing Machine Rebate Program



Guelph residents who replace their top-loading washing machine with a new front-loading ENERGY STAR® rated model are eligible to receive a **\$100 rebate** from the City of Guelph and Guelph Hydro Electric Systems Inc.

Multi-residential rebates are also available, call for details.

For more information visit [guelph.ca/smartwash](http://guelph.ca/smartwash) or call 519-822-1260 x 2633.

**Please note:** A limited number of rebates are available for the Royal Flush and Smart Wash programs. Rebates are only available to Guelph residents that are connected to the municipal water system.

**CITY OF Guelph**  
Making a Difference

# Seniors

## General Interest

### Beginning French

Learn at a comfortable pace and build confidence as you begin thinking in French. Increase your vocabulary and comprehension as we discuss current events, hobbies, humour and music.

#### Evergreen Seniors Centre

Wed 1 - 3 p.m.  
10 classes Apr 14 - Jun 23 114517  
No class May 5

Members \$54.10/Non Members \$71.60

### Drive Wise - Safe Driving for Seniors

A driver refresher program that offers a variety of tips, suggestions and driving strategies, which are preventative measures against the most likely cause of accidents. This program is delivered by an on-duty OPP Officer.

#### Evergreen Seniors Centre

Wed 1 - 3 p.m.  
1 class Apr 7 114520  
Wed 9:30 - 11:30 a.m.  
1 class Jun 16 114521

Members \$5/Non Members \$7

### Guaranteed Income Supplement

The Guaranteed Income Supplement (GIS) is a monthly benefit paid to residents of Canada who are eligible to receive an OAS pension (full or partial) and have little or no other income. The GIS is not taxable. It is not automatic. It must be applied for. Interested in more details? **Join us on April 9** as we can help you secure more income. Call Evergreen for more details or to book your personal appointment.

### Guelph Police Services

We have a series of 3 workshops for you to enjoy led by on duty Guelph Police Officers. Have your questions answered as we look into the Guelph Police Services.

#### Evergreen Seniors Centre

Police Dog Visit  
Thu 9:30 - 11:30 a.m.  
1 class Apr 8 115469

Crimes and Protecting Yourself  
Thu 9:30 - 11:30 a.m.  
1 class May 5 115469

Services In Police Services  
Thu 9:30 - 11:30 a.m.  
1 class Jun 3 115469

Members and Non Members: FREE



### Evergreen Adventure Trip - 5 day Canoe Trip

Join us as we take a back country canoe trip exclusively for older adults. Two guides will accompany 8 participants as they paddle and portage a series of beautiful Ontario lakes. The trip is geared for older adults regardless of their camping or canoeing experience. All equipment and food is supplied - so pack your clothes and sleeping bag and join us on a great adventure. Join us for an information night on Wed July 28 at 7 p.m.

#### Evergreen Seniors Centre

Thu-Mon 4 - 5:30 p.m.  
5 classes Sep 9 - Sep 13 114397  
Departure 7 a.m. Return approx. 9 p.m.

Members: \$675

### Travelogues - Egypt

Join us as we visit exotic Egypt on this slide show adventure.

#### Evergreen Seniors Centre

Tue 4 - 5:30 p.m.  
1 class Apr 13 115468  
No class May 18

Members \$5/Non Members \$7.50

### Learn Spanish - Beginner

If you speak Spanish you can communicate with nearly 500 million people in the world! Should you want to visit Spain or Latin America, a basic level of Spanish will help you go far!

#### Evergreen Seniors Centre

Tue 4:30 - 5:30 p.m.  
10 classes Apr 13 - Jun 22 114518  
No class May 18

Members \$56.81/Non Members \$64.68

## General Interest

### Learn Spanish - Intermediate

A great refresher for those starting to lose their language proficiency, or those who want to continue to develop their Spanish language skills. Prerequisite: Learn Spanish: Beginner or equivalent.

**Evergreen Seniors Centre**  
 Thu 4:30 - 5:30 p.m.  
 10 classes Apr 15 - Jun 17 114519  
 Members \$56.81/Non Members \$64.68

### Sudoku

A one day class that will teach you how to play Sudoku, a game of number logic which has been increasingly growing in popularity.

**Evergreen Seniors Centre**  
 Mon 1 - 3 p.m.  
 1 class May 17 114522  
 Tue 9:30 - 11:30 a.m.  
 1 class Jul 20 114523  
 Members \$5.00/Non Members \$7

### Brain Gym

This workshop will introduce activities that will stimulate brain activity, reducing symptoms of poor recall and limited thinking patterns.

**Evergreen Seniors Centre**  
 Tue 9:30-11:30 a.m.  
 1 class Apr 27  
 Members \$5/Non Members \$7

### Get Ready for Spring

Professional organizers Kathy MacLean and Liz Vogt offer this workshop, giving ideas and inspiration on what to do with your family treasures and the accumulations of a lifetime. Feeling overwhelmed by stuff? Needing to downsize to a smaller residence? Methodical minds has practical tips to help you decide what to keep and how to organize it, and where to donate or sell the items you no longer need or want.

**Evergreen Seniors Centre**  
 Tue 9:30-11:30 a.m.  
 1 class Apr 13 115815  
 Members \$5/Non Members \$7

## Health and Wellness

### Therapeutic Touch

This form of healing is used to balance and promote the flow of human energy. This form of healing is useful in reducing pain, improving your healing, and aiding in relaxation.

**Evergreen Seniors Centre**  
 Wed 9:30 - 11:30 a.m.  
 1 class Apr 27 115467  
 Members \$5/Non Members \$7.50

### Emergency First Aid and CPR

Gain general knowledge of first aid principles and the emergency treatment of injuries. Skills include CPR, choking, cuts and bleeding, and respiratory emergencies.

**Evergreen Seniors Centre**  
 Wed 9:30 - 11:30 a.m.  
 4 classes May 7 to 28 115466  
 Members \$85/Non Members \$92.50

### Brain Fit

The Evergreen Seniors Centre now offers the Posit Science BRAIN FITNESS PROGRAM, created by leading University scientists. Studies have proven that this program improves memory, thinking and communication.

**Evergreen Seniors Centre**  
 Tue & Thu 9:30 - 11:30 a.m.  
 18 classes Apr 6 to Jun 1 114425  
 Tue & Wed 1 - 3 p.m.  
 18 classes Jul 6 to Sep 1 114426  
 Members \$25.75/Non Members \$33.25

# Seniors

## Visual and Creative Arts

### Acrylic Painting - Level I & II

Join Vlasta Kelemen for informative lessons in acrylic painting. Stroke types, techniques and form will be the focus of this hands on class. Be inspired, have an open mind and create your masterpiece with this form of art.

#### Evergreen Seniors Centre

Thu	1 - 4 p.m.	
8 classes	Apr 8 - Jun 10	114474
No class Apr 15 or May 6		

Members \$75.12/Non Members \$82.62

### Bunka Artistry

Originating from Japan, the combination of punch needles and silk like rayon threads to create art. This course is for all skill levels. Supplies average \$50.00 and can be purchased from facilitator.

#### Evergreen Seniors Centre

Wed	10 a.m. - 12 p.m.	
6 classes	Apr 7 - May 12	114477
Wed	10 a.m. - 12 p.m.	
6 classes	May 26 to Jun 30	114478

Members \$43.91/Non Members \$51.79

### Beaded Jewellery

Explore the wonderful world of beads! Develop bead weaving skills as well as fibre and wire crochet, braiding, knotting, stringing and jewelry finishing techniques. Samples are on display at the Evergreen Centre office. There is a \$50 equipment kit included to help get you started.

#### Evergreen Seniors Centre

Thu	7 - 9 p.m.	
4 classes	Apr 15 - May 6	114479

Members \$88.48/Non Members \$95.83

### Fundamentals of Drawing

Join Carol Cupid as she helps us train our eyes to see what others may not and help you draw anything in front of you. Elements of line, tonal values, perspective, composition and more.

#### Evergreen Seniors Centre

Tue	10:15 a.m. - 12:15 p.m.	
8 classes	Apr 13 - Jun 29	114480
No class April 20, May 4, May 18, Jun 15		

Members \$80.26/Non Members \$88.15

## Waterloo/Wellington Senior Games

May 25 – June 3, 2010



Friendly  
competition for  
individuals 55  
years and older.

This year's host  
is the City of  
Kitchener.

For more information call  
Ronnie Sekulin at 519-741-2505

### Painting With Pastels

Learn the basic techniques of using pastels. From still life and interior space arrangements, students will explore colour theory and layered application of colour. Knowledge of basic drawing is recommended for this course.

#### Evergreen Seniors Centre

Thu	9:30 - 11:30 a.m.	
6 classes	Apr 8 - May 20	
No class May 6		

Members \$77.87/Non Members \$85.74

### Watercolour - Advanced

Developed for those with experience in watercolour painting. Fine tune your skills and knowledge of watercolour. Complex sketching, shadowing, and painting techniques, will develop fine pieces of art.

#### Evergreen Seniors Centre

Mon	9 a.m. - 12 p.m.	
5 classes	Jun 7 - Jul 5	114481

Members \$73.55/Non Members \$81.43

### Watercolour - Techniques I / Continuing

Learn the basics of watercolour painting. This hands on course includes in-class practice, short lectures, and demonstrations. Suitable for beginners and more experienced artists. Instructor: Ron Sainsbury

#### Evergreen Seniors Centre

Mon	9 a.m. - 12 p.m.	
6 classes	Apr 19 - May 31	114482

Members \$88.26/Non Members \$96.14



## Activity Groups

New participants are always welcome to take part in the following activities at Evergreen Seniors Centre. All clubs are organized for Guelph Wellington Seniors Association members. Most of the activity groups listed charge a small 'pay as you go' or set annual fee.

We are always looking for groups of people with similar interests to get together and share their knowledge and talent of skills. If you have an interest to share and want to start an Activity Group with others of similar interests, please contact George Hughes, GWSA Program Committee Chair at 519-823-1291.

### Badminton

Recreational play for beginners through to experienced players.

#### Evergreen Seniors Centre

Dates/Time: Tue, 7 p.m.; Thu, 9 a.m.; Fri, 10 a.m.; Sun, 1p.m.

#### West End Community Centre

Date/Time: Mon, 1 p.m.; Wed, 1:15 p.m.  
Contact: Melba Jewell, 519-822-9429

### Bid Euchre

Free lessons provided for anyone wishing to learn.

Dates/Time: Mon, 6:30 - 9 p.m.; Thu 1 - 4 p.m.  
Contact: Ken Johnson, 519-824-9512

### Book Club

Do you enjoy reading and discussing books? Our book club reads non-fiction, fiction - including various genres such as historical fiction, mysteries, science fiction, and classical literature, and we explore new and old authors from around the world. Come and join us for an afternoon of lively discussion, laughter, and camaraderie.

Dates/Time: Last Fri of each month from 1 to 3 p.m.

#### Evergreen Seniors Centre, Board Room

Contact: Vionna Maye 519-824-8873,  
or Vionna@sympatico.ca

### Bridge

Join us for recreation bridge in the afternoon or evening. amateurs are always welcome.

#### Evergreen Seniors Centre

Dates/Time: Tue, 7 p.m.; Thu, 1 p.m.

#### West End Community Centre

Dates/Time: Mon, 1 p.m.  
Contact: Grace or Harry Robertson, 519-837-0610

### Canasta

Fun and friendly competitions of Canasta. Beginners are always welcome.

Dates/Time: Fri, 1 p.m. - 3:30 p.m..

Contact: Doreen Evans, 519-821-3207

### Canoe Club

Enjoy exploring the Grand River and its many tributaries by canoe this summer. Trips are about two hours every week from May to September with a snack break. Canoe ownership is not mandatory. Commencing in April, skill training will be available.

Activity fee is \$50 plus your GWSA Membership.  
Contact: Murray Mathieson, 519-824-3336

### Carpet Bowling

Open to everyone - no previous experience or equipment needed!

Dates/Time: Thu, 12:45 - 3:30 p.m.

Contacts: Jim Gilliam, 519-836-9541.

## Fee Assistance

Everyone should have the opportunity to participate in recreation programs!

### Under 18 years

The Children's Foundation of Guelph and Wellington, and its partners, offers a fee assistance program for children and youth to participate in educational, cultural and recreation activities. The application process is easy and confidential.

For more information call **519-826-9551** or visit [childrensfoundation.org/](http://childrensfoundation.org/)



### 18 years and over

The City of Guelph's F.A.I.R. program is a confidential fee assistance program for recreation and leisure activities, swim passes and selected memberships.

Individuals 18 years and older who qualify, receive a percentage off the registration fee(s).

For more information call **519-822-1260 x 2645** or visit [guelph.ca](http://guelph.ca) > **living > recreation and culture > recreation offerings > fee assistance**



# Seniors

## Activity Groups

### Chess

Looking for a challenge this year? Join a group that plays one of the most popular games in the world. New to the game or haven't played in a little while? No problem... we'll teach you how. Join us each week as we share strategies, challenge ourselves in the game and meet new people.

Dates/Time: Fri, 9:30 - 12:00 noon  
Contact: Dave Wurr, 519-827-1032

### Computer Club

Learn valuable information and tips about computers.  
Dates/Time: second Mon of the month (except holidays), 7 - 9 p.m.

Contact: Gord Clegg, 519-824-3293

### Country/Western Line Dancing

Great fitness and a lot of fun. Open to both men and women.

Location: West End Community Centre  
Dates/Time: Thu from 1 - 3 p.m.  
Contact: Marilyn Brown, 519-763-6492

### Craft Group

Laugh and talk while you knit, sew, and crochet. Coffee and tea are served. Sell your creations at "The Treasure Chest" inside the Evergreen Centre to raise money for seniors programs. Newcomers and new craft ideas are always welcome. The Treasure Chest is open Mon - Fri, 9 - 4 p.m.

Dates/Time: Fri, 9 - 2 p.m.  
Contact: Joan Bleach, 519-822-7669

### Cribbage

Friendly and enjoyable four-handed cribbage.

Dates/Time: Tue, 1:15 p.m.  
Contact: Warren Parkinson, 519-822-8969

### Darts

Darts are supplied for those who do not have their own. We play in a smoke free environment. This club is open to everyone and members are available to teach new players.

Location: Evergreen Seniors Centre, on the stage  
Dates/Time: Wed/Fri, 10 - 12 noon, Sat. 10 - 12 noon  
Contact: Gary Jackson, 519-821-4728 or Kathryn Wallace 519-829-2309



### Euchre

Dates/Time: Mon/Fri, 1 - 4 p.m.; third Wed of the month (Sep - Jun only), 2 - 5 p.m.

Contacts: Mon sessions - 519-823-1291; Fri sessions - Judy Wurr, 519-827-1032; Wed sessions - Audrey Young, 519-821-7471

### Golf

A 9 or 18 hole morning of fun and camaraderie at a local Golf North location.

Dates/Time: Mon, 8 a.m. (May through September)  
Contact: Ken Hills, 519-836-8414

### Improving Bridge

For individuals who have already taken bridge lessons and would like to work on improving their game.

Volunteers will be on hand to coach you.  
Dates/Time: Fri, 9 - 11:30 a.m.  
Location: Evergreen Seniors Centre, Room 3  
Contact: Conny Budarick, 519-763-6651

## Line Dancing

This a very popular activity for both men and women.  
Location: Evergreen Seniors Centre  
Dates/Time: Mon - beginners, 8:45 a.m. - 12 noon;  
advanced, 10 a.m. - 12 noon  
Contact: Irma Armstrong, 519-763-1252

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## Mah Jong

Mah Jong is a game of Chinese origin, usually played with tiles, similar to dominoes. Instruction available for those who don't know how to play.  
Dates/Time: Tue, 1 p.m.  
Contact: Tina Phelps, 519-827-9560

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## Peer Learning

Keep your mind active in a friendly and supportive peer learning group. A maximum of 14 participants examine a specific topic of general interest in eight two-hour sessions. Each participant researches a particular aspect of the topic and gives a 20 minute summary to the group, followed by a 30-40 minute group discussion.  
Cost: \$15 per course (September through March)  
Contact: Lois Finlay, 519-829-3445

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## Photography

Join fellow members and community professionals as we discuss improving our photography skills. Film and digital cameras welcome. Display your work in the Evergreen Dining Room.  
Dates/Time: Every fourth Mon, 2:00 p.m. - 4:00 p.m.  
Contact: Mary Ann Waring, 519-823-2396

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## Porcelain Artists

Share an interest in painting on beautiful bone china to create lovely heirlooms. Our group welcomes new members or seasoned artists. Members of the group have access to a kiln, seminars, worksheets, videos and the knowledge of other members.  
Dates/Time: second and fourth Wed 1 - 4 p.m.  
Contact: Margaret Stevens, 519-767-0318

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## Quilt Group

This energetic group produces beautiful quilts, often on display at the Evergreen Seniors Centre.  
Dates/Time: Mon, 12:30 - 4 p.m.  
Contact: Beryl Drohan, 519-827-0120

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## Scrabble

Friendly competition and fun for word lovers. This lively group welcomes newcomers.  
Dates/Time: Thu, 1 p.m.  
Contact: BJ Antanavicius, 519-829-4119

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## Shuffleboard

For fun, friendship and gentle exercise, join our group at Evergreen. Beginners are very welcome. Register the first time you play. Instruction available.  
Dates/Time:  
Tue (Mar - May), 9:30 - 11 a.m. & 1 - 3 p.m.;  
Wed (year round) 1:30-3;  
Fri (Mar - May), 1:30 - 3 p.m.  
Contact: Jean Campbell, 519-821-2695

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## Silver Seven Skaters Club

Join us every Saturday evening starting the first Saturday evening in November from 8 p.m. until 9:50 p.m. at Exhibition Arena for an evening of leisure skating, socializing and making new friends. We play music from your era and once per month a live band is brought in for you to enjoy. Don't forget about our refreshments and our social events. Hope to see you there!  
Contact: Sharon O'Sullivan, 519-848-2084

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## Silvertones Choir

This choir, of over 20 men and women, performs under the direction of Sally Jones. The choir often volunteers to sing at nursing homes, retirement homes and other venues. We are currently looking for new members.  
Dates/Time: Fri, 1 p.m. (until the end of May)  
Contact: Arlene McEllistrum, 519-821-4322

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## Snooker, Billiards and Pool

Three tables are available at the Evergreen Seniors Centre  
Dates/Time: Mon - Fri, 9 a.m. to 4 p.m.; Tue, 7 - 9:30 p.m.; first Thu of each month, 7 - 9:30 p.m.  
Contact: Harry Rispin, 519-827-1276

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## Solo

Join us for this fascinating and addictive card game. If you wish to learn the game, call to arrange for free instruction.  
Dates/Time: Thu, 9:30 - 11:30 a.m.  
Contact: Magda Johnson, 519-821-2532

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## Doing Buisness at City Hall?

Don't forget to also register for your programs at ServiceGuelph.



# Seniors

## Activity Groups



### Seniors Walking Club

All walkers must be current members of the Guelph Wellington Seniors Association. Memberships are available from the Centre for \$20 per year

Registration is on April 15, Room 2, Evergreen Centre, 1:30 - 4 p.m.

Our Walking Club will be meeting Thursday mornings and walking will commence Apr 29, assembling at the Evergreen Centre at 9:30 a.m. for the first walk only for registering, collection of fees and assigning cars (for most walks).

From May 6 - Oct 14 we will assemble at the orange roofed pavilion in Riverside Park, every Thursday at 9:30 a.m.

Any enquiries can be made to Brenda Langham at (519) 836-8366

### Table Tennis

Enjoy friendly and active competition.  
Evergreen Seniors Centre  
Dates/Time: Mon, 3:30 - 6:30 p.m.; Wed, 9:30 a.m. - 12:45 p.m.; Sat (occasional), 9:30 a.m.  
West End Community Centre  
Dates/Time: Fri, 12:30 a.m. - 3:15 p.m.  
Contact: 519-823-1291

### Watercolour Painters

This club provides an opportunity for watercolour painters to practice their hobby along with other people sharing the same interest, while encouraging one another and receiving information, ideas and inspiration in the process.  
Dates/Time: first and fifth Wed of the month, 12:30 - 4 p.m.; third Wed of the month, 9 a.m.  
Contact: Les Winship, 519-821-3562

### West End Arts Group

Join this group of artists from the Guelph area. Watercolours, acrylics, pastels and oils. Location: West End Community Centre, Impressive Promotions Room  
Dates/Time: Tue, 1 - 3 p.m. (Sep - Jun)  
Contact: Vince Wall, 519-836-0622

### Wood Working Project for Kids

Are you interested in working with wood? Join us as we make toys and other items for children throughout the city.

Location: Monthly meetings at the Evergreen Seniors Centre  
Contact: James Gordon, [annegordon@yahoo.com](mailto:annegordon@yahoo.com)

### Writers' Club

If you enjoy writing stories, essays or poems, come to the Writers' Club. We take turns reading our pieces to the group.

Location: Evergreen Seniors Centre, Boardroom  
Dates/Time: second and fourth Thu of each month, 1 - 3:30 p.m.  
Contact: Loreen Haldenby, 519-821-0025

### Yahtzee

Join us for this all-time favourite game and an afternoon of friendship.

Dates/Time: Mondays, 1:00 p.m. - 3:00 p.m.  
Contact: Arlene Maw, 519-822-7714