

Gordon Head Recreation Centre  
Our neighbourhood & beyond  
**Older Adult Highlights**

Older Adult Community Programmer:  
Rebecca Davidson  
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**Jan – Jun 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am Yoga for Healthy Aging	<b>9:30am</b> <b>Memory Cafe</b>	10am Balance Booster	9am Yoga for Healthy Aging	9am Yoga for Healthy Aging		
9:00-9:45am Pickleball Fit	9:30am Pilates - Restorative	11am Chair Yoga		10:20am ZUMBA Gold	10:45am ZUMBA Gold	
10am Balance Booster						
11:15am ZUMBA Gold	11:15am Silver Weight Training	11:30am-12:30pm Exercise Intro 50+ Older Adult	11:15am Silver Weight Training	10:30am Chair Yoga		
11:30am Chair Yoga		11:45am TIME	12:30-1:30pm Foot Care Clinic <b>@ CHRC</b>	11:45am TIME		
<b>1pm</b> <b>Minds in Motion</b>	<b>1pm</b> <b>Social Drop-in</b>	1:00-2:00pm Beyond Time	<b>1:00-2:30pm</b> <b>Jan 11</b> <b>Beat the Fraudster Lecture</b>	1:00-2:00pm Beyond Time	1:00-3:00 Feb 3 Container Gardening Lecture <b>@ SCP</b>	
6:00-7:30pm Qi Gong	1pm Core & Mobility	<b>1:00-2:30pm</b> <b>Mar 13</b> <b>Traffic Safety Lecture</b>	2:15-4:15 Feb 15 Speed Friending <b>@ GR Pearkes</b>			
6:15pm Beginner Guitar	5:45pm Yoga for Every Body	<b>1:00-2:30pm</b> <b>May 22</b> <b>Beat the Fraudster Lecture</b>		7pm Nuline Dance Beginner Lev 2		
7:30pm Nuline Dancing Lev 2	7:00-8:00pm Feb 12, 27 Mar 14, Apr 16, ER Prep Lecture Series		6:45pm Gentle Yoga	7:15pm Nuline Dance Beginner Lev 1		
	7:15-8:15pm Spinal Fitness					

<b>Notes &amp; Information</b>	<b>Facility Hours Statutory Holidays: (Not offered on Stat. Holidays)</b>	
	Monday, February 19	8:00am-4:00pm
	Friday, March 29?	8:00am-4:00pm
	Sunday, Mar 31?	8:00am-4:00pm
	Monday, May 20	8:00am-4:00pm



**Saanich**  
PARKS, RECREATION & COMMUNITY SERVICES

**Balance Booster** Exercise class, brain fitness, fall prevention, mobility, active, walk alone.

**Beyond Time** For graduates of our TIME program ready for the next step and those with mobility and/or balance issues. Relearn, retrain, and restore muscles and mobility to move safely, correctly, and efficiently. The next level after this class is Balance Booster.

**Chair Yoga** Breathe, gentle postures, calm, flexibility, balanced, strengthen muscles.

**Core & Mobility** Strengthen muscles around spine and increase mobility, low intensity.

**Exercise Introduction 50+ Older Adults** In this one-time small group class, learn basic exercises that help maintain muscle mass, promote bone health, and prevent falls. You will receive a description of how to safely do the exercises at home and a list of Saanich programs that promote exercise in a friendly group setting.

**Foot Care Clinic** 1-on-1 evaluation, treatment, and education with Foot Care Nurse (at Cedar Hill Recreation Centre)

**Grow Your Own Food – Container Gardening** With the cost of food increasing and the space for gardening decreasing, come join us for this workshop put on by the Victoria Compost Education Centre about starting to grow your own container garden. Perfect for those living in limited spaces.

**Gentle Yoga** For participants comfortable with balance and getting up & down to floor smoothly.

**Memory Café** UVIC partnership program. To register, contact Debra at [dsheets@uvic.ca](mailto:dsheets@uvic.ca).

**Minds in Motion** Fitness and Social program for people with early-stage dementia, plus caregiver.

**Nuline Dance** Line dancing to a variety of music genres, no partner required.

**Pickleball Fit** Prepare for swings and side steps in this class designed for pickleball players by a certified coach and fitness instructor. Learn exercises to prevent injury, improve your results on the court, and have continued longevity in this sport and life.

**Pilates - Restorative** Gentle on body, helps with back pain, flexibility, and circulation.

**Silver Weight Training** For older adults to safely perform the squat, deadlift, and press.

**Social Drop-in** Old and new friends meet for coffee, tea, snacks, chats, and fun games like pool.

**Speed Friending** Connect, laugh, spark a friendship at the Lutheran Church of the Cross.

**TIME** For those with balance and mobility challenges from conditions like stroke, TBI or MS.

**Yoga for Every Body** Challenging but gentle. Cultivate strength, stability, balance and breathing.

**Yoga for Healthy Aging** Gentle, welcoming and supportive class for all levels as you age.

**ZUMBA Gold** Easy-to-follow moves for older adults to fun, Latin and international rhythms.