

# FALL 2023 PROGRAM

SEPTEMBER - DECEMBER



WHERE ACQUAINTANCES BECOME FRIENDS

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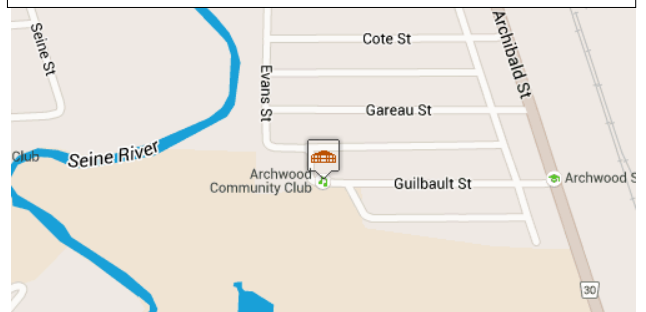
**Website:** <https://archwood55plus.wildapricot.org>

**Hours of Operation:**

**Monday, Tuesday & Thursday:** 9:00 am - 3:00 pm

**Wednesday & Friday:** 9:00 am - 12:00 pm

**Located at Archwood Community Club:  
565 Guilbault St., Winnipeg, MB**



## Fall Session Registration

Our Fall 2023 session runs from the week of **September 11, 2023** to the week of **December 4, 2023**. We will be closed on Monday, September 4 and Monday, October 9.

**Registration** for our Fall 2023 Fitness and Recreation Classes will take place **online** at <https://archwood55plus.wildapricot.org> or **in person** by appointment only on: **Wednesday, September 6** and **Thursday, September 7** from **9:30 am to 12:30 pm**.

**To make an appointment to register in person, please call the office after 9:00 am on Wednesday, August 30.** Your call will be returned within 2 business days to confirm your appointment.

We accept cash, debit, credit & cheque for payment.

Classes are limited to a maximum number of participants, after which a wait list will be established. Cancellation of a class is possible if a minimum number of participants have not registered.

All fitness classes are led by certified instructors who are experienced working with older adults. Please see pages 3 & 4 for more information and a list of our classes.

***Archwood 55 Plus Inc. is a community based non-profit, charitable organization offering social activities, bus trips, fitness and recreation classes, lunches and other services to adults aged 55 and older living in the Winnipeg area. Our goal is to encourage graceful aging and empower older adults to lead healthy and active lives while socializing with their peers.***

## Vice President's Message

It's amazing how time flies when we're having fun. Our summer was very busy taking in Rent at Rainbow Stage, a day trip to Gimli, attending a Goldeyes game in a private Skysuite, courtesy of CJNU & MASC, Folkorama and an outing to Lower Fort Garry.

We are looking forward to hosting The Pros Knows 55+ Active Living & Resource Expo on Wednesday, September 27 from 9:30 am - 2 pm. Come check out more than thirty senior friendly organizations and businesses dedicated to the well-being of our 55+ community.

Now it's time to get on with the show and take advantage of the many exercise programs, events, luncheons, Bingo and other things that our Facilitator, Krista, has planned.

I wish you all an active and healthy fall!

Marie Lunn (Vice President) on behalf of the Board:

Don Bodnarchuk (President), Ramona Hodges (Treasurer), Judy Oliver (Secretary), and Directors: Guy Baril, Betty Brand, Janet Carriere, Robert Magnifico, Erith Manby and Velma Schmidt.

## Membership

Our annual fee entitles members to preferred rates on classes, trips, activities, luncheons and seminars. Memberships are valid for one year from the date of enrollment.

**Golden (85 Yrs. of Age+) \$25**  
**Single person \$30**  
**Couple \$55**

## Volunteers

Interested in getting involved at Archwood 55 Plus? We love our volunteers and could not operate without them. If interested, please email, phone or stop at the office and leave a message with your information and interests.

## Luncheons

Our monthly luncheons are on Wednesdays at 11:30 am (September to December). Please purchase your ticket online by the Monday prior to the luncheon as there is a 70 person maximum. Tickets are not available at the door.  
**Next luncheon dates:** September 20, October 18, November 15 2023.

**COST:** \$12 Member, \$15 Non-member  
**If you are unable to attend, please advise the office in case there is a wait list.**

## Upcoming Activities

Tuesday, Sept 5 - Celebrations Matinee:  
Mamma Mio  
Wednesday, Sept 27 - The Pros Know 55+  
Active Living & Resource Expo  
Thursday, Oct 5 - Miracle in Memphis:  
Presley, Perkins, Lewis & Cash  
Wednesday, Oct 25 - BINGO Fundraiser  
Wednesday, Nov 25 - BINGO Fundraiser

***Watch your email for more info!***

## Fitness & Recreation Class Schedule — September to December

### Monday

#### **YOGA FIT FLOW Monday 9:00 - 9:45am Instructor: Vivian Babij**

**12 weeks September 11 - December 4 (no class October 9)** Min: 10 Max: 15 participants

**COST: \$54 Member, \$81 Non-member Drop in Fee: \$6 Member, \$9 Non-Member**

For older adults who have been practicing yoga & would like a bit more challenge. The practice focuses on breathing & moving into yoga postures with correct alignment. This practice is great for improving balance & range of motion. We will leave the class energized with lifted spirits.

#### **CHAIR YOGA Monday 10:00 - 10:45am Instructor: Vivian Babij**

**12 weeks September 11 - December 4 (no class October 9)** Min: 10 Max: 16 participants

**COST: \$54 Member, \$81 Non-member Drop in Fee: \$6 Member, \$9 Non-Member**

Chair Yoga is a gentle approach to yoga that emphasizes the importance of breathing, posture, stretching & balance. If you have challenges with balance or find it difficult to get down or up from the floor then this is the class for you. All poses & exercises are practised while sitting on a chair or while using the chair for balance. No prior yoga experience is required, yet we welcome the participation of experienced yogis!

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### Tuesday

#### **LINE DANCING Tuesday 10:45 - 11:45am Instructor: Anita Suen**

**12 weeks September 12 - December 5 (No class October 3)** Min: 10 Max: 24 participants

**COST: \$72 Member, \$108 Non-member Drop in Fee: \$8 Member, \$11 Non-Member**

Join us and learn line dance steps to a variety of popular music in a fun atmosphere. No dance experience necessary and no partner required.

#### **FUNCTIONAL MOVEMENT Tuesday 11:00 - 12:00pm Instructor: Andrew Schindle**

**13 weeks September 12 - December 5** Min: 10 Max: 15 participants

**COST: \$78 Member, \$117 Non-member Drop in Fee: \$8 Member, \$11 Non-Member**

Get your day off to a good start with a fitness workout. 20 minutes of cardio followed by 20 minutes of strength, focusing on stabilizing muscles that will allow you to maintain & continue the activities in your everyday life. Finish with 10 minutes of balancing exercises & end with stretches for shoulder, hip & ankle mobility.

**Do you have any suggestions on speakers, programs or classes you would like to see? Give us a call or send us an email. We would love to hear from you!**

## Fitness & Recreation Class Schedule — September to December

### Thursday

**ART** Thursday 9:30 - 11:30am Instructor: Linda Olzewski  
**13 weeks September 14 - December 7** Min: 10 Max: 18 participants  
**COST: \$70 Member, \$100 Non-members Drop in Fee: \$10 Member, \$13 Non-Member**

Art sessions are geared to beginner and experienced painters alike using watercolour and acrylics. If you haven't painted before, you will learn many painting and drawing techniques and if you have some experience painting, this class will help generate lots of ideas and inspire you to try new things. Bring your own art supplies and work on projects in the company of others.

### Friday

**LET'S MOVE LET'S DANCE** Friday 9:30 - 10:30am Instructor: Claudia Chernitsky  
**12 weeks September 15 - December 1** Min: 10 Max: 18 participants  
**COST: \$72 Member, \$108 Non-member Drop in Fee: \$8 Member, \$11 Non-Member**

A fusion of Latin and international music and rhythms such as the Cha Cha Cha, Salsa, Merengue, Cumbia, Disco, etc... will get you moving to a great beat. This is a great way to burn calories and improve coordination and balance. **Please bring dance or indoor shoes or runners with smooth soles.**

**CHAIR PILATES** Friday 10:45 - 11:45am Instructor: Claudia Chernitsky  
**12 weeks September 15 - December 1** Min: 10 Max: 20 participants  
**COST: \$72 Member, \$108 Non-member Drop in Fee: \$8 Member, \$11 Non-Member**

Chair Pilates is a class for people that want to strengthen their core, improve their posture and endurance but can't do it on a mat on the floor. Wear bare feet or socks. Please bring a 6-7 foot dyna band and a cushion or beach towel.

**Missed out on class registration?** Please contact our office to see if there is space in the class you would like to join. Late registration or part-time registrants are possible if space permits at the drop in rate.

**Drop In Class Policy** allows for participation in classes which are not at maximum enrollment. **Cost: \$8** for members (**\$11** Non-members) except for Art which is **\$10** for members (**\$13** Non-members) and Yoga classes which are **\$6** for members (**\$9** non-member).

**\*A class, program or event may be cancelled due to low registration or unforeseen circumstances. Register early to reduce the likelihood of cancellation.**

### Pickleball, Billiards & Games

**Pickleball: Members Only**

Mondays & Thursdays 9:30 - 11:30 am & 12:30 to 2:30 pm beginning September 11, 2023.  
**Cost: \$10** for 3 game intro package, \$20 for 10 game package, \$40 for 20 game package.

**Billiards & Games are free to members** Mondays & Thursdays 12:30 - 2:30 pm