

# WINTER 2023 PROGRAM

JANUARY- MARCH



WHERE ACQUAINTANCES BECOME FRIENDS

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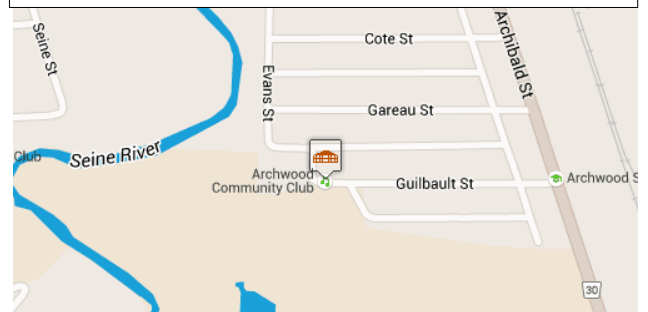
**Website:** <https://archwood55plus.wildapricot.org>

**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**



## Winter Session Registration

Our Winter 2023 session runs from the week of **January 9, 2023** to the week of **March 20, 2023**.

We will be closed on Monday, January 2 and Monday, February 20.

**Registration** for our Winter 2023 Fitness and Recreation Classes will take place **online** at <https://archwood55plus.wildapricot.org> or **in person** by appointment only on: **Wednesday, January 4 and Thursday, January 5** from **9:30 am to 11:30 pm**.

**To make an appointment to register in person, please call the office after 9:00 am between December 14 and December 21; the office will be closed December 22 - Jan 3.** 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.***

Happy New Year! I hope you had a joyous holiday with friends and family.

Welcome back to our returning members and for you snow birds, don't forget the sunscreen!

Getting out of the house during the winter can do wonders for your mental health. Get your creative juices flowing with Art class or find your inner peace with Yoga or Tai Chi. If you like to dance, we have the ever-popular Line Dancing and Let's Move, Let's Dance. Looking to get a bit stronger? Try Functional Movement or Chair Pilates. Get your heart pumping with Low Impact Cardio or Pickleball (for all levels). If you want a slightly slower pace, come out for card games or billiards.

November saw our first run through with a BINGO fundraiser where we learned our bingo lingo. We plan to host again throughout 2023 starting in February. Did you know that Bingo's game origins date back to Italy in 1530. The game moved across Europe and travelled to North America as a carnival game called "beano". Come out and support the club while having fun!

Bill Bees (President) on behalf of the Board: Marie Lunn (Vice President), Ramona Hodges (Treasurer), Betty Brand (Secretary), and Directors: Guy Baril, Don Bodnarchuk, Bonnie Makodanski and Judy Oliver.

## 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 (over 85 Yrs of Age) \$25      Single person \$30      Couple \$55**

## Pickleball, Billiards & Games

**All activities are open to new players!**

Mondays & Thursdays **12:45 pm to 2:45 pm** beginning **January 9, 2023.**

**Pickleball Cost: \$2/session**

***If you are interested in leading a group, contact the office or a Board member.***

## Luncheons

Our monthly luncheons are on Wednesdays at 11:30 am (January to March). 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:** January 18, February 15, March 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.**

## 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.

## Upcoming Activities

Tues, Jan 24 - Royal Aviation Museum Tour  
Tues, Jan 31 - Presentation by CMHA: "Older Adults & Mental Health Experiences"  
Tues, Feb 7 - The Leaf Diversity Gardens  
Wed, Feb 22 - Bingo Fundraiser  
Tues, Feb 28 - Workshop at Ron Paul Garden Center  
Tues, Mar 7 - Celebrations: Heartbreak Hotel  
Tues, Mar 21 - Presentation: Prostate Cancer

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

## Fitness & Recreation Class Schedule — January to March 2023

### Monday

**YOGA FIT FLOW** Monday 9:15am—10:15am Instructor: Vivian Babij

**10 weeks January 9 - March 20 (no class Feb 20)** Min: 10 Max: 20 participants

**COST: \$60 Member, \$90 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** Monday 10:30am—11:30am Instructor: Vivian Babij

**10 weeks January 9 - March 20 (no class Feb 20)** Min: 10 Max: 20 participants

**COST: \$60 Member, \$90 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!

### Tuesday

**LEVEL 1 TAI CHI (WU STYLE)** Tuesday 9:30am—10:30am Instructor: Garry Eng

**11 weeks January 10 - March 21** Min: 10 Max: 18 participants

**COST: \$66 Member, \$99 Non-member**

Tai Chi is an ancient form of Chinese martial art putting emphasis on balance and subduing vigor with softness. Movements are slow, soft, continuous, even & circular. It improves the function of organs & helps to relieve joint pain. It is an active form of meditation that is suitable to all ages and abilities.

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

**11 weeks January 10 - March 21** Min: 10 Max: 24 participants

**COST: \$66 Member, \$99 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 11:00am—12:00pm Instructor: Andrew Schindle

**11 weeks January 10 - March 21** Min: 10 Max: 15 participants

**COST: \$66, \$99 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 — January to March 2023

### Thursday

**ART** Thursday 9:30am—11:30am Instructor: Linda Olzewski

**11 weeks January 12 — March 23** Min: 10 Max: 18 participants

**COST: \$77 Member, \$110 Non-members**

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.

**LOW IMPACT CARDIO** Thursday 11:00am—12:00pm Instructor: Andrew Schindle

**11 weeks January 12 — March 23** Min: 10 Max: 20 participants

**COST: \$66 Member, \$99 Non-member**

This class is an intermediate to advanced level, moderate to high intensity session for those with good mobility. Class starts with a warm-up, followed by a 20 minute cardio workout, then segments of muscle toning and concludes with a segment focused on stretching.

### Friday

**LET'S MOVE LET'S DANCE** Friday 9:30—10:30am Instructor: Claudia Chernitsky

**9 weeks January 13 — March 10** Min: 10 Max: 20 participants

**COST: \$54 Member, \$81 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 10:45am—11:45am Instructor: Claudia Chernitsky

**9 weeks January 13 — March 10** Min: 10 Max: 20 participants

**COST: \$54 Member, \$81 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).

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