

WINTER 2024 PROGRAM

JANUARY - MARCH



WHERE ACQUAINTANCES BECOME FRIENDS

Mailing Address:

P.O. Box 48061, 35 Lakewood Blvd.
Winnipeg, Manitoba R2J 4A3

Phone: (204) 416-1067

Email: archwood55@shaw.ca

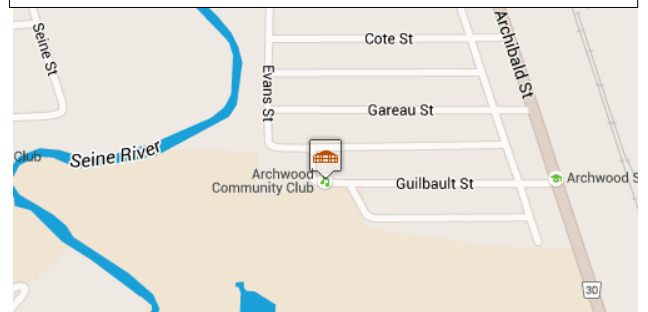
Website: <https://archwood55plus.wildapricot.org>

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 2024 session runs from the week of **January 8, 2024** to the week of **March 11, 2024**.
We will be closed on Monday, February 19.

Registration for our Winter 2024 Fitness and Recreation Classes will take place **online** at <https://archwood55plus.wildapricot.org> or **in person** by appointment only on: **Wednesday, January 3** and **Thursday, January 4** from **9:30 am to 11:30 am**.

To make an appointment to register in person, please call the office after 9:00 am on Wednesday, December 13. 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

As we usher in a New Year I want to welcome you all back to exercise, lunches, outings and socializing. Our membership continues to grow as does our class and activity attendance. The hard work and dedication of our Facilitator, Krista, and our volunteers makes everything possible and is truly appreciated.

“Alone we can do so little. Together we can do so much”
-Helen Keller

Best wishes to you and yours for a Happy and Healthy 2024.

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

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 75 person maximum.

Tickets are not available at the door.

Next luncheon dates: January 17, February 21, March 20, 2024.

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

Tuesday, Jan 2 - Beyond Monet
Tuesday, Jan 9 - MAiD Presentation by Dying with Dignity
Wednesday, Jan 24 - BINGO Fundraiser
Tuesday, Feb 13 - “Beginning of a City - Early Winnipeg” by Greg Agnew
Saturday, Feb 24 - “It Takes Two” A Tribute to Tina Turner & Rod Stewart @ Club Regent
Wednesday, Feb 28 - BINGO Fundraiser
Tuesday, Mar 5 - “Real Estate in the Age of the Internet” by Brian McMillan
Wednesday, Mar 13 - BINGO Fundraiser

Watch your email for more info!

Fitness & Recreation Class Schedule — January to March 2024

Monday

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

9 weeks January 8 - March 11 (no class February 19) Min: 10 Max: 16 participants

COST: \$40.50 Member, \$60.75 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

9 weeks January 8 - March 11 (no class February 19) Min: 10 Max: 18 participants

COST: \$40.50 Member, \$60.75 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!

CHAIR YOGA Monday 11:00 - 11:45am Instructor: Vivian Babij

9 weeks January 8 - March 11 (no class February 19) Min: 10 Max: 18 participants

COST: \$40.50 Member, \$60.75 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!

Tuesday

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

10 weeks January 9 - March 12 Min: 10 Max: 18 participants

COST: \$60 Member, \$90 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

10 weeks January 9 - March 12 Min: 10 Max: 28 participants

COST: \$60 Member, \$90 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 — January to March 2024

Thursday

ART **Thursday 9:30 - 11:30am** **Instructor: Linda Olzewski**
10 weeks January 11 - March 14 Min: 10 Max: 20 participants
COST: \$80 Member, \$110 Non-members **Drop in Fee: \$11 Member, \$14 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**
10 weeks January 12 - March 15 Min: 10 Max: 28 participants
COST: \$60 Member, \$90 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**
10 weeks January 12 - March 15 Min: 10 Max: 28 participants
COST: \$60 Member, \$90 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 **\$11** for members (**\$14** 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 **January 8, 2024.**
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