

# Active Living

## for Older Adults

Stay Connected with Your Community: Skate, Swim, Get Moving!



Fall-Winter 2017-18  
Dial: 3-1-1  
Website: [www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure)  
Facebook: Greater Sudbury

 Greater | Grand  
**Sudbury**  
[www.greatersudbury.ca](http://www.greatersudbury.ca)

### Stay Connected with your Community:

Are you Age 50 or over? Older Adult Clubs welcome you for friendship and fun. Join anytime and enjoy social gatherings, games, hobbies, educational presentations, exercise programs and more. For a list of activities at the Older Adult Club of your choice, please visit [www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure) or contact one of the many Club volunteers dedicated to keeping everyone connected with our community.

### Skate at your Local Arena:

Do you enjoy ice skating? Greater Sudbury Arenas schedule times for adult only skating, as well as public skating and Shinny Hockey for the Age 55+ crowd.

#### Adult and Public Skating:

<b>Ages 65+:</b>	FREE
<b>Regular Adult:</b>	\$5.00
<b>3 Visit Pass:</b>	\$15.00
<b>5 Visit Pass:</b>	\$25.00
<b>Season's Pass:</b>	\$43.00
<b>55+ Shinny Hockey:</b>	
<b>Per Game:</b>	\$9.00
	per participant
<b>3 Visit Pass:</b>	\$27.00
<b>5 Visit Pass:</b>	\$45.00
<b>Season's Pass:</b>	\$147.00
	per participant

(It is recommended that all participants wear full equipment for Shinny Hockey.) Please note: Adult and Public Skating and Shinny Hockey are cancelled for special events. Start dates vary for Public Skating, Adult Skating and Shinny. Please contact your local Arena to confirm the start date of your preferred program. Visit the City of Greater Sudbury website at [www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure)

### Swim at your Local Pool:

Do you enjoy swimming? Greater Sudbury Pools schedule times for adult only or lane swims, as well as public swimming, Aquacise, Deep Water Aquacise and AquaTherapy programs.

#### Adult, Lane and Public Swimming:

<b>Ages 65+:</b>	\$4.00 per swim or \$78.00 for 3 months
<b>Regular Adult:</b>	\$5.50 per swim or \$103.00 for 3 months

#### Aqua Fitness:

**Ages 65+:** \$75.00 for 10 classes  
**Regular Adult:** \$97.00 for 10 classes  
Please note: Schedules are subject to change. Additional prices are available for one and up to 40 classes. Please check the City of Greater Sudbury website at [www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure) or call your local Pool to confirm dates, times and prices.

#### Adult Swimming Lessons:

\$96.00 per session



### Get Moving at Your Local Fitness or Community Centre:

Do you enjoy yoga or moderate aerobics? Greater Sudbury Leisure Services offers programs of special interest to Older Adults.

#### Get Outdoors:

Do you prefer exercise in the fresh air? Rainbow Routes maintains trails everywhere in Greater Sudbury. For more information visit [www.rainbowroutes.com](http://www.rainbowroutes.com) or dial 705-674-4455, ext. 4603. Contact your local Cross-Country Ski Association this winter!

### Has your program already started?

Many leisure programs have flexible start dates. If you join after a program has started, your program fee will be reduced to reflect the classes you've missed. There is a time limit for late registrations. Rules vary for each program. Please contact Leisure Services for information. Dial 3-1-1 or email [leisure.services@greatersudbury.ca](mailto:leisure.services@greatersudbury.ca)

### Azilda

**Dr. Edgar Leclair Arena, 158 Ste. Agnes Street: 705-688-3928**

**55+ Shinny:**  
Wednesdays 10:00 a.m. to 11:30 a.m.

**Public Skating:**  
Saturdays 7:30 p.m. to 9:00 p.m.

**Dr. Edgar Leclair Community Centre, 158 Ste. Agnes Street: 705-688-3928**

**Yoga:**  
Thursdays 7:00 p.m. to 8:30 p.m.  
**Barcode 290764 :**  
September 14 to December 14, 2017 (12 weeks. No class Dec. 1.)  
**Fee:** \$70.00

**Barcode 290768:**  
January 11 to March 15, 2018 (10 weeks)  
**Fee:** \$59.00

**Rayside-Balfour Workout Centre, 239 Montée Principale, Azilda: 705-674-4455, ext. 2794**

Featuring equipment and trainers for exercise and improved physical fitness. Please call for rates, times and dates.

### Bleazard Valley

**Valley East Seniors Club, Valley East Kin Park**

**Contact:** : Jeannine Savage [savagemj@live.ca](mailto:savagemj@live.ca) or Mary-Lou Bolger [kinclub@outlook.com](mailto:kinclub@outlook.com)  
**Annual Membership:** \$20.00

### Capreol

**Capreol Seniors Club, 9 Morin Street**

**Contact:** Don Degagne 705-858-1164  
**Annual Membership:**  
\$10.00 for Ages 50+

**Capreol Community Arena, 20 Meehan Street: 705-688-3922**

**Adult Skating:**  
Fridays 2:45 p.m. to 4:15 p.m.

**Public Skating:**  
Saturdays 6:45 p.m. to 8:15 p.m.

**Capreol Millennium Resource Centre, 24 Meehan Street: 705-858-8888**

**Walking:** Advance registration is not necessary. Come and go as your schedule permits.

**Mondays to Fridays:** 9:00 a.m. to Noon  
**Fee:** \$2.60 per day.

### Coniston

**Coniston Seniors and Golden Age Club, Colonial Inn, 28 Cedar St .**

**Contact:** Diane Talevi 705-694-4520  
**Annual Membership:** \$5.00

**Toe Blake Memorial Arena, 1 Government Road: 705-688-3926**

**Adult Skating:**  
Fridays 11:30 a.m. to 1:00 p.m.

**55+ Shinny:**  
Thursdays 2:00 p.m. to 3:30 p.m.

**Public Skating:**  
Saturdays Noon to 1:30 p.m.

### Chelmsford

**Club 50 de Rayside-Balfour, 25 Main Street West**

**Contact:** Mr. Oliva Roy 705-855-2628 or the office 705-855-6839 or email [club50@eastlink.ca](mailto:club50@eastlink.ca)

**Facebook:**  
Club 50 de Rayside Balfour Inc.

**Annual Membership:**  
\$12.00 for Francophones Ages 50+.

**Centre de santé communautaire du Grand Sudbury, 26 Main Street : 705-855-8084**

**Website:** [www.santesudbury.ca](http://www.santesudbury.ca)  
**Contact:** [info@santesudbury.ca](mailto:info@santesudbury.ca)

**Rayside-Balfour Seniors' Craft Shop, 3506 Errington Avenue North**

**Contact:** Rhéal Lessard, 705-855-4637 or fax 705-855-8728 or email [raysidebalfoursenior@bellnet.ca](mailto:raysidebalfoursenior@bellnet.ca)  
**Annual Membership:** \$30.00 for Ages 55+, pensioned or retired

**Chelmsford Arena, 215 Edward Avenue: 705-688-3925**

**Adult Skating:**  
Fridays 9:00 a.m. to 10:00 a.m.

**55+ Shinny:**  
Thursdays 1:00 p.m. to 2:30 p.m.

**Public Skating:**  
Sundays Noon to 1:00 p.m.

For a list of activities and membership requirements at the Older Adult Club of your choice, please **visit [www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure)** or contact one of the many Club volunteers dedicated to keeping everyone connected with our community.



## Copper Cliff

**McClelland Arena,  
37 Veterans Road: 705-688-3931**

**Adult Skating:**  
Thursdays 2:00 p.m. to 3:00 p.m. and  
Fridays 10:30 a.m. to 11:30 a.m.

**55+ Shinny:**  
Fridays 9:00 a.m. to 10:30 a.m.

**Public Skating:**  
Sundays 2:00 p.m. to 3:00 p.m.

**R.G. Dow Pool,  
38 Veterans Road: 705-688-3909**

**Adult, Lane, Public Swims:** Please  
see swim schedules at the back of this  
Guide.

**Aquacise, AquaTherapy, Deep Water  
Aquacise:** Please see swim schedules at  
the back of this Guide.

**Adult Swimming Lessons:**  
Wednesdays 8:00 p.m. (one 45-minute  
lesson per week for eight weeks)

**Barcode 292297:**  
November 1 to December 20, 2017

**Barcode 292605:**  
January 10 to February 28 2018

**Barcode 292688:**  
March 7 to April 25, 2018

### Private & Semi-Private Lessons

For more information, or to schedule  
one-on-one or small group swimming  
lessons, please visit R.G. Dow Pool or  
call 705-688-3909.

**Private** (Three 30-minute lessons):  
\$114.00

**Semi-Private** (Six 30-minute lessons):  
\$114.00

**McClelland Community Centre, 37  
Veterans Road: 705-688-3931**

**Ms. Fits Fitness:** Choose one or two  
classes per week between September  
12 and December 16, 2017 (14 weeks)

### Barcode 290727:

Tuesdays 10:00 a.m. to 11:00 a.m.

**Barcode 290721:** Tuesdays 6:45 p.m. to  
7:45 p.m.

**Barcode 290730:**  
Thursdays 10:00 a.m. to 11:00 a.m.

**Barcode 290722:**  
Thursdays 6:45 p.m. to 7:45 p.m.

**Barcode 290723:**  
Saturdays 10:00 a.m. to 11:00 a.m. (11  
weeks. No class November 4  
and November 11.)

### Fees:

**Saturday**  
(one class per week): \$50.00  
for 11 weeks

**Tuesday or Thursday**  
(one class per week):  
\$68.00 for 14 weeks

**Tuesday and Thursday**  
(two classes per week):  
\$119.00 for 14 weeks

**Ms. Fits Fitness:** Choose one, two or  
three classes per week between January  
9 and March 24, 2018 (11 weeks)

**Barcode 290724:**  
Tuesdays 10:00 a.m. to 11:00 a.m.

**Barcode 290725:**  
Tuesdays 6:45 p.m. to 7:45 p.m.

**Barcode 290728:**  
Thursdays 10:00 a.m. to 11:00 a.m.

**Barcode 290729:**  
Thursdays 6:45 p.m. to 7:45 p.m.

**Barcode 290726:**  
Saturdays 10:00 a.m. to 11:00 a.m.

### Fees:

**One class per week:**  
\$50.00 for 11 weeks

**Two classes per week:**  
\$96.00 for 11 weeks

**Three classes per week:**  
\$134.00 for 11 weeks

## Dowling

**Dowling Leisure Centre,  
79 Main Street West:  
705-674-4455, ext. 4740**

Featuring equipment for exercise and  
improved physical fitness. Please call for  
rates, times and dates.

### Active Yoga:

Wednesdays 6:00 p.m. to 7:00 p.m.

**Barcode 290782:**  
September 13 to November 19, 2017  
(one class per week for 12 weeks)

**Barcode 290787:**  
January 10 to March 28, 2018  
(one class per week for 12 weeks)

**Fee per session:** \$46.00

### Photography

**Barcode 290733:**  
September 14 to November 16, 2017  
Thursdays: 6:30 p.m. to 9:30 p.m.  
(one class per week for 10 weeks)

**Fee:** \$215.00

### Tai Chi: No registration required.

Tuesday & Thursday:  
10:30 a.m. to 12:00 p.m.  
Fee: Free of charge

**Do you enjoy  
ice skating?  
Greater Sudbury  
Arenas schedule  
times for adult  
only skating**

## Falconbridge

**Nickel Centre Seniors,  
20 Edison Road**

**Contact:** Gladys Beange 705-693-2655

**Annual Membership:**  
\$15.00 for Ages 50+

**Falconbridge Wellness Centre,  
63 Edison Road: 705-693-5810**

Featuring equipment for exercise and  
improved physical fitness. Please call for  
rates, times and dates.

**Walkabout:** Advance registration is not  
necessary. Attend as your schedule  
permits.

**Mondays to Fridays:**  
9:00 a.m. to 10:00 a.m.

**Fee:** \$2.60 per visit

### Yoga:

Mondays and Thursdays  
7:00 p.m. to 8:00 p.m.

**Barcode 290773:**  
September 7 to November 2, 2017  
(classes twice weekly)

**Fee:** \$62.00 (eight week session)

**Barcode 290775:**  
November 6 to December 16, 2017  
(classes twice weekly)

**Fee:** \$46.00 (six week session)

**Barcode 290779:**  
December 4, 2017 to January 25, 2018  
(classes twice weekly)

**Fee:** \$62.00 (eight week session)

**Barcode 290788:**  
February 1 to March 29, 2018  
(classes twice weekly)

**Fee:** \$62.00 (eight week session)

## Garson

**Garson Arena, 100 Church Street:  
705-688-3929**

**Adult Skating:**  
Tuesdays 2:00 p.m. to 3:30 p.m. and  
Thursdays 1:00 p.m. to 2:30 p.m.

**55+ Shinny:**  
Tuesdays 11:30 a.m. to 1:00 p.m.

**Public Skating:**  
Sundays Noon to 1:30 p.m.

## Hanmer

**Howard Armstrong Recreation Centre,  
4040 Elmview Drive: 705-688-3906**

**Adult, Lane, Public Swims:**  
Please see swim schedules at  
the back of this Guide.

**Aquacise, AquaTherapy, Deep Water  
Aquacise, Aqua Zumba:** Please see  
swim schedules at the back of this  
Guide.

**Adult Beginner Swimming Lessons:**  
October 30 to December 18, 2017  
(one 45-minute lesson per week for  
eight weeks)

**Barcode 294006:** Tuesdays 11:15 a.m.

**Barcode 294007:** Tuesdays 7:15 p.m.

**Barcode 294010:** Sundays 12:15 p.m.  
(7 week session)

**Adult Advanced Swimming Lessons:**  
October 30 to December 18, 2017  
(one 45-minute lesson per week for  
eight weeks)

**Barcode 294005:** Tuesdays 11:15 a.m.

**Barcode 294008:** Tuesdays 7:15 p.m.

**Barcode 294009:** Sundays 12:15 p.m.  
(7 week session)

**Adult Beginner Swimming Lessons:**  
January 8 to February 25, 2018  
(one 45-minute lesson per week for  
eight weeks)

**Barcode 298006:** Tuesdays 11:15 a.m.

**Barcode 298007:** Tuesdays 7:15 p.m.

**Barcode 2980010:** Sundays 12:15 p.m.  
(7 week session)

**Howard Armstrong Recreation Centre,  
4040 Elmview Drive: 705-688-3906**

**Adult Advanced Swimming Lessons:**  
January 8 to February 25, 2018  
(one 45-minute lesson per week for  
eight weeks)

**Barcode 298005:** Tuesdays 11:15 a.m.

**Barcode 298008:** Tuesdays 7:15 p.m.

**Barcode 298009:** Sundays 12:15 p.m.  
(7 week session)

**Adult Beginner Swimming Lessons:**  
February 26 to April 16, 2018  
(one 45-minute lesson per week for  
eight weeks)

**Barcode 298174:** Tuesdays 11:15 a.m.

**Barcode 298175:** Tuesdays 7:15 p.m.

**Barcode 298178:** Sundays 12:15 p.m.  
(7 week session)

**Adult Advanced Swimming Lessons:**  
February 26 to April 16, 2018  
(one 45-minute lesson per week for  
eight weeks)

**Barcode 298173:** Tuesdays 11:15 a.m.

**Barcode 298176:** Tuesdays 7:15 p.m.

**Barcode 298177:** Sundays 12:15 p.m.  
(7 week session)

### Private & Semi-Private Lessons

For more information or to schedule  
one-on-one or small group swimming  
lessons, please visit the Howard  
Armstrong Recreation Centre or call  
705-688-3906.

**Private** (Three 30-minute lessons):  
\$114.00

**Semi-Private** (Six 30-minute lessons):  
\$114.00

## Need more copies?

Please contact us for additional copies of this  
Active Living Guide. You can also print this  
Guide from your computer by visiting  
[www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure)

For delivery of paper copies, please dial 3-1-1.

## Hanmer

### Howard Armstrong Recreation Centre, 4040 Elmview Drive: 705-688-3906

Featuring equipment for exercise and improved physical fitness. Please call for rates, times and dates.

#### Moving to Music for Adults.

No partner required: Tuesdays and Thursdays 11:00 a.m. to Noon

#### Barcode 293609:

September 5 to October 23, 2017  
(two classes weekly)

#### Barcode 294155:

October 31 to December 18, 2017  
(two classes weekly).  
Registration opens October 20, 2017.

**Fee per session:** \$107.00

#### Adult Dancing.

Must have completed Moving to Music for Adults to enroll: Tuesdays and Thursdays 10:00 a.m. to 11:00 a.m.

#### Barcode 293610:

September 5 to October 23, 2017  
(two classes weekly)

#### Barcode 294156:

October 31 to December 18, 2017  
(two classes weekly).  
Registration opens October 20, 2017.

**Fee per session:** \$120.00

#### Drop In Fitness Classes

for Adults Ages 16+

Drop in for any of the following fitness classes of your choice! Please note: Dates and times are subject to change. Drop in participation is not permitted once a maximum class size has been reached. First come, first served. Arrive early to avoid disappointment.

#### Drop in Fitness Passes

(prices include H.S.T.)

Fitness Classes	Individual Class	16 Visit Fitness Pass
Adult (Ages 18 to 64)	\$12.50	\$113
Student/ Youth/Senior	\$12.50	\$100

#### Pilates

Pilates is a low-impact workout designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Class size limited to 20 participants.

- Mondays: 10:15 a.m. to 11:15 a.m.
- Tuesdays: 7:45 p.m. to 8:45 p.m.
- Thursdays: 6:30 p.m. to 7:30 p.m.
- Fridays: 10:15 a.m. to 11:15 a.m.

#### Hatha Yoga

Hatha Yoga is a slower-paced form of yoga that includes stretching, improving flexibility and balance, and relieving stress. Class size limited to 20 participants.

- Mondays: 9:00 a.m. to 10:00 a.m.
- Tuesdays: 6:30 p.m. to 7:30 p.m.
- Wednesdays: 9:00 a.m. to 10:00 a.m.
- Thursdays: 7:45 p.m. to 8:45 p.m. (Intermediate)
- Fridays: 9:00 a.m. to 10:00 a.m.

#### Zumba® Gold

Zumba® Gold is perfect for those who want to sweat it out to some Latin beats in an easy-to-follow and lower-intensity atmosphere. Class size limited to 30 participants.

- Mondays: 12:15 p.m. to 1:15 p.m.
- Thursdays: 1:30 p.m. to 2:30 p.m.

#### Zumba® Toning

Zumba® Toning uses light weights or Zumba® toning sticks to target arms, core and lower body, while still enjoying the music and choreography of your favourite Zumba® routines. Class size limited to 30 participants.

- Mondays: 6:30 p.m. to 7:30 p.m.

#### Zumba® Gold Toning

This class is ideal for those who want to condition their muscles with light weights while moving at a slower pace to their favourite Latin beats! Class size limited to 30 participants.

- Tuesdays: 1:30 p.m. to 2:30 p.m.
- Thursdays: 12:15 p.m. to 1:15 p.m.

#### Zumba® Step

This program combines the cardio and dance choreography of Zumba® with the lower body strengthening and toning element of step aerobics. This is a class for those wanting to feel the burn! Class size limited to 30 participants.

- Wednesdays: 12:15 p.m. to 1:15 p.m.

#### Zumba® Sentao

This high intensity workout is a fantastic blend of cardio, strength and resistance training. Participants will use chairs as tools to build strength, rather than using weights. Get ready to sweat! Class size limited to 30 participants.

- Tuesdays: 12:15 p.m. to 1:15 p.m.

### Club d'Âge d'Or de la Vallée, 26 Côté Boulevard

**Contact:** 705-969-8649,  
email [centre@vianet.ca](mailto:centre@vianet.ca)  
fax 705-969-7479

**Annual Membership:**  
\$20.00 for Ages 45+

### Centre de santé communautaire du Grand Sudbury, 688 Emily Street: 705-969-5560

**Website:** [www.santesudbury.ca](http://www.santesudbury.ca)  
**Contact:** [info@santesudbury.ca](mailto:info@santesudbury.ca)

### Centennial Arena, 4333 Centennial Road: 705-688-3924

**Adult Skating:**  
Wednesdays 12:30 p.m. to 1:30 p.m.  
starting October 5

**Public Skating:**  
Fridays 7:00 p.m. to 8:30 p.m.

## Lively

### Walden Senior Citizens and Pensioners Inc., Lively Library/Seniors' Complex, 15 Kin Drive

**Contact:** Connie Scott 705-692-5591

**Annual Membership:** \$15.00

for Ages 50+, spouses of anyone over age 50 and retired, and anyone receiving a pension.

### T.M. Davies Arena, 325 Anderson Drive: 705-688-3933

#### Adult Skating:

Tuesdays 9:30 a.m. to 10:30 a.m.,  
Wednesdays 9:30 a.m. to 10:30 a.m.  
and Fridays 9:30 a.m. to 10:30 a.m.

#### Public Skating:

Sundays 1:00 p.m. to 2:00 p.m.

#### Introduction to Acrylic Painting

(with instructor Barry Bowerman):  
Wednesdays 7:00 p.m. to 10:00 p.m.

**Barcode 290655:** September 13 to  
November 15, 2017 (10 weeks)

**Fee:** \$215.00 (supplies extra)

Do you enjoy  
yoga or moderate  
aerobics?  
Greater Sudbury  
Leisure Services  
offer programs of  
special interest to  
Older Adults.

### Kinsmen Hall, 15 Kin Drive: 705-688-3959

#### Photography:

Tuesdays 6:30 p.m. to 9:30 p.m.

**Barcode 290734:**

September 12 to November 14, 2017  
Schedule is subject to change.

**Fee:** \$215.00

#### Yoga:

Thursdays 1:00 p.m. to 2:30 p.m.

**Barcode 290766:**

September 14 to November 16, 2017  
(10 weeks)

**Barcode 290769:**

January 11 to March 15, 2018  
(14 weeks):

Schedule is subject to change.

**Fee:** \$59.00

#### Moderate Fitness for Older Adults:

Mondays 10:00 a.m. to 11:00 a.m.

**Barcode 290717:**

September 11 to December 11, 2017  
(13 weeks. No class Oct. 9)

**Fee:** \$38.00

#### Moderate Fitness for Older Adults:

Wednesdays 10:00 a.m. to 11:00 a.m.

**Barcode 290718:**

September 20 to December 13, 2017  
(13 weeks)

**Fee:** \$38.00

#### Moderate Fitness for Older Adults:

Mondays 10:00 a.m. to 11:00 a.m.

**Barcode 290719:**

January 8 to April 9, 2018  
(12 weeks. No class Feb. 19 and April 2)

**Fee:** \$35.00

#### Moderate Fitness for Older Adults:

Wednesdays 10:00 a.m. to 11:00 a.m.

**Barcode 290720:**

January 10 to March 28, 2018  
(12 weeks)

**Fee:** \$35.00

## Naughton

### Naughton Seniors and Pensioners, Naughton Community Centre, Municipal Road 55

**Contact:** Doug Pappin (Vice-President)  
705-692-3173

**Annual Membership:** \$10.00

### Naughton Community Centre, Municipal Road 55: 705-692-1258

**Yoga:** Thursdays 7:00 p.m. to 8:30 p.m.

**Barcode 290767:**

September 14 to November 16, 2017  
(10 weeks)

**Barcode 290772:**

January 11 to March 15, 2018  
(10 weeks)

**Fee per session:** \$59.00

## Whitefish

### Penage Road Seniors, Penage Road Community Centre, 968 Municipal Road 10

**Contact:** Russ Harrington 705-866-5656

**Fee:** Voluntary donations



## Onaping/Levack

**Onaping Falls Golden Age Club,**  
109 Service Road

**Contact:** Gail Cartwright, 705-966-2502

**I.J. Coady Memorial Arena,**  
13 2nd Avenue, Levack: 705-688-3930

### Public Skating:

Saturdays 7:00 p.m. to 8:30 p.m.

**Onaping Pool, 1 Hillside Drive,**  
Onaping: 705-688-3908

### Adult and Public Swims and Aquacise and AquaTherapy:

Please see swim schedules at the back of this Guide.

### Private & Semi-Private Lessons

For more information or to schedule one-on-one or small group swimming lessons, please visit the Onaping Falls Pool or call 705-688-3908.

#### Private

(Three 30-minute lessons): \$114.00

#### Semi-Private

(Six 30-minute lessons): \$114.00

**Onaping Falls Community Centre,**  
2 Hillside Drive:  
705-674-4455, ext. 4741

**Walking:** No registration required. Attend as you please.

**Mondays:** 10:00 a.m. to 1:30 p.m.

**Tuesdays:** 10:00 a.m. to 4:00 p.m.

**Wednesdays:** 10:00 a.m. to 1:00 p.m. or 5:00 p.m. to 7:00 p.m.

**Fee:** Free of charge

### Tai Chi: No registration required.

**Mondays:** 1:30 p.m. to 3:00 p.m.

**Fee:** Free of charge

### Gentle Flow Yoga:

**Wednesdays 10:30 a.m. to 11:30 a.m.**

**Barcode 290780:**

September 13 to November 29, 2017  
(12 weeks)

**Barcode 290785:**

January 10 to March 28, 2018  
(12 weeks)

**Fee per session:** \$46.00

### Align and Flow Yoga:

**Thursdays 6:00 p.m. to 7:00 p.m.**

**Barcode 290784:**

September 14 to November 30, 2017  
(12 weeks)

**Barcode 290786:**

January 11 to March 29, 2018  
(12 weeks).

**Fee per session:** \$46.00

## Skead

**Skead Senior Citizens Club,**  
5 Bell Street, Skead

**Contact:** 705-969-3909

### Annual Membership:

\$15.00 per person for Ages 50+

## Val Caron

**Raymond Plourde Arena,**  
1919 Helene Street: 705-688-3932

### Adult Skating:

Fridays 2:00 p.m. to 3:00 p.m.

### Public Skating:

Sundays 1:00 p.m. to 2:00 p.m.

## Sudbury

**Gatchell Pool,**  
43 Irving Street: 705-688-3905

**Adult, Lane, Public Swims, Aquacise, AquaTherapy, Deep Water Aquacise:** Please see swim schedules at the back of this Guide.

**Nickel District Pool,**  
1940 Hawthorne Street: 705-688-3907

**Adult and Public Swims, Aquacise and AquaTherapy:** Please see swim schedules at the back of this Guide.

### Private & Semi-Private Lessons at Gatchell Pool and Nickel District Pool

For more information or to schedule one-on-one or small group swimming lessons, please visit Gatchell Pool or Nickel District Pool or call 705-688-3905 or 705-688-3907.

#### Private

(Three 30-minute lessons): \$114.00

#### Semi-Private

(Six 30-minute lessons): \$114.00

### Adult Swimming Lessons at Nickel District Pool:

Tuesdays 7:00 p.m.

#### Barcode 292083:

October 31 to December 19, 2017  
(one 45-minute lesson per week for eight weeks)

#### Barcode 292226:

January 9 to February 27, 2018  
(one 45-minute lesson per week for eight weeks)

**Cambrian Arena,**  
795 Cambrian Heights Drive:  
705-688-3921

### Adult Skating:

Fridays 1:00 p.m. to 2:00 p.m.

**Carmichael Arena,**  
1298 Bancroft Drive: 705-688-3923

### Adult Skating:

Thursdays 2:00 p.m. to 3:00 p.m.

### Public Skating:

Saturdays 1:00 p.m. to 2:30 p.m.

**Gerry McCrory**  
**Countryside Sports Complex,**  
235 Countryside Drive: 705-688-3927

### Adult Skating:

Mondays 11:00 a.m. to Noon,  
Tuesdays 11:15 a.m. to 12:15 p.m.,  
Wednesdays 11:00 a.m. to Noon and  
Fridays 11:00 a.m. to Noon

#### 55+ Shinny:

Wednesdays 10:15 a.m. to 11:45 a.m.

### Public Skating:

Sundays 1:00 p.m. to 2:30 p.m.

**Sudbury Community Arena,**  
240 Elgin Street: 705-671-3000

### Public Skating:

Mondays Noon to 2:00 p.m. and  
Thursdays Noon to 2:00 p.m.

**Delki Dozzi Community Centre,**  
3 Mary St: 705-674-4455 ext 2437

### Beginner Yoga:

Mondays 6:30 p.m. to 7:30 p.m.

#### Barcode 290770:

September 11 to December 4, 2017  
(12 weeks. No class Oct. 9.)

#### Barcode 290774:

January 8 to April 9, 2018  
(12 weeks. No class Feb. 19,  
April 2, 2018)

**Fee per session:** \$46.00

### Intermediate Yoga:

Mondays 7:45 p.m. to 8:45 p.m.

#### Barcode 290776:

September 11 to December 4, 2017  
(12 weeks. No class Oct. 9.)

#### Barcode 290771:

January 8 to April 9, 2018 (12 weeks.  
No class Feb. 19, April 2, 2018)

**Fee per session:** \$46.00



## Do you enjoy ice skating?

Start dates vary for Public Skating, Adult Only Skating and Shinny. Please contact your local Arena to confirm the start date of your preferred program.

## Sudbury

**Minnow Lake Place,  
1127 Bancroft Dr:  
705-674-4455 ext. 2446**

### Active for Life Taekwondo:

Tuesdays and Thursdays  
8:00 p.m. to 8:45 p.m.

### Barcode 290739:

September 5 to October 26, 2017  
(two classes per week)

### Barcode 290741:

October 31 to December 21, 2017  
(two classes per week)

**Fee per eight week session:** \$83.00

### Photography Level 1:

Tuesdays 6:30 p.m. to 9:30 p.m.

**Barcode 290731:** September 19 to  
November 21, 2017 (one class per week)

**Fee per session:** \$215.00

### Photography Level 2:

Tuesdays 6:30 p.m. to 9:30 p.m.

### Barcode 290732:

January 16 to March 20, 2018  
(one class per week)

**Fee per session:** \$215.00

**Centre de santé communautaire  
du Grand Sudbury,  
19 Froot Road: 705-670-2166**

**Website:** www.santesudbury.ca

**Contact:** info@santesudbury.ca

**Le Club Amical du Nouveau-Sudbury,  
553 Lavoie Street**

**Contact:** Francoise Gaudet-Geseron  
(President) 705-566-2113 or email  
clubamical@persona.ca.

### Website:

www.clubamicalnouveausudbury.com

**Annual Membership:** \$25.00 which  
includes discounts from various sponsors

**Club Joie de Vivre,  
19 Froot Road**

### Contact:

Gerry Berthelot (President) 705-560-4216

**Annual Membership:**  
\$8.00 or \$2.00 per visit

**One-Eleven Senior Citizens' Centre  
Inc., 111 Larch Street**

**Contact:** Susan Levesque,  
Coordinator of Services,  
705-675-5303 ext. 202 or  
email club111seniors@gmail.com

### Facebook:

One Eleven Senior Citizens Centre

**Annual Membership:**

\$12.00 for Ages 50+

**Sudbury South Seniors and  
Pensioners, Lockerby Legion,  
Long Lake Road**

### Contact:

Marie Finn (President) 705-822-9998

**Annual Membership:** \$25.00

**The ParkSide Centre,  
140 Durham Street**

**Contact:** 705-673-6227

**Website:** www.theparksidecentre.ca  
(monthly newsletter available online)

**Annual Membership:** \$45.00. Subsidies  
are available for those who otherwise  
could not take part in activities and  
programs.

**Ukrainian Seniors' Centre of Sudbury,  
30 Notre Dame Avenue**

**Contact:** Sandra Sharko 705-673-7404

**Website:** www.ukrseniors.org

**West End Seniors' Club, Trinity  
Lutheran Church, 189 Regent Street**

**Contact:** Aliva Haley 705-673-6191

**Annual Membership:** \$10.00

<b>Copper Cliff</b> R.G. Dow Pool, 38 Veterans Road: 705-688-3909				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Adult Swim</b>				
9:00 a.m. to 9:55 a.m. Noon to 12:55 p.m. -- --	9:00 a.m. to 9:55 a.m. -- Noon to 1:25 p.m. 8:00 p.m. to 8:55 p.m.	9:00 a.m. to 9:55 a.m. Noon to 12:55 p.m. -- --	9:00 a.m. to 9:55 a.m. -- Noon to 1:25 p.m. 8:00 p.m. to 8:55 p.m.	9:00 a.m. to 9:55 a.m. Noon to 12:55 p.m. -- --
<b>Lane Swim</b>				
--	--	7:00 p.m. to 7:55 p.m.	--	--
<b>Public Swim</b>				
--	11:00 a.m. to 11:55 a.m. --	11:00 a.m. to 11:55 a.m. (shared with special needs)	--	6:30 p.m. to 7:55 p.m. and Sundays: 2:30 p.m. to 3:55 p.m.
<b>Aquacise</b>				
10:00 a.m. and 1:00 p.m.	7:00 p.m.	10:00 a.m. and 1:00 p.m.	7:00 p.m.	10:00 a.m. and 1:00 p.m.
<b>AquaTherapy</b>				
--	10:00 a.m.	--	10:00 a.m.	11:00 a.m.
<b>Deep Water Aquacise</b>				
10:00 a.m.	7:00 p.m.	10:00 a.m.	7:00 p.m.	10:00 a.m.

<b>Hanmer</b> Howard Armstrong Recreation Centre, 4040 Elmview Drive: 705-688-3906				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Adult Swim</b>				
9:00 a.m. to 9:55 a.m. 8:30 p.m. to 9:25 p.m.	-- --	9:00 a.m. to 9:55 a.m. 8:30 p.m. to 9:25 p.m.	-- --	9:00 a.m. to 9:55 a.m. 8:30 p.m. to 9:25 p.m.
<b>Lane Swim</b>				
8:00 a.m. to 8:55 a.m. --	9:00 a.m. to 9:55 a.m. 8:45 p.m. to 9:25 p.m.	8:00 a.m. to 8:55 a.m. --	9:00 a.m. to 9:55 a.m. 8:45 p.m. to 9:25 p.m.	Sundays 10:00 a.m. to 10:55 a.m. --
<b>Public Swim</b>				
--	Noon to 12:55 p.m.	7:30 p.m. to 8:25 p.m.	Noon to 12:55 p.m.	Saturdays 6:00 p.m. to 7:25 p.m. Sundays 1:00 p.m. to 2:25 p.m.
<b>Aquacise</b>				
10:00 a.m.	1:00 p.m. and 8:00 p.m.	10:00 a.m.	1:00 p.m. and 8:00 p.m.	--
<b>AquaTherapy</b>				
11:15 a.m. to Noon	--	11:15 a.m. to Noon	--	11:15 a.m. to Noon
<b>Deep Water Aquacise</b>				
10:00 a.m.	1:00 p.m. and 8:00 p.m.	10:00 a.m.	1:00 p.m. and 8:00 p.m.	11:00 a.m.
<b>Aqua Zumba</b>				
1:30 p.m. to 2:30 p.m.	--	1:30 p.m. to 2:30 p.m.	--	--

## Have we missed listing your Older Adult Club?

Please let us know so we can correct this error in our next  
Active Living Guide. Dial 3-1-1 and ask for Leisure Services,  
Mondays to Fridays between 8:30 a.m. and 4:30 p.m.

Email [leisure.services@greatersudbury.ca](mailto:leisure.services@greatersudbury.ca)





<b>Sudbury</b> <b>Gatchell Pool, 43 Irving Street: 705-688-3905</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Adult Swim</b>				
Noon to 12:55 p.m. 8:30 p.m. to 9:25 p.m.	Noon to 12:55 p.m. 8:30 p.m. to 9:25 p.m.	Noon to 12:55 p.m. 8:30 p.m. to 9:25 p.m.	Noon to 12:55 p.m. 8:30 p.m. to 9:25 p.m.	Noon to 12:55 p.m. 8:30 p.m. to 9:25 p.m. Saturdays 4:00 p.m. to 4:55 p.m.
<b>Lane Swim</b>				
--	6:30 a.m. to 7:25 a.m.	--	6:30 a.m. to 7:25 a.m.	--
<b>Female Only Swim/Mommies and Tots Swim</b>				
--	--	1:00 p.m. to 1:55 p.m.	--	--
<b>Public Swim</b>				
9:00 a.m. to 9:55 a.m. --	9:00 a.m. to 9:55 a.m. --	9:00 a.m. to 9:55 a.m. 6:30 p.m. to 7:25 p.m.	9:00 a.m. to 9:55 a.m. --	9:00 a.m. to 9:55 a.m. 7:30 p.m. to 8:25 p.m.
<b>Aquacise</b>				
11:00 a.m. and 7:30 p.m.	--	11:00 a.m. and 7:30 p.m.	--	11:00 a.m.
<b>AquaTherapy</b>				
--	11:00 a.m. and 2:00 p.m.	--	11:00 a.m. and 2:00 p.m.	--
<b>Deep Water Aquacise</b>				
--	1:00 p.m.	--	1:00 p.m.	--

<b>Onaping</b> <b>Onaping Pool, 1 Hillside Drive, Onaping: 705-688-3908</b>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Swim</b>					
2:30 p.m. to 3:25 p.m. --	-- --	2:30 p.m. to 3:25 p.m. --	-- 8:00 p.m. to 8:55 p.m.	-- 8:00 p.m. to 8:55 p.m.	Noon to 12:55 p.m. --
<b>Public Swim</b>					
3:30 p.m. to 4:25 p.m. --	3:30 p.m. to 4:25 p.m. 7:00 p.m. to 7:55 p.m.	3:30 p.m. to 4:25 p.m. --	3:30 p.m. to 4:25 p.m. 7:00 p.m. to 7:55 p.m.	3:30 p.m. to 4:25 p.m. 7:00 p.m. to 7:55 p.m.	-- --
<b>Aquacise</b>					
12:30 p.m.	--	12:30 p.m.	6:00 p.m.	2:30 p.m.	--
<b>AquaTherapy</b>					
--	2:30 p.m.	--	2:30 p.m.	--	--

<b>Sudbury</b> <b>Nickel District Pool, 1940 Hawthorne Street: 705-688-3907</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Adult Swim</b>				
9:00 a.m. to 9:55 a.m. Noon to 12:55 p.m. 8:30 p.m. to 9:25 p.m.	9:00 a.m. to 9:55 a.m. -- 8:00 p.m. to 8:55 p.m.	9:00 a.m. to 9:55 a.m. Noon to 12:55 p.m. 8:30 p.m. to 9:25 p.m.	9:00 a.m. to 9:55 a.m. -- 8:30 p.m. to 9:25 p.m.	9:00 a.m. to 9:55 a.m. Noon to 12:55 p.m. 9:00 p.m. to 9:55 p.m.
<b>Public Swim</b>				
--	--	--	--	6:30 p.m. to 7:55 p.m. <b>Sundays:</b> 1:00 p.m. to 2:25 p.m.
<b>Aquacise</b>				
6:30 p.m. or 7:30 p.m.	2:00 p.m.	6:30 p.m. or 7:30 p.m.	2:00 p.m. or 6:30 p.m. or 7:30 p.m.	8:00 p.m.
<b>AquaTherapy</b>				
10:00 a.m. or 11:00 a.m. or 2:00 p.m.	--	10:00 a.m. or 11:00 a.m. or 2:00 p.m.	--	10:00 a.m. or 11:00 a.m. or 2:00 p.m.

**Is there something you would like to see in this Guide?**  
 We would love to hear from you! Please contact us for corrections, additions and suggestions. Dial 3-1-1 and ask for Leisure Services, Mondays to Fridays between 8:30 a.m. and 4:30 p.m.  
 Email [leisure.services@greatersudbury.ca](mailto:leisure.services@greatersudbury.ca)

**Aquacise** is an instructor-led, low-impact program that provides a full body workout for people of any age. Each session takes place in the shallow end of the pool. Move along to the music and work at a pace that is comfortable for you. Pool noodles and other aquatic equipment are used to ensure a full body workout. A good comfort level with the water is required.

**AquaTherapy** is a slow and therapeutic exercise class that focuses on a range of movement, stretching, muscle strengthening, and physical rehabilitation. It is geared towards individuals that have arthritis, are recovering from surgery or injury, or have general aches and pains.

**Deep Water Aquacise** is a full body workout that is done in the deep end of the pool while wearing a floatation belt. It offers a more intense workout than the regular Aquacise class. A high comfort level in the water is required.





## Hit the Hill or Trail this Winter!

### Do you enjoy downhill skiing?

The City of Greater Sudbury operates two ski hills for the enjoyment of residents of all ages! It doesn't matter if you are a beginner or a pro, you can keep active when the cold weather hits by skiing or snowboarding at our hills. Please visit [www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure) to learn more about Lively and Adanac Ski Hills.

### Do you enjoy cross-country skiing?

**Capreol:** 705-858-4289  
(ski conditions)  
Facebook:  
Capreol Cross Country Ski Club

**Laurentian Conservation Authority:**  
705-674-5249  
[www.conservationsudbury.ca](http://www.conservationsudbury.ca)

**Laurentian Nordic Ski Club:**  
705-988-3035  
[www.laurentiannordic.com](http://www.laurentiannordic.com)

**Onaping Falls Nordic Ski Club:**  
[info@onapingfallsnordics.com](mailto:info@onapingfallsnordics.com)  
[www.onapingfallsnordics.com](http://www.onapingfallsnordics.com)

**Walden:**  
705-692-2321  
Facebook:  
Walden Cross Country Fitness Club

Visit [www.greatersudbury.ca/leisure](http://www.greatersudbury.ca/leisure) to learn more about skiing.

## Associations/ Services for Older Adults



### Canadian Association of Retired People (CARP Canada) - City of Greater Sudbury Chapter

CARP advocates for "A New Vision of Aging for Canada". The mission of CARP is to improve the quality of life and to promote the well-being of all Canadians through advocacy, education, dissemination of information, money-saving services and programs specially designed for adults. Areas of advocacy include: promoting age-friendly cities, ending elder abuse, homecare, end-of-life care, dementia care, health care transformation, national pharmacare, investor protection and retirement income protection.

**Contact:** Hugh Kruzel 705-618-9510 or email [carpsudburychapter@gmail.com](mailto:carpsudburychapter@gmail.com) or [Sudbury@carp.ca](mailto:Sudbury@carp.ca)

**Website:** [www.carpsudbury.ca](http://www.carpsudbury.ca)

**Membership Fees:** Minimal fee for local chapter membership. For national membership fees or renewals visit [www.carp.ca](http://www.carp.ca)

**Local Membership includes:** Discounts at Science North.

**National Membership includes:** Discount programs for hotels, car rentals and entertainment.

### Friendly to Seniors™ Sudbury, 1546 Bellevue Avenue, Sudbury, ON P3B 3G2

Friendly to Seniors Sudbury was created by seniors for the benefit of older adults in our community. The program is delivered by qualified and trained volunteers who conduct awareness assessments of private and public facilities and encourage sensitivity to the concerns and needs of older adults. The objective of Friendly to Seniors is to make businesses and organizations more senior accessible, welcoming and service-oriented to everyone. We are closely associated with CARP.

**Contact:**  
John Lindsay 705-507-6037, email [friendlytoseniors.sudbury@gmail.com](mailto:friendlytoseniors.sudbury@gmail.com), fax 705-525-4632, mail 1546 Bellevue Avenue, Sudbury, ON P3B 3G2

**Website:** [www.friendlytoseniors.ca](http://www.friendlytoseniors.ca)

### Victorian Order of Nurses (VON) Adult Day Centre, 2140 Regent Street South, Sudbury

When everyday activities become difficult, VON lends a helping hand. We encourage independence, socialization and physical activity through recreation. We strive to accommodate persons of all abilities, including seniors who may feel isolated in the community and their caregivers. Our program features individual and group activities, outings in the community, hot and nutritious full-course meals, and respite and support for the caregiver. Ask about our weekend overnight respite program.

**Contact:** 705-671-1575 ext. 2012

**Mondays to Fridays:**  
8:30 a.m. to 3:00 p.m.

**Fees:** \$15.00 for full day and \$12.00 for half day. Reduced fees are available for those who qualify.



# Travel Worry-Free

## Aboard Greater Sudbury Transit

The following are some popular destinations that can be reached by riding Greater Sudbury Transit. Each Route corresponds to a Greater Sudbury Transit bus schedule.

Discount fares are available for passengers ages 65 plus with a Transit Photo I.D. Card.

For bus schedules and information, please dial 705-675-3333 or visit [www.greatersudbury.ca/transit](http://www.greatersudbury.ca/transit)

<b>DESTINATION</b>	<b>ROUTE #</b>
<b>Amberwood Suites:</b> .....	189, 502, 819
<b>Capreol Seniors Club:</b> .....	703
<b>CARP Canada:</b> .....	181, 182, 189, 500, 501, 502
<b>Casa Bella Senior Citizen Apartments:</b> .	189, 501, 502, 819
<b>Club d'Âge d'Or de la Vallée:</b> .....	703
<b>Centre de santé communautaire</b> .....	006, 012, 017, 147
<b>du Grand Sudbury (Frood Road):</b> .....	640, 701, 702, 940
<b>Club 50 de Rayside-Balfour:</b> .....	702
<b>Club Amical du</b> .....	Route 141, 142, 300,
<b>Nouveau-Sudbury :</b> .....	301, 302, 304, 305
<b>Club Joie de Vivre :</b> 006, 012, 017, 147, 640, 701, 702, 940	
<b>Coniston Seniors and Golden Age Club:</b> .....	103
<b>Extindicare Falconbridge:</b> .....	002, 141, 142, 241
<b>Extindicare York:</b> .....	181, 182, 501, 502
<b>Finlandia Village:</b> .....	101, 241
<b>Meadowbrook Retirement Village:</b> .....	701
<b>Naughton Seniors and Pensioners:</b> .....	701
<b>Nickel Centre Seniors:</b> .....	303
<b>Onaping Falls Golden Age Club:</b> .....	702 via TransCab
<b>One-Eleven Senior</b> .....	002, 012, 017, 101, 102,
<b>Citizens' Centre:</b> .....	189, 241, 500, 501, 502, 819, 940
<b>Palambro Retirement Residence:</b> .....	189, 502, 819
<b>ParkSide Centre:</b> .....	101, 102, 181, 501
<b>Penage Road Seniors:</b> .....	701 via TransCab
<b>Pioneer Manor:</b> .....	007, 147

(The following routes pick up and drop off on Notre Dame Avenue: 014, 141, 142, 300, 301, 302, 304, 305, 703, 704)



<b>Rayside-Balfour Seniors' Craft Shop:</b> .....	702
<b>Red Oak Villa:</b> .....	007
<b>Skead Senior Citizen Club:</b> .....	303 via TransCab
<b>Southwind Retirement Residence:</b> .....	181, 182, 189, 502
<b>Sudbury South Seniors and Pensioners:</b>	181, 182, 189, 819
<b>St. Andrew's Place:</b> .....	002, 012, 017, 101, 102, 189,
.....	241, 500, 501, 502, 819, 940
<b>St. Gabriel Villa:</b> .....	702 via TransCab
<b>St. Joseph's Villa:</b> .....	500, 501, 502
<b>The Walford:</b> .....	181, 182, 189, 500, 501, 502
<b>Westmount Retirement</b> .....	103, 141, 142, 241,
<b>Residence:</b> .....	303, 304, 401, 402, 403
<b>Ukrainian Seniors'</b> .....	007, 014, 141, 142, 147,
<b>Centre of Sudbury:</b> .....	300, 301, 302, 304, 305, 703, 704
<b>Valley East Seniors Club:</b> .....	704
<b>Walden Senior Citizens and Pensioners Inc.:</b> .....	701
<b>West End Seniors' Club:</b> .....	006

**For bus schedules and information, please dial 705-675-3333  
or visit [www.greatersudbury.ca/transit](http://www.greatersudbury.ca/transit)**