



INSPIRATION
AT WORK

SENIORS Calendar | Jan-Feb 2015

Our seniors programs allow members 55+ to live a healthy and meaningful lifestyle by staying active, learning new skills, and by connecting with resources and like-minded people within the community. The Thrive passport will guide seniors to work towards their goals in order to be able to access community resources independently with confidence and pride.

Physical Health

Golden Years Fitness | Structured around safe fitness routines that increase or maintain range of motion, cardiovascular health, and muscle strength. Can be done seated.

Tai Chi | Cultivate your health and vitality through this beginner's course held at the Tai Chi Society.

AquaFit | A low-impact group activity at Hillcrest swimming pool.

Education and Employment Readiness

Computer Basics | This is a basic beginners computers course for people just getting started out with a computer.

Note: These programs are senior specific. Please check out our all ages program brochure for other course offerings.