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## Seniors' Fall Program Guide

# Seniors' Satellite

September 19 to December 16, 2022

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Argyle

Byron

Earl Nichols

Medway

Boyle

Chalmers

East Lions

Stronach

Phone-in and virtual programs



London  
CANADA

# Seniors' Satellites in-person programs

You can register online at [www.london.ca/playourway](http://www.london.ca/playourway) or by calling 519-661-5575.

## Current program schedule

*Programs may change due to registration or instructor availability*

### Argyle

**Location:** East London Library, 2016 Dundas Street

**Day and time:** Wednesdays from 10 a.m. to 1 p.m.

### Boyle

**Location:** Boyle Memorial Community Centre, 530 Charlotte Street

**Day and time:** Fridays from 11:30 a.m. to 3 p.m.

### Byron

**Location:** Byron Optimist Community Centre, 1308 Norman Avenue

**Day and time:** Tuesdays from 12 p.m. to 3 p.m.

### Chalmers

**Location:** Chalmers Presbyterian Church, 342 Pond Mills Road

**Day and time:** Fridays from 9 a.m. to 12 p.m.

### East Lions

**Location:** East Lions Community Centre, 1731 Churchill Avenue

**Day and time:** Tuesdays and Thursdays from 11 a.m. to 3 p.m.

### Earl Nichols

**Location:** Earl Nichols Recreation Centre, 799 Homeview Road

**Day and time:** Thursdays from 11 a.m. to 3 p.m.

### Medway

**Location:** Medway Community Centre, 119 Sherwood Forest Square

**Day and time:** Mondays and Wednesdays from 11:30 a.m. to 3 p.m.

### Stronach

**Location:** Stronach Recreation Centre, 1221 Sandford Street

**Day and time:** Wednesdays from 11 a.m. to 1 p.m.

# Argyle Seniors' Satellite

**Location:** East London Library, 2016 Dundas Street

**Day and time:** Wednesdays from 10 a.m. to 1 p.m.

## **Current program schedule**

*Programs may change per the request and suggestion of our members and availability of instructors.*

## **Wednesdays**

10 to 10:55 a.m.	<b>Cardio Fit Light</b>	Rear Program Room	Join us for this fun class that will include a combination of cardio, strength, and core work. Please bring a yoga mat.	\$2.50 per class with membership
11 to 11:45 a.m.	<b>Ageless Grace</b>	Rear Program Room	This fun, trendy, seated fitness program is designed for those 55 and older of any ability, body type, size, or with any physical challenge.	\$2.50 per class with membership
12 to 12:55 p.m.	<b>Line Dancing</b>	Rear Program Room	You've seen people doing it! Now try it for yourself! This program is sure to be a fun and active time.	\$2.50 per class with membership

*The Argyle Seniors' Satellite is provided to the community in partnership with the London Public Library*

# Boyle Seniors' Satellite

**Location:** Boyle Memorial Community Centre, 530 Charlotte Street

**Day and time:** Fridays from 11:30 a.m. to 3 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Fridays

11:30 a.m. to 12:30 p.m.	<b>Walk Fit</b>	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym.	\$2.50 per class with membership
11:30 a.m. to 12:30 p.m.	<b>Zumba Gold</b>	Room 1	This class is designed for beginners. We will teach you basic Latin dance steps to some great music!	\$2.50 per class with membership
12:45 to 1:45 p.m.	<b>Seniors Bootcamp</b>	Gym	Cardio class with weights and bands. Work your whole body and strengthen your core.	\$2.50 per class with membership
2 to 3 p.m.	<b>Mat Yoga</b>	Gym	Expand your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.50 per class with membership

# Byron Seniors' Satellite

**Location:** Byron Optimist Community Centre, 1308 Norman Avenue

**Day and time:** Tuesdays from 12 to 3 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Tuesdays

12 to 1 p.m.	<b>Sit to be Fit</b>	Gym	This fitness program is done while seated in a chair. We use light weights and/or resistance bands to strengthen muscles needed for daily activities.	\$2.50 per class with membership
1:15 to 2:15 p.m.	<b>Walk Fit</b>	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym.	\$2.50 per class with membership
12:30 to 1:30 p.m.	<b>Balance Core Yoga</b>	Room 1	This class is similar to seated yoga, but we add a balance component. Most moves are made while seated in a chair. Please bring your own mat to use for stability.	\$2.50 per class with membership
1:45 to 2:45 p.m.	<b>Mat Yoga</b>	Room 1	Expand your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.50 per class with membership

**Please bring indoor shoes to help us keep the space clean and safe.**

# Chalmers Seniors' Satellite

**Location:** Chalmers Presbyterian Church, 342 Pond Mills Road

**Day and time:** Fridays from 9 a.m. to 12 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Fridays

9 to 9:55 a.m.	<b>Seniors' Fitness</b>	Lower Hall	Join us each week to have some fun and get your blood pumping!	\$2.50 per class with membership
10 to 10:55 a.m.	<b>Mat Yoga</b>	Rear Program Room	Expand your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.50 per class with membership
11 to 11:45 a.m.	<b>Ageless Grace</b>	Rear Program Room	This fun, trendy, seated fitness program is designed for those 55 and of any ability, body type, size, or with any physical challenge	\$2.50 per class with membership

*The Chalmers Seniors' Satellite is provided to the community in partnership with Chalmers Presbyterian Church*

**Please help keep the Seniors' Satellite program spaces fragrance free!**

# Earl Nichols Seniors' Satellite

**Location:** Earl Nichols Recreation Centre, 799 Homeview Road

**Day and time:** Thursdays from 11:30 a.m. to 3 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Thursdays

11 a.m. to 12 p.m.	<b>Cardio Fit Light</b>	Gym	Join us for this fun class that will include a combination of cardio, strength, and core work. Please bring a yoga mat.	\$2.50 per class with membership
12:15 to 1:15 p.m.	<b>Line Dancing</b>	Meeting Room	You've seen people doing it! Now try it for yourself! This program is sure to be a fun and active time.	\$2.50 per class with membership
1:30 to 2:30 p.m.	<b>Mat Yoga</b>	Gym	Expand your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.50 per class with membership

# East Lions Seniors' Satellite

**Location:** East Lions Community Centre, 1731 Churchill Avenue

**Day and time:** Tuesdays from 11:30 a.m. to 3 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Tuesdays

11:30 a.m. to 12:30 p.m.	<b>Tai Chi for Seniors</b>	Room 1 South	This class is for everyone who has always wanted to experience the physical benefits of Tai Chi. You will leave feeling relaxed and refreshed.	\$2.50 per class with membership
11:30 a.m. to 12:30 p.m.	<b>Seniors' Bootcamp</b>	Gym	Cardio class with weights and bands. Work your whole body and strengthen your core.	\$2.50 per class with membership
12:45 to 1:45 p.m.	<b>Mat Yoga</b>	Activity Room	Expand your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.50 per class with membership
12:45 to 1:45 p.m.	<b>Line Dancing</b>	Room 1 South	You have seen people doing it, and it looks like fun, but where would you start? Try it right here! This class is for the beginner line dancer.	\$2.50 per class with membership
2 to 3 p.m.	<b>Line Dancing (Level 2)</b>	Room 1 South	Just like above, with a number of new steps and songs added! Join us for some fun.	\$2.50 per class with membership



# East Lions Seniors' Satellite

**Location:** East Lions Community Centre, 1731 Churchill Avenue

**Day and time:** Thursday from 11:30 a.m. to 3 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Thursdays

11 a.m. to 12 p.m.	<b>Fit Beat</b>	Activity Room	This program blends cardio with rhythm and will have you working up a sweat as you drum out your stress and leave you feeling recharged.	\$2.50 per class with membership
11 a.m. to 12 p.m.	<b>Zumba Gold</b>	Room 1 South	This class is designed for beginners. We will teach you basic Latin dance steps to some great music.	\$2.50 per class with membership
12:30 to 1:30 p.m.	<b>Sit to be Fit</b>	Room 1 South	This fitness program is done while seated in a chair. We use light weights and/or resistance bands to strengthen muscles needed for daily activities.	\$2.50 per class with membership
1 to 2 p.m.	<b>Mat Yoga</b>	Activity Room	Expand your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.50 per class with membership
2 to 3 p.m.	<b>Functional Fitness</b>	Room 1 South	This is a "Functional Fitness" class aimed at making your active daily living easier by	\$2.50 per class with membership

			incorporating cardio, balance, strength, and stretching.	
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**Please help keep the Seniors' Satellite program spaces fragrance free!**

# Medway Seniors' Satellite

**Location:** Medway Community Centre, 119 Sherwood Forest Square

**Day and time:** Mondays from 11:30 a.m. to 3 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Mondays

11:30 a.m. to 12:30 p.m.	<b>Functional Fitness</b>	Meeting Room	This is a "Functional Fitness" class aimed at making your active daily living easier by incorporating cardio, balance, strength, and stretching.	\$2.50 per class with membership
12:45 to 1:45 p.m.	<b>Balance Core Yoga</b>	Meeting Room	This class is like seated yoga, but we add a balance component. Most moves are made while seated in a chair. Please bring your own mat to use for stability.	\$2.50 per class with membership
2 to 3 p.m.	<b>Mat Yoga</b>	Meeting Room	Expand your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.50 per class with membership

# Medway Seniors' Satellite

**Location:** Medway Community Centre, 119 Sherwood Forest Square

**Day/Time:** Wednesday from 11:30 a.m. to 3 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Wednesdays

11:30 a.m. to 12:30 p.m.	<b>Qi-Yoga</b>	Meeting Room	Qi-Yoga blends qigong, acupressure techniques, and yoga poses, to address particular health issues or to maintain seasonal balance by activating the qi(energy) in the meridians. Qi-Yoga can be practiced seated, standing or on a yoga mat. No experience necessary.	\$2.50 per class with membership
12:45 to 1:45 p.m.	<b>Seniors' Bootcamp</b>	Meeting Room	Cardio class with weights and bands. Work your whole body and strengthen your core.	\$2.50 per class with membership
2 to 2:45 p.m.	<b>Ageless Grace</b>	Meeting Room	This fun, trendy, seated fitness program is designed for those 55 and older of any ability, body type, size, or with any physical challenge	\$2.50 per class with membership

# Stronach Seniors' Satellite

**Location:** Stronach Recreation Centre, 1221 Sandford Street

**Day and time:** Wednesdays from 11 a.m. to 1 p.m.

## Current program schedule

*Programs may change per the request and suggestion of our members and availability of instructors.*

## Wednesdays

11a.m. to 12 p.m.	<b>20/20/20</b>	Gym	Enjoy music from the 1960s in this class, which includes 20 minutes of cardio, 20 minutes of strength using light weights and Pilates moves, and 20 minutes of balance and stretching.	\$2.50 per class with membership
11 a.m. to 12 p.m.	<b>Sit to be Fit</b>	Meeting Room	This fitness program is done while seated in a chair. We use light weights and/or resistance bands to strengthen muscles needed for daily activities.	\$2.50 per class with membership
12:15 p.m. to 1:15 p.m.	<b>Pilates</b>	Meeting Room	This series of Stott Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13ml (½") yoga mat is suggested for this class.	\$2.50 per class with membership

# Phone-in programs

Stay social, informed, and connected with Seniors' Centres Without Walls, a free interactive telephone-based group activity program.

Seniors' Centre Without Walls provides recreation programs from the comfort of your home. Join us over the phone to participate in music programs, BINGO, brain games, and special guest workshops!

## Program basics

- These free programs are multi-person phone conversations
- No special equipment needed – any phone will do
- Call yourself in to the program, or we can call you – it is your choice
- You can hear each other, talk to one another, learn, and just have fun

## How to participate

- It is easy to join – on the day of the call, dial 226-781-4229 and when prompted enter passcode 371258#.

For program information and upcoming dates, please contact [dbussey@london.ca](mailto:dbussey@london.ca) or 519-661-2489, extension 7320

# Virtual programs

Enjoy the convenience of taking part in classes from a distance. Seniors' Satellite virtual classes are free to registered participants.

**Ageless Grace** - a fun, trendy, seated fitness program designed for those 55 and over, of any ability, body type, size, or with any physical challenge.

**Date and time: Tuesdays and Thursdays from 10:00 to 10:45 a.m.**

**Cardio Strength** – retain youthful vigour, preserve independence, and have fun while doing so. This cardio, strength, balance, and flexibility workout is ideal for everyone.

**Date and time: Tuesdays and Thursdays from 11:15 a.m. to 12:15 p.m.**

## How to register

You can register online at [www.london.ca/playyourway](http://www.london.ca/playyourway) or by calling 519-661-5575. Information regarding how to access program will be emailed to the address associated with your account