

[london.ca/senior-recreation](https://london.ca/senior-recreation)



## Spring Program Guide

# Seniors Satellites

April 8, 2024 to June 28, 2024

Argyle  
Byron  
Earl Nichols  
Medway  
Virtual

Boyle  
Chalmers  
East Lions  
Stronach



**London**  
CANADA

# General Information about the Senior's Satellites

## Management & Supervision:

The Seniors' Satellites were created by the City of London. City staff and volunteers manage and operate the satellites operation and their programs. Various community partners may offer supplementary programming or donate space.

## Membership:

Membership to **EACH Seniors' Satellites** is **\*\$10.80 + HST (\$12.20) per person for one location, or \$30.30 +HST(\$34.24) for ALL LOCATIONS** per year! **\*2024 rate**. Additional minimal fees per class may be charged for classes with a certified instructor (see program schedules at each satellite for more information). Membership to any satellite is open to anyone aged 55 & over, living in any area of the city. Memberships can be purchased online at [www.london.ca](http://www.london.ca) , or at one of the City's Customer Service Centres. For City services available evenings and Saturdays visit [london.ca/hours](http://london.ca/hours). Pre-registration is required for all programs and can be done online at [www.london.ca](http://www.london.ca) or by calling Customer Service at 519-661-5575.

**Front Cover Photograph**  
**courtesy of**  
**Susan Paddick**  
**Seniors' Satellite Fitness Instructor**





## **Programs and Activities:**

The programs we offer at the satellite locations mimic the ‘core’ programs available at Kiwanis and Hamilton Road Seniors’ Centre & Community Centres. Programs build on the concept of the Dimensions of Wellness, offering programs that support the physical, emotional, social, environmental, occupational, spiritual, and intellectual wellness of our members. Our satellite programs are all ‘drop-in’ in nature, and therefore it is unnecessary to stay for the duration of the programming time at your satellite location. Members must pre-register and pay for any individual program they wish to attend.

The fitness and yoga instructors are certified, and ensure that proper conditioning, stretching, form, posture, warm up and cool downs are followed, to guard against any unnecessary strain on the body, or injury. Programs may be changed quarterly at the satellites, depending on participation levels and input of members, and availability of instructors.

## **Additional Information:**

### **Financial Assistance is Available for those that Qualify:**

The City of London’s Play Your Way (PYW) Fund offers financial support to low-income Londoners and their families who want to access recreation programs and activities offered by the City of London. Once approved, funding can be accessed for the next 12 months, up to a maximum of \$300 per person and can be used when purchasing any Seniors’ Satellite membership or program fee. For more information or details on how to apply, please visit [london.ca/playyourway](http://london.ca/playyourway) or contact our customer service team at 519-661-5575.

If you require additional information about our satellites, please visit our website at [london.ca/senior-recreation](http://london.ca/senior-recreation), or contact Susan Stepien, Supervisor, City of London, by phone at 519-661-CITY, ext 4756, or by email at [sstepien@london.ca](mailto:sstepien@london.ca).



## **In Person Programs**

### **Current Program Schedule (programs may change due to registration or instructor availability)**

#### **Argyle**

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

**Day/Time:** Wednesdays from 9:30am to 1:00pm

#### **Boyle**

**Location:** Boyle Memorial Community Centre, 530 Charlotte St.

**Day/Time:** Fridays from 11:30am to 3pm

#### **Byron**

**Location:** Byron Optimist Community Centre, 1308 Norman Ave.

**Day/Time:** Tuesdays from 11am to 3pm

#### **Chalmers**

**Location:** Chalmers Presbyterian Church, 342 Pond Mills Rd.

**Day/Time:** Fridays from 9:00am to 12:00pm

#### **East Lions**

**Location:** East Lions Community Centre, 1731 Churchill Ave.

**Day/Time:** Tuesdays from 11:00am to 3pm, Thursdays from 8:30 to 2pm

#### **Earl Nichols**

**Location:** Earl Nichols Recreation Centre, 799 Homeview Rd.

**Day/Time:** Thursdays from 11:00am to 3:00pm

#### **Medway**

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

**Day/Time:** Mondays 11:30 to 3pm, Wednesdays 9:30 to 3:30pm

#### **Stronach**

**Location:** Stronach Recreation Centre, 1221 Sandford St.

**Day/Time:** Wednesdays from 11am to 1:30pm

# Medway Seniors Satellite

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

**Day/Time:** Mondays and Wednesdays from 11:30am to 3:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Mondays

11:30am to 12:30pm	<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. We add some mindfulness training that will help bring confidence, contentment, and joy to your daily interactions.	\$2.55/class with membership
12:45pm to 1:45pm	<b>Chair Yoga</b>	Meeting Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. You will experience numerous benefits including increased flexibility, better sleep, reduced stress, and a general feeling of well-being. No experience is required.	\$2.55/class with membership
2:00pm to 3:00pm	<b>Yin Yoga</b>	Meeting Room	Yin Yoga is a slow paced, more meditative style of yoga with poses held longer than traditional yoga. It targets the connective tissue such as ligaments, bones, and even the joints of the body that are not normally exercised as much. A perfect complement to dynamic and active yang styles of yoga. Please bring your own mat and yoga blanket or towel.	\$2.55/class with membership

# Medway Seniors Satellite

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

**Day/Time:** Mondays and Wednesdays from 9:30am to 3:30pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Wednesdays

9:30am to 10:30am	<b>Mat Yoga</b>	Meeting Room	Expanding 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.	\$2.55/class with membership
10:45am to 11:45am	<b>Seniors Bootcamp</b>	Meeting Room	Develop and strengthen your muscles while burning calories and boosting your metabolism. This workout includes light weights, cardio and muscle building using a variety of equipment.	\$2.55/class with membership
12:15pm to 1:00pm	<b>Ageless Grace®</b>	Meeting Room	This cutting-edge brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.55/class with membership
1:15pm to 2:15pm	<b>Line Dancing</b>	Meeting Room	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner line dancer. Wear shoes with a smooth sole.	\$2.55/class with membership
2:30pm to 3:30pm	<b>Line Dancing 2</b>	Meeting Room	Just like above, with several new steps and songs added! Join us for some fun. This is a level 2 class and participants should be familiar with the basic steps of line dance.	\$2.55/class with membership

# Byron Seniors Satellite

**Location:** Byron Optimist Community Centre, 1308 Norman Ave.

**Day/Time:** Tuesdays from 11:00pm to 3:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Tuesdays

11:00am to 12:00pm	<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.	\$2.55/class with membership
11:00am to 12:00pm	<b>Zumba Gold</b> ®	Multi Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning fat. We will teach you basic Latin dance steps to some great music!	\$2.55/class with membership
12:15pm to 1:00pm	<b>Ageless Grace</b> ®	Gym	This cutting-edge brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. This seated class is loaded with fun and designed for people of any ability, body type, or with any physical challenge.	\$2.55/class with membership
12:30pm to 1:30pm	<b>Chair Yoga</b>	Multi Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. You will experience numerous benefits including increased flexibility, better sleep, reduced stress, and a general feeling of well-being. No experience is required.	\$2.55/class with membership
1:15pm- 2:15pm	<b>Core Fit</b>	Gym	Standing, low impact exercises help improve stability, mobility, strength around the joints, coordination, and posture. Some mat work included.	\$2.55/class with membership
1:45pm to 2:45pm	<b>Mat Yoga</b>	Multi Room	Expanding 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.	\$2.55/class with membership

# East Lions Seniors Satellite

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

**Day/Time:** Tuesdays from 11:30am to 3:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Tuesdays

11:30am to 12:30pm	<b>Tai Chi for Seniors</b>	Room 1 South	This class is for anyone who has always wanted to experience the physical benefits of Tai Chi. This practice can help to alleviate difficulties associated with aging, injury, inactivity, and chronic disease. You will leave the class feeling relaxed and refreshed.	\$2.55/class with membership
11:30am to 12:30pm	<b>Seniors Bootcamp</b>	Gym	Develop and strengthen your muscles while burning calories and boosting your metabolism. This workout includes light weights, cardio and muscle building using a variety of equipment.	\$2.55/class with membership
12:45pm to 1:45pm	<b>Mat Yoga</b>	Activity Room	Expanding 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.	\$2.55/class with membership
12:45pm to 1:45pm	<b>Line Dancing</b>	Room 1 South	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner line dancer. Wear shoes with a smooth sole.	\$2.55/class with membership
2:00pm to 3:00pm	<b>Line Dancing Level 2</b>	Room 1 South	Just like above, with several new steps and songs added! Join us for some fun. This is a level 2 class and participants should be familiar with the basic steps of line dance.	\$2.55/class with membership



# East Lions Seniors Satellite

**Location:** East Lions Community Centre, 1731 Churchill Ave.

**Day/Time:** Thursdays from 8:30am to 3:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Thursdays

8:30am to 9:30 am	<b>Rise and Shine Yoga</b>	Activity Room	Start your day right! Stretch, lengthen, and tone your body in a calm and relaxed setting.	\$2.55/class with membership
9:45am to 10:45am	<b>Chair Yoga</b>	Activity Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support.	\$2.55/class with membership
10:00am to 10:45am	<b>Aqua Zumba®</b>	Pool	A unique and refreshing way to exercise, Aqua Zumba combines traditional water exercises with Latin dance moves and upbeat music. This class works every muscle in the body providing a full body, low-impact, cardiovascular workout. Participants will be able to touch bottom.	\$2.55/class with membership
11:00am to 12:00pm	<b>Fit Beat</b>	Room 1 South	This program blends cardio with rhythm and will have you working up a sweat as you drum out your stress and leave feeling recharged.	\$2.55/class with membership
11:00am to 12:00pm	<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. We'll put a smile on your face and sweat on your brow!	\$2.55/class with membership
12:30pm to 1:30pm	<b>Sit to be Fit</b>	Room1 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.	\$2.55/class with membership
12:45pm to 1:45pm	<b>Qi- Yoga</b>	Activity Room	Qi-Yoga blends Qigong, acupressure techniques, and Yoga poses. Qi-Yoga can be practiced seated, standing, or on a mat. No experience necessary.	\$2.55/class with membership

# Argyle Seniors Satellite

**Location:** East London Library, 2016 Dundas St.

**Day/Time:** Wednesdays from 9:30am to 1:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Wednesdays

9:45am to 10:45 am	<b>Cardio Fit Light</b>	Rear Program Room	Join us for this fun class that includes a combination of cardio, strength, and core work. Please bring a yoga mat.	\$2.55/class with membership
11:00am to 11:45am	<b>Ageless Grace®</b>	Rear Program Room	This cutting-edge brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.55/class with membership
12:00pm to 1:00pm	<b>Mat Yoga</b>	Rear Program Room	Expanding 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.	\$2.55/class with membership

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

## No Scents Make Good Sense!

Scented products can aggravate existing health problems for people who suffer from asthma, allergies, and many other medical conditions.

Please help us keep the Seniors' Satellites fragrance free!

# Stronach Seniors Satellite

**Location:** Stronach Recreation Centre, 1221 Sandford St.

**Day/Time:** Wednesdays from 11:00am to 1:30pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Wednesdays

11:00am to 12:00 pm	<b>20/20/ 20</b>	Gym	Enjoy music from the 1960's and 70's in this class which includes 20 minutes of cardio, 20 minutes of strength using light weights, and 20 minutes of balance and stretching with Pilates moves.	\$2.55/class with membership
11:00am to 12:00pm	<b>Chair Fit</b>	Multi Room	This beginner, low impact chair exercise class will help increase your overall fitness. Learn techniques, strategies, and exercises to improve strength, cardio, and posture. You will be amazed how fun and beneficial exercise in a chair can be.	\$2.55/class with membership
12:15pm to 1:15pm	<b>Pilates</b>	Multi Room	This series of Stott Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! *A 13mm (½") yoga mat is suggested for this class.	\$2.55/class with membership
12:15pm to 1:15pm	<b>Nia</b>	Gym	Nia is a transformational, fun-filled fitness practice that blends the conscious awareness of the healing arts with the dynamic power of martial arts, as well as grace and spontaneity of dance. Nia enhances flexibility, agility, balance, strength, and endurance while moving barefoot to an inspiring mix of music. No experience necessary.	\$2.55/class with membership

# Earl Nichols Seniors Satellite

**Location:** Earl Nichols Recreation Centre, 799 Homeview Rd.

**Day/Time:** Thursdays from 11:30am to 3:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Thursdays

11:00am to 12:00pm	<b>Cardio Fit Light</b>	Hall	Join us for this fun class that includes a combination of cardio, strength, and core work. Please bring a mat.	\$2.55/class with membership
12:15pm to 1:15pm	<b>Chair Fit</b>	Hall	This beginner, low impact chair exercise class will help increase your overall fitness. Learn techniques, strategies, and exercises to improve strength, cardio, and posture. You will be amazed how fun and beneficial exercise in a chair can be.	\$2.55/class with membership
1:30pm to 2:30pm	<b>Line Dancing</b>	Hall	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner line dancer. Wear shoes with a smooth sole.	\$2.55/class with membership

# Boyle Seniors Satellite

**Location:** Boyle Memorial Community Centre, 530 Charlotte St.

**Day/Time:** Fridays from 11:30am to 3:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Fridays

11:30am to 12:30pm	<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.	\$2.55/class with membership
11:30am to 12:30pm	<b>Zumba Gold®</b>	Multi Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning fat. We will teach you basic Latin dance steps to some great music!	\$2.55/class with membership
12:45pm to 1:45pm	<b>Chair Yoga</b>	Multi Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support.	*\$2.55/class with membership
1:00pm to 2:00pm	<b>Total Body Workout</b>	Gym	This class will help to develop and strengthen your muscles while burning calories. This workout includes cardio and uses bodyweight training to help improve your core, balance, and strength.	*\$2.55/class with membership
2:00pm to 3:00pm	<b>Mat Yoga</b>	Multi Room	Expanding 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.	*\$2.55/class with membership



# Chalmers Seniors Satellite

**Location:** Chalmers Presbyterian Church, 342 Pond Mills Rd.

**Day/Time:** Fridays from 9:00am to 12:00pm

**Current Program Schedule:** programs may change per the request and suggestion of our members and availability of instructors.

## Fridays

9:00am to 9:55am	<b>Seniors Fitness</b>	Upper Hall	Increase your mobility and endurance in this fun total body fitness class. A combination of resistance exercises, strength activities, and light cardio will challenge and improve your strength, balance, and coordination.	*\$2.55/class with membership
10:00am to 10:55am	<b>Tai Chi for Seniors</b>	Upper Hall	This class is for anyone who has always wanted to experience the physical benefits of Tai Chi. This practice can help to alleviate difficulties associated with aging, injury, inactivity, and chronic disease. You will leave the class feeling relaxed and refreshed.	*\$2.55/class with membership
11:00am to 11:45am	<b>Ageless Grace®</b>	Lower Hall	This cutting-edge brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	*\$2.55/class with membership

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

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

# Seniors Satellite Virtual



**Enjoy the convenience of taking part in classes from a distance. Seniors' Satellite Virtual classes are Free to registered participants.**

**Ageless Grace®** - This cutting-edge brain fitness program activates all 5 functions of the brain while simultaneously addressing all 21 physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.

**Tuesdays and Thursdays from 10:00am to 10:45am**

**Cardio Strength** – A fun and invigorating workout with some muscle conditioning. This cardio, strength, balance, and flexibility workout is ideal for everyone.

**Tuesdays and Thursdays from 11:15am to 12:15pm**

## **How to Register**

1. You can register online at [www.london.ca/pywonline](http://www.london.ca/pywonline), or
2. Call Customer Service at 519-661-5575 and register.

\*Information regarding how to access program will be emailed to the address associated with your account

## Speaker Series – Essential Oils and their benefits

<b>Thursday, April 25</b>  <b>1:00pm- 3:00pm</b>	East Lions Community Centre  Meeting Room 2	Christine is a Do Terra Wellness Advocate and enjoys sharing her oils and educating people on how they can boost their health and improve their lifestyle with essential oils! During this session we will discuss effective remedies for common ailments, powerful solutions for pain relief and more! Purity and potency of essential oils will be discussed as well as time for questions and answers. Light refreshments provided.	<b>FREE</b> for Satellite members from any location. Pre-Registration required – Limited Space
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Thank you to Oxford Living for supporting this program.



## Seniors Satellite Guided Trail Walks

<b>Wednesday, May 15</b>  <b>1:00pm to 3:00pm</b>	Meadowlily Trail	The serene Meadowlily area is a very well trafficked hiking trail. The route follows wide trails with lovely tree cover from old canopies and some wildflower meadows. Starting point is the south end of St. Julien Street at the Rivers Edge Disc Golf. Lots of parking.	\$2.55 with membership to ANY Seniors Satellite Location  Pre-Registration required
<b>Wednesday, June 19</b>  <b>9:00am to 11:00am</b>	Medway Valley Heritage Trail	This is a linear trail, generally considered to be an easy route. There are some hills and some dirt path areas, but for the most part the trail is paved. Starting point is small parking lot on Sunningdale Rd. just west of Richmond St. Parking is limited, carpooling is recommended.	\$2.55 with membership to ANY Seniors Satellite Location Pre-Registration required

# Seniors Month Activities – Free to all 55+

## Yoga in the Park

<b>Monday, June 10</b>  <b>10:00am to 12:00pm</b>	Stronach Recreation Centre  Greenspace beside Community Centre	Pairing up Yoga and nature can be an incredible experience. Join Anne and Joan and other seniors for this fun and exciting Outdoor Yoga class! In the case of rain, class will be held in the gymnasium. No experience necessary. Light refreshments provided.	<b>FREE</b> for anyone 55+ Pre-Registration required – Limited Space
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Thank you to Windermere on the Mount for sponsoring this program.

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WINDERMERE  
ON THE MOUNT  
— Retirement Living —

## Artistic License – Perfect Portraits for Beginners

<b>Thursday, June 13</b>  <b>11:00am to 1:00pm</b>	Earl Nichols Meeting Room	One of the most challenging things for a new artist is to draw a face that looks like a face! Although every face is different and unique, there are a few rules that you can follow to draw, paint, and sculpt realistic and recognizable faces of the people you know, including yourself. If you have ever wanted to be able to draw a self-portrait, or successfully create a drawing of your loved ones or a favourite famous face, this is the workshop for you! Supplies and refreshments provided. Come ready to have fun and leave with the confidence to draw a portrait you can be proud of.	<b>FREE</b> for anyone 55+ Pre-Registration required – Limited Space
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Thank you to Beck Hearing Aid Centre for sponsoring this program.

**BECK**  
HEARING AID CENTRE INC.

# Seniors Month Activities – Free to all 55+

## Rooftop Yoga

<b>Tuesday, June 4</b>  <b>10:30am to 11:30am</b>	Byron Community Centre	<p>Take your practice to new heights!</p> <p>Rooftop Yoga transforms a normal routine into an extraordinary experience. Please bring your own yoga mat. Appropriate for all levels.</p> <p>Sunscreen, water, and sunglasses recommended.</p> <p>Weather Permitting</p>	<p><b>FREE</b> for anyone 55+ Pre-Registration required.</p> <p>Limited capacity</p>
<b>Tuesday, June 11</b>  <b>10:30am to 11:30am</b>	Byron Community Centre	<p>Take your practice to new heights!</p> <p>Rooftop Yoga transforms a normal routine into an extraordinary experience. Please bring your own yoga mat. Appropriate for all levels.</p> <p>Sunscreen, water, and sunglasses recommended.</p> <p>Weather Permitting</p>	<p><b>FREE</b> for anyone 55+ Pre-Registration required.</p> <p>Limited capacity</p>

Thank you to Riverstone Sifton for sponsoring this program.





The **Seniors' Satellites** are neighbourhood outreach programs from Kiwanis & Hamilton Road Seniors' Centres & Community Centres

