



## Fall Program Guide

# Seniors Satellites

**September 16, 2024 to December 20, 2024**

Argyle

Boyle

Byron

Chalmers

Earl Nichols

East Lions

Medway

Stronach

Virtual



London  
CANADA

# General Information

## About the Seniors' 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 Artwork courtesy of Susan Paddick

## **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:**

If you require additional information about our satellites, please visit our website at [www.london.ca/senior-recreation](http://www.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).

## **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.

# 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:** Tuesdays & Wednesdays from 9:30am to 1:00pm

- **Boyle**

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

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

- **Byron**

**Location:** Byron Optimist Community Centre, 1306 Norman Ave.

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

- **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 10:00am to 3:00pm & Thursdays from 8:30am to 2:00pm

- **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 from 11:30am to 3:00pm & Wednesdays 9:30am to 3:30pm

- **Stronach**

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

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

**Registration for Fall programs is available beginning  
Thursday, August 8 at 8:30am**

# Medway Seniors Satellite

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

**Day/Time:** Mondays 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 12:30am	<b>Functional Fitness</b> #152867	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> #152870	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. Please bring your own mat.	\$2.55/class with membership
2:00pm to 3:00pm	<b>Legs Up the Wall Yoga</b> #152871	Meeting Room	This is a slower pace, gentle impact class. The practice will allow more time to explore postures and alignment. The focus is on stretching and strengthening the muscles, accompanied by proper breathing, while building awareness of the body. Please bring your own mat.	\$2.55/class with membership

### 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!

# Medway Seniors Satellite

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

**Day/Time:** 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> #154365	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> #154370	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> #154371	Meeting Room	This innovative 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> #154372	Meeting Room	Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner. Well-fitting shoes with a smooth sole required.	\$2.55/class with membership
2:30pm to 3:30pm	<b>Line Dancing 2</b> #154373	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, 1306 Norman Ave.

**Day/Time:** Tuesdays from 11:00am 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 12:00pmm	<b>Walk Fit</b> #152872	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
11:00am to 12:00pm	<b>Zumba Gold®</b> #152875	Meeting Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning calories. 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> #152876	Gym	This innovative 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
12:30pm to 1:30pm	<b>Chair Yoga</b> #152877	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. Please bring your own mat.	\$2.55/class with membership
1:15pm to 2:15pm	<b>Total Body Workout</b> #152886	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

1:45pm to 2:45pm	<b>Mat Yoga #152888</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
------------------	-------------------------	--------------	---	------------------------------

## East Lions Seniors Satellite

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

**Day/Time:** Tuesdays from 10:00am to 3:00pm

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

### Tuesdays

10:00am to 11:00am	<b>Tai Chi for Seniors #152889</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.	\$2.55/class with membership
11:00am to 12:00pm	<b>Qi-Yoga #156995</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
11:30am to 12:30pm	<b>Seniors Bootcamp #152891</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 #152892</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 #1154349</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 well-fitting shoes with a smooth sole.	\$2.55/class with membership
2:00pm to 3:00pm	<b>Line Dancing Level 2 #154352</b>		Just like above, with several new steps and songs added! Join us for some fun. This is a level 2 class. 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 2:00pm

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

## Thursdays

8:30am to 9:30am	<b>Rise and Shine Yoga</b> #154385	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> #154386	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. Please bring your own mat.	\$2.55/class with membership
10:00am to 10:45am	<b>Aqua Zumba®</b> #154387	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 the bottom.	\$2.55/class with membership
11:00am to 12:00pm	<b>Zumba Gold®</b> #154388	Activity Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning calories. We will teach you basic Latin dance steps to some great music!	\$2.55/class with membership
11:00am to 12:00pm	<b>Fit Beat</b> #154390	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
11:15am to 12:15pm	<b>Walk Fit</b> #154389	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

12:15pm to 1:15pm	<b>Qigong</b> #154392	Activity Room	Qigong is a form of movement that is performed standing or seated. It utilizes exercises to optimize the body's structure, joint mobility, strength, and function while improving health and longevity. Qigong uses focused attention, movement and breath and has been described as a moving meditation.	\$2.55/class with membership
12:30pm to 1:30pm	<b>Sit to be Fit</b> #154391	Room 1 South	This fitness program is done while seated in a chair. We use light weights, balls, and/or resistance bands to strengthen muscles needed for daily activities.	\$2.55/class with membership

**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!

# Argyle Seniors Satellite

**Location:** East London Library, 2016 Dundas ST. E

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

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

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

## Wednesdays

9:45am to 10:45am	<b>Cardio Fit Light</b> #154356	Meeting Room	Join us for this fun class that includes a combination of cardio, strength, and core work.	\$2.55/class with membership
11:00am to 11:45am	<b>Ageless Grace</b> ® #154357	Meeting Room	This innovative 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> #154363	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

# Stronach Seniors Satellite

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

**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 12:00pm	<b>20/20/20</b> #154375	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> #157377	Meeting 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> #154378	Meeting Room	This series of Stott Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13mm (1/2") yoga mat is suggested for this class.	\$2.55/class with membership
12:15pm to 1:15pm	<b>Core Strength</b> #154384	Gym	Get strong! Strengthen your core, legs, back, and arm muscles with a focus on Bone Health. Work through a series of strength, mobility, and balance exercises designed for strength and stamina. Exercises include both sitting and standing using weights, bands, and balls. All done to great music!  <b>Class is taught by a Certified Bone Fit Instructor</b>	\$2.55/class with membership

# Earl Nichols Seniors Satellite

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

**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>Core Strength</b> #154393	Hall	Get strong! Strengthen your core, legs, back, and arm muscles with a focus on Bone Health. Work through a series of strength, mobility, and balance exercises designed for strength and stamina. Exercises include both sitting and standing using weights, bands, and balls. All done to great music!  <b>Class is taught by a Certified Bone Fit Instructor</b>	\$2.55/class with membership
12:15pm to 1:15pm	<b>Chair Fit</b> #154394	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> #154395	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 well-fitting shoes with a smooth sole.	\$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 10:00am	<b>Seniors Fitness</b> #154396	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 11:00am	<b>Tai Chi for Seniors</b> #154397	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. We will be building on Tai Chi principles. You will leave the class feeling refreshed and relaxed.	\$2.55/class with membership
11:00am to 11:45am	<b>Ageless Grace®</b> #154398	Lower Hall	This innovative 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.*

# 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> #154399	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
11:30am to 12:30pm	<b>Pilates</b> #154400	Meeting Room	This series of Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13mm (1/2") yoga mat is suggested for this class.	\$2.55/class with membership
12:45pm to 1:45pm	<b>Chair Yoga</b> #154401	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. Please bring your own mat.	\$2.55/class with membership
1:00pm to 2:00pm	<b>Total Body Workout</b> #154402	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> #154403	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

## Speaker Series – Fire Prevention and Safety tips

<p><b>Thursday, October 24</b></p> <p><b>1:00pm to 2:30pm</b></p>	<p>East Lions Community Centre</p> <p>Meeting Room 2</p>	<p>Join us to learn about:</p> <ul style="list-style-type: none"> <li>•The reality of fire... How much time do I really have?</li> <li>•Smoke Alarms &amp; Carbon Monoxide Alarms</li> <li>•Evacuation procedures from your home</li> <li>•Fire safety in the kitchen</li> <li>•Electrical fire safety</li> <li>•The dangers of candles</li> </ul>	<p>FREE for Satellite members from any location. Pre-Registration required – Limited Space</p>
---	--	--	--

## Speaker Series – Emergency Preparedness

<p><b>Thursday, October 31</b></p> <p><b>1:00pm to 2:30pm</b></p>	<p>East Lions Community Centre</p> <p>Meeting Room 2</p>	<p>Emergencies can happen at any time, and it is important to be prepared for them when they do. Learn about making your own emergency plan and how to build your own Emergency Kit.</p>	<p>FREE for Satellite members from any location. Pre-Registration required – Limited Space</p>
---	--	--	--

**Thank you to Oxford Living for sponsoring this series.**



## Seniors Satellite Guided Trail Walks

<p><b>Wednesday, October 16</b></p> <p><b>1:00pm to 3:00pm</b></p>	<p>Springbank Gardens</p> <p>#159943</p>	<p>Springbank Gardens Trail is a paved pathway. Parking at Springbank Gardens Community Centre</p>	<p>\$2.55 with membership to any Seniors Satellite Location Pre-Registration required</p>
<p><b>Wednesday, November 13</b></p> <p><b>9:00am to 11:00am</b></p>	<p>The Coves</p> <p>#159941</p>	<p>This 5.15km loop trail is rated as easy. It is a popular trail for birdwatchers, hiking and snowshoeing in the winter. The Coves ESA contains two provincially rare forest types: a Black Walnut Forest and a Hackberry Forest. Parking is available at 1 Cove Rd.</p>	<p>\$2.55 with membership to any Seniors Satellite Location Pre-Registration required</p>



## East Lions Seniors Satellites

Thursdays 10:00am - 10:45am  
\$2.55/class with membership

Check out our current Program Guide at  
[www.london.ca/senior-recreation](http://www.london.ca/senior-recreation)

Pre-Registration is required for all programs and can be done online at [www.london.ca](http://www.london.ca), by calling Customer Service at 519-661-5575 or by visiting one of the in-person customer service locations.

# 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 innovative 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**

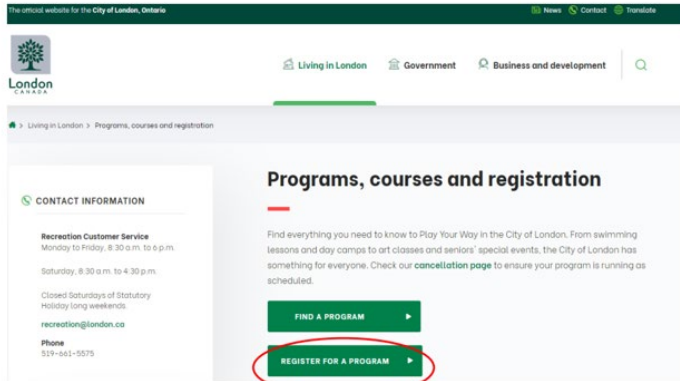
## How to Register

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.

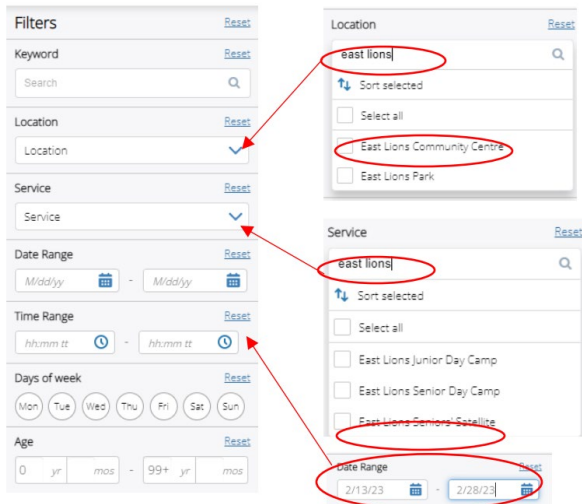
\*Information regarding how to access program will be emailed to the address associated with your account.

# How to view a program on the XPLOR online portal

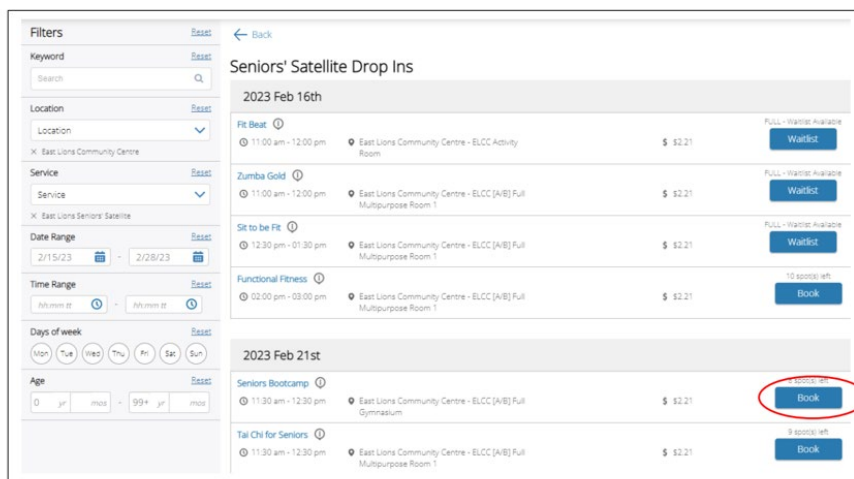
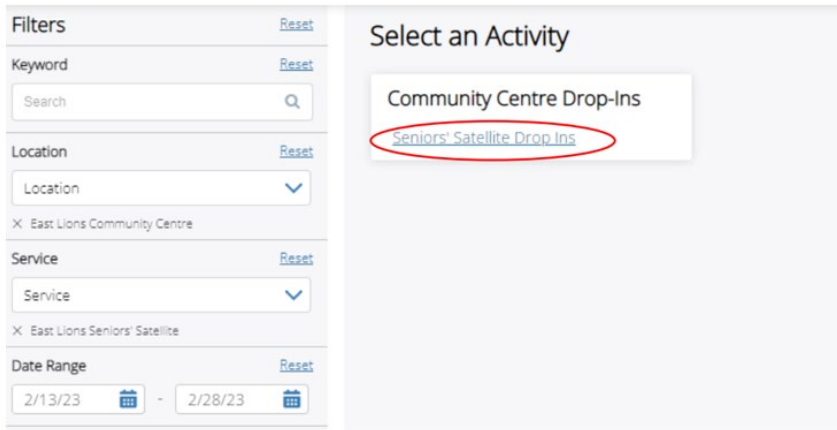
1. From the City of London website select the following <https://london.ca/living-london/recreation/programs-courses-registration>
2. Select Register for a program.



3. Using the filters selection on the left side panel narrow your search by doing the following:
  - Using drop down menu choose a location or type name in search bar (ie. East Lions Community Centre)
  - Using drop down menu choose a Service or type name in search bar (ie. East Lions Seniors Satellite)
  - Enter the date range for the programs you would like to see (ie. Feb. 13 to Feb. 28)



- Once filters are selected on the right-hand side it will populate your results. Select Seniors Satellite Drop Ins to view programs available. Next page will bring you to a list of programs. Select book to view the program and to proceed with registering.



- Select book and will prompt you to login to your Play Your Way Account to register for program.



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