



Summer Program Guide

Seniors Satellites

July 2, 2024 to August 23, 2024

Argyle

East Lions

Springbank

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, or at one of the City's Customer Service Centres. For City services available evenings and Saturdays visit london.ca/hours. Pre-registration is required for all programs and can be done online at www.london.ca or by calling Customer Service at 519-661-5575.

Front and back 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, or contact Susan Stepien, Supervisor, City of London, by phone at 519-661-CITY, ext 4756, or by email at 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 or contact our customer service team at 519-661-5575.

In Person Programs

Memberships from every location valid at all Summer Locations

*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-1:00pm

- **East Lions**

Location: East Lions Community Centre,
1731 Churchill Ave.

Day/Time:

Tuesdays from 10:00am–2:00pm,

Thursdays from 8:30am-2:30pm

- **Springbank**

Location: Springbank Gardens Community Centre,
205 Wonderland Rd. S

Day/Time:

Mondays & Thursdays from 9:00am-2:00pm

**Registration for Summer programs is available beginning
Thursday, June 20 at 8:30am**

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!

Springbank Seniors Satellite

Location: Springbank Gardens Community Centre, 205 Wonderland Rd. S

Day/Time: Mondays and Thursdays from 9:00am to 2:00pm

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

Mondays

9:15am to 10:15am	Walk Fit #145817	Meeting Room/ Outside	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 or park.	\$2.55/class with membership
10:30am to 11:30am	Chair Yoga #145819	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
11:45am to 12:45pm	Mat Yoga #145818	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
1:00pm to 2:00pm	Line Dancing #145821 July 8- July 29	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. Well-fitting shoes with a smooth sole required.	\$2.55/class with membership
1:00pm to 2:00pm	Zumba Gold #145821 August 12 & 19	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

Argyle Seniors Satellite

Location: East London Library, 2016 Dundas St. E

Day/Time: Tuesdays and Wednesdays from 9:00am 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.

Tuesdays

9:30am to 10:30am	Rise and Shine Yoga #149200	Meeting Room	Start your day right! Stretch, lengthen, and tone your body in a calm and relaxed setting.	\$2.55/class with membership
10:45am to 11:45am	Chair Yoga #145824	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
12:00pm to 1:00pm	Line Dancing #145827 July 9 – August 6	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. Well-fitting shoes with a smooth sole required.	\$2.55/class with membership
12:00pm to 1:00pm	Zumba Gold #145827 August 13 & 20	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

East Lions Seniors Satellite

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Tuesdays from 10:00am to 2:00pm

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

Tuesdays

10:00am to 11:00am	Tai Chi for Seniors #145829	Activity Room	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, using them in short form and Qigong sets.	\$2.55/class with membership
11:15am to 12:15pm	Mat Yoga #145832	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
12:30pm to 1:30pm	55+ Strength #145833	Activity Room	Build your independence along with stronger muscles and bones. This low-impact class helps to build strength and increase energy while having fun. This workout will include the use of hand weights, body weight, and resistance bands.	\$2.55/class with membership
1:45pm to 2:45pm	Seniors Bootcamp #150436	Activity 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

Argyle Seniors Satellite

Location: East London Library, 2016 Dundas ST. E

Day/Time: Wednesday from 9:00am 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

9:30am to 10:15am	Ageless Grace ® #145839	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
10:30am to 11:30am	Cardio Fit Light #145840	Meeting Room	Join us for this fun class that includes a combination of cardio, strength, and core work.	\$2.55/class with membership
11:45am to 12:45pm	Chair Fit #145997	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

East Lions Seniors Satellite

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Thursdays from 8:30am to 2:30pm

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

Thursdays

8:30am to 9:30am	Rise and Shine Yoga #146015	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	Chair Yoga #146016	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	Aqua Zumba® #146018	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	Fit Beat #146019	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.	\$2.55/class with membership
12:15pm to 1:15pm	Qigong #146020	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
1:30pm to 2:30pm	Line Dancing #146023	Activity 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

Springbank Seniors Satellite

Location: Springbank Gardens Community Centre, 205 Wonderland Rd.S

Day/Time: Thursdays from 9:00am to 2:00pm

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

Thursdays

9:15am to 10:15am	Chair Yoga #146000	Program 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
10:30am to 11:30am	Legs up the Wall Yoga #149204	Program Room	This is a slower pace, gentle impact class. The practice will allow more time to explore postures and transitions to find better 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
12:00pm to 12:45pm	Ageless Grace ® #146002	Program 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
1:00pm to 2:00pm	Zumba Gold #146014	Program 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



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

Pre-Registration is required for all programs and can be done online at 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

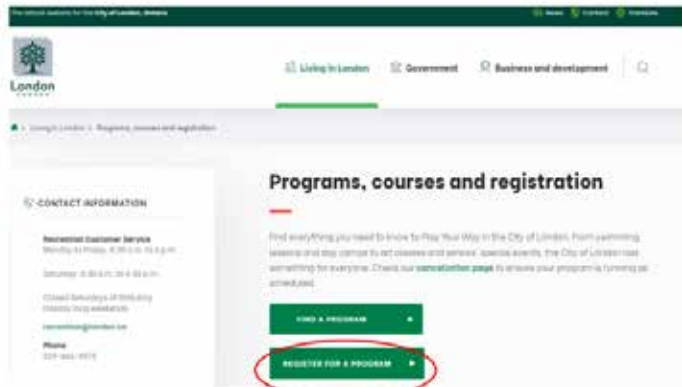
How to Register

1. You can register online at www.london.ca/pywonline, or
2. Call Customer Service at 519-661-5575 and register.

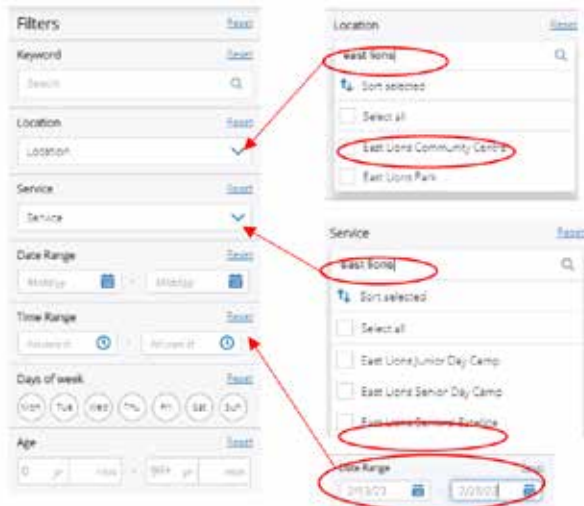
*Information regarding how to access program will be emailed to the address associated with your account.

How to view a program on the XPLOR online portal

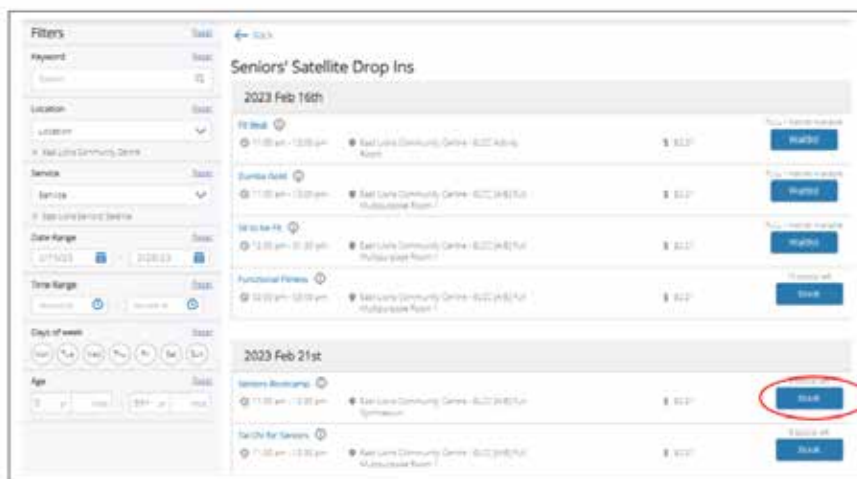
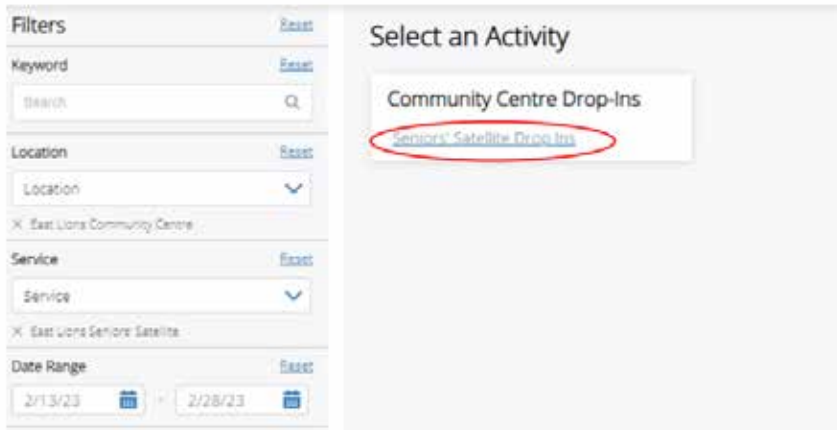
1. From the City of London website select the following <https://london.ca/living-london/recreation/programs-courses-registration>
2. Select Register for a program.



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

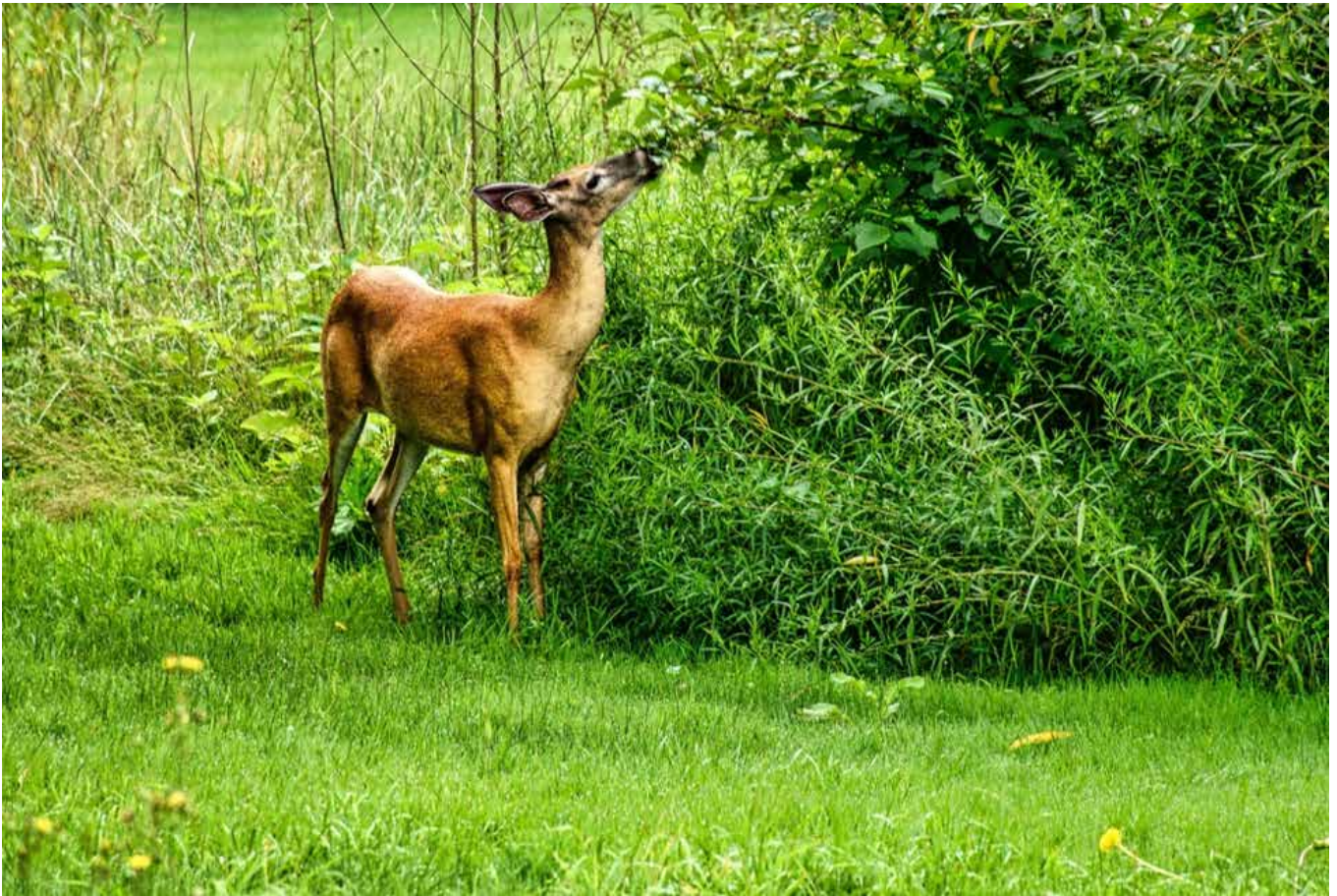


- Once filters are selected on the right-hand side it will populate your results. Select Seniors Satellite Drop Ins to view programs available. Next page will bring you to a list of programs. Select book to view the program and to proceed with registering.



- 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.