



Acoustic Guitar - Canadian Legion - Upstairs

Learn to play guitar and alleviate feelings of depression and enhance mobility in joints.

Instructor: Stu Pike

Dates: **March 27 - May 15**

Time: **Wednesday afternoons 2:00 - 3:30**

Length: **8 weeks** Cost: **\$80**

Better Balance - Community Living Centre

Focus on strengthening core muscles, to promote stability and confidence in physical ability through mixed chair and standing exercises, low-impact cardio, strength training, balance and flexibility.

Please bring a ball & resistance band.

Instructor: Sue Goff

Dates: **March 25 - May 15** (twice weekly)

Time: **Monday & Wednesday mornings
9:00 - 10:00**

Length: **8 weeks (16 classes)** Cost: **\$96**

Chair Yoga - Community Living Centre

Explore gentle movement for mobility and pain care through slow, gentle, mindful movements to help improve strength, balance, and flexibility. We will also explore breathing and relaxation practices. If circumstances are appropriate for some, standing movement may also be possible

Instructor: Susan Halle

Dates: **March 26 - May 14**

Time: **Tuesday mornings 10:00 - 11:00**

Length: **8 weeks** Cost: **\$60**

Computer Essentials Maverick's

Working With Computers - *Introduction*

Web Browsers - *Features and Tips*

Computer Safety - *Avoiding Scams, Spam, Malware*

File Management and Backups;

Material for those who have mobile devices, phones and tablets.

Instructor: Mike Bannister

Dates: **March 25 to April 15**

Time: **Monday afternoons 1:00pm - 2:30pm**

Length: **4 weeks** Cost: **\$50**

Exercise your Creativity

Community Living Centre

This program combines movement and creativity exercises in a fun group experience to help build up your artistic muscles. Expect some yoga stretches and meditation as well as some artistic activity each class.

Instructor: Susan Halle

Dates: **March 22 - April 26**

Time: **Friday afternoons 2:00pm - 3:00pm**

Length: **6 weeks** Cost: **\$80**

Essentrics® -

St. Andrew's

A blend of ballet and tai chi, for everybody. A gentle workout moving from relaxation through tension to increase overall strength, mobility and body awareness

Instructor: Gloria Lux

Dates: **March 26 - April 23 & May 7 - May 21**

Time: **Tuesday afternoons 1:30 - 2:30**

Length: **8 weeks** Cost: **\$80**

French - Step 2

Grace United

Beyond beginners. A class for those with a good knowledge of commonly used vocabulary and sentence structure, and are eager to practice through activities, role play and discussion groups. Students should be prepared to laugh, make mistakes and support each other through this relaxed learning experience. Instructor: Nicole Tyo

Dates: **March 20 - May 8**

Time: **Wednesday mornings 10:00 - 12:00**

Length: **8 weeks** Cost: **\$80**

Gan Grooves & Moves

Canadian Legion

Intro to Social Dance for Active Seniors

Step into the rhythm of Gananoque! Learn the waltz, 2-step, and rumba. Solo or with a partner, enrich your social circle and dance skills under the guidance of expert instructors. It's more than dance; it's about community.

Instructors: Kevin Quinn & Suzanne St. Pierre

Dates: **March 25 to May 13**

Time: **Monday afternoons 2:00pm - 3:00pm**

Length: **8 weeks** Cost: **singles \$40 / couples \$80**

M.E.L.T. Method ® -

Grace United

MELT is a gentle self-treatment technique that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall well-being.

<https://meltmethod.com/>

Instructor: Gloria Lux

Dates: **March 21 - April 18, May 9-23,**

Time: **Thursday afternoons 1:30 - 2:30**

Length: **8 weeks** Cost: **\$80**

Zentangle Workshop Community Living Centre

Zentangle combines simple drawing techniques for mindful doodling. Using easy-to-master strokes, known as tangles, make a beautiful piece of artwork. It does not require realistic drawings, embracing mistakes and expression. Zentangle is a simple form accessible to all.

Instructor: Melissa Fregonese

Dates: **March 26 - April 10**

Time: **Wednesday afternoons 1:00pm -3:00pm**

Length: **4 weeks** Cost: **\$50**

Refunds will not be issued if the participant registers then changes their mind. Credit towards another course, or a refund due to special circumstances (illness, etc.), will be considered on a one to one basis.

You must be a member of the Gananoque Seniors Association to participate. Membership forms are available on the website at: <https://ganseniors.com/> and at the registration.

An individual membership is \$35 annually.



Spring Programs 2024



Registration for Spring Programs

Friday, March 15, 2024 and

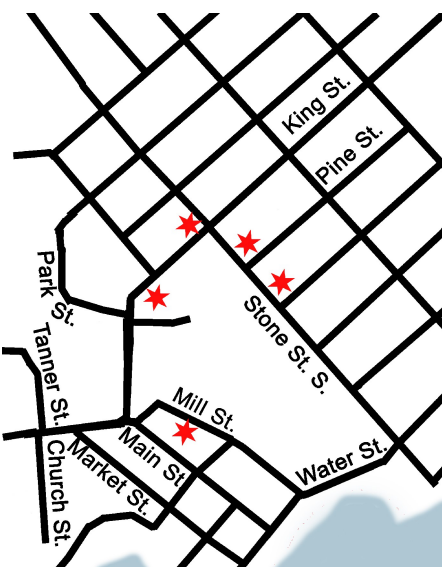
Wednesday, March 20, 2024

10:00 am - 4:00 pm

26 Mill St., Gananoque

(Community Living Centre)

For more information,
email Gananoque Seniors Association at:
gananokeseniorsassociation@gmail.com
or check out our web page at:
<https://ganseniors.com/>



Locations:

- *Maverick's
- *Grace United
- *St. Andrew's
- *Royal Canadian Legion
- *Community Living Centre

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