

Recreation for Seniors

July 2020

If you have any changes or additions, you may help us by calling the Seniors' Resource Centre at 633-8781. Thank you.

ART

Saint John Art Club– 634-1377 Display your art work (\$30.00/year). Volunteer to set up art show. Members attend monthly meetings to join. Drop by to register.
Brunswick Square 2nd floor

ARTHRITICS

Canada Games Aquatic Centre, 658-4715

This program is designed to help those with arthritic conditions maintain a good range of motion, general strength and stamina. The buoyancy of the water supports your limbs allowing you to exercise without aggravating painful toes, ankles, knees and hips.

Senior rates are available. Call for times and prices.

AUCTION 45's/ CARDS

H.O.P.E. Centre

4347 Loch Lomond Road, 653-6856

Tuesdays, 1:00-3:00 p.m., \$3.00

St. Joachim & St. Anne Parish, 653-6870

135 Simpson Drive

Wednesdays, 1:00-3:30, \$5.00

Contact Loretta Parsons 696-2110

BINGO

H.O.P.E. Centre

4347 Loch Lomond Road, 653-6856

Thursday 5:30 p.m.

River Valley Lions

River Valley Lions Community Centre, 738-3435

27 Inglewood Drive, Grand Bay-Westfield

Thursday evenings – Doors open at 6:00 p.m.; 7:00 p.m. regular games.

Denis Morris Community Centre, 330 Greenhead Road, 672-5262

Sunday 1:00-4:00 p.m.

Wheelchair accessible. Canteen is available.

Milford Community Centre, 248 Milford Road

Thursday, 6:30 p.m. (contact Marie Cail 721-0236)

#69 RCL, 635-8095

Wednesday 1:00 p.m., Upper floor

BOOK CLUBS

Saint John Free Public Library

Meets every 3rd Wednesday(September-June), 12:00 noon – 1:00 p.m.

Contact: Sarah Gladwell, 643-7220

Senior Complexes

Call the library(see above) for places, dates, and times

BOWLING

Bowlarama Lanes, 635-1700

248 Lancaster Avenue

Bowling Leagues for seniors are available every day

Fairview Lanes, 652-8480

87 Lansdowne Avenue

Openings are available to join senior leagues several days a week

BRIDGE

Assumption Centre, Chapel Street West

Every Tuesday evening, 7:00 p.m. Cost is \$6.00

Contact Ron Duplessis, 763-2150

Carleton Community Centre, Main Floor.

Every Monday and Friday, 1:00 - 3:00 p.m.

CHESS

Seniors' Resource Centre

Thursdays, 1:30-4:30 p.m.

John Torrie, 651-8562

Please call to register.

CRIBBAGE/CARDS

Nick Nicolle Centre, 658-2980

Thursday 9 a.m. - 12 p.m. Coffee & chat and play cards

KOC #9176, 738-2320

St. Matthew's Catholic Church basement, Grand Bay-Westfield

Every Wednesday evening, 7:00 p.m.

RCL #69, 635-8095

Every Tuesday evening, 7:00 p.m. Partner's Cribbage \$10.00. Upper hall.

COMPUTER CLASSES

Saint John Free Public Library, Market Square, 643-7220

Drop in Electronic Clinic. Thursdays 7:15 p.m. & Saturdays 2:15 p.m.

YMCA Rothesay Hive, 799-9240

\$3.00 for Hive members/session or free for YMCA members. Book for one on one assistance.

DANCING

Seniors' Dance Class

Bill McGuire Centre, Tuesdays, 4:30-5:30 p.m.

Latin Line Dancing for Seniors

Lorraine Millburn, (849-0442)

Will be given through Beth Lawson, Parish Nurse, at Trinity Anglican Church, 642-7348

Bill McGuire Centre

Beginning Dance Class, Wednesdays, 8:00-9:00 p.m., \$7.00 each class.

Contact Lorraine Millburn, 849-0442

Quispamsis Civic Arena

Intermediate Dance Class, Wednesdays, 7:00-8:00 p.m., \$7.00 each class

– contact Lorraine Millburn, 849-0442

Advanced Dance Class – Thursdays, 7:00-9:00 p.m.

– contact Lorraine Millburn, 849-0442

SQUARE DANCING

Beaus and Belles

Ron & Barb Lowe, 847-5236

A modern and western dance group. Dances held the 1st, 2nd, and 4th Saturdays of every month 8-10 p.m. (Sept. - May) at Mission Church 815 Millidge Avenue. Call for costs.

Starlight Promenaders

Jim & Pam McLean, 763-2634

Dances held Tuesday evenings 8-10 p.m. (except during the summer at Fairvale Outing Association River Road, Rothesay. \$3/person

Hampton Hoedowners

Stan & Rosalee Danells, 832-5374

Dance and classes every Monday night 8-10 p.m. (except for the summer) at the Hampton Senior Resource Centre, 31 Demille Court. All levels of ability and skill are welcome. Three free trial night. If you would like to join after the trial nights, there is a membership fee and program fee.

Fundy Wheelers

John & Barb Rathburn, 738-3471

Dance every Wednesday night 8-10 p.m. at Martinon Community Centre 3540 Westfield Road, Grand Bay-Westfield. Wednesday nights, 7:30-9:30 p.m. Call for costs.

DARTS

RCL Bayview Branch #22, 27 Woolastook Drive, Grand Bay-Westfield

Fridays, 8:30 p.m. (September-June)

RCL Lancaster Branch #69, 635-8095

Sundays 2:00 p.m. Free

EDUCATION COURSES

UNB College of Extended Learning, 648-5962, Sandy Mackay

EXERCISE PROGRAMS

50 + Friendship Games, 633-8781

Held during the first week of June, a variety of activities are offered beginning with and Opening Event on Sunday afternoon and ending with an Awards Banquet on Friday evening. Cost is \$30.00 which includes the Opening Event, the Awards Banquet and all the activities you can work into your schedule including golf fees.

Co-Ed Gym – 175 Old Hampton Highway, 849-7070

Strength Training &

Cardiovascular Exercises for Seniors

Tuesdays and Thursday, 9:45 a.m.

\$25.00 for drop-in fee, small discount for seniors (65+) for term membership, call for prices.

Goodlife

Do not have specially-designed programs for seniors but have discounts for 65+, \$19.95 for every two week period and also have specials. Available in all areas of the city – check the yellow pages in the phone book under “Health” for locations and phone numbers.

Human Performance Fitness Centre, 738-8299

749 River Valley Road, Grand Bay-Westfield

Open 5:30 a.m. – 12 midnight, discount for 60+ - call for details

Proto Strength & Conditioning, 647-7686

368 Millidge Avenue, Individual and group programs, call for further details

Taoist Taichi

Nancy Orchard - 847-7709,658-9854; saintjohn.nb@taoist.org

Beginner’s Classes starting on Tuesdays from September 27, 2011 at Assumption Centre, 10:00 a.m. and 7:00 p.m. for 12 weeks for 2 hours each session - this is an all-round gentle exercise that allows one to reach their maximum potential in range of motion, etc. Cost is \$90.00 for seniors 60+.

Helpful for pain management, mobility, balance, memory, and strength

Provides cardiovascular, balance, strength training, and fall prevention education.

Betty – 847-8228

Beginner’s classes are 12 weeks in length for 2 hours each session. This is an all-round gentle exercise that allows one to reach their maximum potential in range of motion, etc. Classes are held at the Assumption Centre, Chapel Street. Cost is \$65.00 for seniors 60+.

YMCA, 632-6157

Classes for seniors held at Millidgeville Community Centre

2 days/week - \$65.00, 3 days/week - \$97.50

Free if the member is a senior; cost is \$44.64/month with a set-up fee of \$25.00

GAMES AFTERNOON

Parkland (Shannex off Millidge Avenue) Marco Polo Room, 672-4282

Last Wednesday of each month 2:00-4:00 p.m., light refreshments

GARDEN TOURS (June – August)

Fundy Gardeners

Bob Perry, President 847-4044

or Pat McGill, 849-4353

GENEALOGY RESEARCH

New Brunswick Museum – Douglas Avenue location, 643-2349

10:00-4:30 Tuesday-Friday. Open on Saturday September-June 10:00-4:00

Web site – www.nbm-mnb.ca - English - Search Collections or www.genealogy.com

Saint John Free Public Library, Market Square, 643-7220

(Before Monthly Meeting of Genealogy Society). Last Wednesday of Month at 7:00 p.m. Come around 6:30 p.m. for help.

GOLF

Hampton Golf Club Ltd. 832-5045

Rockwood Park Golf Course

1255 Sandy Point Road, 634-0090

Welsford Golf Course

Welsford, 486-2217

Ski Atlantic Senior Club

They have a golf excursion in the fall in addition to their ski program

HORSESHOES (May – September/October)

Shamrock Park

Tuesdays and Thursdays, June – September, 6:30 p.m.

Contact Allison Cripps, 642-7221, for details

Knitting

Saint John Free Public Library, 1 Market Square, 643-7220

Mondays, 1:00 p.m.

LAWN BOWLING

Seaside Park, 672-1072

LITERACY PROGRAMS

Community Adult Learning Program

Free classes in Math and English, lower levels up to GED. Small classes, mornings or afternoons, Monday-Friday. Start at your own skill level, work at your own pace. Carleton Community Centre, 658-2920

Read Saint John, 633-2011

Saint John learning Exchange, 648-0202

MUSIC

St. George's Handbell Choir (Tintinabula)

Church of the Good Shephard, Mondays – 6:30 p.m.
No musical training required.
Contact: Lynn Adams, 635-8474

NATURALIST CLUB (SAINT JOHN),

Hank Scarth, 647-7511

Lots of opportunities to explore the world of nature - presentations and field trips.
Regular meetings are held the second Thursday of the month, 7:00 p.m.
(September-May) at the New Brunswick Museum at Market Square.

OUTDOOR ENTHUSIASTS CLUB

Phyllis Hart, President, 847-5408

A year-round recreational club based in the Greater Saint John area providing outdoor recreational activities and sharing of related skills; people committed to outdoor enjoyment. Activities vary with each season. Application forms available online (www.sjoe.ca) or from brochure. A newsletter is also available. Membership (April 1-March 31) – Individual \$10.00 or family \$15.00

Pickleball

Nick Nicolle Centre, 658-2980

Free clinic for beginners every Wednesday, 10:00 a.m.-12:00 noon

Forest Hills School (behind the school)

Tuesdays and Thursdays, 5:00 p.m.

Poetry Club

Saint John Free Public Library, Market Square – 643-7220

QiGong Classes

Thrive Saint John, 160 Union Street

Wednesdays, 6:30-7:30, \$10.00/session

QUILTING

Marco Polo Quilters' Guild

St. Columba Presbyterian Church, 1454 Manawagonish Road

First Wednesday of every month, 7:00-9:00 p.m.

Every Thursday, 10:00 a.m. -2:00 p.m.

Contact Rosa Robichaud, 672-8910

SCRABBLE

KV Library

Mondays 2:00-4:00 p.m.

Call Susan McKenna, 333-3665

Seniors' Resource Centre, 633-8781

Fridays, 1:30 p.m.

SENIOR CLUBS

Groups of seniors meet on a regular basis in all areas of the city (except during the summer). For a complete listing, contact the Seniors' Resource Centre (633-8781) or Gerry Hudson (672-5385) for more details.

SENIOR SOCIAL TEAS, etc.

Spring Fest

Usually held the first Thursday in April at Exhibition Park. Entertainment (usually Delbert Worden), bingo and light refreshments. Cost \$10.00 which includes bingo cards. Seating capacity is 550. Call well in advance for the ticket release date to the Seniors' Resource Centre, 633-8781.

Fall Fest

Information as above except for October.

Lily Lake Pavilion

Entertainment and lunch about every two months. Seating capacity 240. For further information, contact Fred Little, 609-1970.

SHUFFLEBOARD

Church of The Good Shepherd, 667 Manawagonish Road

Wednesdays 10:00-12:00 noon

Contact Lorraine Michaelson, 642-4430. Yearly membership is \$10.00. There is also a \$2.00 fee for each week that you play.

SINGING

Carleton Choristers, 674-0005 (Claire Driscoll, Conductor)

Join this mixed voice community choir on Tuesday evenings, 7:30-9:00 at Grace Presbyterian Church, 101 Coburg Street. All who love to sing are welcome.

Sea Belles (Women's Barbershoppers, a cappella chorus),

Forest Hills School, Glengarry Drive

No previous musical experience is necessary – just a love of singing and an interest in sharing fellowship with other women. Receive vocal training as a chorus member. Free coaching sessions and workshop explores your musical potential and expands your horizons.

SKATING(in season)

Harbour Station, 672-2385 or 849-3019

Mondays, 8:30-9:30 p.m. starting November 9. Music by Ron Maloney

SKIING

Ski Atlantic Senior Club

For 60+

For further information contact Mary Drake, (902) 826-9199

SOCIAL

Golden Oldies

Nick Nicolle Community Centre, President - Joan McInnis, 634-7206

1st and 3rd Mondays of the month, 2:00-4:00 p.m. - Social time which includes a light lunch

Coffee & Chat, Nick Nicolle Community Centre,

Every Thursday, 9:30-11:30 – Coffee and chat

Mature Professional Network

A social networking organization for single adults over the age of 40 – a forum to meet and exchange ideas, develop friendships and share common interests. Meet and Greet Social every Friday evening, 6:00-9:30 at Chateau Saint John on Rockland Road.

Conversation & Light Refreshments

- **Saint John Free Public Library, Market Square, 643-7220**
Thursdays, 10:30-11:30 a.m. Free
- **Saint John West Library, Lancaster Mall**
Last Thursday of the month – 1:00 p.m. Free

TENNIS

Tennis Association

Sue Bishop, 632-6005; infosaintjohntennis.ca

TOPS Club Inc.

No charge for the first meeting. Yearly fee is \$44:00, weekly fee no more than \$4.00

Provincial Coordinator: Myrtle Wood, 472-9571; email: forbesw@nb.sympatico.ca

Champlain School, 111 Champlain Drive, Wednesdays

Contact: Deborah McDonald, 672-9125

Weight-in at 6:00 p.m., meeting at 7:00 p.m.

Assumption Centre, 721 Chapel Street, Wednesdays

Contact: Shirley Crawford, 635-8504

Weight-in at 6:00 p.m., meeting at 7:00 p.m.

Dennis Morris Community Centre, 330 Greenhead Road, Thursdays

Contact: Nancy Burdon, 639-9890

Weight-in at 5:30 p.m., meeting at 7:00 p.m.

Stella Maris Church, 201 Bayside Drive, Tuesdays

Contact; Cindy Doyle, 639-5895

Weight-in at 5:30 p.m., meeting at 6:30 p.m.

Lounge at 20 Newport Crescent (next to Portland United Church), Wednesdays

Contact: Pam Campbell, 642-1522

Weight-in at 5:00 p.m., meeting at 6:00 p.m.

TOURS, DAY TRIPS & TRAVEL ADVENTURES

DayTrippin' Tours

Bus day trips, Wendy at 642-3575 or Carolyn at 696-2678,

Monthly shopping day trips to Bangor, etc.

Day Tripping and Tours

Burgess Tours – 1-506-386-3180; l@burgestours4u.ca

Two pick-ups spots in Saint John. Day trips and tours in Canada and the USA.
All coaches are PUB (Public Utility Board certified)

Lily Lade Pavilion – Rob Lemmon or Nadine Watson, 657-8747

Nordic walking, snowshoeing, skiing

Because you use poles similar to those used in skiing, Nordic walking takes pressure off feet and ankles while increasing strength in the upper torso including heart muscles. Hospital personnel have referred heart patients to this program to improve heart muscle activity

50.00/workshop

edVentures– 1-506-460-2233, 1-888-850-1333 or edVentures@fredericton.ca

Atlantic Canada's largest learning vacation program with various workshops from July 7-26, 2015

Expedia Cruise Ship Centres – 1-866-750-7447

Darlene Gosling, 31 Collingwood Drive, Quispamsis

dgosling@cruiseshipcenters.ca

www.cruiseshipcenters.ca/DarleneGosling

Freedom Tours, 632-1012

80 Charlotte Street, brochures in office

Irving Nature Park

Call Sara(607-3384) or Kelly (636-1982) for tours

Nancy's Tours, 1-506-433-3368

Brochures in office. Nancy's Tours are run out of Sussex with pick-ups in Saint John.

No Limits New Brunswick Travel Adventures

Short learning vacations to give people experience in nature, history, and culture of New Brunswick - For 50+

1-506-458-7106

Optimum Ride, 1-506-433-6634

Operates from Sussex but picks up passengers in Saint John.

Tranquility Tours, Toll-free 1-866-466-4404

Operates from St. Stephen but picks up passengers in Saint John

TRANSPORTATION

A2B Transportation (wheelchair accessible), 631-0968 – Shelley Owens, \$15.00 (approx.) for wheelchair and as many as three passengers in inner city, call for other areas. There are two wheelchair accessible vans available. Call well in advance for reservations.

Handi-Bus, 648-0609

Saint John Transit, 658-4700

Saint John Volunteer Centre, 658-1555

VOLUNTEERING

Nick Nicolle Centre (One Change), 658-2980

Saint John Regional Hospital, 648-6000

SJRH has many openings for volunteers. Call for details
St. John Ambulance, 634-1028
United Way of Greater Saint John, 658-1212
YMCA of Greater Saint John, 693-9622

WALKING

Day Tripping, 657-8747

Nordic walking - groups walks in different areas of the city on different nights. Call for more details

Walks n' Talks, 672-8601

This series of walks has been conducted in Saint John and surrounding areas by columnist and author David Goss since 1978. Thousands of residents and visitors have enjoyed the natural beauty of the areas explored and discovered interesting details about the surroundings and past events. The walk is approximately an hour and a half in duration (3 kilometers).

Also offered are; walk programs to conferences who need alternate programs for delegates, or firms having fun days or socials, and walks for outlying communities such as ghost walks at Halloween, Christmas programs, maple sugaring opportunities, etc. I am also available to talk about Saint John and its history and its stories for conventions, social groups, schools churches, etc. Fees vary, but the usual range is a minimum of \$ 90.00, and \$25.00 per hour over three hours. Please call for more details.

Time may vary, most walks: 7:00pm. Call for times.

Though most walks are held on Tuesday nights, there are exceptions. Call for dates. Admission - Sponsored walks are free of charge. Other walks have a cost of \$5.00 per adult, or \$5.00 for two children.

West Side Walking Club – CCC – 658-2920

Bobbi Craft , Neighbourhood Assistant

Meets Wednesday at 9:00 a.m. at CCC with tea afterwards

WRITING

Writing Prompts

Saint John Free Public Library, Market Square, 643-7220

Tuesdays, 12:00 noon

YOGA

Atlantic Rehab, 642-5005

15 Main Street West

Wednesdays, 6:00 p.m.

Canada Games Aquatic Centre, 658-4715

Special rates for seniors.

Tuesday and Thursday – 6:45 a.m.

Wednesday – 6:15 p.m.

Co-Ed Gym, 175 Old Hampton Highway, 849-7070

Monday – 11:15 & 7:15; Tuesday – 11:15; Wednesday 7:15; Thursday 11:15 & 4:45; Friday 11:15 & 1:15

Grand Bay Centrum

Karen Crane, 653-1289 - \$5.00/class

Hillcrest Village

Karen Crane, 653-1289 - \$5.00/class

Loch Lomond Villa

Shirley Johnson, 643-7174 – call for time and cost

Market Place Wellness Centre (Carleton Community Centre), Market Place West

Mondays, (gentle yoga) 6:00 p.m.

YMCA-YWCA, 693-9622

Beginners – Tuesday - 12:15, 7:30-8:30 p.m. Thursday – 6:30-7:30

Intermediates - Thursday evening

Call for pricing information

ZOOMERS on the Go

Sarah N., 458-7034; cellab@unb.ca

This is a falls prevention program comprised of senior volunteer led exercise classes and health education talks for the fifty plus population in southern New Brunswick.

Carleton Community Centre – Tuesdays, Thursdays, and Fridays, 11:00 a.m.-12:00 noon, 120 Market Place, Saint John

Carleton-Kirk United Church – Thursdays 11:00 a.m.-12:00 noon, 1 Carleton Place, Saint John

Grand Bay/Westfield Centrum – Mondays and Thursdays, 10:00 a.m.-11:00 a.m., 609 River Valley Drive

Nick Nicolle Centre – Mondays and Thursdays, 10:30 a.m.-11:30 a.m., 85 Durham Street, Saint John

Saint John Vineyard Church – Tuesdays and Thursdays 11:00a.m.-12:00 noon, 204 Carmarthan Street, Saint John

Trinity Church, Charlotte Street – Mondays, 9:30 a.m.

Zoomers Online

Contact Courtnie: 458-7034, cellab@unb.ca

Tuesdays 9:00 a.m.-10:00 a.m., Fridays 10:00 a.m.-11:00 a.m. (English)

Tuesdays, Thursdays, and Sundays 5:30 p.m.-6:30 p.m. (English)

Tuesdays and Thursdays 10:00 a.m.-11:00 a.m. (French)

ZUMBA

YMCA, 693-9622

Sunday 10:00 a.m. (zumba step)

Wednesday 6:45 p.m.

Instructor. No fee.

Market Place Wellness Centre

Zumba Gold (55+).

Tuesday and Thursdays, 11:00-12:00 noon. \$5.00/session

Contact Patty at 674-4335

(Email: zumbagbw@bellaliant.net) for more details