

Older Adult Programs

BBNC Welcomes seniors of all ages and backgrounds to participate in our programs. Older adult programs are generally for members aged 60 and over, but a few are open to adults of all ages. Younger adults may be admitted to such programs through special arrangements with program staff.

Program subsidies are available to seniors with low incomes. Such seniors are welcome to apply at the reception desk. All registered programs begin the week of April 2nd and run for 11 or 12 weeks. A Seniors Membership is required for Older Adult programs.

SOCIAL & RECREATIONAL PROGRAMS

CARPET BOWLING

Come out and try your skill while having fun! New members always welcome!

Day: Friday April 13 - June 29
Time: 12:00pm - 1:30pm
Fee: \$2 with membership

BUNKA

Often called "painting with yarn", Bunka embroidery originated in Japan. Bunka has similarities to cross stitch and tapestry, but is easier as it is worked with a special punch needle. Suitable for beginners to advanced. (Instructor: Priscilla)

Day: Wednesday Apr 4 - June 20 (12 weeks)
Time: 1:00pm - 3:00pm
Fee: \$60 (Bunka kits extra)
Older Adult \$51



ACTIVE LIVING

QIGONG

Come out and try something new! Qigong (pronounced chi-Kung) is a gentle exercise, similar to Tai Chi, but without the martial arts influence. Qigong works as a slow movement, breath, posture and healing exercise. It strengthens the body gently, teaches breathing and promotes a sense of relaxation.

Day: Monday Apr 2 - Jun 25 (10 weeks)
11:20 - 12:20
Fee: \$50 with older adult membership
\$66 with adult membership

OR

Day: Friday Apr 13 - June 29 (12 weeks) (Mary)
9:00-10:00
Fee: \$54 with older adult membership
\$72 with adult membership

OLDER ADULT FITNESS

Come and get fit! Enjoy a complete workout set to music that will help you stay healthy and have fun.

Instructor: Lauren

Day: Wednesday Apr 4 - June 20 (12 weeks)
Time: 10:15am - 11:15am
Fee: \$54

OR Try: Muscle Power - ALL LEVELS
Monday Apr 2 - Jun 25 (11 weeks)
Time: 10:15am - 11:15am
Fee: \$50

OLDER ADULT AQUA FITNESS

A great way to get fit and have loads of fun! The support of the water allows you to go at your own pace. Patrons: use common courtesy, get in and out of the pool in a timely manner. Please do not interrupt classes with talk or unnecessary distractions. (Instructor: Lucie)

Hot tub not available until Lane Swim: 12-3:30pm.

Day: Monday Apr 2 - June 4 (8 weeks)
Time: 10:00am - 11:00am
Fee: \$42
Day: Tuesday Apr 3 - May 29 (9 weeks)
Time: 9am-10am or 11am - 12pm
Fee: \$48
Day: Thursday Apr 5 - May 31 (9 weeks)
Time: 9-10am or 10-11am or 11am-12
Fee: \$48

Older Adult Programs

HEALTHY BONES

This class is specifically designed for participants with osteoporosis and for those who want to prevent osteoporosis and increase bone mass. The class consists of: impact training, weight bearing exercise, resistance, strength, balance, stability and some cardiovascular exercises. (Instructor: Ester)

Day: Friday Apr 13 - June 29 (12 weeks)
Time: 10:40am - 11:40am
Fee: \$54 w/Older adult membership
\$72 w/Adult membership

TAI CHI DROP-IN

Come out and enjoy the peaceful wonder of this ancient Chinese exercise consisting of slow and graceful movements.

Day: Monday April 2 - June 25
Time: 1:00 - 2:00pm
Fee: \$2/afternoon (membership required)

LUNCH AND....

A new program for Older Adults. Join us in this monthly program that features a variety of events and activities and a home cooked lunch. Activities include bingo, a movie, a workshop, or other education activity. 2nd Thursday of each month.

April 12 - Intestinal Health

May 10 - Container Gardening

June 14 - Back Health

Day: Thursday
Time: 12:00pm - 2:30pm
Dates: Apr. 12, May 10 & June 14
Fee: \$6 with membership

LIFE AFTER LOSS

Have you experienced the loss of a life-partner? Are you struggling to adjust your life to your changed situation? Join this support group for adults aged 55+ who are learning about life after loss. Gather information on programs, services, and the process of grieving while you receive support from others who are struggling with the same issues. 2nd Tuesday of every month.

Day: Tuesday
Time: 12:00pm - 2:00pm
Dates: April 10, May 8 & June 12
Fee: No charge (Membership required)

LINE DANCING DROP-IN

Drop by on Tuesdays and dance away the afternoon.

Day: Tuesday April 3 - June 19
Time: 1:00pm - 3:00pm
Fee: \$2/afternoon
(Membership required)

OLDER ADULT DAY TRIPS

Currently there are no scheduled trips for the winter session. We are exploring other avenues surrounding older adults trips, we will have updated information in the new year.



Foot Clinic

Foot Care Clinics are being planned for the last Monday of every other month. Appointments are 20 min. in duration. What do you receive? Foot assessment, toe nails clipped, callouses buffed and much more!

Day: Monday
Time: 9:30am-2:30pm
Dates: May 28
Fee: \$30 (payable at the front reception before your appointment)

Book your appointments at the front desk to reserve your spot! Phone booking no longer available.