

SENIORS ASSOCIATION PROGRAM **GUIDE**

WINTER/SPRING 2024





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INSIDE *the* Guide

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Seniors Association Kingston Region

56 Francis Street
Kingston ON, K7M 1L7

BUSINESS HOURS
Monday to Thursday
8:30am to 4:30pm

Friday
8:30am to 4:00pm

tel 613.548.7810
fax 613.531.1862

info@seniorskingston.ca

*The Winter Term consists
of two sessions*

Session 3: Feb 20 to Apr 20

Session 4: Apr 29 to Jun 22

CLOSURES

ALL Seniors Centre locations closed: Feb 19, Mar 29, May 20.

ALL Offsite Seniors Centre locations closed for programs: Mar 11 to 15.

The Gym is closed for some special events.

Closures have been taken into consideration when making the schedule and setting prices.



Enhancing the
quality of life for
seniors throughout
our community

3 Arts

Art History 3
Drawing & Painting 3
Other Arts 4
Workshops 4

5 Crafts

Needle Arts 5
Wood Crafts 5
Other Crafts 5

6 Dance

Line Dance 6
Other Dance 6

9 Fitness

Aquatics 9
General Exercise 10
Pilates 11
Specialty Exercises 11
Tai Chi 15
Yoga 15

16 Games

Board Games 16
Card Games 16
Other Games 17

18 General Interest

Discussion Groups 18
Reading & Writing 18
Special Interest 20
Wellness 20
World History & Culture 22

22 Technology

25 Languages

French 25
German 25
Italian 25
Spanish 25

26 Music

Guitar & Ukulele 26
Jam Sessions 26
Music History & Theory 27
Vocal Music 27
Other Music 27

28 Sports

Badminton 31
Pickleball 29
Short Mat Bowling 28
Table Tennis 28
Other Sports 31

32 Registration Process

Program Calendar 7

34 Index

36 Forms

KEEP your new Program Guide handy for easy reference throughout the term. Updates available online and at The Seniors Centre.

Seniors Centre

The Seniors Centre
Main Location
56 Francis Street
Monday to Thursday
8:30am to 4:30pm
Friday, 8:30am to 4:00pm

Seniors Centre

Seniors Centre West
BGC West, Frontenac Mall
1300 Bath Road
Tuesday to Thursday
8:30am to 2:00pm

Seniors Centre

Seniors Centre North
Rideau Heights Community Centre
85 MacCauley Street
Tuesday to Thursday
9:00am to 2:00pm

Seniors Centre

Seniors Centre East
Kingston East Community Centre
779 Hwy 15
Tuesday to Thursday
8:30am to 2:30pm

Seniors Centre

Seniors Centre Dome
Kingston Racquet Centre
1025 Innovation Drive
Monday to Thursday
9:00am to 3:00pm

FAQS

Who can take programs?

Programs are open only to members of the Seniors Association. Membership must be current throughout the length of the program.

What ages are programs for?

Programs are geared for people 50+ but adults 18 and older are welcome to join!

Do I need to sign a medical release?

If you are registering for a fitness or sports program, we require that you sign a medical release. A doctor's note is not required.

Why do I need to provide an emergency contact?

Accidents and illnesses happen, and when they do, we need to know who we should contact. If you do not have a family member close by, ask a friend or neighbour to be your emergency contact.

How do I know which location my program is in?

All programs have location codes, which are located immediately after the day and time details. Make note of your program's location when signing up.

What is the number before the session dates?

Each program has a unique 5-digit code. Make sure to use the code in order to ensure registration in the correct program.

Keep your new Program Guide handy for easy reference throughout the term.

REGISTRATION BEGINS

Session 3

Online Thursday February 1, 12 noon
Mail-In Friday February 2
In-Person Friday February 2, 8:30am

Session 4

Online Monday April 1, 12 noon
Mail-in Tuesday April 2
In-person Tuesday April 2, 8:30am

More information on page 32.



Has weather forced us to cancel programs?

To find out, call The Centre, check our website or Facebook.



Find us on Social Media
@KingstonSeniors

CONTACT US

PROGRAM STAFF
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613.548.7810 x 223
613.548.7810 x 230
613.539.7813
613.985.7814
613.583.7897

OUT & ABOUT

Programs are offered in locations other than the Seniors Centres.

OFFSITE LOCATIONS

5-6-7-8 Dance Studio
574 Princess St., Suite 101

Artillery Park Aquatic Centre
382 Bagot St.

Edith Rankin Church
4080 Bath Rd.

Royale Place
2485 Princess St.

Matt's Place - Legion 631
4034 Bath Rd.

All Seniors Association facilities are SCENT FREE environments.

SCENT FREE ZONE Scents is a HEALTH issue. *Be mindful of others.*

Security Reminder

Don't leave valuables in your car in full sight. Store them in the trunk.



Funded by



Arts

Art History

New Focus on Favourite Canadian Artists

Each week, dive into a new artist's history, inspiration, and significance in Canadian art. Those featured: Joyce Wieland, Emily Carr, Doris McCarthy, Lawren Harris.

Instructor: Mary O'Brien

Tuesdays, 2:00 to 4:00pm **SC**

23039 Session 3: Mar 5 to Mar 26

\$37.20/Session

New Impressionism on Both Sides of the Pond

Discover the birth and spread of Impressionism in France, Canada, and the United States. Its huge and rippling impact on the art world will be explored.

Instructor: Mary O'Brien

Tuesdays, 2:00 to 4:00pm **SC**

23259 Session 4: May 7 to Jun 11

\$55.80/Session

Drawing and Painting

Acrylic Painting BEGINNER CONTINUED

Continue learning the basics of this versatile and forgiving medium, even if you have never picked up a paintbrush. After a quick look at techniques, jump straight into a step-by-step painting, followed by a subject of your own choice.

Beginners and previous students welcome. Material list provided.

Instructor: Bruce St. Clair

Wednesdays, 1:00 to 4:00pm **SC**

23070 Session 3: Feb 21 to Apr 17

23293 Session 4: May 1 to Jun 19

\$166.41/Session 3; \$147.92/Session 4

Acrylic Pouring

Acrylic pouring is an abstract art technique where artists pour fluid acrylic paints on a surface creating art. Learn how to mix colours and layer the paint in order to create stunning works on paper and other surfaces.

All materials included.

Instructor: Leslie Welfare

Wednesdays, 12:30 to 2:30pm **SCW**

23352 Session 4: May 1 to Jun 19

\$113.12/Session

Artists' Rendezvous

Get together with other painters, share ideas, and practise skills in a supportive setting. A good opportunity to work on that troublesome piece.

Supply own materials.

Instructor: Beatsie McLean

Thursdays, 1:00 to 4:00pm **SC**

23073 Session 3: Feb 22 to Apr 18

23295 Session 4: May 2 to Jun 20

\$34.11/Session 3; \$30.32/Session 4

Keep your new Program Guide handy for easy reference throughout the term. Updates available at The Seniors Centre.

New Creating Joyful Watercolours BEGINNER

Find inspiration in nature and express your creativity. Explore elements, such as line and colour, and principles of design. Learn techniques with paints and tools. Develop skill and confidence during joyful interactive classes.

Material list available upon registration.

Instructor: Trudy McKeown

Thursdays, 12:30 to 3:00pm **SCE**

23155 Session 3: Feb 22 to Apr 18

\$154.72/Session

New Everything But Painting

Ever wanted to learn to paint, but were intimidated to start? Learn the mechanics necessary for the creation of a successful painting, include accurate drawing, light and shadow, perspective, colour theory, and composition. Bring confidence and success to your creative vision.

Beginners and previous students welcome. Material list available upon registration.

Instructor: Bruce St. Clair

Wednesdays, 9:00 to 11:30am **SCN**

23161 Session 3: Feb 21 to Apr 17

\$131.04/Session

Guided Studio

Get expert one-on-one help with your art projects, whatever the medium. Whether oil, acrylic, watercolour, or pastel, Bruce provides tips and tricks learned from a lifetime of creating and teaching art.

Beginners and previous students welcome. Supply own materials.

Instructor: Bruce St. Clair

Thursdays, 9:00am to 12 noon **SCN**

23162 Session 3: Feb 22 to Apr 18

23382 Session 4: May 2 to Jun 20

\$157.20/Session

Life Drawing

Maximize drawing time while you continue to develop your life drawing skills. Pick up strategies and tips for drawing the human figure by exploring proportions, musculature, and skeletal structures as features of the human form. Work with life models using your choice of medium.

Supply own materials.

Instructor: Ineke MacNab

Fridays, 1:30 to 3:30pm **SC**

22995 Session 3: Feb 23 to Apr 19

23218 Session 4: May 3 to Jun 21

\$44.08/Session

New Now Let's Paint

Building on the skills in Everything But Painting program, let's put them into practice. Anyone who would like assistance in creating their own beautiful work of art is welcome to join us.

Some experience with painting is required. Medium of your choice. Supply own materials.

Instructor: Bruce St. Clair

Wednesdays, 9:00 to 11:30am **SCN**

23380 Session 4: May 1 to Jun 19

\$131.04/Session

Oil Painting BEGINNER CONTINUED

Oil paints, the classic medium, produce rich and glowing results with beautiful blends. Classes will focus on developing painting skills, including brush handling and colour mixing. We'll begin with simple still life, then landscape subjects.

Supply own materials; list provided upon registration. Beginners and previous students welcome.

Instructor: Bruce St. Clair

Tuesdays, 12 noon to 2:15pm **SCN**

23160 Session 3: Feb 20 to Apr 16

23379 Session 4: Apr 30 to Jun 18

\$131.04/Session

Open Studio

Get together with other artists, share ideas, and work independently on own projects in any medium. A good opportunity to work on that troublesome piece in a supportive setting.

Supply own materials and tools.

Instructor: Marsha Esford

Wednesdays, 9:00am to 12 noon **SC**

23069 Session 3: Feb 21 to Apr 17

23292 Session 4: May 1 to Jun 19

\$36.54/Session 3; \$32.48/Session 4

Painting Nature

The fiery glory of Fall colours, the delicate beauty of summer flowers, the peacefulness of a quiet stream. Learn to paint these and more, in the medium of your choice.

Beginners and previous students welcome. Supply own materials.

Instructor: Bruce St. Clair

Thursdays, 1:00 to 4:00pm **SC**

23063 Session 3: Feb 22 to Apr 18

23277 Session 4: May 2 to Jun 20

\$166.59/Session 3; \$148.08/Session 4

Realistic Techniques in Watercolour

Free, spontaneous watercolours have a beauty and passion all their own, but do you sometimes feel you'd like to say more about your subject, to be more descriptive? This course introduces a variety of methods and techniques that will enable you to do that.

Beginners and previous students welcome. Material list available upon registration.

Instructor: Bruce St. Clair

Tuesdays, 9:00 to 11:30am **SCN**

23159 Session 3: Feb 20 to Apr 16

23378 Session 4: Apr 30 to Jun 18

\$131.04/Session

Watercolour BEGINNER CONTINUED

Continue applying skills, paint building materials, landscapes, spring flowers with a mini workshop rounding out painting skills.

Prerequisite: Watercolour Beginner or instructor's approval. Supply own materials.

Instructor: Anne Irwin

Mondays, 1:00 to 4:00pm **SC**

23036 Session 3: Feb 26 to Apr 15

23256 Session 4: Apr 29 to Jun 17

\$154.72/Session 3; \$135.38/Session 4

Watercolour INTERMEDIATE

Create your own paintings, supported by instruction and demonstrations. This series of workshops is designed for those with a solid basic knowledge in watercolour painting.

Prerequisite: Watercolour Beginner or Permission of Instructor. Supply own materials.

Instructor: Jane Hanley

Fridays, 9:00am to 4:00pm **SC**

23052 Session 3: Mar 1 & Apr 5

23266 Session 4: May 3 & Jun 7

\$96.80/Session

Other Arts

New Photography Rendezvous

Meet with fellow film and digital photographers (sorry, no cell phones) to exchange ideas, examine technical issues, and discuss practices. Photo shooting events will be arranged.

Instructor: Stan Harwood

Every other Monday, 2:00 to 4:00pm **SC**

22977 Session 3: Mar 4 to Apr 15

\$20/Session

Arts & Crafts Workshops

Watch for full details in the corresponding Vista.

New Photo Scrapbooks

Instructor: Jen Davis

23502 Tuesday February 27, 9:00am to 12 noon **SCW**

\$25/person

Instructor: Christina MacLachlan

Wednesdays, 1:00 to 3:00pm **SC**

ONE DAY

Art with Grandchildren

23045 March 13

Brushstrokes and Friends

23046 March 27

23047 April 3

23264 June 19

23261 May 8

Floral Spring Centrepiece

23048 April 17

\$26/person/workshop

MULTIPLE DAY

New Paint with Gouache

23262 May 22 & 29

New Photo Transfer

23263 June 5 & 12

\$52/person/workshop

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Crafts

Needle Arts

Needlepoint & Cross Stitch RENDEZVOUS

Join us to complete those new and unfinished projects in a pleasant, helpful, and friendly atmosphere.

No instruction offered, rather friendly advice where needed. Supply own materials.

Instructor: Mariette Ringuette

Tuesdays, 10:30am to 12:30pm **SC**

23057 Session 3: Feb 20 to Apr 16

23271 Session 4: Apr 30 to Jun 18

\$44.91/Session 3; \$39.92/Session 4

Wood Crafts

Woodburning

Work on independent projects. Instruction will be provided.

Supply own woodburner and supplies.

Instructor: Plonia Servage

Fridays, 1:00 to 4:00pm **SC**

23101 Session 3: Feb 23 to Apr 19

\$41.84/Session

Woodcarving

Participants develop and practice woodcarving skills by working on individual projects at their own pace. Students are free to employ a variety of techniques, carving styles, and woods.

Prerequisite: Learn to Carve Workshop or permission of the instructor.

Instructor: Fred Georgeadis

Mondays & Wednesdays, 9:00am to 12 noon **SC**

23097 Session 3: Feb 21 to Apr 17

23319 Session 4: Apr 29 to Jun 19

\$88.91/Session 3; \$78.45/Session 4

Instructor: Don McTaggart & Roger Sashaw

Mondays & Wednesdays, 1:00 to 4:00pm **SC**

23098 Session 3: Feb 21 to Apr 17

23320 Session 4: Apr 29 to Jun 19

\$88.91/Session 3; \$78.45/Session 4

Woodcarving Workshops

Watch for full details in the corresponding *Vista*.

Instructor: Fred Georgeadis & Roger Sashaw

Learn to Carve

23468 Friday February 16, 9:00am to 4:00pm **SC**

\$60/person

Special Project

23469 Friday April 26, 9:00am to 4:00pm **SC**

\$25/person

Woodworking

Participants work on independent projects. Instruction provided on safe use of machines.

Supply own materials.

Instructor: Mario Morin, Ken Beckett & Murray Somerville

Tuesdays, 9:00am to 12 noon **SC**

23099 Session 3: Feb 20 to Apr 16

23321 Session 4: Apr 30 to Jun 18

\$67.41/Session 3; \$59.92/Session 4

Thursdays, 9:00am to 12 noon **SC**

23100 Session 3: Feb 22 to Apr 18

23322 Session 4: May 2 to Jun 20

\$67.41/Session 3; \$59.92/Session 4

Other Crafts

Art Cards

A handmade card is a gift and a reflection of your sincerity towards the person who receives it. Create your own personal, decorative cards using a variety of techniques and materials.

All materials included.

Instructor: Leslie Welfare

Wednesdays, 12:30 to 2:30pm **SCW**

23128 Session 3: Feb 21 to Apr 17

\$70.24/Session

Collage I

Learn the art of paper collage. This introduction program combines a weekly theme with fun techniques to explore.

No drawing skills required. Just bring your curiosity. All materials included.

Instructor: Jen Gregory

Thursdays, 10:00am to 12 noon **SC**

23138 Session 3: Feb 22 to Apr 18

\$93.96/Session

New Collage II

Discover more techniques to add depth and richness to your collage pieces.

No drawing skills required. All materials included.

Instructor: Jen Gregory

Thursdays, 10:00am to 12 noon **SC**

23356 Session 4: May 2 to Jun 20

\$83.52/Session

Handbuilding Ceramics

Let's clay together! We will pinch, push, roll, poke, pull, and play in clay. Using many different types of tools and techniques we will create cups, mugs, bowls, plates, and other fun, functional items.

For all levels.

Instructor: Carrie Whalen

Thursdays, 1:00 to 4:00pm **SC**

23432 Session 3: Feb 22 to Mar 28; no class Mar 21

\$195/Session

Stained Glass BEGINNER

Calling all aspiring glass artists! Learn the basic skills of cutting, foiling, and soldering, along with safe tool and glass handling, and create your own stunning works of art.

All tools and materials included.

Instructor: Bill Perry

Thursdays, 1:00 to 3:00pm **SC**

23323 Session 4: May 2 to Jun 6

\$24/Person

Dance

Line Dance

Beginner

Advance your knowledge of the essential line dance steps and move on to more elaborate steps and dances at a reasonable pace.

Prerequisite: Line Dancing Introductory

Instructor: Mary Golem

Tuesdays, 9:00 to 10:00am **SC**

23000 Session 3: Feb 20 to Apr 16

23224 Session 4: Apr 30 to Jun 18; no class Jun 4

\$46.53/Session 3; \$36.19/Session 4

Wednesdays, 9:15 to 10:15am **SCE**

23147 Session 3: Feb 21 to Apr 17

23363 Session 4: May 1 to Jun 19; no class Jun 5

\$41.36/Session 3; \$36.19/Session 4

Improver

Learn more complex steps and routines as you build on the basic sequences you have mastered.

Prerequisite: Line Dancing Beginner (1 year)

Instructor: Ruurd Van De Ven

Wednesdays, 9:00 to 10:00am **SCW**

23500 Session 3: Feb 21 to Apr 17

23501 Session 4: May 1 to Jun 19

\$41.36/Session 3; \$41.36/Session 4

Introductory

New to line dancing? Learn to line dance from the very beginning steps, and to a variety of music including country, classical, swing, pop, and Caribbean.

Instructor: Mary Golem

Wednesdays, 10:30 to 11:30am **SCE**

23148 Session 3: Feb 21 to Apr 17

23369 Session 4: May 1 to Jun 19; no class Jun 5

\$41.36/Session 3; \$36.19/Session 4

Thursdays, 11:30am to 12:30pm **SC**

23012 Session 3: Feb 22 to Apr 18

23234 Session 4: May 2 to Jun 20; no class Jun 6

\$46.53/Session 3; \$36.19/Session 4

Seated

Stay active and social with this Seated Line Dance Program, designed for all levels. Enjoy the fun and fitness of line dancing while comfortably seated, promoting mobility and balance.

Instructor: Rick Burns

Mondays, 11:00am to 12 noon **SC**

23581 session 3: Feb 26 to Apr 15

23564 session 4: Apr 29 to Jun 17

\$41.36/session 3, \$36.19/session 4

Other Dance

Ballroom & Latin Dance

From standard dances like the Waltz, Slofox and Quickstep to lively Jive, Mambo, Cha Cha and other Latin dances, you are sure to feel both energized and elegant.

You must register with a designated lead and follow.

Instructor: Paulette Masse & Gilles Masse

Mondays, 10:00am to 12 noon **SC**

23054 Session 3: Feb 26 to Apr 15

23268 Session 4: Apr 29 to Jun 17

\$33.52/Session 3; \$29.33/Session 4

Cardio Go-Go

Learn high energy moves from the psychedelic sixties to the nightclubs of today. This class is sure to get your blood pumping with bumps and shimmies made famous through vintage and modern platform, gogo, and cage dance!

All bodies and all levels of cardiovascular fitness welcome - modifications offered for your abilities.

Instructor: Chelsea Edgell

Tuesdays, 3:00 to 4:00pm **SC**

23004 Session 3: Feb 20 to Apr 16

23227 Session 4: Apr 30 to Jun 18

\$72.09/Session 3; \$64.08/Session 4

Dance for Parkinsons

Experience the joy of movement and music in a fun, welcoming atmosphere. Whether seated or standing, have fun exploring elements of modern dance, ballet, folk, and more, regardless of your mobility level.

Designed for those living with Parkinson's Disease.

Instructor: Amy Booth

Mondays, 12:30 to 1:30pm **SC**

23019 Session 3: Feb 26 to Apr 15

23242 Session 4: Apr 29 to Jun 17

\$55.58/Session

Feet Beats

Join Carole for good tunes and good fun while learning to shuffle, ball change, toe tap, and more! Tap shoes are preferred, but hard-soled shoes might do the trick.

No tap experience required.

Instructor: Carole Gibson

Tuesdays, 10:00 to 11:00am **SCN**

23164 Session 3: Feb 20 to Apr 16

\$44.96/Session

Irish Set & Ceili Dance

Do your feet start tapping when you hear a fiddle? Learn these social forms of Irish dance, performed in groups of 8 to 10, including reels, jigs, hornpipes, and polkas.

No partner or experience required. Comfortable, low-heeled shoes suggested; no runners.

Instructor: Stephen Rayner

Thursdays, 10:00am to 12 noon **SC**

23062 Session 3: Feb 22 to Apr 18

23276 Session 4: May 2 to Jun 20

\$64.80/Session 3; \$57.60/Session 4

Dance continues →

PROGRAM CALENDAR

WINTER/SPRING 2024

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
FEB	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	1	2
MAR	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
APR	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
MAY	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
JUN	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29

- Session 3: February 20 to April 20
- Session 4: April 29 to June 22
- March Break: All **satellite** locations closed. Programs running at SC.
- No programs: Holidays and buffer weeks



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Lifeline



Seniors are at the **heart** of everything we do.



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The Examined Life

Join us for conversations around life, dying & death.

Jan 8	Paint Night*
Feb 5	Panel on Dying and Death with Valerie Cooper & Jennifer Morgan
Mar 4	Financial Planning & Estate Concerns with Heidi Blondin & Therese Barrett
Apr 1	Death Cafe
May 6	Kintsugi Workshop*
June 3	Pre-Planning Workshop with Alexandra Manthorpe, Heather Jackson & Sarah Reid

All welcome, no cost. * Supportive evening for the bereaved.

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Latin American Dance

Have you always wanted to learn the Tango? The Bachata? Salsa? Learn these and more, from someone who learned to appreciate Latin music and dance in his sixties.

No partner needed.

Instructor: Ron Paulson

Wednesdays, 5:00 to 6:30pm **SC**

23009 Session 3: Feb 21 to Apr 17

23232 Session 4: May 1 to Jun 19

\$38.40/Session 3; \$43.20/Session 4

Let's Dance!

Let's work body and mind! Get a cardio workout, learn dance routines, have fun and unleash the dancer in you.

Instructor: Carole Gibson

Thursdays, 10:15 to 11:15am **SC**

23011 Session 3: Feb 22 to Apr 18

22996 Session 3: Feb 26 to Apr 15

\$48.69/Session 3; \$43.28/Session 4

Scottish Country Dance

This is the ballroom dance of Scotland, a social and non-competitive activity that combines movement to music, gentle aerobic exercise, and mental stimulation.

No partner required.

Instructor: Virginia Haggerty

Tuesdays, 11:30am to 1:00pm **SC**

23002 Session 3: Feb 20 to Apr 16

\$46.71/Session

Tap Dance INTERMEDIATE

Designed for those who have tap dance experience and are comfortable with all the basics of tap. Continue practising more complex steps.

Instructor: Andrea Lalonde

Location: 5-6-7-8 Dance Studio

Mondays, 2:00 to 3:00pm **OS**

23205 Session 3: Feb 26 to Apr 15

23395 Session 4: Apr 29 to Jun 17

\$55.86/Session

Fitness

Aquatics

AquaFit

Exercising in a pool is fun and takes pressure off joints and limbs. Each co-ed class includes stretching, strength training and resistance, balance, range of motion, and cardio exercises all led by a trained, certified instructor.

SENIORS CENTRE WEST

Instructor: Laura Garofalo

Mondays, 9:00 to 9:45am

23123 Session 3: Feb 26 to Apr 15

23347 Session 4: Apr 29 to Jun 17

\$59.85/Session

Wednesdays, 9:00 to 9:45am

23125 Session 3: Feb 21 to Apr 17

23349 Session 4: May 1 to Jun 19

\$68.40/Session

Instructor: Lorri Naumann

Fridays, 9:00 to 9:45am

23485 Session 3: Feb 23 to Apr 19

23486 Session 4: May 3 to Jun 21

\$59.85/Session 3; \$68.40/Session 4

Instructor: Nancy Ritchie

Tuesdays, 9:00 to 9:45am

23124 Session 3: Mar 5 to Apr 16

23348 Session 4: Apr 30 to Jun 18

\$51.30/Session 3; \$68.40/Session 4

Thursdays, 9:00 to 9:45am

23126 Session 3: Mar 7 to Apr 18

23350 Session 4: May 2 to Jun 20

\$51.30/Session 3; \$68.40/Session 4

ASPIRA ROYALE PLACE

Note: there are stairs into the pool

Instructor: Nancy Ritchie

Wednesdays, 9:00 to 9:45am

23207 Session 3: Mar 6 to Apr 17

23396 Session 4: May 1 to Jun 19

\$51.30/Session 3; \$68.40/Session 4

Wednesdays, 10:15 to 11:00am

23208 Session 3: Mar 6 to Apr 17

23397 Session 4: May 1 to Jun 19

\$51.30/Session 3; \$68.40/Session 4

ARTILLERY PARK

Instructor: Sherry Gregory

Wednesdays, 2:00 to 3:00pm

23206 Session 3: Feb 21 to Apr 17

23398 Session 4: May 1 to Jun 19

\$68.40/Session

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1:00pm

Grab a bite while you're here!

Weekly Entrées

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at The Seniors Centre **56 Francis St.**

General Exercise

Simply Lift VIGOROUS

Shape and tone your muscles while burning fat and calories. Features hand weights, mat work on the floor, and exercise bands which work every major muscle group. Finish with posture and balance work and a relaxing stretch.

Supply own small ball, resistance band, and hand weights.

Instructor: Plonia Servage

Tuesdays, 5:00 to 6:00pm **SC**

23460 Session 3: Feb 20 to Apr 16

\$79.83/Session

Thursdays, 5:00 to 6:00pm **SC**

23461 Session 3: Feb 22 to Apr 18

\$79.83/Session

Instructor: Sherry Gregory

Thursdays, 9:00 to 10:00am **SCW**

23498 Session 3: Feb 22 to Apr 18

23499 Session 4: May 2 to Jun 20

\$70.96/Session

Simply Move GENTLE

All simply move classes incorporate low-impact cardio, strength training, balance and flexibility. If you are new to exercise or prefer a gentle slower-paced class, our Simply Move Gentle class is for you. Participants have the option to sit or stand during the routine.

Supply own ball and resistance band or hand weights.

Instructor: Cheryl Descent

Wednesdays, 11:00am to 12 noon **SCE**

23133 Session 3: Feb 21 to Apr 17

23373 Session 4: May 1 to Jun 19

\$36.80/Session

Instructor: Jane Martin

Tuesdays, 1:00 to 2:00pm **SCW**

23113 Session 3: Feb 20 to Apr 16

23337 Session 4: Apr 30 to Jun 18

\$36.80/Session

Instructor: Judy Kay & Sue McInerney

Mondays, 10:30 to 11:30am **SC**

22984 Session 3: Feb 26 to Apr 15

23209 Session 4: Apr 29 to Jun 17

\$36.80/Session 3; \$32.20/Session 4

Instructor: Kim Heaslip

Thursdays, 12 noon to 1:00pm **SCN**

23166 Session 3: Feb 22 to Apr 18

23385 Session 4: May 2 to Jun 20

\$36.80/Session

Instructor: Sue McInerney & Judy Kay

Wednesdays, 10:15 to 11:15am **SC**

23059 Session 3: Feb 21 to Apr 17

23273 Session 4: May 1 to Jun 19

\$41.40/Session 3; \$36.80/Session 4

Simply Move MODERATE

All simply move classes incorporate low-impact cardio, strength training, balance and flexibility. Continue your fitness journey with our Simply Move Moderate class. It is easily adaptable to various physical abilities to get your body moving and your heart pumping.

Supply own ball and resistance band or hand weights.

Instructor: Carole Gibson

Tuesdays, 9:00 to 10:00am **SCN**

23163 Session 3: Feb 20 to Apr 16

\$36.80/Session

Instructor: Dianne Bell

Wednesdays, 9:00 to 10:00am **SCE**

23132 Session 3: Feb 21 to Apr 17

23372 Session 4: May 1 to Jun 19

\$36.80/Session

Instructor: Rosi Riopelle

Fridays, 10:15 to 11:15am **SC**

23015 Session 3: Feb 23 to Apr 19

23238 Session 4: May 3 to Jun 21

\$36.80/Session

Instructor: Sharon Allen

Thursdays, 10:30 to 11:30am **SCN**

23165 Session 3: Feb 22 to Apr 18

23384 Session 4: May 2 to Jun 20

\$36.80/Session

Instructor: Sherry Gregory

Wednesdays, 9:30 to 10:30am **SCW**

23105 Session 3: Feb 21 to Apr 17

23328 Session 4: May 1 to Jun 19

\$36.80/Session

Simply Move VIGOROUS

All simply move classes incorporate low-impact cardio, strength training, balance and flexibility. Challenge your endurance with our Simply Move Vigorous class for a high-energy fast-paced workout.

Supply own ball and resistance band or hand weights.

Instructor: Janice Johnson

Location: Edith Rankin Memorial United Church

Tuesdays & Thursdays,

9:30 to 10:30am **OS**

23204 Session 3: Feb 20 to Apr 18

\$73.60/Session

Instructor: Seniors Association

Volunteer Facilitator

Mondays, 9:00 to 10:15am **SC**

23076 Session 3: Feb 26 to Apr 15

23299 Session 4: Apr 29 to Jun 17

\$36.80/Session 3; \$32.20/Session 4

Mondays, 10:30 to 11:45am **SC**

23077 Session 3: Feb 26 to Apr 15

23300 Session 4: Apr 29 to Jun 17

\$36.80/Session 3; \$32.20/Session 4

Wednesdays, 9:00 to 10:00am **SC**

23087 Session 3: Feb 21 to Apr 17

23311 Session 4: May 1 to Jun 19

\$41.40/Session 3; \$36.80/Session 4

Fridays, 9:00 to 10:00am **SC**

23014 Session 3: Feb 23 to Apr 19

23236 Session 4: May 3 to Jun 21

\$36.80/Session

Simply Strength VIGOROUS

Cardio workout to challenge you includes lifting weights and using resistance bands for a head to toe workout. Get your heart rate up, improve your endurance and finish with balance and stretch to relax your muscles.

Supply own small ball, resistance band, and weights.

Instructor: Jean Lawson

Tuesdays, 9:00 to 10:00am **SCW**

23108 Session 3: Feb 20 to Apr 16

23332 Session 4: Apr 30 to Jun 18

\$70.96/Session

Thursdays, 4:00 to 5:00pm **SC**

23316 Session 4: May 2 to Jun 20

23307 Session 4: Apr 30 to Jun 18

\$70.96/Session

Simply Stretch GENTLE

Improve overall flexibility, balance, and strength through stretching muscles. Some stretching will require mat work.

Instructor: Jean Lawson

Tuesdays, 10:00 to 10:30am **SCW**

23109 Session 3: Feb 20 to Apr 16

23333 Session 4: Apr 30 to Jun 18

\$36.32/Session

Register for **BOTH**

Tuesday's **Simply Strength Vigorous** & **Simply Stretch**

for a \$10 credit on your account.

New Soft Aerobics

This gentle, low impact program focuses on balance, flexibility, coordination through stretching, walking on the spot, and core exercises.

Supply own small ball, 2 or 3 pound weight, & resistance band.

Instructor: Rosi Riopelle

Thursdays, 9:00 to 10:00am **SCW**

23434 Session 3: Feb 22 to Apr 18

23438 Session 4: May 2 to Jun 20

\$36.80/Session

Pilates

Beginner

Strengthen your core muscles while focusing on overall spine health. Safely improve flexibility, balance, coordination, posture, and sense of well-being.

Supply own yoga mat.

Instructor: Peggy Cuthbert

Tuesdays, 1:30 to 2:30pm **OL**

23199 Session 3: Feb 20 to Apr 18

23389 Session 4: Apr 30 to Jun 18

\$66/Session

Tuesdays, 1:30 to 2:30pm **SC**

23003 Session 3: Feb 20 to Apr 16

23226 Session 4: Apr 30 to Jun 18

\$74.25/Session 3; \$66/Session 4

Thursdays, 9:50 to 10:50am **SCE**

23153 Session 3: Feb 22 to Apr 18

23366 Session 4: May 2 to Jun 20

\$66/Session

Instructor: Sherry Gregory

Wednesdays, 10:30 to 11:30am **SCW**

23106 Session 3: Feb 21 to Apr 17

23329 Session 4: May 1 to Jun 19

\$66/Session

Intermediate

A more challenging form of Pilates.

Supply own yoga mat.

Instructor: Peggy Cuthbert

Wednesdays, 10:15 to 11:15am **SC**

23006 Session 3: Feb 21 to Apr 17

23229 Session 4: May 1 to Jun 19

\$74.25/Session 3; \$66/Session 4

Wednesdays, 10:15 to 11:15am **OL**

23200 Session 3: Feb 21 to Apr 17

23390 Session 4: May 1 to Jun 19

\$74.25/Session 3; \$66/Session 4

Instructor: Sherry Gregory

Tuesdays, 9:00 to 10:00am **SCW**

23491 Session 3: Feb 20 to Apr 18

23492 Session 4: Apr 30 to Jun 18

\$66/Session

Specialty

Barre

This full body workout, based on ballet, focuses on low impact, small movements that strengthen and tone your body.

Instructor: Sherry Gregory

Tuesdays, 12 noon to 1:00pm **SCE**

23508 Session 3: Feb 20 to Apr 16

23507 Session 4: Apr 30 to Jun 18

\$63.20/Session

Thursdays, 1:30 to 2:30pm **SCN**

23167 Session 3: Feb 22 to Apr 18

23386 Session 4: May 2 to Jun 20

\$63.20/Session

Better Balance

In this standing balance class, reconnect with how and where your body is in space. Create more stability through awareness and strength, challenging your core and legs by strengthening with slow specific and mindful movement patterns. Must be able to stand 75% of class time.

Supply own 4" ball, yoga socks, & resistance band.

Instructor: Dianne Bell

Mondays, 10:00 to 11:00am **SC**

23034 Session 3: Feb 26 to Apr 15

23255 Session 4: Apr 29 to Jun 17

\$63.12/Session 3; \$55.23/Session 4

Tuesdays, 12:30 to 1:30pm **SCN**

23157 Session 3: Feb 20 to Apr 16

23387 Session 4: Apr 30 to Jun 18

\$63.20/Session

Thursdays, 1:00 to 2:00pm **SCE**

23135 Session 3: Feb 22 to Apr 18

23375 Session 4: May 2 to Jun 20

\$63.12/Session

Instructor: Sherry Gregory

Tuesdays, 10:00 to 11:00am **SCW**

23495 Session 3: Feb 20 to Apr 16

23494 Session 4: Apr 30 to Jun 18

\$63.12/Session

BoneFit®

Designed for those who have, or are at risk for, osteoporosis. Increase muscle mass and strengthen bones through safe, gentle exercises.

Instructor: Sue McInerney

Wednesdays, 11:30 to 12:30pm **SC**

23007 Session 3: Feb 21 to Apr 17

23230 Session 4: May 1 to Jun 19

\$55.62/Session 3; \$49.44/Session 4

All Exercise programs are led by trained exercise instructors. Workout movements are designed to help participants in their day to day activities.



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CIRCL Mobility™

Based on the science of functional movement, this short class focuses on flexibility, breathwork, and mobility exercises allowing you to move better longer.

Instructor: Stephanie Trickey

Thursdays, 1:30 to 2:00pm **SCW**

23119 Session 3: Feb 22 to Apr 18

23343 Session 4: May 2 to Jun 20

\$31.76/Session

Drum Fitness SEATED

This seated cardio-based class will challenge your brain, while gently improving your core and arm strength.

Supply own 45-55 cm inflated ball.

Instructor: Rosi Riopelle

Thursdays, 10:30 to 11:30am **SCW**

23433 Session 3: Feb 22 to Apr 18

23437 Session 4: May 2 to Jun 20

\$56.56/Session

Drum Fitness STANDING

This standing cardio-based class will challenge your brain, while improving coordination and balance, and giving you a full body workout.

Supply own 45-55 cm inflated ball.

Instructor: Kim Heaslip

Tuesdays, 10:15 to 11:15am **SC**

23067 Session 3: Feb 20 to Apr 16

23286 Session 4: Apr 30 to Jun 18

\$63.63/Session 3; \$56.56/Session 4

Essentrics

A gentle yet challenging work out of continuous movement, specifically designed to re-balance, lengthen, and strengthen every muscle. Essentrics blends ballet, Tai Chi, and some physiotherapy to improve your posture, balance, flexibility and joint range of motion, thereby alleviating pain.

Instructor: Gloria Laux-Feltham

Mondays, 11:30am to 12:30pm **SC**

22998 Session 3: Feb 26 to Apr 15

23222 Session 4: Apr 29 to Jun 17

\$63.52/Session 3; \$55.58/Session 4

Wednesdays, 1:00 to 2:00pm **SCW**

23345 Session 4: May 1 to Jun 19

23121 Session 3: Feb 21 to Apr 17

\$63.52/Session

Gloves Off

Develop both upper and lower body strength through different combat exercises while improving your cardiovascular resistance and coordination.

Instructor: Judith Maldonado

Wednesdays, 4:00 to 5:00pm **SC**

23216 Session 4: May 1 to Jun 19

\$63.44/Session

Kickboxing

This full body exercise program is designed to help with balance and mobility, improve gait, strength and cognitive function, along with giving you better coordination and faster reaction time. A fast-paced but fun class with modifications for any level.

Instructor: Sherry Gregory

Tuesdays, 1:00 to 2:00pm **SCE**

23131 Session 3: Feb 20 to Apr 16

23371 Session 4: Apr 30 to Jun 18

\$63.12/Session

L.I.I.T.

This Low Impact Interval Training (LIIT) class combines cardio and strength training using functional movements to assist you with your everyday living.

Instructor: Stephanie Trickey

Thursdays, 12:30 to 1:30pm **SCW**

23118 Session 3: Feb 22 to Apr 18

23342 Session 4: May 2 to Jun 20

\$63.44/Session

Moving Meditation INTRODUCTION

Explore the practise of Tai Chi Chih, a mindfulness moving meditation suitable for all ages, physical condition, or agility. Learn the first 10 of 20 gentle movements and discover peace of mind, improved general health and simply, joy.

Instructor: Bill Gervais

Tuesdays, 9:00 to 10:00am **SC**

23056 Session 3: Feb 20 to Apr 16

\$42.57/Session

Moving Meditation BEGINNER

Continue your Tai Chi Chih journey by learning the remaining ten movements, while deepening your understanding of your practise with basic principles and philosophy.

Instructor: Bill Gervais

Tuesdays, 9:00 to 10:00am **SC**

23270 Session 4: Apr 30 to Jun 18

\$37.84/Session

PWR!Moves® for Parkinson's INTRODUCTION

Learn Parkinson's specific exercises to move bigger and faster in everyday life and counteract Parkinson's symptoms. You will be challenged physically and cognitively in a fun, supportive environment. Includes seated exercises with standing options. This specialized class is specific to individuals with Parkinson's. Equipment needs discussed with instructor.

Instructor: Stephanie Trickey

Tuesdays, 12:30 to 1:30pm **SC**

23023 Session 3: Feb 20 to Apr 16

23246 Session 4: Apr 30 to Jun 18

\$71.46/Session 3; \$63.52/Session 4

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New Sit Fit

Enjoy a totally seated complete workout combining cardio, strength, and flexibility training for individuals with mobility issues. An inclusive class for those in wheelchairs, people with walkers, and their support companions.

Instructor: Sherry Gregory

Wednesdays, 12 noon to 1:00pm **SCW**

23107 Session 3: Feb 21 to Apr 17

23330 Session 4: May 1 to Jun 19

\$63.20/Session

Step Fit

A fun alternative to stairs. Get moving, improve your cardio, physical coordination, mental agility, and strengthen your legs. Step up, down, and around in different patterns to a moderate musical beat.

Supply own step.

Instructor: Rosi Riopelle

Tuesdays, 12 noon to 1:00pm **SCW**

23435 Session 3: Feb 20 to Apr 16

23439 Session 4: Apr 30 to Jun 18

\$63.20/Session

Tiered Exercise Program

Prevent falls and build strength via the TEP – a program of 10 simple, progressive exercises proven to build and maintain strength, balance, flexibility, and recover functional mobility for people who are recovering from a long illness, use canes or walkers, or who are chair bound. In order to achieve the best outcome, participants are encouraged to register for 2 sessions per week.

Supply own resistance band

Instructor: Cheryl Descent

Tuesdays, 9:00 to 10:30am **SCE**

23136 Session 3: Feb 20 to Apr 16

23353 Session 4: Apr 30 to Jun 18

\$36.72/Session

Thursdays, 9:00 to 10:30am **SCE**

23140 Session 3: Feb 22 to Apr 18

23354 Session 4: May 2 to Jun 20

\$24/Session 3; \$36.72/Session 4

Urban Poling

Enjoy walking outdoors with renewed confidence. Covers 1.5 to 2.5km in 45min. Poles are provided. Walking locations determined by group. Meet at SCN for first class.

Instructor: Dianne Bell

Tuesdays, 3:00 to 4:00pm **SCN**

23441 Session 4: Apr 30 to Jun 18

\$67.04/Session

Yogalates

Yogalates combines the best of yoga and Pilates exercises to straighten posture, enhance flexibility, and promote relaxation. It also strengthens your core, reduces stress, and improves circulation.

Supply own yoga mat, small ball, yoga strap, and blocks.

Instructor: Dianne Bell

Mondays, 9:00 to 10:00am **SC**

23033 Session 3: Feb 26 to Apr 15

23254 Session 4: Apr 29 to Jun 17

\$65.44/Session 3; \$57.26/Session 4

Zumba Gold®

An aerobic fitness program that combines exciting Latin and international dance rhythms that are fun, effective, and easy-to-follow.

Instructor: Jenny Randall

Wednesdays, 11:00am to 12 noon **SCW**

23120 Session 3: Feb 21 to Apr 17

23344 Session 4: May 1 to Jun 19

\$76.72/Session

Tai Chi

Introductory

Tai Chi is a sequence of slow, fluid movements that help to improve balance, flexibility, strength, and concentration. Learn the first 17 of the 108 moves of Tai Chi.

Instructor: Marc Desrochers

Tuesdays, 10:45 to 11:45am **SCW**

23110 Session 3: Feb 20 to Apr 16

23334 Session 4: Apr 30 to Jun 18

\$37.84/Session

Wednesdays, 12 noon to 1:00pm **SCE**

23149 Session 3: Feb 21 to Apr 17

23364 Session 4: May 1 to Jun 19

\$37.84/Session

Beginner

Tai Chi is a sequence of slow, fluid movements that help to improve balance, flexibility, strength, and concentration. Build on your knowledge and learn the next group of moves.

Prerequisite: Tai Chi Introductory

Instructor: Marc Desrochers

Mondays, 10:15 to 11:15am **SC**

22997 Session 3: Feb 26 to Apr 15

23221 Session 4: Apr 29 to Jun 17

\$37.84/Session 3; \$33.11/Session 4

Rendezvous

After warm-up exercises, practise the 108-move Tai Chi set and work on refining specific moves. As ability improves, greater benefits are gained from the exercise of Tai Chi.

For experienced Tai Chi participants only.

Instructor: Rosalind Mak

Wednesdays, 9:00 to 10:00am **SC**

23005 Session 3: Feb 21 to Apr 17

23228 Session 4: May 1 to Jun 19

\$42.57/Session 3; \$37.84/Session 4

Thursdays, 9:00 to 10:00am **SC**

23010 Session 3: Feb 22 to Apr 18

23233 Session 4: May 2 to Jun 20

\$42.57/Session 3; \$37.84/Session 4

Yoga

Chair Yoga

A gentle chair-based yoga program focusing on simple breathing, stretching, and relaxation techniques. Suitable for all seniors, including those with arthritis and mobility issues.

Instructor: Rosi Riopelle

Mondays, 9:00 to 10:00am **SC**

23053 Session 3: Feb 26 to Apr 15

23267 Session 4: Apr 29 to Jun 17

\$68.16/Session 3; \$59.64/Session 4

Wednesdays, 9:00 to 10:00am **SCW**

Note: there are 3 steps to get into this classroom.

23114 Session 3: Feb 21 to Apr 17

23338 Session 4: May 1 to Jun 19

\$68.16/Session

Instructor: Sherry Gregory

Thursdays, 12:15 to 1:15pm **SCN**

23158 Session 3: Feb 22 to Apr 18

23388 Session 4: May 2 to Jun 20

\$68.16/Session

All Exercise programs are led by trained exercise instructors. Workout movements are designed to help participants in their day-to-day activities.

Simply Yoga FOUNDATION

Appropriate for those with no experience or those looking to go back to the foundations of any yoga class. Start with the very basics of postures, breathing techniques, relaxation exercises, and the "why" we practice the way we do. Perfect for the beginner or those looking to deepen their practice.

Supply own mat.

Instructor: Pamela Vanhorn

Tuesdays, 9:00 to 10:00am **SCE**

23144 Session 3: Feb 20 to Apr 16

23358 Session 4: Apr 30 to Jun 18

\$68.16/Session

Simply Yoga GENTLE

Focus on a natural range of movement and a gentle combination of seated, standing, and prone poses. Classes are structured around several core postures that will be repeated with different variations each week.

No experience is needed. Supply own mat.

Instructor: Ena Jain

Tuesdays, 1:30 to 2:30pm **SCE**

23146 Session 3: Feb 20 to Apr 16

23362 Session 4: Apr 30 to Jun 18

\$68.32/Session

Instructor: Pamela Vanhorn

Wednesdays, 10:45 to 11:45am **SC**

23088 Session 3: Feb 21 to Apr 17

23312 Session 4: May 1 to Jun 19

\$76.68/Session 3; \$68.16/Session 4

Simply Yoga MODERATE

For both beginners and returning students, this steady paced yoga class continues a focus on core poses and modifications.

Though no experience is needed, some good body awareness is recommended. Supply own mat.

Instructor: Martha Bailey

Thursdays, 10:15 to 11:15am **SC**

23061 Session 3: Feb 22 to Apr 18

23275 Session 4: May 2 to Jun 20

\$76.86/Session 3; \$68.32/Session 4

Instructor: Pamela Vanhorn

Wednesdays, 12 noon to 1:00pm **OL**

23201 Session 3: Feb 21 to Apr 17

23391 Session 4: May 1 to Jun 19

\$68.16/Session

Wednesdays, 12 noon to 1:00pm **SC**

23089 Session 3: Feb 21 to Apr 17

23313 Session 4: May 1 to Jun 19

\$76.68/Session 3/\$68.16/Session 4

Thursdays, 11:00am to 12 noon **SCE**

23152 Session 3: Feb 22 to Apr 18

23367 Session 4: May 2 to Jun 20

\$68.16/Session

Instructor: Seniors Association

Instructor

Mondays, 12 noon to 1:00pm **SC**

23078 Session 3: Feb 26 to Apr 15

23301 Session 4: Apr 29 to Jun 17

\$68.16/Session 3; \$59.64/Session 4

Wednesdays, 1:00 to 2:00pm **SCE**

23151 Session 3: Feb 21 to Apr 17

23365 Session 4: May 1 to Jun 19

\$68.16/Session

Instructor: Rachel Hazel

Fridays, 11:30am to 12:30pm **SC**

23016 Session 3: Feb 23 to Apr 19

23239 Session 4: May 3 to Jun 21

\$68.16/Session

Simply Yoga MODERATE PLUS

Take your practice to the next level. A moderate intensity for both beginners and returning students, this steady paced yoga class continues a focus on core poses and modifications.

Though no experience is needed, some good body awareness is recommended. Supply own mat.

Instructor: Kerry McCloy

Tuesdays, 10:15 to 11:15am **SC**

23001 Session 3: Feb 20 to Apr 16

23225 Session 4: Apr 30 to Jun 18

\$76.68/Session 3; \$68.16/Session 4

Yoga for Arthritis

This gentle, intuitive yoga practice is designed to support areas of limited mobility, pain, vulnerable joints, and surrounding tissues. Ideally suited for those with mild to moderate arthritis.

No experience required. Supply own mat, small blanket or towel, yoga blocks, and yoga strap or soft belt/sash.

Instructor: Seniors Association
Volunteer Instructor

Fridays, 9:00 to 10:00am **SC**

23074 Session 3: Feb 23 to Apr 19

23296 Session 4: May 3 to Jun 21

\$68.16/Session

Games

Board Games

Chess INTEGRATED

After covering the basics, the pieces, and their moves, examine openings, middlegame and endgame strategies, and put them into practice.

For new and returning players. Chess sets provided.

Instructor: Roman Polywkan

Tuesdays, 10:00 to 11:30am **SC**

23037 Session 3: Feb 20 to Apr 16

23257 Session 4: Apr 30 to Jun 18

\$31.86/Session 3; \$28.32/Session 4

Scrabble RENDEZVOUS

Get together to enjoy a game and demonstrate your wordsmith skills. Played by two to four people, words are formed by placing lettered tiles on a game board, crossword style.

Instructor: Paul Kennedy

Mondays, 1:00 to 4:00pm **SC**

23065 Session 3: Feb 26 to Apr 15

23284 Session 4: Apr 29 to Jun 17

\$29.20/Session 3; \$25.55/Session 4

Card Games

Bridge, Social

Join us for a fun afternoon of simplified contract bridge. Played without weak 2s or transfers, just the basic conventions.

Instructor: Shirl Worley

Wednesdays, 12:30 to 3:30pm **SC**

23060 Session 3: Feb 21 to Apr 17

23274 Session 4: May 1 to Jun 19

\$31.14/Session 3; \$27.68/Session 4

Canasta, Hand and Foot

This versatile, strategic card game is believed to be a variant of rummy.

All levels, including beginners, welcome.

Instructor: Barbara Schwab

Wednesdays, 9:30am to 12:30pm **SCW**

23115 Session 3: Feb 21 to Apr 17

23339 Session 4: May 1 to Jun 19

\$28.16/Session

Canasta, Hand and Foot RENDEZVOUS

Prerequisite: Canasta, Hand and Foot

Instructor: Renee Amodeo & Carol Burnett

Tuesdays, 1:00 to 4:00pm **SC**

23058 Session 3: Feb 20 to Apr 16

23272 Session 4: Apr 30 to Jun 18

\$31.68/Session 3; \$28.16/Session 4

A Medical Release Form & EMERGENCY CONTACT INFORMATION must be completed when registering for an exercise, fitness or sport program.

Cribbage

Test your card-playing ability! Cribbage involves scoring points by playing and grouping cards into pairs, runs, and combinations of cards that total to 15.

Instructor: Debbie Richard

Fridays, 10:30am to 12:30pm **SC**

22994 Session 3: Feb 23 to Apr 19

23217 Session 4: May 3 to Jun 21

\$28.16/Session

Euchre, Bid

Improve your memory and bidding skills. Like Social Euchre, this card game introduces the trump suit decided by the player who bids to take the most tricks.

Participants should have previous experience with the basics of bid euchre.

Instructor: Irene Kirkpatrick

Wednesdays, 1:15 to 4:15pm **SC**

23008 Session 3: Feb 21 to Apr 17

23231 Session 4: May 1 to Jun 19

\$31.68/Session 3; \$28.16/Session 4

Euchre, Social

Enjoy this trick-taking card game in a social atmosphere.

Instructor: Thea Young

Thursdays, 1:15 to 4:15pm **SC**

23013 Session 3: Feb 22 to Apr 18

23235 Session 4: May 2 to Jun 20

\$31.68/Session 3; \$28.16/Session 4

Instructor: Seniors Association Volunteer Facilitator

Tuesdays, 9:00am to 12 noon **SCW**

23622 session 3: Feb 20 to Apr 16

23623 session 4: Apr 30 to Jun 18

\$28.16/session

Hold'em Poker

Learn the basic rules of regular poker and then the rules of Hold'em, a popular TV show on several sports channels. Enjoy friendly games each week.

Instructor: Howard Pearce

Tuesdays, 11:00am to 1:00pm **SCE**

23462 Session 3: Feb 20 to Apr 16

\$33.28/Session

Wizard

More fun than Hearts or Rummy, this trick-taking card game is easy to learn and the strategy adds an exciting challenge.

No experience required.

Instructor: Carol Burnett

Tuesdays, 10:15am to 12:15pm **SC**

23022 Session 3: Feb 20 to Apr 16

23245 Session 4: Apr 30 to Jun 18

\$31.23/Session 3; \$27.76/Session 4

Other Games

Crokinole RENDEZVOUS

Shoot your discs to score while trying to knock away your opponent's discs. In partnership with the KTown Crokinole Club.

Instructor: Carol Wallace & Jim Wallace

Tuesdays, 1:00 to 3:00pm **SC**

22990 Session 3: Feb 20 to Apr 16

\$28.98/Session

Darts

Test your concentration and aim in this friendly, social game.

No experience required.

Instructor: Jack LeBlanc

Location: Collins Bay Legion

Wednesdays, 11:00am to 1:00pm **OS**

23458 Session 3: Feb 21 to Apr 17

23459 Session 4: May 1 to Jun 19

\$43.28/Session

Mahjong RENDEZVOUS

Enjoy the ancient game of tiles involving strategy, skill, calculation, and chance. American National and Chinese style played.

Game sets provided. Novice players welcome. Supply own cards for American mahjong.

Instructor: Rosemary Richardson, Margaret MacDermaid & Linda Donoghue

Thursdays, 12 noon to 2:00pm **SCW**

23122 Session 3: Feb 22 to Apr 18

23346 Session 4: May 2 to Jun 20

\$25.92/Session



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Ontario.ca/SeniorsDental.

Call KFL&A Public Health for help
to apply at 613-549-1232, ext. 1218.

Eligibility

Annual net income thresholds are:

- \$22,200 for singles
65 years of age and older
- \$37,100 for couples
65 years of age and older

kflaph.ca/SeniorsDental



Shuffleboard

It's not just for cruise ships anymore! This strategic game is a fun and friendly way to stay active, while reducing your stress level and improving your flexibility.

Instructor: Seniors Association Volunteer Facilitator
Tuesdays & Thursdays, 11:00am to 1:00pm **SCW**

23103 Session 3: Feb 20 to Apr 18

23327 Session 4: Apr 30 to Jun 20

\$59.84/Session



Team Trivia

Test your knowledge with this fun and collaborative game! Participants will be placed on teams that collectively choose an answer. Each class will have a different theme and include 3 rounds of 20 questions.

Instructor: Howard Pearce

Thursdays, 12:30 to 2:00pm **SCE**

23141 Session 3: Feb 22 to Apr 18

\$33.28/Session

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General Interest Discussion Groups

Conversation Pit

Engage in lively discussions on local and global affairs in a roundtable format. Voice your opinions in a friendly, supportive atmosphere. Topics chosen by the group.

Instructor: Sandra Storrington

Wednesdays, 11:45am to 1:15pm **SC**

23026 Session 3: Feb 21 to Apr 17

23249 Session 4: May 1 to Jun 19

\$35.01/Session 3; \$31.12/Session 4

Philosophy Hammer

The post-modern world looks different from the modern world. View postmodernism through the ideas of various authors to see its implications for our lives.

Instructor: Jeff McLaren

Fridays, 10:15am to 12:15pm **SC**

23064 Session 3: Feb 23 to Apr 19

23278 Session 4: May 3 to Jun 21

\$33.52/Session

Trending Topics

The news is full of interesting and complex topics to unravel. Join this friendly conversation group to talk about what's trending today and how it affects your life.

Instructor: John Fleischmann

Mondays, 1:30 to 3:30pm **SC**

22986 Session 3: Feb 26 to Apr 15

23211 Session 4: Apr 29 to Jun 17

\$30.80/Session 3; \$26.95/Session 4

Reading and Writing

Joy of Writing

Learn to tune out your inner critic and write with ease and pleasure. Tap into your own treasure chest of unique material. Get useful tips on the craft of writing.

Instructor: Kathleen Hamilton

Mondays, 10:00am to 12 noon **SC**

23018 Session 3: Feb 26 to Apr 15

23241 Session 4: Apr 29 to Jun 17

\$64.88/Session 3; \$56.77/Session 4

Memoir Writers

Not famous, but have an interesting life with stories you want to tell? Get together with other writers to share your work and receive inspiration and constructive criticism.

Instructor: Geoffrey Allen

Wednesdays, 11:00am to 1:00pm **SC**

23044 Session 3: Feb 21 to Apr 17; no class Feb 28 & Mar 27

\$30.15/Session

SCENT FREE ZONE

All Seniors Association facilities and trips are SCENT FREE environments.



Bereaved Families of Ontario KINGSTON REGION

613-634-1230
bfo@kingston.net
www.bfo-kingston.ca

Bereaved Families of Ontario - Kingston Region provides programs, services and resources based on a peer support model to individuals, families, children, groups and communities.

We are the Bereaved helping the Bereaved learn to live with grief.

We can help the healing begin.

Support Services

Families and individuals can access grief support at any point in their grief journey, free of charge. BFO-Kingston offers a wide range of services to meet these needs:

One-to-One Peer Support

Speak with a peer support facilitator. We do our best to pair each person with a volunteer who has experienced a similar loss.

Structured 7-Week Grief Support Groups

Run at various points during the year for specific types of loss, age groups, etc.

Monthly Support Groups

A variety of groups are offered, including for partner loss, child loss, and loss by suicide. Check www.bfo-kingston.ca or social media for current offerings. Contact the office to register.

Lending Library

Books on grief and loss are available for loan.

Help Us Make a Difference

We are an in-demand charity that provides valuable grief support in the Kingston area, but we can't do it alone. We are looking for compassionate volunteers and generous donors who share our commitment to helping others through difficult times. Join us in making a meaningful impact. Contact us to learn more.

Donate: www.canadahelps.org/en/dn/t/62501



bfo@kingston.net

613-634-1230

www.bfo-kingston.ca

@bfokingston

Play Reading

Join an award-winning playwright in reading through some of the best scripts ever written, and some that are hot off the press. No theatrical experience required. In a fun and supportive setting, take parts, read plays aloud, and laugh a lot.

Instructor: Ned Dickens

Wednesdays, 1:30 to 3:00pm **SC**

22993 Session 3: Feb 21 to Apr 17

23215 Session 4: May 1 to Jun 19

\$123.66/Session 3; \$109.92/Session 4

Writers' Rendezvous

Have you always wanted to write? Do you need motivation and encouragement? Join this congenial group of writers, from novice to published author to share work, provide mutual support, and offer constructive suggestions.

Instructor: Franklin Pinch

Every other Friday, 1:00 to 4:00pm **SC**

23075 Session 3: Feb 23 to Apr 19

23298 Session 4: May 3 to Jun 14

\$38.95/Session 3; \$31.16/Session 4

Special Interest

Amateur Radio

Amateur Radio (ham radio) is a popular hobby and service that brings people, electronics and communication together. People use ham radio to talk across town, around the world, or even into space, all without the Internet or cell phones. It's fun, social, educational, and can be a lifeline during times of need.

Instructor: John Murphy

Mondays, 12 noon to 1:00pm **SC**

22985 Session 3: Feb 26 to Apr 15

23210 Session 4: Apr 29 to Jun 17

\$31.12/Session 3; \$27.23/Session 4

Decadent Desserts

Decadent desserts are a great way to spoil your family and friends. Learn some delicious and easy-to-make dessert recipes such as luscious lemon raspberry cake and decadent cheesecake. Tasters provided!

Instructor: Beth Milne

Thursdays, 10:00am to 12 noon **SCE**

23376 Session 4: May 2 to May 30

\$73.35/Session

Garden Wisdom

Join fellow gardeners and would-be gardeners for learning and lively discussion about gardening styles and practices geared to seniors. This session will focus on spring and summer gardening, as well as plant problems and pests, with opportunities for practical advice and questions.

Instructor: Ann Gay & Heather Campbell

Every other Tuesday, 1:00 to 3:00pm **SC**

23212 Session 4: Apr 30 to Jun 11

\$40/Session

In the Kitchen Again

Explore a variety of easy to follow recipes, tips, and kitchen tricks for breakfast, lunch, dinner, and snacks. Cold weather brings in the soups, stews, and baked goods. Sample tasting will be available.

Instructor: Helga Bellmore

Wednesdays, 12 noon to 2:30pm **SCE**

23129 Session 3: Feb 21 to Mar 27

\$73.35/Session

Truth & Reconciliation

Canada's Truth and Reconciliation Commission Report is a landmark in relations between our country's Indigenous Peoples and the rest of Canadians. Learn the history and review Canadian law as it relates to this area. There will be guest speakers throughout the session.

Instructor: David More

Wednesdays, 10:30am to 12 noon **SC**

22992 Session 3: Feb 21 to Apr 17

\$71.10/Session

Wildlife by the Season

Delving into the lives of wildlife in our region will intensify your appreciation for nature. From migration to new growth and the young in springtime, examine local wildlife through the seasons. Offered in partnership with the Kingston Field Naturalists.

Instructor: Shirley French

Fridays, 1:00 to 2:00pm **SC**

23503 Session 3: Feb 23 to Apr 19

\$64.88/Session

Wellness

Stepping Stones to Strength

The loss of a loved one can be a difficult experience. Stepping Stones to Strength is a grief support group that provides knowledge and skills to help manage wellness during your healing journey.

Instructor: Sara MacDonald

Tuesdays, 10:30am to 12 noon **SCE**

23145 Session 3: Feb 20 to Apr 16

23359 Session 4: Apr 30 to Jun 18

\$24/Session

Understanding Mental Health Problems

This program provides an overview of the defining characteristics of mental health problems, describes how mental illnesses impact people's lives, and how to support individuals experiencing difficulties with mental health.

Instructor: TBA

Tuesdays, 10:00 to 11:00am **SC**

23515 Session 4: Apr 30 to Jun 18

\$52.64/Session

Keep your new Program Guide handy for easy reference throughout the term



Walking to Wellness

The Walking to Wellness program provides a safe and accessible opportunity to walk indoors and be social during the winter months.

This FREE program starts January 8, 2024 and registration is not required. Bring a friend or meet new people onsite!

Rideau Heights Community Centre, Kingston

Mondays and Fridays from 11 a.m. to 1 p.m.

Sundays from 9 to 11 a.m.

Kingston East Community Centre, Kingston

Mondays and Fridays from 9 to 11 a.m.

Saturdays from 8:30 to 10:30 a.m.

Memorial Centre, Kingston and INVISTA Centre, Kingston

Tuesdays and Thursdays from 8 to 10 a.m.

Strathcona Paper Centre, Napanee

Mondays through Thursdays from 9 to 11 a.m.

W.J. Henderson Recreation Centre, Amherstview

Tuesdays, Wednesdays, and Thursdays from 9 to 11 a.m.

kflaph.ca/WalkingToWellness



World History and Culture

New Canada in World War I (110th Anniversary)

Canada's role in WWI can be seen as a coming of age for the nation. Interpret the various facets of the Great War from a Canadian point of view, in the year of the 110th anniversary of Canada's entry into the war.

Instructor: David More

Wednesdays, 10:30am to 12 noon **SC**

23214 Session 4: May 1 to Jun 19

\$72.72/Session

New Collecting History

Hobbies, collections, and hand crafts have so much to teach about history and people in the past. Engage in a show and tell of a range of collections - from toy soliders to comic books; from antiquarian books to chess sets; from post-cards to vintage posters. Explore the rich history of crafts like weaving and knitting as they evolve over centuries.

Instructor: Hugh MacDonald & Janet MacDonald

Tuesdays, 11:30am to 12:30pm **SC**

22989 Session 3: Feb 20 to Apr 16

\$37.44/Session

Events That Changed the World

What if the World Wars had never happened? The Industrial Revolution? 9/11? Examine major historical events and the impact that they have had in shaping today's world.

Instructor: Peter Ellsworth

Tuesdays, 9:00 to 10:00am **SC**

22987 Session 3: Feb 20 to Apr 16

\$72.99/Session

New History Explorers

Explore the importance of history. Participants will individually select topics and provide a 20-to-30 minute presentation, to be followed by a discussion by members of the group. Normally, one topic per week will be taken up. Extensive historical knowledge is not required.

Instructor: John Fleischmann

Thursdays, 12:30 to 2:00pm **SCE**

23154 Session 3: Feb 22 to Apr 18

23368 Session 4: May 2 to Jun 20

\$30.80/Session

Journey Through Canada

Canada is a huge and geographically diverse country. Explore Canada, region by region, including what each area looks like and why. Learn about unique features and tourist attractions in each province and examine the challenges and successes each has experienced.

Instructor: Peter Ellsworth

Tuesdays, 10:00 to 11:00am **SC**

22988 Session 3: Feb 20 to Apr 16

\$72.99/Session

A Medical Release Form must be completed when registering for an exercise, fitness or sport program.

New UNESCO in Canada

The United Nations Educational, Scientific and Cultural Organization (UNESCO) had designated over twenty sites in Canada as being significant to human heritage, for one reason or another. Some of these will be familiar and some will surprise you.

Instructor: Mary Shaw

Mondays, 11:00am to 12 noon **SC**

23035 Session 3: Feb 26 to Apr 15

\$75.76/Session

Technology

iPad & iPhone

This comprehensive program will show you how to get the most out of your phone or tablet. Customize your settings, explore the features, find new apps, learn email, photo functions, and more.

No experience required. Supply own Apple device.

Instructor: Sam Kalb - Tech Consultant

Wednesdays, 9:00 to 10:00am **SC**

22991 Session 3: Feb 21 to Apr 17

\$118.44/Session

Mac Basics

New to a Mac computer, switching from Windows to Mac, or just want to learn more? This program is designed to help you become more comfortable with the Mac and its applications.

No experience required.

Instructor: Sam Kalb - Tech Consultant

Wednesdays, 9:00 to 10:00am **SC**

23213 Session 4: May 1 to Jun 19

\$105.28/Session

Technology Made Simple

Learn how to use technology to connect with loved ones, stay entertained, and keep yourself informed the safe way! Review common tools like email, Facebook, and Zoom, and also talk about how to avoid scams and keep your computer virus free.

Instructor: Ashley Perna

Fridays, 3:30 to 4:30pm **SC**

23025 Session 3: Feb 23 to Apr 19

23248 Session 4: May 3 to Jun 21

\$78.96/Session

iTech One-on-one computer consultations are also available. Call The Centre for dates & times: 613.548.7810.

iPad Lending Library

iPads available for short-term loan. Contact Clare: ClareW@SeniorsKingston.ca.

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Languages

French

Rendezvous

Parlons, jasons, causons, discutons ensemble. Tout en français! Increase your vocabulary and your fluency skills. Intermediate to advanced level.

Instructor: Paul Heppelle

Tuesdays & Fridays, 11:00am to 12 noon **SCE**

23355 Session 4: Apr 30 to Jun 20

\$83.20/Session

Intermediate

Develop confidence in everyday situations by learning grammar and practical vocabulary as well as cultural aspects of French. Emphasis will be on speaking, listening, and developing conversational skills.

Prerequisite: French Introductory or French Beginner.

Instructor: Joy Obadia

Tuesdays & Fridays, 11:30am to 12:30pm **SC**

23068 Session 3: Feb 20 to Apr 12; no class Apr 16 & 19

23287 Session 4: Apr 30 to Jun 7

\$46.35/Session 3; \$37.08/Session 4

Advanced

Features conversation with attention to mastering complex structures and increasing vocabulary.

This course presupposes a fairly high level of French and is for advanced students only.

Instructor: Caroline Farrell

Fridays, 9:30 to 10:45am **SC**

23032 Session 3: Feb 23 to Apr 19

23251 Session 4: May 3 to Jun 21

\$25.12/Session

German

Beginner

For those new to German, this program focuses on the rudiments of German pronunciation, sentence structure, and grammar through reading, vocabulary building, homework, and simple everyday expressions.

Instructor: Ozzie Schmidt

Thursdays, 10:00 to 11:30am **OL**

23202 Session 3: Feb 22 to Apr 18

23392 Session 4: May 2 to May 30

\$85.52/Session 3; \$53.45/Session 4

Intermediate

Share laughter and stories while focusing on comprehension through conversation, grammar, vocabulary, and weekly homework. This class is for students who have a good grasp of German grammar and know enough vocabulary to take part in simple conversations.

Prerequisite: German Beginner

Instructor: Marie-Therese Ferguson

Thursdays, 9:00 to 10:30am **SC**

23071 Session 3: Feb 22 to Apr 18

\$96.21/Session

Italian

Beginner CONTINUED

Expand your basic knowledge from Introductory Italian, by learning new vocabulary, experience the use of more complex grammar with the help of written, oral, and visual material.

Prerequisite: Introductory Italian /Beginner I Text: *Prego* 6th edition.

Instructor: Brigitte Bachmann

Thursdays, 3:15 to 5:15pm **SC**

23031 Session 3: Feb 29 to Apr 18

\$82.72/Session

Intermediate

Have fun learning this romantic language with the emphasis on reading, writing, vocabulary, grammar, and some conversation. Media other than written texts will be used, such as oral comprehension exercises, songs, and short movies.

Prerequisite: Italian Beginner and Beginner Continued. Text: *Ponti Italiano Terzo Millennio* 2nd edition.

Instructor: Brigitte Bachmann

Thursdays, 8:30 to 10:30am **SC**

23028 Session 3: Feb 29 to Apr 18

\$82.72/Session

Intermediate CONTINUED

Have fun reading, writing, learning vocabulary, grammar and improving your conversation skills.

Prerequisite: Italian Intermediate. Text *Ponti Italiano Terzo Millennio* 2nd Edition.

Instructor: Brigitte Bachmann

Thursdays, 1:00 to 3:00pm **SC**

23030 Session 3: Feb 29 to Apr 18

\$82.72/Session

Advanced

Sharpen your proficiency and communication skills through dialogue, readings (short stories, newspaper articles), some additional grammar (review), creative writing, comprehension exercises, songs, and movies.

Prerequisite: Italian Intermediate Continued.

Instructor: Brigitte Bachmann

Thursdays, 10:40am to 12:40pm **SC**

23029 Session 3: Feb 29 to Apr 18

\$82.72/Session

Spanish

Beginner

Hola! This introduction to conversational Spanish focuses on vocabulary and grammar for the absolute beginner. Gain confidence in speaking and have fun in a relaxed atmosphere.

Instructor: Laura Badour

Wednesdays, 9:30 to 10:30am **SC**

23040 Session 3: Feb 21 to Apr 17

23260 Session 4: May 1 to Jun 19

\$82.24/Session

Beginner CONTINUED

Continue learning conversational Spanish that focuses on vocabulary and grammar for the absolute beginner. Gain confidence in speaking and have fun in a relaxed atmosphere.

Prerequisite: Spanish Beginner or gain approval from the instructor.

Instructor: Laura Badour

Tuesdays, 9:00 to 10:00am **SC**

23021 Session 3: Feb 20 to Apr 16

23244 Session 4: Apr 30 to Jun 18

\$82.24/Session

Intermediate I

Continue to discover the Latin American culture, while further expanding your knowledge of vocabulary, grammar, and communication skills in a fun and relaxed environment.

Prerequisite: Spanish Beginner Continued

Instructor: Laura Badour

Mondays, 1:00 to 2:30pm **SC**

23055 Session 3: Feb 26 to Apr 15

23269 Session 4: Apr 29 to Jun 17

\$69.16/Session

Spanish Through the Arts CONTINUED

Continue discovering the art, history, and traditions of Latin America through dynamic weekly activities, all while honing your language skills. This program uses a hands-on approach to improve your Spanish.

Basic Spanish language skills required.

Instructor: Susana Beitman

Tuesdays, 11:30am to 1:00pm **SCE**

23360 Session 4: Apr 30 to Jun 18

\$93.60/Session

Music

Guitar and Ukulele

Guitar and Ukulele RENDEZVOUS

Pick up your favourite guitar or uke and join this fun and relaxed jam! Enjoy the magic of playing music with others while learning new skills.

All levels welcome. Supply own instrument.

Instructor: Mauricio Montecinos

Thursdays, 9:30 to 11:00am **SCN**

23156 Session 3: Feb 22 to Apr 18

23377 Session 4: May 2 to Jun 20

\$50.48/Session

Guitar, Acoustic BEGINNER CONTINUED

Continue learning the basics of playing the acoustic guitar including chord shapes and their note relationships to the scales, and popular strumming patterns.

Prerequisite: Guitar, Acoustic - Beginner. Supply own guitar.

Instructor: Mark Kristiansen

Thursdays, 9:30 to 10:30am **SCW**

23116 Session 3: Feb 22 to Apr 18

23340 Session 4: May 2 to Jun 20

\$79.76/Session

Guitar, Acoustic INTERMEDIATE CONTINUED

Continue exploring more guitar techniques, repertoire, and build on the skills you have learned in a fun, casual environment. Knowledge of basic chords required.

Prerequisite: Guitar, Acoustic - Intermediate or instructor's approval. Supply own guitar.

Instructor: Mark Kristiansen

Thursdays, 11:00am to 12 noon **SCW**

23117 Session 3: Feb 22 to Apr 18

23341 Session 4: May 2 to Jun 20

\$79.76/Session

Jam Sessions

Jam Session

A fun opportunity for both experienced and novice musicians and vocalists who like to play, sing, and learn music together. Recommended instruments: guitar, uke, keyboard, violin, banjo, bass, or similar.

Reading music not essential. Supply own instrument.

Instructor: Chuck Tindall

Mondays, 1:30 to 4:00pm **SC**

22999 Session 3: Feb 26 to Apr 15

23223 Session 4: Apr 29 to Jun 17

\$43.28/Session 3; \$37.87/Session 4

Jamboree

Jam with both experienced and novice musicians and vocalists. Tunes include everything from bluegrass, to country, to gospel, and more. Recommended instruments: guitar, keyboard, violin, banjo, bass, or similar.

Reading music not essential. Supply own instrument.



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Instructor: Linda Cronk & Mary Lou Boudreau

Fridays, 1:30 to 3:30pm **SC**

23017 Session 3: Feb 23 to Apr 19

23240 Session 4: May 3 to Jun 21

\$43.28/Session

Music History and Theory

Early Music

Trace the flowering of European Art Music from its origins until the end of the Middle Ages (c. 1400). Highlights include the love songs of the Troubadours, the inspired works of Hildegard, and the beautiful vocal music of the Ars Nova.

Instructor: Bob Arlidge

Thursdays, 10:00 to 11:30am **SC**

23049 Session 3: Feb 22 to Apr 18

\$89.01/Session

Early Music CONTINUED

Continue to trace the development of this music throughout the Renaissance Era (1400 - 1600). Highlights include the incredible music of Josquin des Prez, Giovanni Palestrina, and the love songs of John Dowland.

Instructor: Bob Arlidge

Thursdays, 10:00 to 11:30am **SC**

23265 Session 4: May 2 to Jun 20

\$79.12/Session

History of Jazz

Trace the development of Jazz music from its origins up until the present. Important figures and developments will be illustrated with discussion and recorded examples.

Instructor: Bob Arlidge

Tuesdays, 12 noon to 1:30pm **SC**

23258 Session 4: Apr 30 to Jun 18

\$79.12/Session

Music of the 50s

Listen to and discuss the styles and artists who came to prominence during this decade, including Les Paul, Bill Haley, Chuck Berry, Elvis Presley, and more.

Instructor: Bob Arlidge

Tuesdays, 12 noon to 1:30pm **SC**

23038 Session 3: Feb 20 to Apr 16

\$89.01/Session

Other Music

Bucket Drumming BEGINNER

Bucket drumming is a fun way to learn some of the basics of percussion. The focus will be on learning one to two compositions written specifically for bucket drums.

Equipment provided, no experience necessary.

Instructor: Jamie Corbett

Wednesdays, 12 noon to 1:30pm **SCN**

23381 Session 4: May 1 to Jun 19

\$80/Session

Bucket Drumming INTERMEDIATE

Learn more complex compositions written specifically for bucket drums while improving your drumming skills in a fun environment.

Equipment provided.

Instructor: Jamie Corbett

Tuesdays, 11:30am to 1:00pm **SCN**

23383 Session 4: Apr 30 to Jun 18

\$80/Session

Coffee House

Hosted by one of Kingston's best-known musicians, this program gives you the chance to perform live, while learning tips and tricks of the trade. Each class will start with a mini-concert by Michael, and then the microphone is all yours! Learn mic technique, how to really engage your audience, how to deal with performance anxiety, and lots more.

Instructor: Michael George

Mondays, 4:30 to 6:30pm **SC**

23624 session 3: Feb 26 to Apr 15

23625 session 4: Apr 29 to Jun 17

\$61.52/session 3, \$53.83/session 4

Vocal Music

Learn to Sing

With gentle vocal exercises and familiar songs, tune up, refresh your voice and achieve the best sound you can, while experiencing the joy and ease of singing.

Text: Teach Yourself to Sing by Karen Farnum Surmani, available at Long & McQuade, Indigo, and Amazon.

Instructor: Meg Breslow

Tuesdays, 2:30 to 3:30pm **SC**

23024 Session 3: Feb 20 to Apr 16

23247 Session 4: Apr 30 to Jun 18

\$87.57/Session 3; \$77.84/Session 4

Singalong

Love to sing well-known songs in a relaxed and fun group atmosphere? Music includes folk songs, golden oldies, and all your favourites. The goal is participation, not performance.

No experience necessary.

Instructor: Chuck Tindall & Mary Lou Boudreau

Wednesdays, 2:30 to 4:30pm **SC**

23027 Session 3: Feb 21 to Apr 17

23250 Session 4: May 1 to Jun 19

\$44.01/Session 3; \$39.12/Session 4

Tri-Tone Singers

A fun-loving ladies' choral group. Reading music is an asset, but not essential with past choir experience and the ability to learn a part: Soprano I, Soprano II or Alto. Performs occasionally for seniors' groups & retirement homes.

Instructor: Juliet Milsome

Thursdays, 1:30 to 3:30pm **SC**

23051 Session 3: Feb 22 to Apr 18

\$49.77/Session


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Jeff Dillon
Mortgage Agent Level 1
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jeff@mtgprof.com

775 Blackburn Mews, West Plaza, Kingston

Sports

Short Mat Bowling

Rendezvous

Designed for more experienced bowlers to practise and play.

Prerequisite: Short Mat Bowling Beginner or receive admission from the facilitator.

Instructor: Carol-Anne Bell

Tuesdays & Thursdays, 1:30 to 3:30pm **SC**

23084 Session 3: Feb 20 to Apr 18

\$80.10/Session

Table Tennis

Beginner

For first time players who want to learn the rules and basics of table tennis. Instruction for the first hour and put your skills into action as you play against other beginners.

Racquets and balls supplied.

Instructor: Seniors Association Volunteer Facilitator

Mondays, 1:30 to 4:30pm **SC**

23466 Session 3: Feb 26 to Apr 15

23467 Session 4: Apr 29 to Jun 17

\$21.92/Session 3; \$19.18/Session 4

Rendezvous

Table tennis is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. It also keeps you fit and flexible, without putting severe stress on joints.

All levels welcome and beginners will receive instruction. Racquets and balls supplied.

Instructor: Seniors Association Volunteer Facilitator

Mondays, 1:30 to 4:30pm **SC**

23079 Session 3: Feb 26 to Apr 15

23302 Session 4: Apr 29 to Jun 17

\$21.92/Session 3; \$19.18/Session 4

Tuesdays, 6:30 to 9:30pm **SC**

23086 Session 3: Feb 20 to Apr 16

23308 Session 4: Apr 30 to Jun 18

\$24.66/Session 3; \$21.92/Session 4

Wednesdays, 1:30 to 4:30pm **SC**

23090 Session 3: Feb 21 to Apr 17

23310 Session 4: May 1 to Jun 19

\$24.66/Session 3; \$21.92/Session 4

Thursdays, 6:30 to 9:30pm **SC**

23094 Session 3: Feb 22 to Apr 18

23309 Session 4: May 2 to Jun 20

\$24.66/Session 3; \$21.92/Session 4

Shop The Centre

FITNESS EQUIPMENT

Exercise Balls, Hand Weights, Yoga Blocks, Yoga Mats, Therabands, Fitness Steps, T-Shirts & Water Bottles

INTRODUCTORY Learn the rules, strategies, and techniques of the fastest growing sport for today's active adults.

23194	Mondays	9:00 to 11:00am	Feb 26 to Apr 15	SCD	\$52.08
23102	Tuesdays	8:30 to 10:30am	Feb 20 to Apr 16	SCW	\$59.52
23177	Tuesdays	9:00 to 11:00am	Feb 20 to Apr 16	SCD	\$59.52
23192	Tuesdays	10:30am to 12:30pm	Feb 20 to Apr 16	SCW	\$59.52
23179	Tuesdays	12:30 to 2:30pm	Feb 20 to Apr 16	SCW	\$59.52
23190	Wednesdays	1:00 to 3:00pm	Feb 21 to Apr 17	SCW	\$59.52
23104	Thursdays	8:30 to 10:30am	Feb 22 to Apr 18	SCW	\$59.52



Supply own eye protection.
(eyeglasses are suitable)

BEGINNER For players who have completed the introductory course or have played before. Some assistance provided.

23178	Mondays	1:00 to 3:00pm	Feb 26 to Apr 15	SCD	\$52.08
23189	Wednesdays	11:00am to 1:00pm	Feb 21 to Apr 17	SCD	\$59.52
23569	Wednesdays	12 noon to 2:00pm	Feb 21 to Apr 17	SCE	\$59.52
23180	Wednesdays	1:00 to 3:00pm	Feb 21 to Apr 17	SCD	\$59.52
23187	Thursdays	9:00 to 11:00am	Feb 22 to Apr 18	SCD	\$59.52
23168	Thursdays	1:00 to 3:00pm	Feb 22 to Apr 18	SCD	\$59.52

Beginner, Social

23174	Tuesdays	9:00 to 11:00am	Feb 20 to Apr 16	SCD	\$59.52
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INTERMEDIATE A social game for experienced players of all levels.

23184	Mondays	9:00 to 11:00am	Feb 26 to Apr 15	SCD	\$52.08
23170	Mondays	11:00am to 1:00pm	Feb 26 to Apr 15	SCD	\$52.08
23169	Mondays	1:00 to 3:00pm	Feb 26 to Apr 15	SCD	\$52.08
23081	Mondays	7:00 to 9:00pm	Feb 26 to Apr 15	SC	\$59.52
23568	Tuesdays	8:30 to 10:30am	Feb 20 to Apr 16	SCE	\$59.52
23172	Tuesdays	11:00am to 1:00pm	Feb 20 to Apr 16	SCD	\$59.52
23176	Tuesdays	1:00 to 3:00pm	Feb 20 to Apr 16	SCD	\$59.52
23188	Wednesdays	9:00 to 11:00am	Feb 21 to Apr 17	SCD	\$59.52
23175	Wednesdays	11:00am to 1:00pm	Feb 21 to Apr 17	SCD	\$59.52
23171	Wednesdays	1:00 to 3:00pm	Feb 21 to Apr 17	SCD	\$59.52
23092	Wednesdays	7:00 to 9:00pm	Feb 21 to Apr 17	SC	\$66.96
23570	Thursdays	8:30 to 10:30am	Feb 22 to Apr 18	SCE	\$59.52
23183	Thursdays	9:00 to 11:00am	Feb 22 to Apr 18	SCD	\$59.52
23191	Thursdays	1:00 to 3:00pm	Feb 22 to Apr 18	SCD	\$59.52
23529	Saturdays	9:00 to 11:00am	Feb 24 to Apr 20	SC	\$66.96

CHALLENGE For players seeking a competitive game. Prerequisite: At least 3 years of Pickleball INTERMEDIATE

23080	Mondays	5:00 to 7:00pm	Feb 26 to Apr 15	SC	\$59.52
23091	Wednesdays	5:00 to 7:00pm	Feb 21 to Apr 17	SC	\$66.96

Challenge, Social

23173	Mondays	11:00 to 1:00pm	Feb 26 to Apr 15	SCD	\$52.08
23181	Tuesdays	1:00 to 3:00pm	Feb 20 to Apr 16	SCD	\$59.52
23185	Wednesdays	11:00 to 1:00pm	Feb 21 to Apr 17	SCD	\$59.52
23590	Wednesdays	5:00 to 7:00pm	Feb 21 to Apr 17	SCE	\$59.52
23182	Thursdays	11:00 to 1:00pm	Feb 22 to Apr 18	SCD	\$59.52

Challenge, Competitive

23196	Mondays	9:00 to 11:00am	Feb 26 to Apr 15	SCD	\$52.08
23197	Tuesdays	11:00 to 1:00pm	Feb 20 to Apr 16	SCD	\$59.52
23186	Wednesdays	9:00 to 11:00am	Feb 21 to Apr 17	SCD	\$59.52
23195	Thursdays	11:00am to 1:00pm	Feb 22 to Apr 18	SCD	\$59.52

Skills & Drills

CHALLENGE

Each week your instructor will explain the skill(s) you will focus on, and then lead you through practice drills to reinforce those tactics and techniques at a competitive challenge level.

Instructor: Tim Salmon

Wednesdays, 9:00 to 10:30am **SCD**

23483 Session 3: Feb 21 to Apr 17

\$75.52/session

INTERMEDIATE

For players looking to improve their level of play by focusing on drills and strategies used in competitive pickleball.

Prerequisite: At least 3 years of Pickleball Intermediate.

Instructor: Al Rankin

Tuesdays, 9:00 to 10:30am **SCD**

23193 Session 3: Feb 20 to Apr 16

\$59.52/session

TUNE-UPS AT THE DOME

Receive private or small group 45-minute Coaching tailored for any level or specific skill.

Instructor: Tim Salmon

Contact Donna Malekos

(613.539.7813) to schedule.

\$40/1 member

Session 4 →

INTRODUCTORY Learn the rules strategies, and techniques of the fastest growing sport for today's active adults.

23402	Mondays	9:00 to 11:00am	Apr 29 to Jun 17	SCD	\$52.08
23326	Tuesdays	8:30 to 10:30am	Apr 30 to Jun 18	SCW	\$59.52
23421	Tuesdays	9:00 to 11:00am	Apr 30 to Jun 18	SCD	\$59.52
23420	Tuesdays	10:30am to 12:30pm	Apr 30 to Jun 18	SCW	\$59.52
23414	Tuesdays	12:30 to 2:30pm	Apr 30 to Jun 18	SCW	\$59.52
23404	Wednesdays	1:00 to 3:00pm	May 1 to Jun 19	SCW	\$59.52
23331	Thursdays	8:30 to 10:30am	May 2 to Jun 20	SCW	\$59.52



Supply own eye protection.
(eyeglasses are suitable)

BEGINNER For players who have completed the introductory course or have played before. Some assistance provided.

23428	Mondays	1:00 to 3:00pm	Apr 29 to Jun 17	SCD	\$52.08
23426	Wednesdays	11:00am to 1:00pm	May 1 to Jun 19	SCD	\$59.52
23572	Wednesdays	12 noon to 2:00pm	May 1 to Jun 19	SCE	\$59.52
23406	Wednesdays	1:00 to 3:00pm	May 1 to Jun 19	SCD	\$59.52
23407	Thursdays	1:00 to 3:00pm	May 2 to Jun 20	SCD	\$59.52
23409	Thursdays	9:00 to 11:00am	May 2 to Jun 20	SCD	\$59.52

Beginner, Social

23415	Tuesdays	9:00 to 11:00am	Apr 30 to Jun 18	SCD	\$59.52
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INTERMEDIATE A social game for experienced players of all levels.

23417	Mondays	9:00 to 11:00am	Apr 29 to Jun 17	SCD	\$52.08
23408	Mondays	11:00am to 1:00pm	Apr 29 to Jun 17	SCD	\$52.08
23410	Mondays	1:00 to 3:00pm	Apr 29 to Jun 17	SCD	\$52.08
23304	Mondays	7:00 to 9:00pm	Apr 29 to Jun 17	SC	\$52.08
23571	Tuesdays	8:30 to 10:30am	Apr 30 to Jun 18	sce	\$59.52
23425	Tuesdays	11:00am to 1:00pm	Apr 30 to Jun 18	SCD	\$59.52
23418	Tuesdays	1:00 to 3:00pm	Apr 30 to Jun 18	SCD	\$59.52
23422	Wednesdays	9:00 to 11:00am	May 1 to Jun 19	SCD	\$59.52
23416	Wednesdays	11:00am to 1:00pm	May 1 to Jun 19	SCD	\$59.52
23424	Wednesdays	1:00 to 3:00pm	May 1 to Jun 19	SCD	\$59.52
23315	Wednesdays	7:00 to 9:00pm	May 1 to Jun 19	SC	\$59.52
23573	Thursdays	8:30 to 10:30am	May 2 to Jun 20	SCE	\$59.52
23401	Thursdays	9:00 to 11:00am	May 2 to Jun 20	SCD	\$59.52
23405	Thursdays	1:00 to 3:00pm	May 2 to Jun 20	SCD	\$59.52
23530	Saturdays	9:00 to 11:00am	May 11 to Jun 22	SC	\$52.08

Skills & Drills

CHALLENGE

Each week your instructor will explain the skill(s) you will focus on, and then lead you through practice drills to reinforce those tactics and techniques at a competitive challenge level.

Instructor: Tim Salmon

Wednesdays, 9:00 to 10:30am **SCD**
23484 Session 4: May 1 to Jun 19
\$75.52/session

INTERMEDIATE

For players looking to improve their level of play by focusing on drills and strategies used in competitive pickleball.

Prerequisite: At least 3 years of Pickleball Intermediate.

Instructor: Al Rankin

Tuesdays, 9:00 to 10:30am **SCD**
23411 Session 3: Apr 30 to Jun 18
\$75.52/session

CHALLENGE For players seeking a competitive game. Prerequisite: At least 3 years of Pickleball INTERMEDIATE

23303	Mondays	5:00 to 7:00pm	Apr 29 to Jun 17	SC	\$52.08
23314	Wednesdays	5:00 to 7:00pm	May 1 to Jun 19	SC	\$59.52

Challenge, Social

23413	Mondays	11:00am to 1:00pm	Apr 29 to Jun 17	SCD	\$52.08
23430	Tuesdays	1:00 to 3:00pm	Apr 30 to Jun 18	SCD	\$59.52
23423	Wednesdays	11:00am to 1:00pm	May 1 to Jun 19	SCD	\$59.52
23591	Wednesdays	5:00 to 7:00pm	May 1 to Jun 19	SCE	\$59.52
23427	Thursdays	11:00 to 1:00pm	May 2 to Jun 20	SCD	\$59.52

Challenge, Competitive

23419	Mondays	9:00 to 11:00am	Apr 29 to Jun 17	SCD	\$52.08
23429	Tuesdays	11:00am to 1:00pm	Apr 30 to Jun 18	SCD	\$59.52
23403	Wednesdays	9:00 to 11:00am	May 1 to Jun 19	SCD	\$59.52
23412	Thursdays	11:00am to 1:00pm	May 2 to Jun 20	SCD	\$59.52

TUNE-UPS AT THE DOME

Receive private or small group 45-minute Coaching tailored for any level or specific skill.

Instructor: Tim Salmon

Contact Donna Malekos

(613.539.7813) to schedule.

\$40/1 member

Badminton

Provide own racket and eye protection (eyeglasses are suitable).

Beginner

For first-time players who want to learn the rules and basics of badminton.

Instructor: Debbie McMillan

Tuesdays, 10:30am to 12:30pm **SCE**

23130 Session 3: Feb 20 to Apr 16

23370 Session 4: Apr 30 to Jun 18

\$25.92/Session

Instructor: Karen Smith

Saturdays, 2:15 to 4:15pm **SC**

23096 Session 3: Feb 24 to Apr 20

23318 Session 4: May 11 to Jun 22

\$29.16/Session 3; \$28/Session 4

Advanced

For more competitive, experienced players.

Instructor: Hugh Pross

Tuesdays & Thursdays, 8:30 to 10:30am **SC**

23082 Session 3: Feb 20 to Apr 18

23305 Session 4: Apr 30 to Jun 20

\$58.32/Session 3; \$51.84/Session 4

Intermediate

Keep your body fit, strong and agile by playing this very popular sport.

For experienced players.

Instructor: Natasha Smith

Tuesdays & Thursdays, 11:00am to 1:00pm **SC**

23083 Session 3: Feb 20 to Apr 18

23306 Session 4: Apr 30 to Jun 20

\$58.32/Session 3; \$51.84/Session 4

Instructor: Keith Fairbank & Nancy Fairbank

Saturdays, 12 noon to 2:00pm **SC**

23095 Session 3: Feb 24 to Apr 20; no class Mar 30

23317 Session 4: May 11 to Jun 22; no class May 18

\$25.92/Session 3; \$24/Session 4

Intermediate PLUS

A convivial mix of experienced intermediate and advanced level seniors in a non-competitive setting.

Instructor: Paul Yaxley

Tuesdays & Thursdays, 8:30 to 10:30am **SCE**

23538 Session 3: Feb 20 to Apr 18

\$58.32/Session

Social RENDEZVOUS

Enjoy this fun and interactive doubles sport in a relaxed, non-competitive environment.

Open to beginners and intermediate level 1 players.

Instructor: Debbie McMillan

Tuesdays, 10:30am to 12:30pm **SCE**

23463 Session 3: Feb 20 to Apr 16

23464 Session 4: Apr 30 to Jun 18

\$25.92/Session

Instructor: Lynda Breen

Thursdays, 10:30am to 12:30pm **SCE**

23134 Session 3: Feb 22 to Apr 18

23374 Session 4: May 2 to Jun 20

\$25.92/Session

Other Sports

Basketball

The ball's in your court. Enjoy a great cardio workout in this popular team sport.

All levels welcome.

Instructor: Lou Cucoch

Wednesdays, 11:00am to 1:00pm **SCW**

23111 Session 3: Feb 21 to Apr 17

23335 Session 4: May 1 to Jun 19

\$43.28/Session

Indoor Bocce

Once reserved strictly for the nobility, bocce is now a game for any age or stage. Beyond the social benefits, it improves coordination, balance, and relieves stress.

No experience required.

Instructor: Seniors Association Volunteer Facilitator

Wednesdays, 12:30 to 2:30pm **SCW**

23127 Session 3: Feb 21 to Apr 17

23351 Session 4: May 1 to Jun 19

\$43.28/Session

Walking Soccer

Want to rediscover your passion for playing soccer? Walking soccer is a non-contact sport and is designed for people of all ages who walk instead of run to shoot and score.

Instructor: Mauricio Montecinos

Thursdays, 1:00 to 2:30pm **SCW**

23112 Session 3: Feb 22 to Apr 18

23336 Session 4: May 2 to Jun 20

\$43.28/Session

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WINTER/SPRING 2024 REGISTRATION PROCESS

FYI

PROGRAMS

- are open only to members of the Seniors Association. Membership must be current throughout the length of the program.
- are filled on a first-come basis
- have minimum and maximum numbers of participants. A waiting list is generated when a class reaches its maximum. You will receive an email if a spot becomes available (your spot will be held for 72 hours for you to confirm or decline).
- are subject to change.

Some advanced level programs have prerequisites. If you do not have a prerequisite, contact the Programs Department by email. programs@seniorskingston.ca

The Programs Department reserves the right to ask you to move to another class or timeslot if your skills do not match the course level.

CANCELLATIONS

The Programs Department reserves the right to cancel or alter, as required, any classes, times, cost, or locations outlined in this guide without notice, due to low enrolment, change of policy, or availability of facilities or instructors. Full refunds will only be issued for course cancellations made by the Seniors Association.

A class may be cancelled due to illness of the instructor/facilitator, inclement weather, etc. We will try to make up missed time but no guarantees can be made. In the event that a make-up class cannot be delivered, no credit or refund will be provided.

NOTE: ALL registrants **must** complete an **In Case of Emergency** form.

REFUND POLICY

Before the program start date: Participants may withdraw before a program starts for a full refund.

After program starts but before the third class:

- withdrawals must be made no later than one business day prior to the third class to receive a refund
- refund amount will be pro-rated to the date of notification (not backdated).

On or after the third class of the program:

- refund amount will be granted for medical reasons ONLY.
- refund amount will be pro-rated to the date of notification (not backdated).
- medical requests are not subject to a service charge.

Refund Options

- credit for the remaining classes placed on membership account for future use at the Seniors Association.
- refund to credit card
- cheque request (subject to a \$10 service fee)

WAITLISTS

managed by our database

- If you are on a list and a spot becomes available, the database sends you an email notifying you of the opening.
- You have 72 hours from the time that email is sent to register for the program (online, in person, or by phone).
- If you do not respond, the database moves you to the bottom of the waitlist and offers the spot to the next person.
- If you do not have email, you will receive a phone call.

REGISTRATION OPTIONS

- ① Online
- ② Mail-In
- ③ In-Person

IMPORTANT DATES Registration Begins

Session 3

Online Thursday February 1, 12 noon

Mail-In Friday February 2

In-Person Friday February 2, 8:30am

Session 4

Online Monday April 1, 12 noon

Mail-in Tuesday April 2

In-person Tuesday April 2, 8:30am

① Register Online

Our database is safe, secure, and complies with current payment card and data security standards to ensure long-term security. All data is stored in Canada.

Access our online database
from our website
www.SeniorsKingston.ca

② Register by Mail

Mail-in payment options:

Credit Card (preferred)

Cheques *

(NO post-dated cheques)

* Separate Cheques REQUIRED
per program, per session, per
person

* Make cheques payable to:
Seniors Association Kingston Region
(SAKR)
56 Francis Street
Kingston ON, K7M 1L7

③ Register In-Person

at The Seniors Centre, 56 Francis St.

ONLINE REGISTRATION HOW-TO'S

**ACCESS OUR ONLINE DATABASE
FROM OUR WEBSITE
[WWW.SENIORSKINGSTON.CA](http://www.SeniorsKingston.ca)**

LOGIN TO YOUR ACCOUNT

Current Member

- Type in your username (email) and password.
- Click login.
- Review your General, Contact, and Emergency Contact information.
- Click "Edit" to make changes to your information.
- To change your password, click "Manage Login".

New Member

- Click "Signup" directly below our logo at the top of the page.
- Follow the prompts and fill out all required fields.
- You will receive a confirmation email.
- You can now manage your account from any computer or smart device.

Renew Membership

For ease, make sure your membership is current before registering for a program.

- Click the three dots on the membership tile.
- Click renew
- This will bring you to the payment page.

REGISTER FOR A PROGRAM

Browse

- On a desktop, click "Activity Registration" button at top of page.
- If you are using a tablet, smartphone or ipad, click on the menu button (three stacked lines) located in the top left corner by the Seniors Association Logo. Select "Activity Registration"
- Under "Programs" section, click a broad program category (e.g., "Art")

- You will now see sub-categories (e.g., "Drawing and Painting"). Click the word "Show" for the list of programs.

Search

- If you know the program you'd like to take, type the program code in "Keyword Search"

Select a Program

- Click "Sign Me Up!" or "Waitlist" (indicates that the program is full)
- You will be taken to a page providing specifics about the program.
- Happy with your choice? At the top of this page:
 - click "Sign Me Up". Spot is held for 15 minutes. Click "next" at the bottom of the page to take you to your cart.
 - click "Waitlist" if the program is full. At the bottom of the page, click "waitlist" again to confirm.

Payment

- After you click next, you will be taken to your cart.
 - Click "continue shopping" if you would like to sign up for another program (your spot in the other program(s) is still being held).
 - When you are finished adding programs to your cart, enter your payment information and click "Place My Order"
 - If you have a credit on file, it will appear above the credit card information. You must select the box to use your credit balance
- View or print your registration confirmation and receipt. You will receive a confirmation email.

For these How-To Videos and more, visit our website.

www.SeniorsKingston.ca/programs

- Review your schedule
- Review your purchases
- Add a family member
- Use filters
- Register a family member

NEED HELP?

Contact us 613.548.7810

You can still manage your membership and register in-person, by phone, or by mail, as you always have.

CONTACT US

PROGRAM STAFF

Clare Williams 613.548.7810 x 223
Heather LeBlanc 613.548.7810 x 230
Donna Malekos **scd** 613.539.7813
Dianne Bell **sce|scn** 613.985.7814
Lynn Ross **scw** 613.583.7897

programs@seniorskingston.ca

REGISTRATION CHECK LIST



Complete all required forms and include:

- membership renewal
- program codes and details
- emergency contact information (ALL registrants)
- medical release (for exercise, fitness, or sports)
- full payment: credit card (preferred), eTransfer, or cheque (one cheque per program, per session, per person)

**SCENT
FREE
ZONE**

All Seniors Association facilities are
SCENT FREE environments.

Scent is a HEALTH issue. ***Be mindful of others.***

ALL PROGRAMS

WINTER / FALL 2024

———— INDEX ————

Acoustic Guitar	26	Euchre, Bid	17	Mahjong	17
Acrylic Painting	3	Euchre, Social	17	Mental Health Problems	20
Acrylic Pouring	3	Events That Changed the World ...	22	Memoir Writers	18
Amateur Radio	20	Everything But Painting	3	Moving Meditation	12
AquaFit	9	Exercise	10	Music	27
Art Cards	5	Simply Lift		50s	
Artists' Rendezvous	3	Simply Move		Acoustic Guitar	
Badminton	31	Simply Strength		Bucket Drumming	
Ballroom & Latin Dance	6	Simply Stretch		Coffee House	
Barre	11	Soft Aerobics		Early	
Basketball	31	Feet Beats	6	Guitar and Ukulele	
Better Balance	11	Favourite Canadian Artists	3	History of Jazz	
Bid Euchre	17	French	25	Jam Session	
BoneFit®	11	Garden Wisdom	20	Jamboree	
Bridge, Social	16	German	25	Learn to Sing	
Bucket Drumming	27	Gloves Off	12	Singalong	
Canada in World War I	22	Guided Studio	3	Tri-Tone Singers	
Canasta, Hand and Foot	16	Guitar, Acoustic	26	Music of the 50s	27
Cardio Go-Go	6	Guitar and Ukulele	26	Needlepoint & Cross Stitch	5
Chair Yoga	15	Handbuilding Ceramics	5	Now Let's Paint	3
Chess	16	History Explorers	22	Oil Painting	4
CIRCL Mobility™	12	History of Jazz	27	Open Studio	4
Coffee House	27	Hold'em Poker	17	Painting Nature	4
Collage	5	Impressionism	3	Philosophy Hammer	18
Collecting History	22	Indoor Bocce	31	Photography Rendezvous	4
Conversation Pit	18	In the Kitchen Again	20	Photo Scrapbooks	4
Creating Joyful Watercolours	3	iPad & iPhone	22	Pickleball	29
Cribbage	17	Irish Set & Ceili Dance	6	Pilates	11
Crokinole	17	Italian	25	Play Reading	20
Dance	6	Jamboree	26	Poker	17
Ballroom & Latin		Jam Session	26	PWR! Moves® for Parkinson's	12
Cardio Go-Go		Journey Through Canada	22	Realistic Techniques in Watercolour ..	4
Feet Beats		Joy of Writing	18	Scottish Country Dance	9
For Parkinsons		Kickboxing	12	Scrabble	16
Irish Set & Ceili		Languages	25	Short Mat Bowling	28
Latin American		French		Shuffleboard	18
Let's Dance!		German		Simply Lift	10
Line Dance		Italian		Simply Move	10
Scottish Country		Spanish		Simply Strength	10
Tap		Latin American Dance	9	Simply Stretch	10
Dance for Parkinsons	6	Learn to Sing	27	Simply Yoga	16
Darts	17	Let's Dance!	9	Singalong	27
Decadent Desserts	20	Life Drawing	3	Sit Fit	15
Drum Fitness	12	L.I.I.T.	12	Social Bridge	16
Early Music	27	Line Dance	6	Social Euchre	17
Essentrics	12	Mac Basics	22	Soft Aerobics	11

NEVER STOP *playing*

PROGRAMS BY LOCATION programs closer to home

Spanish	25
Sports.....	28
Badminton	
Basketball	
Indoor Bocce	
Pickleball	
Short Mat Bowling	
Table Tennis	
Walking Soccer	
Stained Glass	5
Step Fit.....	15
Stepping Stones to Strength	20
Table Tennis	31
Tai Chi	15
Tap Dance	9
Team Trivia	18
Technology Made Simple	22
Tiered Exercise Program	15
Trending Topics	18
Tri-Tone Singers	27
Truth & Reconciliation	20
UNESCO in Canada	22
Urban Poling	15
Walking Soccer	31
Watercolour	4
Wildlife by the Season	20
Wizard	17
Woodburning	5
Woodcarving	5
Woodworking	5
Workshops (arts & crafts)	4
Art with Grandchildren	
Brushstrokes and Friends	
Floral Spring Centrepiece	
Learn to Carve	
Paint with Gouache	
Photo Transfer	
Writers' Rendezvous	20
Yoga	15
Chair	
for Arthritis	
Simply	
Yogalates.....	15
Zumba Gold®.....	15

SENIORS CENTRE EAST

779 Hwy 15

Badminton	28
Barre.....	11
Better Balance.....	11
Creating Joyful Watercolours.....	3
Decadent Desserts	20
French	25
History Explorers	22
Hold'em Poker.....	17
In the Kitchen Again.....	20
Kickboxing	12
Line Dancing.....	6
Pickleball.....	29
Pilates.....	11
Simply Move	10
Simply Yoga	16
Spanish Through the Arts	26
Stepping Stones to Strength	20
Tai Chi.....	15
Team Trivia	18
Tiered Exercise Program	15

SENIORS CENTRE NORTH

85 MacCauley Street

Barre	11
Better Balance.....	11
Bucket Drumming.....	27
Chair Yoga.....	15
Everything But Painting.....	3
Feet Beats.....	6
Guided Studio.....	3
Guitar and Ukulele.....	26
Now Let's Paint	3
Oil Painting	4
Realistic Techniques in Watercolour ..	4
Simply Move	10
Urban Poling	15

SENIORS CENTRE DOME

1025 Innovation Drive

Pickleball.....	29
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SENIORS CENTRE WEST

1300 Bath Road

Acoustic Guitar.....	26
Acrylic Pouring.....	3
AquaFit.....	9
Art Cards.....	5
Basketball.....	31
Better Balance.....	11
Canasta, Hand and Foot	16
Chair Yoga.....	15
CIRCL Mobility™	12
Drum Fitness - Seated	12
Essentrics	12
Euchre, Social	17
Indoor Bocce.....	31
L.I.I.T.....	12
Line Dancing	6
Mahjong	17
Photo Scrapbooks.....	4
Pickleball Introductory.....	29
Pilates.....	11
Shuffleboard	18
Simply Lift.....	10
Simply Move	10
Simply Strength	10
Simply Stretch.....	10
Sit Fit.....	15
Soft Aerobics.....	11
Step Fit.....	15
Tai Chi.....	15
Walking Soccer.....	31
Zumba Gold®	15

PROGRAMS AT HOME

ONLINE

German.....	25
Pilates	11
Simply Yoga.....	16

PHONE

Phone From Home	31
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Keep your new Program Guide handy for easy reference throughout the term

Exercise Your Body • Stimulate Your Mind • Nurture Your Spirit

REGISTRATION *form*

name _____

phone _____

email _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

program code _____

day _____ time _____

location _____ cost _____

program _____

day _____ time _____

location _____ cost _____

In Case of Emergency Information

Required for ALL registrants

name of contact & relationship _____

phone _____

email _____

MEDICAL RELEASE

for exercise, fitness & sports

I have read the descriptions of the Seniors Association exercise, fitness, and sport programs for which I am registering. I acknowledge that I have been advised to consult with my doctor about my participation in these classes.

signature

date

Doctor's signature NOT required.

PAYMENT (Please circle method.)

Credit Card

Cheque

Cash

credit card # _____

expiry date __ __ / __ __ C V V __ __ __

(Separate cheque per person, per program, per session for registration in advance)

If I have a credit on my account, I would like to donate it to the Seniors Association in exchange for a tax receipt.

initial

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	Date	Init
Processed		
Checked		



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- ◆ Powers of Attorney
- ◆ Estate Planning



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CHICAGO the Musical.....Jan 3
 Pride & Prejudice (Sort of).....Jan 3
 The Book of Mormon.....Jan 31
 Quebec Winter Carnaval....Feb 2-4
 NHL: Sens vs Maple Leafs.....Feb 10
 SIX the Musical.....Feb 14 & Mar 6
 DISNEY'S Aladdin.....Mar 6
 Myrtle Beach..Mar 8-17 & Apr 1-13
 NHL: Sens vs Chicago Blackhawks..Mar 28
 SHEN YUN.....Apr 3
 Washington Cherry Blossoms..Apr 5-9
 NHL: Sens vs Montreal Canadiens..Apr 13
 Niagara Falls Elvis Festival..Apr 19-22
 Nashville.....May 2-7 & Sept 25-30
 Tulip Time in Holland Michigan..May 6-10
 Atlantic City & Philadelphia..May 6-9

MAGICAL MARITIMES!

Charlevoix & Saguenay: Castles, Whales
& Fjords.....Jun 24-27 & Aug 26-29
 Royal Nova Scotia Intl. Tattoo.....Jun 29 - Jul 5
 Maritime Magic.....Jul 9-20
 Nova Scotia & New Brunswick...Jul 22-30
 Newfoundland (Fly).....Jul 26 - Aug 7
 Newfoundland.....Aug 1-21
 Prince Edward Island.....Aug 6-12
 Gaspe & Quebec City.....Aug 18-23
 Cape Breton.....Oct 15-21

Feb 16-19 Aug 5-9 (5 Day)
 Mar 14-17 Aug 22-25
 Mar 28-31 Sept 12-15
 May 16-19 Oct 17-20
 May 16-20 (5 Day) Nov 14-17
 Jun 27-30 Dec 5-8

Ottawa Tulip Festival.....May 14
 To Kill a Mocking Bird.....May 29
 Les Miserables.....May 29
 Nashville & Memphis.....May 30-Jun 6
 St. Jacobs..Jun 6, Aug 1, Sept 12 & Nov 14
 WICKED.....Jun 12 & Jul 10
 Quebec City...Jun 23-26 & Sept 26-29
 Cape Cod & Newport.....Jun 24-28
 Cirque du Soleil: ECHO.....July 14
 Cape Cod Summer Vacation..Aug 25-29
 Cape Cod & Martha's Vineyard..Sept 9-13
 Nashville & Memphis.....Sept 17-24
 England, Ireland & Scotland...Oct 1-13
 Enchanting Ireland.....Oct 15-26
 Atlantic City & Cape May...Oct 28-31
 Taylor Swift Shuttle.....All 6 Shows



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February 5-16

Hawaiian Islands
February 6-18

Caribbean & Bermuda
March 6-17

Alaska & Hawaii
April 19-May 9

Bermuda No Fly
April 27 - May 5

Alaska
July 13-24



Transatlantic: New York - London
Iceland, Ireland & Paris!
April 24- May 11

Canada & New England
September 26 - October 4

Mediterranean: Athens - Rome
October 16 - November 1

Bermuda No Fly
November 22 - 30

Caribbean Christmas
Dec 20 - Jan 2, 2025

Bermuda: NCL AQUA
Sept 26 - Oct 4, 2025



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