

# Mount Pearl Seniors Independence Group

## SPRING 60+ FITNESS PROGRAM 2019

### REGISTRATION

Mount Pearl Residents - Tue, Apr 16 at 1:00 pm

Non-Residents - Thu, Apr 18 at 1:00 pm

**April 29 – June 7, 2019 (6 weeks)**

**(Except date: May 20)**

Cost: \$38.60 per person (HST included)

\$69.50 per couple (HST included)



### SHALLOW WATER FITNESS

Tuesdays & Thursdays

10:30 – 11:20 am

Mount Pearl Summit Centre

### NOON SWIMS

Monday - Friday

11:30 am – 2:30 pm

Mount Pearl Summit Centre

### LOW-IMPACT AEROBICS

Mondays & Fridays

10:30 – 11:25 am

Reid Community Centre

### INDOOR WALKING PROGRAM

12:00 – 1:00 pm

Mount Pearl Summit Centre

Monday - Friday

Reid Community Centre

Monday, Tuesday & Friday

**NOTE: Bring Mat & Hand Weights**

### TRIM & TONE

Wednesdays

10:30 – 11:25 am

Reid Community Centre



**Please Note: No classes on May 20**

For more information on our programs and services, contact the Mount Pearl Seniors Independence Group  
748-6485; email: [mtpearlseniors@hotmail.com](mailto:mtpearlseniors@hotmail.com)

Coordinator: Georgina Smith

Chairperson: Shirley Boone

Office Hours: 9:00 am – 4:30pm., Monday - Friday

Closed for Lunch: 12 -1:00 pm

# Mount Pearl Seniors Independence Group

## Seniors Helping Seniors

### MISSION STATEMENT

Established to advocate, plan and promote the independence, dignity, health and well-being of all seniors in Mount Pearl and neighbouring communities. "To participate in any of the activities listed, you must be member of the Mount Pearl Seniors Independence Group" except for the Caregivers Education & Support Program".

#### GUITAR JAM SESSION | \$1.00

Mondays 10:00 - 11:45 am  
Park Place Community Centre

Enjoy a couple of hours playing guitar with other guitar players. Must have some knowledge of guitar and chords.

#### MIXED DARTS | \$1.00

Mondays 1:30 pm  
Park Place Community Centre

Non-competitive fun game.

#### TUESDAY FRIENDSHIP CLUB | \$2.00

Tuesdays 1:30 - 3:30 pm  
Park Place Community Centre

Enjoy light chair exercise, games and a cup of tea.

#### DROP IN CENTRE | \$1.00

Wednesdays 1:45 - 4:00 pm  
Reid Centre Gym, Summit Centre

Enjoy 120 Card game, Rummoli or Bingo and cup of tea.

#### NIA | \$2.00

Thursdays 11:00 am - 12:00 pm  
Park Place Community Centre

Try something new. Experience joy through movement.

#### CRIB | \$1.00

Fridays 1:30 pm  
Park Place Community Centre

A fun game you are sure to enjoy.

#### CRAFTS (sewing, knitting) | \$1.00

Thursdays 1:30 - 4:00 pm  
Park Place Community Centre

Enjoy sewing, knitting and of course a cup of tea.

