

**Recreation for Seniors**  
**Updated November, 2015**

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

**ART**

**Art Classes by artist Norman F. Jackson**

Chinese Commerce Centre, 24 Coburg St., Tuesdays, 7:00-9:00 p.m., free onsite parking, cost is \$25 per class or pay in advance for all 5 classes for \$100.00, class size is limited to 10, bring your own supplies.

For further information, Email to shanecassidy07@gmail.com

**Kim Cookson** (Art Mama) 693-2259

Call for details

**Saint John Art Club** – 634-1377

**ARTHRITICS**

**Canada Games Aquatic Centre**, 658-4715

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

Senior rates are available. Call for times and prices.

**AUCTION 45's**

**Milford Community Centre** - 248 Milford Road

Mondays, 7:30 p.m.

Contact Jean Poirier – 672-5843

**Holy Trinity Anglican Church**,

Mondays, 1:00-3:00 p.m. Lunch

Contact Nan Thibodeau, 657-6618

**H.O.P.E. Centre**

4347 Loch Lomond Road, 653-6856

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

**St. Joachim's Church**, 653-6852

603 Loch Lomond Road

Thursdays, 1:00-3:00 p.m., \$5.00

**St. Anne's Church**, 653-5870

135 Simpson Drive

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

**St. James Anglican Church**

Fridays, 1:00-3:00 p.m., \$3.00, lunch provided

## **BINGO**

### **River Valley Lions**

River Valley Lions Community Centre  
27 Inglewood Drive, Grand Bay-Westfield

Thursday evenings – Quarter games, 6:30; early bird games, 7:00 followed by regular games.

### **Denis Morris Community Centre, 330 Greenhead Road**

Wednesday evenings – Doors open 4:00 p.m. Quarter games, 5:30 p.m.; early bird, 7:00 p.m.; regular games, 7:30 p.m. Wheelchair accessible. Canteen is available.

## **BOOK CLUBS**

### **Saint John Free Public Library**

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

Contact: Carol McFarquhar, 643-7220

### **Senior Complexes**

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

## **BOWLING**

### **Bowlarama Lanes, 635-1700**

248 Lancaster Avenue

Bowling Leagues for seniors are available every day

### **Fairview Lanes, 652-8480**

87 Lansdowne Avenue

Openings are available to join senior leagues several days a week

## **BRIDGE**

### **Assumption Centre, Chapel Street West**

Every Tuesday evening, 7:00 p.m.

Contact Ron Duplessis, 763-2150

### **Lord Beaverbrook Rink**

Every Thursday afternoon 1:00 p.m. Cost is \$5.00 or \$6.00 for the afternoon

Ron Duplessis, 763-2150

### **Fallsview Family Centre – Duplicate Bridge, 634-1701**

Every Friday evening, 6:30 p.m.

Jim Anderson, 672-7047

## **CHESS**

### **Saint John Free Public Library**

Saturday, 2:00-3:00 p.m.

Dan Elman, 672-0313

## **CRIBBAGE**

### **Nick Nicolle Centre, 658-2980**

Mondays in the afternoon – free

**KOC #9176**

St. Matthew's Catholic Church basement, Grand Bay-Westfield  
Every Wednesday evening, 7:00 p.m., \$6:00/person, small lunch provided

**SENIORS' CARDS GROUP**

Market Place Wellness Centre (basement of Carleton Community Centre)  
Mondays, 1:00-4:00 p.m. Cash prizes, lunch, and 50/50 draw ( Enter via glass doors  
on the parking level)

**COMPUTER CLASSES**

Saint John Free Public Library, Market Square, 643-7220 – free  
Saint Public Library, West Branch, Lancaster Mall, 643-7260 – free  
Saint John Art Centre, 633-4870  
Call for times and prices  
YMCA, Q'plex – Sheryl Titus, 849-5784  
Free computer classes for seniors

**DANCING**

**Seniors' Dance Class**

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

**Latin Line Dancing for Seniors**

Lorraine Millburn, (849-0442)

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

**Bill McGuire Centre**

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

Contact Lorraine Millburn, 849-0442

**Quispamsis Civic Arena**

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

– contact Lorraine Millburn, 849-0442

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

– contact Lorraine Millburn, 849-0442

**SQUARE DANCING**

**Beaus and Belles**

Ron & Barb Lowe, 847-5236

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

**Starlight Promenaders**

Jim & Pam McLean, 763-2634

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

**Hampton Hoedowners**

Stan & Rosalee Danells, 832-5374

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

**Fundy Wheelers**

John & Barb Rathburn, 738-3471

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

**DARTS**

RCL Bayview #22, 27 Woolastook Drive, Grand Bay-Westfield  
Fridays, 8:30 p.m. (September-June)

**EXERCISE PROGRAMS**

**50 + Friendship Games**, 633-8781

Held during the first week of June, a variety of activities are offered beginning with and Opening Event on Sunday afternoon and ending with an Awards Banquet on Friday evening. Cost is \$25.00 which includes the Opening Event, the Awards Banquet and all the activities you can work into your schedule including golf fees.

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

**Strength Training &**

**Cardiovascular Exercises for Seniors**

Wednesdays, Fridays, 11:15-12:15

\$10.00 for drop-in fee, small discount for seniors (65+) for term membership, call for prices to Kim or Peter

**Zoomers-on-the-Go** – 632-5537

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

Exercise and falls prevention for individuals over the age of 50. Includes low impact cardio exercise, balance and strengthening exercises - led by a certified instructor.

No fee

**Zoomers on the Go** – Lori Patterson, 632-5490

**Market Place Wellness Centre** (Carleton Community Centre), Market Place West, Tuesday and Fridays, 10:00 a.m.

Exercise and falls prevention for individuals over the age of 50. Includes low impact cardio exercise, balance and strengthening exercises - led by a certified instructor.

No fee

**Zoomers on the Go** – Lori Patterson, 632-5490

**Peet Drive**, Wednesdays, 1:30 p.m.

Exercise and falls prevention for individuals over the age of 50. Includes low impact cardio exercise, balance and strengthening exercises - led by a certified instructor.

No fee

### Goodlife

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

Carleton Community Centre, 674-4335 or 632-5700 (Community Health Centre)  
82 Market Place

Tuesday – 10:00-11:00; Friday - 11:00-12:00 noon; Free exercise classes.

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

Charlton Place/Stephenson Towers, 632-5700 (Community Health Centre)

Thursdays 11:00a.m. Free exercise classes.

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

H.O.P.E. Centre, 632-5695 (Community Health Centre)

4347 Loch Lomond Road

Tuesdays, 10:00-11:00 a.m. Free exercise classes.

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

Human Performance Fitness Centre, 738-3554

749 River Valley Road, Grand Bay-Westfield

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

Proto Strength & Conditioning, 647-7686

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

### Taoist Taichi

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

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

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

Trinity Anglican Church, 693-8558 or 632-5700 (Community Health Centre)

Mondays, 9:30 a.m. Free exercise classes.

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

YMCA-YWCA, 632-6157

Classes for seniors held at Millidgeville Community Centre

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

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

### **GARDEN TOURS (June – August)**

#### Fundy Gardeners

Bob Perry, President 847-4044

or Pat McGill, 849-4353

### **GENEALOGY RESEARCH**

New Brunswick Museum – Douglas Avenue location, 643-2349

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

Web site – [www.nbm-mnb.ca](http://www.nbm-mnb.ca) - English - Search Collections or [www.genealogy.com](http://www.genealogy.com)

## **GOLF**

**Haampton Golf Club Ltd. 832-5045**

**Rockwood Park Golf Course**

1255 Sandy Point Road, 634-0090

**Welsford Golf Course**

Welsford, 486-2217

**Ski Atlantic Senior Club**

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

## **HORSESHOES (May – September/October)**

**Shamrock Park**

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

Contact Allison Cripps, 642-7221, for details

## **LAWN BOWLING**

Seaside Park

Contact Fran Meehan, 693-5565. Website is [www.seasidelawnbowlingclub.com](http://www.seasidelawnbowlingclub.com)

## **LITERACY PROGRAMS**

**Community Adult Learning Program**

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

**Read Saint John, 633-2011**

**Saint John learning Exchange, 648-0202**

## **NATURALIST CLUB (SAINT JOHN),**

Hank Scarth, 647-7511

Lots of opportunities to explore the world of nature - presentations and field trips.

Regular meetings are held the second Monday of the month, 7:30 p.m. at the New Brunswick Museum at Market Square.

## **OUTDOOR ENTHUSIASTS CLUB**

Phyllis Hart, President, 847-5408

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

## **Poetry Club**

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

### **QiGong Classes**

Thrive Saint John, 160 Union Street  
Wednesdays, 6:30-7:30, \$10.00/session

### **QUILTING**

#### **Marco Polo Quilters' Guild**

St. Columba Presbyterian Church, 1454 Manawagonish Road  
First Wednesday of every month, 7:00-9:00 p.m.  
Every Thursday, 10:00 a.m. -2:00 p.m.  
Contact Norah Sullivan-O'Toole, 674-1639, norahsullivan@hotmail.com

### **SCRABBLE**

Saint John Free Public Library, Market Square, 643-7220  
Fridays, 1:30 p.m.

### **SENIOR CLUBS**

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

### **SENIOR SOCIAL TEAS, etc.**

#### **Spring Fest**

Usually held the first Thursday in April at Exhibition Park. Entertainment (usually Delbert Worden), bingo (extra charge) and light refreshments. Cost \$5.00. Seating capacity is 550. Call well in advance for the ticket release date to the Seniors' Resource Centre, 633-8781.

#### **Fall Fest**

Information as above except for October.

#### **Seniors' Christmas Tea**

Usually held the last Wednesday in November. Entertainment (usually Ron Maloney) and light refreshments. Cost is \$5.00. Seating capacity is 200. Call well in advance for the ticket release date to the Seniors' Resource Centre, 633-8781.

#### **Seniors' Canada Day Tea**

Information as above except for June.

#### **Lily Lake Pavilion**

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

### **SHUFFLEBOARD**

Church of St. John Baptist and St. Clement (Mission Church 815 Millidge Avenue  
Wednesdays 10:00-12:00 noon  
Contact Mary Ann LeBlanc, 672-7286

## **SINGING**

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

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

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

Forest Hills School, Glengary Drive

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

## **SKATING** (in season)

**Harbour Station, 672-2385 or 849-3019**

Mondays, 8:30-9:30 p.m. starting November 7. Music by Ron Maloney

## **SKIING**

**Ski Atlantic Senior Club**

For 60+

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

## **SOCIAL**

**Mature Professional Network**

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

**Conversation & Light Refreshments**

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

## **TAOIST TAI CHI**

Betty – 847-8228

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

## **TENNIS**

Tennis Association

Sue Bishop, 632-6005; infosaintjohntennis.ca



## **TOPS Club Inc.**

### **Carleton-Kirk #NB5248**

Monday evenings – Weight-ins 6:00 p.m., meeting 6:30 p.m.

First meeting is free. Yearly fee is \$30.00. Weekly fee is \$2:00-\$4:00

Contact Donna or John Buckley, 849-0550 or Email at [topscaptain@yahoo.ca](mailto:topscaptain@yahoo.ca)

### **Crescent Valley #NB5247**

55 MacLaren Blvd.

Thursday evenings – Weight-ins 6:00 p.m., meeting 6:30 p.m.

First meeting is free. Yearly fee is \$30.00. Weekly fee is \$2:00-\$4:00

Contact Donna or John Buckley, 849-0550 or Email at [topscaptain@yahoo.ca](mailto:topscaptain@yahoo.ca)

## **TOURS, DAY TRIPS & TRAVEL ADVENTURES**

### **Cherry Brook Zoo**

Call 634-1440; Open 10:00-5:00

### **Day Trippin' Tours**

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

Monthly shopping day trips to Bangor, etc.

### **Day Tripping**

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

Nordic walking, snowshoeing, skiing

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

50.00/workshop

edVentures – 1-506-460-2233, 1-888-850-1333 or [edVentures@fredericton.ca](mailto:edVentures@fredericton.ca)

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

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

Darlene Gosling, 31 Collingwood Drive, Quispamsis

[dgosling@cruiseshipcenters.ca](mailto:dgosling@cruiseshipcenters.ca)

[www.cruiseshipcenters.ca/DarleneGosling](http://www.cruiseshipcenters.ca/DarleneGosling)

Freedom Tours, 632-1012

80 Charlotte Street, brochures in office

### **Irving Nature Park**

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

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

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

### **No Limits New Brunswick Travel Adventures**

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

1-506-458-7106

Optimum Ride, 1-506-433-6634

Operates from Sussex but picks up passengers in Saint John.

**Tranquility Tours, Toll-free 1-866-466-4404**  
Operates from St. Stephen but picks up passengers in Saint John

### **TRANSPORTATION**

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

**Handi-Bus, 648-0609**

**Saint John Transit, 658-4700**

**Saint John Volunteer Centre, 658-1555**

### **VOLUNTEERING**

**Saint John Volunteer Centre, 658, 1555**

Call for information on the many volunteer opportunities that are available.

**Saint John Regional Hospital, 648-6000**

SJRH has many openings for volunteers. Call for details

### **WALKING**

**Day Tripping, 657-8747**

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

**Running Room**

**Brunswick Square, Level I, 652-6946**

Clinics are held during the years with 10 sessions for each clinic at a cost of \$69.00

Free Walks are held on Wednesdays at 6:00 p.m. and Sundays at 8:30 a.m. Anyone who is interested is invited to come to the Running Room at those times. Decisions are made at the time as to the distance of the walks.

Clinics range from fitness walks, learn to run programs, and training for marathon runs.

**Walks n' Talks, 672-8601**

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

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

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

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

West Side Walking Club – CCC – 658-2920

Bobbi Craft , Neighbourhood Assistant

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

## **YOGA**

Atlantic Rehab, 642-5005

15 Main Street West

Wednesdays, 6:00 p.m.

Canada Games Aquatic Centre, 658-4715

Special rates for seniors.

Tuesday and Thursday – 6:45 a.m.

Wednesday – 6:15 p.m.

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

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

Grand Bay Centrum

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

Hillcrest Village

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

Loch Lomond Villa

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

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

Wednesdays, 11:00 a.m.

Senior/Restorative Yoga - Wednesdays at 11am. in the gym. For those over 50. Low impact. Led by a certified instructor. Call Patti at 674-4335 for more information.

YMCA-YWCA, 693-9622

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

Intermediates - Thursday evening

Call for pricing information

## **ZUMBA**

YMCA-YWCA, 693-9622

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

Wednesday 6:45 p.m.

Instructor. No fee.

Market Place Wellness Centre

Zumba Gold (55+).

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

Contact Patty at 674-4335

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