



## October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Active Adults Young Chefs <b>Wellness Week</b> 1st – 7th <b>FREE Activities</b>	2 Over 50 Fun & Fitness Classes	3 Jumping Beans	4 Over 50 Fun & Fitness Classes Young Chefs	5 Adult Bowling at the Bowlacade	6 Recreational Tennis Clinic
7 <b>FREE Public Swim</b>	8 <b>Holiday Facility Closed</b>	9 Over 50 Fun & Fitness Classes	10 Jumping Beans <b>50+ Healthy Living &amp; Aging Well Expo</b>	11 Over 50 Fun & Fitness Classes Young Chefs	12 Adult Bowling at the Bowlacade	13 Recreational Tennis Clinic <b>Monster Truck Redemption</b>
14	15 Active Adults Young Chefs Junior Lifeguard Club - begins	16 Over 50 Fun & Fitness Classes	17 Jumping Beans	18 <b>WV Sr Bowling</b> Over 50 Fun & Fitness Classes Young Chefs	19 Adult Bowling at the Bowlacade	20 Recreational Tennis Clinic
21	22 Active Adults Young Chefs	23 Over 50 Fun & Fitness Classes	24 Jumping Beans	25 Over 50 Fun & Fitness Classes Young Chefs	26 Adult Bowling at the Bowlacade <b>Halloween Dance Party</b>	27
28 Creative Minds Studio For Young Artists	29 Active Adults Young Chefs	30 Over 50 Fun & Fitness Classes	31 Jumping Beans	Boxing Fitness Class Sun, Tue, Thu 6:30-8pm	Strong.Fit.Healthy Class Mon, Wed 7pm	





## **CLOSURES AND CANCELLATIONS:**

**Facility Closed** on **Monday the 8th** due to Thanksgiving Day Holiday.

## **REGULAR PROGRAMS AND ACTIVITIES:**

**Active Adults: every Monday. 9:30 am-noon.** Drop-in and socialize over coffee and snacks and participate in activities such as, dominos, card games, coloring, shuffleboard, and floor curling. Don't miss this great opportunity to be both, social and active. **\*Please note price increase. Cost is \$4 drop-in fee.**

**Youth Zone After-school Drop-in:** This after-school program is offered Monday to Friday 3:15-5:00pm. This drop-in program is an opportunity to get youth involved in a variety of activities in the Field House. Lots of equipment will be available for sport and games with the focus on being active and spending time with friends. Monday, Tuesday, Wednesday, and Thursday are free due to the generous support of the Woodstock Rotary Club and Canadian Tire-Woodstock. **\*Please note price increase. Drop-in fee on Friday is \$4.** Payment options are available.

**Boxing Fitness Class:** These classes are designed to target all ages and all fitness levels. Achieve the fitness and skill required in a purely recreational and social way. Participants will not only achieve a greater level of fitness but will gain **confidence as well**, training at your own level. *Come along to the sessions and enjoy a good workout in a friendly atmosphere and reap the benefits that boxing training will give you.* **Every Sunday, Tuesday and Thursday 6:30-8:00pm.**

**Strong. Fit. Healthy.:** Get the body of a fighter with the fight. Join Nicole Manuel, martial arts expert, PT trainer and former TKD fighter in this total body conditioning class. Classes take place in the room off the field house. For more info contact [strong.fit.healthy.lifestyle@gmail.com](mailto:strong.fit.healthy.lifestyle@gmail.com). Regular Classes held every Monday and Wednesday.

**Junior Lifeguard Club:** A 10-week afterschool program beginning on **Wednesday the 10th, 3:30-4:30** for ages 9-12yrs. This program provides an action-packed challenge for kids who love the water but who want more than 'lessons'. The club is for kids with a zest for aquatics, those between levels or programs who thrive in an energetic learning environment. Must register in advance.

**Jumping Beans:** This is a **free** program lead by the Valley Family Resource Centre held every **Wednesday 10-11:30am**. Children up to age 5 years are invited to come play where creativity, energy and the development of physical literacy are encouraged. Play with balls, hoops, and lots of other active equipment. Parent participation is encouraged. Babies are welcome. Contact 325-2299 or [www.frc-crf.com](http://www.frc-crf.com) for more info.

**Young Chefs Cooking Class:** A 5-week program. Registration for our next session is open. **Youth ages 10yrs+: Mondays Nov 12th-Dec 10th 3:30-5pm. Youth ages 5-9yrs: Thursdays Nov 15th-Dec 13th 3:30-5:00pm.** Participants will be taught the basic skills of preparing simple family meals, after-school snacks, and baking. Other topics that will be covered are kitchen safety, food handling, and etiquette. Emphasis will be put on creating more healthy choices so that participants are instilled with healthy habits that will last a lifetime. Cost: \$60/session. Must register in advance... spots are limited.

**50+ Aquasize:** This fun filled cardio-resistance exercise class will give you a full body workout. **Every Wednesday from 10-11am** at our aquatic facility. Cost: \$2/class. This is a **low impact** workout. Perfect for stretching and basic water movement.





**Adult Bowling:** The Woodstock Bowlacade is offering a bowling opportunity to adults **every Friday 2-4pm**, cost is only \$5/person.  
Bowlacade: 328-8418.

**Over 50 Fun & Fitness Class:** Join your friends at the Woodstock Legion every **Tuesday and Thursday 10-11am**. This class is free for seniors.  
Legion: 328-2645.

## **SPECIAL EVENTS:**

**Wellness Week:** Come Celebrate Wellness Week at the AYR Motor Centre from the 1st to the 7th. Here is the schedule of FREE activities:  
Monday – 9:30am-12pm – Active Adults, Tuesday – 6-8pm – Recreational Badminton, Wednesday – 10-11:30am – Jumping Beans  
Thursday – 6-8pm – Pickle Ball, Friday – 6-8pm – Walk-ins, Saturday – 3:30-5pm – Public Skate, Sunday – 2:30-4pm – Public Swim (sponsored by Highlift Auto)  
\*Put your name in for a random draw for a 10-punch card\*  
[www.wellnessnb.ca](http://www.wellnessnb.ca)

**Free Public Swim:** Sponsored by Highlift Auto Services: **Sunday the 7th.**

**TJ Harvey, MP Tobique-Mactaquac 50+ Healthy Living & Aging Well Expo: Wednesday the 10th.** Coffee and roundtable discussion on seniors: 10am-12pm. Lunch: 12-1pm. Expo: 1-3pm. RSVP: [TJ.Harvey@parl.gc.ca](mailto:TJ.Harvey@parl.gc.ca) or call 1-800-671-6160. Everyone is welcome! Information booths, health clinic roundtable discussion, complimentary light lunch and live music! In partnership with: Go Ahead Seniors and the Government of New Brunswick.

**Western Valley 50+ Bowling:** The Western Valley Recreation Association invites all those 50+ living in the river valley area to a fun bowling opportunity. Join us at the Woodstock Bowlacade on **the 18th 10am – Noon**. Cost is \$5 which includes bowling, shoes and light refreshments. Get out and be active and socialize with friends. Everyone is welcome!

**Recreational Tennis Clinics: Saturdays 6th, 13th, and 20th;** 9-10am for 8-14yrs and 10-11am for 15yrs+. Instructor: Dave Dickinson; Come out and learn the basic skills of tennis. No experience necessary. Please register in advance at the reception desk. Cost: drop-in fee - \$4/youth and \$5/adults.

**Halloween Dance Party: Friday the 26th, 5:30-7:30 pm** at AYR Motor Centre. For intellectually & physically challenged adults. DJ John Allen entertaining; Refreshments provided. This is a FREE event. Everyone is encouraged to dress-up in a costume and have a chance to win a prize!

**Creative Minds Studio for Young Artists:** Illustration: Let's have some fun! This session students will be introduced to the wonderful world of illustration and create their own fun designs. **Ages 8+.** **Dates: Sunday, October 28th, Nov 4th and 18th.** **Times: 1:30- 3:30 or 4pm-6pm.** Cost: \$85. Ages 5-7: Time: noon-1pm Cost: \$50

