

# 55+

Drop by the  
M. L. McConaghy  
Seniors' Centre  
for your **FREE**  
newsletter!

If you are 55+ and enjoy meeting new people, then join others in your age group at the M. L. McConaghy Seniors' Centre!  
The Centre is an active recreation facility that offers fantastic courses and drop-in programs during the day, in the evening and on weekends. There's something for everyone!

**MEMBERSHIP FEES**  
*(Cost includes G.S.T.)*  
**GENERAL MEMBERSHIP**  
Richmond Hill  
Residents - \$25  
Non-residents - \$45

**COMBINED MEMBERSHIP:**  
Includes General Membership and Drop-in Program Membership. For more information about this combined membership, please turn to page 81.

Residents - \$111  
Non-residents - \$131

**PLEASE NOTE:**

Be sure to carry your Membership Card with you when attending, as proof of membership will be requested.

**MEMBERSHIP AT  
M. L. McCONAGHY  
SENIORS' CENTRE  
OFFERS YOU:**

- ✓ the opportunity to participate in all drop-in programs;
- ✓ the opportunity to register for one or more of the courses at the M. L. McConaghy Seniors' Centre at reduced rates;
- ✓ reduced outtrips costs;
- ✓ dances, workshops and special events;
- ✓ **and much more!**

## M.L. McConaghy Seniors' Centre

10100 Yonge Street • (905) 737-1818

*The Centre is located on the west side of Yonge Street,  
just north of Major Mackenzie Drive.*

**Reception Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.**

*Please note: Financial transactions will only be processed until 4 p.m.*



Whether you're learning a new skill, getting in shape, meeting or spending time with friends, the M. L. McConaghy Seniors' Centre has a variety of recreational programs designed to suit an active adult lifestyle. The enthusiastic instructors and staff make this community centre a popular destination for those 55+. Courses include chair fitness, Osteoporosis fitness, badminton, tai chi, yoga, urban polewalking, line dancing, square dancing, beading workshops, computers and much more. The M. L. McConaghy Seniors' Centre also offers a wide range of drop-in programs like billiards, woodshop, euchre, carpet bowling, cribbage, crafts, table tennis and others. Outtrips, candlelight dinners, monthly barbecues and lunch programs are also offered throughout the year.

### Interested in Volunteering?

There are a number of volunteer opportunities at the M. L. McConaghy Seniors' Centre. Volunteering is a great way to make new friends, learn new skills and to have fun. A variety of opportunities and time commitments are available.

Contact the M. L. McConaghy Seniors' Centre to learn more at (905) 737-1818.



# McConaghy Seniors

## General Information

### LUNCH PROGRAM

Enjoy a delicious lunch out every Thursday. It's a great opportunity to meet new friends. You must pre-register on the Tuesday before the lunch. A hot entrée will be served each time.

*Lunches are served between 11:30 a.m. and 12:30 p.m.  
The cost is between \$5 and \$6.*

### BINGO

**Come to the Friendliest Bingo in Town!**

Play Bingo on Thursday afternoons at 1 p.m. in the Multipurpose Room at the M. L. McConaghy Seniors' Centre! You must be a member of the Centre or Club 35 to participate.

### WOOD SHOP

The M. L. McConaghy Seniors' Centre is fortunate to have a fully equipped Wood Shop for members to use. Feel free to bring in wood projects that you would like to build or complete. A Policy and Procedure Manual has been developed for all users and, prior to using the Shop, you are required to take part in a mandatory orientation session. The Shop is used for programs, drop-in use and use by staff to carry out repair work for the Centre. For more information about use of the Wood Shop, contact the Office at (905) 737-1818. **Note:** drop-in hours are subject to change.

### MOVIE MATINEE

Every Friday afternoon, a movie will be played for members of the Seniors' Centre. Movies begin at 1 p.m. and refreshments will be served. The cost is \$3 per person and will be collected at show time.

### MCCONAGHY SENIORS' CHOIR

Join this dynamic group and sing your heart out! The Choir is lead by a professional musician and performs throughout the year at the M. L. McConaghy Seniors' Centre, as well as in and about the community. If you are interested in joining, contact either Suzanna Willemsen at (905) 737-2265 or Cecil Culver at (905) 770-9551. Spring Concert is Sunday, April 11, from 2 - 4 p.m.

### COMPUTER FORUM

A computer forum will be held the first and third Saturday morning of each month in the M. L. McConaghy Seniors' Centre, Room 201. An informal discussion group will take place at 10 a.m. and the hands-on sessions begin at 11:15 a.m. (15 minutes per session). For more information, call (905) 737-1818. A special thank you to Chartwell Valley Vista for their generous donation to the McConaghy Seniors' Centre Computer Room.

  
Chartwell  
CLASSIC  
VALLEY VISTA

### MOTHER'S DAY LUNCH

**Date: Wednesday, May 5 • Time: 12 p.m.  
Cost: Members - \$8 Non-members - \$10**

The McConaghy Dining room will be transformed into a quaint Tea Room to honour Mothers. Joins us for brunch and light entertainment. Men are welcome to come and treat their special someone to a nice afternoon. Tickets are available in the Seniors' office until Friday, April 30.

### MONTHLY BARBECUES

Celebrate every month with a barbecue lunch! Barbecues will be held on the fourth Thursday of each month from January to May. Mark the following dates on your calendar and please remember to sign up the Monday before the lunch at the Reception Desk!

**Lunch will be served from 11:30 a.m. to 12:30 p.m.  
Each barbecue costs \$6 per person.  
Celebrate every month with a fantastic barbecue lunch!**  
**April 22 – Breaded Chicken on a bun  
May 27 – Riblets on a bun  
June 24 – Sausage on a bun**

ENTERTAINMENT  
SPONSORED BY

  
Chartwell  
CLASSIC  
VALLEY VISTA

### KICK DA FIDDLE & DINNER

**Date: Monday, April 26 • Time: 6 p.m.  
Cost: Members - \$20 Non-members - \$25**

What an evening this is going to be, delicious food and outstanding entertainment!!! Join us at the McConaghy Centre for a buffet dinner to include:

**MENU: Sliced Roast beef with gravy and horseradish, Herbed Marinated Chicken, Oven Roast Potatoes, Peaches and Cream corn, Mixed Green Salad with white balsamic vinaigrette, Rolls, Bread and butter, Chef's Surprise for dessert .  
Catering by Gourmazing Edibles.**

Kick da Fiddle is a rollicking Celtic trio. Brain's and Carl's powerful male voices build upon rhythmic guitar and rampant bodhran while Natalie charts her course on the fiddle with creative precision. Demonstrating a flair for combining original works with traditional sea shanties, jigs and reel sets, these energetic performers get toes a-tappin.

### MOVIE EXTRAVAGANZA

**Date: Friday, May 21 Time: 1 p.m.  
Cost: Members -FREE Non-members - \$5**  
Enjoy an afternoon matinee on the big screen! For more information, contact the M. L. McConaghy Seniors' Centre Office. Snacks, refreshments and popcorn will be provided. You must sign up for this movie for Friday, May 14.

TREATS  
SPONSORED BY

  
Chartwell  
CLASSIC  
VALLEY VISTA

### MCCONAGHY MEMBERS COUNCIL FUNDRAISING BAKE SALE

**Date: Thursday, April 29 • Time: 10 a.m. - 2 p.m.  
McConaghy Seniors' Centre Main Lobby**

The McConaghy Members Council have been working hard in the kitchen and are anxious to sell you some delicious treats! Make sure you bring your appetite. All proceeds will be going back directly to the Members Council.

### ANNUAL SENIORS' MONTH FREE BARBECUE AT THE MILL POND

**Date: Friday June 11**

In recognition of Seniors' Month, the Town of Richmond Hill invites you to the Mill Pond for an annual FREE barbecue. Each senior will receive a hot dog or hamburger with a drink. Come enjoy this afternoon of fun and entertainment! All adults 55+ are welcome.

### Wii

Come test your skills with the interactive Wii system! Available games include tennis, golf, bowling and much more. The Wii system is set up in the front Lobby for your enjoyment Monday - Friday, 9 a.m. to 4 p.m.

## DROP-IN PROGRAMS

The following drop-in programs are available to all members of the M. L. McConaghy Seniors' Centre.  
For more information about these programs, contact the Seniors' Centre Office at (905) 737-1818.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Billiards 9 a.m. - 8:30 p.m.	Billiards 9 a.m. - 8:30 p.m.	Billiards 9 a.m. - 8:30 p.m.	Billiards 9 a.m. - 8:30 p.m.	Billiards 9 a.m. - 8:30 p.m.	Billiards 9 a.m. - 4 p.m.	Billiards 9 a.m. - 4 p.m.
Computer Lab 12:30 - 6:30 p.m.	Mahjong 10 a.m. - 12 p.m.	Euchre 1 - 4 p.m.	Computer Lab 12:30 - 5 p.m.	Computer Lab 1 - 8:30 p.m.	Computer Lab 12 - 4 p.m.	Table Tennis 9 a.m. - 12 p.m.
Bridge 12:30 - 4 p.m.	Table Tennis 9 a.m. - 12:30 p.m. (available at BOTH Langstaff Community Centre and McConaghy Centre)	Badminton 4:30 - 6:30 p.m.	Crafts 10 a.m. - 1 p.m.	Table Tennis 9 a.m. - 12 p.m.	Table Tennis 9 a.m. - 12 p.m.	Woodshop 9 a.m. - 4 p.m.
Bid Euchre Lessons 12 - 1 p.m.		Table Tennis 4 - 8:30 p.m.	Cribbage 1 - 4 p.m.	Woodshop 9 a.m. - 8:30 p.m.	Euchre 1 - 4 p.m.	Computer Lab 9 a.m. - 4 p.m.
Bid Euchre 1 - 4 p.m.	Carpet Bowling 10 a.m. - 12 p.m.	Woodshop 9 a.m. - 5 p.m.	Woodshop 9 a.m. - 8:30 p.m.	Badminton 11:30 a.m. - 1:30 p.m. <u>Rouge Woods Community Centre</u>	Carpet Bowling 10 a.m. - 12 p.m.	Badminton 12 - 2 p.m.
Woodshop 9 a.m. - 8:30 p.m.	Badminton 5:30 - 7:30 p.m.	Computers 3:30 - 6 p.m.	Table Tennis 9 a.m. - 12 p.m. (Langstaff Community Centre)		Duplicate Bridge 12:30 - 4 p.m.	
Beginner Badminton 9 - 10:30 a.m.	Woodshop 9 a.m. - 5 p.m.		Bingo 1 - 3 p.m.		Woodshop 9 a.m. - 4 p.m.	
					Badminton 1 - 3:30 p.m.	

Please take some time to review the Adult and Fitness sections in this Guide for more program opportunities.

If you are 65 and older and are a Richmond Hill resident, you can register for these programs at a 30 per cent discount! The following programs may interest you:

- Aquafit
- Ballroom Dancing
- Golf
- Sewing
- Table Tennis
- Art Programs
- Belly Dancing
- Guitar
- Stained Glass
- Women on Weights
- Badminton
- Low-Impact Aerobics

## DROP-IN PROGRAM FEE OPTIONS:

There is a \$0.50 drop-in fee for all drop-in programs. Listed below are options for payment:

- Members can pay a \$0.50 drop-in fee per program
- Members can purchase a 10-visit punch card for \$4.50 (this option gives the member one free program visit).
- Members can purchase a three-month, unlimited access card for \$24. This is a great value for members who participate in four or more drop-in programs per week.
- Members can pay \$1 for a daily pass. This allows access to all drop in programs offered in a one day time frame.

Members can purchase unlimited access to drop-in programs with their annual M.L. McConaghy Seniors' Centre Membership Card by purchasing a dual Membership/Drop-In Card. This allows for unlimited access to all drop-in programs for the one-year membership term. This will benefit the members participating in a minimum of four drop-in programs per week.

- **RICHMOND HILL RESIDENT RATE:**  
\$111 (Current McConaghy Seniors' Centre Membership fee of \$25 per year, plus \$86 per year for the Drop-In Membership)
- **NON RICHMOND HILL RESIDENT RATE:**  
\$131 (Current Non-Resident Membership fee of \$45 per year, plus \$86 per year for the Drop-In Membership)

# McConaghy Seniors

## McCONAGHY SENIORS' OUTTRIPS

Enjoy these fantastic trips in partnership with Great Canadian Holiday & Coaches. All trips include a deluxe motor coach.

### LAKE MUSKOKA BOAT CRUISE

Date: Wednesday July 14

Members: \$91 • Non-Members: \$96

Tickets available on a first come, first served basis until Friday, May 14.

Departure time: 9 a.m. Arrive home: 5:30 p.m.

Hop aboard the *Wenonah II* for a two and a half hour luncheon cruise of lovely Lake Muskoka. Built with all the style of a 1907 Muskoka vessel, *Wenonah 11* combines turn-of-the-century charm with modern conveniences, including air-conditioning and an elevator. Delight in the breathtaking views of Lake Muskoka as you take in your lunch and the ambiance of their beautiful dining rooms.

Following the cruise, you will head over to *Grace & Speed*, The Muskoka Boat & Heritage Centre, celebrating a history of life on the water in Muskoka. It is North America's only

in-water exhibit of working antique boats and it boasts interactive displays celebrating all the uniquely wonderful about this stunning slice of Ontario. The state-of-the art exhibits capture the glory of the Muskokan experience, exploring the rich history of steamships, wooden boats and luxury hotels that helped define Muskoka.

Included in the price:

- Deluxe Motor Coach Transportation
- Lunch aboard Lake Muskoka Boat
- Admission to Muskoka Boat and Heritage Centre

### FALLSVIEW CASINO

Date: Friday, May 14

Members: \$15 - Non-Members: \$20

Tickets are available on a first-come,

first-served basis until

Friday, April 30.

Departure time: 8:45 a.m.

Leaving Fallsview: 3:45 p.m.

Arrive Home: 6 p.m.

(approximately)

Each player will be given a \$10 loaded Player's Card (if they have proper government-issued photo ID).



### CASINO RAMA OUTTRIPS

Don't forget to sign up for the Casino Rama Trips! Buses leave the last Friday of every month and spaces fill up fast! You can sign up for these trips at the Reception Desk for \$1 (non-refundable).

## McCONAGHY SENIORS' CENTRE FOOT CARE CLINIC

SERVICES PROVIDED BY JEFFREY D. COWEN, B.A., D.CH., B.Sc.(H), M.O.S.C. CHIROPODIST - FOOT SPECIALIST

Commonly treated conditions: general nail care, ingrown and fungal nail care, corns, calluses, arch pain, heel pain, foot strain, ulcers, infections, toe deformities, bunions, hammer toes and warts. Medical corrective padding, footwear advice and prescriptions, custom orthotics, Diabetic/Arthritic/Geriatric foot care.

Location: First Aid Room (106). Call (905) 737-1818 to book your appointment!

SPRING SCHEDULE IS AS FOLLOWS:

Saturday, March 6 • Saturday, April 3 • Saturday, May 8

FEES: \* \$20 per visit (must be paid on day of treatment.) \* Costs are covered by many health care plans.

\* Veteran Taps Cards are accepted. \*All appointments must be made through the Reception Office.

You must be a member of M. L. McConaghy Seniors' Centre to book an appointment.

## THE WELLNESS WORKSHOP SERIES WITH PHIL FEILDS

This popular workshop is designed to add **healthy years to your life** using simple, easy-to-follow steps. In nine successful weeks, the series will focus on several common mistakes that are responsible for diminishing the quality of our lives and how to correct them. Participants will be encouraged to input the topics of particular concern to them within the scope of nutrition and biochemistry. **Note:** While some topics appear to be repetitive from semester to semester, new material is being covered.

### TOPICS INCLUDE:

- Why we lose energy as we age and how to prevent and reverse it;
- The latest understanding about memory loss with aging and what we can do about it;
- Correlation between physical fitness and overall cardiovascular health;
- Understanding how our thoughts influence our body's chemistry and how to use them;
- And much more!

The  
**OPEN HOUSE**  
is on  
**Tuesday, March 30**  
from 1 to 3 p.m.  
or 7 to 9 p.m.  
Come and hear what  
it's all about!



# McConaghy Seniors

NO McCONAGHY MEMBERSHIP IS REQUIRED TO REGISTER.

*Don't Miss!*

Those 65 and older receive a 30 per cent discount off the prices listed below.

## BADMINTON RECREATIONAL

Rouge Woods Tue Apr 6 \$36/ 10 11:45 a.m. - 1 p.m. 286131

## BELLY DANCING

McConaghy Mon Apr 12 \$82/ 10 10 a.m. - 11 a.m. 286139

## COMPUTERS - LEVEL 1

McConaghy Fri Apr 9 \$192/ 8 10 a.m. - 12 p.m. 286205

## COMPUTERS - LEVEL 2

McConaghy Thu Apr 8 \$192/ 8 7 p.m. - 9 p.m. 287131

## COMPUTERS - LEVEL 3

McConaghy Wed Apr 7 \$192/ 8 10 a.m. - 12 p.m. 287132

## DANCE - SALSA SINGLE 1

McConaghy Tue Apr 6 \$77/ 8 1:45 p.m. - 2:45 p.m. 287991

## TABLE TENNIS

Langstaff Wed Apr 7 \$48/ 12 9:30 a.m. - 11:30 a.m. 286191



## Bayview Hill Seniors' Program

### 灣景山長者活動

Bayview Hill Community Centre 灣景山社區中心  
114 Spadina Road, Richmond Hill

- English Class 英文班
- Chinese Culture 中國文化班
- Dances & Exercise 活力長者運動班
- Arts & Crafts 手工藝制作班
- Festive Celebrations 節慶活動
- Leisure & Wellness 怡情養性、身心安康活動

Mandarin  
Support Group  
國語天地



For more information:  
查詢請致電:  
905-884-6092

# McConaghy Seniors



The McConaghy Seniors' Centre has a wide range of programs available to our members. In the spring session we have introduced several new programs from Beading Workshops to Chair Fitness. For further information regarding the opportunities at the McConaghy Seniors' Centre, call (905) 737-1818.

## ABDOMINAL WORKOUT

When our abdominal muscles become weak, we notice a slacking in our abdominal area and often experience postural problems and related lower back pain. This program will firm and strengthen abdominal and back muscles with gentle, progressive exercises and stretches. Please wear loose, comfortable clothing.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$42.50/ 10	Mon Apr 12	1 p.m. - 2 p.m.	285722

## ★ BEAD WEAVING - SPIRAL STITCH

The spiral weave creates a flexible chain that has tremendous versatility. This is a technique that's ripe for experimentation! Participants will learn the basic technique to create a lovely bracelet. Once you have the basic idea, you can easily build on it to create your own patterns. A \$20 kit fee will be collected at the beginning of the class.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$15/ 1	Fri May 28	12:30 p.m. - 4 p.m.	288037

## ★ BEADING WORKSHOP #1 - BEGINNER

The latest craze in crafting and fashion. You will be introduced to the tools, finding and different types of beads used to create unique one of a kind jewelry. In this workshop, participants will learn a basic beading technique to make a crystal glass bracelet. A \$20 material fee will be collected at the beginning of the class.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$13/ 1	Fri Apr 23	1 p.m. - 3 p.m.	288022

## ★ BEADING WORKSHOP #2 - BRACELET AND EARRINGS

Once you have mastered the basic beading skills, move on to this workshop to learn wiring techniques to create a unique beaded bracelet and matching earrings. A \$20 material fee will be collected at the beginning of the class. **Prerequisite:** Basic Beading Workshop #1.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$13/ 1	Fri Apr 30	1 p.m. - 3 p.m.	288026

## ★ BEADING WORKSHOP #3 - PEARL KNOTTING

Learn about different types, sizes and shape of pearls and most important, the difference between artificial, natural and the cultured pearl. Participants will learn how to string and knot between each pearl to create a classic look pearl necklace of 16' or 18' length up to their liking. You will be introduced to all tools, and materials available on the market, and different the techniques commonly used. A \$20 kit fee will be collected at the beginning of the class. **Prerequisite:** Basic Beading Workshop #2.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$13/ 1	Fri May 7	1 p.m. - 3 p.m.	288030

## ★ BEADING WORKSHOP #4 - GEM STONES

Looking at a gemstone, carrying it in your hand, feeling its energy. This workshop will focus on the healing power of semi precious stones while creating a new project that captures your personality. A \$40 kit fee will be collected at the beginning of the class. **Prerequisite:** Basic Beading Workshop #2.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$13/ 1	Fri May 14	1 p.m. - 3 p.m.	288033

## BEGINNER BRIDGE LESSONS

This program is designed for beginners and those that need a little practice. You will learn the basics of bridge in a relaxed format, where there will be plenty of opportunity to ask questions and practice the game.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$36/ 6	Mon Apr 26	9:30 a.m. - 12 p.m.	287825

## ★ CHAIR FITNESS

Guaranteed perfect class for anyone who want to get fit without walking fast, doing tricky routines or getting down on the floor. Strengthen muscles, help your heart and breathing, improve flexibility, movement, co-ordination, balance, laugh and have fun with a chair! Please wear loose, comfortable clothing.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$55/ 10	Tue Apr 6	11:45 a.m. - 12:45 p.m.	287827



**INCLEMENT WEATHER HOTLINE**  
**(905) 771-5487**  
 go to page 3 for details.

# McConaghy Seniors

## CIRCUIT STRENGTH & FITNESS

This class consists of a series of strength and fitness stations that work all the muscles in your body. You're always changing activities while having fun. Participants will learn to do resistance training properly and at an appropriate level for their ability. It's great for both men and women.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$34/ 8	Tue Apr 6	12:30 p.m. - 1:30 p.m.	285723

## COMPUTERS - LEVEL 1

A starter course for seniors with little or no computer experience. Learn computer parts, start-up and shut-down procedures and parts of a window. Use a mouse correctly, with left and right clicks. Write memos and edit them using Copy and Paste. Compare Notepad and WorkPad text editors. Work with two windows open at the same time. Study notes and attachments are given for each week. Satisfactory completion of this course, (or equivalent knowledge) is mandatory to enroll in Level 2.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$115/ 8	Mon Apr 12	10 a.m. - 12 p.m.	285724

## COMPUTERS - LEVEL 2

For seniors who have successfully completed Level 1 or have equivalent experience. Learn how to save documents, and set-up e-mail addresses, Receive, Reply and Forward e-mail messages. Receive and Send attachments and save and store messages in personal folders. Browse the Internet and bookmark frequently used sites. Learn how to maintain a computer in working order. Study notes and attachments are given for each week. Satisfactory completion of this course, (or equivalent knowledge), is mandatory to enroll in Level 3.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$115/ 8	Tue Apr 6	10 a.m. - 12 p.m.	285726
McConaghy	55+	\$115/ 8	Tue Apr 6	1 p.m. - 3 p.m.	285727

## COMPUTERS - LEVEL 3

For Seniors who have completed Computers 55+ Level 2, or have equivalent experience. This course can enhance your computing experience by learning and exploring topics such as: Digital Media, Browser settings and customizing, online shopping and travel, and online communications, Skype and Voice over internet protocol, (VOIP), games and activities. Study notes and attachments are given for each week.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$115/ 8	Wed Apr 7	10 a.m. - 12 p.m.	285728

## CONTEMPORARY COUNTRY DANCING

Come join the fun of modern country line dance. Designed for Intermediates this class teaches new steps and enhances some of your previous ones with a wide range of music including: country, celtic, rock and roll, cha cha, waltz, rumbas and others. **Prerequisite:** Level 2 Traditional Line Dance or Beginner Country.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$67.50/ 10	Fri Apr 9	1 p.m. - 3 p.m.	285729

## HIKING CLUB - LEVEL 1

The McConaghy Seniors' Centre has an active hiking group that meets once a week to hike on trails in the York Region area. You should be able to maintain a steady pace during this time. The degree of difficulty is generally easy to moderate with some hilly areas. We meet at the centre and carpool to our destination. Hikes are one to two hours in length, with opportunities to rest. Hikers are encouraged to dress in layers, wear hiking boots/shoes, bring a water bottle and light snacks. Come out and join the fun!!!

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$5/ 10	Tue Apr 6	9 a.m. - 11 a.m.	285772

## INTERMEDIATE BRIDGE

This class is designed for players who have completed a beginner class or more experienced players who wish to improve their skills. Topics include: Review of basic bidding (Standard American), the Stayman convention, preemptive bidding, overcalls, the takeout double, and slam bidding. Classes are given in a relaxed, friendly environment using the 'cards on the table' approach and practice play.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$36/ 6	Wed Apr 28	9:30 a.m. - 12 p.m.	287826

## LINE DANCE - LEVEL 1

Come on out and show off your stuff! This class is designed to introduce participants to line dancing. Before you know it, you will be moving and grooving to the music.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$42.50/ 10	Wed Apr 7	10 a.m. - 12 p.m.	285773

## LINE DANCE - LEVEL 2

This program will allow you to show off the steps you already know, as well as, introduce you to more advanced line dances. Your instructor will lead you through a fun filled class with plenty of lively and exciting music. To participate in this class we recommend that you have taken Line Dance Level 1.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$42.50/ 10	Mon Apr 12	1 p.m. - 3 p.m.	285774

## JUNE IS SENIORS' MONTH

The Town of Richmond Hill is hosting several events in the month of June in recognition of Seniors' Month. Please contact (905) 737-1818 or drop by the Seniors' Centre to pick up the Seniors' Month event flyer.

# McConaghy Seniors

## LINE DANCE - LEVEL 2 PLUS

This program will build on the Level 2 steps that you already know, you will be introduced to some of the Level 3 steps in preparation for moving to the next level. Your instructor will lead you through a fun filled class with plenty of lively and exciting music.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$56.25/ 10	Wed Mar 31	1 p.m. - 3 p.m.	285822

## LINE DANCE - LEVEL 3

We cannot even begin to tell you just how much fun this class is! If you're not a morning person, you certainly will be once you hear the lively music and get your feet moving to the beat! Our friendly instructors will have you doing moves you never thought possible. To participate in this class you must have taken Line Dance Level 2 Plus.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$42.50/ 10	Tue Apr 6	9:30 a.m. - 11:30 a.m.	285823

## LINE DANCE - LEVEL 4

This class is designed for those participants with several years of line dance experience. Our skilled instructors will lead you through more challenging dances to lively music. You must have taken Level 3 to participate.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$56.25/ 10	Thu Apr 8	1 p.m. - 3 p.m.	286730

## McCONAGHY BOOK CLUB

Do you enjoy reading books? Then you will want to join our Book Club. We read, discuss and simply enjoy books with others in an informal setting. From mysteries to travelogues to even venturing out on a field trip. Everyone is welcome, sign up today! We meet the 3rd Friday of the month.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	FREE	Fri May 21	10 a.m. - 12:30 a.m.	286777

## MIX 'N MATCH FITNESS

This gentle, low impact class focuses on strength and endurance exercises to fun and motivating music. This safe total body work out will be geared to your personal level of ability. Go at your own pace while improving your level of physical fitness.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$42.50/ 10	Wed Apr 7	1:30 p.m. - 2:30 p.m.	286785

## OSTEOPOROSIS FITNESS

This specialized fitness class is geared for anyone who has osteoporosis or who wants to learn the safe and proper use of weights, (which will help prevent this common bone condition). These exercises will stimulate bone growth and strengthen muscles, as well as, improve your balance and increase your energy.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
Langstaff	55+	\$63/ 12	Fri Apr 9	10:30 a.m. - 12 p.m.	286831
McConaghy	55+	\$63/ 12	Wed Apr 7	11:45 a.m. - 1:15 p.m.	286830
McConaghy	55+	\$57.75/ 11	Mon Apr 12	2:15 p.m. - 3:45 p.m.	286832

## RECREATIONAL BADMINTON

A program aimed at playing strictly for enjoyment. Don't miss the chance to improve your badminton skills with other participants at the beginner skill level! No instruction provided. **Note:** Birdies and racquet required.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
Langstaff	55+	\$6.50/ 13	Wed Apr 7	2:30 p.m. - 4:30 p.m.	286463
McConaghy	55+	\$5.50/ 11	Mon Apr 12	10:30 a.m. - 12:30 p.m.	286460
Rouge Woods	55+	\$6/ 12	Fri Apr 9	1:30 p.m. - 3:30 p.m.	286462

## SQUARE DANCING

This program is divided into three nine week sessions. Part 1 is offered in the Fall Session, Part 2 in the Winter Session and Part 3 in the Spring Session. Because of the progressive nature of the instruction, new or beginning dancers will only be accepted in the Fall Sessions. Participants who have previously attended the program may be considered for Part 3.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$42.50/ 10	Fri Apr 9	10 a.m. - 12 p.m.	286199

## TAOIST TAI CHI - LEVEL 1/2

An ancient form of Chinese exercise promoting flexibility, coordination and relaxation through calming of the mind. This exercise also encourages healthy circulation throughout the body. Please bring a drink to each class.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$30/ 8	Wed Apr 7	9:30 a.m. - 10:30 a.m.	286845

**RICHMOND GREEN INDOOR LAWN BOWLING**

October through April  
Monday - Friday (Games)  
10 a.m. - 12 p.m. and 1 - 3 p.m.  
Saturday Tournaments  
For more information, call:  
(905) 737-1236, ext. 0.

# McConaghy Seniors

## TAOIST TAI CHI – LEVEL 3

This Taoist Tai Chi Program is especially designed for those seniors who have taken level 1 and 2 or who have had several years of experience.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$30/ 8	Wed Apr 7	10:30 a.m. - 11:30 a.m.	286844

## TAP DANCING

If you have never taken tap dancing or would like to get back into it, then sign up today for this fantastic program! You will be introduced to fundamentals such as timing, body positioning and foot work. Come out and enjoy learning dances to great songs of the past.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$44/ 10	Thu Apr 8	1 p.m. - 2 p.m.	286851

## URBAN POLE WALKING

If you enjoy walking, give Urban Poling a try! This new activity is popular throughout Europe and uses custom poles (provided) to reduce stress and weight on your knees, hips and other joints while providing a total body workout.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$44/ 8	Mon Apr 12	9:30 a.m. - 10:30 a.m.	286852

## WELLNESS WORKSHOP SERIES

This sessions will deal with a greater insight to how we sabotage our health through ignorance of basic nutritional and biological requirements. The latest developments on how our thoughts create chemical changes in our body will also be discussed. Mr. Feilds makes the functioning body easy to understand. For information see page 82.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$22.50/ 9	Tue Apr 6	7 p.m. - 9 p.m.	286882
McConaghy	55+	\$22.50/ 9	Tue Apr 6	1 p.m. - 3 p.m.	286883

## YOGA

This yoga course is specially designed for Seniors and is a simple and pleasurable way to feel better. Simple body movement and postures blended with gentle breathing patterns and moments of relaxation will strengthen and tone muscles, loosen still joints, increase breathing capacity, quiet your mind and create a sense of relaxed wellbeing. Participants will be given safety and health tips and will be encouraged to stay within their own ability and comfort zone. Please wear comfortable clothing.

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$35.40/ 8	Tue Apr 6	4 p.m. - 5 p.m.	287823
McConaghy	55+	\$35.40/ 8	Mon Apr 12	7 p.m. - 8 p.m.	287822

## YOGA LEVEL 2

This yoga course is specially designed for Seniors who have participated in a level 1 Yoga class and are able to touch their toes. Simple body movement and postures blended with gentle breathing patterns and moments of relaxation will strengthen and tone muscles, loosen still joints, increase breathing capacity, quiet your mind and create a sense of relaxed wellbeing. Participants will be given safety and health tips and will be encouraged to stay within their own ability and comfort zone. Please wear comfortable clothing .

LOCATION	AGE	FEE/CLASSES	DATE	TIME	CODE
McConaghy	55+	\$35.40/ 8	Thu Apr 8	7 p.m. - 8 p.m.	287824





**Every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas.**



**INSTALL SMOKE ALARMS**

**IT'S THE LAW**

**RICHMOND HILL FIRE DEPARTMENT**

**DON'T FORGET TO CHANGE YOUR SMOKE ALARM BATTERIES WHEN YOU SWITCH YOUR CLOCKS BACK ON SUNDAY, MARCH 14.**