

Showcase for Seniors

FALL & WINTER 2016

Activities for Seniors

There are so many activities for all ages throughout our community. In the senior games section there is a list of contacts for Recreation resource people who can help you navigate through all the various recreation and leisure services. We know that being active reduces stress, provides an opportunity to socialize and meet new friends and adds to our overall feeling of well-being.

Many agencies and organizations will introduce new programs and services this fall. Check our paper and with your recreation associations and various facilities in your neighborhood to discover lots of neat things to do.

Here are some ideas for the fall and winter of 2016.

RATH EASTLINK COMMUNITY CENTRE

A hub of activity for seniors

Swimming

there are a variety of Aqua fitness programs. The Leisure pool is set at a higher temperature for therapeutic benefits.

Fitness

So many programs such as basic spin, yoga, basic bootcamp, and services geared for seniors.

Stanfield's Walking

Track

This popular indoor track sees a lot of action

as people enjoy moving at their own pace. Open everyday Monday to Friday. Find your sneakers and away you go.

Skating

Check the schedule for public skate times at the RECC.

Meet your friends. After a work out, there is lots of room to sit, relax, and enjoy a coffee and a muffin with friends at the Café area.

Stay up to date on all the happenings, visit ratheastlinkcommunitycentre.ca or call 902-893-2224 for the latest programs, events and happenings.

CURLING

Since the Grand Slam event held in Colchester last year, the interest in Curling is on the rise. Facilities in our area include the Brookfield Curling Club, call 902-673-2063; The Truro Curling Club, 55 Young Street Call 902-895-1639 and Tatamagouche Curling Club 902-657-2345.

Taking up a new sport is always fun and there are lots of people at each location to help you learn the skills.

BOWLING

Senior Leagues will soon get under way for the season. BIBLE HILL BOWLACADE, 27 Jennifer Drive in Bible Hill has lots of opportunities for just a fun time with friends or to join a league. Call 902-893-1522.

FITNESS PROGRAMS LANGILLE ATHLETIC CENTRE

One of the few places you can play Squash. Located at Dalhousie Faculty of Agriculture campus in Bible Hill, there are fitness programs and more. Contact 902-893-6660.

SCOTIA POOL

Located at the Agri-tech Park, off Innovation Drive in Bible Hill and known as the warm water place, has lots of swim programs for seniors. There are aqua fitness (Water Art) public swims, arthritis water therapy, family swims and pool rentals. Call 902-893-6364.

COUGAR DOME

Lorne Street, Truro. Lots of different opportunities in this multi-sport facility, indoor tennis courts, golf lessons, walking and more. Check out the fall programs. Call 902-843-4171.

MORE SKATING

There are lots of skate times for seniors, public and or family skates call for more information.

Don Henderson Memorial Arena in Brookfield, call 902-673-2063

West Colchester United Arena, Debert, and 902-662-4014

North Shore Recreation Centre, 902-657-3121.



Residents at Sanford Hall, a Wallace Retirement Living Residence in Truro, enjoying a game of scrabble. Getting together with friends and neighbors for socials, shopping, exercise and more heightens the enjoyment for residents at both Sanford Hall and Maplewood Park. Be sure to visit the Wallace Retirement Living Booth at the Seniors Expo.

SKI

The beautiful Wentworth Valley is the backdrop for Ski Wentworth. For a complete list of programs and clinics this winter contact Ski Wentworth at 902-548-2089.

OUTDOOR WALKING

Your recreation association may have snowshoes available for winter walking. Our Trails program is one of the best and gives us many avenues to discover. Trail information may be obtained from the

Truro Department of Parks, Recreation and Culture or the Municipality County of Colchester Recreation Services. Victoria Park offers groomed trails in the winter months. Visit: www.colchester.ca/trails

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The **Shoreline** Journal

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