

Gentle Yoga

is an exploration of vinyasa movements and somatic exercises that are combined to improve health, well-being, quality of life, and personal performance. This incorporates slow, mindful yoga movements that raise bodily awareness to heal persistent tension-based patterns in the body. This allows us to self-correct and permanently release persistent stress-based patterns from within the body (Soma). This is easily modifiable for those that cannot get down on the floor.

Begins: **Monday**, July 4 - August 29 ***No class Aug. 1** Location: Multi-Purpose Hall
Time: 9:00 am - 10:00 am Instructor: Melanie Hillaby
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 25

Begins: **Thursday**, July 7- August 25 Location: Multi-Purpose Hall
Time: 9:00 am - 10:00 am Instructor: Melanie Hillaby
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 25

Chair Yoga

Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a Chair Yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor.

Begins: **Monday**, July 4- August 29 ***No class Aug.1** Location: Multi-Purpose Hall
Time: 10:45 am - 11:30 am Instructor: Melanie Hillaby
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 25

NEW Fit & Fun Walking Club

Join us every Monday and Thursday for a fun walking group with fitness concepts along the way on the north end of town. If you are interested, please pre-register by calling 403-329-3222. No drop-ins allowed. Make sure to dress for outdoor conditions and make sure to wear your FitBit to count your steps!

Begins: **Monday**, July 4 - August 29 ***No class Aug. 1** Location: NE Parking lot of Nord-Bridge
Time: 12:15 pm - 1:15 pm Instructor: Melanie Hillaby
Fee: Members: \$20.00 Non-Members: \$40.00

Begins: **Thursday**, July 7 - August 25 Location: NE parking lot of Nord-Bridge
Time: 12:15 pm - 1:15 pm Instructor: Melanie Hillaby
Fee: Members: \$20.00 Non-Members: \$40.00 Max. 18

NEW Beginners Walking Club

Beginner walking club gives members that have limitations an opportunity to build cardio in a social environment. This program is a fun, social yet challenging class that incorporates movements and balance exercises in a functional and safe manner. Put on your walking shoes and please join us!

Begins: **Wednesday**, July 6- August 31 ***No class Aug. 24** Location: West Community Room
Time: 11:00 am - 11:45 am Instructor: Melanie Hillaby
Fee: Members: \$20.00 Non-Members: \$40.00 Max. 18

Gentle Pilates CANCELLED

Pilates is a form of strength and flexibility that can be done at any level of fitness. The exercises can also be adapted for people who have limited movement or who use wheelchairs.

Begins: **Tuesday**, July 5- August 30 ***No class Aug. 23** Location: Multi-Purpose Hall
Time: 9:00 am - 10:00 am Instructor: Melanie Hillaby
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 30

Somatics

Somatics is a complement to any activity you participate in and helps improve daily functional movements. As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (Soma's) we can then help relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the body's movement gateways as we walk and breathe, but it is also how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain. We as individuals, view ourselves from the inside looking out and the distinction between mind and body disappears. "We are our own best healers". Somatics is great for MS, Stroke recovery, chronic pain, migraines and much more. This is easily modifiable and can be done seated in a chair or on the floor.

Begins: **Tuesday**, July 5- August 30 ***No class Aug. 23** Location: Multi-Purpose Hall
Time: 10:45 am - 11:30 am Instructor: Melanie Hillaby
Fee: Members: \$40.00 Non-Members: \$60.00 Max. 18

Strength & Toning

Join Melanie for a class packed full of functional strength training. We will incorporate bands, weights and other props to strengthen our bodies and have fun along the way. Building muscle, strengthening bones and stabilizing the whole body is a great way to feel and move better. ***Combine this with our social 12:15pm walking club and feel the difference in yourself as we move into a healthier lifestyle change.**

Begins: **Thursday**, July 7- August 25 Location: Multi-Purpose Hall
Time: 10:45 am - 11:30 am Instructor: Melanie Hillaby
Fee: Members: \$30.00 Non-Members: \$50.00

***Please note: Renovations will be taking place this summer in the South View Room (beside the pool room) and will be noisier than normal. As such we have moved most exercise classes into the Multi-Purpose Hall for the summer for a quieter experience.**

Intergenerational Games Afternoon with Lethbridge Family Services

In partnership with the Lethbridge Family Centre (LSKIP), this intergenerational program is with children between the ages of 5 – 12 years old. Nord-Bridge Seniors and the children are then partnered up together and play a variety of board and active games. We are currently looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up.



Date: Wednesday, June 22, July 20, & August 17

Location: Multi-Purpose Hall

Time: 3:15pm - 4:15pm

Fee: Members & Non Members over 55: FREE

Intergenerational Baking at the Interfaith Foodbank!

In partnership with the Interfaith Foodbank and Lethbridge Family Centre come and have fun creating and socializing while using fresh ingredients from the Interfaith garden! Bring your grandchild for this fun event! Don't have one? Adopt a child for a day and we will partner one up with you!

Date: Monday, July 11 & 25

Location: Chinook Country Kitchen at the Interfaith Foodbank

Time: 1:00 pm

Fee: Members: FREE Non Members: \$10.00.

Maximum: 8 (including seniors and children)

Introduction to Kayaking at Park Lake Provincial Park

Come join us for an intro to kayaking course in partnership with High Level Canoes and Kayaks for seniors 55+! All equipment is provided, learn gear safety, boat design, techniques for paddling, and so much more! Gain confidence & self esteem! You may get wet so please wear proper attire. For all skill levels, everyone can learn something.

Date: Thursday, July 14 - August 4 (4 weeks)

Location: Park Lake Provincial Park (meet at the Boat Launch)

Time: 1:00pm – 4:00 pm

Fee: Members & Non Members: \$150.00



Other Important Summer Dates:

***Monday, June 6 – Friday June 10– Seniors Week. Please ask us for more info on this**

***Friday, June 17 – Fathers Day Luncheon \$13 per person tickets available starting June 6th**

***Friday, June 24- Canada Day BBQ with live entertainment, door prizes, and delicious food!**

Saturday, June 25-Sunday June 26– Lethbridge Dragon Boat Festival at Henderson Lake *Come cheer for us!

***Tuesday, August 23 – Whoop Up Days Parade from 10 am -12 pm come cheer us on, parade route TBA**

***Wednesday, August 24 – Whoop Up Days Pancake Breakfast from 8 am-11 am (Multi-Purpose Hall)**

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@NordBridgeSeniorsLethbridge

