

Clubs

Kinsmen Southside Senior Citizens Club

Meets at the Kinsmen Center, Waggoner's Lane on the first Tuesday of each month @ 2 p.m.

Activities: Exercise and craft group. Mondays at 10:30am; Bridge Club .Wednesdays at 1:30pm and Card Party on the last Saturday of each month at 1:30pm.

Fredericton War Brides Club

Meets at the Senior Center, Johnson Ave. every 3rd Sunday of the month at 2:00p.m.

Activities: Social

Contact: Hilda Jarvis, 151 Queen St. Apt. 115, Fredericton, NB, E3B 7J2. Phone: (506) 455-4362

Nashwaaksis 55 Plus Club

Meets every Thursday at 7 p.m. at the Senior Center, Johnson Ave.

Activities: Social, Cards, 50-50 draws, Bring & Buy Sales, Business meetings

Contact: Christine McCaffrey 454-8280. Phone: (506) 459-3968

Barker's Point Half Century Club Meets every Wednesday at 7 p.m. at the Lion's Club, Carmen Ave.

Activities: Bingo, Cards, Lunches, Short Meetings

Contact: Mrs. Lily Ann Atyeo, 64 Burpee St., E3A 7A2

Marysville Senior Citizen Club - meets every Wednesday at 1:30 at the Royal Canadian Legion Branch 15, Marysville

Activities: Bridge, Auction 45. s, Bingo, Pot Lucks

Contact: Nora Dorcas, 65 Ashfield Street, E3A 3G1

Nashwaaksis Senior's Bowling Club - Bowls every Friday at 1 p.m. at Nashwaaksis Bowl-A-Drome, Main St.

Activities: Bowling, tournaments, and banquets

Contact: Muriel Phillips, 270 Woodbridge St.

Silver Dolphins Swim Club - The Silver Dolphins Swim Club offers swimming 3 times/week at the Sir Max Aitken Pool, UNB Campus. Membership is open to people age 50 and older. Swims take place Mon., Wed., and Fri. from 2:30 to 3:30 p.m. the cost is \$75.00 per year (Sept. to mid-June) plus an additional cost of \$30.00 for parking in University parking areas. Register in the lobby of the gym building on any swim day.

UNB Happy Hearts Fitness Classes and Resistance Training

Fitness delivered Mon., Wed., & Fri. from 10:30 to 11:30 a.m. at the Dance Studio in the Lady Beaverbrook Gym at UNB, Resistance Training delivered Tue. & Thurs. - time varies

Activities: Fitness Class - aerobic activities, strength, and flexibility. Resistance training - individual weight training programs

Contact: Lauren Rogers, Faculty of Kinesiology, UNB, E3B 5A3. Phone: (506) 447-3104

Beaus'n Belles Carpet Bowlers

Meet every Monday and Friday afternoon from 1 to 3 p.m. at the Senior Center, Johnson Ave.

Activities: Indoor Carpet Bowling - all equipment supplied

Contact: Peggy Moir, 30 Hachey Ave., Unit 11, E3A 3X6

Phone: (506) 472-3374

Cross County Ski Lesson for Seniors

Cross-country ski lessons are offered beginning in January or February (depending on snow conditions). Classes are given Tuesdays beginning at 1:30 p.m. at Odell Park Lodge and take place on the park's trails. The group visits other cross-country ski trails as well. Absolute beginners or people who want to refresh their skills are welcome to participate. The fee is \$20.00. Register at the Community Services Department, 335 Queen St. Or call 460-2230 in early January for start date.

Regent Mall Walking Club

Walk anytime between 8 a.m. and closing

Activities: Walking, socializing with other members, information on health, \$5. Regent Mall Gift Certificate awarded for each 100 km. walked

Contact: Marketing Assistant, Regent Mall, 1381 Regent St., E3C 1A2. Phone: Admin. Office @ (506) 452-1005

Fredericton Senior Shuffleboard Club

Meets every Tue. and Thurs. at 1:30pm at the Monsignor Boyd Family Center, Regent St.

Activities: Tournaments, pot luck luncheons, business meetings, Christmas Party

Contact: Shirley Marr 472-6469. Phone: (506) 455-5180

Fabulous, Fifty and Firm Exercise Class

Classes every Tue. & Thurs. at 10 a.m. at the Senior Center, Johnson Ave.

Activities: Fitness and Fun

Contact: Recreation Office, 15 Saunders St. Phone: (506) 460-2230

Dusty Sneakers -

Meet every Tue, Thurs. & Fri. from 10:30 to 11:15 a.m. and in the pool, Tue. & Thurs. 11:15 am to 12 noon at the YMCA, 28 Saunders St.

Activities: Low impact exercise class

Contact: Del Roulston, YMCA Fredericton, 28 Saunders St., E3B 1N1. Phone: (506) 462-3000

Better Bones Exercise Program

The Better Bones program was designed for and is targeted to persons with Osteoporosis. The optimal goal of the program is to reduce the rate of bone loss by providing a safe, effective, sensible and supervised program of bone loading exercises for persons who have been diagnosed with Osteoporosis. By its very nature the program is a basic, entry-level fitness program and therefore may be suitable for many individuals who for a variety of reasons need a gentle, easy program.

Types of exercises include: Walking; Gentle range of motion exercises; Work with light hand weights (1-5lbs per hand); Working against light resistance (with resistance tubing / small balls / bands); Postural & balance exercises (for fall prevention).

The program is offered twice per week September to June and is instruction by fully certified NBCFAL instructors. For more information call 460-2230.

Folks on Spokes

A bicycle group for people age 50 years and over. The group meets every Tuesday at 10am at the Trail Building on Station St. (junction of the Gibson and Nashwaak Trails).

Rides alternate weekly between the southside and northside trails. The ride schedule appears weekly in Tuesday's Daily Gleaner column *Activities for Seniors 50 Plus*.

Equipment required: a mechanically sound bicycle equipped with a bell, a biking helmet, and drinking water. All are welcome. Just arrive at the Trail Building a few minutes before 10am for a morning of healthy exercise on the beautiful Fredericton and New Brunswick Trail Systems.

Fredericton Lawn Bowling Club

Wilmot Park, 15 Saunders St., 454-6808

Open to all ages. Lessons available throughout the season (May to Sept.). Bowls and other equipment are available. Flat-soled footwear is a must. Men's, ladies, and mixed league competitive play as well as recreational. Fun nights, barbecues and other social events to be enjoyed. Travel to jamborees at other New Brunswick greens. NCCP Certified Coaching for provincial and national competitions is available. Call the clubhouse or drop in and talk to the Duty Director who is on-site Mon.-Fri.

Contact:

Pat Beggs

Phone: (506) 454-6875

Fredericton Masters Softball Club - plays every Saturday morning at 10 a.m. at McAdam Avenue Field from late May to September.

Activities: Recreational Softball for members age 50 and over

Contact: Joseph Ryan, 50 Orchard Dr., E3C 1K5. Phone: (506) 450-9134

Wilmot Seniors - meets on the 1st and 3rd Tuesdays, October to May, at the Wilmot Church, 473 King St.

Activities: Programs and Recreation

Contact: Rev. E.V. Moriarty, Wilmot United Church, 473 King St., E3B 1E5

Handy Craft Quilters

Meets every Wednesday from 9 a.m. to 2:30 p.m. at the Senior Center, Johnson Ave.

Activities: Quilting

Contact: Jenet Ottem, 103 Cedar Ave., E3A 2C4

Senior Art Classes

Watercolour, Acrylic, and Oil Painting classes are given in a 10-week session from Feb. to April. Classes take place Tuesday, Wednesday or Thursday from 1 - 3 p.m. at the Fredericton Senior Centre, 112 Johnston Ave. Betty Nicholson teaches Oil Painting on Tuesday and Watercolour and Acrylics on Thursday. Geneva Murphy teaches Watercolour on Wednesday. Participants must supply their own materials. The cost per session is \$90.00. Call 460-2230 in January to register and confirm start date.

Wu's Tai Chi Chu'an Academy

Practicing this series of slow, circular movements can improve your balance, coordination, circulation and flexibility. Beginners classes for seniors are offered on Tuesday & Thursday mornings from 11am-12noon. Call today for your FREE INTRODUCTORY CLASS! Contact: Martin Kennedy, Chief Instructor, 328 King St. (above Victory Meat). Phone: (506) 450-8889 Website: <http://www.wustyle.com/>