

Senior Services and Activities in the Fredericton Area 2020



Let's Get Connected

Fredericton - A Community for All Ages

Fredericton



Tele-Care is a free, confidential, health advice and information line. Dial 811 for access to bilingual, registered nurses, 24 hours a day, seven days a week. In an emergency, call 911 or visit the local emergency department.

Toll-Free Information Lines

Tele-Care	811
Poison	911
Gambling	1-800-461-1234
Cancer Screening Information Line	1-844-777-3443
Teletypewriter Service (TTY)	1-866-213-7920
Patient Connect NB	811

Toll-Free Seniors' Information Line

New Brunswick has a toll-free number for seniors, their families and care-givers who are seeking information about government programs and services.

For additional information about **federal and provincial programs and services** for seniors, contact the **Seniors Information Line at 1-855-550-0552 (toll-free)** and speak with an agent today! Hours of operation are 8:30 a.m. to 4:30 p.m., Monday to Friday.



Age Friendly Fredericton

Back by popular demand, **“Let’s Get Connected”, a directory of Seniors Services and Activities in the Fredericton area** has been revised and updated and reprinted and ready for 2020!

“**Let’s Get Connected**” has been a project created and produced by Age Friendly Fredericton and the City of Fredericton. As the City Councillor, who chairs this advisory group, I have been impressed with the work and enthusiasm of the seniors who volunteer on our behalf. This project started because members of AFF were astounded by the number of opportunities available to seniors in the Fredericton area and wanted a way to get that information to the wider community. I know that you will find this directory to be very helpful as you navigate the range of services and activities that are offered in Fredericton. In addition to the print copies of the directory; “Let’s Get Connected “ is available on- line by accessing the website of the City of Fredericton. Enjoy what this beautiful city has to offer all its citizens and “Let’s Get Connected”.

Eric Megarity,
Councillor, Ward 6 and Chair, Age Friendly Fredericton

Let’s Get Connected

This updated version of the Let’s Get Connected, a Directory of Seniors Services and Activities, Summer 2020, has been compiled by The City of Fredericton Age-Friendly Community Advisory Committee and the City of Fredericton Recreation, Culture and Community Development Division. We hope that you will find it useful.

We know that we have probably missed some groups and services. If we missed you we are sorry. Please send us your information by email to Recreation@Fredericton.ca with the subject ‘Additions/ corrections to “Let’s Get Connected” Please do the same if you notice any errors and we will endeavor to make the appropriate changes in our next edition.



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Ability New Brunswick

440 Wilsey Road, Suite 102, Fredericton, NB E3B 7G5

Phone: 462-9555 or 1-866-462-9555

E-mail: info@abilitynb.ca

Website: www.abilitynb.ca/

Our mission is to empower the independence and full community participation of persons throughout New Brunswick who have a mobility disability. We achieve this by:

- Being the primary voice for New Brunswickers of all ages living with a mobility disability.
- Being a leader in service delivery and an influential voice in Federal, Provincial and local public policy development for persons with a mobility disability.
- Providing professional, responsive, and caring innovative programs and services.
- Knowledge, expertise and lived experience.

Being key partners in the rehabilitation, disability and research fields.

Adult Day Program – Hospice Fredericton

621 Churchill Row, Fredericton, NB E3B 1P5

www.hospicefredericton.ca

Phone: 472-8185

Hospice operates an adult day centre. The centre provides a caring, structural environment for those with mild to moderate dementia. The centre is open Mondays, Wednesdays and Fridays.

Adult Day Program - York Care Centre

Contact Jennifer Geneau: JGeneau@yorkcarecentre.ca for more information

The Adult Day Program offers a variety of social and therapeutic recreational programming and services for those living with dementia and older age. It is an adaptive program that also welcomes persons living with reduced mobility, isolation and other similar conditions.

We currently provide programming on Tuesday, Wednesday and Thursdays in a comfortable, stimulating, and secure environment. We are a person-centred community, focusing on the well-being of each individual with semi-structured and flexible activities, while providing relief to families and caregivers.

York Care Centre offers the clients of our Adult Day Program a beautiful modern facility, equipped to provided the necessary services while offering in a homey and safe environment.

Upon starting a day at York Care Centre's Adult Day Program, your loved one will be welcomed by an experienced, knowledgeable and loving Activity Aide, kicking off the morning with a quick morning snack and update on current event. Therapeutic recreational activities will be tailored to your loved one's interests and abilities. Art therapy, music therapy, pet therapy and outings are just a few examples of how our wonderful staff stimulate our clients.

Adult Day Program - Paradise Villa

665 Clements Dr, Fredericton, NB E3G 7J2

Life Coordinator: Courtney Boutot 443-8000 Ext 7 or Admissions Coordinator Katrina Legere-Paul: 443-8000 Ext 2

Email: Courtney at tlactivities.paradisevilla@gmail.com or

Katrina: adminassist@paradise-villa.ca

Adult day program “Harmony House” offers relief to families and caregivers. We strive to maintain and improve our clients physical, mental and spiritual functioning and enhance quality of life. Program provides therapeutic and social activities, medication assistance, nutritious lunch and snacks, foot care and hair care by appointment. The program is available Monday-Friday from 9:30am-4:30pm. It is \$50 for the day but Social Development will contribute \$40 if qualified.

Adult (Laubach) Literacy Fredericton

65 Brunswick Street, Room 289. Fredericton, NB E3B 1G5

Phone: 458-1396

E-mail: info@adultriteracyfredericton.org

Website: www.adultriteracyfredericton.org

Adult Literacy Fredericton is a community-based, not-for-profit organization dedicated to improving adult literacy and raising literacy awareness. Trained volunteers help adults who want to improve their reading, writing, and basic math skills through a free, confidential program. Volunteers work one-to-one with learners, using materials relevant to learners’ literacy levels and daily lives. The program is personalized and learning takes place in an atmosphere of mutual trust and respect.

AIDS New Brunswick

65 Brunswick St., Suite G17 Fredericton, NB E3B 1G5

Phone: 1 800-561-4009

E-mail: info@aidsnb.com

Website: www.aidsnb.com

AIDS New Brunswick Inc. is a provincial organization that aims to promote and support the health and well-being of people living with and affected by HIV/AIDS while helping to reduce the spread of HIV, Hepatitis C and other sexually transmitted and blood borne infections in New Brunswick through the provision of prevention, education, and support initiatives.

Alzheimer Society of New Brunswick

320 Maple Street, Suite 100 Fredericton, NB E3A 3R4

Phone: 459-4280 or Toll-free: 1-800-664-8411

E-mail: info@alzheimer.nb.ca

Website: www.alzheimer.ca/nb

The Alzheimer Society of New Brunswick is a not-for-profit health organization whose mission is to alleviate the personal and social consequences of Alzheimer and related diseases, through information, education and support, and to promote public awareness and the search for a cause and cure for the disease.

Arthritis Society, NB Division

Phone: 1-800-321-1433

E-mail: info@nb.arthritis.ca

Website: www.arthritis.ca

At the Arthritis Society, we're working to keep arthritis from stopping you by investing in cutting-edge research, proactive advocacy, innovative information and supportive solutions to deliver better health outcomes for Canadians. You can find health and wellness guidance, self-management tips, inspirational stories, a sense of community and so much more to help people move through life with arthritis and flourish despite it here: www.arthritis.ca/flourish

Botanic Garden

The Fredericton Botanic Garden features 14 gardens interspersed over our 50 acre site. Admission to the Garden is free. A major highlight is the New Brunswick Literature Garden, a floral tribute to New Brunswick authors who featured plants in their prose and poetry. The rhododendron and azalea collection in the centre of the Garden provides a magnificent display of colour in June. Rhodo, a large granite sculpture of a rhododendron bud created by NB artist James Boyd, provides a year-round reminder of the rhododendrons' magnificent display. A large Daylily Garden with over 100 varieties is in peak bloom in late July. Other features include a lilac garden, a peony garden, a memorial garden of magnolias, several other perennial beds, several Northern Catalpa trees, and woodland trails. The annual Spring Fair and Plant Sale takes place the last Sunday in May. Guided tours can be arranged.

Bus Services

Phone: 460-2200

Website: www.fredericton.ca/en/transportation/transportation.asp

65 Plus Club Pass

Cost: \$50.00 available to seniors age 65 and over with Government issued identification. The pass is valid for the calendar year January-December (unlimited rides). These passes can be purchased only at City Hall-Service Centre.

Para Transit

Operated by Fredericton Transit to provide a specialized transportation service to the mobility-challenged residents of the City. Registration is required for Para Transit use. This can be accomplished through the Transit website at frederictontransit.ca/accessibility or call 460-2212. Reservations for Para Transit are available by subscription (regular users, consistent times and destinations) and through prior day request. One way fares are \$3.00. Attendants, where required, travel free of charge. Para Transit operates two wheelchair lift equipped buses, Monday to Saturday from 7:00 am until 11:00 pm. As well, the service is supplemented by a contract with a local taxi operator for those clients who are semi-ambulatory, or who are able to travel by automobile.

Canadian Association of the Deaf

Phone: 1-(613)-565-2882

Website: www.cad.ca

The CAD provides consultation and information on Deaf needs and interests to the public, business, media, educators, governments and others. We conduct research and collect data regarding Deaf issues, issue reports on these studies, provide expertise on them and develop and implement pilot programs. We offer assistance to Deaf organizations and service agencies across the country and also provide a major library and resource centre on deafness at our office in Ottawa.

Central Valley Adult Learning Association Inc

Phone: 357-7892

E-mail: admin@cvala.ca

Is a not-for-profit organization that provides learning opportunities for adults. We offer two core programs: academic upgrading and GED prep program to assist adults with achieving their high school equivalency goals and the digital literacy program to assist adults with learning computer skills needed to obtain employment, and/or contribute in the home and community. Programs are free to attend and programs are offered in various communities all year round.

CHIMO Helpline

Chimo Helpline

Phone: 1-800-667-5005

Website: www.chimohelpline.ca

Chimo is a provincial crisis phone line that is accessible 24hrs a day, 365 days a year to all residents of New Brunswick. Chimo is committed to helping with any issue, including but not limited to: thoughts of suicide, emotional stress, anxiety, information/referrals, depression, loneliness and senior resources. Live chat service is available daily from 5:00 pm to midnight.

CNIB

77 Westmorland Street, Suite 130, Frederick Square, Fredericton, NB E3B 6Z3

Phone: 458-0060

CNIB Helpline: 1-800-563-2642

CNIB provides support services for people who are experiencing a significant vision loss. The Vision Loss Rehabilitation agency, situated at the same site, offers emotional support services, assistance with reading and writing as well as daily living and travel training to enhance safety and independence. Employment and transition services for youth and working age with a vision loss are also available.

Community Food Smart

Website: www.communityfoodsmart.ca

Community Food Smart is a bulk food buying club for fresh fruits and vegetables. Managed by volunteers and community partners, the goal is to stretch food dollars for folks managing on a tight budget.

To join as a member, check out the Locations page on our website and visit the distributor most conveniently located to you during their regular business hours. They are able to set up memberships and answer any questions. Membership is \$10 or what you can afford to pay. Open to individuals and families.

Community Volunteer Income Tax Program (CVITP)

CVITP is collaboration between the Canada Revenue Agency (CRA) and community organizations. Various community organizations host tax preparation clinics and arrange for volunteers to prepare tax returns for individuals who have a modest income and a simple tax situation. The objective of the CVITP is to help eligible individuals who are unable to prepare their income tax and benefit returns by themselves. The program and its services are offered free of charge.

To learn about being a volunteer, click on: [Volunteer to do taxes for people in your community - Canada.ca](#)

CVITP tax clinic

Community Volunteer Income Tax Program assists low-income individuals and families to file their income tax. Clinics at Forest Hill United Church, Friday mornings (9 am - noon) in April and at other times by appointment. Contact: Mary Grant (foresth.office@bellaliant.com).

Diabetes Canada

730 McLeod Ave Fredericton, NB E3B 1V5

Phone: 452-9009

Toll Free: 1-800-884-4232

Websites: www.diabetes.ca/ or www.livewellbienvivre.com

On February 13, 2017, The Canadian Diabetes Association changed its name to Diabetes Canada. This name change represents our renewed commitment to changing the conversation around diabetes, making the invisible disease more visible, and raising awareness about the diabetes epidemic.

Diabetes Canada is committed to partnering with Canadians to End Diabetes through:

- Resources for health-care professionals on best practices to care for people with diabetes
- Advocacy to governments, schools and workplaces
- Funding world-leading Canadian research to improve treatments and find a cure

DigiLearn

Phone: 1-855-249-TECH(8324)

E-mail: Info@DigiLearn.ca

Website: www.DigiLearn.ca

We provide technology coaching for seniors and older adults in group sessions and individual settings. We have coached over 150 seniors in the Greater Fredericton Area from topics such as Facebook, online shopping, email management and so much more. We have over 30 different topics to choose from. When you register, we will ask you a couple questions to get a better understanding of where you are at with technology. We also host "Tech Talks for seniors" regularly around Fredericton for service groups. No age restriction, we have had learners range from 55-93. All learners must bring their own technology device (E.g. smart phone, laptop, tablets, iPads..etc).

Dre. Marguerite Michaud Library

715 Priestman St., Fredericton, N.B. E3B 5W7

Tel: (506) 453-7100

www1.gnb.ca/0003/pages/en/biblio-e.asp?CODE=YM

Library Director - Olena Bedoieva

Bibliothèque Dre Marguerite-Michaud is the only francophone public library in the provincial capital.

Books, magazines, newspapers, CDs or DVDs, we've got something for all ages! Search our collection thanks to our provincial catalogue.

We will help you with research for a special project. Start now, ask a question. We also have activities for everyone. Use our public computers to surf the net, catch up on the news, write your resume, or tap into our online Databases and our Recommended Websites. The virtual branch of the New Brunswick Public Library Service, Electronic Library New Brunswick, is available 24 hours a day for eBook and audiobook downloads. Wi-Fi access is available during and after school hours! If you are not a student, and would like access to Wi-Fi service during school hours, please speak with a staff member to obtain a password.

Just because something isn't on your local library's shelves doesn't mean you can't read it! Stop by, place a hold in our online catalogue, or give us a call to request an item and we'll deliver it to the most convenient library for you.

Drop in... you'll feel right at home!

Easter Seals NB

65 Brunswick St. Fredericton NB E3B 1G5

Phone: 458-8739 | 1-888-280-8155

E-mail: info@easterseals.nb.ca

Website: www.easterseals.nb.ca

Easter Seals New Brunswick is a bilingual, not-for-profit organization which works in partnership with persons with disabilities, enabling them to attain independence and equality of opportunity within their communities.

ElderDog Canada, Fredericton Pawd

Phone: 1-855-336-4226

Email: elderdogfredericton@gmail.com

Website: www.elderdog.ca

ElderDog Canada: Fredericton Pawd is a non-profit organization dedicated to preserving the special relationship that older adults have with their canine companions. ElderDog Fredericton does this by providing free dog care support for seniors, which includes exercising dogs; picking up and delivering dog food or supplies from the store; transportation to and from the vet or groomer; and assistance with animal hygiene and minor grooming. When someone is no longer able to care for the pet either temporarily (during hospitalization, for example) or permanently, we also assist in the rehoming process.

Financial and Consumer Services Commission (FCNB)

Toll Free 1-866-933-2222

Website: www.fcnb.ca/FinancialConsumer.html

The Financial and Consumer Services Commission is New Brunswick's financial and consumer services regulator. We are responsible for the regulation of securities, insurance, pensions, credit unions, mortgage brokers, loan and trust companies and a wide range of consumer protection legislation. At FCNB, our priority is to identify ways to address financial abuse, particularly financial abuse of seniors and other vulnerable people, within the industries that we regulate.

Fitness New Brunswick

Fitness NB is a not-for-profit, volunteer driven organization dedicated to the development and promotion of fitness and active living in New Brunswick. We are an independent organization funded in part by the Provincial Government with a membership of over 200 certified fitness professionals. www.fitnessnb.ca

Fredericton Community Kitchen

65 Brunswick Street Fredericton, NB E3B 1G5

Phone: 457-1788

E-mail: info@frederictoncommunitykitchen.com

Website: www.frederictoncommunitykitchen.com/

The Kitchen serves 3 meals a day to those in need, Monday to Friday:

Breakfast: 7:45 am - 8:15 am

Lunch: 11:30 am - 12:30 pm

Supper: 5:00 pm - 5:45 pm

And 2 meals on Saturday and Sunday: Lunch: 11:30 am - 12:30 pm

Supper: 5:00 pm - 5:45 pm

We also provide emergency food boxes when needed.

Fredericton Fire Department

Emergencies only: 911

All other calls : 460-2020

Website: www.fredericton.ca/en/fredericton-fire

All non-emergency fire matters can be directed to the general line above. The caller will be forwarded to the appropriate Fredericton-Fire staff member. Alternatively you can also find more information about the fire services at the link above.

Fredericton Food Rescue

E-mail: coordinator@frederictonfoodrescue.ca

Website: www.frederictonfoodrescue.ca

Fredericton Food Rescue is a new volunteer based organization formed to reduce food waste by salvaging excess harvest remaining in orchards, farms, gardens and backyards. Join us to harvest excess foods from backyards and farmers fields, or let us know if you have a crop to donate. If your organization is in need of fresh food for clients or community programs, you can register with us to receive fresh produce when it's available.

Fredericton Indoor Pool

79 Carrington Lane Fredericton, NB E3A 5R5

Phone: 460-2273

Registration for programs at the Fredericton Indoor Pool is on-going and can be done in person at the pool or online. Programs include learn-to-swim and advanced swim instruction, aqua-size, aqua-stretch, lap swims and public swims.

Fredericton Non-Profit Housing Corporation

127 Main Street, Suite 203, Fredericton, NB E3A 1C6

Phone: 452-8175

E-mail: fnphc@nb.sympatico.ca

The objectives of Fredericton Non-Profit Housing Corporation are to provide affordable, adequate residential units for low income senior citizens, persons with disabilities, families and single individuals.

Fredericton Organic Community Garden

150 Kimble Drive Fredericton, NB

Email John Coates: jcoates@stu.ca

We have 70 garden plots, three sizes with the cost \$20, \$30 or \$40 for the growing season. We grow organic vegetables that are free from pesticides and chemicals in a community setting. A garden shed has supplies of all tools needed; water is provided. Garden mentors are always willing to give gardening advice.

Plots are rented at the beginning of May and gardening can begin as soon as weather permits. Some members have planted their plots with perennials and these are left intact every year. Cleanup for the plots must be completed by the end of October.

Fredericton Parkinson's Support Group

Fredericton Parkinson's Support Group; Fredericton Parkinson's Caregiver Support Group Website: www.parkinson.ca

The Fredericton Parkinson's Support Group meets on the 3rd Wednesday of every month, (September to June) at Saint John the Evangelist Anglican Church Hall, 75 Main Street on the northside. These meetings provide educational information, latest updates from Parkinson Canada, as well as emotional support and social connections with others in the Parkinson Community. The Caregiver Support group also meets monthly on the 4th Wednesday of the month and is a wonderful opportunity for caregivers to share experiences and offer support to one another. If you have any questions, please contact Cary Norquay at 1-800-565-3000, extension 3459. Or contact Margaret at 474-1608, or Joan at 457-0890.

Fredericton Playhouse

686 Queen Street

Phone: 459-6210

E-mail: claire@theplayhouse.ca

Website: www.theplayhouse.ca

The Playhouse is Fredericton's first choice for live performance. Located in beautiful downtown Fredericton, the venue features performances in theatre, music, circus, and dance from local, national and international artists and companies. The Playhouse also offers a series of education and outreach programs, such as Experience More! and Arts Are for Everyone.

Fredericton Police Force

311 Queen Street, Fredericton, N.B. E3B 1B1

Emergencies only: 911

All other calls: 460-2300

Website: www.frederictonpolice.com

All non-emergency police matters can be directed to the general line above. The caller will be forwarded to the appropriate police section that will meet their needs. Alternatively you can also find more information about the Fredericton Police Force at the link above.

Fredericton Public Library

Phone: 460-2800

Website: www1.gnb.ca/0003/pages/en/biblio-e.asp?code=YF

We have activities for everyone. Use our public computers to surf the net, catch up on the news, write your resume, or tap into our online Databases and our Recommended Websites. The virtual branch of the New Brunswick Public Library Service, Electronic Library New Brunswick, is available 24 hours a day for eBook and audiobook downloads. The library offers a variety of different items. Including dvds, audiobooks, books in large print, and skill kits.

Fredericton Region Museum

571 Queen St, PO Box 1312, Station A Fredericton, NB. E3B 5C8

E-mail: frederictonregionmuseum@gmail.com

Website: www.frederictonregionmuseum.com

The Fredericton Region Museum collects, preserves, and interprets the artifacts and history of Fredericton and Central New Brunswick. The Museum is operated by the York-Sunbury Historical Society, Ltd. Seniors are invited to become members of the Society. Membership provides free admission to the museum, invitations to exhibit openings, and a subscription to the Officers' Quarters (our biannual publication examining local history) Art Exhibitions, Exhibitions Launches, Openings, members also have access to the balcony during special events and Summer Programs. The Society also offers a free public presentation on the third Thursday of each month at Government House. The presentations touch on a variety of historical subjects and are followed by light refreshments and socializing.

Fredericton Sexual Assault Crisis Centre

Phone: 454-0460

24-hour crisis line: 506-454-0437

Website: www.fsacc.ca

Sexual Violence New Brunswick is a not for profit organization whose primary goal is reflected in a commitment to end sexual violence. They strive to meet this goal through public education and providing direct services to those affected by sexual violence.

Frontier College

212 Queen St., Suite 301 Fredericton NB E3B 1A8

Phone: 450-7923 / 877-450-7923

Website: www.frontiercollege.ca, www.collegefrontiere.ca

Email: jst-ong@frontiercollege.ca

Is a national literacy organization. We believe literacy is a right. We work with volunteers and community partners to give people the skills and confidence they need to reach their potential and contribute to society. All tutoring programs are provided free of charge to all learners. We are recruiting dedicated, enthusiastic and creative volunteers to support in any one of our many fall and winter programs provided in partnership with the Multicultural Association of Fredericton, the Boys and Girls Club of Fredericton and several schools.

GoodLife

GoodLife Fitness is Canada's largest health & fitness company. Our purpose is to give every Canadian a chance to live a fit and healthy - good life. We do it by making fitness fun, easy and affordable. We offer a variety of programs for all ages. For more information about a specific location please visit our web site at www.goodlifefitness.com/locations.

Greener Village

E-mail: info@greenervillage.org

Phone: 459-7461

We provide a variety of service and opportunities for those in need or for those with time to volunteer.

- Food hampers
- Community Food Smart Produce Program
- Unique Boutique Second hand store
- Cooking demonstrations and classes
- Community Garden beds/ Gardening classes

Hiking NB

Is a website with information about every walking and hiking trail in and around Fredericton, and for most of the province of New Brunswick. Through social media, we provide ideas for what trails would suit different needs. We also strive to tell the deeper story of every trail through their history, habitats and geology.

Hospice Boutique

585 Prospect Street, Fredericton, NB E3B6B8

Phone: 472-2215

E-mail: hospice.boutique.fredericton@gmail.com

The Hospice Boutique is a non-profit shop with proceeds supporting the Fredericton Hospice House. All items to be sold, including clothing, home decor and books, are generously donated. Volunteers are always needed. Stop by and become a shopper, a volunteer or a donor. Be part of this win - win - win project in our community.

Hospice Fredericton

621 Churchill Row, Fredericton N.B

Phone: 472-8185

Is a community based organization which provides care, comfort and support at end of life. Programs include: in home support, grief support, 24 hour inpatient medical care and narrative care. Hospice also operates an adult day centre. The centre provides a caring, structured environment for those with mild to moderate dementia. The centre is open Mondays, Wednesdays and Fridays.

Independent Living

York Developments Inc. continues to serve the Fredericton community by providing a place to call home for seniors in need of affordable housing. There are currently 3 independent complexes in operation, providing 72 single and 2-bedroom apartments. Contact Jennifer Geneau JGeneau@yorkcarecentre.ca for more information.

Irish-Canadian Cultural Association of New Brunswick (ICCANB)

Bruce Driscoll, President

Phone: 357-8283

E-mail: info@newirelandnb.ca or bdriscn618@rogers.com

Website: www.newirelandnb.ca

Our organization is dedicated to preserving and highlighting the role of Irish settlers and their descendants in the founding and development of New Brunswick from the 1700's to the present day. We do heritage presentations, information sessions, hold lecture series and operate a lending and research library. Our outreach work is available to all schools, cultural organizations, and the general public. If you think you have Irish roots or just have an interest in Irish culture and heritage, get in touch with us. Our library is located at 183 Gibson Street, Gibson Memorial United Church, 2nd floor, and is open 10:00-2:00, Thursdays and Saturdays, or by appointment. Enter by the back door.

Kidney Foundation

212 Queen Street, Suite 404, Fredericton NB E3B 1A8

Phone: 453-0533

Toll Free | Sans frais 1-877-453-0533

Website: www.kidney.ca/atlantic | www.rein.ca/atlantique

The Kidney Foundation of Canada is the national volunteer organization committed to eliminating the burden of kidney disease through:

- Funding and stimulating innovative research for better treatments and a cure;
- Providing education and support to prevent kidney disease in those at risk and empower those with kidney disease to optimize their health status;
- Advocating for improved access to high quality healthcare;
- Increasing public awareness and commitment to advancing kidney health and organ donation.

Kingswood Fitness

We are a community of fitness lovers who appreciate a friendly, comfortable atmosphere in which to improve our general health and physical well-being. We offer a variety of programs for all ages at 1700 Kingswood Way, Hanwell, NB. For more information please contact our Fitness Manager Andrea Milley at amilley@kingswoodpark.ca or 444-9500 ext. 507.

Literacy Coalition of New Brunswick

Primary Contact: Lynda Homer, Executive Director

Phone: 457-1227

Toll free: 1-800-563-2211

Email: lcnb@nbliteracy.ca

Website: www.nbliteracy.ca

Free programs are available for you to better your reading, writing, math and technology skills! These Adult Learning Programs are: in small groups, with a skilled teacher; at your level and pace; near your home; offered during the day or evening and online; offered full or part-time; and in French or English.

Lupus Canada

615 Davis Drive, Suite 306 Newmarket, ON L3Y 2R2

Telephone: 1-800-661-1468

Email: info@lupuscanada.org

Website: www.lupuscanada.org

Lupus Canada's Mission: Lupus Canada is a national voluntary organization dedicated to improving the lives of people affected by lupus

Mature People's Network

E-mail: mpnnb@yahoo.ca

Website: www.mpnnb.com

The Mature People's Network is for individuals over 50 who are single, divorced or widowed and like to stay active and engaged. The group offers opportunities for new friendships and lots of fun things to do including Friday night socials, Saturday breakfasts, potlucks, game nights, movie nights, activity groups (walking, biking, kayaking, golf, snowshoeing and dancing). There are also group travel opportunities.

Meals on Wheels

Phone: 458-9482

Meals on Wheels of Fredericton Inc. is a not-for-profit organization with a mandate to provide nutritious meals and social support to seniors, individuals with disabilities, and those recovering from illness, surgery or injury; to assist them in the enhancement of a healthy and independent lifestyle. Lunchtime meals are delivered by community volunteers within the city limits, New Maryland and Hanwell 7 days a week, 365 days per year.

Our Wheels to Meals program is a seniors luncheon program that runs every Tuesday from September until May at the St. Mary's church on the north side. Doors open at 11am, lunch is served around 11:45am, and entertainment wraps up around 12:45pm. We'd love to see more seniors at the table so please invite your friends to join us for a home-cooked meal, coffee, tea and dessert, great company and local musical entertainment. The cost is \$7.50 per meal and transportation is available if needed.

Mobile Care Network

E-mail: info@mobilecarenetwork.ca

Website: www.mobilecarenetwork.ca

A business network of mobile service providers in the greater Fredericton area that support seniors and other vulnerable persons to live fully and age well in the community. A variety of services are available through the network including: home repair and renovations, nursing, dental hygiene, concierge services, downsizing and relocation, legal advice and wills, foot care, occupational therapy, opticians, orthopedic footwear, physiotherapy and wealth management.

Multicultural Association of Fredericton Inc.

28 Saunders Street Fredericton, NB, E3B 1N1

Phone: 454-8292

Email: mcaf@mcaf.nb.ca

Website: www.mcaf.nb.ca

Mission: To celebrate strength in diversity by enabling the meaningful exchange and full community participation among people of all backgrounds and circumstances.

Objectives:

- To facilitate communication and understanding between persons of various cultural backgrounds in the Greater Fredericton Area (GFA).
- To foster harmonious relationships among all cultural groups and individuals.
- To disseminate and advance ethno-cultural education in the community.
- To assist newcomers to become established in the community.

Nature NB

E-mail: info@naturenb.ca

Website: naturenb.ca

We are a non-profit, charitable organization whose mission is to celebrate, conserve and protect New Brunswick's natural heritage, through education, networking and collaboration. Founded in 1972 as the New Brunswick Federation of Naturalists, the organization is presently comprised of a dozen naturalist clubs and hundreds of members across the province.

In addition to encouraging a better understanding of the natural environment and awakening concern for our province's natural heritage, Nature NB recognizes the importance of actions to preserve and maintain that natural heritage. We achieve both through various programs for youth and adults, and through the development of educational materials.

New Brunswick College of Craft & Design (NBCCD)

457 Queen Street Fredericton, NB E3B 5H1

Phone: 506-453-2305

Website: www.nbccd.ca

Instagram: @nbccdlive

We offer so many ways to experience craft and design - no matter your age, schedule, location or inclination!

- Take an evening or weekend non-credit workshop: www.nbccd.ca/programs/leap/ and www.edventures.ca/
- Pursue Certificate and Diploma programs in fine craft & design studios: www.nbccd.ca/programs/overview/
- Visit our Student Artists-in-Residence and their Fine Craft Shop in Barracks Square in July & August
- Visit our Resident Artists at Hoyt Place in Kings Landing on Saturdays through the summer
- See exhibitions year-round in The George Fry Gallery (457 Queen St), The Red Brick Gallery (412 Queen St), and CreatedHere Studio (408 Queen St)
- Discover your next favourite hobby by taking out books from the Library of Craft & Design at 412 Queen St/415 King St.

New Brunswick Film Co-op

Email: info@nbfilmcoop.com

Website: www.nbfilmcoop.com

Website: www.swfilmfest.com

The NB Film Co-op is a non-profit, charitable organization involved in the production of 16mm, HD and 4K films. It is celebrating 40 years of filmmaking in New Brunswick this year. The Film Co-op provides broad-ranging support with workshops/training, creative support and mentoring, grant writing assistance, equipment, human resources, socials, informal writer/director/actor labs. It also presents diverse quality films through its annual provincial Film Festival, Silver Wave. The Film Co-op also seeks to give a voice to, and develop the talents of, artists in New Brunswick that would not otherwise have the opportunity to express their views in film.

New Brunswick Lung Association

The New Brunswick Lung Association is a charitable organization dedicated to good health through the prevention of lung disease and promotion of wellness through our programs, advocacy, education and research. As part of Canada's oldest health charity, the Lung Association has its roots in the fight against tuberculosis. Most of our work is funded by the generous support of our donors.

Patient Education and Support providing information, resources, personal counseling services for patients and the general public, including:

- Support Program for Lung Transplant Patients
- Yoga Breathe - an enjoyable chair yoga program for people living with COPD
- Tobacco, Vaping and Cannabis reduction programs in schools and workplaces
- Public Engagement to reduce risk from environmental toxins and the impacts of climate change through various projects lead by our associated Canadian Network for Human Health and the Environment
- Research Support for national research programs
- Advocacy to change legislation and policies to improve human health

New Brunswick Senior Citizens Federation

Phone: 1-800-453-4333

E-mail: horizons@nbnet.nb.ca

Website: www.nbscf.ca/

The New Brunswick Senior Citizens Federation is a bilingual, not-for-profit organization devoted to the advancement of issues related to the wellbeing of all seniors aged 50 years and over in New Brunswick. The mission of the New Brunswick Senior Citizens Federation Inc. is to enhance the wellbeing of New Brunswick Senior Citizens.

New Brunswick Wildlife Trust Fund

Phone: 453-6655

E-mail: wildcoun@nbnet.nb.ca

Website: www.nbwtf.ca.

The New Brunswick Wildlife Trust Fund (NBWTF) aims to further wildlife conservation in the province of New Brunswick. The NBWTF supports a range of programs for the enhancement of New Brunswick's wildlife, fish, and their habitats. Program areas include fisheries development, wildlife development, trapping, biodiversity conservation, and conservation education. The application deadlines are May 1 and December 1, annually. Visit the NBWTF website to learn more about each program area and to download the application guidelines.

OPAL Family Services

500 Beaverbrook Court, Suite 420 Fredericton, NB. E3B 5X4

Phone: 457-9520

Opal Family Services is dedicated to developing and offering volunteer-driven support services to families who have a dependent with a disability, so that they may raise their loved one(s) in a nurturing home and in a community fully of opportunities. We offer support and access to respite services to families with special needs in the greater Fredericton area. Respite is when a volunteer or paid caregiver is matched with an adult or child with special needs so that the families can take advantage of a much needed break. We also offer a very popular adult social program every week that allows people to engage in a variety of activities, build meaningful friendships, and develop new skills. Our youth group meets every other week and volunteers assist in making crafts, playing games, singing karaoke, fashion shows, bingo, scavenger hunts and more.

People Link community e-bulletin

Email: Marilyn Noble at mrnoble@nbnet.nb.ca

The People Link community e-bulletin includes timely information about events and issues related to diversity and inclusion, social justice, health and wellbeing, and cultural, lifelong learning, recreation, and career development opportunities. This service is completely free of charge.

Special Olympics New Brunswick

Phone: 455-0404

E-mail: infosonb@specialolympics.ca

Website: www.specialolympicsnb.ca

Special Olympics New Brunswick is dedicated to enriching the lives of individuals with an intellectual disability through sport. Offering a wide range of summer and winter sports throughout NB. Athletes can start as young as 2 years old and continue to participate into their senior years; making us a true active for life organization. Low impact sports such as bowling and bocce are a favorite activity for our aging participants. In order to qualify for Special Olympics you must have had a diagnosis of an intellectual disability before the age of 21; however, due to privacy we do not ask what that diagnosis is.

Seniors' Guide to Services and Programs

This Guide contains a vast array of valuable information to help New Brunswick seniors and their families in contacting and accessing key services and programs at the provincial and federal levels and in the community.

The Seniors' Guide To Services and Programs is published and distributed by the Department of Social Development, Province of New Brunswick.

This Guide can be accessed electronically via the following link: www2.gnb.ca/content/dam/gnb/departments/sd-ds/pdf/Seniors/SeniorsGuide-e.pdf

For print copies, write or email:

Department of Social Development

Province Of New Brunswick

551 King Street

PO Box 6000 Stn A

Fredericton, NB, E3B 1E7

Telephone: 506-453-2001

Email: seniors@gnb.ca

St. Thomas University

51 Dineen Drive Fredericton, NB Canada, E3B 5G3

Phone: 452-0640

E-mail: admissions@stu.ca

Website: www.stu.ca

St. Thomas University is unique in Canada: our sole focus is liberal arts education. We think it is the best way to prepare you for a life as a leader, thinker, and global citizen. Liberal arts education gives you the ability to find solutions to problems, make independent decisions, and act on them. It teaches you how to argue logically, write clearly, and master new ways of thinking. It means gaining skills in communication, critical thinking and open-mindedness.

Choose from among more than 30 academic disciplines: from traditional fields like Philosophy, History and Languages, to innovative programmes in Journalism, Human Rights, Criminology, Environment and Society and Native Studies.

Stepping Stone Senior Centre Inc.

15 Saunders Street, Fredericton NB E3B 1M9

Phone: 450-7849

E-mail: steppingstoneseniorcentre@rogers.com

Website: www.steppingstoneseniorcentre.com

Stepping Stone Senior Centre offers friendly, affordable and accessible programs and activities for the 50+ population of the greater Fredericton area. These programs enhance the quality of life and provide opportunities to learn new things and share experience and talents. SSSC is a place for people to meet others for coffee, tea and good company. Their activities include discussion groups, creative programs, social activities, fitness programs and card games, just to name a few. A monthly calendar is available. There are well over 600 members. The membership fee is \$20.00 per year (January-December). Potential members can have a two week free trial to see if our Centre suits their interests, they would still need to pay any additional fees of program they attended. There are also volunteer opportunities.

Supportive Housing

York Developments Inc. is proud to provide a safe, secure, sociable and affordable living environment for our low income seniors.

Hawkins House is a 3 story building with 31 self-contained studio apartments complete with bathroom and kitchenette. Bring your own furnishings to make the 18' x 19' space feel like home. A dining/lounge area is located on the ground floor for lunch, supper and socializing.

To become a tenant at 116 Sunset Drive you must meet the following criteria:

- Applicant must be at least 60 years of age, or 50 and involuntarily retired from the work force.
- Applicant's gross annual income cannot exceed the Housing Income Limit as set by the Department of Social Development.
- Applicant must apply and be registered for housing with the Department of Social Development.

Services Provided

- Lunch and supper provided daily in the dining room
- Weekly laundry Services (linens & personal)
- Weekly housekeeping services
- Personal care (Optional and not included with standard service fees)

Contact Jennifer Geneau JGeneau@yorkcarecentre.ca for more information

Third Age Centre

Phone: 452-0526

E-mail: 3rdage@stu.ca

Website: www.stu.ca/3rdage

Third Age is a registered charity housed at St. Thomas University. The Centre is directed by a volunteer Board. The Centre's goal is to support seniors' efforts to maintain an active healthy lifestyle, develop themselves, and serve their communities. TAC promises lifelong learning, informed public discussion, and inter-generational exchange.

Current areas of interest include: Understanding Dementia, Financial and Legal concerns of Aging, Home Care and Long-term Care, Managing Medications, How Aging Is Reflected in Popular Culture, Discovering Your Life Narrative, Balance and Safety Issues: Preventing Falls.

University of New Brunswick College of Extended Learning

6 Duffie Drive, 2nd Floor, Wu Centre UNB Fredericton Campus

Phone: 453-4646 or toll-free 1-866-599-4646

E-mail: extend@unb.ca

Website: www.unb.ca/cel

Courses and programs are offered year-round at various times and locations. We have something for everyone from ages 5 to 105. The University Of New Brunswick College Of Extended Learning (CEL) offers courses and programs for individuals at all stages of life. Whether you are a senior looking to explore a special interest, a busy adult wanting to earn a degree or advance your career, a parent or grandparent seeking creative activities for children, look no further than CEL. We have the right course for you! Our Leisure Learning programming line-up changes regularly and courses start year-round. Visit our website to learn more or contact us for more details.

URec (UNB Recreation Services)

Richard J. CURRIE CENTER, 15 Peter Kelly Drive Fredericton UNB Campus

Phone: 447-3104

Email: lrogers@unb.ca

Website: URec.ca

At URec, our focus is on the individuals we serve. We believe that a healthy and active lifestyle is attainable – regardless of your age or ability. Everyone is welcome at URec! Affordable 1-month, 4-month and annual memberships are available — with no joining fee. URec offers a wide variety of Silver Series programs designed for older adults seeking to improve or maintain a healthy, vibrant and active lifestyle. All programs are taught by certified fitness professionals in a supportive and encouraging environment. Description of these programs are found in the Fitness and Activities section of this directory and more information is available here: www.unb.ca/fredericton/urec/feebased-programs/silverseries.html

Volunteer Greater Fredericton

A great way to get involved in the community, give back and make a difference while having fun, is to volunteer... and our new online service can help make that easy for you.

Current information on opportunities are listed on a free, centralized site at ConnectFredericton.ca. Browse around and respond to postings that interest you or register to list your interests and have the service send you matches automatically. Likewise, if you are looking to recruit volunteers for an organization or community project, consider registering your postings on this site.

This service is managed by Volunteer Fredericton and supported by the United Way of Central NB, the City of Fredericton and Centre communautaire Sainte-Anne.

For more information, contact coordinator@volunteerfredericton.ca

The YMCA of Fredericton

Phone 462-3000

Website: www.fredericton.ymca.ca

We're a community that is dedicated to developing healthy children, adults and families. With our wide range of programs, there's sure to be something that will suite your needs. Program areas include: health & fitness, childcare, aquatics, camps and Global & Community Programs such as: Family Friend and Peace Week. Financial assistance is available for those who feel they would benefit from joining the YMCA but are unable to pay the full membership fee.

York Care Centre

York Care Centre is the largest Long-Term Care organization in New Brunswick, which is home to 218 residents.

Private and semi-private rooms are available, each equipped with private washrooms. Each resident room is furnished with an electric bed, nurse call system, armoire, and nightstand.

Families are encouraged to bring items such as a favourite quilt, easy chair and decorative items to make the individuals room feel more like home.

Before applying for admission to York Care Centre's long-term care, potential clients must participate in a pre-admission 'assessment process' conducted by the Department of Social Development. This process involves both a 'clinical' and 'financial' assessment, and must be completed prior to admission. You may begin this process by contacting the Department of Social Development at 1-866-444-8838.

For more information regarding York Care Centre's Long-Term Care home, please contact 444-3880.

York Sunbury Search & Rescue (YSSR)

Phone: 461-5832

Email: sar1@yssr.nb.ca

Facebook: www.facebook.com/YorkSunburysearchAndRescue/

Is the oldest and largest ground search and rescue team in New Brunswick. For over 30 years our 100% volunteer organization has worked with RCMP and local policing agencies to help locate hundreds of missing and lost individuals. A person can go missing at anytime, anywhere, regardless of their age, experience or condition. With a lost person, our goal is always the same: Bring them home safely. YSSR is actively looking for volunteers to not only participate in missing or lost person searches, but to help with team administration, public relations & community outreach, and fundraising; which is crucial to ensuring that we have the necessary resources for member training and equipment. Whatever your skills, YSSR has a spot for you!

French Associations

Association des aînés de la Capitale pour l'apprentissage et le mieux-être (AACAME)

715 Priestman St, Fredericton N.B. E3B 5W7

Phone : 453-2731

President : Norma Dubé

Email: normadube17@gmail.com

Website: www.aines-capitale.com

The Capital Seniors Association for Learning and Wellness is for seniors aged 50 and over who live in the provincial capital region. It is committed to improving the quality of life of its members by helping them realize their full cultural, intellectual, social, spiritual and physical potential.

Association francophone des aînés du Nouveau-Brunswick

Toll-free: 1-866-523-0090

E-mail: afanb@afanb.org

Website: www.afanb.org

Its mission is to mobilize Francophones aged 50 and over in order to promote their well-being, defend their rights, and thereby contribute to their personal growth and to the development of society as a whole.

Arts And Crafts

FHUC Quilting group

Hand quilting “bee” on Mondays, 10 am - noon, Sept - June. Forest Hill United Church (upper room --must be able to handle stairs). Beginners welcome. Contact: Mary Grant (foresth.office@bellaliant.com)

Fredericton Guild of Fibre Artists

Contact: Barb Perry (506) 457-1559 . Meets at Forest Hill United Church every Tuesday from 9:30 - 11:30, September to June. Everyone welcome. Bring your own project and enjoy conversation while you work.

Fredericton Quilters’ Guild

Monthly informative meetings at 7:00pm on the third Tuesday of the month, Sept.–Nov. and Jan – May at The Fredericton Senior Centre. Everyone is welcome. Annual membership is only \$30. We also have member workshops, workdays and social events. For more information contact Lee McLean at 451-1311 or Gail Mitchell at 261-5270. You can also e-mail frederictonquiltersguild@gmail.com.

Heritage Rug Hooking Guild

Meet from 9am-1:30 pm every second Thursday from September to May at St. James Presbyterian Church, 1991 Hanwell Road, Rte. 640, Hanwell. Meetings usually start with coffee and chatting at 9 am. Everyone is welcome to attend. Meetings may include specific programs related to rug hooking, show and tell as well as short business meetings. Beginner and advanced workshops are held periodically. The Guild is fortunate to have 3 Certified Rug Hooking Instructors in the membership. Cost for the year is \$30.00. We also have an Evening Matters group. They meet Tuesday Evenings, the 2nd and 4th Tuesday of the month at the Christ Church Cathedral Hall.

For more information contact Sheila Black, President at 450-4467 s.jonesblack@gmail.com for the Heritage Rug Hooking Guild and Kimm Moore 474-2710 kimm_moore@yahoo.com for Evening Matters.

Knifty Knitters

Drop in knitting group where everyone is welcome to come and knit or crochet, show their projects, meet new people and have a cup of tea. Every Sunday afternoon from 1:30-3pm in the Hub at the Public Library. For more information about Fredericton Public Library look in the Services section.

Arts And Crafts

Knit Witts

Tuesday afternoons 2-4 pm

Fiddlehead Lounge, Governor Hall

Shannex Parkland Fredericton has a lively multi-generational knitting and needlework group on Tuesday afternoons at 2 pm in the Fiddlehead Lounge, Governor Hall. We welcome all knitters and needle workers from the public to join us. If you are a non-knitter, come to share your wit and “shoot the breeze”.

Seniors Art Classes

Watercolour, Acrylic, and Oil Painting classes are given in a 10-week session each Spring and Fall. Participants must supply their own materials. Classes are Tuesday, Wednesday or Thursday from 1-3pm at the Fredericton Senior Centre, 112 Johnston Ave. 55 and plus are allowed to attend. To register is \$100 per 10-week session. Call 460-2235 to register.

Thursday Night Art Class

Thursday 7:00 – 9:00 pm

Beaverbrook Art Gallery

Registration required. Please call 506-458-2028 or email emailbag@beaverbrookartgallery.org

Learn and create with local artists and teachers; ages 16+. \$8 (members) – \$15 (non-members)

Cards (Bridge, Etc..)

Drop In Cards

Friday afternoons at 1pm at the Stepping Stone Seniors Centre Inc. there are different card games played. Members may attend for free. For more information please look up The Stepping Stone Seniors Centre Inc. in the Services section

Drop In Bridge Club

Every Wednesday from 1-4pm at the Kinsmen Centre, 141 School St, Fredericton. Adults are welcome to join. Admission is by donation. For more information contact the Kin Centre at 472-7397.

Drop In Bridge

Every Monday at 6:30pm and Fridays at 1pm at the Stepping Stone Senior Centre Inc. those Members may attend for \$2 per drop in. For more information please look up Stepping Stone Seniors Centre Inc. in the Services section.

Duplicate Bridge

Wednesday nights at 6:30pm at the Stepping Stone Seniors Centre Inc. Members may attend for a \$5 per night . For more information please look up Stepping Stone Seniors Centre Inc. in the Services section.

Fiddlehead Bridge Studio

Meets on Mondays and Thursdays at 1pm, Tuesdays at 9:30am and 6:30pm at 800 St. Mary's St. Anyone can join but we are predominantly aged 55 plus. Contact us at 449-0671.

Friday Morning Bridge

Friday Morning Bridge at the Fredericton Seniors Center, 112 Johnston Ave. New members are always welcome. Play begins at 9:15am. Fee is \$10.00 for the season. Call 460-2235 for more information.

Clubs and Social Groups

Barker's Point Seniors Half Century Club

The club meets every second and fourth Tuesday of the month at 7-9pm at the Fredericton Senior Centre, 112 Johnston Ave. It is open to anyone over 50 years who would like to join. Join us for a card game of 45s and a light lunch. Our club belongs to the NB Seniors Federation. For more information contact Pat Fowler, President at (506)458-5384, Joyce Greer, Vice President at (506) 450-3243 or Marion Barton, Secretary at (506) 474-1323.

CFUW Fredericton

CFUW Fredericton has established numerous post-secondary scholarships for women, financially supports rural school libraries and music programs and holds an annual Book Fair. In addition, the Club has established a number of committees and interest groups, financially supports international education for girls and women and advocates for the rights of women and girls. We welcome all women who support our beliefs and purposes to join us at CFUW Fredericton. Visit www.cfuwfredericton.com for more information or contact Sharon at sharonacrabb@gmail.com

Coffee Break

At Fredericton Christian Reformed Church, a women's Bible Study that meets at the church every Wednesday from September-June from 9 AM – 10:45 AM. Women of all ages are welcome to attend. 121 McAdam Avenue, Fredericton, NB E3A 1G7
Phone: 472-6450, Email: fton.crc.clerk@gmail.com for more information.

Coffee and Chat

Friday mornings at 10am at the Stepping Stone Seniors Centre Inc., there are different card games played. Members may attend for free. For more information please look up The Stepping Stone Seniors Centre Inc. in the Services section.

Clubs and Social Groups

Convo Café

The Convo Café SATURDAY and THURSDAY SOCIALS are spaces where you can meet people of different ages, professions and backgrounds, help newcomers practise English or French, and help combat feelings of loneliness or social isolation. They are also opportunities for anyone in Fredericton to meet new people in the community and find out what interesting things are happening in town.

The events last two hours and follow this format: In the first hour there will be a presentation or conversation on a given topic followed by questions and answers, and then a quick round of announcements of interesting events going on in town that month. There may be other variations for structured activities in that first hour as well. The second hour will consist of free time to chat with other participants, mingle, network, play some board games, or follow up on anything that was discussed earlier that you found interesting.

Both SOCIALS are located in universally accessible locations for persons with mobility challenges. Although the events do take place in English, breakout conversations can take place in French among a group of persons who choose to do so.

Please feel free to invite anyone who you think would like to meet new people in the community by engaging in conversation and mingling over hot drinks and snacks. The event is free and there is no registration required, just show up!

Check the City's website for the places, dates and times of the SOCIALS: www.fredericton.ca/en/recreation/recreation-programs

Death Café

Not a "regular" event.

Check with the Library for upcoming dates.

Death Café is not a grief support group.

Over coffee, we discuss our understandings of death and dying and share our views and feelings in a non-judgmental space. The conversation is supportive, respectful, and confidential. You are welcome to come and listen without being required to participate. Registration is required to ensure sufficient space for everyone. Please call 454-1298 or email AnneMarie@Hartfords.ca

Fredericton Garden Club

We're a group of about 45 people of all ages who meet twice a month March – December to discuss gardening, share gardening knowledge, visit gardens and nurseries, have plants sales, participate in community projects and have garden parties. We're always happy to have new members. No experience necessary. Yearly fees are \$15. For more information check out our facebook page at www.facebook.com/FrederictonGardenClub or contact Mary at marymackenzieparker@gmail.com or 459-5036

Clubs and Social Groups

Forest Hill Book Club

Forest Hill Book Club meets the first Tuesday of the month at 12 noon Sept - June. Bring a lunch. Everyone welcome. Contact: Forest Hill United office at (506) 455-0988 or foresth.office@bellaliant.com

Lions Club

Meetings are held the fourth Tuesday of the month at 7:30pm at the club. 37 Route 148, Killarney Road. All ages are welcomed and to be a member it is \$65 per year. For more information please contact Duane Craig at 450-7117 or duane.craig@outlook.com

Movie nights at Forest Hill United

Movie nights at Forest Hill United. Tea and popcorn provided. Contact the church office at (506) 455-0988 or foresth.office@bellaliant.com for dates and titles

Nashwaak Valley ATV Club

Located at 70 Rolling Hill Drive. For more information please look up clubs.nbatvng.com/en/50/index.php

Nashwaasis 55+ Senior Citizens Club

The Club meets every Thursday evening at the Seniors Centre at 112 Johnston Ave from 7-9. We play 45's and cribbage and serve a light lunch. The club is a member of the New Brunswick Senior Citizens Federation. Anyone 55 plus can join and the cost is \$15. Transportation is available for those in need. For more information please call Doris Jamieson at 472-4385.

Order of the Eastern Star

Meet on the second Friday of every month except January and February at the Seniors Centre 112 Johnston Ave.. To join the Eastern Star a man must be a member of the Masonic Order and a woman needs a Masonic affiliation. The woman must be 18 and the man must be 21 to join. For more information please contact Debbie Hill at djhill@ups.com

Photo Fredericton

Photo Fredericton is a club for photographers from Fredericton and surrounding communities. The general public is encouraged to attend any of our meetings. Meetings are on the 2nd and 4th Tuesdays of the month starting at 7:00 pm. Cameras of all types, sizes and skill level are welcome. Meetings will be in Room 202, Brian Mulroney Hall, Saint Thomas University. Parking is available at the corner of Montgomery and Windsor Streets. For more information you can visit our web site www.photofredericton.ca/v3/

Clubs and Social Groups

PNM Zoomers

The PNM Zoomers are a group for residents 50+ of the Village of New Maryland and surrounding communities. The club group aims to promote and provide an environment for physical activity, socialization and networking, community engagement and advocacy. We have an active membership and offer a variety of activities & programmes. Everyone 50+ in the New Maryland area is welcome to join.

Zoomers activities presently include: community potluck suppers every other month with guest speakers, (5:30—7:30 PM), stretch & strengthening classes on Tuesdays and Thursdays (10:00—11:00 AM), an Arts & Crafts group that meets once a month, a Book Club meets every fourth Thursday (11:00 AM) and three to four Soup Lunches. We also offer a Bursary for a student who will be studying geriatrics or a related field and a book exchange. Most activities run from September—June.

In addition, we volunteer with the emergency services in the village. If anyone would like to introduce a new activity for residents 50 plus, we would be happy to hear from you.

If you are interested in any of these activities and would like to join the PNM Zoomers, please contact us via e-mail, pnmzoomers@gmail.com or visit the Zoomers section of the VONM Web Site.

The Fredericton Golden Club

The Fredericton Golden Club is a local service club of consisting of retired men who have had very successful careers in a great number of occupations and professions. They make substantial contributions to the advancement of our youth without major fund raising events. The Club is composed of 110 Regular Members, Life Members and Honorary Members. Only the Regular Members pay dues which are \$50.00 annually. The club is currently full but we do maintain a waiting list of men who wish to join. For more information please contact Fred at 455-8862.

The Fredericton PROBUS Club

Meets monthly (except July and August) on the first Tuesday of each month at 10am until noon at Forest Hill United Church, 45 Kimble Court, in Fredericton. Membership is \$25. The club is for retired and semi-retired professionals and business people who appreciate and value opportunities social contact and being intellectually stimulated. For more information email probusfredericton@gmail.com

Wilmot Book Club

Meets on the 4th Tuesday of the month from September to June at 7pm at Wilmot United Church, 473 King St. Opened to Adults. For more information please contact Lucille at lcaseley@caseley.net or Virginia at vamacdon@yahoo.ca You can find us on the web at www.wilmotuc.nb.ca/book.html

Communication (Languages, speaking, writing, etc.)

French Circle

Meets Wednesday mornings at 9:30 at the Stepping Stone Seniors Centre Inc. Members may attend for free. For more information please look up Stepping Stone Seniors Centre Inc. in the Services section.

Riverside Toastmasters

Meets on the 1st and 3rd Wednesday of the month from September to June. In July and August, they meet on the 3rd Wednesday of the month. All meetings are at Fredericton Seniors Center, 112 Johnston Ave. from 7-9pm. You must be at least 18 years of age to join. Guests are welcome to visit for a couple of meetings. Fees are \$75 every 6 months plus \$30 for new member kit. \$5 discount if you pay for full year up front.

Spanish Table

Every Thursday evening from 7-8pm in the Wolastoq Board room. Everyone is welcomed and its free to join. For more information about the Fredericton Public Library look in the Services section.

Storytelling

Join us at the Public Library on the 3rd Wednesday of every month from 7-8 to hear or tell great stories. Drop-ins are always welcome in the Hub on the 2nd floor. For more information look up Public Library in the Services section.

Writers Group

Meets Monday at 1:30pm at the Stepping Stone Seniors Centre Inc. Members may attend for free. For more information please look up Stepping Stone Seniors Centre Inc. in the Services section.

Crossword

Cryptic Crossword

Tuesdays at 1pm at Stepping Stone Seniors Centre Inc.. Members are free to join. For more information please look up Stepping Stone Seniors Centre Inc in the Services section.

Fish and Game

Fredericton Fish and Game Association

Monthly meetings are held on the 2nd Tuesday of each month except July and August at Exit Realty, St. Mary's Street. Everyone is welcomed. Membership fee is \$25 but no cost involved to attend meetings. We conduct fly tying classes during the winter and host the Annual Youth Fishing Tournament at Killarney Lake in June For more information please contact Rod Currie at 458-5643, racarrie@nb.sympatico.ca or Dave Sawler at 260-0488.

Fitness Class

Apex (post-cardiac rehab program)

Each class includes cardiovascular exercises along with strength training exercises. This program is designed for individuals who have completed the Woodbridge Cardiac Rehabilitation program or who have been approved to participate by their doctor.

Requirements: Participants must be able to complete light to moderate exercise for approximately 60 minutes three times a week.

Aqua-Fit

The high resistance of water and available equipment offers an excellent workout while minimizing impact on joints. Ideal for beginners, those with advanced fitness levels and older adults. Swimming skills not required. Offered at the Fredericton YMCA. Call 462-3000 for more information or see the YMCA information in the Service section.

Aquatic Exercise

Monday and Wednesday from 7:30-8:30pm. Tuesday and Thursday from 2:00-3:00pm at Fredericton's Indoor Pool. Adults and seniors are welcomed to join. Adult drop in cost \$4.60 and seniors cost \$3.05. For more information please look up Fredericton Indoor Pool in the Services section.

Fitness Class

Aquatic Stretch

Physical conditioning in warm water for people with joint issues with emphasis on stretching and muscle toning to improve and retain range of motion. Swimming skills not required. Pool depth is: 3'8". Offered at the Fredericton YMCA. Call 462-3000 for more information or see the YMCA information in the Service section.

Aquatic Stretching

Monday to Friday from 11:30am-12:30pm at Fredericton's Indoor Pool. Adults and seniors are welcomed to join. Adult drop in cost \$4.60 and seniors cost \$3.05. For more information please look up Fredericton Indoor Pool in the Services section.

A.X.O.N.

The A.X.O.N. program is specifically designed for individuals who are experiencing physical complications due to a chronic neurological condition such as Parkinson's, multiple sclerosis, post-stroke or peripheral neuropathy. Each class incorporates exercise that will help to build and/or maintain upper and lower body strength as well as balance.

Requirements: Participants must be able to walk (with or without a walking aid), have the ability to verbally communicate and have appropriate endurance to exercise at a light to moderate level for one hour. Phone: 453-4579, Website: www.urec.ca

Body & Bones

This program is designed for older adults who have osteoporosis or osteoarthritis and are looking for a full-body strengthening program. Body & Bones is a three day per week progressive program that includes resistance exercises and functional training. Days 1 & 2 consist of full-body strengthening exercises and core conditioning, using body weight, light handheld weights, and other small accessories. Day 3 focuses more on balance and flexibility work. Previous Body & Bones participants saw an increase in grip strength, lower body strength, range of motion of the hips and shoulders, and improved balance. These findings have strong correlations to the maintenance of an independent lifestyle and the prevention of a functional decline. Classes are tailored to meet the physical needs of each individual participant.

Body Flow

Monday/Friday at 10:30am at GoodLife Fitness Uptown. Adults are welcomed. Seniors rate 65 plus is \$25.99 biweekly. Contact Simon Rose at 455-2255 or frederictonmall@goodlifefitness.com

Fitness Class

Dusty Sneakers

Monday, Wednesday, and Fridays from 10:15-11:15am at YMCA. It is designed for anyone starting a fitness program and for 50 plus. Class includes cardio, weights and flexibility. For more information please contact Joan Gillespie under YMCA in the Services section.

Gentle Fit (Kingswood)

Every Tuesday from 9-10am at Kingswood. Seniors are welcomed to attend. Drop ins are \$10 or you can get a membership. For more information please look up Kingswood in the Services section.

Gentle Fit (YMCA)

Tuesdays & Thursdays at 10:30am at YMCA. Exercises in and out of a chair to help increase your strength, flexibility and balance. This class is for those who need a gentler approach to exercise. (not offered in the summer) For more information please contact Joan Gillespie under YMCA in the Services section.

Gentle Pace Mobility-Fitness Class

Adult Fitness Class Tuesday/Thursday 10:00am at the Fredericton Seniors Center, 112 Johnston Ave. Cost is \$5 a class. Contact Shelley Swift 443-9811 or gentlepacemobility@gmail.com for more information and additional class times.

Happy Hearts

Our experienced and talented instructors teach cardiovascular movements, interval training, overall strength training, balance and flexibility. This program is designed for older adults who are looking to maintain or improve their fitness level in an enjoyable and supportive atmosphere. Three class styles are available: Fitness, Strength and Yoga. Phone: 453-4579, Website: www.urec.ca

Living Well With Diabetes

The Sun Life Financial, "Living Well with Diabetes Initiative" aims to raise awareness of the lifestyle factors that contribute to diabetes and to offer resources that will help individuals adopt effective preventative and care strategies.

Individuals with type I diabetes, type II diabetes, or pre-diabetics are eligible to take part in the initiative. They will have access to subsidized personal training, subsidized URec memberships and access to workshops on nutrition and physical activity hosted by a Registered Dietician and/or a Certified Exercise Physiologist.

Days/times are set by the individual and the trainer and all training sessions take place at the University of New Brunswick at the Richard J. CURRIE CENTER. Individuals who wish to take part in

SENIORS PROGRAMS / ACTIVITIES

the initiative will need a referral form signed by their physician, diabetes dietitian or pharmacist and will then need to schedule a meeting with Caitlin Doyle, Training and Testing Coordinator at UNB to get started.

For more information please contact Caitlin at caitlin.doyle@unb.ca or 453-4603.

Meditation Mondays

A drop-in Meditation hour led by Dave Seabrook from 12-1 pm in Chickadee Hall located in the Public Library. All are welcome, beginner's to seasoned. We have mats, chairs etc available, or you can bring your own. For more information look up Public Library in the Services section.

Newbody Class

GoodLife Fitness Uptown on Prospect every Friday at 12:00pm. Adult may join. Seniors that are 65 plus can get the seniors rate at \$25.99 biweekly. For more information please contact Simon Rose at frederictonmall@goodlifefitness.com or 455-2255.

Precision Pilates Studio

More than 20 group classes and 50 private lesson times available weekly. Complete schedule available online at www.frederictonpilates.com. Everyone is welcomed. \$20 per class for drop in to a mat class, variety of prices depending on package purchased and what type of class/lesson attending. For more information please contact Cara Hazelton at info@frederictonpilates.com or 440-8680.

Silver Dolphins Swim Club – Est. 1978

The Silver Dolphins Swim Club is the longest running swim club in the City of Fredericton. Established in the fall of 1978 as a Club for adults in the age group of fifty and beyond – who were looking for qualified instructor-led aquatic exercise for seniors.

The club started out with casual and lap swimming and also some members who were part of a synchronized swimming team. Eventually the club worked to include Aquacise classes. As the synchronized portion phased out the club's focus became aquacise, lap swimming, and casual swimming. The Club's swim location is the Sir Max Aitkin Pool in the Lady Beaverbrook Gym Building on the UNB Campus.

The licensed Instructors are not only well trained they are also compassionate and encouraging. Club members have found the Aquacise classes to be an excellent form of exercise that gets them strengthening their muscles, and improving their posture and balance all while having very low impact on their joints. And it would be a rarity to get through any class without experiencing laughter and occasionally a sing-a-long with the instructors music selection.

All of this with the bonus of being in a group where you will find great social camaraderie.

So give us a call, come join the fun on Monday, Wednesday and Friday, get your body moving and make some new friends. Call 454-3381 or silverdolphins19@gmail.com for more information

Fitness Class

Silver Pilates

Using the Pilates repertoire, this simple and fun class will teach you how to move the body in an appropriate manner, enhance core strength and stabilization, build better balance and physical confidence. Come prepared to have fun! This class is for all levels. Modifications will be offered when needed. For more information on any of our Silver Series programs please visit us online at www.urec.ca or by calling 453-4579

Silver Strides

All walking sessions are led by a certified personal trainer and take place on the indoor walking track. Each session includes walking time and a short strength and conditioning component. Assessments are included throughout the program to monitor progress. This program is designed for individuals of all fitness levels who would like to learn how to walk for optimal health benefits.

For more information on any of our Silver Series programs please visit us online at www.urec.ca or by calling 453-4579.

Tai Chi

Wu's Tai Chi Chuan Academy

Dates and times are subject to change for correct information please look up our webpage at www.wustylefredericton.com/class-schedule/. Offer a free one week trial for most classes. First month is \$45 and after that it is \$65 per month. The 50 plus group classes are \$55 per month, but you can save \$10 per month with a 12 month commitment. For more information please contact Sifu Martin Kennedy at club@wustylefredericton.com or 450-8889.

Yoga

Chair Yoga with Ellen

Will resume in April, in Governor Hall-Fiddlehead Lounge. On-going every Monday.

All are welcomed but registration is required. \$5 per session. To register please call Pam Bowen at 460-8803.

Chair Yoga (YMCA)

Chair Yoga is for those who want to practice yoga and find it difficult to get up and down off the floor. Adults are welcomed to attend. For more information please contact Joan Gillespie under YMCA in the Services section.

Yoga

Joy Yoga

Every Thursday at 10:30am, in the lobby of Regent Hall Shannex. All are welcomed but registration is required. \$5 per session. For more information please call 460-8546 or Pam Bowen 460-8803.

Kripalu Yoga

Kripalu Yoga is a gentle hatha yoga practice with a compassionate approach and emphasis on meditation, physical healing and spiritual transformation that overflows into daily life.

Call 462-3000 for more information or see the YMCA information in the Service section.

Silver Yoga

Work at your own pace while learning about the power of breath and movement. Individuals will build strength while improving balance. Participants will leave the class feeling light and relaxed. This class is for all levels. Modifications will be offered where needed.

For more information on any of our Silver Series programs please visit us online at www.urec.ca or by calling 453-4579

Yoga Basics/Yoga Flow

(Beg-Adv) An initial warm up is followed by a series of individual or flow connected poses. Classes end with a focus on relaxation to integrate body, mind and spirit.

Call 462-3000 for more information or see the YMCA information in the Service section.

Yoga (Kingswood)

Daily Monday-Friday at Kingswood Fitness Centre. Adults are allowed to attend and drop ins are \$10.

For more information please contact Andrea Milley under the Kingswood Fitness Centre in the Service section.

Yoga (Goodlife Fitness Uptown)

Tuesdays at 10:30am, Wednesdays at 10:30am, Thursdays at 10:30am, Saturdays at 10:45am and Sundays at 12:30pm at GoodLife Fitness Uptown on Prospect. Adults may join. Seniors that are 65 plus can get the seniors rate at \$25.99 biweekly. For more information please contact Simon Rose at frederictonmall@goodlifefitness.com or 455-2255.

Yoga (Stepping Stone)

Mondays at 11am at the Stepping Stone Seniors Centre Inc. Members may attend for \$10 per class.

For more information please look up The Stepping Stone Seniors Centre Inc. in the Services section.

Zoomers On The Go

Join the FREE Zoomers on the Go Exercise Program and Become More Physically Active!

A new FREE exercise program for adults aged 50+ will be offered this fall in Fredericton: Zoomers on the Go. This is a peer-led exercise program, meaning that the leader is also 50+ years, and has received extensive training by Fitness New Brunswick to deliver the exercise program.

We are recruiting older adults who would like to participate in a free exercise program which aims to improve mobility and reduce the risk of falling. This program will be offered twice a week (hour sessions) for 12 weeks.

You are eligible if:

- You are 50 years of age or older
- Can exercise with minimal supervision
- Can commit to a 12-week exercise program (2 sessions/week)

If you are interested, please contact Anna Petrie at cellab@unb.ca or call 506-458-7034

Zumba

Thursday mornings from 9:15-10:15 am at the Kingswood Fitness Centre. All levels are welcomed to join. Drop ins are \$10. For more information please contact Andrea Milley under the Kingswood Fitness Centre in the service section.

Zumba Gold

Mondays Zumba Gold and Wednesdays Zumba Gold Toning both at 11am at the Fredericton Seniors Centre, 112 Johnston Ave. 1st class is free. Classes are \$5 to join. For more information please contact Colleen Jesso at zumbawithcolleenjesso@gmail.com or 261-0804.

Lecture Series

Forums

Information sessions on various topics. Wednesday afternoons at 2pm at Stepping Stone Seniors Centre Inc. Open to the general public. For more information on dates and topics please look up Stepping Stone Seniors Centre Inc in the Services section.

Music and Singing

Guitar Lessons

Thursdays afternoons at Stepping Stone Seniors Centre Inc. Different levels are offered. Members pay \$75 for 6 weeks. For more information please look up Stepping Stone Seniors Centre Inc in the Services section.

Paper Bag Singers

We are a group for people who like to sing, but who either think they can't sing or have been told they can't sing. We call ourselves Paper Bag Singers because "Individually, we can't carry a tune in a paper bag. Together, we sound great!!" And we do. We get 30 to 40 people out on an evening.

We meet the 2nd and 4th Mondays of the month, from September to early June, 7:30 to 9:00 pm at Christ Church Cathedral. We sing the songs we grew up with: Beatles, Simon and Garfunkel, Don McLean, Petula Clark, etc.

We welcome people of all ages and all singing abilities. We do have some people from choirs - they come to sing just for the fun of it. The cost is only \$5 for an evening of song and fun - drop your money in the paper bag, please.

We do have a web site where people can read about and see pictures of past events: www.meetup.com/Paper-Bag-Singers/ Or Contact Lynn Melanson paperbagsingers@gmail.com. If you have any questions about our group, please don't hesitate to ask.

Second Chances Band

Community band made up of adults who have either never played an instrument in a band setting before or who are revisiting playing music in a band environment. Encourage and support new players, regardless of age and previous band or music experience. Beginner's band is Tuesday nights and senior band is Thursday nights at 7pm at Leo Hayes High School. For more information please contact Secondchancesfred@gmail.com.

Singalong with Lynda Jean

Various dates in Regent Hall Garrison Lounge at Shannex. To register please call Pam Bowen at 460-8803.

Stepping Stone Singers

Thursday morning at 9:30 at Stepping Stone Seniors Centre Inc. Members are free to join. For more information please look up Stepping Stone Seniors Centre Inc in the Services section.

Music and Singing

Troubadours

Tuesdays at 2:45 at Stepping Stone Seniors Centre Inc. Members are free to join. For more information please look up Stepping Stone Seniors Centre Inc in the Services section.

Ukulele Lessons

Thursday afternoons beginners at 12 and Intermediate is at 1 at Stepping Stone Seniors Centre Inc. Different levels are offered.. Members pay \$10 per class. For more information please look up Stepping Stone Seniors Centre Inc in the Services section.

Sports and Physical Activities

Basketball

Grand-Master Basketball league

Thursday evenings. Age 40+. October to March.

Contact Brian Rosborough. Phone: 459-4541. Email: tex@nbnet.nb.ca

Bowling

Fredericton Lawn Bowling Club

15 Saunders Street in Wilmot Park.

Regular lessons/coaching is on Mondays at 6pm and Fridays and Saturdays in the mornings.

Opportunity for league play is on Tuesdays and Thursdays in the mornings and evenings. Open to all ages but most members are 50 plus. The first year is \$55 but the general membership is \$115 per year. Seniors over 80 can join for \$55. For more information please contact us at 454-6808 or visit our website at www.frederictonlawnbowlingclub.com.

Bowling

Over 50 Bowling

Wednesday and Friday clubs starts bowling at 1pm. It is a socializing group that bowls two strings.

Thursday club starts bowling at 1pm. It is a socializing group that bowls three strings and prizes are given out. All clubs are held at 1700, Kingswood Way, Hanwell. For more information please contact Alex Trask at 444-9503 or at kingswoodseniors@gmail.com

Bowling

Seniors odd box bowling

Wednesday afternoon at 12:30-3pm at The Drome, 301 Main Street Fredericton. 50 plus are allowed to join at a cost of \$13.50. There is a chance to win cash prizes. For more information please call 449-1250.

The Beaus and Belles Carpet Bowlers

The Carpet Bowling group at the Fredericton Seniors Center, 112 Johnstone Ave. This club welcomes any interested new players. The group meets on Mondays and Fridays from 1-3pm. For more information call 460-2235.

Curling

Capital Winter Club

Leagues are going on in the day and evening from Monday to Friday. All are welcomed. Membership varies depending on number of games played each week. Associate memberships are also available. For more information please contact Ann Corant at 452-0020, 452-0021 or capitalwinterclub@rogers.com. You can also visit their website at www.capitalwinterclub.ca
For more information please contact Jaime Watson at 452-0020 or capitalwinterclub@bellaliant.com

Floor Curling

Floor curling is a program that is open to everyone regardless of degree of mobility and promotes activity that helps improve balance, coordination, etc. as well as providing an opportunity for socializing. Drop in on Wednesday mornings, 10 am - noon at Forest Hill United Church
Contact: Margaret Roxborough, Board Chair Forest Hill United Church
Email: margie.roxborough@bellaliant.net

Cross Country Skiing

Don't hibernate in the winter

Stay fit and enjoy the great outdoors on Fredericton's cross country skiing trails! The groomed and tracked trails of Killarney Lake Park and Odell Park are a wonderful way to explore the depths of the forested landscapes of two very extraordinary city parks. Every effort is made to have the trails in Odell and Killarney groomed and tracked for skiing as soon as possible after a snowfall. When time permits, additional trails are groomed for walking. It's important to remember that during the winter season trails may not be maintained on a regular basis. The latest information can be found on Facebook at Fredericton Recreation or on Twitter @CityFredRec. The conditions of ski trails depend on amount and type of snowfall, available trained staff, decent weather conditions, and the proper equipment. Remember to use with caution and at your own risk. Be safe and have fun!

Wostawea Cross-Country Ski Club

Wostawea provides cross-country ski trails, outings, lessons, and social events for cross-country skiers in the Fredericton region, including many seniors. Skiers can enjoy over 44 kilometers of groomed trails in two locations: the Wostawea trails, beginning at Kingswood lodge; and the Killarney Lake Park trails, beginning at the park's Rotary lodge.

Cycling

Folks on Spokes Fredericton

The social group meets from May through October at the Trail Visitor Center (180 Station Rd) Tuesdays and departs for rides at 10:00am. Everyone goes at their own pace and sets their own distance. The rides vary but all begin on the Fredericton Trail System with the adventurous extending their rides using lesser travelled rural roads. No matter your skill level, you will enjoy the scenery plus meet interesting Folks! While the majority of participants are 50 plus, there are no age restrictions or fees. You must have a serviceable bicycle, wear a helmet and obey all rules of the road for our rides. For more information, contact us at: frederictonfolksonspokes@outlook.com or check out our FaceBook page at www.facebook.com/folksonspokesfredericton

Dance

Capital City Sequence Dance Club

Tuesday nights at 7-9.30pm at Willie O'Ree Place, Cliffe Street Fredericton. Classes start in September at a cost of \$10 a couple. For more information call The Radford's at 452-1793 or The Ford's 472-0583.

Elm Tree Square & Round Dance Club

Thursday nights at 7-15- 10pm at Willie O'Ree Place, Cliffe Street Fredericton. Classes start in September at a cost of \$12 a couple. For more information contact Terry & Melonie Hebert at 472-1444 or e-mail them at meloniewood@msn.com or find them on the web at www.elmtreesquares.ca

Fluid Dance

Tuesdays at 1:30pm at Stepping Stone Seniors Centre Inc. Members may attend for \$5. For more information please look up The Stepping Stone Seniors Centre Inc. in the Services section

Line Dancing

Starting in the fall. 4 classes. Monday morning at Victoria Hall, New Maryland; beginner is 9:15 and Improver class at 10:30 starting Monday, Sept 16. Wednesdays at United Church, 45 Kimble Court. 1:15 for Improvers and 2:30 for beginners. This class starts Wednesday, Sept.11

Low impact and a great mental workout. All ages welcome!

\$5.00 drop in charge. Contact: mablemalley@gmail.com or 457-7084.

Northern Lights Dance Club

Mondays at 112 Johnson Avenue. Beginner class 6pm to 7pm, Improver Class 7pm to 8pm , Intermediate 1 class 8pm to 9pm and Intermediate 2 class 9pm to 10pm. Wednesdays at the Grant Harvey Centre Community room. (Stepping Stone Seniors group) Improver class 9:15-10:15am, Intermediate at 10:15-11:15am, Intermediate at 11:15am-12:15pm and beginner class at 12:15-1:15pm. It is \$5 to attend. To join the Grant Harvey Centre you have to be a member of the Stepping Stone Seniors Centre. There is no such requirement at the Johnston Centre. For more information contact Eric Hart at 455-0483, 447-1854 or ehart@nb.sympatico.ca

Disc Golf

Disc Golf

Odell Park, 397 Rookwood Ave Fredericton. Website: frederictondiscgolf.com

Free, fun, and for all ages and levels. Similar to regular golf, but instead of hitting a ball into a hole, players throw a disc into a basket. No fees or tee times; just show up with a Frisbee and have fun! Fredericton.ca

Maritime Disc Golf Association

Disc golf is a low impact, fun sport for all ages and athletic abilities. People can enjoy this sport all year round. Wednesday evenings throughout the year are consistent for casual rounds (6pm summer, 8pm winter) for more information you can contact Avery Hughson at ahughson@gmail.com

Geocaching

The Fredericton Geocaching Tour

Geocaching is an emerging tourism activity and the perfect way to explore the roads less traveled, enjoy scenic views and of course, experience the great outdoors any time of year! Think of it as an exciting treasure hunt - all you need is a map, GPS (global positioning) unit and a sense of adventure!

Enjoy Fredericton's wilderness and outdoors with Atlantic Canada's Best Geocaching Tour! The Fredericton Geocaching Tour (the first bilingual geocaching tour in Atlantic Canada) includes 24 special caches divided into 3 themes: nature, culture and heritage.

Website: www.tourismfredericton.ca/en/experience/the-fredericton-geocaching-tour

Golf Courses

Kingswood Golf

(1700 Hanwell Rd.). Phone: 443-3333 or 1-800-423-5969. Website: kingswoodpark.ca

New Brunswick's most recognized 18 Hole Signature Golf Course.

Carman Creek Golf

460 Riverside Dr. (Ramada Hotel). Phone: 472-7273. Website: carmancreekgolf.com

Environmental Award Winning Chemical FREE 9 Hole GOLF course, and 9 hole MiniGolf.

Golf Courses

Fredericton Golf Club

331 Golf Club Rd. Phone: 443-7710. Website www.playfgc.com

18 Holes, Par 70, 6093 yards & driving range.

Nestled conveniently in the heart of Fredericton, the Fredericton Golf Club provides both members and guests a welcoming golf community, exceptional playing conditions and pace of play. We would like to invite you to come and experience the Fredericton Golf Club community for yourself and #playfgc.

Gage Golf & Curling Club

55 Fraser Ave, Oromocto. Located just outside Fredericton, Gage offers 18 holes of great golf. Call for rates. Phone: 357-9343. Website: gagegolfandcurling.com

Gilridge Golf Club

550 Claudie Rd. Phone: 453-1077. Website: gilridgegolf.ca.

9 holes. Longest executive length golf course in Fredericton.

Mactaquac Provincial Park Golf Course

1965 Route 105, Mactaquac Park. Phone: 363-4925. Website: mactaquacgolf.com

This 18 hole championship course, now managed by Kingswood Golf, offers a unique series of challenges for all skill levels, 7030-yards.

Riverbend Golf Club

541 Route 628 HWY, Durham Bridge (15 minutes from Fredericton)

Phone: 452-7277. Website: riverbendgolf.nb.ca

18 holes.

West Hills Golf Course

200 Summerhill Row. Phone: 450-4653. Website: westhillsgolf.com

Conveniently located just minutes from downtown Fredericton.

Hockey

Masters Hockey

Men's 50 plus pickup hockey plays Tuesdays and Thursdays morning from the first of November to the end of March. It is \$250-\$300 to join. For more information please contact Bob Mac Mullen at 472-1535 or aith@nbnet.nb.ca

Fredericton Area Oldtimer's Hockey League

Fredericton Area Oldtimer's Hockey League

Over 35 men's hockey league with 29 teams playing games Sunday thru Thursday nights starting the first of November until the end of March.. Individual teams assess the cost to play in the \$350-\$500 per season. For more information please contact Bob Mac Mullen at 472-1535 or aith@nbnet.nb.ca

Outdoor Recreation Facilities

The City of Fredericton Recreation, Culture and Community Development Division operates 4 outdoor swimming pools, 1 splash pad, a supervised waterfront at Killarney Lake and a number of tennis courts, pickle ball courts, beach volleyball, wading pools and outdoor rinks all of which operate on a seasonal basis. Other than a small fee if taking swimming lessons at the outdoor pools the use of these facilities is available free of charge. For more information and schedules please visit the recreation section of the city website. www.fredericton.ca/en/recreation/recreation-facilities.

Pickleball

Fredericton Pickleball Club

In order to join Fredericton Pickleball Club (FPC), you have to sign the FPC waiver. There is an annual \$25 membership which consists of \$10 to Pickleball Canada online and \$15 to FPC. The FPC year is from October 1 to September 30 of the following year. In addition to the membership fees, there are also court fees. Court fees are \$30 a month if you pay for the whole year, \$35 a month if you pay for 3 to 9 months and \$40 a month if you pay for 1 month at a time. Court fees allow you to play at any of the many FPC venues as per the FPC play Calendar which is posted on the FPC website at: www.frederictonpickleballclub.com/play-calendar

For more information, contact Alden Briggs, President FPC - alden.briggs@icloud.com or 459-5637

Public Skating

City of Fredericton arenas offer public skating sessions on a varied schedule. All public skates are offered free of charge.

See the website for current schedule. www.fredericton.ca/en/recreation

Phone 460-2020

Shuffleboard

Fredericton Seniors Shuffleboard Club

Tuesday and Thursday from 1:30-3pm at the Wesleyan Church at 131 Duncan Lane. Membership is \$10 a year to join and then \$2 each time you play. You do not need a partner and are not committed so you can come any day you can. For more information please contact Kathy Daley at 459-0083.

Shuffle Board Group

Wednesdays at 1pm at the Kinsmen Centre, 141 School St, Fredericton. It is 10.00 per year and 50 cents each week for coffee and cookies. Games are not serious only for fun, and exercise 50 cents or donation for adults to attend. For more information please contact Joyce at 472-1384.

Swimming

Early Bird Swim

Tuesday and Thursday from 6:30-8:30am at Fredericton's Indoor Pool. Please bring exact change for the life guards. Adults are \$4.05 and seniors are \$2.80. For more information please look up Fredericton Indoor Pool in the service section.

Lap Swimming (YMCA)

Offered daily at the Fredericton YMCA. Call 462-3000 for more information or see the YMCA information in the Services Section.

Lap Swimming (Sir Max Aitken Pool)

Offered daily at the Sir Max Aitken Pool on the UNB Campus. For more information on our lap swims please visit our website at www.urec.ca or call 453-4579.

Swimming

Lap Swimming (Fredericton Indoor Pool)

Monday to Fridays at 12:30-1:30pm, Tuesday and Thursday at 6:30am-8:30am, and Sunday 8-9pm at the Fredericton Indoor Pool. Adults are \$4.05 and seniors are \$2.80. For more information please look up Fredericton Indoor Pool in the service section.

Swim Instruction

URec offers private swim lessons to URec members and the public. For more information on these classes see the URec information in the services section.

Swim Instruction

The Fredericton Indoor Pool offers group and private swimming lessons for individuals of all ages and swimming ability.

For more information please look up Fredericton Indoor Pool in the service section.

Tennis

City of Fredericton Tennis

34 tennis courts are open daily in the summer (lit courts are available until 11pm). For more information please call us at 460-2020 or visit our website at Fredericton.ca.

Abony Family Tennis Centre

This clinic + play is designed for seniors who want an active activity. No experience is required to attend these sessions and equipment is all provided. This is available on October 22, November 12 and December 10 at 10:30am-12pm at 596 Knowledge Park Dr. 60 plus are allowed to attend at a cost of \$2. For more information please email them at info@abonytennis.ca or phone 457-2382.

Seniors Tennis Group

Monday, Wednesday & Friday for 2 hrs at Wilmot Park or Abony Tennis Center depending on the season. Times at Wilmot start off at 1:30 to 3:30pm, move to mornings from 9:30 to 11:30am as the weather warms up and move back to afternoons as we approach Fall. We move indoors to Abony mid October with times of 1:30 to 3:30pm and back to Wilmot in May. We welcome all seniors 55 plus. There are no fees for participating other than the fees charged by the Abony Family Tennis Centre which is approx \$11.50 for the 2 hrs of play. For more information contact is Frank Sauntry 455-4247.

Trails

The City of Fredericton has more than 115 km of non-motorized multi-use trails accessible to pedestrians, non-emission mobility assisted devices (i.e., motorized wheelchairs), and cyclists. During the winter paved sections are plowed.

Walking

Indoor Walking tracks

www.fredericton.ca/en/recreation

Grant • Harvey Centre: 460-2345.

Willie O'Ree Place: 460-2700.

There are indoor walking (Willie O'Ree Place) and indoor walking/running (Grant • Harvey Centre) tracks which are open to the public free of charge except during paid events. The tracks are closed 1 to 1 ½ hours prior to game time. See the websites or call for game/paid event times.

Regent Mall Walking Club

Regent mall, 1381 Regent Street. Walking Club meetings are held once a year with prizes, coffee and guest speakers. All ages are welcomed and surrounding areas. Lifetime membership is only \$10 + tax. For more information you can visit our website at www.regentmall.ca, E-mail us at cmacdonald@primarisreit.com or phone 462-0350.

Wednesday Walkers

A free walking club for all interested adults. This group meets every Wednesday from June through October at 10am for a one hour walk. For more information please contact 460-2020

Woodwork

Fredericton Seniors Woodworking Shop

Monday to Friday the shop is opened to members 9am-4pm. Members supply their own wood and have access to the shops tools. People interested in joining need some knowledge of woodworking. 55 plus may join at \$50 for the first year and \$40 each year after. Prospective members should just contact the shop at 460-2256 and ask for the duty supervisor.