

Community Programs for Fitness & Nutrition ***For Older Adults in the Hamilton Area***

ANCASTER SENIOR ACHIEVEMENT CENTRE

622 Alberton Rd South, Alberton *(some classes meet in other locations)*

905-648-3466

<http://www.asacseniors.ca/>

For: adults 55; membership costs \$30.60 a year for Hamilton tax payers and also includes Sackville Hill and MacNab/Ottawa Street YWCA Active Living Seniors Centres

Programming Includes: aquafit, hiking, biking, Nordic walking, pilates, tai chi, sitting fitness, yoga, various dancing classes, and general classes for aerobics, cardio, muscle, etc.

CENTRE DE SANTE COMMUNAUTAIRE: HAMILTON/NIAGARA

1320 rue Barton Est, Hamilton *(some programs at L'église Notre-Dame, 243, av Cumberland)*

905-528-0163

<http://www.cschn.ca/programmes-et-services/sante-et-bien-etre/>

For: Francophone adults 55 or older; programming is free of charge

Programming Includes: Zumba, *Soyons actifs* program, stretching and relaxation, educational workshops *(all in French)*

GLANBROOK HOME SUPPORT PROGRAM

Exercise programs at: **Binbrook United Church, 2617 Binbrook Rd E, Binbrook**

905-692-3464

http://www.ghsp.ca/index_files/programs.htm

For: adults 60+; there is a cost per session

Programming Includes:

- *Gentle Fit Fun & Brunch Program*, Friday mornings, \$5
- *Active Exercise Program*, Tuesday mornings, \$5

HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE

71 Rebecca St, Hamilton

905-522-3233 (administration@hucchc.com)

<http://www.hucchc.com/programs.html>

For: eligibility depends on program (e.g. seniors, people living with diabetes, etc.); programs are free of charge

Programming Includes:

- *Health Promotion for Seniors* (weekly program)

- *Taking Charge: Diabetes Education Program* (8-10 weekly sessions) - workshops, health activities, short excursions, guest speakers and other activities
- *Cooking at the Core* (8 weekly sessions) - participants learn about food, nutrition & healthy eating, kitchen safety, safe food handling, and basic cooking techniques and are educated about different ways of preparing nutritious and affordable meals
- *Inner-City Collective Kitchen* (twice monthly program at St Paul's Presbyterian) - participants meet twice a month to cook affordable meals, learn and share skills helpful in budgeting, shopping and preparation of healthy food

HARRRP

Programs at:

**St Peter's Community Centre, 705 Main St E, Hamilton
& Bennetto Recreation Centre, 450 Hughson St N, Hamilton**

905-544-0050

http://harrrrp.ca/?post_causes=older-adults-programs

For: adults 55 years and older; no charge for programming

Programming Includes:

- *at Bennetto:* Zumba; Aerobics
- *at St Peter's:* Tai Chi; Yoga

NORTH HAMILTON COMMUNITY HEALTH CENTRE

438 Hughson St N, Hamilton (some classes meet in other locations)

905-523-6611 x2000

<http://www.nhchc.ca>

For: North End residents only; free of charge

Programming Includes:

- *Diabetes Education Group* (English, Spanish, or Portuguese groups on diabetes education, blood glucose monitoring, nutrition, physical activity, medication review, foot care, social interaction) - *Contact:* Teresa Dupuis, 905-523-6611 ext. 3001
- *Diabetes Physical Activity Group* (including classes such as Sit and Fit, Aquafit, and Tai Chi) - *Contact:* Aleks: 905-523-6611 ext. 3049
- *Diabetes Kitchen* (first Thursday of every month, 10am-1pm) - *Contact:* Cory Ma 905-523-6611 ext. 3047
- *Seniors Community Kitchen* (Last Friday of the month, 11:30am-2:30pm), contact: Diana DeSimone: 905-523-6611 ext. 3008
- *Personal Fitness Program* (Receive an individualized exercise program that can be performed at home or in the gym) . *Contact:* (905) 523-1184

MAC SENIORS

Physical Activity Centre of Excellence (PACE), Ivor Wynne Centre, McMaster University

Karen Winegard, 905-525-9140 x24877 (winegard@mcmaster.ca)

<http://pace.mcmaster.ca/programs/macseniors>

For: individuals 60-80 years old; costs \$25 for initial interview plus \$35/month

Programming Includes: an exercise and wellness program, offering a supervised regimen of aerobic and resistance training, with Personalized programs designed using specialized exercise equipment based on the needs and fitness levels of each individual

SACKVILLE HILL 55+ RECREATION CENTRE

780 Upper Wentworth, Hamilton

905-546-2541

<http://www.sackvillehill.ca>

For: adults 55+, \$30.60 a year for Hamilton tax payers . also includes Ancaster Senior Achievement Centre and MacNab/Ottawa Street YWCA Active Living Seniors Centres

Programming Includes: a variety of dance classes, a variety of chair fitness classes, Nordic walking, Pilates, tai chi, waterfit, yoga, and other classes for strengthening, bones, muscles, toning, etc.

SHALOM VILLAGE – THE CLUB FITNESS CENTRE

70 Macklin St North, Hamilton

Greg Almas, 905-529-1613 x220 (greg@shalomvillage.ca)

<http://shalomvillage.on.ca/club.htm>

For: people over the age of 70; costs \$20 for initial assessment plus \$18/month

Programming Includes: personal fitness plans, assessments, and goal planning; supervised exercise classes and individual workout times; use of *Keiser* low-impact weight training equipment and *Therabands*; educational sessions

S.I.M. GYM (SENIORS IN MOTION)

St Joseph's Villa, 56 Governor's Road, Dundas

905-627-3541 x2109 (s.i.mgym@sjv.on.ca)

<http://www.sjv.on.ca/community-services/sim-gym.html>

For: people 55 and older; costs \$25 for initial assessment, plus \$40/month for unlimited programming or \$4/class without a membership

Programming Includes:

- Fitness classes such as: aerobics, sit and be fit, yoga, strength circuit, spin, Zumba and Tai Chi
- Individual meeting with a fitness training to make a personal fitness plan
- Exercise equipment such as: treadmills, ellipticals, arc trainers, recumbent and upright bikes, free weights, weight machines, medicine balls, stability balls, Bosu trainers, thera bands, hand cycles and a stretch machine.
- A pool with courses such as Gentle Water, Water Aerobics, and Mindful Movements (Yoga/Tai Chi/Pilates Water Fit) is also on site . \$6.25/class, no membership required

ST. MATTHEW'S HOUSE – ROXBOROUGH SENIORS CENTRE

785 Brittannia Ave, Hamilton

Beryl Holtam, 289-684-8713 (bholtam@stmatthewshouse.ca)

<http://stmatthewshouse.ca/our-programs/seniors-2/senior-centres/>

For: area seniors; membership costs \$10 a year

Programming Includes: Fitness and Strength Training (open Monday, Tuesday and Thursday weekly from 9:00 . 4:00 and provides space for social and recreational programs)

YWCA ACTIVE LIVING SENIORS CENTRE (MacNab)

75 MacNab St S, Hamilton

Liz Pascual, 905-529-7727

<http://ywcahamilton.org/programs-services/seniors-services>

For: adults 55+; \$30.60 a year for Hamilton tax payers . also includes Sackville Hill, Ancaster Senior Achievement Centre, Ottawa Street YWCA Active Living Seniors Centre, and YWCA Hamilton

Classes Include: Footcare Clinic, Blood Pressure Clinic; a variety of dance classes, sitting/chair classes, yoga, water exercises, indoor walking, stationary biking, tai chi, Pilates, and general classes for bones, heart, muscles, etc.

YWCA ACTIVE LIVING SENIORS CENTRE (Ottawa St)

52 Ottawa St N, Hamilton

Duncan Young, 905-545-6249 x31

<http://ywcahamilton.org/programs-services/seniors-services>

For: adults 55+; membership costs \$30.60 a year for Hamilton tax payers and also includes Sackville Hill, Ancaster Senior Achievement Centre, MacNab St YWCA Active Living Seniors Centre, and YWCA Hamilton

Classes Include: aquafit, chair Pilates, ballroom/line dance, Zumba, yoga, tai chi, water tai chi, and general classes for aerobics, heart, stretching, etc.