



SENIOR'S LUNCH & LEARN

September 2018

Every Thursday at Burnside Gorge Community Centre join us for lively presentations on a wide variety of topics!

**Lunch served from 12 pm – 12:45 pm
Presentations begin 12:45 pm – 1:30pm
Drop-in fee of \$4 per person**

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| Aug 30 | Social Hour |
| Sept 6 | Grace Lore – 2018 Victoria City Council Candidate |
| Sept 13 | Ross Bay Villa Tour Sign Up Required |
| Sept 20 | Dr. Jennifer Gratton (Coastal Roots) - Anxiety/Stress/Depression |
| Sept 27 | Lorna Lyons – Beluga Whales in the Hudson Bay |

Check out City of Victoria's Spring / Summer Active Living Guide for more great programs! Come check out Burnside's Spring Seniors' Health and Fitness Classes!

Strength, Conditioning and Balance for 60+

The first step is the most important! This well rounded program will focus on activities to improve strength, balance, mobility and cardiovascular fitness. A certified BCRPA instructor will use light weights, resistance bands, fitness props and a fun selection of agility games to improve overall fitness. Have fun, make new friends and feel good about yourself. All levels of ability welcome.

Instructor Janice Arnot

Tu	Sep 11 – Oct 16	9:00 am – 10:00 am	6/\$36
Tu	Oct 23 – Dec 14	9:00 am – 10:00 am	6/\$36
Tu	Jan 8 – Feb 26	9:00 am – 10:00 am	8/\$48
Tu	Mar 5 – April 19	9:00 am – 10:00 am	8/\$48

Zumba Gold and Yoga **Activity Centre**

Always wanted to Zumba but thought it might be too much for you? This class combines gentle Zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for beginners, active older adults and other participants who may need program modifications.

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Instructor Ximena Londono

F	Sept 14	9:00am – 10:00am	Free Trial Class
F	Sept 21 – Oct 26	9:00am – 10:00am	6/\$48 \$10 drop in
F	Nov 2 – Dec 7	9:00am – 10:00am	6/\$48 \$10 drop in

The Truth About Hearing Aids **Board room**

Miracle-Ear Victoria will be delivering a seminar created to educate the consumer and provide honest answers about hearing and the limitations of today's technologies. There are a variety of topics that will be discussed during this presentation including hearing in noise (is it possible?) with plenty of time for questions. Register early to save your spot and chat with an expert about your hearing health! Cost: Suggested donation of \$10.00 to the Burnside Gorge Community Centre

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Mon	October 15	10:00 am to 11:30 am
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