



# WINTER 2020 SCHEDULE / REGISTRATION

Membership fee   
 DDO Resident: \$22

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ ID: \_\_\_\_\_

Registration is on a first come first serve basis.

Please indicate your choice with an X

## PHYSICAL FITNESS AND ACTIVITIES

### MONDAY

X	CODE	COURSE	INSTRUCTOR	LOCATION	SCHEDULE	DATES	WKS	
	4018	Fit for life 3	Sheldon	Sahara (F019)	9:15 - 10:10	06/01 - 23/03	12	\$ 46
	4115	Yoga Chair	Lyse	Amazon (003)	10:00 - 10:55	17/02 - 30/03 (02/03 no class)	6	\$ 22
	4025	Fit for life 1	Sharon	Sahara (F019)	10:15 - 11:10	06/01 - 23/03	12	\$ 46
	4070	Stretchalates	Lyse	Amazon (003)	11:00 - 11:55	17/02 - 30/03 (02/03 no class)	6	\$ 21
	4029	Fit for life 2	Marc	Sahara (F019)	11:15 - 12:10	06/01 - 23/03	12	\$ 46
	4040	Circuit	Marc	Sahara (F019)	12:15 - 13:10	06/01 - 23/03	12	\$ 46
	4022	Exercise Arthritis	Beverly	Amazon (003)	13:00 - 14:25	06/01 - 09/03	10	\$ 70
	4037	Balance & Mobility	Lyse	Sahara (F019)	13:30 - 14:25	17/02 - 30/03 (02/03 no class)	6	\$ 21
	4067	Essentrics	Lori	Sahara (F019)	14:30 - 15:25	06/01 - 23/03	12	\$ 46
	4075	Zumba Gold	Viola	Amazon (003)	14:30 - 15:25	06/01 - 23/03	12	\$ 46

### TUESDAY

	4120	Tai Chi	Colin	Amazon (003)	9:00 - 9:55	07/01 - 24/03	12	\$ 50
	4016	Fit for life 2	Sharon	Sahara (F019)	9:15 - 10:10	07/01 - 24/03	12	\$ 46
	4123	Tai Chi 2	Colin	Amazon (003)	10:00 - 10:55	07/01 - 24/03	12	\$ 50
	4027	Fit for life 1	Sharon	Sahara (F019)	10:15 - 11:10	07/01 - 24/03	12	\$ 46
	4124	Tai Chi Chair	Colin	Amazon (003)	11:00 - 11:55	07/01 - 24/03	12	\$ 50
	4035	Drum it up!	Jackie	Sahara (F019)	11:15 - 12:10	07/01 - 24/03 No Class 11/02	11	\$ 42
	4104	L. Dancing one wall	Nathalie	Banquet	12:30 - 13:25	28/01 - 10/03	7	\$ 35
	4074	Stretching for Vit.	Jackie	Sahara (F019)	13:00 - 13:55	07/01 - 24/03 No Class 11/02	11	\$ 42
	4108	Line Dancing 2	Nathalie	Banquet	13:30 - 14:40	28/01 - 10/03	7	\$ 41
	4111	Yoga 2	Lori	Sahara (F019)	14:00 - 14:55	07/01 - 24/03	12	\$ 48
	4102	Line Dancing 3	Nathalie	Banquet	14:45 - 15:55	28/01 - 10/03	7	\$ 41

### WEDNESDAY

	4019	Fit for life 3	Marc	Sahara (F019)	9:15 - 10:10	08/01 - 25/03	12	\$ 46
	4038	Balance & Mobility	Lyse	Sahara (F019)	10:30 - 11:25	19/02 - 01/04 No Class 04/03	6	\$ 21
	4077	Chair Zumba	Jackie	Amazon (003)	10:30 - 11:25	08/01 - 25/03 No Class 12/02	11	\$ 42
	4021	Fit for life 2	Sharon	Sahara (F019)	11:30 - 12:25	08/01 - 25/03	12	\$ 46
	4110	Yoga 2	Lyse	Amazon (003)	11:30 - 12:25	19/02 - 01/04 No Class 04/03	6	\$ 22
	4069	Essentrics	Lori	Sahara (F019)	13:00 - 13:55	08/01 - 25/03	12	\$ 46
	4026	Circuit 2	Lori	Sahara (F019)	14:05 - 15:00	08/01 - 25/03	12	\$ 46

### THURSDAY

	4113	Yoga	Lyse	Amazon (003)	9:00 - 9:55	20/02 - 02/04 No Class 05/03	6	\$ 22
	4020	Fit for life 2	Sharon	Sahara (F019)	9:15 - 10:10	09/01 - 26/03	12	\$ 46
	4122	Tai Chi	Colin	Amazon (003)	10:00 - 10:55	09/01 - 26/03	12	\$ 50
	4011	Ease into Exercise	Beverly	Sahara (F019)	10:30 - 11:55	09/01 - 12/03	10	\$ 70
	4121	Tai Chi 2	Colin	Amazon (003)	11:00 - 11:55	09/01 - 26/03	12	\$ 50
	4030	Fit for life 1	Jackie	Sahara (F019)	12:30 - 13:25	09/01 - 26/03 No Class 13/02	11	\$ 42
	4079	Zumba Gold 1	Jackie	Sahara (F019)	13:30 - 14:25	09/01 - 26/03 No Class 13/02	11	\$ 42
	4103	Line Dancing 3	Nathalie	Amazon (003)	13:00 - 14:10	30/01 - 12/03	7	\$ 41
	4101	Line Dancing 1	Nathalie	Amazon (003)	14:15 - 15:25	30/01 - 12/03	7	\$ 41
	4072	Zumba Gold	Jackie	Sahara (F019)	14:30 - 15:25	09/01 - 26/03 No Class 13/02	11	\$ 42

**FRIDAY**

	4013	Fit for life 3	Marc	Sahara (F019)	9:15-10:10	10/01 - 27/03	12	\$ 46
	4068	Pilates	Suzanne	Amazon (003)	10:00 - 10:55	10/01 - 27/03	12	\$ 46
	4028	Fit for life 1	Sharon	Sahara (F019)	10:15 - 11:10	10/01 - 27/03	12	\$ 46
	4116	Yoga Chair	Suzanne	Amazon (003)	11:00 - 11:55	10/01 - 27/03	12	\$ 48
	4036	Circuit	Marc	Sahara (F019)	11:15 - 12:10	10/01 - 27/03	12	\$ 46

**LEARNING IS AGELESS**

**MONDAY**

X	CODE	COURSE	INSTRUCTOR	LOCATION	SCHEDULE	DATES	WKS	
	4140A	Learn Bridge	Phil	F-005	12:30-13:55	06/01 - 09/03	10	\$ 33
	4140B	Intermediate Bridge	Phil	F-005	14:00-15:25	06/01 - 09/03	10	\$ 33
	4152	Oil Painting 1	Jacinta	Artisan	9:30-12:00	06/01- 16/03	11	\$ 149
	4153	Oil Painting 2	Jacinta	Artisan	12:30-15:00	06/01- 16/03	11	\$ 149

**TUESDAY**

	4135	Beginner Spanish	Isabel	F-005	9:00 - 10:25	07/01- 10/03	10	\$ 90
	4133	Spanish 2	Isabel	F-005	10:30 -11:55	07/01- 10/03	10	\$ 90
	8009E	How does my body work	Simone	Media	10:30 - 12:00	04/02 - 25/02	4	\$ 12
	8006	Do Re Mi	Christine	F-006	10:30 - 11:25	07/01 - 10/03	10	\$ 20
	8005	Real /Fake News	Marc	Media	13:00-14:30	07/01 - 04/02	5	\$ 15
	4134	Spanish 3	Isabel	F-005	14:30 - 15:55	07/01- 10/03	10	\$ 90
	4136	Spanish 4	Isabel	F-005	13:00 - 14:25	07/01- 10/03	10	\$ 90

**WEDNESDAY**

	4130	Café français	Josiane	F-005	10:30 -12:00	08/01 - 25/03	12	\$ 24
	4154	Singing Group	Louise	Cactus	10:30 - 12:00	08/01 - 25/03	12	\$ 66
	4162	Crafting Fun	Laura	Artisan	13:00 - 14:30	08/01 - 11/03	10	\$ 40

**THURSDAY**

	4150	Oil Painting 3	Jacinta	Artisan	9:30-11:00	09/01- 19/03	11	\$ 149
	4151	Oil Painting 4	Jacinta	Artisan	11:30-13:00	09/01- 19/03	11	\$ 149
	4168	Learn to Knit	Wendy	F-006	10:00 - 12:00	16/01 - 06/02	4	\$ 14

**FRIDAY**

	4512	Crafty Hour		Artisan	10:00 -12:00	10/01- 13/03	10	\$ 5
	4249	Technology (JAC)		Varied	Varied	Varied		\$ 0

**SOCIAL ACTIVITIES**

X	CODE	COURSE	TYPE	SCHEDULE	
	4511	CANASTA	Mini-Club	Monday, Tuesday, Friday : 12:40 - 16:15	\$ 15
	4510	SOCIAL BRIDGE	Mini-Club	Monday, Wednesday, Friday : 13:00 - 16:00	\$ 15
	4513	MAH JONGG	Mini-Club	Wednesday: 13:00 - 16:00	\$ 8
	4302	PING PONG	Mini-Club	Monday-Thursday 15:30 - 18:00 Friday 16:00-18:00 Saturday 16:00 -18:00, Sunday 15:30 - 18:00	\$ 40
	4523	PICKLEBALL	Mini-Club	Tuesday 13:00 -15:15 Friday 13:00 - 15:30	FULL
	4515	BACKGAMMON		Wednesday 13:00 - 16:00	\$ 0
	4516	CARROM		Thursday 13:00 - 16:00	\$ 0
	4519	SCRABBLE		Thursday 13:00 - 16:00	\$ 0
	4521	KNITTING		Tuesday 13:00 - 15:00	\$ 0
	4526	PODCASTS		Thursday 13:00 - 14:30	\$ 0
	4525	BOOK CLUB		Monday 13:30 - 15:30	\$ 0
	4514	ESCAPADE		Varied on nights and weekends	Pay as you go
	4512	MILITARY WHIST		Varied dates (see guide)	
	4520	BINGO		Varied dates (see guide)	

**SUBJECT TO CHANGE OR CORRECTIONS**