



FALL 2019 REGISTRATION

Membership fee
DDO Resident: \$28

Name:

Phone:

ID:

Registration is on a first come first serve basis.

Please indicate your choice with an X

PHYSICAL FITNESS AND ACTIVITIES

MONDAY Holiday October 14

X	CODE	COURSE	INSTRUCTOR	LOCATION	SCHEDULE	DATES	WKS	
	4018	Fit for life 3	Caroline	Sahara (F019)	9:15 - 10:10	23/09-09/12	11	\$ 42
	4115	Yoga Chair	Lyse	Amazon (003)	10:00 - 10:55	23/09-09/12	11	\$ 44
	4025	Fit for life 1	Sharon	Sahara (F019)	10:15 - 11:10	23/09-09/12	11	\$ 42
	4070	Stretchalates	Lyse	Amazon (003)	11:00 -11:55	23/09-09/12	11	\$ 42
	4029	Fit for life 2	Marc	Sahara (F019)	11:15 - 12:10	23/09-09/12	11	\$ 42
	4040	Circuit	Marc	Sahara (F019)	12:15 - 13:10	23/09-09/12	11	\$ 42
	4022	Exercise Arthritis	Beverly	Amazon (003)	13:00 -14:25	30/09-09/12	10	\$ 70
	4037	Balance & Mobility	Lyse	Sahara (F019)	13:30 - 14:25	23/09-09/12	11	\$ 42
	4067	Essentrics	Lori	Sahara (F019)	14:30 - 15:25	23/09-09/12	11	\$ 42
	4075	Zumba Gold	Viola	Amazon (003)	14:30 - 15:25	23/09-09/12	11	\$ 42

TUESDAY

	4120	Tai Chi	Colin	Amazon (003)	9:00 - 9:55	24/09-10/12	12	\$ 50
	4016	Fit for life 2	Sharon	Sahara (F019)	9:15 -10:10	24/09-10/12	12	\$ 46
	4123	Tai Chi 2	Colin	Amazon (003)	10:00 - 10:55	24/09-10/12	12	\$ 50
	4027	Fit for life 1	Sharon	Sahara (F019)	10:15 - 11:10	24/09-10/12	12	\$ 46
	4124	Tai Chi Chair	Colin	Amazon (003)	11:00 - 11:55	24/09-10/12	12	\$ 50
	4035	Drum it up!	Jackie	Sahara (F019)	11:15 - 12:10	24/09-10/12	12	\$ 46
	4104	L. Dancing one wall	Nathalie	Banquet	12:30 - 13:25	24/09 - 26/11	10	\$ 49
	4074	Stretching for Vit.	Jackie	Sahara (F019)	13:00 - 13:55	24/09-10/12	12	\$ 46
	4108	Line Dancing 2	Nathalie	Banquet	13:30 - 14:40	24/09 - 26/11	10	\$ 58
	4111	Yoga 2	Lori	Sahara (F019)	14:00 - 14:55	24/09-10/12	12	\$ 48
	4102	Line Dancing 3	Nathalie	Banquet	14:45 - 15:55	24/09 - 26/11	10	\$ 58

WEDNESDAY

	4019	Fit for life 3	Marc	Sahara (F019)	9:15 - 10:10	25/09-11/12	12	\$ 46
	4038	Balance & Mobility	Lyse	Sahara (F019)	10:30 - 11:25	25/09-11/12	12	\$ 46
	4077	Chair Zumba	Jackie	Amazon (003)	10:30 - 11:25	25/09-11/12	12	\$ 46
	4021	Fit for life 2	Sharon	Sahara (F019)	11:30 - 12:25	25/09-11/12	12	\$ 46
	4110	Yoga 2	Lyse	Amazon (003)	11:30 - 12:25	25/09-11/12	12	\$ 48
	4069	Essentrics	Lori	Sahara (F019)	13:00 - 13:55	25/09-11/12	12	\$ 46
	4026	Circuit 2	Lori	Sahara (F019)	14:00 - 14:55	25/09-11/12	12	\$ 46

THURSDAY

	4113	Yoga	Lyse	Amazon (003)	9:00 - 9:55	26/09-12/12	12	\$ 48
	4020	Fit for life 2	Sharon	Sahara (F019)	9:15 - 10:10	26/09-12/12	12	\$ 46
	4122	Tai Chi	Colin	Amazon (003)	10:00 - 10:55	26/09-12/12	12	\$ 50
	4011	Ease into Exercise	Beverly	Sahara (F019)	10:30 - 11:55	26/09-28/11	10	\$ 70
	4121	Tai Chi 2	Colin	Amazon (003)	11:00 - 11:55	26/09-12/12	12	\$ 50
	4030	Fit for life 1	Jackie	Sahara (F019)	12:30 - 13:25	26/09-12/12	12	\$ 46
	4079	Zumba Gold 1	Jackie	Sahara (F019)	13:30 - 14:25	26/09-12/12	12	\$ 46
	4103	Line Dancing 3	Nathalie	Amazon (003)	13:00 - 14:10	26/09 - 28/11 No Class 07/11	9	\$ 53
	4101	Line Dancing 1	Nathalie	Amazon (003)	14:15 - 15:25	26/09 - 28/11 No Class 07/11	9	\$ 53
	4072	Zumba Gold	Jackie	Sahara (F019)	14:30 - 15:25	26/09-12/12	12	\$ 46

FRIDAY

	4013	Fit for life 3	Marc	Sahara (F019)	9:15-10:10	27/09-13/12	12	\$ 46
	4068	Pilates	Suzanne	Amazon (003)	10:00 - 10:55	27/09-13/12 no class 25/10	11	\$ 44
	4028	Fit for life 1	Sharon	Sahara (F019)	10:15 - 11:10	27/09-13/12	12	\$ 46
	4116	Yoga Chair	Suzanne	Amazon (003)	11:00 - 11:55	27/09-13/12 no class 25/10	11	\$ 44
	4036	Circuit	Marc	Sahara (F019)	11:15 - 12:10	27/09-13/12	12	\$ 46

LEARNING IS AGELESS

MONDAY Holiday October 14

X	CODE	COURSE	INSTRUCTOR	LOCATION	SCHEDULE	DATES	WKS	
	4140A	Learn Bridge	Phil	F-005	12:30-13:55	07/10 - 09/12	9	\$ 30
	4140B	Intermediate Bridge	Phil	F-005	14:00-15:25	07/10 - 09/12	9	\$ 30
	4152	Oil Painting 1	Jacinta	Artisanat	9:30-12:00	23/09-02/12	10	\$ 136
	4153	Oil Painting 2	Jacinta	Artisanat	12:30-15:00	23/09-02/12	10	\$ 136

TUESDAY

	4135	Beginner Spanish	Isabel	F-005	9:00 - 10:25	22/10-17/12	9	\$ 72
	4133	Spanish 2	Isabel	F-005	10:30 -11:55	22/10-17/12	9	\$ 72
	8007	Ancient Rome Part 1	Patricia	Media	10:30 - 11:45	24/09 - 08/10	3	\$ 6
	8008	Ancient Rome Part 2	Patricia	Media	10:30 - 11:45	15/10 - 19/11	6	\$ 12
	8006	Do Re Mi	Christine	F-006	10:30 - 11:25	24/09 - 26/11	10	\$ 20
	4134	Spanish 3	Isabel	F-005	14:30 - 15:55	22/10-17/12	9	\$ 72
	4136	Spanish 4	Isabel	F-005	13:00 - 14:25	22/10-17/12	9	\$ 72

WEDNESDAY

	4130	Café français	Josiane	F-005	10:30 -12:00	25/09 -27/11	10	\$ 20
	4154	Singing Group	Louise	Cactus	10:30 - 12:00	09/10 - 11/12	10	\$ 55
	4162	Crafting Fun	Laura	Artisanat	13:00 - 14:30	25/09 - 23/10	5	\$ 20

THURSDAY

	4150	Oil Painting 3	Jacinta	Artisanat	9:30-12:00	26/09 - 05/12	11	\$ 149
	4151	Oil Painting 4	Jacinta	Artisanat	12:30-15:00	26/09 - 05/12	11	\$ 149

DAY TO BE DETERMINED

	4249	Technology (JAC)		Varied	Varied	Varied		\$ 0
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SOCIAL ACTIVITIES

X	CODE	COURSE	TYPE	SCHEDULE	
	4511	CANASTA	Mini-Club	Monday, Tuesday, Friday : 12:40 - 16:15	\$ 30
	4510	SOCIAL BRIDGE	Mini-Club	Monday, Wednesday, Friday : 13:00 - 16:00	\$ 30
	4513	MAH JONGG	Mini-Club	Wednesday: 13:00 - 16:00	\$ 10
	4302	PING PONG	Mini-Club	Monday-Thursday 15:30 - 18:30 Friday 16:00-18:30 Saturday 16:00 -18:30, Sunday 15:00 - 18:30	\$ 60
	4523	PICKLE BALL	Mini-Club	Tuesday 13:00 -15:15 Friday 13:00 - 15:30	\$ 20
	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 12:30 - 16:00	\$ 0
	4525	BOOK CLUB		Monday 13:30 - 15:30	TBD
	4514	ESCAPADE		Varied on nights and weekends	Pay as you go
	4512	MILITARY WHIST		Varied dates (see guide)	
	4520	BINGO		Varied dates (see guide)	

SOME COURSES LISTED IN GUIDE WILL BE OFFERED DURING OTHER SESSIONS

SUBJECT TO CHANGE OR CORRECTIONS