

### PROBUS CLUB

For information please contact :President - Andrew Holmes.  
613 3872889 e-mail: troutflyoc@hotmail.com  
Secretary - Linda McCauley (613) 382-8767  
MEET Gananoque Recreation Centre, 600 King St.  
2nd Tues., 9:30 am

### HORTICULTURAL SOCIETY

For information on how you can join please call  
Elaine Collins 613-382-1098

### GANANOQUE HUMANE SOCIETY

For information on how you can help please call  
613-382-1512

### GANANOQUE GOLF CLUB

613-382-1670

### FURNACE FALLS (LYNDHURST) SENIORS

Group meets the last Thursday of the month in the Seniors Room at  
the Lyndhurst Legion.  
Contact Shirley Thom at satbasslake@gmail.com

### LEEDS AND THE THOUSAND ISLANDS HISTORICAL SOCIETY

Contact admin@ltihistoicalsociety.org for information.

### DARTS

Royal Canadian Legion  
Friday Night Fun Darts—6:30pm

### EUCHRE

Royal Canadian Legion  
Wednesday 1:00 pm

### BINGO

Royal Canadian Legion  
Monday Nights  
Gananoque Branch

Royal Canadian Legion  
Tuesday Nights  
Lyndhurst Branch

**SOCIAL TIME** Dreams in Motion William St. S. 613-382-6700  
Thursday afternoons 1:00—3:00pm coffee and tea provided.  
suggested donation \$2-\$3 appreciated

### PICKLE BALL

The new rage, this game is sweeping the country  
Come out and give it a try  
Tuesdays 7—9 pm FREE  
Gananoque Recreation Centre ( November— March )

### ADULT BOOK CLUB

Third Thursday of every month 7pm Lansdowne Library

### YOUNG AT HEART

Calvary Pentecostal Church hosts Young at Heart where seniors  
meet from group activities such as potlucks, games and music.  
Contact: Evelyne Murray @ 613-382-2328

### GANANOQUE LIBRARY PROGRAMS

Need Help? The Gananoque Public Library is pleased to offer basic  
computer, tablet, e-reader training at the library. One-on-one or  
group training is available Tuesday mornings. Contact the library  
to make an appointment. Phone: (613) 382-2436  
E-mail: gplp@bellnet.ca

### SENIORS PLAY Wii

February 6th – May 29th Thursdays 10 am – 12 pm  
Enjoy conversation and fun, exercise and play games using the Wii  
entertainment system. FREE. For more information and / or to  
register Phone: (613) 382-2436 E-mail: gplp@bellnet.ca



## Adult and Senior Programming for Gananoque and the Area



With the financial assistance from the Ministry of Sport  
Recreation & Culture we have been able to develop some new  
programming opportunities. These programs offer you a chance to  
stay active, both physically and socially. If you have any other  
programs that you would like to see established in our community we  
would happy to hear about them.

Please contact the Manager of Parks & Recreation at  
613-382-2149 Ext. 1411



[www.gananoque.ca](http://www.gananoque.ca)

## ART CLASSES

Here is your opportunity to see just how talented you can be. Beginner instruction by local artists in various mediums. Afternoon classes will be held at; Dreams in Motion Studio, William St. S. 613-382-6700 10 week program Start Date: February 19th. 2014 Thursday afternoons 1—3 pm Suggested donation \$2-\$3 appreciated

## SHUFFLEBOARD

Gananoque Recreation Centre April—August ( on the floor surface ) Registration in Early April for the season.

## BECOME A TRAIL WALKER

Both Gananoque and T.L.T.I. are extremely fortunate to have beautiful walking trails to enjoy. Maps of the Gananoque trails are available in either the spring or fall leisure guides. These trails are rough cut so please wear the appropriate footwear and always take care.

## URBAN POLE WALKING

Certified Instructor  
Contact Phoebe at 613-659-2525 for information

## KAYAKING

Visit 1000 Island Kayaking for beginner and certification courses [www.1000islandkayaking.com](http://www.1000islandkayaking.com)

## TENNIS / PICKLEBALL

Gananoque Recreation Centre FREE use Tennis courts available April—November for your enjoyment.

**Indoor Pickle Ball** Tuesday evenings 7pm,  
Gananoque Recreation Centre

## POOL

Royal Canadian Legion Open to everyone, stop in with friends for a game.

## GANANOQUE BADMINTON CLUB

GISS—Contact Joe MacDonald at [josephmcdonald@gmail.com](mailto:josephmcdonald@gmail.com).  
Monday & Wednesday evenings 7—9 pm

## CPHC Senior Exercise /Walking Programs

Locations: Gananoque Recreation Centre, 600 King St. E.  
613-382-2149 ext. 1411  
Days: Monday, Wednesday, Friday 10:00-11:00am  
Lansdowne Community Hall, 1 Jessie St. Lansdowne, 613-659-2415  
Days Thursday 11:00– Noon (Fitness) / 1:00-2:00  
For further information please contact CPHC 613-382-1175

## Fit & Fabulous

Lansdowne Community Hall 613-659-2415  
Winter session: January 6th—March 28th  
Monday, Wednesday, Friday 9:30-10:30  
\$55.00 (once per week) \$91.00 (twice per week)  
\$127.00 (three times per week)

## Fit & Fabulous II

Lansdowne Community Hall 613-659-2415  
Winter session: January 6th—March 28th  
Monday, Wednesday, Friday 10:45-11:45  
\$61.00 (once per week) \$100.00 (twice per week )  
\$13.9.00 (three times per week)

## SENIOR SKATING

September—March Gananoque Recreation Centre  
613-382-2149 ext 1411 Monday, Wednesday,  
Fridays 1:00-2:30pm fee: \$1.00

## SENIOR CURLING

Gananoque Curling Club, William St. Gananoque  
October—March Call 613-382-3281 for information

## YOGA

Fire Station 3 (Community Room) County Rd. 32  
Winter Session: January 7th—March 25th  
Tuesdays from 5:15-6:15pm & 6:30-7:30pm Fee \$90.00  
Seeley's Bay Community Hall  
Wednesdays from 5:30-6:30pm Fee \$84.00

## PILATES

Dreams in Motion, William St. S. Gananoque 613-382-6700  
Pilates is a series of non-impact, non-aerobic, relaxing, gentle but effective exercises, stretches, and breathing techniques designed to strengthen abdominal, lower-back and pelvic muscles while improving flexibility and overall muscle tone.

## BELLY DANCE

613-382-6700 with Karen Phillips [nobodywatching.com](http://nobodywatching.com).  
Dreams in Motion, William St. S. Gananoque Tuesdays 7:30-8:30

## SEELEY'S BAY FITNESS

Free fitness all ages, most classes meet at the upper level of the Fire Hall in Seeley's Bay. Year rounds classes available ( except March) Visit [www.seeleysbayathletics.ca](http://www.seeleysbayathletics.ca) for more info  
Fitness : Monday—Friday 7:00-8:00 am  
Chair Yoga: Tuesdays and Fridays 9:00-10:00am  
Walking Group: Tuesday and Friday 8:00-9:00 am  
Clogging—Tuesday evenings 7:00-8:00pm

## BEST WESTERN HEALTH CLUB

[www.countrysquireresort.com](http://www.countrysquireresort.com)  
Memberships available for the health club and/or Pool memberships 613-382-3511

## CLUBS & ORGANIZATIONS

**Red Hat Society**—1000 Island Belles Contact : Merna Price

**Catholic Womens League** Kathy Baker—613-659-1098

## GANANOQUE CHORAL SOCIETY

Open Rehearsals, No Auditions Simply bring your joy of singing  
Tuesdays 7:30pm Christ Church

