

PORT MOODY RECREATION

SUMMER 2023

# SENIORS GUIDE

**JULY  
AUGUST**

**AQUAFIT**  
PAGE 7

**LEARN  
TO DRAW  
WORKSHOP**  
PAGE 8





# Port Moody Recreation Services

The City of Port Moody offers a variety of activities for seniors at the Recreation Complex and Kyle Centre. Activities include fitness, pickleball, walking soccer, nature walks, social recreation, workshops, and educational programs. If you are looking to get moving, meet new people, or help keep the community beautiful, Port Moody has a recreation program for you.



**Port Moody  
Recreation Complex**  
300 Ioco Road  
Port Moody, B.C.  
604.469.4556



**Port Moody  
Kyle Centre**  
125 Kyle Street  
Port Moody, B.C.  
604.469.4561

## Summer Hours of Operation July 1 – September 3

Monday-Friday 6am-9pm  
Saturday 8am-8pm  
Sunday 8am-6pm



Closed on Statutory Holidays  
Saturday, July 1 **OPEN** 8am-6pm

Monday-Friday 8:30-4:30pm

Closed on Statutory Holidays



**Registration starts at 8am Tuesday, May 16 online and by phone Wednesday, May 17**  
**Register at [portmoody.ca](http://portmoody.ca) or by phone 604.469.4556/4561**

# KYLE CENTRE

## DROP-IN ACTIVITIES

Kyle Centre offers a variety of volunteer and instructor-led programs. Registration recommended to guarantee a spot, drop-in allowed if space permits. **Register 25-hours in advance, at [portmoody.ca](http://portmoody.ca) or by phone 604.469.4556/4561.**

### Ballroom Dancing

For adult and seniors. A drop-in non-instructional ballroom session.  
 Wednesday 10:30am-12:15pm  
 Kyle Centre \$2.00/drop-in

### Bridge

Anyone is welcome to come play and/or observe the Standard American style of play. Non-partner, rotation play for each hand.

Tuesday 12:00-3:00pm  
 Kyle Centre \$2.00/drop-in

### Rock and Gem

The Port Moody Rock and Gem Club is for those interested in lapidary arts and earth science. They offer lapidary classes and workshops and provide the tools needed to cut stones for jewellery and display. Phone Kyle Centre for contact information.

### Table Tennis

Equipment available, balls provided.  
 Tuesday 12:00-3:00pm  
 Wednesday 12:00-7:30pm  
 Thursday 12:00-3:00pm  
 Kyle Centre \$2.00/drop-in  
 Schedule subject to change over the summer. Call to confirm 604.469.4561.

### Snooker/Pool

#### Port Moody Seniors' Snooker Club

For ages 50+. Kyle Centre has two billiard tables with all necessary equipment. Free lessons are available. For information contact Mike or Phil at:  
**Mike** 778.871.4378 [mikegmoore@hotmail.com](mailto:mikegmoore@hotmail.com)  
**Phil** 604.308.0607 [phildavies16@gmail.com](mailto:phildavies16@gmail.com)  
 Monday-Friday 8:30am-4:30pm  
 Kyle Centre \$40.00/membership fee  
 The membership allows unlimited play from January to December.

### Tai Chi

Wu Style Tai Chi is practiced and is a traditional form of Tai Chi Chuen. Benefits of regular practice include improved concentration and relaxation throughout the body. Actions are easy and gentle, suitable for the majority of fitness levels.

Tuesday 9:30-11:30am  
 Friday 10:30am-12:30pm  
 Kyle Centre \$2.00/drop-in

### Ukulele

Our volunteer-led, drop-in activity welcomes you. Our instructor will supply weekly music to prepare and practice. Bring your own Ukulele, iPad/tablet, and stand. Equipment is not provided.  
 Wednesday 2:00-4:00pm

Kyle Centre \$2.00/drop-in

## KYLE CENTRE FITNESS

Register 25-hours in advance, at portmoody.ca or by phone 604.469.4556/4561.

### Forever Move

Designed for those who want to focus on improving their flexibility and posture as well as reducing stress.

Monday 9:00-10:00am

Kyle Centre admissions rates apply

### Forever Fit

A lower intensity exercise class to help improve posture, movement, efficiency, and overall muscular performance.

Wednesday 9:00-10:00am

Friday (**July only**) 9:00-10:00am

Kyle Centre admission rates apply

### Joint Works

A light class developed by the Arthritis Society. Ideal for those wanting to mobilize, strengthen and increase overall fitness. Chairs are available for use in class.

Thursday (**July only**) 10:00-11:00am

Kyle Centre admission rates apply

## REC. COMPLEX FITNESS

Register 25-hours in advance, at portmoody.ca or by phone 604.469.4556/4561.

### Hatha Yoga

A great way to build strength and flexibility while integrating physical postures, breathing techniques, and meditation.

Mon, Wed & Thurs 12:00-1:00pm

Rec.Complex admission rates apply

### Osteofit for Life 2

Developed by BC Women's Hospital and Health Centre in conjunction with the Osteoporosis Society of BC. Osteofit for Life emphasizes agility, balance, strength, and posture. Exercise bands, hand weights and fitballs will be used.

Tuesday (**July only**\*) 1:30-2:20pm

Thursday (**July only**\*) 1:30-2:20pm

Rec.Complex admission rates apply

### Seniors Strength and Stretch

A lower intensity class that will focus on functional movements utilizing body weight and light equipment.

Wednesday 1:30-2:20pm

Tuesday & Thursday (**August only**)

\*In lieu of Osteofit 1:30-2:20pm

## 2023 Port Moody Admission Rates

Adult and Senior rates • Full listing available at portmoody.ca

	Adult (19-59 years)	Senior (60-84 years)	Super Senior (85 years+)
Drop-in	\$ 5.70	\$ 4.45	\$ 3.50
11-Visits	\$ 57.65	\$ 43.70	\$ 35.35
One Month Pass	\$ 43.50	\$ 32.75	\$ 29.05
Three Month Pass	\$119.45	\$ 89.00	\$ 79.65
Six Month Pass	\$213.50	\$161.10	\$142.55
One Year Pass	\$383.00	\$293.00	\$255.05

Photo ID is required. Membership passes are non-transferrable and non-refundable.

Membership passes can be used at both Kyle Centre and Recreation Complex. Fees include tax.

## SUMMER HEALTH AND MOVEMENT TIPS TO MOTIVATE!

Summer is upon us and with the warm, sunny season comes the natural and understandable desire to get outside the house and be active. Golfing, gardening, swimming, and more, there's plenty of excuses one can take to get outside and take in some sun.

### Grow Your Own Fruits and Vegetables

Gardening is a fantastic, low-impact way to improve mobility and flexibility while enjoying fresh air. And if you plant vegetables — you'll have the additional bonus of adding fresh ingredients to your diet that will ultimately promote better health and well-being.



### Grab Your Dancing Shoes

The City of Port Moody offers a variety of activities ranging from tai chi and yoga to dance and low-impact exercise classes. In addition to providing regular exercise, these classes are great places to meet new people.

### Take a Dip

Swimming and other water-related activities work many of the major muscle groups in your body without excessive strain on your joints. For those with balance problems, this is a great way to remain active without the risk of falling. Check out the City of Port Moody's website for public swim times throughout the summer.

### Window Shop

Walking is one of the simplest ways to stay active but can feel tedious at times. Spice up your routine by walking around our local Farmers Market or shops to accumulate some steps.

### Volunteer or Start a Movement

Many retirees don't realize the importance of daily socialization with colleagues until it's gone. Volunteering is a great way to get involved with others while giving back to the community. Find a cause that gives you a sense of purpose. You'll have a lot to add! Did you know that the City of Port Moody has a volunteer department which is always looking for volunteers to assist in City run programs?

### Space Things Out (and Accomplish More!)

The goal for adults is 150 minutes of aerobic activity each week, or about 30 minutes per day five times a week. At first glance this may seem daunting, but breaking any activity down into 3, 10-minute sessions make it much more manageable.



## FITNESS ACTIVITIES AND PROGRAMS

### Walking Track

The **Recreation Complex** has a wheelchair accessible, rubber composite indoor walking/running track that overlooks the double gymnasium. The track is open during regular operating hours (\$2.40 drop-in) and **seniors 60+ can use the track free of charge daily from 8:00am to 4:00pm.**

### Chair Yoga

Chair yoga involves gentle postures and movement, utilizing a chair, that will help to increase breath capacity, balance, and flexibility. There will be modifications offered for poses.

33213      Wednesday, Aug.2-Aug.23  
10:15-11:15am

Rec.Complex \$33.20/4 sessions

33214      Thursday, Aug.3-Aug.24  
11:30am-12:30pm

Kyle Centre \$33.20/4 sessions

### Zumba Lite Toning

A dance fitness class for active seniors. This class is suitable for beginners who enjoy dancing and learning new moves to Latin music. A toning component will be included.

33258      Thursday, Jun.23-Jul.20  
10:30-11:30am

Rec. Complex \$34.80/4 sessions

### Seniors Spin and Strength

An indoor cycling (spinning) class with a strength/resistance component included. Great for all levels.

33259      Monday, Jun.19-Jul.17  
12:00-1:00pm

Rec.Complex \$28.00/4 sessions

### Stay Active

A light fitness class geared to those who want to stay active, make daily living easier and help maintain independence. This is a natural progression class for those that participated in the ActivAge program.

33209      Friday, Jun.23-Jul.21  
10:30-11:20am

Rec.Complex \$26.75/5 sessions

### 50+ Training Club

A Personal Trainer works with a group of five participants in the weight room. The goal is to get comfortable using various equipment, build an effective and safe training program, develop muscular endurance and strength. This club puts fun in functional.

33236      Wednesday, Jul.12-Aug.2  
11:30am-12:30pm

Rec.Complex \$80.00/4 sessions

33237      Wednesday, Aug.9-Aug.30  
11:30am-12:30pm

Rec.Complex \$80.00/4 sessions



**Waves Coffee House is located at the Recreation Complex. Have a visit with friends after your program!**

## PD Warrior Challenge

PD Warrior is your support network, education channel, enabler, confidence giver and motivational coach. You will learn how to move well, believe in yourself, and live better with Parkinson's. This is a Parkinson's specific, intensive, and specifically designed program to slow your Parkinson's symptoms using neuro-active exercises. This in-person program, with one of our experienced trainers, means we are there to help cue your movement and positioning. You get the benefit of interacting with others on a similar journey to you, a valuable experience. The program is designed to slow the symptom progression of your Parkinson's, the sooner you commence the program the better the opportunity for your brain to re-wire itself and the sooner you can get back into life. You need to know what type of Parkinson's you have and what to do about it and the PD Warrior is specific for the symptoms of Parkinson's disease. This training will drive the brains' natural ability to re-wire itself and protect itself depending on the type of Parkinson's you have. PD Warrior incorporates the most current evidence into its program to ensure that you get success. Even if you're a fit person who exercises regularly you will still benefit from the PD Warrior way of exercise because it is specific to Parkinson's, your symptoms, and your response to exercise.

33219 Tuesday, Jun.27-Aug.29

33220 Thursday, Jun.29-Aug.31  
9:00-10:00am

Rec.Complex \$157.50/10 Sessions

## SPORTS ACTIVITIES AND PROGRAMS

### Try-it! Learn to Play Pickleball

For adults and seniors. This free registered Try-it! is for first time pickleball players. Our instructor will take you through the basics of pickleball on an outdoor court.

33554 Tuesday, Jul.18

33555 Tuesday, Aug.22  
10:00-11:30am

Glenayre Centre, Outdoor Courts

### Pickleball Lessons

This instructional program is designed to teach the basics of Pickleball including game rules, swings and strategies through drills and games.

33536 Monday, Jul.10-Aug.28  
3:30-5:00pm

Rec.Complex \$78.05/7 sessions

33535 Tuesday, Jul.4-Aug.22  
7:15-8:30am

Rec.Complex \$89.20/8 sessions

### Pickleball Drop-in

For adult and senior players. Enjoy the game of pickleball, meet some friends and have loads of fun in this drop-in program.

#### Intermediate to Advanced play

Tuesday 12:00-3:00pm

#### Beginner to Intermediate play

Thursday 12:00-3:00pm

Rec.Complex \$5.75/drop-in

## Walking Soccer (Indoor)

For adult and senior players both beginner and experienced. Enjoy the game of soccer, meet some friends and have loads of fun in this low impact drop-in program.

Wednesday & Friday 12:00-1:00pm  
Rec.Complex \$5.00/drop-in

## Fencing - Senior Beginners

For ages 50+. Offered by the Tri-City Fencing Academy. Our Senior program begins with a four-session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus, and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided.

33586 Thursday, Jul.6-Jul.27  
5:45-6:45pm

Kyle Centre \$57.75/4 sessions

33587 Thursday, Aug.3-Aug.24  
5:45-6:45pm

Kyle Centre \$57.75/4 sessions



## Aquafit @ Rocky Point Pool

Starting the week of July 4

A resistance and cardio-based workout in shallow to chest deep water for all levels of fitness. Enjoy a fresh air outdoor workout with minimal impact on your joints. Book a class 25-hours in advance at portmoody.ca or by phone 604.469.4556/4561.

Tuesday/Thursday 6:15-7:15pm

**Rocky Point Pool**

Admission rates apply. See p.3



## Lap Swim @ Westhill Pool

Starting the week of July 4

Enjoy a 45-minute lap swim at our outdoor pool. Book your timeslot 25-hours in advance at portmoody.ca or by phone 604.469.4556/4561.

Monday-Friday 8:45am-12:30pm  
Westhill Pool \$2.00 drop-in

## Drop-in Lap Swims @ the outdoor pools

One lane is available for drop-in length swimming during public swim hours this summer, starting June 19.

Rocky Point Pool & Westhill Pool  
Admission rates apply. See p.3



## EDUCATIONAL PROGRAMS

### Learn to Draw Summer Workshop

For adults and seniors. You will be introduced to drawing techniques using a variety of media and materials like coloured pencils, ink and charcoal. You will have the opportunity to experiment with colours and textures, drawing from nature and working from still life displays or objects. All materials provided. Taught by British illustrator Sarah Thompson.

33565      Mon-Thur, Aug.21-24  
9:15-11:15am  
Old Orchard Hall \$100.00/4 sessions



Registration starts at  
8am Tuesday, May 16  
online and by phone

Wednesday, May 17. Register at  
portmoody.ca or by phone  
604.469.4556/4561.

## GENERAL ACTIVITIES

### Aromatherapy Summertime Essentials

In this fun and informative class, we look at different essential oil blends that you can blend yourself and use for all your summer outdoor adventures. Learn the top ten essential oils, their therapeutic properties and how to use them every day safely and effectively. In class, create a personal bug bite roll-on, a sun protection lip-balm, a insect repellent salve, and a heat exhaustion spray. Recipes and blends provided. Supplies included are: various essential oils include, floral waters, witch hazel, aloe vera juice, vitamin E, carrier oils, scent sticks, beeswax, jojoba oil, shea butter, carnauba wax, vegetable glycerin, and distilled water.

33744      Thursday, Jul.6  
6:30-9:00pm  
Rec.Complex \$30.00/1 session

### Meet and Move Walking Group

Meet new people and explore the beautiful parks and trails within the Tri-Cities. Some locations are determined by group consensus.

33538      Monday, Jul.10-Jul.31  
9:00-11:00am  
Civic Centre Parking \$20.00/4 sessions  
33551      Monday, Aug.14-Aug.28  
9:00-11:00am  
Civic Centre Parking \$15.00/3 sessions

## Take a Hike

You will enjoy guided hikes on local trails throughout the Tri-Cities. Must be able to physically participate on moderate hikes with varying elevation and terrain. Proper footwear is strongly recommended. Locations and hike lengths will vary week to week.

33552 Tuesday, Jul.4-Jul.25

9:30am-12:30pm

Civic Centre Parking \$48.40/4 sessions

33553 Tuesday, Aug.1-Aug.29

9:30am-12:30pm

Civic Centre Parking \$60.00/5 sessions

## SPECIAL EVENTS

### Strawberry Tea and Social

For adults and seniors. Join us for a Port Moody take on high tea. Light bites, sandwiches and sweets will be served along with tea. Hats and high tea attire are encouraged, but not required.

33533 Thursday, Jul.20

12:00-1:30pm

Kyle Centre \$30.00/1 session

### Zumba and Light Lunch

Learn to Zumba followed by a light lunch with certified Zumba Gold instructor Elizabeth Leon.

33532 Wednesday, Aug.30

12:00-1:30pm

Kyle Centre \$25.00/1 session

### Seniors Summer Lunch

*A FEW SPACES ARE STILL AVAILABLE, REGISTER NOW!*

31593 Thursday, Jun.22

11:30am-1:30pm

Kyle Centre \$20.00/1 session

## The Club



Our goal is to provide a warm and welcoming atmosphere where adults over 50 can meet long-time friends and make new ones.

An informal atmosphere centered around a gathering place named 'The Club' where games, beverages, light snacks, meals, and conversation are the order of the day. Evening activities and out trips into the community will promote fun and friendship amongst all joining in.

"Stay an hour or stay the Day."

Port Moody Seniors Friendship Society located at:

101 Noons Creek Dr. Port Moody, B.C.  
604.492.2595

## Seniors Resource

**BC 211 • bc.211.ca**

A service connecting people to helpful and vital resources in their community including support for seniors. Dial 2-1-1

## Leisure Access Program

The City of Port Moody believes that participation in parks, recreation and cultural activities benefits all individuals in the community. This program provides subsidized access for residents facing financial barriers to services. For more information about the program and how to apply, visit [portmoody.ca/recreation](http://portmoody.ca/recreation) or contact 604.469.4536