

## Membership Opportunities

50+ Memberships

Annual: \$24.61

Lifetime: \$245.42

Membership is for ALL three Centres.

### Great Programs and Events

Our 50+ Recreation Centres offer a great variety of recreational, fitness, social, athletic and educational programs and events.

### Open to All Adults

All adults, 18 years and older, are welcome to register for programs.

### 50+ Membership Benefits

Membership is offered to adults 50 years and older. The benefits of membership include the following:

- reduced rates on 50+ courses and events
- reduced rates on some support services
- drop-in activities with nominal or no fee
- access to Clubs
- quarterly Newsletter
- Early Bird ten percent discount for registered programs

### Questions?

Do you have any questions about a program, location time or volunteer opportunity? Call one of the Centres for answers.



**Allan Reuter Centre**  
507 King Street East  
Cambridge, ON N3H 3N4  
519.740.4681  
Ext. 4406

**David Durward Centre**  
62 Dickson Street  
Cambridge, ON N1R 1T8  
519.740.4681  
Ext. 4360

**Ted Wake Lounge**  
(Johnson Centre)  
31 Kribs Street  
Cambridge, ON N3C 2L3  
519.740.4681  
Ext. 4464

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



**Leisure  
Activities**

**For  
Active  
Adults**



**JOIN US!**

## Drop-In Programs

- Billiards
- Darts
- Watercolours/Oil Painting
- Conditioning Room
- Bingo
- Euchre
- Shuffleboard
- Book Club
- Table Tennis
- Singles Group
- Bridge
- Snooker
- The Garden Exchange
- Carpet Bowling
- Golf
- Scale Model Group
- Coronation Street Fan Club
- Scrabble
- Urban Pole Walking
- Crafters
- Badminton
- Tai Chi
- Hiking/Walking
- Aqua fit
- DDC Fitness Room



## Registered Programs

Just to name a few ... computers, fitness, tai chi, yoga, NIA, meditation, nutrition, cycling, line dancing, golf, Garden Club, learn a new language, acting sewing and crafts, visual arts, swimming, bridge lessons, meditation ...

## Support Services

### Friendly Visiting

This is a support service that matches a volunteer with a lonely senior or physically disabled adult, living alone or with family members, to increase social contact and reduce isolation for the participants. A compatible match is carefully made so the individuals may share interests, time and friendship. For further information please call 519.740-4681 ext. 4423 or 4425.

### Adult Day Services

Day programs for older adults, developed to assist them in their efforts to remain independent. The programs provide social/recreational day out in the community. A daily participant fee is charged to cover meal, program and transportation expenses and recreational opportunities. For further information please call 519.740.4681 ext. 4424

### Osteoporosis Support Group

For more information please contact the Allan Reuter Centre.

### Foot Care Clinics

Available at all Centres.

### Hearing Clinics

Last Wednesday of each month. For further information contact the Allan Reuter Centre.



## Clubs & Activities

- Ancient Mariners Canoe Club
- Cambridge Seniors Woodworking
- Travel Club of the Cambridge 50+ Recreation Centres
- Chesley Lake Campers
- Cambridge Seniors Choir

## Volunteer Opportunities

### Would you like to ...

- Meet new friends
- Share a special skill
- Become more involved
- Know what's happening at each Centre

### ... Here are some opportunities

- Host/Hostess/Reception
- Tuck Shop
- Friendly Visiting Volunteers
- Committee Work
- Day Programs
- Activity Conveners
- And much more