

City of Belleville 50+ Centre FAQs



Volunteering: If you are interested in volunteering at the 50+ Centre, please call Karen at 613-967-3200 ext. 3266 for information or pick up a volunteer application at the Customer Service Desk at the Quinte Sports & Wellness Centre. Currently we are looking for volunteers for the following positions:

- Greeter
- Spanish or French Language Instructor
- Basic Computer Instructor
- Beginner Bridge Instructor
- Watercolour/Painting Instructor
- Single Seniors Coordinator
- Sociable Seniors Coordinator
- Book Club Coordinator
- iPad/Tablet Help Instructor
- MAC Computer Instructor

New Programs: We are always interested in offering new programs in the 50+ Centre. If you have an idea for a program or class for the 50+ Centre, please call Karen at 613-967-3200 ext. 3266.

Canasta: A card game from the rummy family that can be played by 2 or more people with or without partners. This fun game takes rummy to a whole new level! Beginners are welcome.

Stitches: People get together to work on their own projects while visiting and learning from others. There are 2 sewing machines, some pattern books, a few knitting needles

and some yarn. People usually bring something to work on while they are there: knitting, crocheting, quilting, sewing, embroidery, cross stitch, etc. Beginners are welcome. (*Kraft Village sponsors this program and members get a discount card for any purchases made at Kraft Village*).

Scrapbooking/Card Making: People get together to work on their own projects while visiting and learning from others. There are some stickers, embellishments, cutters, punches, and paper for people to try scrapbooking or card making, but beyond that they have to supply their own materials. Beginners are welcome.

Relax & Meditate with Martina: This is a one hour meditation class with a relaxation time after. There are zero gravity chairs, armchairs, a couch or regular chairs for people to use while relaxing and meditating.

Open Studio: Need a friendly place to paint with other artists? Bring your easels, brushes, paints and canvases to the 50+ Centre on Fridays from 9 to 11 AM. There is no instructor, but beginners are welcome.

Movie Night: Family members under the age of 50 are welcome to attend the movie when accompanying a 50+ Centre member. There will be a new release and a classic movie each month (unless otherwise stated on the monthly calendar)

Cooking Classes: The Community Development Council of Quinte has partnered with us to provide Level 1 and Level 2 Cooking Classes. Recipes utilizing the ingredients in the Good Food Box program are featured.

VON Foot Care Clinic: The VON offers a Foot Care Clinic every 6 weeks on Monday mornings. There is a cost for this service. *Please call 1-888-279-4866 ext. 5346 to book an appointment or for more information.*

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Blue Ribbons for Random Acts of

Kindness: Socialize and have a cup of tea while making the ribbons for Belleville's annual Violence Awareness and Random Acts of Kindness Week.

COPD Support Group: This is a support group with one of the members providing leadership during the meeting. There are usually speakers at the meetings with helpful information for attendees.

Non-seniors are welcome to attend.

Seniors Exercise & Falls Prevention

Program: This 12 week class, held in the Aerobics Studio, is led by a VON Exercise & Falls Prevention instructor and includes an educational component as well as balance and strength exercises for older adults. *Please call 613-392-4181 ext. 5350 for more information and to register.*

Parkinsons' Keep Moving Program:

The Belleville-Quinte Parkinson Chapter offers this 30 minute workout of BIG movements followed by 30 minutes of group interaction and discussion. The focus of the program is to benefit those with Parkinson disease by using exercises specific to PD.

Bid Euchre: Bid Euchre is similar to Euchre, but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. The primary differences are the number of cards dealt (8 instead of 5), absence of any undealt cards, the bidding and scoring process, and the addition of a no trump declaration. It is a partnership game for four players and is played with two decks of 24 cards each. Beginners are welcome.

Camera to Computer: This 6 week course is designed to help PC (with Windows) computer users to learn the Picasa program for editing and storing pictures. Members must pre-register using the sign-up sheet in the 50+ Centre. The instructor will call

people on the list when they are next in line for the course.

Mahjong: Mahjong is a rummy-like game played with tiles rather than cards and is played with four or five players. The object of Mahjong is to make the tiles match up with a hand on a Mahjong card. Beginners are welcome.

Cribbage: Cribbage is a fun card game for 2 or more players and scoring is done using a cribbage board. You collect points by combining cards together to make runs or scoring combinations. Beginners welcome. **There is no volunteer leader for this program.**

Social Hour: Come for a visit and a cup of coffee - get together to meet new friends, visit with old ones, to share interests and talk about current events. **There is no volunteer leader for this program.**

Crokinole: Join us on Tuesday evenings to socialize and have fun playing Crokinole. Whether you are a beginner or a seasoned pro - you will enjoy this classic game. This is a drop-in program for all ages. **Cost: \$2.75/drop-in**

All programs are free, with your \$5/ year 50+ Centre Membership (unless otherwise noted on the monthly 50+ Centre calendar of activities).

Memberships expire January 15th – please renew annually.

**For more information please call:
Karen at 613-967-3200 ext. 3266 or
Customer Service: 613-966-4632**

