

# Seniors club getting fit for spring

Ready to put away those salt-stained boots, winter coats and snow scrapers, seniors? Spring is in the air at Stouffville's Silver Jubilee 55 Plus Club.

The social club for adults over the age of 55 is launching a brand new Get Fit for Gardening project, consisting of four healthy new spring activities to help kick off the beginning of spring.

Here's a quick peek at the activities, all starting in the first week of April:

- **Beginner Line Dancing** - Bringing back a true Stouffville tradition that will keep seniors moving. Classes will be on Tuesday mornings, beginning April 5, from 10 to 11:30 a.m. The cost is \$40 per person for eight weeks.

- **Introduction to Taoist Tai Chi** - A muscle-strengthening activity that is said to improve the functioning of joints through stretching, improve flexibility and reduce age-related effects to the body. This class will be on Wednesday mornings, beginning April 6, from 10 to 11 a.m. The cost is \$40 per person for eight weeks.

- **Gentle Yoga** - This cleansing class features gentle stretching, breathing relaxation, and meditation. This class will be on Thursday mornings, beginning April 7, from 10 to 10:45 a.m. The cost is \$40 per person for eight weeks.

- **Friday Fitness** - A great, refreshing way to start your weekend features low-impact cardio and stretching to the music of Frank Sinatra, Dean Martin and Nat King Cole. This class will be on Friday mornings, beginning April 8, from 10 to 10:45 a.m. The cost is \$20 per person for four weeks.

*The social club for adults over the age of 55 is launching a brand new Get Fit for Gardening project*

All classes will be held at the Silver Jubilee Club, 6297 Main St. They require a minimum of eight participants in order to go ahead. For more information, call 905-640-3422.

The club is holding its second annual Spring Fashion Show and Tea April 19 at Stouffville Creek Retirement Residence.

This spring's brand new arrivals from Sears will be featured as well as a number of vendors displaying their products before and after the show.

Pre-registration is necessary, as seating capacity is limited. Tickets are \$2 at the Silver Jubilee Club.

- Stephanie West



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