

RECREATION CENTRE

FALL NEWSLETTER

2023

Welcome to the latest edition of the Rec Centre newsletter, where we bring you the latest updates, and events that make a vibrant and connected place to live and engage with your community. In this issue, we'll explore upcoming events, and provide important information to keep you informed and engaged.

Rec Centre Updates

The Rec Center is currently operating on an annual budget of \$968,478.00. The current surplus or cash flow is approximately \$97,000.00 which is within the range recommended by the corporation Auditor. The Reserve Fund balance is \$828,410.00 with a new reserve fund study planned for the fall of 2024.

It has been a busy year and worth mentioning some of the projects.

- The addition of the bocce courts has certainly provided hours of fun and competition and enjoyment for a great number of residents. Many have now taken up the game.
- The upgrade to the patio surface has enhanced the look of the patio. The tennis players very much appreciate the new pavers and the paved path to the second court.
- The new gardens as well as the trimming of the existing gardens certainly complement the back area.
- Here is the latest on the Pool Renovation project. To avoid a repeat of the degradation of the pool surfaces, the pool filtration and temperature equipment will also be replaced with modern technology and automated equipment. With our engineering team we have made substantial progress and are now working on the final scope of work that will go through a rigorous tender process. This project is expected to be completed in 2024, exact date is pending, we will give the community plenty of notice and further information when available. The project qualifies as a reserve fund project and funds have been accounted for in the reserve fund.
- We continue to research ways of making the change rooms and pool deck safer for all who enjoy the pool.
- We have responded to the concerns with the washrooms particularly the toilets by requesting quotes to install new higher toilets etc. We are waiting for responses.
- Looking for a space to host your event? Owners are permitted to book the event spaces at the Rec Centre for private events. For information on availability, fees, rules & details please contact Laura Sheppard at laura.sheppard@fsresidential.com We are now taking bookings for 2024! Popular weekends book quickly.

Holiday Hours

With the Christmas season right around the corner, the Rec Centre will be **closed** on the following days.

December 25th, 2023

December 26th, 2023

January 1st, 2024

Wellness Programing

The Rec Centre offers a variety of wellness, fitness-focused programs & seminars. The full schedule of programing can be found on the Home on the Green website and the seasonal program is emailed to all residents each quarter. Hard copies are also available at the Rec Centre.

Dayna Stoddard is our in-house Wellness Director and has provided fitness & wellness services to the Rec Centre for 10+ years. Along with organizing programming and seminars, Dayna also provides the following complementary services.

Functional Fitness Test

Balance Assessment

Fitness Room Orientation

Fitness Room Baseline Assessment

Flexibility Assessment

Let's get to know our fitness instructors! They have outlined for us their background and passion for fitness.



**Dayna Stoddard, BScPT,
Wellness Director**

I received my Bachelor of Science in Physical Therapy, (BScPT) from the University of Western Ontario, after completing two years in kinesiology at the University of Guelph. I moved to Chicago, Illinois, where I was licensed as a Physical Therapist. In Chicago, I practiced in long-term care for many years with Sundance Rehabilitation, before working in subacute and acute care at Central Dupage Hospital in Winfield, IL. After moving

back to Canada, I channeled my passion for exercise and healthy lifestyle choices combined with my academics and career experiences into Wellness Director.

Growing up I was very close to my grandparents. As a Physical Therapist working in long term care and the hospital setting, I became acutely aware of how poor lifestyle choices and lack of physical activity impact one's quality of life, longevity, and health span. I was discouraged at how "healthcare" in reality more sick care is.

Exercise has been part of my life since the age of 5. From gymnast to aerobic/group fitness instructor to Physical therapist, Pilates instructor and your Wellness Director. It is all encompassing of who I am and allows me to be in my zone of passion meets purpose! It is my personal outlet. I have competed in fitness and figure competitions. My dedication to an active lifestyle has allowed me to role model and demonstrate healthy lifestyle choices to my 3 daughters.

My passion, purpose and platform are Exercise is Medicine. Physical activity and exercise play a vital role in how we age. Physical activity is a marker for health and longevity. My focus is health promotion and disease prevention.

I offer 3 Pilates-based and T.I.M.E classes to the community for a fee; daily virtual classes and a Tuesday in-person BFit class, all complimentary and offered to residents all year round and as well as complimentary Functional Fitness testing, Fitness room orientations and Fitness assessments. Feel free to contact me to book your assessment at daynawellness@gmail.com Empowering you to thrive is my goal! Thrive in Your Prime is my brand. www.daynastoddard.ca

Follow me @thriveinyourprime on Instagram and Facebook.

You are always in Your Prime when you are Thriving!



Lydia Pollock

Professional Level Certified Kripalu Yoga Teacher (500 hour)

I am a Kripalu yoga teacher who has studied a variety of yoga styles and traditions with teachers in Canada and the US for the last 18 years. My studies have resulted in over 1000 hours of Yoga Alliance Certified Training.

Nowadays, I enjoy integrating my knowledge and experience to provide safe and nurturing yoga classes for students of all ages and levels of practice. Before yoga became the driving force in my life, I had a variety of careers. I began my working life in 1977 as an analytical chemist in the food industry, then I operated a home jewellery design business, in 1997 returning to the corporate world as an online marketing manager for a consumer health company. The year 2004 became pivotal as I transitioned to my current role as a yoga teacher.

I live in Ballantrae, Ontario with my precocious feline, Junior. My husband of 22 years, Lee, passed away on March 19th, 2022. I have two supportive and loving adult daughters Stephanie (Kyle) and Nathalie (Ryan) and four darling grandchildren. The newest was born this past December 22nd. Mira the miracle!

Please feel free to contact Lydia by email: info@LydiaYoga.com



Outi Leis

Aquafitness, Cardio-Strength Combo & Chair Fitness

Hi, my name is Outi ("O.T."). I have been teaching various exercise classes at the Ballantrae Golf & Country Club Recreation Centre for the past 10 years. I currently teach Aquafitness and Cardio-Strength Combo classes on Monday and Wednesday mornings. I am also offering a Chair Fitness class on Wednesday mornings.

Physical activity has always been a big part of my life: in my native Finland I grew up dancing ballet, playing Finnish baseball competitively, skiing, swimming, and later on getting hooked on group fitness classes and weight training. After moving to Canada, the heavy influence of sport and fitness led me to complete a Degree in Physical and Health Education at the University of Toronto, with the emphasis on adapted physical activity for the geriatric population and other special groups. Complementing my degree, I took courses in the Gerontology program at Woodsworth College at the University of Toronto.

I have worked in the fitness industry for over 25 years in various capacities: I have taught fitness and exercise programs for all age groups, from fit and healthy individuals to participants with combination of ailments and health conditions, in community, private and rehabilitation settings.

As a health and exercise practitioner, I have always been a keen advocate of active and healthy lifestyle: Regular physical activity, functional movement, postural training, and well-balanced diet are all fundamental for enhancing one's physical and mental health and should be part of everyone's daily life! I hope to convey this message to my class participants daily, while making my exercise classes fun, energetic, and beneficial to all. I hope you will join me for a trial class in the near future.

Clubs & Committee's

As many of you may be aware all Clubs & Committee's at the Rec Centre are run by resident volunteers. Their tireless efforts have made a significant impact on our community and the success of so many clubs, activities, and events. We appreciate their commitment, enthusiasm, and the countless hours they have devoted to our community.

You can find the calendar of events & the full list of resident organized activities by clicking the links below.

<https://www.hotg.ca/calendar-2/>
<https://www.hotg.ca/resident-activities/>

Resident Organized Activities accepting new members.

Bid Euchre

Mondays at 7:00PM

Come and watch to learn or jump right in! No need to sign up.

Call Peter Keast at 905-591-2153 or email pkeast8@gmail.com for further information.

Bridge- Duplicate

Mondays from 1.00 pm to 4.00 pm. Most advanced play- the standard is not very high, but players need to have a reasonable understanding of Standard American conventions. Emphasis is on enjoying the game.

If you wish to play, please contact Mary Elizabeth Lane, maryelizlane@rogers.com or 905 591 0987.

Bridge- Informal

Mondays from 1.00 pm. to 4.00 pm. there is a larger and less formal group who do not play duplicate.

To play in this group please contact Pat Reid, pried@creph.ca. Alternate contact is Peter Sims, long.sims@outlook.com or 416 399 3741.

Bridge- Practice

Wednesdays through the Fall and Winter months and is designed to help people with a basic knowledge of Bridge, to progress playing in the other groups. There are usually no more than eight players. The contact is Bernard Downes at bermaurs@gmail.com or 905 591 1769.

Bridge- Social

Social Bridge less stress and more fun - there is a group of about twelve players who play on Thursday evenings from 7.00pm to 9.30pm. Just drop in - neither reservations nor partners are required.

Contact is Peter Sims long.sims@outlook.com or 416 399 3741.

Ladies' Euchre

All ladies are welcome to join the group. We play every Wednesday from 1:00-3:30 pm in the card room. Please wear your name tag. Contact Val Burton at valburton50@hotmail.com if further information is required.

Poker

Texas Hold'em played in the card room on the 1st, 2nd, and 4th Tuesday of the month. Start time is 6:30pm. and finished by 9:30 pm. Men and women are welcome. No need to sign up just show up before 6:30 to get your chips and take your seat.

More information needed? Email susanmckay@rogers.com

Painting Group

Weekly drop-in painting group at the BGCC Recreation Centre. Meeting Wednesdays from 1:00 – 4:00 pm in the bright centre room. No fee or registration required, just drop in any time, and bring your own art supplies. All skill levels and mediums welcome — watercolours, acrylics, oils, pencils. Join a supportive and friendly community of artists that value creativity, experimentation and learning from each other. To join us for fun and relaxing painting, send an email to Al at alsys123@gmail.com. Can't wait to see what you create!

Stitch & Chat

Friday's at 10:00 a.m.

We are a long standing group that meets weekly to enjoy a variety of self-inspired projects such as knitting, crocheting, needle point & beading.

The best part is the comradeship & conversations that we share with each other.

A warm welcome to anyone who would like to join us.

Barbara Jannetta- bjannetta@rogers.com or joy MacTavish@rogers.com- (905) 591-2601

Body in Motion

Drop in exercise class Monday to Friday at 7:30am.

Smart Technology Club

This club is open to all BGCC residents and their accompanied friends. We meet in the Rec Centre on the third Tuesday of each month from 7:30PM until 9:00PM. Al (PC Doctor) and Brian (Ballantrae Geek) present a wide variety of technology topics covering new product announcements, audio and video updates, cell phone hints and tips, and helpful application reviews. No membership is required, just come out and enjoy the camaraderie with neighbours and friends. Get on our monthly agenda distribution list by sending your request to amoldon@rogers.com.

Book Club Number 2- The Page Turners

Meetings: Monthly every 2nd Tuesday, from 2:00 - 3:00 PM

We read for the love of reading and are a relaxed book club.

Contact: Alma Boyd almaboyd@rogers.com

Ballantrae Men's Table Tennis

Every Tuesday and Friday

Time: 2:00pm to 5pm

All residents are welcome.

Ballantrae Ladies' Table Tennis

Every Thursday

Time: 2:00pm to 4:30pm

All residents are welcome.

Bingo

Bingo takes place once a month at 7:00pm. Everyone is welcome. Bingo is played with a deck of cards. There are four people per deck of cards. Which means each person gets 13 cards and a turn to deal the cards. The caller takes one card at a time and calls the name of the card out. First person with no cards left wins. We have 12 games then two games. Which means fourteen games are played in one night. It takes about two hours.

You do not have to be in a foursome we will find partners to play with you.

As outlined in this newsletter, there is a great deal going on in the Ballantrae Golf & Country Club Community.

We hope you find an activity you enjoy.

Enjoy the upcoming holiday season,

The #1202 Board of Directors.