



Get Active! Bougez!



GetActive!

Guide to Sports & Physical Activities for Older Adults in Temiskaming Shores



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Please Note that programs and activities listed in the guide may or may not be offered in both official languages.

Aquafit



**Waterfront Pool & Fitness Centre
77 Wellington Street, New Liskeard**

Contact: 705-647-5709

Online:

[http://temiskamingshores.ca/en/resident/Pool---
Fitness-Centre.asp](http://temiskamingshores.ca/en/resident/Pool---Fitness-Centre.asp)

Cost:	\$6.50
When:	Monday, Wednesday & Friday 9:00-9:45am (regular pace) Monday & Wednesday 1:00-1:45pm (slower pace)

Bring your bathing suit, towel, water bottle and enthusiasm!





Bowling

Tri-Town Bowling Lanes
331 Main Street, Haileybury
Contact: 705-672-3117

Online: www.facebook.com/tri-town-bowling-lanes

Cost:	\$7.75 for 3 games and shoes are included
When:	Older adult afternoons are: Wednesdays (French group) & Fridays (English group) Both groups start at 1:30 pm and usually arrive at 1:00 pm

Just need to bring laughter and willingness to meet new friends.

Stay Active!



Curling



Cobalt- Haileybury Curling Club
434 Leslie McFarlane Way, Haileybury
Contact: 705-672-3515

Online: <http://haileyburycurlingclub.ca/index.html>

Cost:	Afternoon SEASON: \$230.00 for approx. 40 afternoon games a year Or \$10.00 per session
When:	Every Tuesday & Thursday from November-March 1:30-3:30pm

Reminder: wear clean indoor shoes (to carry in and wear on the ice), preferably with a good grip on ice; wear warm clothing, in layers (wear gloves or mitts with good grip).

Protective head gear is highly recommended.

Horne Granite Curling Club
11 May Street South, New Liskeard
Contact: 705-647-4422

<https://www.facebook.com/hornegranite.curlingclub>

Denise Joyal, Afternoon League Co-ordinator
denisejoyal@hotmail.com

Manon Cloutier, Horne Granite Centre Co-ordinator
manon_40cloutier@hotmail.com

Cost:	Afternoon league: \$265.00 for the season - \$10.00 drop in fee
When:	Every Tuesday & Thursday from November - March 1:30-3:30pm

Cycling Courses

**Timiskaming Health Unit
247 Whitewood Avenue, Unit 43
New Liskeard, ON**

Contact: 705-647-4305

Online: www.timiskaminghu.com

[Timiskaming Health Unit Facebook page](#)

Cost:	FREE or minimal fee, depending on program being run
When:	Cycling education series run throughout Spring, Summer & Fall. Watch THU's Facebook page, look for community flyers throughout the season or contact THU for specific dates and course details.

Programs are run for a variety of skill levels.

Program offerings vary each year, but may include Bike Maintenance, Cycling Basics, Core Cycling Skills, Advanced Cycling Skills, and/or 55+ Cycling, among others.

Cycling

BIKE TEMISKAMING SHORES

On Facebook:

Bike Temiskaming Shores@BikeTemShores

**Contact Linda St.Cyr: 705-648-5666
for more information**

Email: linda@stcyr.ca for full schedule or to be included in the distribution list for weekly updates in the summer/fall

Cost:	FREE
When:	Contact us by email: linda@stcyr.ca for full schedule
Additional information:	2-3 rides per week, for all ages and ability. Various distances and types of rides





Community Garden Box

**Waterfront Pool & Fitness Centre
77 Wellington Street, New Liskeard**

Contact: 705-647-5709

Online: <http://temiskamingshores.ca/en/resident/Pool---Fitness-Centre.asp>

Cost:	FREE, must register for a garden box by contacting Pool & Fitness Centre
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Boxes are assigned on a ‘first come first serve’ basis. Users tend to your own garden and determine what you would like to plant. This garden project is a community building exercise intended to bring young and old together and get growing healthy food as a community.

22 Argentite St. Cobalt (beside the Cobalt Golden Age Club)

Partnership with Coleman Township, if anyone from the township is interested in having a garden box, contact CAO Logan Belanger 705-679-8833

Cost:	FREE
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The garden boxes are available to anyone willing to plant and maintain their individual box. If you are not able to plant or maintain the box, but still would like to reap fresh grown produce, someone can help with that.

This garden project is a community building exercise intended to bring young and old together and get growing healthy food as a community.

Golfing



New Liskeard Golf Club
84027 Golf Course Road
Contact: 705-647-6651
 Online: www.nlgc.ca

Cost:	Green fees vary depending on day of week (weekend vs. weekday) and 9 or 18 holes played
Additional Information:	Room rental for banquets or other gatherings. Junior program that involves several seniors.



Haileybury Golf Club
800 Latchford Street
Contact: 705-672-3455
 Email: info@haileyburygolfclub.com

<http://www.haileyburygolfclub.com/index.php/en/>

Cost:	Green fees vary depending on day of week (weekend vs. weekday) and 9 or 18 holes played
Additional Information:	Room rental for banquets or other gatherings. Junior program that involves several seniors.



Hiking/Walking

<http://temiskamingshores.ca/en/resident/parks-recreation-sport.asp>

Devil's Rock Trail System	
<p>Easy 2km hike from Highway 567 (on the lake side of the highway)</p> <p>Or a very scenic 3km climb from Bucke Park</p>	<p>Enjoy the 180 degree vista of Lake Temiskaming from atop the towering cliff. With a face of 600 feet rising 300 feet above the water level, Devil's Rock is a fault cliff dated to 2.2 billion years.</p>
Pete's Dam Park	
<p>Located 2km from Highway 11; off Highway 65 West turn on Pete's Dam Road.</p>	<p>Trails are maintained and marked. Trail map available in parking area.</p>
STATO Trail:	
<p>Active, non-motorized trail system in Temiskaming Shores connecting Dymond, New Liskeard & Haileybury www.stato.ca</p>	
<p>Haileybury Branch: 545 Lakeshore Rd. S. 705-672-3707</p>	<p>New Liskeard Branch: 50 Whitewood Ave. 705-647-4215</p>
<p>Nordic Walking Poles are available at both branches, free of charge, to library members. Can be checked out for 3 weeks with renewals allowed if no one else is waiting to borrow a pair. Hiking backpacks are also available for loan to library members. Backpacks include binoculars, a compass, maps and books about the area.</p>	

Indoor Walking

**Locations are subject to change;
one location in New Liskeard
& one location in Haileybury**



**Contact: 705-647-5709
Pool & Fitness Centre**

Online:

<http://temiskamingshores.ca/en/resident/active-aging-opportunities.asp>

Cost:	FREE
When:	Offered weekly throughout winter months; date and time are subject to change





Pickleball

At the community tennis courts:

New Liskeard Tennis Court (Cedar Street,
across from Waterfront Pool & Fitness Centre)

& Haileybury Tennis Court

(Rotary Farr Park, 430 Morissette Dr.)

Contact: 705-647-5709

Pool & Fitness Centre

When:	Anytime! Lines are ‘taped’ onto the surface at both courts for play at any time. Portable Pickleball nets are available on court when Tennis nets are in place.
Additional information:	Rules are posted at the courts. Equipment (racquets & balls) available for loan at Waterfront Pool & Fitness Centre & Temiskaming Shores Public Library- Haileybury location

This racquet sport was brought to the area in 2018 and is continuing to grow in popularity! Indoor play is available at the New Liskeard Community Hall on Wednesday’s from 12:30-2:30pm (subject to change). Call 705-647-5709 or check out <http://temiskamingshores.ca/en/resident/active-aging-opportunities.asp> for current information.

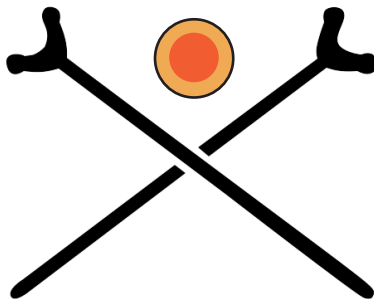
Shuffleboard



Tri-Town Senior Shuffleboard Association Rotary Farr Park; 430 Morissette Drive Haileybury

Cost:	\$2.00/visit or \$25.00 for the season
Contact information:	If you are looking to get involved, you are welcome to attend during regular play (Tues/Thurs in summer months) to get more information.
When:	Tuesdays & Thursdays 1:15-3:00pm from mid-June to mid-September (weather permitting)

Enjoy an afternoon outdoors while socializing and keeping active.



Skating

Please refer to the website for current information:

<http://temiskamingshores.ca/en/resident/Arenas.asp>

Don Shepherdson Memorial Arena 75 Wellington St. S., New Liskeard	
Public Skating Times	Cost & Contact
9:20-10:50am Wednesday's	Free 705-647-5728 or 705-647-5709 (Pool & Fitness Centre)
12:10-1:10pm Wednesday's	
October - April	
Haileybury Arena 400 Ferguson Ave., Haileybury	
Public Skating Times	Cost & Contact
7:30-9:00pm Saturday's September-April	Free 705-672-5615 or 705-647-5709 (Pool & Fitness Centre)
Dymond Outdoor Rink Dymond Park Road at the end of Laurette St.	
Public Skating Times	Cost & Contact
Monday-Friday 5:00-9:00pm Saturday-Sunday 2:00-8:00pm December-March (weather permitting)	Free 705-647-5709 (Pool & Fitness Centre)

Skiing



Temiskaming Nordic Ski Club
526170 Forest Access Road, Coleman, ON

Contact: 705-679-5106

Online: <http://temiskamingnordic.ca/>

<p>Cost:</p>	<p>Skiing Day Trail Fee: \$15.00 (ski rental is an additional \$10.00) (must pay with cash)</p>
<p>When:</p>	<p>'Older Adult Skiing' is on Wednesday afternoons from 1:00-4:00pm The chalet & trails are open every day from 10:00am-5:00pm Staff are on site on weekends; There is a self serve day-fee box for use on weekdays</p>

Adult ski lessons and waxing clinics are available. Contact the club for more information.



Skiing and Snowboarding

**Tri-Town Ski & Snowboard Village
974368 Hwy. 567, North Cobalt, ON**

Contact: 705-672-3888

(during winter hours)

Email: info@tritownskivillage.ca

Online:

<https://tritownskivillage.ca/>

Cost:	Full day: Adult \$28.00; Senior (60+) \$20 Half day: Adult \$23.00; Senior (60+) \$15.00 Membership: Adult \$280.00; Senior (60+) \$225.00 Full rental package: \$25.00; Skis only: \$10.00, Boots only: \$10.00, Helmets: Free
When:	10:00am-4:00pm Saturdays & Sundays 10:00-3:00pm on Wednesdays during February and March
Additional Information:	Lessons are available upon request. Message us on Facebook or email us at info@tritownskivillage.ca

Snowshoeing



Temiskaming Shores Public Library Haileybury Branch

545 Lakeshore Rd. South, Haileybury, ON

The Haileybury Branch has a number of pairs of snowshoes in various sizes. These are available on a first come first served basis and cannot be put on hold. The snowshoes may be borrowed with a valid library card for up to one week, free of charge! For more information call the library at 705-672-3707.

Waterfront Pool & Fitness Centre 77 Wellington St., New Liskeard ON

Free loan program (similar to that of the library), a deposit of \$20.00 is required and refunded upon the return of the snowshoes.

Temiskaming Nordic Ski Club 526170 Forest Access Road, Coleman, ON

Snowshoe Trail Fee: \$5.00 (snowshoe rental is an additional \$2.00). The chalet & trails are open every day from 10:00am-5:00pm
Staff are on site on weekends; There is a self serve day-fee box for use on weekdays.

Tri-Town Ski & Snowboard Village 974368 Hwy 567, North Cobalt, ON

\$10.00 to rent snowshoes for the day. Trails are free to use. Enjoy the beautiful trail wrapping around Tri-Town Ski & Snowboard Village!



Swimming

Waterfront Pool & Fitness Centre
77 Wellington Street, New Liskeard

Contact: 705-647-5709

<http://temiskamingshores.ca/en/resident/Pool---Fitness-Centre.asp>

Cost:	\$4.00/visit (Senior)
When:	Adult Swim: Monday; Wednesday; Friday; Sunday 12:00-1:00pm

Quality Inn Public Pool
998009 Hwy 11, New Liskeard, Ontario

Contact: 705-647-7357

On Facebook : Quality Inn NL Swim
Spa Public Pool

Cost:	Memberships available: one month; three months; six months; one year (singles or family options available) Book of 20 tickets: \$75.00
When:	12:00-10:00pm daily Adult only swim: 7:00am-8:30am daily

Taoist Tai Chi

(Pain Relief)

33 Niven Street, New Liskeard

(basement of Community of Christ Church)

Contact: 705-647-3119

Email address: newliskeard@taoist.org

Visit taoist.org for more info



Cost:	<p>Senior membership (60+): 4month \$120.00; 6month \$155.00; Annual \$280.00; monthly \$28.00</p> <p>Adult membership (under 60): 4month \$145.00; 6month \$190.00; Annual \$350.00; monthly \$35.00</p>
When:	<p>Mon 6:30-8:30, Tues, Wed, Fri 10-12 (summer schedule different)</p>
Why?	<p>Seniors need 3 things to thrive: mental stimulation, physical stimulation and social interaction Tai Chi provides all 3. Tai Chi is a gentle form of exercise easily accessible, appropriate for any fitness level and persons recovering from illness. Tai Chi improves balance, circulation, strength, stamina, flexibility, memory, mental health, brain and muscle function. Tai Chi also helps with pain relief and helps to reduce falls.-Taoist Tai Chi, New Liskeard</p>

Instructors are accredited volunteers that have improved their health through Tai Chi.

