



Vitality for Vets Schedule - Stay Engaged & Connected.

CFB Kingston Base Gym's Health & Wellness Program for Veterans

As of: 25 Sep 2023

Sign Language 101

* POSTPONED *

1300-1400

Room 105 - Base Gym

Easy signs to simplify communication & life!

Family First Aid

Monday 23 October

1300-1400

Room 105 - Base Gym

First Aid for Stroke, Heart Attack & Choking.

Better Balance

Friday 3 November

1300-1400

Room 105 - Base Gym

Train / improve balance. Not just for the old!

Core. No Crunches!

Monday 4 December

1300-1400

Room 105 - Base Gym

Better core exercises! No more crunches/sit-ups!

Puzzle Party

* POSTPONED *

WOs & Sargent's Mess @ 18 Craftsman Blvd

Puzzles at each table, 5-minute rotations, complete as much as possible, while you meet & mingle with other Veterans. Prizes to win. Snacks provided. Cash bar.

Paint by Music

* POSTPONED *

WOs & Sargent's Mess @ 18 Craftsman Blvd

Let the music you hear, guide your paintbrush to create your masterpiece. Materials supplied. Take home your art! Snacks provided. Cash bar.

Latin Dancing Lessons

Thursdays 1800-2000

Room 105 - Base Gym

Sept 28 to Nov 30

Learn the basics of Latin dancing, even with 2-left feet! Feel free to attend solo or bring a dance partner.

Watch for other Evening Classes coming soon!

Coffee with Veterans

Tuesdays 1000-1100

Sep 12, Oct 10, Nov 14, Dec 12

C & E Museum - 95 Craftsman Blvd

Coffee & conversation with your peers, as well as a chance to meet, mingle & inspire the next generation of CAF members too. Registration not required.

Latin Open Dance Nights

Fridays 1800-2000 @ Junior Ranks Mess

Sept 29, Oct 13 & 27, Nov 10 & Nov 24

Come show off what you have learned or just come to enjoy the music & atmosphere. Registration not required.

Activities at Arrowhead

Thursday 21 September 1030-1200

or ... Friday 22 September 1300-1430

Arrowhead Beach @ CFB Kingston

60-minute usage of Kayak or Paddleboard.

Ottawa Fall Home Show

Thurs 28 Sep – Sun 1 Oct

More details coming soon

EY Centre (near airport)

4899 Uplands Drive, Ottawa

Shop for home-related products & services, view stunning displays, get inspiration for your next home project, and chat with industry experts.

Ticket details, coming soon!

Holistic Healing Fair

Sunday 15 October

1000-1600

Ron Kolbus Lakeside Centre

102 Greenview Ave, Ottawa

Essential Oils, healing crystals, positive coping mechanisms, psychic readings, shopping, good smells, good food, good vibes & much more.

Ticket details, coming soon!

Veterans Week 2023

Friday 3 Nov – Sat 11 Nov

Various Events & Locations

CFB Kingston

Offering you (& your +1) more ways to stay fit, engaged, connected, leading up to Remembrance Day! (Including an old-fashioned Sock Hop!) Thank you for your service. More details coming soon!

Registration is required for all MVP+ offerings in order to determine interest and # of participants.

Above opportunities, FREE of charge for you & your +1. (With your MVP Membership Card & their valid Gym Card)

Remember more opportunities like these may pop up during the year!

So, be sure to keep watching for other amazing ways to **Stay Fit, Stay Engaged & Stay Connected** in the MVP monthly e-newsletter and in the MVP Private Facebook Group!

To join in, contact your MVP Ambassador at Hollywood.Kerri@cfmws.com – CFB Kingston Base Gym



Vitality for Vets Schedule - Stay Fit.

Sep-Dec 2023

CFB Kingston Base Gym's Health & Wellness Program for Veterans

As of: 25 Sep 2023

Floor Galore

Mondays 1000-1045
Judo Room
Sep 18 & Oct 16, 23, 30
& Nov 6

Get reacquainted with the floor. Moving your body on the floor has many benefits and can improve how your body functions.

Fast Fit for Females

Tuesdays & Thursdays
0900-0945 Room 105
Sep 19 – Nov 28
Sep 21 – Nov 30

This straightforward, body sculpting, dumbbell training, good time is just 30-minutes, just for females, and led by a female instructor too. For MVP females and +1 females.

Zen

Thursdays 1300-1345
Room 105
Oct 19, 26 &
Nov 2, 23, 30

Easy-to-do movements, techniques and breathing strategies that can bring you a sense of calm and relaxation.

Gentle Yoga

Mondays 1200-1245
Room 105
Sep 11 to Dec 11
(No class Oct 2 or Nov 13)

Moving slowly, flowing gently in & out of yoga positions. Great for beginners. Focus on relaxation & recovery.

Strength & Conditioning

Mondays to Thursdays
1200-1245 - Field House
Sep 11 to Dec 14
(No class Oct 2 or Nov 13)

Develop full body strength & power. Detailed program to follow during each session & supervised by several fitness coaches.

Mobility

Wednesdays
1200-1245
Room 105
Sep 13 to Dec 13

Increase your flexibility and mobility through a variety of techniques. Great for rest and recovery workout day.

Pickle Ball

Tuesdays
1300-1430
Field House Gyms # 6 & 7
Sep 19 to Dec 12

Meet & mingle as you learn and play this popular game. Focus is on fun & friendships.

Ice Skating

Mondays 1100-1150
Wednesdays 0900-0950
Constantine Arena
Sep 25-Dec 11 / Sep 27-Dec 13
(No skate Oct 2 or Nov 13)

Improve your heart health & muscle strength while you enjoy a fun, leisurely skate, solo or with your +1.

Power Yoga

Fridays
1200-1245
Room 105
Sep 15 to Dec 15
Focused on strength and traditional yoga poses. Less down-time/relaxation.

Wellness Walk

Mondays, Tuesdays, Thursdays
1300-1430

Indoor Track - Field House
Sep 18/19/21 to Dec 18/19/21
Come enjoy the quietest times on the track. Self-guided. Walking Poles are welcome!

Pressure Point Therapy

Wednesdays 1300-1345
Room 105
Sep 20 – Nov 29

Target points in the body that hold tension & restrict movement. You control the pressure/intensity.

Swimming & Aqua Fit

Thursdays 1500-1630
Big Pool
Sep 28 to Dec 7
(No swim Oct 5)

Lanes for swimming and a 30-minute Aqua Fit class 1500-1530 until Nov 23

Opportunities for all Gym Members who have a valid membership

Lane Swimming @ Noon

Mondays to Fridays 1200-1300
Large Pool - Sep 18 to Dec 15
(No swim Monday 2 Oct or Monday 13 Nov)

Lane swim priority: currently serving Reg. Force, DND, RMC staff, as well as MVP program members and their +1.

Exclusive opportunities for MVP+ Members and their +1

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