OLDER ADULT RECREATION

Seniors Active Living Centre Programs

Seniors Helping Seniors - Computer Buddies Support

Are you looking for some assistance with your android tablet or your iPad? Senior Computer Buddy volunteers are on hand on Tuesday mornings at the Seniors Active Living Centre. The SALC has Android tablets available to borrow or use within the facility, a computer lab of 6 computers with internet access and FREE wi-fi. Volunteers can assist with basic getting started instruction offered in a group format. Registered participants are required to complete a needs assessment form.

Session I: Tuesdays, Oct. 11 – Dec. 6

Session II: Tuesdays, Jan. 10 – Mar. 7

Time: 10:00 am – 12:00 pm

Location: Seniors Active Living Centre, 1621 Mosley Street

Registration assessment forms available at 1621 Mosley Street.

Group Walking/Pole Walking

Group meets outside the Seniors Active Living Centre building. Participants walk year round, weather permitting. If it is raining, icy – program does not run. Social group walk on the trails, Provincial Park and beaches surrounding the Seniors Active Living Centre. (Poles are available to try)

Session I: Mondays, Sept. 19 – Dec. 5

Session II: Mondays, Jan. 9 – Mar. 6

Times: 9:30 – 10:30 am

Location: Seniors Active Living Centre, 1621 Mosley Street

Prevention of Senior Abuse Network of Simcoe County

The mission is to promote community participation in a network that is dedicated to raising awareness, prevention and response to senior abuse in Simcoe County through advocacy, education and collaboration. On October 17, the SALC will be partnering with PSAN of Simcoe County to offer an educational session.

Date: Mon., Oct. 14

Time: 1:00 – 3:00pm

Location: Seniors Active Living Centre, 1621 Mosley Street

South Georgian Bay Community Health Centre presents "Chats with a Dietitian"

Join Sydney Lougheed who will present a variety of engaging discussion topics each month at the Seniors Active Living Centre.

Dates:

Mon., Oct. 3	Fall Cleaning in the Kitchen
Mon., Nov. 7	Hydration
Mon., Dec. 5	Healthy Baking Swaps for the Holidays
Mon., Jan. 9	Food Safety
Mon., Feb. 6	Label Reading/Grocery Tips
Mon., Mar. 6	Healthy Cooking for One

Time: 1:00 – 2:00 pm

Location: Seniors Active Living Centre, 1621 Mosley Street

Wednesday Coffee Social and Games

Meet new friends, discuss what is happening locally in Wasaga Beach, watch TV, or browse the internet on one of our computers. Participants are encouraged to puzzle, play darts, scrabble, and play dominos or ping pong. On the first Wednesday of each month, participants review the monthly Seniors Active Living Centre Calendar and upcoming Town special events to get the latest updates, and provide suggestions for the following months activities.

Session I: Wednesdays, Sept. 21 – Dec. 7

Session II: Wednesdays, Jan. 11 – Mar. 8

Time: 1:00 – 3:00 pm

Location: Seniors Active Living Centre, 1621 Mosley Street

Hobby Lobby Arts, Craft & Hobby Space

Drop in and meet others who enjoy various crafting activities and hobbies. Monthly programs are created and designed with input from our participants. There is always an option to do your own thing, while chatting with other hobby and crafts enthusiasts.

Session I: Thursdays, Oct. 6 – Dec. 8

Session II: Thursdays, Jan. 11 – Mar. 9

Time: 1:00 – 3:00 pm

Location: Seniors Active Living Centre, 1621 Mosley Street