OLDER ADULT RECREATION

Seniors Active Living Centre Programs

Makers Spaces Hobby Classes

Each month in the Seniors Active Living Centre we offer introductory classes, while these 4 week sessions provide an opportunity for participants to learn more about a speciality..

Session I: Thursdays, Oct. 6 – 27 – Just Jewellery
Session II: Thursdays, Nov. 3 – 24 – Just the Cricut
Session III: Thursday, Dec. 8 – Holiday Floral Centre Pieces

Time: 1:00 – 3:00 pm

Fees: I & II $30.00/ea. plus HST, III $15.00 plus HST

Location: Seniors Active Living Centre, 1621 Mosley Street

VON - Healthy Aging Education Series

Maintain your independence! Reduce your risk of having a fall! Understand your health! This program is designed for those 55+, their caregivers and family members. Presentations are one hour, with an opportunity to ask questions.

Dates:

Mon., Oct. 31	Taking Charge of your Health
Mon., Nov. 28	Medications
Mon., Dec. 19	Nutrition & Hydration
Mon., Jan. 30	Exercise, Posture and Staying in a Healthy Condition
Mon., Feb. 27	Sleep
Mon., Mar. 27	Keeping your Brain Healthy

Time: 1:00 – 2:00 pm

Location: Seniors Active Living Centre, 1621 Mosley Street

Rhythm of the Beach in partnership with the Wasaga Beach Public Library

Drumming with your hands and getting into the rhythm with the group can be therapeutic, hypnotic or just plain fun! This skill building workshop is for the beginner or experienced drummer.

Dates: Tuesdays, Sept. 6 - Nov. 1

Time: 11:00 am – 12:00 pm

Location: Wasaga Beach Public Library, 92 Glenwood Avenue

PLEASE NOTE: Call the Library at 705 429-5481 to register and reserve a drum.

VON SMART Exercise Program

The VON SMART program (Seniors Maintaining Active Rolls Together) is a research and evidence based exercise and fall prevention program. SMART is designed for community members 55+ who, regardless of current levels of ability, wish to maintain or are deficit in one or more of the following areas; upper/lower body strength, balance and flexibility. All programs are client-focused and tailored to the needs of the participants.

Session I: Mondays & Fridays, Sept. 12 – Dec. 9

Session II: Mondays & Fridays, Jan. 9 – Mar. 10

Time: 1:00 – 2:00 pm

Location: Wasaga Stars Arena Recreation Hall, 425 River Road West

PLEASE NOTE: Call VON to register at 705 355-2200.

No Programs: Oct. 14 & 21