OLDER ADULT RECREATION

Seniors Active Living Centre Programs

Seniors Active Living Centre (SALC)

The Seniors Active Living Centre is a shared facility with the Wasaga Beach Youth Centre at 1621 Mosley Street. The Seniors Active Living Centre offers;

- Computer lab of 6 stations with large screen monitors
- Android tablets available for use on site
- Free wifi access
- TV with streaming and cable access
- Outside spaces and gardens (seasonal)
- Couches and lounge area
- Separate building for crafts, hobbies and meetings
- Large assortment of puzzles and board games
- Large modern kitchen
- Sports equipment, snowshoes, walking poles and a ping pong table
- Bus stop directly in front of facility
- Fully accessible

Please Note: Programs do not run on statutory holidays, and the Senior Active Living Centre will not operate from Dec. 19, 2022 to Jan. 2, 2023. For the safety of our participants and volunteers, programs do not take place when schools busses are not operating due to poor road conditions.

For registration procedures, please refer to pages 5 & 6.

Registration for FREE Seniors Active Living Centre weekly programs is on-going through out the session. Participants are encouraged to pre-register to secure a spot, as some programs do have capacity limits.

Guitar Jammers

The Guitar Jammers practise every Tuesday at the Seniors Active Living Centre. New participants are asked to know how to play basic guitar chords, and able to play along with others in a group format. Don't play guitar, but like to sing? Singers are welcome to join the group and sing along.

Session I: Tuesdays, Sept. 13 – Dec. 6

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

Time: 1:00 - 3:00 pm

Location: Seniors Active Living Centre, 1621 Mosley Street

Ukulele Meetup

This is an opportunity for beginner ukulele players to practice easy and fun ukulele songs with others. Ukulele songs are projected onto a large screen and participants play along together. This is not a formal lesson format, but an opportunity to build on ukulele basics, and play with others.

Dates: Tuesdays, Jan. 10 – Mar. 7

Time: 1:30 – 2:30 pm

Location: Seniors Active Living Centre, 1621 Mosley Street

WASAGA BEACH AGE-FRIENDLY COMMUNITY FOR SENIORS

SENIOR OF THE YEAR AWARD

Do you know a senior (65 yrs+) who deserves recognition for their volunteer work?

Nominations will be accepted from November 1 - February 28, 2023.

SAVE THE DATE

The Age-Friendly Expo 2023 will be happening again in June - Stay tuned for details.

WANT MORE?

Follow us on social media for news on grants, programs, and current info.

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