



July

Seniors Active Living Centre



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1		2		3
CLOSED		Hobby Lobby 1:00 PM		No Programs
6	7	8	9	10
Drop-In Karaoke 10:30 AM Percussion Orchestra 11:00AM* Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Ukulele Meet-Up 1:30 PM	Group Social Walking 9:00 AM Chair Yoga 10:00AM*† Summer BBQ & Open House 11:00AM	Hobby Lobby 1:00 PM Hand Wax & Meditation 1:00 PM	No Programs
13	14	15	16	17
Drop-In Karaoke 10:30AM Percussion Orchestra 11:00AM* Mexican Train Dominoes 1:00 PM Guitar Jammers 1:00 PM*	Ukulele Meet-Up 1:30 PM	Group Social Walking 9:00 AM Chair Yoga 10:00AM*† Social, Chats and Games 1:00 PM	Hobby Lobby 1:00 PM	No Programs
20	21	22	23	24
Drop-In Karaoke 10:30 AM Percussion Orchestra 11:00AM* Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Chef Series 10:30 AM*† Ukulele Meet-Up 1:30 PM	Group Social Walking 9:00 AM Chair Yoga 10:00AM*† Social, Chats and Games 1:00 PM	Hobby Lobby 1:00 PM	No Programs
27	28	29	30	31
Drop-In Karaoke 10:30 AM Percussion Orchestra 11:00AM* Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Ukulele Meet-Up 1:30 PM	Group Social Walking 9:00 AM Salad Dressing Workshop 11:00AM* Chair Yoga 10:00AM*† Social, Chats and Games 1:00 PM	Hobby Lobby 1:00 PM	No Programs

FREE DROP-IN PROGRAMS

Drop-In Karaoke

A fun, social, and energizing way to connect through music. Enjoy each others company while singing along to classics.

Mexican Train Dominoes

A relaxed and social program where seniors can gather to enjoy this popular strategy game.

VON S.M.A.R.T. EXERCISE

A research and evidence based exercise and fall prevention program. **New participants must register directly with VON at 705.355.2200.**

HOBBY LOBBY

Come showcase your skills and enjoy occasional instructional sessions.



STAY INFORMED

Follow the SALC Facebook Page

