



August

Seniors Active Living Centre



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7

CLOSED

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

10

11

12

13

14

Drop-In Karaoke 10:30 AM
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*†
Social, Chats and Games 1:00 PM

Hobby Lobby 1:00 PM
Hand Wax & Meditation 1:00 PM

No Programs

17

18

19

20

21

Drop-In Karaoke 10:30AM
Mexican Train Dominoes 1:00 PM
Guitar Jammers 1:00 PM*

Ukulele Meet-Up 1:30 PM

Group Social Walking 9:00 AM
Shaka Boat Cruise 12:30 PM*†
Social, Chats and Games 1:00 PM

Hobby Lobby 1:00 PM

No Programs

24

25

26

27

28

Drop-In Karaoke 10:30 AM
Guitar Jammers 1:00 PM*
Mexican Train Dominoes 1:00 PM

Ukulele Meet-Up 1:30 PM

Group Social Walking 9:00 AM
Social, Chats and Games 1:00 PM

Hobby Lobby 1:00 PM

No Programs

31

Drop-In Karaoke 10:30 AM
Guitar Jammers 1:00 PM*
Mexican Train Dominoes 1:00 PM

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.



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