

WASAGA BEACH

Seniors Active Living Centre

FREE

SENIORS ACTIVE LIVING CENTRE PROGRAMS
1621 Mosley St. JANUARY thru MARCH 8, 2019

Coffee Social & Games

Wednesdays
9:00am – 11:00am

Socialize, meet some friends, learn a new board game, read the paper, do a crossword, try to complete this months S.A.L.C. puzzle, watch a talk show and knit with your friends.

Senior Tech Talks

Wednesdays
11:30am – 12:30pm

Bring your device and with our volunteers chat about all things your device can do in tech talks, and afterwards, decide what you would like to learn in one to one session.

Senior Tech Talks

(one to one)
12:30pm – 1:00pm

Sign up in person at S.A.L.C.

Community 'Soup-er' Wednesday

3rd Wednesday of the Month. 11:30am - Open
12pm - 1pm Soup's Served

Speakers Series

January 7th

All about Transportation in and around Wasaga Beach area.

February 4th

Nutrition for Active Living

March 4th

All about Fraud and crime prevention
April 1st

MTO Information updates for senior driver licensing 80+

9:30 – 10:30 am

RecPlex, Oakview Room
1724 Mosley Street,
Wasaga Beach

Volunteer Information Session

January 14th - 2:00pm
or February 11th - 2:00pm

Come and learn about volunteering with the Town of Wasaga Beach

Senior's Yoga Class

Fridays 11:15 – 11:45 am



Renew, restore, maintain and gain with yoga. Enjoy a gentle yoga class where we will give you some tools to keep your body at ease, your mind clear and your heart open. These mini-sessions will be a great way to develop a love for what yoga can do for you.

Bop till you Drop Recreational Dancing

Fridays 12:00 – 12:45 pm

Learn basic footwork, timing and some dance steps put to music in this fun interactive program.

Active Arts
MOVING • TEACHING • TRACKING

VON SMART EXERCISE

Wednesday + Friday
1:00pm - 2:00pm

Seniors maintaining active roles together



For more information regarding SALC programs call the RecPlex (705) 429 – 3321

ALL PROGRAMS ARE DROP IN, NO REGISTRATION REQUIRED