



## ACTIVE LIVING CENTRE SEPTEMBER PROGRAMS 1621 MOSLEY STREET, WASAGA BEACH

Each month the Senior Active Living Centre offers a variety of daily programs and activities for the residents of Wasaga Beach to enjoy.

**Art Classes – Sketch, Draw, Paint**  
Eight week Session  
Pre registration required  
Beginning Monday September 16<sup>th</sup>

**Age Friendly Speaker Series (Rec Plex)**

September 9th - Cannabis, your Health and the Opioid Crisis

**V.O.N. Healthy Aging Seminar**

September 12th 1:30 pm  
Let's get started  
"Staying on your feet"

**Thursday September 19th**  
Movie Matinee 1:00 pm  
Comedy

**September Hobby Lobby Tuesdays**  
**Sit and Knit**

"Learn Macrame" - Plant Hangars

**Community Soup-er Maker Program**  
Are you interested in giving back to the Community?

Join us as a "Soup-er Maker"  
3<sup>rd</sup> Tuesday each month 9-12 noon  
Have fun Making Soups for Community Soup-er Wednesday!

**THURSDAY DROP IN TECH SUPPORT**  
**September Topic**  
**11-1 pm** "Understanding your Cell Phone"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2	3	4	5	6	7
	9 <b>Speaker Series</b> Rec Plex 1:30pm Cannabis, your Health and the Opioid Crisis 1:00 pm VON Exercise Class <b>Heather</b>	10 9:45 am Pole Walking <b>Shannon</b> 1:00pm Hobby Lobby <b>Susan</b> 1:00 pm Drop in Jam <b>Bob</b>	11 Alzheimer's Coffee Break 9:45 am <b>Karen</b> 10:00 am VON Exercise (new time)	12 9:45 am Pole Walking <b>Norma</b> 1:00pm V.O.N. Healthy Aging Seminar "Staying on Your Feet"	13 1:00 VON Exercise <b>Heather</b>  1:45 Music Jam <b>Judy/Alfred/Bob</b>	14
	16 <b>1 pm – *Art Classes Sketch, Draw, Paint Adele</b> <b>NEW!</b> 1:00 pm VON Exercise Class	17 <b>Volunteer Soup-er Makers</b> <b>NEW!</b> 9:00 am – 12 noon (Oakview Kitchen) 9:45 am Pole Walking 1:00 pm Hobby Lobby 1:00 pm Drop in Jam	18 10:00 am VON Exercise 11:30am Community Soup-er Lunch Free will offering	19 9:45 am Pole Walking  11-1 pm Drop in Tech "Understanding your cell phone" <b>NEW!</b>	20 12:00 Bop till you drop Dancing <b>Alyssa</b> <b>NEW!</b> 1:00 VON Exercise <b>Heather</b> 1:45 Music Jam <b>Judy/Alfred/Bob</b>	21
	23 1 pm – Art Classes Sketch, Draw, Paint (8 weeks)  1:00 pm VON Exercise Class	24 9:45 am Pole Walking 1:00pm Hobby Lobby 1:00 pm Drop in Jam	25 9:45 am Coffee Social 10:00 am VON Exercise 1:00 pm Chair Yoga <b>NEW!</b>	26 9:45 am Pole Walking  11-1 pm Drop in Tech "Understanding your cell phone"	27 12:00 Bop till you drop Dancing <b>Alyssa</b> 1:00 VON Exercise <b>Heather</b> 1:45 Music Jam <b>Judy/Alfred/Bob</b>	28
	30 1 pm – Art Classes Begin – Sketch, Draw, Paint (8 weeks)  1:00 pm VON Exercise Class	1 <b>Seniors Day Fall Colour Tour Cruise</b> 9:45 am Pole Walking 1:00pm Hobby Lobby 1:00 pm Drop in Jam	2 <b>Elder Abuse Road Show</b> 9:45 am Coffee Social 10:00 am VON Exercise 1:00 pm Chair Yoga			