

Tuesday, March 4, 2025

Active Living Fair - Chair Yoga Demonstration Class

Date and Time: Tuesday, March 4 9:30 am - 10:30 am

Address: 1724 Mosley St - Oakview Meeting Room

Active Living Centre Fair - Register for this Demonstration Class

For participants who have never participated in Chair Yoga - this class is being offered as part of our March Active Living Fair - Registration is required

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Active Living Fair - Community Information Exhibitor Fair

Date and Time: Tuesday, March 4 9:30 am - 12:00 pm

Address: 1724 Mosley St - Oakview Centre

FREE - DROP IN

Tuesday March 4th - 9:30-12:00 pm

Location: Recplex 1724 Mosley St - Oakview Centre

ACTIVE LIVING FAIR

MORNING AGENDA


9:30-10:30 AM | Chair Yoga Demo Class with Wasaga Beach Yoga

Chair Yoga movements assist participants in loosening, stretching of muscles, reducing chronic pain, decreasing stress and improving circulation.

 Wasaga Beach Recplex


11:00 AM-12:00 PM Indoor Walking Challenge

Registered participants will receive a pedometer and will walk around the indoor walking track located at the Stars arena.

 Wasaga Stars Arena, Walking Track Atrium

10:30 - 12:00 PM | Outdoor Walking Adventure with Free Sprit Tours

Registered participants will meet at the Oakview Woods gazebo where the Walking guides will take you on an Outdoor forest adventure. Participants will receive a pedometer to track their adventure steps!

 Wasaga Beach RecPlex, Oakview Woods Gazebo

9:30 - 12:00 PM | Community Information Resource Hub & Open House

Drop in to our newly renovated Centre, take a tour, pick up some Community resource materials than chat with our volunteers and exhibitors at the Recplex

 Wasaga Beach Recplex, Oakview Centre

AFTERNOON AGENDA

1:00 PM | Ministry of Transportation – “Seniors Licensing Program Changes”

2:15 PM | Canadian Anti-Fraud Centre – “Senior Frauds and Scams”

Two symposiums by local experts to engage, empower and educate.

 Wasaga Beach RecPlex, Oakview Centre

4:00 PM | Pancake Tuesday Social Dinner

Celebrate the end of the Fair with a pancake meal in a welcoming environment.

 Wasaga Beach RecPlex, Oakview Centre

Come and Chat with the following Fair Exhibitors

- 211- Community Connection
- Age Friendly Information Hub resources
- Ontario Association of Older Adult Centre
- Age Friendly Advisory Committee - Wasaga Beach
- Wasaga Beach Lions Club
- VON SMART program
- Wasaga Beach Yoga
- Prevention of Seniors Abuse Network
- Beach Hearing Wasaga Beach
- Heart to Home meals - Wasaga Beach
- Age Friendly - Simcoe County
- Ministry of Transportation
- Canadian Anti Fraud Centre
- Red Cross - Transportation & Hot Meals program
- Vision Loss Rehabilitation
- Simcoe Muskoka YMCA - Wasaga Beach
- Theatre Collingwood
- South Georgian Bay Community Health Centre
- Seniors Active Living Centre

Active Living Fair - Walking Challenge

Date and Time: Tuesday, March 4 11:00 am - 12:00 pm

Address: 544 River Road West - New Stars Arena

Active Living Fair - Indoor Walking Track & Walking Challenge

Enjoy seeing and experiencing the Indoor Walking Track.

Do some casual walking, or if you want to kick it up a notch, then join in the Challenge, your choice.

To use the track, you must bring indoor shoes (no outdoor shoes are allowed), also the track is not heated so you will need some warmer clothing, but **not** too heavy.

The Challenge is **not** a race, we will be measuring how **consistent** you can walk (steps per second per lap), for as many laps as you can do in 20 to 25 minutes. Your walking pace is not important, **any** pace will do, just have fun. You just need to complete **at least 2** laps and record your **time & steps after each lap** (it's easy and we will help). You will find a pedometer in your swag bag. Prizes for top 3 'best consistency'.

Wednesday, March 5, 2025

Social Walking Club - Outdoor

Date and Time: Wednesday, March 5 9:30 am - 11:00 am

Address: 1621 Mosley st

Group Social Walking meets every Wednesday at 9:30 am outside the Seniors Active Living Centre.

Walks vary in length 30-60 minutes. Group walks and talks along the many trails, through the Parks and on the Beach. Dress for weather - bring water bottle, proper foot wear recommended.

Snowshoes available - as winter weather permits.

Social, Chats and Games

Date and Time: Wednesday, March 5 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet new friends, grab a beverage and discuss what is happening locally in Wasaga Beach.

Participants are welcome to bring friends or meet some new ones in this FREE social and fun year round program.

Dominos, scrabble, word games, movies, computers - drop in and check us out!

Thursday, March 6, 2025

Hobby Lobby

Date and Time: Thursday, March 6 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet up with others who enjoy creating, learning and sharing crafts and hobbies.

All participants who feel comfortable are encouraged to show case a Hobby or Craft they enjoy, so everyone has an opportunity to learn new things.

Instructional sessions are scheduled every few weeks, depending on demand and instructor availability.

Program is FREE to attend, participants are encouraged to bring supplies for specialty scheduled projects.

Wednesday, March 12, 2025

Social Walking Club - Outdoor

Date and Time: Wednesday, March 12 9:30 am - 11:00 am

Address: 1621 Mosley st

Group Social Walking meets every Wednesday at 9:30 am outside the Seniors Active Living Centre.

Walks vary in length 30-60 minutes. Group walks and talks along the many trails, through the Parks and on the Beach. Dress for weather - bring water bottle, proper foot wear recommended.

Snowshoes available - as winter weather permits.

Social, Chats and Games

Date and Time: Wednesday, March 12 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet new friends, grab a beverage and discuss what is happening locally in Wasaga Beach.

Participants are welcome to bring friends or meet some new ones in this FREE social and fun year round program.

Dominos, scrabble, word games, movies, computers - drop in and check us out!

Thursday, March 13, 2025

Hobby Lobby

Date and Time: Thursday, March 13 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet up with others who enjoy creating, learning and sharing crafts and hobbies.

All participants who feel comfortable are encouraged to show case a Hobby or Craft they enjoy, so everyone has an opportunity to learn new things.

Instructional sessions are scheduled every few weeks, depending on demand and instructor availability.

Program is FREE to attend, participants are encouraged to bring supplies for specialty scheduled projects.

Wednesday, March 19, 2025

Social Walking Club - Outdoor

Date and Time: Wednesday, March 19 9:30 am - 11:00 am

Address: 1621 Mosley st

Group Social Walking meets every Wednesday at 9:30 am outside the Seniors Active Living Centre.

Walks vary in length 30-60 minutes. Group walks and talks along the many trails, through the Parks and on the Beach. Dress for weather - bring water bottle, proper foot wear recommended.

Snowshoes available - as winter weather permits.

Social, Chats and Games

Date and Time: Wednesday, March 19 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet new friends, grab a beverage and discuss what is happening locally in Wasaga Beach.

Participants are welcome to bring friends or meet some new ones in this FREE social and fun year round program.

Dominos, scrabble, word games, movies, computers - drop in and check us out!

Thursday, March 20, 2025

Hobby Lobby

Date and Time: Thursday, March 20 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet up with others who enjoy creating, learning and sharing crafts and hobbies.

All participants who feel comfortable are encouraged to show case a Hobby or Craft they enjoy, so everyone has an opportunity to learn new things.

Instructional sessions are scheduled every few weeks, depending on demand and instructor availability.

Program is FREE to attend, participants are encouraged to bring supplies for specialty scheduled projects.

Wednesday, March 26, 2025

Social Walking Club - Outdoor

Date and Time: Wednesday, March 26 9:30 am - 11:00 am

Address: 1621 Mosley st

Group Social Walking meets every Wednesday at 9:30 am outside the Seniors Active Living Centre.

Walks vary in length 30-60 minutes. Group walks and talks along the many trails, through the Parks and on the Beach. Dress for weather - bring water bottle, proper foot wear recommended.

Snowshoes available - as winter weather permits.

Social, Chats and Games

Date and Time: Wednesday, March 26 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet new friends, grab a beverage and discuss what is happening locally in Wasaga Beach.

Participants are welcome to bring friends or meet some new ones in this FREE social and fun year round program.

Dominos, scrabble, word games, movies, computers - drop in and check us out!

Thursday, March 27, 2025

Hobby Lobby

Date and Time: Thursday, March 27 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet up with others who enjoy creating, learning and sharing crafts and hobbies.

All participants who feel comfortable are encouraged to show case a Hobby or Craft

they enjoy, so everyone has an opportunity to learn new things.

Instructional sessions are scheduled every few weeks, depending on demand and instructor availability.

Program is FREE to attend, participants are encouraged to bring supplies for specialty scheduled projects.

<https://calendar.wasagabeach.com>