

Friday, December 1, 2023

V.O.N. SMART Exercise Program

Date and Time: Friday, December 1 1:00 pm - 2:00 pm

Address: 425 River Road West - Recreation Hall



Monday, December 4, 2023

SALC Guitar Jammers Program at Seniors Active Living Centre

Date and Time: Monday, December 4 1:00 pm - 3:00 pm

Address: 1621 Mosley St

Guitar Jammers (Acoustic) is a group for 55+ participants of various abilities.

Participants should know how to play basic guitar chords and read music while playing in a group format.

Program is supported by Seniors Active Living Centre Volunteers who facilitate the program.

Participants are asked to Sign in each week.

New participants are welcome to attend and are required to complete a liability waiver on the first visit with the Volunteers, so weekly attendance can be track



Tuesday, December 5, 2023

Ukulele Meet up

Date and Time: Tuesday, December 5 1:30 pm - 2:30 pm

Address: 1621 Mosley St

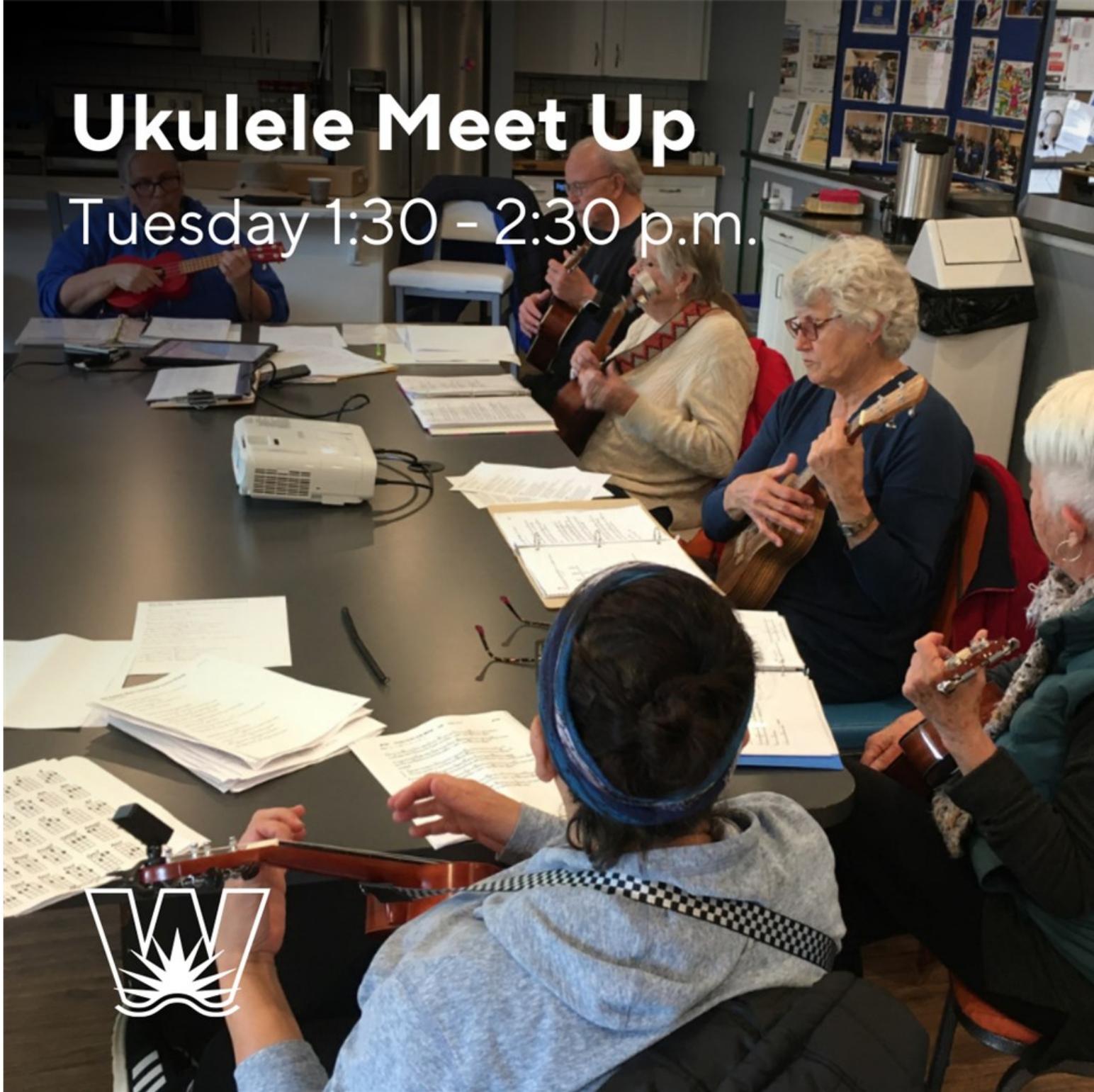
Ukulele Meetup

Opportunity for 55+ beginner level players to practice easy and fun Ukulele Songs with others.

This is not a formal lesson format, but an opportunity to build on Ukulele basics and learn from others.

Ukulele Meet Up

Tuesday 1:30 - 2:30 p.m.



Wednesday, December 6, 2023

Social Walking Group - Poles or No poles

Date and Time: Wednesday, December 6 9:30 am - 11:00 am

Address: 1621 Mosley St - MEET OUTSIDE White ALC building

This friendly group of walkers meets outside the Active Living Centre building.

Volunteers, facilitate a short warm-up before the group embarks on 30-60 minute walks.

Group walks on the trails, Provincial Park and beaches surrounding the Seniors Active Living Centre.

The group meets after walking for coffee in the Seniors Active Living Centre.



Senior Active Living Centre Games, Chats and Social

Date and Time: Wednesday, December 6 1:00 pm - 3:00 pm

Address: 1621 Mosley St

Wednesday Afternoon at 1621 Mosley St is our weekly Social, Games and Chats afternoon.

Drop in use is facilitated by Volunteers who engage participants, in a variety of different chat topics.

Board games are available for participants to enjoy each week or you can watch TV, enjoy a coffee or check your email at one of our computer stations.

Social, Chats, & Games

Wednesday 1 - 3 p.m.



V.O.N. SMART Exercise Program

Date and Time: Wednesday, December 6 1:00 pm - 2:00 pm

Address: 425 River Road West - Recreation Hall

V.O.N S.M.A.R.T Exercise Program

Wednesday & Friday 1 p.m.



Thursday, December 7, 2023

Hobby Lobby meet up

Date and Time: Thursday, December 7 1:00 pm - 3:00 pm

Address: 1621 Mosley St

Hobby Lobby Arts, Crafts and Hobby Meet up

Meet with others who enjoy various crafting activities and hobbies. Bring your latest project and work on it while chatting with other

Hobby, craft and art enthusiasts . Basic supplies are available, and once each month a new project is scheduled to Learn something new!



Friday, December 8, 2023

V.O.N. SMART Exercise Program

Date and Time: Friday, December 8 1:00 pm - 2:00 pm

Address: 425 River Road West - Recreation Hall

V.O.N S.M.A.R.T Exercise Program

Wednesday & Friday 1 p.m.



Monday, December 11, 2023

SALC Guitar Jammers Program at Seniors Active Living Centre

Date and Time: Monday, December 11 1:00 pm - 3:00 pm

Address: 1621 Mosley St

Guitar Jammers (Acoustic) is a group for 55+ participants of various abilities.

Participants should know how to play basic guitar chords and read music while playing in a group format.

Program is supported by Seniors Active Living Centre Volunteers who facilitate the program.

Participants are asked to Sign in each week.

New participants are welcome to attend and are required to complete a liability waiver on the first visit with the Volunteers, so weekly attendance can be track



Tuesday, December 12, 2023

Ukulele Meet up

Date and Time: Tuesday, December 12 1:30 pm - 2:30 pm

Address: 1621 Mosley St

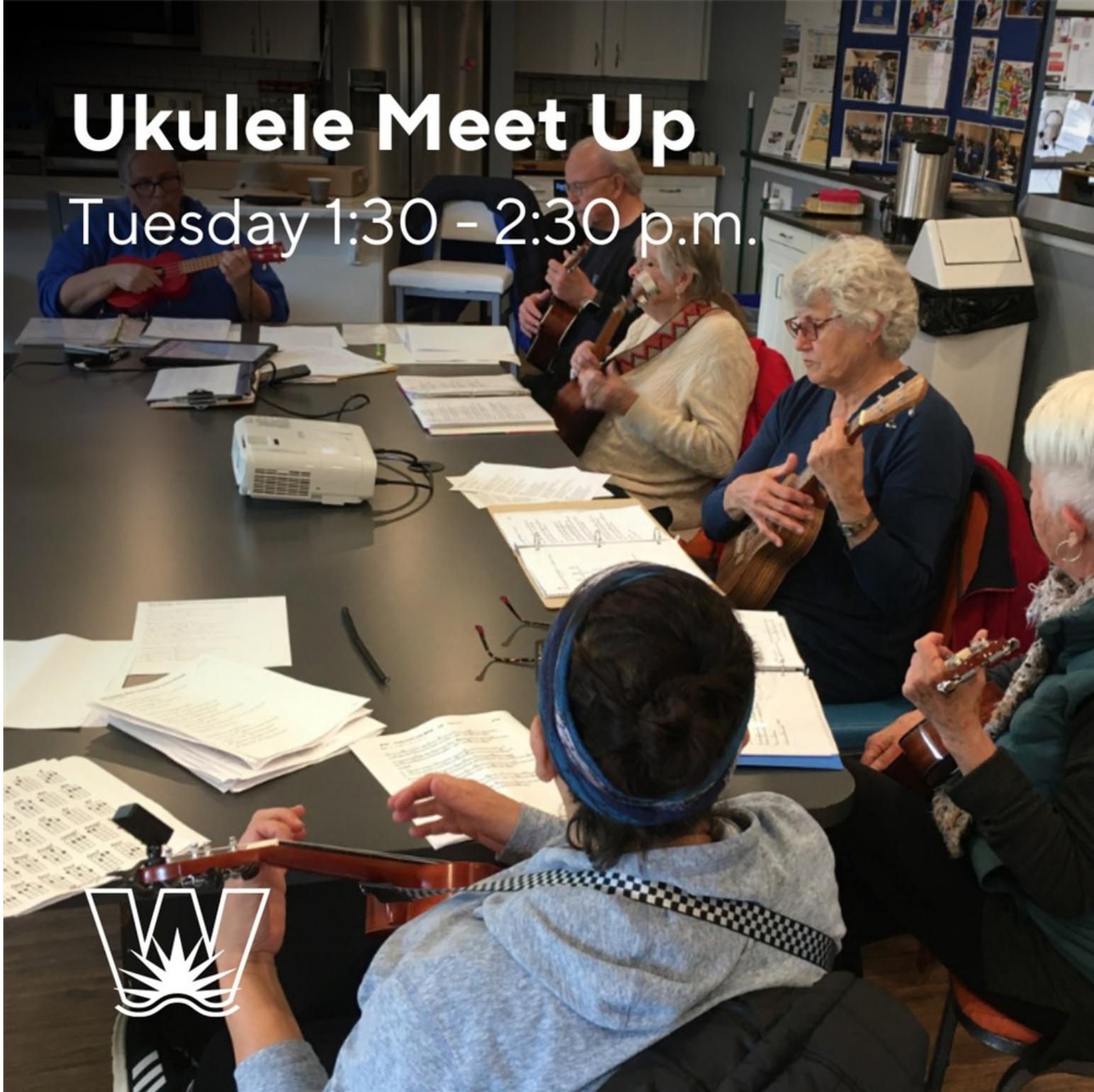
Ukulele Meetup

Opportunity for 55+ beginner level players to practice easy and fun Ukulele Songs with others.

This is not a formal lesson format, but an opportunity to build on Ukulele basics and learn from others.

Ukulele Meet Up

Tuesday 1:30 - 2:30 p.m.



Wednesday, December 13, 2023

Social Walking Group - Poles or No poles

Date and Time: Wednesday, December 13 9:30 am - 11:00 am

Address: 1621 Mosley St - MEET OUTSIDE White ALC building

This friendly group of walkers meets outside the Active Living Centre building.

Volunteers, facilitate a short warm-up before the group embarks on 30-60 minute walks.

Group walks on the trails, Provincial Park and beaches surrounding the Seniors Active Living Centre.

The group meets after walking for coffee in the Seniors Active Living Centre.



Senior Active Living Centre Games, Chats and Social

Date and Time: Wednesday, December 13 1:00 pm - 3:00 pm

Address: 1621 Mosley St

Wednesday Afternoon at 1621 Mosley St is our weekly Social, Games and Chats afternoon.

Drop in use is facilitated by Volunteers who engage participants, in a variety of different chat topics.

Board games are available for participants to enjoy each week or you can watch TV, enjoy a coffee or check your email at one of our computer stations.

Social, Chats, & Games

Wednesday 1 - 3 p.m.



V.O.N. SMART Exercise Program

Date and Time: Wednesday, December 13 1:00 pm - 2:00 pm

Address: 425 River Road West - Recreation Hall

V.O.N S.M.A.R.T Exercise Program

Wednesday & Friday 1 p.m.



Friday, December 15, 2023

V.O.N. SMART Exercise Program

Date and Time: Friday, December 15 1:00 pm - 2:00 pm

Address: 425 River Road West - Recreation Hall

V.O.N S.M.A.R.T Exercise Program

Wednesday & Friday 1 p.m.



55+ Holiday Hoe Down

Date and Time: Friday, December 15 6:30 pm - 10:00 pm

Address: 1724 Mosley St - Lions Den



55+ HOLIDAY HOE-DOWN

Dec. 15 | 1724 Mosley Street | Lions Den
Doors open 6:30 p.m.

TICKETS
\$10

On Sale November 1st

In Person **RecPlex,**
Customer Service Desk

Online

wasagabeach.com/recreation



Wednesday, December 20, 2023

V.O.N. SMART Exercise Program

Date and Time: Wednesday, December 20 1:00 pm - 2:00 pm

Address: 425 River Road West - Recreation Hall

V.O.N S.M.A.R.T Exercise Program

Wednesday & Friday 1 p.m.



Senior Active Living Centre Games, Chats and Social

Date and Time: Wednesday, December 20 1:00 pm - 3:00 pm

Address: 1621 Mosley St

Wednesday Afternoon at 1621 Mosley St is our weekly Social, Games and Chats afternoon.

Drop in use is facilitated by Volunteers who engage participants, in a variety of different chat topics.

Board games are available for participants to enjoy each week or you can watch TV, enjoy a coffee or check your email at one of our computer stations.

Social, Chats, & Games

Wednesday 1 - 3 p.m.



Friday, December 22, 2023

V.O.N. SMART Exercise Program

Date and Time: Friday, December 22 1:00 pm - 2:00 pm

Address: 425 River Road West - Recreation Hall

V.O.N S.M.A.R.T Exercise Program

Wednesday & Friday 1 p.m.



Holiday Cuisine

Date and Time: Friday, December 22 6:00 pm - 8:00 pm

Address: 1 Market Lane, 2nd Fl., Stonebridge Art Gallery

Two local chefs, Gwyn Beaver of [A Taste of Soul!](#) and Xan Lazaridis of [Beach Veggie](#), have created a cultural event of 10 different holiday dishes, five from the Southern United States and five from Greece respectively. Your taste buds will soar as you sample the traditional foods of these regions and learn the origins of each dish. Your chefs will have only samples for this event, but you can submit orders for full portions to be fulfilled in the new year.

Without further ado, here's the menu:

SOUTHERN UNITED STATES

Hoppin' John (meatless)

Jambalaya (Chicken and Sausage)

Corn Bread

Sweet Potato Pie

7up Cake

GREECE

Dolmades (Stuffed grape vine leaves)

Spanakopita

Koulourakia (Braided sesame cookies)

Melomakarona (Honey Walnut Cookies)

Vasilopita (New Year's cake)

We'll be ready for you with bells on at the Stonebridge Art Gallery, 1 Market Lane, 2nd Floor. Drop in anytime between 6:00pm and 8:00 pm!

Purchase your \$10 tickets now so the chefs can prepare dishes accordingly: <https://www.eventbrite.ca/.../holiday-cuisine-taste...>

Eco friendly dinnerware and wooden cutlery will be provided. In the interest of reducing waste, feel free to bring your own cutlery or purchase a [TruEarth cutlery set](#) provided by Beach Veggie.

No refunds. This event is not gluten, dairy or nut-free. If you love something and want more of it, feel free to tip us and we'll refill your plate!

Scan the QR code to purchase tickets and show proof of purchase at the door.

We look forward to seeing you!

<https://calendar.wasagabeach.com>