#### Monday, January 9, 2023

#### **Walking Club**

Date and Time: Monday, January 9 9:30 am - 10:30 am

Address: 1621 Mosley St



#### **SMART Exercise Classes with V.O.N.**

Date and Time: Monday, January 9 1:00 pm - 2:00 pm

Address: 425 River Road West - Arena Recreation Hall

The VON SMART Exercise program is a research and evidence based program. Designed for community memeb ers 55+ who, regardless of ability wish to maintain or are deficit in one or more of the following areas; upper/low er body strength, balance, flixibilty. All programs are client-focused and tailored to the needs of the participants. PRE-REGISTRATION IS REQUIRED

#### Tuesday, January 10, 2023

#### **Guitar Jammers**

Date and Time: Tuesday, January 10 1:00 pm - 2:45 pm

Address: 1621 Mosley St



#### Ukulele Meet up

Date and Time: Tuesday, January 10 1:30 pm - 2:30 pm



All In.

WEEKLY Beginner Ukulele Meet up at the Senior Active Living Centre Tuesdays 1:30-2:30 pm beginning January 10th, 2023 Participant must know basic chords

Register online: www.wasagabeach.com/recreation Call 705-429-3321



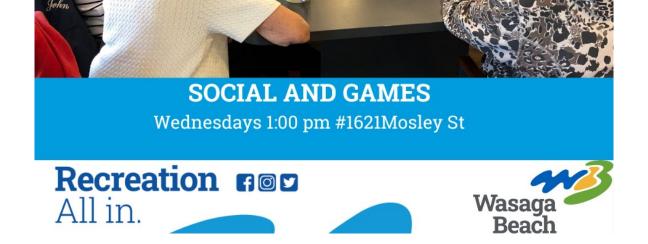


#### Wednesday, January 11, 2023

#### Social and Games afternoon

Date and Time: Wednesday, January 11 1:00 pm - 3:00 pm





#### Thursday, January 12, 2023

#### **Hobby Lobby**

Date and Time: Thursday, January 12 1:00 pm - 3:00 pm

Address: 1621 Mosley St



Thursdays 1:00 pm #1621Mosley St







#### **Walking Club**

Date and Time: Monday, January 16 9:30 am - 10:30 am

Address: 1621 Mosley St



#### **SMART Exercise Classes with V.O.N.**

Date and Time: Monday, January 16 1:00 pm - 2:00 pm

Address: 425 River Road West - Arena Recreation Hall

The VON SMART Exercise program is a research and evidence based program. Designed for community memeb ers 55+ who, regardless of ability wish to maintain or are deficit in one or more of the following areas; upper/low er body strength, balance, flixibilty. All programs are client-focused and tailored to the needs of the participants. PRE-REGISTRATION IS REQUIRED

#### Tuesday, January 17, 2023

#### **Guitar Jammers**

Date and Time: Tuesday, January 17 1:00 pm - 2:45 pm

Address: 1621 Mosley St



#### Ukulele Meet up

Date and Time: Tuesday, January 17 1:30 pm - 2:30 pm



### WEEKLY Beginner Ukulele Meet up at the Senior Active Living Centre Tuesdays 1:30-2:30 pm beginning January 10th, 2023 Participant must know basic chords

Register online: www.wasagabeach.com/recreation Call 705-429-3321





### Wednesday, January 18, 2023

#### Social and Games afternoon

Date and Time: Wednesday, January 18 1:00 pm - 3:00 pm





#### Thursday, January 19, 2023

#### **Hobby Lobby**

Date and Time: Thursday, January 19 1:00 pm - 3:00 pm









#### **Walking Club**

Date and Time: Monday, January 23 9:30 am - 10:30 am

Address: 1621 Mosley St



#### Tuesday, January 24, 2023

#### **Guitar Jammers**

Date and Time: Tuesday, January 24 1:00 pm - 2:45 pm





#### Ukulele Meet up

Date and Time: Tuesday, January 24 1:30 pm - 2:30 pm

Address: 1621 Mosley St

## UKULELE. \*\*\* All in.

WEEKLY Beginner Ukulele Meet up at the Senior Active Living Centre Tuesdays 1:30-2:30 pm beginning January 10th, 2023 Participant must know basic chords

## Register online: www.wasagabeach.com/recreation Call 705-429-3321





#### Wednesday, January 25, 2023

#### **Social and Games afternoon**

Date and Time: Wednesday, January 25 1:00 pm - 3:00 pm

Address: 1621 Mosley St



Thursday, January 26, 2023

#### **Hobby Lobby**

Date and Time: Thursday, January 26 1:00 pm - 3:00 pm

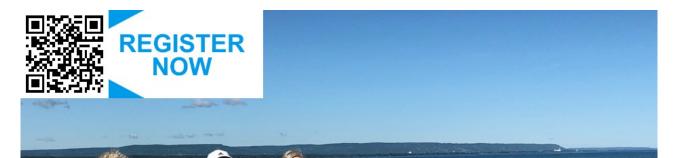
Address: 1621 Mosley St



#### Monday, January 30, 2023

#### **Walking Club**

Date and Time: Monday, January 30 9:30 am - 10:30 am

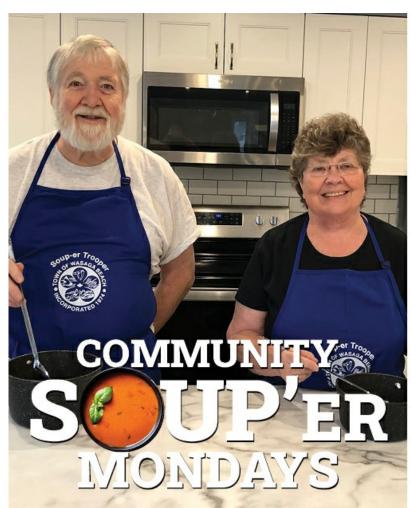




#### Soup-er Monday Community Meal Program

Date and Time: Monday, January 30 11:00 am - 1:00 pm

Address: 1724 Mosley St (Oakview Centre)





This community program brings together Volunteers from the Town of Wasaga Beach Community to prepare a meal. Our Community Soup'er program provides an opportunity for social engagement, community fellowship and provides opportunity to enjoy a family style meal together.

PROGRAM IS OFFERED WITH SUPPORT FROM THE COMMUNITY AND **VOLUNTEERS WHO FACILITATE THE** COMMUNITY SOUP'ER PROGRAM

When: Monday January 30th,

> February 27, March 27th, April 24th and May 29th

Where: **Oakview Centre** 

Recplex, 1724 Mosley Street

Time: 11:00am Gather, 11:30am Soups On

Cost:

Donation, free will offering

#### Recreation For All in.



#### Tuesday, January 31, 2023

#### **Guitar Jammers**

Date and Time: Tuesday, January 31 1:00 pm - 2:45 pm

Address: 1621 Mosley St



#### Ukulele Meet up

Date and Time: Tuesday, January 31 1:30 pm - 2:30 pm

# UKULELE. \*\*\* All in.

WEEKLY Beginner Ukulele Meet up at the Senior Active Living Centre Tuesdays 1:30-2:30 pm beginning January 10th, 2023 Participant must know basic chords

Register online: www.wasagabeach.com/recreation Call 705-429-3321

Recreation Recreation All in.



https://calendar.wasagabeach.com