

Monday, December 2, 2024

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

Date and Time: Monday, December 2 9:30 am - 10:30 am

Address: 1724 Mosley St and 544 River Road West

Our SMART Exercise program in partnership with the VON is FREE for 55+ registered participants.

Call the VON directly to get registered for this fantastic program 705-355-2200

Monday 9:30 - 10:30 am 1724 Mosley St - Hall 1A Recplex gym

Wednesday & Friday 1:00 - 2:00 pm 544 River Road West - Re/Max Room (Stars Arena)



Date and Time: Monday, December 2 1:00 pm - 3:00 pm

Address: 544 River Road West - New Stars Arena

SALC Guitar Jammers program meets on Monday afternoon. Participants should know how to play basic guitar chords and play along in a group format. Seasonal registration is required for this FREE program. Due to limited facility capacity, participants are asked to commit to regular attendance.

Fall Session: September 9 - Dec. 18th

1:00-3:00 pm 544 River Road West (Rotary Room)



Chair Yoga Program

Date and Time: Tuesday, December 3 9:30 am - 10:30 am

Address: 544 River Road West - New Stars Arena

More spaces have been added to the class, please call customer service 705-429-3321 ext 2501 or 2507

Ukulele Jammers

Date and Time: Tuesday, December 3 1:00 pm - 2:30 pm

Address: 1621 Mosley st



Social Walking Club

Date and Time: Wednesday, December 4 9:30 am - 11:00 am

Address: 1621 Mosley st



Social, Chats and Games

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

Address: 1621 Mosley st



Social, Chats, Games Wednesdays 1 pm - 3 pm

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

Date and Time: Wednesday, December 4 1:00 pm - 2:00 pm

Address: 544 River Road West - New Stars Arena

The VON SMART program is a research and evidence based exercise and fall prevention program.

Program is Free for community members 55+

Program is client focused and tailored to the needs of the participants.

Interested participants can register directly with the VON.

Drop in Evening Line Dancing

Date and Time: Wednesday, December 4 6:00 pm - 7:30 pm

Address: 544 River Road West - New Stars Arena

Have you ever wondered how those line dancers get out on the floor and know what to do? Line Dance instructor Amie Andison teaches to all levels beginner to advanced. Fun night out for all ages 18+ \$10.00/class pay at customer service to receive bracelet to enter.

Thursday, December 5, 2024

Hobby Lobby Meetup

Date and Time: Thursday, December 5 1:00 pm - 3:00 pm

Address: 1621 Mosley st

Meet weekly to chat, create, and share ideas. Bring your latest project to work on while enjoying the company of other craft and Hobby enthusiasts.

The Seniors Active Living Centre has basic supplies on hand, including numerous puzzles, handlooms, crochet needles, paint and brushes.

Participants are encouraged to share talents within the program so everyone can learn new things.

Friday, December 6, 2024

Chair Yoga Program

Date and Time: Friday, December 6 11:00 am - 12:00 pm

Address: 1724 Mosley St

The benefits of chair yoga include loosening, stretching of muscles, reducing chronic pain, decreasing stress and improving circulation.

Chair Yoga also helps in reducing anxiety using breathing exercises and medication.

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

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

Address: 544 River Road West - New Stars Arena

The VON SMART program is a research and evidence based exercise and fall prevention program.

Program is Free for community members 55+

Program is client focused and tailored to the needs of the participants.

Interested participants can register directly with the VON.

Monday, December 9, 2024

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

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

Address: 1724 Mosley St and 544 River Road West

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Call the VON directly to get registered for this fantastic program 705-355-2200

Monday 9:30 - 10:30 am 1724 Mosley St - Hall 1A Recplex gym

Wednesday & Friday 1:00 - 2:00 pm 544 River Road West - Re/Max Room (Stars Arena)



Guitar Jammers Program at Stars Arena

Date and Time: Monday, December 9 1:00 pm - 3:00 pm

Address: 544 River Road West - New Stars Arena

SALC Guitar Jammers program meets on Monday afternoon. Participants should know how to play basic guitar chords and play along in a group format. Seasonal registration is required for this FREE program. Due to limited facility capacity, participants are asked to commit to regular attendance.

Fall Session: September 9 - Dec. 18th

1:00-3:00 pm 544 River Road West (Rotary Room)



Guitar Jammers
Mondays 1:00 pm - 3:00 pm

Tuesday, December 10, 2024

Chair Yoga Program

Date and Time: Tuesday, December 10 9:30 am - 10:30 am

Address: 544 River Road West - New Stars Arena

More spaces have been added to the class, please call customer service 705-429-3321 ext 2501 or 2507

Ukulele Jammers

Date and Time: Tuesday, December 10 1:00 pm - 2:30 pm

Address: 1621 Mosley st



Wednesday, December 11, 2024

Social Walking Club

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

Address: 1621 Mosley st



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

Date and Time: Wednesday, December 11 1:00 pm - 2:00 pm

Address: 544 River Road West - New Stars Arena

The VON SMART program is a research and evidence based exercise and fall prevention program.

Program is Free for community members 55+

Program is client focused and tailored to the needs of the participants.

Interested participants can register directly with the VON.

Social, Chats and Games

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

Address: 1621 Mosley st



Drop in Evening Line Dancing

Date and Time: Wednesday, December 11 6:00 pm - 7:30 pm

Address: 544 River Road West - New Stars Arena

Have you ever wondered how those line dancers get out on the floor and know what to do? Line Dance

instructor Amie Andison teaches to all levels beginner to advanced. Fun night out for all ages 18+

\$10.00/class pay at customer service to receive bracelet to enter.

Thursday, December 12, 2024

Hobby Lobby Meetup

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

Address: 1621 Mosley st

Meet weekly to chat, create, and share ideas. Bring your latest project to work on while enjoying the company of other craft and Hobby enthusiasts.

The Seniors Active Living Centre has basic supplies on hand, including numerous puzzles, handlooms, crochet needles, paint and brushes.

Participants are encouraged to share talents within the program so everyone can learn new things.

Friday, December 13, 2024

Chair Yoga Program

Date and Time: Friday, December 13 11:00 am - 12:00 pm

Address: 1724 Mosley St

The benefits of chair yoga include loosening, stretching of muscles, reducing chronic pain, decreasing stress and improving circulation.

Chair Yoga also helps in reducing anxiety using breathing exercises and medication.

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

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

Address: 544 River Road West - New Stars Arena

The VON SMART program is a research and evidence based exercise and fall prevention program.

Program is Free for community members 55+

Program is client focused and tailored to the needs of the participants.

Interested participants can register directly with the VON.

Monday, December 16, 2024

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

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

Address: 1724 Mosley St and 544 River Road West

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Monday 9:30 - 10:30 am 1724 Mosley St - Hall 1A Recplex gym

Wednesday & Friday 1:00 - 2:00 pm 544 River Road West - Re/Max Room (Stars Arena)



Guitar Jammers Program at Stars Arena

Date and Time: Monday, December 16 1:00 pm - 3:00 pm

Address: 544 River Road West - New Stars Arena

SALC Guitar Jammers program meets on Monday afternoon. Participants should know how to play basic guitar chords and play along in a group format. Seasonal registration is required for this FREE program. Due to limited facility capacity, participants are asked to commit to regular attendance.

Fall Session: September 9 - Dec. 18th

1:00-3:00 pm 544 River Road West (Rotary Room)



Tuesday, December 17, 2024

Chair Yoga Program

Date and Time: Tuesday, December 17 9:30 am - 10:30 am

Address: 544 River Road West - New Stars Arena

More spaces have been added to the class, please call customer service 705-429-3321 ext 2501 or 2507

Ukulele Jammers

Date and Time: Tuesday, December 17 1:00 pm - 2:30 pm

Address: 1621 Mosley st



Ukulele Jammers
Tuesday 1:30 pm



Wednesday, December 18, 2024

Social Walking Club

Date and Time: Wednesday, December 18 9:30 am - 11:00 am

Address: 1621 Mosley st



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

Date and Time: Wednesday, December 18 1:00 pm - 2:00 pm

Address: 544 River Road West - New Stars Arena

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Program is Free for community members 55+

Program is client focused and tailored to the needs of the participants.

Interested participants can register directly with the VON.

Social, Chats and Games

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

Address: 1621 Mosley st



Drop in Evening Line Dancing

Date and Time: Wednesday, December 18 6:00 pm - 7:30 pm

Address: 544 River Road West - New Stars Arena

Have you ever wondered how those line dancers get out on the floor and know what to do? Line Dance instructor Amie Anderson teaches to all levels beginner to advanced. Fun night out for all ages 18+

\$10.00/class pay at customer service to receive bracelet to enter.

Thursday, December 19, 2024

Hobby Lobby Meetup

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

Address: 1621 Mosley st

Meet weekly to chat, create, and share ideas. Bring your latest project to work on while enjoying the company of other craft and Hobby enthusiasts.

The Seniors Active Living Centre has basic supplies on hand, including numerous puzzles, handlooms, crochet needles, paint and brushes.

Participants are encouraged to share talents within the program so everyone can learn new things.

Friday, December 20, 2024

Chair Yoga Program

Date and Time: Friday, December 20 11:00 am - 12:00 pm

Address: 1724 Mosley St

The benefits of chair yoga include loosening, stretching of muscles, reducing chronic pain, decreasing stress and improving circulation.

Chair Yoga also helps in reducing anxiety using breathing exercises and medication.

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

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

Address: 544 River Road West - New Stars Arena

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Program is Free for community members 55+

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