

Friday, January 8, 2021

Recreation Program Registration Begins

Date and Time: Friday, January 8 9:00 am

Address: 1621 Mosley Street

The digital Recreation Program Guide will be available www.wasagabeach.com. Online registration will begin for all programs.

Monday, January 11, 2021

Zoom Chats and Fun Mondays

Date and Time: Monday, January 11 1:00 pm - 2:00 pm

Address: Online Zoom Hosted by Senior Active Living Centre

Each Monday participants join together on Zoom each week to chat about a variety of topics. Everything from what you are having for dinner, to the latest news of the world...

Registration is open and ongoing. Refer to online Recreation guide for details to register.

Monday, January 18, 2021

Zoom Chats and Fun Mondays

Date and Time: Monday, January 18 1:00 pm - 2:00 pm

Address: Online Zoom Hosted by Senior Active Living Centre

Each Monday participants join together on Zoom each week to chat about a variety of topics. Everything from what you are having for dinner, to the latest news of the world...

Registration is open and ongoing. Refer to online Recreation guide for details to register.

Tuesday, January 19, 2021

Music Jam

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

Address: 1621 Mosley Street

Weekly opportunity to play music together. Participants are encouraged to share songs and music knowledge as the group plays along together. Participants should have basic knowledge of instrument.

Friday, January 22, 2021

Introduction to Chair Yoga

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

Address: Online Zoom Hosted by Senior Active Living Centre

Learn an easy chair yoga routine you can do at home daily. (3) 20 minute classes. Plus access to take home information sheet.

Monday, January 25, 2021

Zoom Chats and Fun Mondays

Date and Time: Monday, January 25 1:00 pm - 2:00 pm

Address: Online Zoom Hosted by Senior Active Living Centre

Each Monday participants join together on Zoom each week to chat about a variety of topics. Everything from what you are having for dinner, to the latest news of the world...

Registration is open and ongoing. Refer to online Recreation guide for details to register.

Tuesday, January 26, 2021

Music Jam

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

Address: 1621 Mosley Street

Weekly opportunity to play music together. Participants are encouraged to share songs and music knowledge as the group plays along together. Participants should have basic knowledge of instrument.

Older Adult Recreation - Games Night on Zoom

Date and Time: Tuesday, January 26 7:00 pm - 8:00 pm

Address: Online Zoom Older Adult Recreation Programs

Join us on the last Tuesday of every month for **Games night**. Great evening of fun chit chat, laughs and this month we are playing good old Fashion **B.I.N.G.O.!** Register to get monthly Zoom link.

*****Please note: This is a free and fun online Zoom - recreational program, there is no cost to participate and no prizes awarded. Winners do get bragging rights for the month!**

Wednesday, January 27, 2021

V.O.N. Healthy Aging Series

Date and Time: Wednesday, January 27 2:00 pm - 3:00 pm

Address: 1621 Mosley Street

Healthy Aging Education Series

In Partnership with Wasaga Seniors Active Living Center



When: Monthly - the last Wednesday,
2:00pm – 3:00pm

Where: Wasaga Seniors Active Living Center **via Zoom!**
(PowerPoint presentations will be incorporated)



January 27 th	- Staying on Your Feet
February 24 th	- Taking Charge of Your Health
March 31 st	- Medications
April 28 th	- Exercise
May 26 th	- Nutrition, Hydration & Continence
June 30 th	- Footwear and Foot Care



- ❖ Maintain Your Independence!
- ❖ Reduce Your Risk of Having a Fall!
- ❖ Understand Your Health!

➤ This program is designed for those 55+, their caregivers and family

- All SALC programs are **FREE** for participants 55+
- All participants **must register** by:
 - Calling **705-429-3321** or
 - Online at: www.wasagabeach.com
- All programs are ongoing until June

members

- Presentations are ~one hour, with an opportunity to ask questions

<https://calendar.wasagabeach.com>