Orillia Active Living Centre NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 **Card Games** 10:00 - 11: 45 a.m. **Carpet Bowling** 1:00 - 3:30 p.m.	3 **Zumba Gold** 10:30 - 11:15 a.m. **Mexican Train** 12:45 - 3: 45 p.m.	4 **Shuffleboard** 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m.	5 **ORC Walk** 10:00 - 11:00 a.m. **November Craft** 12:45 - 3:45 p.m.	6 **Line Dancing** 10:30 - 11:30 a.m. **Sound Bowl Meditation** 12:45 - 1:45p.m. **RBC Speaker** 2- 3:45 pm	7
8	9 **Card Games** 10:00 - 11: 45 a.m. **Carpet Bowling** 1:00 - 3:30 p.m.	10 **Zumba Gold** 10:30 - 11:15 a.m. **Mexican Train** 12:45 - 3: 45 p.m.	11 **Shuffleboard** 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. **Ukulele (TR)** 10:30-11:30 am .	12 **ORC Walk** 10:00 - 11:00 a.m. **Birthday Social** 12:45 - 3:45 p.m.	13 **Line Dancing** 10:30 - 11:30 a.m. **Salsa Social with Karen** 12:45 - 3:45 p.m.	14
15	16 **Card Games** 10:00 - 11: 45 a.m. **Carpet Bowling** 1:00 - 3:30 p.m.	17 **Zumba Gold** 10:30 - 11:15 a.m. **Mexican Train** 12:45 - 3: 45 p.m.	18 **Shuffleboard** 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. .	19 **ORC Walk** 10:00 - 11:00 a.m. **Twisted Stitches** 12:45 - 3:45 p.m.	20 **Line Dancing** 10:30 - 11:30 a.m. **Concerts in Care** 2:00 - 3:30 p.m.	21
22	23 **Card Games** 10:00 - 11: 45 a.m. **Carpet Bowling** 1:00 - 3:30 p.m.	24 **Zumba Gold** 10:30 - 11:15 a.m. **Mexican Train** 12:45 - 3: 45 p.m.	25 **Shuffleboard** 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. **Ukulele (TR)** 10:30 - 11:30 a.m.	26 **ORC Walk** 10:00- 11:00 a.m. **Chair Yoga with Emma** 1:45 - 2:30 p.m. **Intro Ballroom Dancing** 2:45 - 3:45pm	27 **Line Dancing** 10:30 -11:30 a.m. **Therapeutic Art w Susan** 1:30- 3:30p.m.	28
29	30 **Card Games** 10:00 - 11: 45 a.m. **Carpet Bowling** 1:00 - 3:30 p.m.					

= Must arrive at the start of the program

= Special Programming Sign-Up Required

$ = Bring spending money

ORC = Orillia Recreation Centre

TR = Tournament Room

All programs are for those aged 55+ and are located at Rotary Place in the Orillia Room unless noted otherwise on the calendar.

See back for program details

ACTIVITY DETAILS:

ORC Walk
Enjoy walking on the indoor track at the Orillia Recreation Centre (255 West St. S.) as part of your OALC membership. This self-directed program allows you to walk at your own pace.

Carpet Bowling
This is a fun and safe game, suitable for all. With two or three people on each team, the object of the game is for each team member to gently roll special bowling balls down a 30ft long carpet.

Twisted Stitches
Knit, crochet, embroider, make cards, share laughs, and swap stories in a relaxed and welcoming environment. Bring your own project and enjoy a creative afternoon in the company of fellow crafters.

Shuffleboard
This game is played with four players, and discs are pushed along the deck with a long cue, aiming to land on specific lines at the other end.

Card Games
Enjoy a wide variety of card games like Bridge, Euchre, Rummy, Cribbage and Solitaire.

Therapeutic Art with Susan
Spark your creativity and personal growth through art! Let go of expectations and perfection. No matter your skill level, all are welcome here. . Only 10 spots are available. A sign-up sheet will be provided.

Line Dancing with Richlyn
Looking for something fun to do while also improving your physical fitness? This class will focus on the most popular 'Pattern' dances and will introduce many of the basic moves necessary for Line Dancing.

Zumba Gold with Richlyn
This is the Zumba® formula with modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey.

Intro to Ukulele with Laurie
Improve your ukulele playing! As always, there will be lots of singing, playing and fun! Brand new players are welcome, and ukuleles are available to use

Chair Yoga with Emma
Designed for those who may have some challenges with mobility or balance. Doing Chair Yoga and gentle Standing Yoga poses will help you maintain, stretch, and strengthen your body.

Mexican Train
Mexican Train is a dominoes game where players aim to be the first to get rid of all their dominoes by creating "trains"! New players are welcome!

Intro Ballroom Dancing
Dancing is fun, it is good exercise and it is quality time together. You will learn Fox Trot, Waltz, Swing (Jive) and Cha Cha in beginner levels and gradually progress into Rumba, Tango and Samba in advanced. Learning to lead and follow, you'll gain the confidence to experience the true joy of dancing.

November Craft
At this session, we will be creating holiday greeting cards facilitated by Catherine and Sandra (OALC volunteers). All materials included. Sign-up sheet provided. 25 participants max.

Salsa Social with Karen!
Let's Salsa! Join us for a fun afternoon filled with Mexican themed desserts and salsa dancing with instructor Karen!

Birthday Social
Join us for our monthly birthday potluck to celebrate our members' birthdays. To complement the cake that is provided, we suggest bringing things such as sandwiches, warm appetizers, vegetables, or fruit!

Guest Speaker - Jeff Rock (RBC Advisor), will be discussing trusts & will information with a question and answer period.

Concerts in Care
Join Us! for a musical afternoon! Along with light refreshments and beverages.

Sound Bowl Meditation with Jeff
Relax and listen to gentle tones with soothing vibrations generated by sound bowls that create a calming atmosphere. Enjoy a deep sense of peace and tranquility. Please bring your own mat. Chairs are avialable.

INFORMATION

When Can I Arrive?
Programs with a clock beside them indicate that you must arrive at the program start time in order to participate. All other programs are drop-in.

Footwear
Please wear clean, indoor shoes.

Safety
Please self-monitor for any illness prior to attending a program. If you are feeling unwell, please stay home.

Changes
We strive to provide the most accurate information, however changes do occur. For the most up-to-date schedule, please visit orillia.ca/OALC.

Memberships
Monthly memberships are $11.45 per month for residents of Orillia and $14.90 per month for non-residents. Memberships can be purchased during programming hours, or at the Orillia Recreation Centre.

OALC members receive a membership card used for program sign-in. Members can scan their card at the sign-in table when arriving for programs. Members who do not yet have their card can speak with staff at the centre.

Drop-in Passes
Activities can also be accessed by purchasing a daily drop-in pass. Drop-in passes are available at $3.00 for self-directed activities, such as card games or shuffleboard. For instructed programs, such as Ukulele or Zumba Gold, the drop-in fee is $5.00.

Locations
Activities run in the Orillia Room at West Orillia Sports Complex (100 University Ave.) unless otherwise noted. For more information, please email oalc@orillia.ca.

Orillia Active Living Centre

ORILLIA Ontario