Orillia Active Living Centre

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
See back for program details = Must arrive at the start of the program TR = Tournament Room ORC = Orillia Recreation Centre $ = Bring spending money = Special Programming Sign-Up Required				1 **ORC Walk (ORC)** 10:00- 11:00 a.m. **National Seniors Day Social with Karaoke** 12:45 - 3:45 p.m.	2 **Line Dancing** 10: 30 - 11:15 p.m **MacLaren Art Session** 12:45 - 3:45 p.m..	3
4	5 **Guest Speaker - OSC** 10:00 - 11:45 a.m. **Carpet Bowling** 1:00 - 3:30 p.m.	6 **Zumba Gold** 10:30 - 11:15 a.m. **Mexican Train** 12:45 - 3:45 p.m.	7 **Shuffleboard** 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m.	8 **ORC Walk (ORC)** 10:00 - 11:00 a.m. **Birthday Social** 12:45 - 3:45 p.m.	9 **Line Dancing** 10:30 - 11:15 p.m. **Sound Bowl Meditation** 12:45 - 1:45 p.m. **Concerts in Care** 2- 3:45pm	10
11	12 **Thanksgiving** No Programming	13 **Zumba Gold** 10:30 - 11:15 a.m. **Mexican Train** 12:45 - 3:45 p.m.	14 **Shuffleboard** 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. **Ukulele (TR)** 10:30 - 11:30 a.m.	15 **ORC Walk (ORC)** 10:00 - 11:00 a.m. **Twisted Stitches** 12:45 - 3:45 p.m.	16 **Line Dancing** 10:30 - 11:15 pm. **Happy Hour with Karaoke** 12:45 - 3:45 p.m.	17
18	19 **Card Games** 10:00 - 11:45 a.m. **Carpet Bowling** 1:00 - 3:30 p.m.	20 **Zumba Gold (ORC)** 10:30 - 11:15 a.m. **Mexican Train (TR)** 12:45 - 3:45 p.m.	21 **Bingo (TR)** 10:00 - 11:00 a.m. **Card Games (TR)** 12:45 -3:45 p.m.	22 **ORC Walk (ORC)** 10:00 - 11:00 p.m. **Chair Yoga with Emma** 1:45 - 2:30 p.m. **(TR)** **Bingo** 2:45 - 3:45 p.m. **(TR)**	23 **Line Dancing** 10:30 - 11:15 a.m. **Sound Bowl Meditation** 12:45 - 1:45 p.m. **Mariposa Afternoon $** 2:30 - 3:30 p.m.	24
25	26 **Card Games (TR)** 10:00 - 11:45 a.m. **BINGO (TR)** 1:00 - 3:00 p.m.	27 **Zumba Gold** 10:30 - 11:15 a.m. **Mexican Train** 12:45 - 3:45 p.m.	28 **Shuffleboard** 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. **Ukulele (TR)** 10:30 - 11:30 a.m.	29 **ORC Walk (ORC)** 10:00 - 11:00 a.m. **Bus Trip - High Tea $** 10:00 a.m. - 3:30 p.m.	30 **Line Dancing** 10:30 - 11:15 a.m. **Halloween Social** 12:45 - 3:45 p.m.	31
31	All programs are for those aged 55+ and are located at Rotary Place in the Orillia Room unless noted otherwise on the calendar.					

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 is a self-directed program.

Carpet Bowling
This is a fun and safe game, suitable for all. With two or three people on each team.

Twisted Stitches
Knit, crochet, embroider, make cards, share laughs, and swap stories in a relaxed and welcoming environment.

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.

Happy Hour with Karaoke
Join Us! Sing your heart out to your favorite tune! Enjoy the afternoon with some light snacks and beverages!

Guest Speaker: Kat Follis from Ontario Securities Commission will be discussing investment frauds/scams with a question and answer period.

Sound Bowl Meditation with Jeff
Relax and listen to gentle tones with soothing vibrations generated by sound bowls that create a calming atmosphere. Bring your own mat.

Line Dancing with Richlyn
Looking for something fun? This class will focus on the most popular 'Pattern' dances and will introduce many of the basic moves.. The drop-in fee for non-members is $5.00.

Zumba Gold with Richlyn
This is the Zumba® formula with modified moves and pacing to suit the needs of the active older participant. The drop-in fee for non-members is $5.00.

Intro to Ukulele with Laurie
Improve your ukulele playing! As always, there will be lots of singing, playing and fun! No Ukulele no problem!
Brand new players are welcome, and ukuleles are available to use. The drop in fee for non members is $5.00

Chair Yoga with Emma
Designed for those who may have some challenges with mobility/balance. Chair Yoga and gentle Standing Yoga poses will help you maintain, stretch, and strengthen your body. The drop-in fee for non-members is $5.00.

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!

Happy Hour with Karaoke
Come sing your favorite song! Join us for an exciting afternoon with light snacks, berverages and music of your choice.

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

MacLaren Art Session:
Join Us! For a relaxed art experience where care partners and older adults support each other. No experience needed! Sign-up via e-mail; lkutlesa@orillia.ca or fill signage sheet during OALC hours.

Halloween Social
Join Us! for a spooktacular time with Halloween themed snacks and games! Best dressed costume contest wins a prize!

National Seniors Day Social
Join Us! for an exciting afternoon of karaoke games, prizes, light snacks and more!

Mariposa Afternoon **$**
Join us! At Orillia's favorite bakery! Enjoy a tasty treat and warm beverage. Meet at 109 Mississaga St E, Orillia.

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!

Bus Trip - High Tea **$ (52.00 per person)**
Enjoy the full afternoon tea experience. Sip on tea and nibble on delicious finger sandwiches, scones and imported sweets. Along with browsing the boutique! Registration begins September 21 at 9am. First come, first served.

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.

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ORILLIA Ontario