November
Seniors Active Living Centre

South Georgian Bay Community Health Centre



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Drop-In Karaoke 10:30AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	**3** Chair Yoga 10:00AM*† Chef Series 10:30AM*† Ukulele Meet-Up 1:30 PM	**4** Group Social Walking 9:30 AM SGBCHC Bone Health Workshop 10:00 AM* Social, Chats and Games 1:00 PM	**5** Hobby Lobby 1:00PM	**6** Chair Yoga 10:00 AM*†
9 Learn To Play Ukulele 9:30 AM*† Drop-In Karaoke 10:30AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	**10** Chair Yoga 10:00AM*† Chef Series 10:30AM*† Ukulele Meet-Up 1:30 PM	**11** CLOSED	**12** Hand Wax & Meditation 1:00 PM	**13** Chair Yoga 10:00 AM*†
16 Learn To Play Ukulele 9:30 AM*† Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	**17** Chef Series 10:30AM*† Ukulele Meet-Up 1:30 PM	**18** Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM	**19** Hobby Lobby 1:00 PM	**20** No Programs
23 Learn To Play Ukulele 9:30 AM*† Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	**24** Chef Series 10:30AM*† Ukulele Meet-Up 1:30 PM	**25** Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM	**26** Hobby Lobby 1:00PM	**27** No Programs
30 Learn To Play Ukulele 9:30 AM*† Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM				

FREE DROP-IN PROGRAMS

DROP-IN KARAOKE
A fun, social, and energizing way to connect through music. Enjoy each others company while singing along to classics.

MEXICAN TRAIN DOMINOES
A relaxed and social program where seniors can gather to enjoy this popular strategy game.

VON S.M.A.R.T. EXERCISE
A research and evidence based exercise and fall prevention program. **New participants must register directly with VON at 705.355.2200.**

HOBBY LOBBY
Come showcase your skills and enjoy occasional instructional sessions.

STAY INFORMED
Follow the SALC Facebook Page

1621 Mosley Street | 705.429.3321 | wasagabeach.com/**recreation**

*Pre-registration required
†Fee applies

Location:
Wasaga Stars Arena
RecPlex

Ontario