

# OLDER ADULT SOCIAL DROP INS

## MOUNT ALBERT FRIENDSHIP CLUB FOR SENIORS

East Gwillimbury Ross Family Complex, 19300 Centre St., Mount Albert – 905-473-3305

DATE	ACTIVITY	LOCATION	TIME
Wednesday	Regular Club Meeting, Potluck Lunch, Euchre (1st Wednesday of each month)	Seniors & Program Room	12 to 2 p.m.
	Bid Euchre		1 to 4 p.m.
Thursday	Shuffleboard	Gym	7 to 10 p.m.
Friday	Bid Euchre	Seniors & Program Room	7 to 10:30 p.m.

## GOLDEN ANCHOR SENIORS' CLUB


Holland Landing Community Centre, 19513 Yonge St. – [www.groupspaces.com/goldenanchorseniors](http://www.groupspaces.com/goldenanchorseniors)

DATE	ACTIVITY	LOCATION	TIME
Monday	Hi/Lo Bid Euchre	Golden Anchor Room	1 to 4 p.m.
			7 to 10 p.m.
Tuesday	Hi/Lo Bid Euchre Positive Scoring	Golden Anchor Room	1:30 to 4:30 p.m.
	Progressive Euchre		7 to 10 p.m.
Wednesday	Hi/Lo Bid Euchre	Golden Anchor Room	1 to 4 p.m.
Thursday	Hi/Lo Bid Euchre Tournaments 3rd Thursday of Jan., Apr., June & Sept.	Golden Anchor Room	1 to 5 p.m.
Friday	Hi/Lo Bid Euchre	Golden Anchor Room	12:30 to 4 p.m.
	Crazy Canasta		12:30 to 4 p.m.
	Bingo – 1st Friday of each month		1 to 4 p.m.

## EAST GWILLIMBURY 55'n UP CLUB

East Gwillimbury Sports Complex, 1914B Mount Albert Rd., Sharon

Temperance Hall at Sharon Temple, 18974 Leslie St., Sharon

[eg55nupclub@gmail.com](mailto:eg55nupclub@gmail.com) – [www.eastgwillimbury.ca/seniorstaskforce](http://www.eastgwillimbury.ca/seniorstaskforce) – Find us on : @eg55nupclub

Check our website and facebook page for updates, cancellations and changes



DATE	ACTIVITY	LOCATION	TIME
Tuesday	Drop In Centre: cards / social (Weekly)	Temperance Hall	9 to 11:30 a.m.
Friday	Drop In Activities (2nd Friday of each month)	Mt. Albert Legion Branch #382	10 a.m. to 12 p.m.

## CHATS

[www.chats.on.ca](http://www.chats.on.ca) – 905-713-6596



DATE	ACTIVITY	LOCATION	TIME
Tuesday	Wellness Program	Holland Landing Community Centre	10 a.m. to 1 p.m.
2nd Thursday	Wellness Program	40 Royal Oak Rd., Mount Albert	11 a.m. to 1:30 p.m.
3rd Thursday	Coffee Club	40 Royal Oak Rd., Mount Albert	11 a.m. to 12 p.m.

# OLDER ADULT FITNESS DROP INS

All Older Adult Fitness Drop Ins located at EGSC  
1914B Mount Albert Rd., Sharon

April 13 to June 24, 2020	
Monday	Wednesday
<p><b>Senior Walking – Free</b> 10 to 11 a.m.</p>	<p><b>Senior Walking – Free</b> 9 to 11 a.m.</p>
	<p><b>Functional Fitness – Free</b> 11 a.m. to 12 p.m. Sponsored by Character Community</p>
	<p><b>Meditation – Free</b> 4:45 to 6:15 p.m.</p>

**Thank you**  
to our partners



## SENIORS BUS TRIPS

Bus trips will take place during the day where we will travel by coach bus to explore what different towns have to offer. Details of the different trips being offered will be posted online and at all major facilities as they become available. To register please visit [www.eastwillimbury.ca/ireg](http://www.eastwillimbury.ca/ireg) or contact Recreation Services at 905-478-3826. Please note coach buses are not wheelchair accessible.

Next Bus Trip: May, June, July and August 2020

*Get Noticed*

To advertise  
in the next edition of the  
**Town of East Gwillimbury  
Health & Active Living Guide**  
please contact  
[myma@jcgrouppinternational.com](mailto:myma@jcgrouppinternational.com)  
or  
[julie@jcgrouppinternational.com](mailto:julie@jcgrouppinternational.com)

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