

# OLDER ADULT PROGRAMS 55+yrs

Program descriptions can be found on Pages 29 & 31

Urban Pole Walking and some Yoga classes are also offered in the evenings – see Adult Program charts

Season	Program	Weeks	Day	Start	Time	Location	Fee	Code
SPRING	Artist Drop In	9	Mon	Apr 24	10:00am-3:00pm	HLCC	free	drop in
	Artist Drop In	11	Thu	Apr 20	10:00am-3:00pm	ROSS	free	drop in
	Gentle Stretching	8	Thu	Apr 27	6:30-7:30pm	EGSC	\$61.00	6222
	Ladies Golf Lessons	5	Wed	May 3	6:00-7:30pm	GLGC	\$145.00	6223
	Ladies Golf Lessons	5	Thu	May 4	6:00-7:30pm	GLGC	\$145.00	6224
	Line Dancing	8	Wed	Apr 26	10:00am-12:00pm	HLCC	\$44.25	6185
	Move Your Body	8	Tue	Apr 25	9:30-10:30am	ROSS	\$46.50	6186
	Move Your Body	8	Thu	Apr 27	9:30-10:30am	ROSS	\$46.50	6187
	Pickleball Drop In	10	Tue	Apr 25	1:00-3:00pm	ROSS	\$2/visit	drop in
	Pickleball Drop In	10	Thu	Apr 27	11:00am-1:00pm	ROSS	\$2/visit	drop in
	Pickleball Drop In	10	Fri	Apr 28	3:30-5:30pm	ROSS	\$2/visit	drop in
	Pickleball Drop In	4	Sun	Apr 23	1:00-3:00pm	ROSS	\$2/visit	drop in
	Seniors Walking Group	9	Wed	Apr 26	8:00am-11:00am	EGSC	free	drop in
	Strong Bones	8	Wed	Apr 26	9:30-11:00am	ROSS	\$63.25	6195
	Urban Pole Walking	8	Mon	Apr 24	10:00-11:00am	TRAIL	\$60.25	6196
	Yoga - Essential	8	Mon	Apr 24	10:00-11:00am	LIONS	\$46.50	6199
	Yoga - Hatha	8	Thu	Apr 27	12:00-12:45pm	EGSC	\$35.00	6203
	Yoga - Vinyasa Prana	8	Mon	Apr 24	12:00-12:45pm	ROSS	\$35.00	6231
Yoga for Fitness	8	Tue	Apr 25	7:30-8:30pm	EGSC	\$61.00	6204	
Young at Heart	8	Tue	Apr 25	9:30-10:30am	HLCC	\$46.50	6205	

## LOCATION LEGEND

EGSC: East Gwillimbury Sports Complex (Sharon)  
 GLGA: Green Lane Golf Academy  
 HLCC: Holland Landing Community Centre

LIONS: Mt. Albert Lions Community Centre  
 MACC: Mt. Albert Community Centre  
 ROSS: Ross Family Complex (Mt. Albert)



# East Gwillimbury Seniors Task Force

### VISION

“To have Services and Facilities for Senior Citizens in East Gwillimbury suitable for our growing and diverse population through collaborative partnerships.”

### MISSION

“Enhance the dignity and quality of life for Senior Citizens in our community and support their independence and inclusion by encouraging the establishment of a range of programs and opportunities to meet their diverse needs.”

### Find us on Facebook:

East Gwillimbury Seniors Task Force

### Contact us:

egseniorstaskforce@gmail.com

### Website:

www.eastgwillimbury.ca/  
seniorstaskforce



### MOUNT ALBERT FRIENDSHIP CLUB FOR SENIORS

East Gwillimbury Ross Family Complex - 19300 Centre Street, Mount Albert  
905.473.3305

DATE	ACTIVITY	LOCATION	START	END
Tuesday	Bingo (1st Tue. of each month)	Seniors Room	1:00pm	4:00pm
Wednesday	Regular Club Meeting, Potluck Lunch, Euchre (1st Wed. of each month)	Seniors & Program Room	12:00pm	2:00pm
	Bid Euchre		1:00pm	4:00pm
Thursday	Shuffleboard	Gym	6:00pm	9:00pm
Friday	Bid Euchre	Seniors & Program Room	7:00pm	10:30pm

### GOLDEN ANCHOR SENIORS' CLUB

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

DATE	ACTIVITY	LOCATION	START	END
Monday	Bid Euchre	Golden Anchor Room	1:00pm	4:00pm
			7:00pm	10:00pm
Tuesday	Hi/Lo Bid Euchre	Golden Anchor Room	1:30pm	4:30pm
	Progressive Euchre		7:00pm	10:00pm
Wednesday	General Meeting (2nd Wed. of each month)	Golden Anchor Room	12:30pm	1:30pm
	Bid Euchre		1:00pm	4:00pm
Friday	Games Day - various programs	Golden Anchor Room	1:00pm	4:00pm