

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
Tuesday	Bingo (1st Tuesday of each month)	Seniors Room	1 to 4 p.m.
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	6 to 9 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

DATE	ACTIVITY	LOCATION	TIME
Monday	Bid Euchre	Golden Anchor Room	1 to 4 p.m.
			7 to 10 p.m.
Tuesday	Hi/Lo Bid Euchre	Golden Anchor Room	1:30 to 4:30 p.m.
	Progressive Euchre		7 to 10 p.m.
Wednesday	General Meeting (2nd Wed. of each month)	Golden Anchor Room	12:30 to 1 p.m.
	Bid Euchre		1 to 4 p.m.
Friday	Games Day – various programs	Golden Anchor Room	1 to 4 p.m.

EAST GWILLIMBURY SENIORS TASK FORCE

East Gwillimbury Sports Complex, 1914B Mount Albert Rd., Sharon
 Temperance Hall at Sharon Temple, 18974 Leslie St., Sharon
egseniorstaskforce@gmail.com – www.eastgwillimbury.ca/seniorstaskforce
 Find us on Facebook: East Gwillimbury Seniors Task Force



DATE	ACTIVITY	LOCATION	TIME
Tuesday*	Drop In Centre: cards / social (Weekly)	Sharon Temple	9 to 11:30 a.m.
Thursday*	Workshops (Last Thursday of each month)	Sharon Temple	9 to 11:30 a.m.
Friday	Drop In Activities (2nd Friday of each month)	Mount Albert Legion Branch #382	10 a.m. to 12 p.m.

*Programs above marked with an asterisk are provided by CHATS



OLDER ADULT FITNESS DROP INS

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

FALL: SEPTEMBER 17 TO DECEMBER 17 • WINTER: JANUARY 7 TO APRIL 15			
Monday	Tuesday	Wednesday	Thursday
Senior Walking 10 to 11 a.m. Free	Chair Yoga 6 to 7 p.m. \$8	Senior Walking 9 a.m. to 12 p.m. Free	Chair Yoga 10 to 11 a.m. \$8
Tai Chi 11 a.m. to 12 p.m. \$8			



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 or contact Recreation Services at 905-478-3826. Please note coach buses are not wheelchair accessible.

Next Bus Trips: November 2018 and March 2019.

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905-478-4839

Holland Landing 55+ Wellness Program

Health and wellness education, nutritious lunch, gentle exercise & activities.
Only \$8.00 per visit! (price subject to change)

Tuesdays 10:00 a.m. – 1:00 p.m.

Holland Landing Community Centre, 19513 Yonge St.

For more information please call 1-866-677-9048 ext. 7050

Caregiver Support & Education

Caring for an aging parent, spouse, relative or friend?

We have free resources for you:

Personal Consultations & Counselling Support Groups, Workshops

For more information please call 1-877-452-4287 ext. 6226

