

PARKS, RECREATION AND CULTURE

# Health and Active Living Guide

Older Adult Programs  
Spring and Summer 2026



## Registration Dates

### Spring Registration

March 12 (*residents*)

March 19 (*non-residents*)

### Summer Registration

June 11 (*residents*)

June 18 (*non-residents*)

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### Online Registration:

[eastgwillimbury.ca/ireg](http://eastgwillimbury.ca/ireg)

### Phone Registration:

Customer Service

905-478-4282

Stay active, connected, and engaged with our programs designed specifically for older adults. From gentle fitness and wellness classes, to social activities, creative workshops, and lifelong learning opportunities, there's something for everyone. Whether you're looking to maintain your health, meet new friends, or explore new interests, our inclusive and welcoming programs support a healthy aging and vibrant lifestyle.

## SPRING PROGRAMS, EVENTS AND TRIPS

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### The Power of Your Health History

📅 April 7 | 1 to 2 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

Why does having a complete and accurate health history matter more than ever? Many people are surprised to learn that medical information is often scattered across different doctors, hospitals, and clinics. When information is missing or incomplete, it can lead to delays, repeated tests, medication mistakes, or less effective care. In this session, participants will learn how to be prepared, ask the right questions and work confidently with their own doctors to ensure safe, personalized care. It includes real-life stories that show how small actions can make a big difference, along with straight forward tips that anyone can use without the use of technology.

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### Watercolour Basics Made Easy

📅 April 13 | 1 to 3 p.m.

📍 Health and Active Living Plaza

💰 **\$15 - Seniors Club Member**  
**\$20 - Non-member**

Explore the basics of watercolour using paper, paint and water containers. This introductory class will introduce you to beginner level watercolour techniques, from how to hold a brush to hands-on application of basic brush techniques. Come learn about the five ways watercolour behaves and play around with all the techniques! The workshop is for beginners to explore the effects of watercolour; there is no right or wrong in this class - only discovery!

### Watercolour Techniques in Action

📅 April 21 | 1 to 3 p.m.

📍 Health and Active Living Plaza

💰 **\$15 - Seniors Club Member**  
**\$20 - Non-member**

Beginner level watercolour workshop focusing on the introduction of wet-on-wet paint application, exploring light texture techniques as well as creating a finished painting using simple shapes. Guided by our Art Instructor Bev, participants will be supported at each stage of the watercolour process to create a finished product by the end of the session. Come explore your artistic side!

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### Fall Prevention

📅 April 21 | 1 to 3 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

Join us for an engaging and informative workshop focused on Healthy Aging and Fall Prevention led by Miriam Mohamed from York Region's Community and Health Services Department. This session will cover key topics essential for maintaining independence and well-being as we age, including: healthy eating, staying active, medication safety, staying socially connected and fall prevention.



#### Drop-in Programs

Don't forget to check out our fun and enjoyable drop-in programs at [eastwillimbury.ca/Dropins](http://eastwillimbury.ca/Dropins).

*Printed schedules are also available at any of our Customer Service desks.*

## Hamilton Family Theatre: Finding Neverland

📅 April 29

💰 **\$130** - Seniors Club Member  
**\$120** - EG 55'n UP Club Member  
**\$135** - Non-member

Join us for a day to watch a fascinating musical which follows the story of author J.M. Barrier's evolving relationship with a beautiful widow and her four mischievous boys, and how they inspired the world of Peter Pan. Let your imagination take flight in this heartwarming production packed with irresistible songs, dazzling choreography, and unforgettable characters. Lunch will be provided before the show at Piper Arms with a choice between fish and chips, chicken parmigiana with caesar salad, reuben sandwich with fries, liver and onions or teriyaki stir fry. Coffee, tea, or pop will be included.

## Watercolour Journey with Bev (4-week workshop)

📅 May 1, 8, 22, 29 | 1 to 3 p.m.

📍 Health and Active Living Plaza

💰 **\$75** - Seniors Club Member  
**\$85** - Non-member

Join us for a watercolour creative journey guided by our Art Instructor Bev Hall. Perfect for beginners and intermediate enthusiasts, this four-week workshop explores the exciting world of watercolour painting. With each session, we will guide you through various techniques and explore the art of painting. It's an ideal opportunity to disconnect from the outside world, learn and enhance your skills, and connect with fellow art lovers. Join us and discover paint techniques, brush handling and colour mixing. All the necessary materials are provided for participants.

## Brain Health and Dementia

📅 May 5 | 1 to 2 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

Join Emily Justus from the York Alzheimer Society to explore the key differences between typical age-related memory changes and the possible warning signs of dementia. We will also discuss what dementia looks like within our own community, including how it can affect individuals, families and caretakers. The session also highlights evidence-based steps that anyone can take at any age to support brain health and reduce the risk of developing dementia.

## Creemore Brewery

📅 May 12

📍 Health and Active Living Plaza

💰 **\$135** - Seniors Club Member  
**\$125** - EG 55'n UP Club Member  
**\$140** - Non-member

Enjoy a relaxing day trip through beautiful country settings with great food and local flavour. This guided bus outing includes a stop at Maple Grove Farm and Market, a sit-down lunch at the beloved Mylar and Loretta's, and a behind-the-scenes tour of Creemore Springs Brewery complete with a tasting flight and collector glass. Sit back, enjoy the ride, and let us handle the details.



### Older Adult Open House

📅 Saturday, March 28  
11 a.m. to 3 p.m.

📍 Health and Active Living Plaza

Funded by: Ontario

## Bone Health 101

📅 May 26 | 1 to 2 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

A comprehensive introduction to Osteoporosis, including what it is, who is at risk and why bone health matters at every stage of life. This session explores key risk factors, early warning signs and practical strategies for maintaining healthy bones. You'll gain insight into effective ways to reduce the risk of fractures, discover supportive resources and understand how nutrition, physical activity and lifestyle choices play a critical role in bone health. Come join Kate McCormick from Osteoporosis Canada to learn about the essential knowledge for life long bone strength.

## 55+ Cooking Demonstrations

Join our skilled cooking instructor for an engaging live cooking demonstration where culinary techniques, seasonal ingredients, and expert tips come together in a fun and interactive setting. Watch step by step as the instructor prepares delicious dishes in real time, explaining methods, flavor pairings, and professional kitchen secrets that you can easily recreate at home. To complete the experience, participants will enjoy freshly prepared dishes at the end of the demonstration.

### 📅 Dates and Themes:

**April 16** - *Fresh Spring Flavours*

**April 30** - *Brunch Classics Made Easy*

**May 14** - *Mediterranean Spring Feast*

**May 28** - *Easy Patio Party Foods*

**June 11** - *Healthy Spring Meals*

**June 25** - *Strawberry Season Desserts*

🕒 **11:30 a.m. to 1:30 p.m.**

💰 **\$20** - *Seniors Club Member*

**\$25** - *Non-member*

*(price per workshop)*

## JUNE IS SENIORS MONTH PROGRAMS AND EVENTS

### The GLA:D Program for Older Adults

📅 June 2 | 1 to 2 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

Join Zara Javed, a Registered Physiotherapist from Align Health Centre for an information presentation on the GLA:D (Good Life with Osteoarthritis: Denmark) Program. This evidence-based exercise program is designed for older adults with knee or hip osteoarthritis. Learn how targeted strengthening exercises and practical self-management strategies can reduce pain, improve mobility, and enhance quality of life, which often delay or avoid the need for surgery.

### Watercolour Basics Made Easy

📅 June 9 | 1 to 3 p.m.

📍 Health and Active Living Plaza

💰 **\$15** - *Seniors Club Member*

**\$20** - *Non-member*

Explore the basics of watercolour using paper, paint and water containers. This introductory class will introduce you to beginner level watercolour techniques, from how to hold a brush to hands-on application of basic brush techniques. Come learn about the five ways watercolour behaves and play around with all the techniques! The workshop is for beginners to explore the effects of watercolour; there is no right or wrong in this class - only discovery!

## Laser Engraved Cutting Boards with EGPL

📅 June 11 | 1 to 2:30 p.m.

📍 Health and Active Living Plaza  
Library Makerspace

💰 \$5

In partnership with the East Gwillimbury Public Library, design a gift for someone special or create something for yourself on a laser engraved cutting board! Participants will have the option to pre-select a design and place that onto a cutting board. This is a fun experience for those who are looking to try something new! Help will be provided at each step of the way by a EGPL staff member.

## Fire Extinguisher Presentation and Training

📅 June 18 | 1 to 2 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

Join East Gwillimbury Fire in a special presentation and hands-on component related to the use of fire extinguishers. We all have them at home, but how confident are we at using them? This 30 minute presentation includes a hands-on training component designed to help seniors understand fire extinguishers; how the work, when is it safe to use one, and when it is important to evacuate and call 911. The session is followed by a supervised, hands-on experience where participants can safely practice using a real fire extinguisher on a small controlled live-fire training prop, with firefighters providing guidance and support throughout.



June is Seniors Month, to learn more about our programs, visit [eastgwillimbury.ca/OlderAdults](http://eastgwillimbury.ca/OlderAdults)

## HEAR Canada - Music Bingo Night

📅 June 19 | 4 to 7 p.m.

📍 EG Sports Complex - Loft

💰 **FREE**

Calling all Bingo lovers! Join us for a fun-filled evening of Bingo hosted by HEAR Canada. The night will kick off with an exciting round of Music Bingo, where you'll match songs to your bingo card in an energetic and interactive twist on the classic game. After the music round, enjoy a break with sandwiches, snacks, and refreshments before settling in for several rounds of traditional Bingo. With great prizes up for grabs and plenty of chances to win, this is a lively night you won't want to miss!

## Watercolour Techniques in Action

📅 June 23 | 1 to 3 p.m.

📍 Health and Active Living Plaza

💰 **\$15 - Seniors Club Member**  
**\$20 - Non-member**

Beginner level watercolour workshop focusing on the introduction of wet-on-wet paint application, exploring light texture techniques as well as creating a finished painting using simple shapes. Guided by our Art Instructor Bev, participants will be supported at each stage of the watercolour process to create a finished product by the end of the session. Come explore your artistic side!



## St. Jacobs Market Lunch and Guided Tour

📅 June 23

💰 **\$125** - Seniors Club Member  
**\$130** - Non-member

Experience the charm of Mennonite country on this relaxing seniors bus trip. Enjoy time to browse the famous St. Jacobs Market, savour a delicious meal at the beloved Anna Mae's Bakery and Restaurant, and take in the sights and stories of the region on a guided Mennonite country tour with a knowledgeable guide. Join us for a wonderful day of culture, comfort, and countryside views.

*Please note: Registration for this bus trip opens April 9 at 8:30 a.m.*

## Crime Prevention with York Regional Police

📅 June 30 | 1 to 2:30 p.m.

📍 EG Sports Complex

💰 **FREE**

Join York Regional Police Constable Carley Nisbett for a presentation on general crime prevention. A wide range of community safety topics will be covered, including common frauds and scams; practical advice on staying safe when out and about; awareness of distraction thefts and how these occur; guidance on vehicle safety, car jackings, and robberies; and tips on reducing personal risk. The session will also provide information on the Community Safety Data Portal, explaining how to use it to access local safety data, report concerns and stay informed and connected with what's happening in your neighbourhood.



## SAVE THE DATE FOR THESE SUMMER BUS TRIPS

### Peterborough Liftlocks Cruise and Lunch

📅 July 22

### Toronto Blue Jays vs Boston Red Sox

📅 August 13

*More summer bus trip information will be available soon. To stay informed, sign up for our Older Adult Newsletter below.*

## Connect with EG. We're here to help!

📧 **Subscribe to the Town's Older Adult Newsletter to receive Town information directly in your inbox!**  
[eastgwillimbury.ca/OlderAdults](http://eastgwillimbury.ca/OlderAdults)

📘 [@TownofEastGwillimbury](https://www.facebook.com/TownofEastGwillimbury)

📷 [@EastGwillimbury](https://www.instagram.com/EastGwillimbury)

🌐 [@TownofEastGwillimbury](https://www.linkedin.com/company/TownofEastGwillimbury)

🌐 [eastgwillimbury.ca](http://eastgwillimbury.ca)

☎️ **905-478-4282**

✉️ [customerservice@eastgwillimbury.ca](mailto:customerservice@eastgwillimbury.ca)