

PARKS, RECREATION AND CULTURE

Health and Active Living Guide

Older Adult Programs
Fall 2026

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.

Fall Registration

August 20 (*residents*)
August 27 (*non-residents*)

Online Registration:
eastgwillimbury.ca/ireg

Phone Registration:
Customer Service
905-478-4282

2026 Municipal and School Board Election

Your town. Your voice.



Online Voting

Opens: Friday, October 16 at 10 a.m.

Closes: Monday, October 26 at 8 p.m.



In-Person Advance Voting

Saturday, October 17 from 10 a.m. to 5 p.m.

Tuesday, October 20 from 4 to 8 p.m.

Thursday, October 22 from noon to 8 p.m.



Election Day Online and In-Person

Online: Until Monday, October 26 at 8 p.m.

In-Person: Monday, October 26
from 10 a.m. to 8 p.m.



Learn more about voting
options, locations, and
accessibility supports at
ElectionsEG.ca

Arts and Culture

Watercolour Journey with Bev

📅 *Two Sessions Available:*
September 29, October 27

🕒 1 to 4 p.m.

📍 Health and Active Living Plaza

💰 **\$135** - Seniors Club Member
\$140 - Non-member

Join us for a four week watercolour creative journey presented by Bev Hall. Perfect for beginners and intermediate enthusiasts, this workshop delves into the 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, with all the necessary materials provided for your convenience.

Beginner Needle Felting

📅 September 30 (6 weeks)

🕒 10 to 11 a.m.

📍 Health and Active Living Plaza

💰 **\$130** - Seniors Club Member
\$135 - Non-member

Learn the basics of needle felting in this fun, beginner-friendly program. Participants will explore fundamental techniques while creating two unique felted ornaments to take home. All materials are provided, just bring your creativity.

Introduction to Polymer Clay

📅 November 11 (6 weeks)

🕒 10 to 11 a.m.

📍 Health and Active Living Plaza

💰 **\$130** - Seniors Club Member
\$135 - Non-member

Discover the creative possibilities of polymer clay in this beginner-friendly program! Learn a variety of techniques, while creating unique ornaments, miniatures, and other fun projects. No experience is required, and all materials will be provided.

Culinary

55+ Cooking Demonstrations

📅 *Five Sessions Available:*
October 5, November 2, 16, 30,
December 14
11:30 a.m. to 1:30 p.m.

📍 Health and Active Living Plaza

💰 **\$20** - Seniors Club Member
\$25 - Non-member

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, flavour pairings, and professional kitchen secrets that you can easily recreate at home. To complete the experience, guests will enjoy freshly prepared dishes at the end of the demonstration, allowing everyone to taste the flavours.

Aquatics

Adult 1/2

📅 September 9 (12 weeks)

🕒 9 to 9:45 a.m.

📍 Health and Active Living Plaza

\$ **\$154**

Build your confidence, endurance, and essential swimming skills in a supportive environment. You'll work toward swimming 10 to 15 metres on your front and back, practice safe jump and dive entries, and learn to retrieve objects from chest-deep water. Improve your fitness and technique with interval training using flutter kick and front or back crawl, while developing breaststroke and proper breathing techniques. You'll also practice supporting yourself at the surface for one to two minutes and performing shallow-water handstands as you build greater strength, balance, and control in the water.



Drop-in Programs

Don't forget to check out our fun and enjoyable drop-in programs at eastgwillimbury.ca/Dropins.

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

Social and Educational

Fire Extinguisher Presentation and Training

📅 September 30

🕒 1 p.m.

📍 Health and Active Living Plaza

\$ **FREE**

Join EG Fire and Emergency Services for a fire extinguisher session! We all have them at home, but how confident are we at using them? This 30-minute presentation includes training to help seniors understand how fire extinguishers work, when it is safe to use one, and when it is important to evacuate and call 9-1-1. The presentation 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.



Strong Bodies and Healthy Bites

📅 October 8 (3 weeks)

🕒 10 a.m. to 12 p.m.

📍 Health and Active Living Plaza

💰 **\$60** - Seniors Club Member
\$65 - Non-member

Get active and explore healthy habits with Veronica, a fitness instructor and Certified Holistic Nutritionist. This two-hour workshop will feature one hour of group fitness, a healthy snack demonstration, an energizing snack to enjoy, practical nutrition and exercise education, and time for questions and answers.

Please note: No fitness experience necessary, all levels welcome. Please wear comfortable clothing and bring a water bottle.

TLC Nursing - Aging in Place

📅 October 21

🕒 1 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

Join TLC Nursing for an informative and engaging presentation that focuses on supporting healthy aging and overall well-being. Learn about important health topics, available community resources, and practical strategies for maintaining independence and quality of life. Presented by experienced healthcare professionals, this session offers valuable insights, helpful advice, and an opportunity to ask questions in a welcoming environment. Don't miss this chance to connect, learn, and gain tools to help you live your healthiest.

Wills and Estate Planning

📅 November 4

🕒 1 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

This informative and engaging session is designed to help you plan for the future with confidence. Learn about the importance of having a will, key estate planning considerations, powers of attorney, and how to ensure your wishes are carried out. Presented by a knowledgeable legal professional, this session offers practical information, helpful guidance, and an opportunity to gain a better understanding of the estate planning process.

Navigating Online Registration for Recreation Programs

📅 November 25

🕒 1 p.m.

📍 Health and Active Living Plaza

💰 **FREE**

Active Net is your portal to all of our exciting and engaging recreation programming. Build confidence in navigating Active Net so you can easily register for our programs all year long. Join EG staff as we help guide you through the simple steps to registering for or withdrawing from programs, memberships, and accessing other features Active Net has to offer. Bring your own device and follow along with our step-by-step instructions.

September 18

 3 to 7 p.m.

 EG Sports Complex (Loft)

\$ FREE

CarFit provides a quick yet comprehensive review of how well you and your vehicle work together. It teaches you how to improve your safety and comfort behind the wheel by showing you how to properly fit your vehicle to your needs. You'll learn which vehicle adjustments can enhance your safety and comfort, how to adapt your vehicle as your needs as a driver change, and what community resources are available to help you drive safely.

Join us from 3 to 5 p.m. for our featured event. Followed by games, refreshments, and opportunities to connect at our mix and mingle session from 5 to 7 p.m.

November 20

 **4 to 7 p.m.**

 EG Sports Complex (Loft)

\$ FREE

Bring your dancing shoes and join us for a fun and lively line dancing class. Whether you're a complete beginner or an experienced dancer, all skill levels are welcome. Enjoy great music, learn new steps, and stay active in a friendly, welcoming environment.

Join us from 4 to 5 p.m. for our featured event. Followed by games, refreshments, and opportunities to connect at our mix and mingle session from 5 to 7 p.m.

Movie Matinee: Silver Screeners

 **September 23**

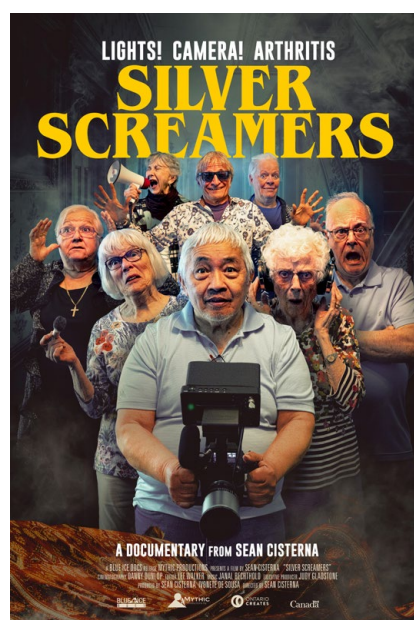
 1 to 3 p.m.

 Silver City Newmarket Theatre

\$5 - Senior Club Member
\$8 - Non-member
\$11 - Additional for small popcorn and small drink

Attend this special screening of a heartwarming and hilarious documentary that follows a group of local seniors as they team up with local filmmakers to create their very own DIY horror movie! From spooky scenes and special effects to unforgettable behind-the-scenes moments, this inspiring film showcases creativity, community, and plenty of fun along the way. Don't miss this unique big-screen experience. Come celebrate the stars, the filmmakers, and the magic of movie making.

Following the screening, the film's producer will open the floor for a fun Q&A session.



Bus Trip: Royal Winter Fair and Mandarin Restaurant

📅 November 13

📍 **Pick Up / Drop Off Locations:**
Ross Family Complex,
EG Sports Complex

💰 **\$130** - Seniors Club Member
\$135 - Non-member

Join us for a delightful day of great food, entertainment, and agricultural tradition on our exciting trip to the Royal Winter Fair! We'll kick off the day with a delicious lunch at the Mandarin restaurant, where you can enjoy a wide variety of favourites along with a soft drink or coffee. After lunch, we'll head to Exhibition Place to experience the magic of the Royal Winter Fair — Canada's largest indoor agricultural and equestrian event! Explore the fairgrounds, browse exhibits and vendors, and take in exciting live entertainment, including the crowd-favourite SuperDogs, the thrilling Spirit of the Horse: Equine Mounted Games Canada demonstration, and an impressive sheep herding showcase!

Bus Trip: Ultimate Christmas Show

📅 December 1

📍 **Pick Up / Drop Off Locations:**
Ross Family Complex,
EG Sports Complex

💰 **\$150** - Seniors Club Member
\$155 - Non-member

Step aboard for a swingin' holiday celebration of music, laughter, and festive fun! Travel to Gathering Place by the Grand, just outside Brantford, for The Ultimate Christmas Show with Frank Sinatra and Friends; a dazzling tribute to the golden age of crooners featuring timeless favourites like Fly Me to the Moon, That's Life, and My Way. During intermission, enjoy a delicious buffet lunch before continuing the festive fun with a visit to The Windmill Country Market to browse seasonal treasures, local treats, and unique holiday gifts.

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

📘 @TownofEastGwillimbury

📷 @EastGwillimbury

🌐 @TownofEastGwillimbury

💻 eastgwillimbury.ca

☎ 905-478-4282

✉ customerservice@eastgwillimbury.ca

Older Adult Health, Wellness, and Information Fair

Join us as we host local organizations and non-profits to share information about their businesses and what they offer our older adult community.



Thursday, October 1 | 10 a.m. to 2 p.m.

Health and Active Living Plaza

160 Jim Morton Drive, Queensville

- Blood Pressure Checks
- Healthy Snack and Refreshments
- 50+ Information Booths
- Library Makerspace Open House
- Three Informational Speaker Sessions
- FREE Tai Chi Class (1:15 to 2 p.m.)

eastwillimbury.ca/OlderAdults

**FREE
EVENT**



In partnership with

**East Gwillimbury
55'n UP Club**

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
Le voix des centres pour aînés



Ontario 

COMMUNITY HEALTH PROGRAMS

Moving Better. Living Stronger.



AQUATHERAPY PROGRAM

Improve mobility, strength, balance and recovery in a supportive warm-water environment.

*Generously Funded by
The Whipper Watson Foundation.*

In partnership with East Gwillimbury.

FALL SESSION

-  September 22 to November 27
-  Tuesdays or Thursdays
-  Group: 9 to 10 a.m.
Private: 10 a.m. to 12 p.m.
-  \$199

WINTER SESSION

-  January 19 to March 25
-  Tuesdays or Thursdays
-  Group: 9 to 10 a.m.
Private: 10 a.m. to 12 p.m.
-  \$199

CONDUCTED BY

Andrea Link, Physiotherapist
Dr. Kristen Sanders, Chiropractor



PRIVATE ONE-ON-ONE POOL THERAPY

- Tuesdays and Thursdays
- 30-minute sessions
- 10 a.m. to 12 p.m.
- \$95 per session

GLAD® PROGRAM

Good Living with Osteoarthritis

A research-based education and exercise program designed specifically for individuals living with hip and knee osteoarthritis.

-  7-week education and exercise sessions
-  Tuesdays and Thursdays
1 to 2 p.m.
-  \$199

Covered under most extended health care plans.

UPCOMING SESSIONS

FALL

October 6 to November 24

WINTER SESSION 1

January 12 to February 25

WINTER SESSION 2

March 9 to April 29

CONDUCTED BY

Dr. Kristen Sanders, Chiropractor



All programs are held at the Health and Active Living Plaza.

COMMUNITY HEALTH PROGRAMS

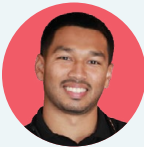
Moving Better. Living Stronger.



PRACTICAL NUTRITION WITH DR. LAU

Monthly Wellness Classes

Join us on the last Thursday of each month for practical nutrition education and healthy cooking inspiration.



6:45 to 7:45 p.m.



\$15 / Class

**Fuelling Your Athlete
from Head to Toe**
September 24

Gluten-Free Cooking
October 29

Anti-Inflammatory Diet
November 26

MOMMY MONDAYS

Supporting Parents Through Every Stage

Educational workshops designed for expecting and new parents. In partnership with the East Gwillimbury Public Library (Queensville Branch).



TO REGISTER:

Text "Mommy" to 905-953-1008
\$10 Donation to The Rose of Sharon

October 5
10:30 to 11:30 a.m.

**What to Expect When
You're Expecting**

- Supplementation
- Webster Technique
- Pelvic Floor Therapy

November 2
10:30 to 11:30 a.m.

**Managing the Early
Days of Infancy**

- Colic
- Latching
- Sleep Training

December 7
10:30 to 11:30 a.m.

**Parenting Through
the Ages**

- Walking
- Immunity
- Developmental Milestones



LED BY

Dr. Sabrina Crossley, DC
Prenatal & Pediatric
Chiropractor



LED BY

Dr. Ursula May ND
Natural Women's Health & Hormones,
Fertility & Pelvic Floor Therapy



AlignYourHealth.ca



Sharon:
905-478-1100

Newmarket:
905-953-1008