PARKS, RECREATION AND CULTURE

Health and Active Living Guide

Older Adult Programs Winter 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.

Winter Registration

December 3 *(residents)*
December 10 *(non-residents)*

Online Registration:
eastgwillimbury.ca/ireg

Phone Registration:
Customer Service
905-478-4282

East Gwillimbury

Registration Information

Refund Policy

All transfer and refund requests must be made in writing and can be emailed to Recreation Services at ***leisure1@eastgwillimbury.ca***.

Refunds can be made onto the form of payment used to register or credited on the participant's account for future use. The account credit will not expire and can be used by any participant within the same family. Please allow two to three weeks for all refunds to be processed.

Cancellation Options

1. **Seven days or more prior to start of program**
   Full refund, minus the $20 administration fee
2. **After first class, before second class**
   Prorated refund, less the $20 administration fee
3. **After start of second class**
   No refund

Non-Medical Refunds

Non-medical refunds for all programs (except aquatic leadership) will only be accepted prior to the second regularly scheduled class.

Refunds Due to Medical Needs

For all program and leadership course cancellations due to medical reasons, a full refund will be issued with a medical note. Refunds will be prorated if the course has started. Refunds/transfers will be processed according to the date your written request is received by Recreation Services.

Transfers

There will be no fee for transferring to another program. Transfers for general programs can take place up to the second regularly scheduled class, after that, transfer requests will not be accepted.

Waiting Lists

If you cannot be accommodated in any of your selections, your name will be added to the waiting list for your first choice only. Program availability is only held for 48 hours before being offered to the next person on the waiting list.

Bus Trip Information

To transfer bus trip registration funds to a different bus trip or Town program, notice must be given at least seven days before the bus trip. Transfer requests outside of this time frame will not be accepted and the refund policy will be applied.

If you wish to transfer your registration to another person, they must already be on the waiting list for that bus trip.

If bus registration is full, your name will be added to a waiting list. If you are contacted regarding an open spot, the spot will be held for 24 hours before being offered to the next person on the waiting list.

Featured Drop-in Programs



Create and Connect

- Mondays
- 10 a.m. to 12 p.m.
- Health and Active Living Plaza
- ***FREE***

Bring your current creative project and join fellow artists and makers for a relaxed drop-in session. Work on your own sketching, painting, crafting, fibre arts, colouring, or other creative projects while enjoying conversation, inspiration, and opportunities to learn from others in a welcoming setting.

Mahjong

- Wednesdays
- 1 to 3 p.m.
- EG Sports Complex (Loft)
- ***FREE***

Join us for casual drop-in Mahjong sessions in partnership with the EG 55'n Up Club. Participants will enjoy playing Hong Kong Mahjong with American-style tiles in a relaxed and welcoming environment. There is no formal instructor, but instructions and assistance will be available for those who are new to the game or looking to improve their skills. Players of all experience levels are welcome.

Subsidized by: Ontario Senior's Community Grant



Explore more fun and enjoyable drop-in programs at ***eastgwillimbury.ca/Dropins***.

Printed schedules are also available at all Customer Service desks.

Arts and Culture

Watercolour Journey with Bev

January 12 (4 weeks)

February 9 (4 weeks)

1 to 4 p.m.

Health and Active Living Plaza

$160 *- Seniors Club Member*
$170 *- Non-member*

Join us for a four week watercolour creative journey with Bev Hall. Perfect for beginners and intermediate enthusiasts, this workshop delves into the world of watercolour painting where artists will discover paint techniques, brush handling and colour mixing. With each session, we will guide you through various techniques and explore the art of painting. It's a perfect place to disconnect from the outside world, learn and enhance your skills, and connect with fellow art lovers. All art materials and supplies will be provided.

Coming Soon:

Writing Workshop Series

Have a chance to learn from experienced instructors who will guide you through the fundamentals of writing in a supportive and welcoming environment. Perfect for beginners looking to build confidence and develop their creative voice.

Beginner Needle Felting

January 20

February 3

1 to 3 p.m.

Health and Active Living Plaza

$15 *- Seniors Club Member*
$20 *- 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.

Subsidized by: Ontario Senior's Community Grant



Introduction to Polymer Clay

February 17

March 3

1 to 3 p.m.

Health and Active Living Plaza

$15 *- Seniors Club Member*
$20 *- 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.

Subsidized by: Ontario Senior's Community Grant

55+ Modern Ballroom Dance

January 17

11 a.m. to 12:30 p.m.

EG Sports Complex

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

Discover the joy of dance in this modern ballroom class! Learn the steps and rhythms of the Quickstep, Foxtrot and Slow Waltz in a fun, welcoming environment. Enjoy moving to music, building confidence on the dance floor and connecting with others while staying active.

Please note: A partner is not required, and prior dance experience is not necessary.

Culinary

The Tasting Table

January 14
Building Healthy Bowls

January 28
Fresh Pasta Made Simple

February 11
Valentine's Bistro at Home

February 25
The Art of Homemade Bread

March 4
Italian Classics: Risotto and Tiramisu

11:30 a.m. to 1:30 p.m.

Health and Active Living Plaza

$5 *- Seniors Club Member*
$8 *- Non-member*

Join us at The Tasting Table, a fun and flavourful cooking demonstration series. Explore a new theme each week as we discover delicious recipes, pick up helpful kitchen tips and enjoy samples along the way. Come hungry and ready to savour something new!

Subsidized by: Ontario Senior's Community Grant

Social and Educational

Connect and Discover

January 15 - 55+ Zumba Gold

March 19 - Quiz Night

4 to 7 p.m.

EG Sports Complex (Loft)

FREE

Join us for an evening of conversation, activities, refreshments and opportunities to connect with other older adults in the community.

The evening begins with a featured event from 4 to 5 p.m. Followed by a mix and mingle with games, refreshments, and opportunities to connect.

Music Bingo

January 22

6 to 8 p.m.

EG Sports Complex (Loft)

***$3** - EG 55'n Up Club Member*
***$5** - Non-member*

Calling all bingo lovers! Join us for a fun-filled evening of Music Bingo, where you'll match songs to your bingo card in an energetic and interactive twist on the classic game. Featuring nine games of bingo using top hits from the 50's to the 80's! With great prizes up for grabs and plenty of chances to win, this is a lively night you won't want to miss! Snacks, and refreshments will also be provided.

Service Canada: Programs and Services for Seniors

February 17

1 to 3 p.m.

Health and Active Living Plaza

FREE

Join us for an informative speaker session with Service Canada to learn more about services, programs, and resources available to seniors. The presentation will provide an overview of available supports and information to help seniors better understand the services offered through Service Canada. Following the presentation, attendees will have the opportunity to participate in a clinic for assistance with transactions, applications, general inquires, and support with accessing services and navigating available resources.

Aquatic Programs

Don't forget to check out our fun programs at ***eastgwillimbury.ca/Aquatics***.

55+ lane swims, adult lessons, aquafit, and much more!

Seniors Club Contacts

East Gwillimbury 55'n Up Club
eg55nupclub@gmail.com

Golden Anchors
goldenanchor1985@gmail.com

Mount Albert Friendship Club
mtalbertfriendshipclubseniors@gmail.com

Registration Opens | December 3

Events and Trips

Valentines Day Lunch

- February 8
- 12 to 2 p.m.
- EG Sports Complex
- ***$15*** *- EG 55'n Up Club Member*
  $20 *- Non-member*

Registration is open: January 4 until February 1.

Celebrate Valentine's Day with a delicious lunch in partnership with the EG 55'n Up Club and the EG Fire Fighters, who will be joining us as our servers! Enjoy your choice of veal or chicken parmesan, served with Caesar salad, and dessert. Vegetarian option available. Join us for a fun and festive afternoon filled with great food, friendly faces, and a little extra love!

Please note: Meal selection will be required during registration.

Toronto Blue Jays vs. Milwaukee Brewers

- April 7
- *Pick Up / Drop Off Locations:*
  Ross Family Complex
  EG Sports Complex
- ***$140*** *- Seniors Club Member*
  $145 *- Non-member*

Cheer on the Toronto Blue Jays as they take on the Milwaukee Brewers! Enjoy an exciting afternoon of baseball with great views from our 100-level seats along the third-base line. Sit back, soak up the ballpark atmosphere, and enjoy a fun day out with friends. Batter up!



Registration Opens | December 3



Monday
55+ Functional Fitness
EG Sports Complex
10:30 to 11:30 a.m.

Tuesday
Seated Yoga
Health and Active Living Plaza
10:15 to 11:15 a.m.

Wednesday
Forever Fit
EG Sports Complex
9:30 to 10:30 a.m.

Thursday
Tai Chi
EG Sports Complex
9 to 9:45 a.m.

Friday
Line Dancing
Health and Active Living Plaza
6 to 7 p.m.

Fitness Bingo

Turn your fitness routine into a game! Attend a variety of fitness classes in EG and have Customer Service mark off your bingo card after each visit. Complete your card to win a complimentary pass and celebrate your achievement. Whether you're trying something new or enjoying familiar favourites, every class gets you one step closer to BINGO.



Walking Club

Interested in joining a FREE Walking Club? We're looking for individuals interested in walking together, with both indoor and outdoor options available! Contact us for details or to join us.

abasso@eastgwillimbury.ca
905-478-4282 ext. 1407

Volunteer with Purpose

Funding provided by:
Ontario

We are looking for older adults interested in being mentors in their community. This is an opportunity to get involved, meet others, share your passions, and make a meaningful impact.

We are looking for volunteers who may be interested in:

- Leading or supporting community programs
- Sharing a skill, hobby, or area of expertise
- Facilitating workshops, demonstrations, or discussion groups
- Helping create new and engaging programs for older adults
- Supporting special events and community initiatives

Scan the QR code or visit *eastgwillimbury.ca/OlderAdults* to learn more and complete the Volunteer Interest Form!

Connect with EG. We're here to help!

Subscribe to the Older Adult Newsletter to receive program and event information directly in your inbox!
eastgwillimbury.ca/OlderAdults

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customerservice@eastgwillimbury.ca