

SENIORS AT PLAY

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
<p> = Must arrive at the start of the program = Special programming (Sign-Up Required) WISE = WISE initiative </p> <p> ORC = Orillia Recreation Centre \$ = Bring Your Own Currency </p>					<p> See back for program details </p>		<p> Line Dancing WISE 1 10:30 - 11:15 a.m. Shuffleboard 1:00 - 4:00 p.m. Carribean Beats WISE 2 6:30 p.m. ORC </p>
<p>3</p> <p> McDonald's Morning \$ 4 10:00 - 11:45 a.m. Carpet Bowling 1:00 - 4:00 p.m. </p>	<p>4</p> <p> Ukulele WISE 10:30 - 11:30 a.m. Mexican Train 1:00 - 4:00 p.m. </p>	<p>5</p> <p> Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Yang Style Tai Chi WISE 2:00 - 3:00 p.m. Tournament Room </p>	<p>6</p> <p> Walking Club WISE 10:30 - 11:30 a.m. ORC November Craft 1:00 - 4:00 p.m. </p>	<p>7</p> <p> Zumba Gold WISE 8 10:30 - 11:15 a.m. Gypsy: A Musical Fable \$ WISE 9 7:30 p.m. </p>			
<p>10</p> <p> Card Games 10:00 - 11:45 a.m. Carpet Bowling 1:00 - 4:00 p.m. </p>	<p>11</p> <p> Ukulele WISE 10:30 - 11:30 a.m. Mexican Train 1:00 - 4:00 p.m. </p>	<p>12</p> <p> Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Aquafit WISE 7:30 p.m. ORC </p>	<p>13</p> <p> Walking Club WISE 10:30 - 11:30 a.m. ORC Chair Yoga with Emma WISE 1:00 - 1:45 p.m. Table Tennis & More 2:15 - 4:00 p.m. Nutrition with Dr. Jody WISE 5:00 - 6:00 p.m. ORC </p>	<p>14</p> <p> Line Dancing WISE 15 10:30 - 11:30 a.m. Guest Speaker: Desjardins Insurance 1:00 - 3:00 p.m. </p>			
<p>17</p> <p> Toast & Tea 10:00 - 11:45 a.m. Carpet Bowling 1:00 - 4:00 p.m. </p>	<p>18</p> <p> Bingo 10:30 - 11:30 a.m. Mexican Train 1:00 - 4:00 p.m. </p>	<p>19</p> <p> Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Yang Style Tai Chi WISE 2:00 - 3:00 p.m. Tournament Room </p>	<p>20</p> <p> Walking Club WISE 10:30 - 11:30 a.m. ORC Birthday Social 1:00 - 4:00 p.m. </p>	<p>21</p> <p> Zumba Gold WISE 22 10:30 - 11:15 a.m. Guest Speaker: RBC Wealth Securities 1:00 - 3:00 p.m. </p>			
<p>24</p> <p> Card Games 10:00 - 11:45 a.m. Carpet Bowling 1:00 - 4:00 p.m. </p>	<p>25</p> <p> Ukulele WISE 10:30 - 11:30 a.m. Meeting Room Mexican Train 1:00 - 4:00 p.m. </p>	<p>26</p> <p> Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. </p>	<p>27</p> <p> Walking Club WISE 10:30 - 11:30 a.m. ORC Twisted Stitches 1:00 - 4:00 p.m. </p>	<p>28</p> <p> Line Dancing WISE 29 10:30 - 11:15 a.m. Shuffleboard 1:00 - 4:00 p.m. Carribean Beats WISE 30 6:30 p.m. ORC </p>			

All programs located at Rotary Place in the Orillia Room unless otherwise indicated on the calendar.

SENIORS AT PLAY ENHANCEMENT INITIATIVE - WISE

Keep an eye out for the new WISE symbol. WISE stands for well-being, ignite, support and empowerment. This WISE initiative is in part of the New Horizons for Seniors Program, a federal grant that provides funding for projects that make a difference in the lives of seniors and in their communities. This initiative will run for the next nine months and introduce a wide range of new programming aligned with the core principles of WISE to promote lifelong learning and healthy aging.

ACTIVITY DETAILS:

Guest Speaker

Murray Hofstetter (Desjardins Insurance) will be discussing a variety of different types of insurance.

Matthew Jenkins (RBC Wealth Securities) will be discussing wills, estates and senior fraud.

Walking Club

Come join us for an hour of socialization and exercise as we walk on the beautiful Orillia Recreation Centre walking track. Clean, indoor shoes required.

Twisted Stitches

Join our dynamic group! We knit, embroider, crochet, needlepoint, laugh, exchange jokes and enjoy the afternoon away!

Table Tennis & More!

Join us for a fun game of table tennis along with a variety of target games

Birthday Social

This is a monthly birthday celebration for our members, but all are welcome to join! Cake will be provided, along with our potluck contribution lunch! Note: As dessert is cake, some suggestions for potluck ideas are warm dishes, sandwiches, crackers & cheese etc.

November Craft

Get your craft on! At this session, we will be creating greeting cards with volunteers Sandra and Catherine.

Line Dancing with Richlyn!

Looking for something fun to do while also improving your physical fitness? This class will focus on the most popular 'Pattern' dances and will introduce many of the basic moves necessary for line dancing.

Chair Yoga with Emma

Chair yoga is designed for all ages, but specifically for someone who may have some challenges with mobility or balance. This yoga class will help you start or maintain an active lifestyle.

Zumba Gold with Richlyn

This is the Zumba® formula with modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Have fun with zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton.

Yang Style Tai Chi with Ruth

This class will teach the five most fundamental moving and meditative postures of Chen Taiji. It will help sharpen the mind for focus, coordination, and memory.

Nutrition with Jody

Fuel your health journey with this expert-led nutrition session. Located at the Orillia Recreation Centre in the Multi-Purpose Room.

McDonalds Morning! \$

Join us for a fresh cup of coffee and a toasty muffin/cookie as we discuss current events! Meet at 8023 ON -12 #2, Orillia (across from Food Basics). Please bring your own currency.

Toast & Tea

Start your day with a warm tea and decorate your toast with your favorite spread! Try Nutella, Biscoff (cookie butter), a variety of jams or peanut butter!

Caribbean Beats Dance with Eleanor

This dance class is a great way to keep fit and healthy. Participants will move to Soca, Reggae, and Afrobeat's music in an energy-filled fitness experience which strengthens your body and improves cardiovascular health.

Intro to Ukulele

Improve your ukulele playing! Brand new players are welcome, and ukuleles are available to borrow.

Gypsy - A Musical Fable \$

Gypsy: A Musical Fable is a fascinating tale of greed, ambition, selfishness, show business, and self-discovery. The cost of the ticket is \$17.50 and will be available on a first come first served basis. Interested participants must email lkutlesa@orillia.ca or fill out a sign-up sheet provided during Seniors at Play programming hours (excluding times between 12:00 to 12:30 p.m.). Meet at the Orillia Opera House (1 West St. N., Orillia).

INFORMATION

Footwear

Please wear clean, indoor shoes.

When Can I Arrive? ⬇

Programs with a clock beside them indicate that you must arrive at the program start time in order to participate. All other programs are drop-in.

Changes

We strive to provide the most accurate information, however changes do occur. For the most up-to-date schedule, please visit orillia.ca/seniorsatplay.

Safety

Please self-monitor for any illness prior to attending a program. If you are feeling unwell, please stay home.

Memberships

Monthly memberships start at \$10 per month and a daily pass is just \$3 for the day. Memberships/passes can be purchased at the Orillia Recreation Centre or Rotary Place at the time of a program. Call 705-325-4386 for assistance.

Locations

Activities run in the Orillia Room at Rotary Place (100 University Ave., Orillia) unless otherwise noted.

