

SENIORS AT PLAY

SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
1 Labour Day No programs	2 Ukulele Wise 10:30 - 11:30 a.m. Tournament Room Mexican Train 1:00 - 4:00 p.m. Tournament Room	3 Rotary Walk 10:00 - 11:00 a.m. Boardgames Day 1:00 - 4:00 p.m. Tournament Room	4 Walking Club 10:30 - 11:30 a.m. ORC September Craft 1:00 - 4:00 p.m. Tournament Room	5 Zumba Gold Wise 10:30 - 11:15 a.m. Tournament Room Card Games 1:00 - 4:00 p.m. Tournament Room	6 7		
8 Euchre Club 10:00 a.m. - 12:00 p.m. Carpet Bowling 1:00 - 4:00 p.m.	9 Ukulele Wise 10:30 - 11:30 a.m. Mexican Train 1:00 - 4:00 p.m.	10 Shuffleboard 9:00 - 11:45 a.m. 1:00 - 4:00 pm. Yang Style Tai Chi Wise 2:00 - 3:00 p.m. Tournament Room	11 ABC Fitness with Dorothy Wise 9:30 - 10:15 a.m. ORC Birthday Social 1:00 - 4:00 p.m. Nutrition with Jodi Wise 5:00 - 6:00 p.m. ORC	12 Line Dancing 10:30 - 11:15 a.m. Guest Speaker: RBC Advisors 1:00 - 3:00 p.m.	13 14		
15 Bagels & Boardgames 10:00 - 11:30 a.m. Carpet Bowling 1:00 - 4:00 p.m.	16 Ukulele Wise 10:30 - 11:30 a.m. Mexican Train 1:00 - 4:00 p.m.	17 Shuffleboard 9:00 - 11:45 a.m. 1:00 - 4:00 pm.	18 Walking Club 10:00 - 11:00 a.m. ORC Chair Yoga Wise 11:30 a.m. - 12:15 p.m. Guest Speaker: Hammonds Travel 1:30 - 4:00 p.m.	19 Open House Wise Featuring Two Hearts Musical Entertainment 1:00 - 4:00 p.m.	20 21		
22 Euchre Club 10:00 a.m. - 12:00 p.m. Carpet Bowling 1:00 - 4:00 p.m.	23 Sound Bowl Meditation Session 10:30 a.m. Mexican Train 1:00 - 4:00 p.m.	24 Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 pm. Aquafit Wise ★ 7:30 pm. ORC Yang Style Tai Chi Wise 2:00 - 3:00 p.m. Tournament Room	25 Walking Club 10:30 - 11:30 a.m. ORC Twisted Stitches 1:00 - 4:00 p.m.	26 Line Dancing Wise 10:30 - 11:15 a.m. Gardening Club 1:00 - 3:00 p.m. Rotary Entrance	27 28		
29 National Day for Truth and Reconciliation No programs	30	= Must arrive at the start of the program Wise = WISE initiative ORC = Orillia Recreation Centre ★ = Special Programming \$ = Bring Your Own Currency Sign-Up Required All programs located at Rotary Place in the Orillia Room unless otherwise indicated on the calendar.					

See back for program details



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

RBC Advisors and Hammonds Travel.

Twisted Stitches

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

Birthday Social

This is a monthly birthday celebration for our members, but all are welcome to join!

Gardening Club

At this session we will be tidying up our space.

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.

Aquafit

Use the resistance of water to stretch and strengthen your muscles while also getting a great cardio workout including warm-up, cardio, muscular strength, endurance and a relaxing cool down! Interested participants must sign up during programming hours, or email lkutlesa@orillia.ca.

ABC Fitness (Agility, Balance, and Co-ordination) with Dorothy

Join us at the ORC in embracing the joy of movement while cultivating essential skills for maintaining an active and balanced lifestyle!

Nutrition with Jody (FREE!)

Join us for continued education on nutrition. This session will take place at the Orillia Recreation Centre.

Line Dancing with Richlyn!

This class will focus on the most popular 'pattern' dances and will introduce many of the basic moves necessary for line dancing. Come out and enjoy it with friends.

Sound Bowl Meditation

Experience something NEW! Relax and meditate to start your day off! Please wear comfortable clothing.

Intro to Ukulele

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

Chair Yoga with Emma

Designed for all, but specifically for someone who may have some challenges with mobility or balance.

Open House (FREE!)

Join us for an Open House to learn more about Seniors at Play! Enjoy live music and light refreshments. All are welcome!

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, we encourage you to visit orillia.ca/seniorsatplay.

Safety

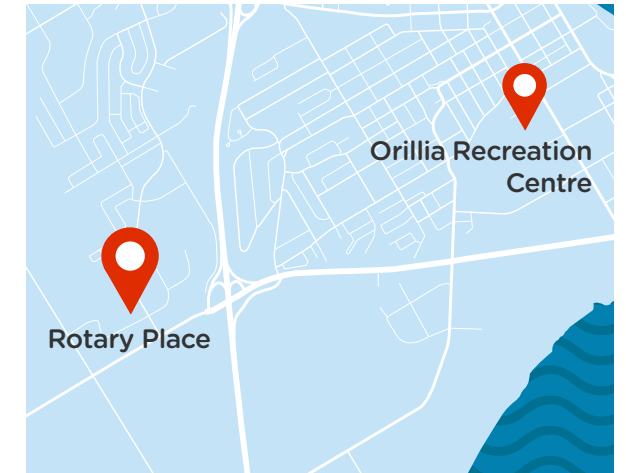
Please self-monitor for any illness prior to attending a program. If you are feeling unwell, please stay home.

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.



**SENIORS
AT PLAY**


ORILLIA