

Orillia Active Living Centre SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
See back for program details		Zumba Gold 10:30 - 11:15 a.m. Mexican Train 12:45 - 3:45 p.m.	Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. Tai Chi (TR) 2:00 - 3:00 p.m.	ORC Walk (ORC) 10:30 - 11:30 a.m. September Craft 12:45- 3:45 p.m.	Line Dancing 10:30 - 11:15 a.m. Sound Bowl Meditation 12:45 - 1:30 p.m. Card Games 1:45-3:45pm	
6	Labour Day No programming	Zumba Gold 10:30 - 11:15 a.m. Mexican Train 12:45 - 3:45 p.m.	Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. Ukulele (TR) 10:30 - 11:30 a.m.	ORC Walk (ORC) 10:30- 11:30 a.m. Birthday Social 12:45 - 3:45 p.m.	Line Dancing 10:30 - 11:15 a.m. Age Friendly Orillia 2:00- 4:00 p.m.	12
13	Card Games 10:00 - 11:45 a.m. Carpet Bowling 1:00 - 3:00 p.m.	Zumba Gold 10:30 - 11:15 a.m. Mexican Train 12:45 - 3:45 p.m.	Shuffleboard 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. Tai Chi (TR) 2:00 - 3:00 p.m.	ORC Walk (ORC) 10:30 - 11:30 a.m. Twisted Stitches 12:45 - 3:45 p.m.	Line Dancing 10:30 - 11:15 a.m. Happy Hour with Karaoke 12:45 - 3:45 p.m.	19
20	Card Games 10:00 - 11:45 a.m. Carpet Bowling 1:00 - 3:00 p.m.	Zumba Gold 10:30 - 11:15 a.m. Mexican Train 12:45 - 3:45 p.m.	Shuffleboard 9:00 a.m.- 12:00 p.m. 1:00 - 3:30 p.m. Ukulele (TR) 10:30 - 11:30 a.m.	ORC Walk (ORC) 10:30 - 11:30 a.m. Therapeutic Art with Susan 12:45 - 3:45 p.m.	Line Dancing 10:30- 11:15 a.m. Concerts in Care 1:30 - 3:30 p.m.	26
27	Card Games 10:00 - 11:45 a.m. Carpet Bowling 1:00 - 3:00 p.m.	Zumba Gold 10:30 - 11:15 a.m. Mexican Train 12:45 - 3:45 p.m.	National Day for Truth & Reconciliation	🕒 = Must arrive at the start of the program TR = Tournament Room ORC = Orillia Recreation Centre 💰 = Bring spending money ★ = Special Programming Sign-Up Required		

All programs are for those aged 55+ and are located at Rotary Place in the Orillia Room unless noted otherwise on the calendar.

ACTIVITY DETAILS:

ORC Walk

Enjoy walking on the indoor track at the Orillia Recreation Centre (255 West St. S.) as part of your OALC membership. This self-directed program allows you to walk at your own pace in a clean, comfortable indoor environment. Clean, indoor walking shoes are required.

Sound Bowl Meditation with Jeff

Relax and listen to gentle tones with soothing vibrations generated by sound bowls that create a calming atmosphere. Enjoy a deep sense of peace and tranquility. Please bring your own mat.

Carpet Bowling

This is a fun and safe game, suitable for all. With two or three people on each team, the object of the game is for each team member to gently roll special bowling balls down a 30ft long carpet so that they stop as close as possible to the small white ball called the jack.

Twisted Stitches

Knit, crochet, embroider, make cards, share laughs, and swap stories in a relaxed and welcoming environment. Bring your own project and enjoy a creative afternoon in the company of fellow crafters

Shuffleboard

This game is played with four players, and discs are pushed along the deck with a long cue, aiming to land on specific lines at the other end.

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. The drop-in fee for non-members is \$5.00.

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. The drop-in fee for non-members is \$5.00.

Intro to Ukulele with Laurie

Improve your ukulele playing! As always, there will be lots of singing, playing and fun! No Ukulele no problem! Brand new players are welcome, and ukuleles are available to use. The drop in fee for non members is \$5.00

Yang Style Tai Chi with Ruth Anne

Yang Style Tai Chi features gentle, meditative movements that improve balance, alignment, and coordination while reducing stress. Participants will learn five fundamental postures of the Yang forms. The drop-in fee for non-members is \$5.00.

Mexican Train

Mexican Train is a dominoes game where players aim to be the first to get rid of all their dominoes by creating "trains"! New players are welcome!

Card Games

Enjoy a wide variety of card games like Bridge, Euchre, Rummy, Cribbage and Solitaire.

Therapeutic Art with Susan \$

Spark your creativity and personal growth through art! Let go of expectations and perfection. No matter your skill level, all are welcome here. Only 10 spots are available. A sign-up sheet will be provided. First come, first served.

Age Friendly Orillia

Join Us! Let's discuss age friendly topics and make a difference! Light snacks and beverages will be provided.

September Craft

At this session, we will be creating a variety of greeting cards. Facilitated by our volunteers Catherine and Sandra. All materials provided.

Birthday Social

Join us for our monthly birthday potluck to celebrate our members' birthdays. To complement the cake that is provided, we suggest bringing things such as sandwiches, warm appetizers, vegetables, or fruit!

Happy Hour with Karaoke

Come sing your favorite song! Join us for an exciting afternoon with light snacks, beverages and music of your choice.

Concerts in Care

Concerts in Care Ontario brings beauty and energy to seniors in care spaces with the healing power of professional live music performances.

INFORMATION

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.

Footwear

Please wear clean, indoor shoes.

Safety

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

Changes

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

Memberships

Monthly memberships are \$11.45 per month for residents of Orillia and \$14.90 per month for non-residents. Memberships can be purchased during programming hours, or at the Orillia Recreation Centre.

OALC members receive a membership card used for program sign-in. Members can scan their card at the sign-in table when arriving for programs. Members who do not yet have their card can speak with staff at the centre.

Drop-in Passes

Activities can also be accessed by purchasing a daily drop-in pass. Drop-in passes are available at \$3.00 for self-directed activities, such as card games or shuffleboard. For instructed programs, such as Ukulele or Zumba Gold, the drop-in fee is \$5.00.

Locations

Activities run in the Orillia Room at West Orillia Sports Complex (100 University Ave.) unless otherwise noted. For more information, please email oalc@orillia.ca.

Orillia Active Living Centre

