



Orillia Active Living Centre

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT	
	Card Games 10:00 - 11:45 a.m. Carpet Bowling 🕒 1:00 - 3:30 p.m. 	Zumba Gold 🕒 2 10:30 - 11:15 a.m. Mexican Train 🕒 12:45 - 3:45 p.m.	Shuffleboard 🕒 3 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. Yang Style Tai Chi 🕒 2:00 - 3:00 p.m. Arena 1	ORC Walk 4 10:30 - 11:30 a.m. ORC June Craft 🕒 12:45 - 3:45 p.m.	Line Dancing 🕒 5 10:30 - 11:15 a.m. Card Games 12:45 - 3:45 p.m.		
7	Card Games 8 10:00 - 11:45 a.m. Carpet Bowling 🕒 1:00 - 3:30 p.m.	Zumba Gold 🕒 9 10:30 - 11:15 a.m. Mexican Train 🕒 12:45 - 3:45 p.m. 	Shuffleboard 🕒 10 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. Intro to Ukulele 🕒 10:30 - 11:30 a.m. TR	ORC Walk 11 10:30 - 11:30 a.m. ORC Birthday Social 🕒 12:45 - 3:45 p.m.	Line Dancing 🕒 12 10:30 - 11:15 a.m. George Langman Walk 🕒 1:00 - 3:00 p.m.	13	
14	Card Games 15 10:00 - 11:45 a.m. Carpet Bowling 🕒 1:00 - 3:30 p.m.	Zumba Gold 🕒 16 10:30 - 11:15 a.m. Mexican Train 🕒 12:45 - 3:45 p.m.	Shuffleboard 🕒 17 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. Yang Style Tai Chi 🕒 2:00 - 3:00 p.m. Arena 1	ORC Walk 18 10:30 - 11:30 a.m. ORC Card games 12:45 - 3:45 p.m.	Line Dancing 🕒 19 10:30 - 11:15 a.m. BINGO 12:45 - 3:00 p.m.	20	
21	Card Games 22 10:00 - 11:45 a.m. Carpet Bowling 🕒 1:00 - 3:30 p.m.	Zumba Gold 🕒 23 10:30 - 11:15 a.m. Mexican Train 🕒 12:45 - 3:45 p.m.	Shuffleboard 🕒 24 9:00 a.m. - 12:00 p.m. 1:00 - 3:30 p.m. Intro to Ukulele 🕒 10:30 - 11:30 a.m. TR 	ORC Walk 25 10:30 - 11:30 a.m. ORC Twisted Stitches 12:45 - 3:45 p.m.	Line Dancing 🕒 26 10:30 - 11:15 a.m. Grant's Wood Hike 🕒 1:00 - 3:00 p.m.	27	
28	Card Games 29 10:00 - 11:45 a.m. Carpet Bowling 🕒	Zumba Gold 🕒 30 10:30 - 11:15 a.m. Mexican Train 🕒 12:45 - 3:45 p.m. 	<ul style="list-style-type: none"> 🕒 = Must arrive at the start of the program TR = Tournament Room ORC = Orillia Recreation Centre \$ = Bring spending money ★ = Special Programming Sign-Up Required 				

See back for program details

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.

Carpet Bowling

This is a fun, safe, self-directed program suitable for all. With two or three people on each team, the objective is for each member to gently roll special bowling balls down a 30-foot carpet, aiming to stop them as close as possible to the small white ball, known as the jack.

Twisted Stitches

In this self-directed program participants 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.

Shuffleboard

This is a self-directed program where four players use a long cue to push discs along the deck, aiming to score points.

Mexican Train

Mexican Train is a dominoes game where players try to be the first to get rid of all their dominoes in this fun, self-directed program.

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.

Card Games

Enjoy a wide variety of card games like Bridge, Euchre, Rummy, Cribbage, and Solitaire in this fun, self-directed program.

George Langman Walk

Join us! Escape into a serene retreat with marked walking trails! On the grounds you can feed a variety of animals; geese, swans, rabbits and more. Meet at 2457 Basslake Side Rd E., Orillia.

BINGO

Join us for a fun, self-directed program where you can win a prize with the right numbers—dabbers included!

Birthday Social

Join us for our monthly birthday potluck, a self-directed program celebrating our members' birthdays. To complement the cake provided, we suggest bringing items such as sandwiches, warm appetizers, vegetables, or fruit!

Grant's Woods Hike

Get back into nature! Experience a refreshing hike. Please bring a water bottle. Meet inside of the Orillia Room.

June Craft

At this session, we will be creating seashell wood frames and or butterflies in a self-directed program. All materials provided. No registration required.

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.

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