

Orillia Active Living Centre

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT					
		<p>🕒 = Must arrive at the start of the program TR = Tournament Room ORC = Orillia Recreation Centre \$ = Bring spending money ★ = Special Programming Sign-Up Required</p>				<p>Line Dancing 🕒 1</p> <p>10:30 - 11:15 a.m.</p> <p>Card Games</p> <p>12:45 p.m. - 3:45 p.m.</p>	2				
3	<p>Card Games</p> <p>10:00 - 11:45 a.m.</p> <p>Carpet Bowling 🕒</p> <p>1:00 - 3:30 p.m.</p>	4	<p>Zumba Gold 🕒</p> <p>10:30 - 11:15 a.m.</p> <p>Mexican Train 🕒</p> <p>12:45 - 3:45 p.m.</p>	5	<p>Shuffleboard 🕒</p> <p>9:00 a.m. - 11:30 p.m.</p> <p>1:00 - 3:30 p.m.</p> <p>Yang Style Tai Chi 🕒</p> <p>2:00 - 3:00 p.m. TR</p>	6	<p>Rowing Club</p> <p>10:00 a.m. - 11:30 a.m.</p> <p>ORC Walk</p> <p>10:30 - 11:30 a.m. ORC</p> <p>May Craft with Kelly \$ 🕒 ★</p> <p>12:45 - 3:45 p.m.</p>	7	<p>Line Dancing 🕒 8</p> <p>10:30 - 11:15 a.m.</p> <p>Sound Bowl Meditation</p> <p>1:00 - 2:00 p.m.</p> <p>Bingo</p> <p>2:30 - 3:30 p.m.</p>	9	
10	<p>Rotary Walk</p> <p>10:00 - 11:00 a.m.</p> <p>Carpet Bowling 🕒</p> <p>1:00 - 3:30 p.m.</p>		11	<p>Zumba Gold 🕒</p> <p>10:30 - 11:15 a.m.</p> <p>Mexican Train 🕒</p> <p>12:45 - 3:45 p.m.</p>	12	<p>Shuffleboard 🕒</p> <p>9:00 a.m. - 11:30 p.m.</p> <p>1:00 - 3:30 p.m.</p> <p>Intro to Ukulele 🕒</p> <p>10:30 - 11:30 a.m. TR</p>	13	<p>Rowing Club</p> <p>10:00 a.m. - 11:30 a.m.</p> <p>ORC Walk</p> <p>10:30 - 11:30 a.m. ORC</p> <p>Birthday Social 🕒</p> <p>12:45 - 3:45 p.m.</p>	14	<p>Line Dancing 🕒 15</p> <p>10:30 - 11:15 a.m.</p> <p>Guest Speaker: Home Equity Bank 🕒</p> <p>1:00 - 3:00 p.m.</p>	16
17	<p>Victoria Day</p> <p>No Programming</p>		18	<p>Zumba Gold 🕒</p> <p>10:30 - 11:15 a.m.</p> <p>Mexican Train 🕒</p> <p>12:45 - 3:45 p.m.</p>	19	<p>Shuffleboard 🕒</p> <p>9:00 a.m. - 11:30 p.m.</p> <p>1:00 - 3:30 p.m.</p> <p>Yang Style Tai Chi 🕒</p> <p>2:00 - 3:00 p.m. TR</p>	20	<p>Rowing Club</p> <p>10:00 a.m. - 11:30 a.m.</p> <p>ORC Walk</p> <p>10:30 - 11:30 a.m. ORC</p> <p>Bus Trip to Elmvale Zoo \$ 🕒 ★</p> <p>8:30 a.m. - 4:00 p.m.</p>	21	<p>Line Dancing 🕒 22</p> <p>10:30 - 11:15 a.m.</p> <p>Guest Speaker: Hammond Tours & Travel</p> <p>1:00 - 3:30 p.m.</p>	23
24	<p>Card Games</p> <p>10:00 - 11:45 a.m.</p> <p>Carpet Bowling 🕒</p> <p>1:00 - 3:30 p.m.</p>	25	<p>Zumba Gold 🕒</p> <p>10:30 - 11:15 a.m.</p> <p>Mexican Train 🕒</p> <p>12:45 - 3:45 p.m.</p>	26	<p>Shuffleboard 🕒</p> <p>9:00 a.m. - 11:30 p.m.</p> <p>1:00 - 3:30 p.m.</p> <p>Intro to Ukulele 🕒</p> <p>10:30 - 11:30 a.m. TR</p>	27	<p>Rowing Club</p> <p>10:00 a.m. - 11:30 a.m.</p> <p>ORC Walk</p> <p>10:30 - 11:30 a.m. ORC</p> <p>Chair Yoga with Emma 🕒</p> <p>1:00 - 1:45 p.m.</p> <p>Card Games</p> <p>2:00 - 4:00 p.m.</p>	28	<p>Line Dancing 🕒 29</p> <p>10:30 - 11:15 a.m.</p> <p>May Social 🕒</p> <p>12:45 - 3:45 p.m.</p>		30
31	<p>All programs are for those aged 55+ and are located at West Orillia Sports Complex in the Orillia Room unless noted otherwise on the calendar.</p>										

See back for program details

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.

Rotary Walk

Enjoy a brisk walk at Rotary's loop trail! Please bring your water bottle. Meet inside the Orillia room.

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.

Card Games

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

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!

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

Chair Yoga with Emma

Designed for those who may have some challenges with mobility or balance. Doing Chair Yoga and gentle Standing Yoga poses will help you maintain, stretch, and strengthen your body. 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.

May Social

Join us for an exciting afternoon full of games, refreshments & more!

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!

Guest Speakers: Home Equity Bank

Cory Kline, Mortgage Manager - will be discussing chip reverse mortgages with a question-and-answer period.

Hammond Tours & Travel

Kate Hammond, Owner - will be discussing day trips, over night trips and out of Canada destinations with a question-and-answer period.

May Craft with Kelly \$★

At this session, Kelly will be guiding you with building a wooden planter. Members fee is \$5.00, non-members fee is \$10.00. Registration is required along with fee payment.

Sound Bowl Meditation

Experience the soothing sounds of relaxation. Release your tensions away! Loose clothing is recommended.

Bingo

Enjoy a fun and social game of Bingo. Listen for the numbers called and mark them on your card for a chance to win while enjoying friendly competition.

Rowing Club at OALC

Rowing indoors on a Concept2 machine is an energizing, low impact, full body workout for all ages. It strengthens your heart, builds core and muscle tone, and improves balance and posture while staying gentle on joints. Sessions suit every fitness level, with Rowing Canada certified coaches guiding and motivating you throughout. Wear comfortable clothing, athletic shoes, and bring a water bottle.

Bus Trip to Elmvale Zoo \$★

Experience a day at Elmvale Zoo! Registration is mandatory. Limited to 25 participants. First come, first served. Fee is \$24.00 each. Transportation is provided. Requires an active OALC membership to attend.

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

