






Orillia Active Living Centre

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
<p>🕒 = Must arrive at the start of the program ORC = Orillia Recreation Centre TR = Tournament Room ★ = Special Programming Sign-Up Required \$ = Bring spending money</p>			<p>Shuffleboard 🕒 1 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Intro to Ukulele 🕒 10:30 - 11:15 a.m. TR</p>	<p>ORC Walk 2 10:30 - 11:30 a.m. ORC Open House - Rowing Club at OALC 10:00 - 11:30 a.m. Shaw's Pancake House \$ 🕒 1:00 - 3:00 p.m.</p>	<p>Good Friday No Programming</p>	
5	<p>Easter Monday No Programming</p> 	<p>Zumba Gold 🕒 7 10:30 - 11:15 a.m. Mexican Train 🕒 1:00 - 4:00 p.m.</p> 	<p>Shuffleboard 🕒 8 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Yang Style Tai Chi 🕒 2:00 - 3:00 p.m. TR</p>	<p>ORC Walk 9 10:30 - 11:30 a.m. ORC Rowing Club at OALC 10:00 - 11:30 a.m. Birthday Social 🕒 1:00 - 4:00 p.m.</p>	<p>Line Dancing 🕒 10 10:30 - 11:15 a.m. Nido Drumming Session 🕒 1:00 - 3:00 p.m.</p>	11
12	<p>Card Games 10:00 - 11:45 a.m. Carpet Bowling 🕒 1:00 - 3:30 p.m.</p>	<p>Zumba Gold 🕒 13 10:30 - 11:15 a.m. Mexican Train 🕒 1:00 - 4:00 p.m.</p>	<p>Shuffleboard 🕒 14 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Intro to Ukulele 🕒 10:30 - 11:15 a.m. TR</p>	<p>ORC Walk 15 10:30 - 11:30 a.m. ORC Rowing Club at OALC 10:00 - 11:30 a.m. April Craft 🕒 1:00 - 4:00 p.m.</p> 	<p>Line Dancing 🕒 17 10:30 - 11:15 a.m. Card Games 1:00 - 4:00 p.m.</p>	18
19	<p>Card Games 10:00 - 11:45 a.m. Carpet Bowling 🕒 1:00 - 3:30 p.m.</p>	<p>Zumba Gold 🕒 20 10:30 - 11:15 a.m. Mexican Train 🕒 1:00 - 4:00 p.m.</p>	<p>Shuffleboard 🕒 21 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Yang Style Tai Chi 🕒 2:00 - 3:00 p.m. TR</p>	<p>ORC Walk 22 10:30 - 11:30 a.m. ORC Rowing Club at OALC 10:00 - 11:30 a.m. Chair Yoga with Emma 🕒 1:00 - 1:45 p.m. Card Games 2:00 - 4:00 p.m.</p>	<p>Line Dancing 🕒 24 10:30 - 11:15 a.m. Salsa Social 🕒 1:00 - 4:00 p.m.</p> 	25
26	<p>Card Games 10:00 - 11:45 a.m. Carpet Bowling 🕒 1:00 - 3:30 p.m.</p> 	<p>Zumba Gold 🕒 27 10:30 - 11:15 a.m. Mexican Train 🕒 1:00 - 4:00 p.m.</p>	<p>Shuffleboard 🕒 28 9:00 a.m. - 12:00 p.m. 1:00 - 4:00 p.m. Intro to Ukulele 🕒 10:30 - 11:15 a.m. TR</p>	<p>ORC Walk 29 10:30 - 11:30 a.m. ORC Rowing Club at OALC 10:00 - 11:30 a.m. Twisted Stitches 1:00 - 4:00 p.m.</p>	<p>See back for program details</p> 	30

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.

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.

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.

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 30 ft long carpet so that they stop as close as possible to the small white ball called the jack.

Twisted Stitches

Join our dynamic group! We knit, embroider, crochet, needlepoint, laugh, exchange jokes and enjoy the afternoon away! This program also welcomes members or drop-in clientele to bring in various projects to work on.

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!

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 participants, 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. 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.

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.

April Craft

Come join us! At this art session we will be creating a variety of greeting cards with our volunteers Sandra and Catharine facilitating. All materials are provided. No registration is required.

Rowing Club at OALC

New to the OALC! Rowing indoors on a Concept2 machine is an energizing, low-impact, full-body workout for all ages. It strengthens the heart, builds core and muscle tone, and improves balance and posture while remaining gentle on the joints. Sessions suit all fitness levels, with Rowing Canada-certified coaches providing guidance and motivation. Wear comfortable clothing, athletic shoes, and bring a water bottle.

Salsa Social

Ola! Experience an afternoon of Mexican tradition with; Mexican music, Mexican snacks, creating Mexican themed crafts such as pinatas! Our Salsa instructor Karen will be present for anyone wanting to try salsa dancing. Non-members fee is \$5.00.

Nido Drumming Session - FREE

Join us! Experience a live drumming session from NIDO; Nexim International Development Organization associated with Nexim Healthcare providers. Nido is working to empower communities by increasing basic services in the Third World.

Shaw's Pancake House Outing \$

Meet us! Relax and reminisce by the fire while you enjoy your pancakes with Shaw's famous homemade maple syrup! Bring your own currency. Shaw's Pancake House address; 493 14 Line S, Oro-Medonte, ON, L3V 8J3.

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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