

AUGUST 2026

Mobile Seniors Active Living Centre

TUESDAYS AT COOKSTOWN



Games & Social: Jeopardy!

4

Educational Workshop: Canadian Red Cross: Community Health and Wellness Programs in South Simcoe **(10:45am)**

Games & Social: Bingo!

11

Health & Wellness: Tai Chi with Amy **(10:30am)**

Special Event: Join us for a FREE Pickleball Lesson! Come learn the basics of Pickleball with an instructor on the new outdoor courts in Cookstown!

18

Please Bring: Running shoes, a water bottle, and a paddle (if you have one). Paddles will be available to borrow if needed.

Games & Social: Axe Throwing & Cornhole

25

Creative Arts: Guided Painting with Olivia **(10:00am)** *20 spots available*

WEDNESDAY AT LEFROY



Games & Social: Jeopardy!

5

Educational Workshop: Canadian Red Cross: Community Health and Wellness Programs in South Simcoe **(10:45am)**

Games & Social: Bingo!

12

Health & Wellness: Tai Chi with Amy **(10:30am)**

Games & Social: Wordle

19

Virtual Education: McMaster Aging Portal: Exercise and Mobility

Health & Wellness: Pedal Bike Exercise

Games & Social: Axe Throwing & Cornhole

26

Creative Arts: Guided Painting with Olivia **(10:00am)** *20 spots available*

THURSDAY AT SANDYCOVE



Games & Social: Jeopardy!

6

Educational Workshop: Canadian Red Cross: Community Health and Wellness Programs in South Simcoe **(10:45am)**

Games & Social: Bingo!

13

Health & Wellness: Tai Chi with Amy **(10:30am)**

Games & Social: Wordle

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Education: McMaster Aging Portal: Exercise and Mobility

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Creative Arts: Guided Painting with Olivia **(10:00am)** *20 spots available*

LOCATIONS | 9:30-11:30AM

TUESDAYS

Cookstown Library & Community Centre
20 Church Street

WEDNESDAYS

Morgan Russell Memorial Arena & Community Centre
1354 Killarney Beach Road

THURSDAYS

Sandycove Acres The Wheel
2 Weeping Willow Drive

M-SALC INCLEMENT
WEATHER HOTLINE
705-431-7652

Call for updates on
program cancellations



M-SALC is funded in part by the Government of Ontario's Seniors Community Grant Program.

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