DECEMBER 2026

Mobile Seniors Active Living Centre

TUESDAYS IN COOKSTOWN | 9:30-11:30AM



WEDNESDAYS IN LEFROY | 9:30-11:30AM



THURSDAYS IN SANDYCOVE | 9:30-11:30AM



1 **Games & Social:** Holiday Jeopardy! **Health & Wellness:** Fitness with Mary **(10:30am)**	**2** **Games & Social:** Holiday Jeopardy! **Health & Wellness:** Guided Meditation	**3** **Games & Social:** Holiday Jeopardy! **Health & Wellness:** Guided Meditation
8 **Creative Arts:** Guided Painting with Olivia **(9:45am)**	**9** **Creative Arts:** Guided Painting with Olivia **(9:45am)**	**10** **Creative Arts:** Guided Painting with Olivia **(9:45am)**
15 **Games & Social:** Coffee, Treats, and Bingo! **Health & Wellness:** Tai Chi with Amy **(10:30am)**	**16** **Games & Social:** Coffee, Treats, and Bingo! **Health & Wellness:** Tai Chi with Amy **(10:30am)**	**17** **Games & Social:** Coffee, Treats, and Bingo! **Health & Wellness:** Tai Chi with Amy **(10:30am)**
22 **CLOSED FOR THE HOLIDAYS**	**23** **CLOSED FOR THE HOLIDAYS**	**24** **CLOSED FOR THE HOLIDAYS**

LOCATIONS

TUESDAYS | 9:30-11:30AM

Cookstown Library & Community Centre
20 Church Street

WEDNESDAYS | 9:30-11:30AM

Morgan Russell Memorial Arena & Community Centre (Lefroy)
1354 Killarney Beach Road

THURSDAYS | 9:30-11:30AM

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.

Innisfil Ontario