

MAY 2026

# Mobile Seniors Active Living Centre

TUESDAY



5

**Health & Wellness:** Outdoor Mindfulness Walk \*weather permitting, bring outdoor walking shoes **(9:45am)**

12

**Games & Social:** Scattegories  
**Health & Wellness:** Dance Movement Therapy with Kate **(10:30am)**

19

**Games & Social:** Understanding Dysphagia & Social Isolation E-Learning  
**Health & Wellness:** Tai Chi with Amy **(10:30am)**

26

**Creative Arts:** Guided Painting with Olivia **(9:45am)** \*20 spots available\*

WEDNESDAY



6

**Games & Social:** Brain Scrambles & Trivia  
**Educational Workshop:** The Future is Old: Confronting Ageism for Better Health & a Brighter Tomorrow **(10:00am)**

13

**Games & Social:** Scattegories  
**Health & Wellness:** Dance Movement Therapy with Kate **(10:30am)**

20

**Games & Social:** Understanding Dysphagia & Social Isolation E-Learning  
**Health & Wellness:** Fitness with Mary **(10:30am)**

27

**Creative Arts:** Guided Painting with Olivia **(9:45am)** \*20 spots available\*

THURSDAY



7

**Games & Social:** Brain Scrambles & Trivia  
**Health & Wellness:** Dance Movement Therapy with Kate **(10:30am)**

14

**Games & Social:** Scattegories  
**Educational Workshop:** The Future is Old: Confronting Ageism for Better Health & a Brighter Tomorrow **(10:00am)**

21

**Games & Social:** Understanding Dysphagia & Social Isolation E-Learning  
**Health & Wellness:** Fitness with Mary **(10:30am)**

28

**Creative Arts:** Guided Painting with Olivia **(9:45am)** \*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

Sandy Cove Acres The Wheel  
2 Weeping Willow Drive



M-SALC INCLEMENT WEATHER HOTLINE  
705-431-7652

Call for updates on program cancellations