

JULY 2026

Mobile Seniors Active Living Centre

TUESDAYS AT COOKSTOWN

WEDNESDAY AT LEFROY

THURSDAY AT SANDYCOVE

30
Games & Social: Bingo!
Health & Wellness: Tai Chi with Amy (10:30am)

7
Games & Social: Bocce Ball
Health & Wellness: Fitness with Mary (10:30am)

14
Creative Arts: Guided Painting with Olivia (9:45am) *20 spots available*

21
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!
 Please Bring: Running shoes, a water bottle, and a paddle (if you have one). Paddles will be available to borrow if needed.

28
Games & Social: Outdoor Cornhole
Health & Wellness: Guided meditation on outdoor walk (please wear walking shoes!)

1
 Closed for Canada Day

8
Educational Workshop: Brain Health presentation by Alzheimer society (10:00am)

15
Creative Arts: Guided Painting with Olivia (9:45am) *20 spots available*

22
Games & Social: Bingo!
Health & Wellness: Tai Chi with Amy (10:30am)

29
Games & Social: Outdoor Cornhole
Health & Wellness: Guided meditation on outdoor walk (please wear walking shoes!)

2
Special Event: Celebrating Everybody's Birthday! Join us for games, prizes, cake and other classic birthday fun!(9:30am-12:00pm)

9
Games & Social: Bocce Ball
Health & Wellness: Fitness with Mary (10:30am)

16
Creative Arts: Guided Painting with Olivia (9:45am) *20 spots available*

23
Educational Workshop: Brain Health presentation by Alzheimer society (10:00am)

30
Games & Social: Bingo!
Health & Wellness: Tai Chi with Amy (10:30am)

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.

