NOVEMBER 2026

Mobile Seniors Active Living Centre

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



3

Games & Social: Wordle

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

10

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

17

Virtual Education: McMaster Aging Portal

Games & Social: Bingo!

24

Games & Social: Scattergories

Educational Workshop: PhysioCare at Home Education Session **(10:30am)**

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



4

Games & Social: Wordle

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

11

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

18

Virtual Education: McMaster Aging Portal

Games & Social: Bingo!

25

Games & Social: Scattergories

Educational Workshop: PhysioCare at Home Education Session **(10:30am)**

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



5

Games & Social: Wordle

Health & Wellness: Fitness with Tiffany **(10:30am)**

12

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

19

Virtual Education: McMaster Aging Portal

Games & Social: Bingo!

26

Games & Social: Scattergories

Educational Workshop: PhysioCare at Home Education Session **(10:30am)**

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