

OCTOBER 2026

Mobile Seniors Active Living Centre

TUESDAYS AT COOKSTOWN



Games & Social: Cards

6

Educational Workshop: Frauds and Scams from South Simcoe Police (10:00am)

Games & Social: Dominoes

13

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

Games & Social: Blank Slate Board Game

20

Health & Wellness: Fitness with Mary (10:30am)

Games & Social: Word Search & Crosswords

27

Creative Arts: Guided Painting with Olivia (10:00am) *Costumes Welcomed!

WEDNESDAYS AT LEFROY



Hearing Screening & Hearing Loss Clinic

7

Free hearing screening with Canadian Hearing Services. Learn about your hearing results, hearing loss warning signs, communication strategies and hearing aids. **20-minute appointments** from 9:00am - 1:00pm. Pre-registration required, Spots are limited. Sign up on site during MSALC programming.

Games & Social: Cards

14

Educational Workshop: Frauds and Scams from South Simcoe Police (10:00am)

Games & Social: Dominoes

21

Health & Wellness: Fitness with Mary (10:30am)

Games & Social: Word Search & Crosswords

28

Creative Arts: Guided Painting with Olivia (10:00am) *Costumes Welcomed!

THURSDAYS AT SANDYCOVE



Games & Social: Lawn Games

8

Creative Arts: Making Thank you Cards - Thanksgiving inspired

Health & Wellness: Meditation exercise

Games & Social: Bingo!

15

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

Games & Social: Cards

22

Educational Workshop: Frauds and Scams from South Simcoe Police (10:00am)

Games & Social: Word Search & Crosswords

29

Creative Arts: Guided Painting with Olivia (10:00am) *Costumes Welcomed!

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

LOCATIONS | 9:30-11:30AM

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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