

SEPTEMBER 2026

Mobile Seniors Active Living Centre

TUESDAYS AT COOKSTOWN

1

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

8

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

15

Games & Social: Tea & Timbits
Educational Workshop: Estate Planning
Seminar (10:00am)

22

Games & Social: Name 5 board game
Creative Arts: Guided Painting with Olivia
(10:00am) *20 spots available*

29

Games & Social: Yahtzee
Health & Wellness: Bowling

WEDNESDAYS AT LEFROY

2

Closed - Maintenance

9

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

16

Games & Social: Tea & Timbits
Educational Workshop: Estate Planning
Seminar (10:00am)

23

Games & Social: Name 5 board game
Creative Arts: Guided Painting with Olivia
(10:00am) *20 spots available*

30

Closed - National Day for
Truth and Reconciliation

THURSDAYS AT SANDYCOVE

3

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

10

Games & Social: Bingo!
Educational Workshop: Fire Prevention &
Fire Safety Presentation with Innisfil Fire
(10:30am)

17

Games & Social: Tea & Timbits
Educational Workshop: Estate Planning
Seminar (10:00am)

24

Games & Social: Name 5 board game
Creative Arts: Guided Painting with Olivia
(10:00am) *20 spots available*

1

Games & Social: Yahtzee
Health & Wellness: Bowling

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
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Innisfil

Ontario