



SENIORS CLUBS/PROGRAMS – DUFFERIN COUNTY

Seniors Clubs / Programs	Days/Hours of Operation	Fee/Transportation	Details
Centre Dufferin New Horizons Seniors Club Mel Lloyd Centre 519-925-5452 167 Centre St (Door F) Shelburne, ON	Mon-Fri	Membership \$10/year	Seniors Club 55 Plus Activities: games, competitions, special events, lunches, outings, socializing, euchre, bid euchre, bridge, shuffleboard, art
Denny's Bus Line 519-833-9117 1-800-265-3389 www.dennysbuslines.ca/rules-and-regulations.html	Thu Pickup: 9:30am-10am Return: 4pm	\$9.25 Return trip	Day Trip to Guelph Mall from Orangeville Pick up at client's home in Orangeville Call by Wed to book the trip
Fung Loy Kok Taoist Tai Chi International Centre 519-941-5981 248305 5 Sideroad Mono, ON L9W 6L2 www.central.canada.taoist.org/content/standards_ca_central.asp?name=Canada-Central-Orangeville-International-Centre	A 5 day residential program		Exercise programs designed to restore, improve and maintain health. Improves circulation, balance and posture, strength and flexibility and reduces stress Taoist Tai Chi exercises benefit the entire physiology including the tendons, joints, spine, connective tissue and internal organs. It restores the calmness and peace of mind that is often lost through the desires and anxieties of daily life. Classes offered at International Centre and Seniors Centre

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Orangeville and District Seniors Centre 519-941-6012 26 Bythia St Orangeville, ON L9W 2S1 www.orangevilleseniorscentre.com	Mon-Thu 8:30am–4pm Fri 9:30–4pm	Membership \$25/yr	Drop in Centre: Offers games, crafts, book clubs, tai chi, fun and fitness, yoga, line dancing, memoir writing and art classes. Special Events: Pot luck suppers, senior fun nights, movie nights, special occasion dinners, fashion shows, variety nights, volunteer appreciation luncheon, senior information forum, free income tax clinics, Ontario senior games and guest speakers Lunch: Every Tuesday at noon \$6 per person June - August: Barbecues – the same cost as lunch. Fully escorted day trips in comfortable coach buses Computers available for use by members, internet provided Ages: 55 years and up. Foot Clinic-for members and none members
Royal Canadian Legion Colonel Fitzgerald Branch 233 Clubroom: 519-942-2077 Office: 519-942-4895 7 John St Orangeville, ON L9W 2Z5 www.on.legion.ca/branches/getBr.asp?branch=233	Mon 2pm-7pm Tue-Thu 2pm-11:30pm Fri 2pm-12midnight Sat 12noon-1am	Euchre: \$10 Darts League: \$4 Dinner: \$5 Karaoke Night: \$0	Meeting place for community and social events and activities Euchre – Wed 7pm and 2 nd and 4 th Sunday at 1pm Dinner – Fri 5pm-7pm (take-out offered) Darts – Sat 1:30pm (Oct-May) Karaoke Night – Sat 9pm-1am
Royal Canadian Legion Branch 220 519-925-3800 203 William St Shelburne, ON L0N 1S0 www.on.legion.ca/branches/getBr.asp?branch=220	Sun 1pm-6pm Mon 2pm-9pm Tue-Thu, Sat 2pm-7pm Fri 2pm-10pm		Meeting place for community and social events and activities Euchre – Mon 2pm * Bingo (in the back hall) – Mon 6:30pm Darts – Wed (starts mid-September through the winter) Breakfast/Flea Market – 1 st Sun of each month (except July, Aug) Fiddlefest – held in August Veteran's Meeting – Wed 10:30am (meet for coffee, goodies and comradeship)
St Marks's Anglican Church 519-941-0640 5 First Ave Orangeville, ON L9W 2Z5 www.saintmark.ca			Anglican church, senior's events, activities, lunch
St Timothy Parish 519-941-2424 42 Dawson Rd, Orangeville, ON L9W 2W3			Roman Catholic Church * seniors activities

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Town of Orangeville Seniors Recreation Program Activity Locations: Tony Rose Memorial Sports Centre 519-940-9092 6 Northmen Way Orangeville ON OR Alder Street Recreation Centre 275 Alder St Orangeville www.onlineca.activecommunities.com/Orangeville/Activities/ActivitiesAdvSearch.asp	See the website for schedule	Varies – call to enquire	Active 55+ Fitness: 45 minute instructor led exercise class, you can sit in a chair while you exercise to keep the body moving Line Dancing Active 55+: focuses on popular dances and introduction to basic moves necessary for line dancing Senior Camp: a week full of fitness, health, cards and board games, painting and active afternoon, and on the last day, an afternoon trip to the casino house, bring your own lunch daily Seniors Walk and Talk: – an eight-week program to introduce exercise and healthy eating, 1.5 hrs per week, instructor led exercise class, healthy snack and a guest speaker on various topics Therapeutic Yoga: offers the experience of better stability, improved mobility and a sense of ease in the body. Zumba Gold (Active 55+): fun, exhilarating, easy and effective dance-fitness program for the active older adult and the beginner participant. Option for participants to sit on a chair and still get great benefits by working upper and lower body by dancing to the music Arthritis Program in the Leisure Pool- This program will target muscular and joint strength and flexibility as well as balance and coordination Low impact Aquafit- Water exercise
Town of Shelburne Centre Dufferin Recreation Complex 519-925-2400 200 Fiddlepark Lane Shelburne, ON L9V 2C9 www.townofshelburne.on.ca/recreation/cdrc			Various activities and events – hockey, figure skating, broomball, lacrosse, live entertainment events, fall fair, old time fiddle championship, swimming lessons and public swims, multi-purpose community hall
Tweedsmuir Presbyterian Senior Choir 519-941-1334 6 John St Orangeville, ON L9W 2P1	Thu 7pm-8:30pm		Choir practice is every Thu. For more information contact Mark DuBois, Choir Director/Organist