



SENIORS CLUBS/PROGRAMS – WOODBRIDGE (YORK REGION)

Seniors Clubs / Programs	Days/Hours of Operation	Fee	Details
CHATS (Community and Home Assistance to Seniors) Community Programs Social & Wellness Programs 905-713-6596 1-877-452-4287 www.chats.on.ca/social-and-congregate-dining	Programs are held in various community locations across York Region and South Simcoe including churches, community centres, Legion halls, libraries and assisted living sites Mon-Fri during day time	Most programs cost between \$5 and \$8 & special events maximum of \$25 Transportation is provided where available	Social & Wellness Programs include activities that promote health and wellness to older adults (55+), and provides social activities based on needs of the service recipient with the goal of maintaining or promoting their wellness. The service includes nutritious meals or snacks, social and recreational activities, education, and transportation where available.
CHATS (Community and Home Assistance to Seniors) Community Programs Social & Wellness Programs 905-713-6596 1-877-452-4287 www.chats.on.ca/diversity-wellness-and-outreach-programs	Programs are held in various community locations across York Region and South Simcoe including churches, community centres, Legion halls, libraries and assisted living sites Mon-Fri during day time	Most programs cost between \$5 and \$8 & special events maximum of \$25 Transportation is provided where available	CHATS Diverse Older Adults Outreach Programs promote wellbeing and integration activities for groups of older adults (55+) from the following cultural/linguistic groups: Iranian, Russian, Chinese (Cantonese), Italian, South Asian, and Tamil. This Programs utilize a holistic approach to wellness, providing clients with opportunities for social interaction, celebration of cultural events, and development of resource networks including the provision of information on health, exercise, and wellbeing. Programs may provide a culturally appropriate snack or meal. .

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Chancellor Community Centre 905-832-8620 350 Ansley Grove Rd Woodbridge, ON L4L 5C9 www.vaughan.ca/services/recreation/community_centres/chancellor_cc/Pages/default.aspx	Time and day- depends on a program	Cost: depends on a program and a number of classes	Programs for older adult 61+: Arthritis Fitness intermediate, Health & Wellness , Fitness Older Adults, Tai Chi: Beginner, Pilates, Zumba Fitness, Line Dancing, Line dancing Intermediate, Science and Technology
Concord West Senior Centre 7575 Keele St, Maple 905-832-8500 www.mydigitalpublication.com/publication/?i=466378&ver=html5&p=118#{"page":118,"issue_id":466378}	Time and a day- depends on a program	Cost: depends on a program and a number of classes	Programs for older adult 61+: Fitness Older Adults, Yoga
Father E Bulfon Community Centre 905-879-8732 8141 Martin Grove Rd Woodbridge, ON	Time and a day- depends on a program	Cost: depends on a program and a number of classes	Programs for older adult 61+: Fitness Older Adults, Muscle Conditioning, Pilates, Tai Chi Beginner and Yoga
Maple Community Centre 905-303-1853 10190 Keele St, Maple	Time and a day- depends on a program	Cost: depends on a program and a number of classes	Programs for older adult 61: Zumba Fitness, Lifestyle & Social Skills, Ballroom Dancing, Line Dancing, Line Dancing Intermediate and Science and Technology
Merino Road Seniors Facility 905-832-8500 8 Merino Rd, Maple	Time and a day- depends on a program	Cost: depends on a program and a number of classes	Programs for older adult 61+: Fitness Older Adults, Line Dancing, Line Dancing -Intermediate
Pine York Seniors Club (Italian) 905-265-9507 Contact: Isabella Ferrara 905-851-8174 7700 Pine Valley Dr Woodbridge	Tue and Thu 1pm-4pm and 7pm-10pm	Membership \$10 per year	Bingo- (Italian only)
	Mon-Sun 11am-4pm and		Card Playing Special events: holiday parties, monthly luncheons, annual picnic, trips
Pinecrest Seniors Club Contact: Marie Vinelli 905-886-6613 300 Pinewood Dr, Thornhill, ON	Club Hours Tue, Thu, Fri 7pm-11pm	Membership \$10 per year	Social Italian seniors club, card games, exercise program, special events

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Sonoma Heights Activity Centre 905-893-4145 905-832-8500, ex t 8319 1 Sonoma Blvd, Woodbridge	Time and a day- depends on a program	Cost: depends on a program and a number of classes	Programs for older adult 61+: Tai Chi Beginner, Tai Chi Advanced and Zumba Fitness,
Vellore Village Community Centre 905-832-8544 1 Villa Royale Ave, Woodbridge	Daily, different times	Older adult-62+ \$3.75 for program Ticket purchase 1 hour prior to program start	Sport activities
West Woodbridge Seniors' Club (Italian) Located at Father E Bulfon Community Centre Contact: Michele Saraceni 905-879-8732 8141 Martin Grove, Woodbridge	Mon-Sun 12noon-5pm and 7pm-11pm	Membership \$10 /year	Bingo, Bocce, Card playing, Special Events: holiday dinner, dance parties, trips
Woodbridge Macedonian Seniors Club (Macedonian) Woodbridge Memorial Arena Contact: Dragica Dimovska 905-265-2197	Mon-Fri 9am-12noon Wed, Fri 6pm-11pm	Membership \$10 per year Membership \$10 per year	Bingo, Card Playing, Macedonian Dancing Special Events: holiday parties, occasional on-site movie nights, trips