



SENIORS CLUBS/PROGRAMS – DUFFERIN COUNTY

DUFFERIN COUNTY

Seniors Clubs / Programs	Days/Hours of Operation	Fee	Details
Centre Dufferin New Horizons Seniors Club Mel Lloyd Centre Door F 167 Centre St Shelburne, ON 519-925-2140 ext	519-925-2539 President: Bruce Horsley	Membership \$10/year	Seniors Club 55 Plus Activities, games, competitions, special events, lunches, outings, socializing, euchre, bid euchre, bridge, shuffleboard, crokinole, art
Denny's Bus Line 519-833-9117 1-800-265-3389	Thursday 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 Wednesday to book the trip
Fung Loy Kok Taoist Tai Chi International Centre 248305 5 Sideroad Mono, Ontario L9W 6L2 519-941-5981	International Centre <i>Spring Beginner Class</i> Mon, Thu 7pm-9pm Sat 10am-noon <i>Continuing Class</i>		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



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<p>Fung Loy Kok Taoist Tai Chi International Centre (Contd) http://central.canada.taoist.org/content/standard_ca_central.asp?name=Canada-Central-Orangeville-International-Centre</p> <p>Orangeville & District Seniors Centre 519-941-1422</p> <p>Orangeville & District Seniors Centre</p>	<p>Mon, Thu 7pm-9pm Tue 7pm-10pm Fri 1:30pm-3pm Sat 10am-noon</p> <p>Seniors Centre</p> <p><i>Spring Beginner Class</i> Tue 1pm-3pm Wed 7pm-9pm <i>Continuing Class</i> Wed 1pm-3pm & 7pm-9pm <i>Health Recovery Class</i> Mon 1pm-3pm</p> <p>Thu 1:30pm-3:30pm</p>		<p>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</p> <p>Classes: Spring Beginner Class (International Centre/Seniors Centre) Continuing Class (International Centre/Seniors Centre) Health Recovery Class (Seniors Centre)</p>
<p>Fung Loy Kok Taoist Tai Chi Shelburne Recreation Complex 200 Fiddle Park Lane Shelburne, Ontario L0N 1S0 519-941-1422 http://central.canada.taoist.org/content/standard_ca_central.asp?name=Canada-Central-Shelburne</p>	<p>Spring Beginner Class Thu 10am-noon</p>		<p>Exercise programs designed to restore, improve and maintain health. Improves circulation, balance and posture, strength and flexibility and reduces stress</p> <p>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</p>
<p>Orangeville and District Seniors Centre 519-941-6012 26 Bythia Street Orangeville, ON L9W 2S1</p>	<p>Mon - Thu 8:30 am – 4:00 pm Fri 9:30 – 4:00 pm</p>	<p>Membership \$25.00/yr</p>	<p>Drop in Centre: Offers games, crafts, book clubs, tai chi, fun & 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</p> <p>Lunch: Every Tuesday at noon \$5.00 per person</p>

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Orangeville and District Seniors Centre (Contd)			June - August: Barbecues. Fully escorted day trips in comfortable coach buses Community volunteer income tax program for people with low income usually available end of March each year Ages: 55 years and up. English ; French - some ; Dutch - some ; German – some
Royal Canadian Legion Colonel Fitzgerald Branch 233 7 John St Orangeville, ON L9W 2Z5 Office: 519-942-4895 Clubroom: 519-942-2077 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 – Wednesday 7pm and 2 nd and 4 th Sunday at 1pm Dinner – Friday 5pm-7pm (take-out offered) Darts – Saturday 1:30pm (Oct-May) Karaoke Night – Saturday 9pm-1am
Royal Canadian Legion Branch 220 203 William Street Shelburne, ON L0N 1S0 519-925-3800 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 – Monday 2:00pm Bingo (in the back hall) – Monday 6:30pm Darts – Wednesday (starts mid-September through the winter) Breakfast/Flea Market – 1 st Sunday of each month (except July and August) Fiddlefest – held in August Veteran’s Meeting – Wednesday 10:30am (meet for coffee, goodies and comradeship)
St Marks’s Anglican Church 5 First Avenue Orangeville, ON L9W 2Z5 www.saintmark.ca	519-941-0640		Anglican church, senior’s events, activities, lunch
St. Timothy Parish 42 Dawson Rd Orangeville, ON L9W 2W3	519-941-2424		Ramon Catholic Church * seniors activities



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<p>Town of Orangeville Seniors Recreation Program https://onlineca.activecommunities.com/Orangeville/Activities/ActivitiesAdvSearch.asp</p> <p>Activity Locations: Tony Rose Memorial Sports Centre 6 Northmen Way, Orangeville OR Alder Street Recreation Centre 275 Alder Street, Orangeville</p>	519-940-9092 ext 4100	Varies – call to enquire	<p>Active 55+ Fitness: 45 minute instructor led exercise class, you can sit in a chair while you exercise to keep the body moving</p> <p>Line Dancing Active 55+: focuses on popular dances and introduction to basic moves necessary for line dancing</p> <p>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</p> <p>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</p> <p>Therapeutic Yoga: offers the experience of better stability, improved mobility and a sense of ease in the body.</p> <p>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</p>
<p>Town of Shelburne Centre Dufferin Recreation Complex 200 Fiddlepark Lane, Box 985 Shelburne, ON L9V 2C9</p>	519-925-2400		<p>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</p>

