

Weekly King Township Senior (55+) Member Drop-in Programming

All King Township senior membership drop-in programs have an activity fee of \$1.00 for members and \$2.00 for non-members, unless otherwise specified. Specialty programs will be at an additional cost. Schedule is subject to change at any time. Visit king.ca/seniors or call 905-833-6565 for more information on senior memberships, trips and programs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KING CITY SENIORS CENTRE	Mobility Matters 10:00am - 10:45am 11:00am – 11:45am Music & Movement Cribbage 1:00pm Crocheting 2:00pm	Line Dancing 9:30am Bid Euchre 1:00pm	Mobility Matters 10:00am - 10:45am 11:00am – 11:45am Bridge 1:00pm	Gentle Motion 9:30am Qigong 11:00am Carpet Bowling 1:00pm	Various Presentations Art Workshops, etc. Schedule below. 10:00am Progressive Euchre 1:00pm
NOBLETON ARENA	Mobility Matters - Free 1:00pm – 1:45pm		Table Tennis 10:00am - 12:00pm Indoor Bocce 10:00am - 12:00pm Bone Fitness* (must pre-register) 1:00pm - 2:00pm	Table Tennis 10:00am - 12:00pm Educational Thursday's 10:00am - 12:00pm	Mobility Matters - Free 1:00pm – 1:45pm
TRISAN CENTRE	Mobility Matters - Free 2:15pm 3:00pm	Bridge 1:30pm	Mahjong 2:00pm	Carpet Bowling 1:00pm Ukulele 3:00pm	Mobility Matters - Free 2:15pm 3:00pm

FREE INDOOR TRACK WALKS - Zancor and Trisan 9:00am - 10:00am (Mon - Sun). This time is designated as a free walking time on the track for seniors use only.

55+ Shiny and free public skating available for 55+ at various locations and times. Visit king.ca/dropinprograms for more information.

King City Seniors 55+ (King City Seniors Centre)

Nobleton Seniors 55+ (Nobleton Arena)

October 16 - "It all starts with you". Come and listen to unique ways to relax, unwind and connect. Let's prioritize calmness, tranquility,

serenity and laughter. Presented by Joanne RN & Researcher Henry.

October 23 - Fall art with artist Angela Del Borrello. Art project and cost to be determined. Registration is required by October 19.

October 30 - Surprise Hallowe'en theme so come in costume and enjoy a breakfast talk sponsored by "Flourish Family Chiropractic", who will provide snacks and refreshments. Register by October 27.

November 6 - Optometrist Dr. Melissa Siragusa from Nobleton will talk about eye health and the warnings signs of Cataracts and Glaucoma.

November 13 - "So You Think You Can Write", presented by Dorita Peer (Author, Poet, Journalist, Editor, Publisher & Illustrator). She will lead you on an adventure, with your muse. Please bring a photo on any subject.

November 20 - "Once Upon a Time". The history of Schomberg will be presented by Bill Foran, long time resident of Schomberg. Interesting facts you may not know!

November 27- Joint Pain. How is it affecting your daily life? Come to a presentation by the Arthritic Society, Tara Stier OT.

December 4 - Christmas Centrepiece. Artist, Angela Del Borrello will engage seniors with Christmas décor. Registration will be required by November 30. Cost & project to be determined.

December 11 - Come festive for Christmas as we celebrate our last day for 2025 with a presentation from Real Estate Broker Greg Hart who will discuss how to downsize. Whether you are moving or not we can all benefit from this. Bring a treat to share and join the fun and discussion.

Schomberg Seniors 55+ (Trisan Centre)

Mon Oct 20 SPEAKER - Kathryn Morton, Pres. "Avonlea Traditions Inc. on-line business

Mon Nov 3rd SPEAKER-Carol Hindley, Life story presentation + Puzzle and Book Sale

Mon Nov 10 WORKSHOP, Wendy Emery, glass creation. Additional cost.

Mon Nov 17 SPEAKER-Marianne Sheldrake. Feng Shui consultant

Mon Nov 24 SPEAKER- Lianne Harris, "Belle Italia" includes complementary pizza lunch

Mon Dec 1 Lets Play Pictionary!

Mon Dec 15 Festive Luncheon, Santa meets the Tightly Wound Ukulele players

Register **online** at www.townshipofking.perfectmind.com

phone 905-833-6565 or **email** seniors@king.ca

