


Weekly King Township Senior (55+) Member Drop-in Programming
June - August 2025

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 1:00pm Cribbage 1:00pm Crocheting 2:00pm	Line Dancing 10:00am Bid Euchre 1:00pm	Mobility Matters 10:00am - 10:45am 11:00am – 11:45am Art 1:00pm *Every second Wed of the month, \$11.00/person Play Bridge 1:00pm	Gentle Motion 9:30am Self-Care 11:00am Carpet Bowling 1:00pm	Qigong 10:00am Jul 18, 25 Bone Fitness 11:00am July 11, 18, 25 Progressive Euchre 1:00pm
NOBLETON ARENA	Mobility Matters - Free 1:00pm – 1:45pm				Mobility Matters - Free 1:00pm – 1:45pm
TRISAN CENTRE	Mobility Matters - Free 2:15pm 3:00pm		Track Walking 9:00am		Mobility Matters - Free 2:15pm 3:00pm
Walk and talk for FREE on the indoor track at Zancor Centre and Trisan Centre from 9:00am - 10:00am (Mon - Sun). This time is designated 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.