

JUNE IS Seniors MONTH



Register at **ActiveSTC**


Some fees apply for programs.
For more information please
call 905.685.6668 or visit

stcatharines.ca/ActiveSTC



TUESDAY, JUNE 3

**Seniors month flag
raising ceremony**
with Mayor Siscoe | 11 a.m.

 Dunlop Drive
Older Adult Centre
treats to follow

FREE Admission

Euchre Tournament | 12 p.m.
\$20 per person

TUESDAYS

**St. Catharines Museum
and Welland Canals Centre**
is open until 8 p.m. every
Tuesday. Check out the
Museum's galleries, take
a guided tour of the
Welland Ship Canal Fallen
Workers Memorial or catch
a ship locking through
after-hours. Galleries and
viewing platform are all
open until 8 p.m.

ANNUAL MEMBERSHIP | prorated \$47

WEDNESDAY, JUNE 4

Old Time Fiddlers | 7 p.m.

 Dunlop Drive
Older Adult Centre

\$5 per person

THURSDAY, JUNE 5

Fit for All | 5:25 p.m.


 West St. Catharines
Older Adult Centre

FREE Admission

reservation required

FRIDAY, JUNE 6

Pizza and BINGO | 12 p.m.

 West St. Catharines
Older Adult Centre

\$5 for pizza
cards additional \$,
pre-order required.

FRIDAY, JUNE 6

Uke and Groove | 6 p.m.

 Dunlop Drive
Older Adult Centre

\$12 per person
includes pizza and
entertainment

registration required

SATURDAY, JUNE 7


Serene Sound Bath

 Dunlop Drive
Older Adult Centre

FREE Admission

reservation required


Farmers Market
7 a.m. to 2 p.m. featuring
over 55 vendors including
Music in the Square with
The Moonlighters.

 Market Square
91 King St.

MONDAY, JUNE 9 TO SATURDAY, JUNE 14


**Complimentary
coffee and tea**



 All Older
Adult Centres

WEDNESDAY, JUNE 11

**Lunch and Learn series,
Carousel – Painted Ponies
and Pictures** | 10 a.m.

 Dunlop Drive
Older Adult Centre
\$10 per person with lunch
ticket required for lunch

JUNE IS **Seniors** MONTH


Register at stcatharines.ca/ActiveSTC



Have your say with the new Recreation Facility and Programming Plan at stcatharines.ca/RFPF

THURSDAY, JUNE 12

Intimate Evening with The Weatherbirds | 6 p.m.


 West St. Catharines Older Adult Centre

\$12 per person
Includes tea, coffee and pizza

registration required

FRIDAY, JUNE 13

Pizza and BINGO | 12 p.m.


 West St. Catharines Older Adult Centre

\$5 for pizza
cards additional \$

pre-order required

MONDAY, JUNE 16

Play tennis at the new Community Park Tennis Courts in partnership with the St. Catharines Tennis Club stcatharinestennisclub.com

 Community Park
4 Seymour Ave.

WEDNESDAY, JUNE 18


Essentrics | 1 p.m.

 Port Weller Community Centre

reservation required

THURSDAY, JUNE 19

Niagara Regional Police present Computer CyberCrime | 9:30 a.m.

 West St. Catharines Older Adult Centre


complimentary muffin, fruit, tea and coffee

FREE Admission

reservation required

FRIDAY, JUNE 20


An Evening of Entertainment dinner dance with Brad Boland | 6 p.m.

 Dunlop Drive Older Adult Centre

\$40 per person

registration required

Pizza and BINGO


 West St. Catharines Older Adult Centre

\$5 for pizza
cards additional \$

pre-order required

SATURDAY, JUNE 21

Farmers Market
7 a.m. to 2 p.m. featuring over 55 vendors including **Music in the Square** with Ryan Thomas Smelle.

 Market Square
91 King St.

WEDNESDAY, JUNE 25


Drop in Yoga | 2:30 p.m.

 Port Weller Community Centre

reservation required WEEKLY

THURSDAY, JUNE 26

Fit for All | 5:25 p.m.

 West St. Catharines Older Adult Centre

FREE Admission

reservation required

FRIDAY, JUNE 27

Pizza and BINGO | 12 p.m.


 West St. Catharines Older Adult Centre

\$5 for pizza
cards additional \$

pre-order required

SATURDAY, JUNE 28

Cribbage tournament | 12 p.m.

 West St. Catharines Older Adult Centre

\$20 includes lunch

ticket required

Links to Wellbeing social prescribing project participation

can reduce social isolation in older adults. Programs that promote active participation by older adults have been demonstrated, time and time again, to be an effective strategy to reduce loneliness and to improve social connectedness, and mental and physical health.

Self refer by phoning 905.688.5601 ext. 1566

Receive a 12 time pass to participate in any Older Adult Centre programming.