



**Barrie and Community
Family Health Team**

Social & Fitness Programs



Older Adults – Barrie & Surrounding Areas

VON - Adult Day Program (ADP)

VON ADP provides social, recreational & therapeutic activities for seniors and individuals with a disability (Alzheimer's, dementia, cognitive impairment, chronic illness or physical impairments)

Hot lunch, snacks & refreshments provided.

www.von.ca

14 Cedar Pointe Dr, Unit 1501
705-720-2532

Cost: \$25/day

Register through North Simcoe Muskoka LHIN
(705-721-8010)

VON – Seniors Maintaining Active Roles Together (SMART)

VON SMART group classes offer low impact, fitness programs for older adults 55+.

This program is also designed for individuals living with a disability (e.g. Alzheimer's, dementia, cognitive impairment, chronic illness or physical impairments).

www.von.ca

Multiple locations in Barrie & virtual
705-737-5044

Cost: FREE

City of Barrie – 55+ Centre & RecPass

55+ Centre offers a variety of special programs for older adults. Mahjong, Pinochle, choir, table tennis, walking group, BINGO, BBQs, crafting, dancing, Karaoke, Bridge & MORE!

RecPass provides access to all City of Barrie Community Centre programs.

<https://www.barrie.ca/community-recreation-environment/recreation-programs>

Allandale Centre: 190 Bayview Dr.

705-728-5141

Parkview Centre: 189 Blake St.

705-737-0755

Cost: \$2.65 (daily), \$11.30 (1 month), \$22.60 (3 months), \$39.55 (6 months), \$56.50 (1 year)

Financial assistance available through RecAccess program – criteria based on annual income

YMCA of Simcoe/Muskoka – Silver Club & Y Membership

Silver Club hosts weekly gatherings for seniors. Activities include potlucks, crafts, cards, crotchet, coffee & tea socials.

Y Membership includes access to YMCA facilities and all programs.

<https://ymcaofsimcoemuskoka.ca/>

7315 Yonge St, Innisfil

705-431-9622

Cost: Silver Club – FREE; Y Membership - \$10 day pass, \$24.25/biweekly

Financial assistance available on a case-by-case basis. Manager will meet with you to review your financial situation.

Art Your Service

Art Your Services is offered through the virtual program Seniors Centre Without Walls.

This online community for older adults offers virtual programs in fitness, dance, social, art & more!

<https://www.artyourservice.org>

Virtual.

705-739-4220 ext 5685

Cost: FREE

What Dance Can Do – Gentle Moves

Gentle Moves classes are for anyone with mobility challenge, chronic pain, stroke recovery, Parkinson's Disease, general frailty, early-stage dementia or cognitive impairments.

<https://www.whatdancecando.ca/>

255 West Street South, Orillia

705-716-5669

Cost: one FREE complimentary class, \$58.50 seniors, \$97.50 non residents

This list includes a sampling of available programs in the community. Please note: The Barrie and Community Family Health Team has no professional affiliation with these programs, nor can its employees provide personal recommendations.

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