

PROGRAMS / ACTIVITIES

VON SMART Fitness**

SMART Program offers exercise classes to community members 55+ who wish to improve their strength, balance and flexibility, regardless of current physical ability. Program is available at both Allandale and Parkview Centres! The program can be done standing, from a chair, or using an aide. Call to register 705-737-5044 ext 221.

SPECIAL EVENTS

Various workshops and special events are offered throughout the year. Seasonal events are offered along with BBQ's, Special Dances, Holiday events and Open Houses, music events and more!. Check out our newsletter and calendar for schedules and opportunities.

WORKSHOPS

Various health and safety workshops are offered throughout the year. Our partners include City of Barrie Police and the Barrie Seniors Network.

Barrie Senior Services Network – Support Services for Seniors Living in Barrie and Area Barrie Fire, Library programs and Bus Orientations by City Transit. Check Pals newsletter and calendar for current schedules and opportunities.

Check out our news online [Senior 55+ Programs \(barrie.ca\)](http://Senior 55+ Programs (barrie.ca)) as new information is posted monthly. See you in our Centres!!

ASK US ABOUT OUR LEARN TO PLAY PROGRAMS



Throughout the year we have many Learn to Play programs including Learn to Play Bid Euchre, or other card games, Learn to Play Guitar, and more! Check the newsletter and calendar of events and activities for upcoming workshops and programs.

Did you know? Seniors ride City transit for free on Tuesdays & Thursdays! Are you looking for assistance with getting to our Centres? Learn about **Barrie Transit & Specialized Transit**



Specialized Transit | City of Barrie here or pick up a copy of the application at our 55+ Centres or City Hall.



City of Barrie 55+ Centres

ALLANDALE 55+ CENTRE

190 Bayview Drive, P.O. Box 400, Barrie, ON L4M 4T5
Call Allandale Rec Centre for information .

705 728 5141

Recreation Programmer: Heather Kenehan

PARKVIEW 55+ CENTRE

189 Blake Street, P.O. Box 400, Barrie, ON L4M 4T5
705 737 0755

Recreation Programmer: Heather Kenehan
[Senior 55+ Programs \(barrie.ca\)](http://Senior 55+ Programs (barrie.ca))



Welcome

To the City of Barrie's 55 + Centres hope you will enjoy your membership and that you quickly find the Centres an important part of your life. Please let us know how we can help to ensure that your membership is a rewarding experience. Our centres are open for business! Drop in to find out about the Centre membership programs and get a complimentary Tour.

Hours of operation

The Centres are open Monday to Friday from 9:00 am to 4:00 pm with some scheduled programs and events during the evenings. Summer hours may vary.

Membership



Your membership entitles you to participate in all drop in programs and activities offered in both Centre locations! A very good deal indeed! All members are invited to the Annual General Meeting held yearly in March.

Current Resident Membership Rates*:

Yearly - \$57.91
6 months - \$40.54
3 months - \$23.17
1 month - \$11.58
Day pass - \$2.70

** additional fee added for non-residents.*

Rec Access & Financial Assistance

RecACCESS is a fee assistance program that provides support to low-income families and individuals who are Barrie residents, by providing qualifying participants with credits which can be applied to the registration fee for qualifying programs and activities. To apply complete an application form and provide documents (as indicated on the form) related to financial and family situation.

Calendar of Activities and Newsletter

A calendar of activities and events is included in our monthly newsletter called "PALS". Copies are available at both centre locations and online at [Senior 55+ Programs \(barrie.ca\)](http://Senior 55+ Programs (barrie.ca))

PROGRAMS / ACTIVITIES

Karaoke

Join the fun singing along to tunes of your choice. Beginners welcome! All equipment supplied and volunteer lead.

MahJong

A tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players.

Minds in Motion**

A partnership with the Alzheimer's Society of Simcoe County. Participants along with their caregivers join a small group for fitness and social activities. Register at Minds in Motion® | Alzheimer Society of Simcoe County 705-722-1066

Painters

A fun volunteer group of like minded artists join weekly for painting in various mediums and styles. Bring your own supplies. No instruction given but friendly advice is encouraged!

Pinochle

Card game played with groups of 4. Pinochle is played in partnerships, with partners .

Play Nine

A golf inspired card game open to all players!

Shuffleboard

The traditional game played on 40 foot floor courts. Four to a court. All equipment supplied and all abilities welcome!

Parkview Singers

This 60 member choir is open to all. No audition to join. Recruiting September. Extra fee to cover accompanist and director and supplies costs. September to June at Parkview location.

Snooker

Tables are available weekday afternoons. All equipment supplied. This is not a pool table, however some similarities. Turn taking is required. Wednesdays is Beginners only.

Table Tennis

Sometimes called Ping Pong, played on a table with a paddle. All abilities are welcome.

Texas Hold 'em

Texas hold 'em (also known as **Poker and hold'em**) is one of the most popular variants of the card game of poker. Small betting permitted.

Walking Group

Weekly walking along local trails on the City's lakeshore, from Parkview Centre. Led by a program leader. Walking poles are available. (Seasonal).

PROGRAMS / ACTIVITIES

Billiards

Friday mornings at 10 am at Parkview, open to all novices. This is a friendly social program.

BINGO

Fun social style game with small cash or in-kind prizes.

Book Club

Love to read? Looking for a group of like minded people? Share your favourites with others in our genre book club (Parkview) or pick up the shared books at Allandale (space is limited so call for details, 705 728 6332).

Bridge

A variety of recreational and duplicate bridge programs are offered at both locations. Do not need a partner to join but call ahead to arrange a partner for duplicate bridge. We do not collect ACBL points.

Carpet Bowling

Played indoors on a carpet. This game is similar to lawn bowling. New players are welcome! Fully accessible too.

Cornhole

Monday mornings at Parkview this fun toss game is friendly for all. Try it out!

Court Whist

Offered at Parkview this card game is open to all who love the game! Check schedule for details.

Crafting

Bring your own supplies and join a small group of like minded people to craft and chat together. Some supplies available.

Cribbage

All game equipment supplied. Played in teams of 2 or 4.

Dances

Single and partnered dances to live band or a DJ or use of CD's. In addition to your membership/day pass a small fee is collected at door.

(Line) Dancing

Led by a volunteer to salsa or country & western music, join our line and dance together. No experience required.

Darts

Bring your own darts or grab a set available at the centre. This fun team sport is great for beginners and experts alike.

Euchre

Bid or progressive euchre, these volunteer led card games are popular. We also offer Learn to Play Bid Euchre classes on occasion at Parkview. Call the centre to get your name on the list for the next set of classes.

Games Night

A variety of board and card games and darts are available.

Volunteers



Allandale and Parkview 55+ Centres are volunteer based centres and are always looking for enthusiastic people with skills and talents to share with us. Our volunteers are caring and independent people, who are the driving force in our 55+ community. Check the newsletter often, to find out more about current opportunities.



Fitness & Other Programs

Our centres offer a wide variety of instructor-led fitness and speciality programs that are designed for older adults. These programs are available at both the Allandale and Parkview 55+ Centre's, Peggy Hill Team & East Bayfield Community Centres. Classes like Zumba GOLD and Bone Builders.

Registration is required and all programs have a **registration fee that is separate from your membership**. For more information or for schedules please Visit play.barrie.ca *Activities in red in the calendar are registered programs.



Fair Play

The goal of the City of Barrie facilities, programs and services is to ensure a rewarding, safe and positive experience for all users. Working in collaboration with Staff and volunteers, as a participant you agree to treat others with respect, dignity and consideration during your visit.

Abuse of any sort will not be tolerated. Disregarding the City of Barrie Fair Play Policy may result in being asked to leave the facility and possible pass suspension. For more information, please see the City of Barrie's Fair Play Policy or speak with staff.

55+ PROGRAMS AT A GLANCE

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards					P
BINGO*		P			
Bridge - Duplicate				A	
Bridge - Recreational					P
Book Club- 1 or 2 X/mth		P	A		
Carpet Bowling			A		A
Cornhole	P				
Court Whist				P	
Cribbage					P
Crafting	P				
Dances (seasonal)				P	
Dance- (Line Dancing)		P			
Darts	A	P		P	A
Euchre - Progressive	A	P			
Euchre - Bid			P		P
Games Night*- seasonal	A				
Karaoke (SEASONAL)		P			
Mahjong	P				
Minds in Motion**		A	P		
Painters				P	
Pinochle		P			P
Play Nine	P				
Shuffle Board		A	P		P
Singers*- Seasonal				P	
Snooker	P	P		P	P
Snooker- Beginner			P		
Table Tennis			P	P	P
Texas Hold'em			P		P
VON SMART fitness**	P		P	A	
Walking group*	P				

** Partnership program- register with Partner agency

* Seasonal- Check Calendar of Activities

Funding provided by:



The Allandale and Parkview 55+ Centres are Active Living Centres and are funded in part by the City of Barrie and the Government of Ontario.

VIRTUAL PROGRAMS— “Art Your Service”

SENIORS CENTRE WITHOUT WALLS

**FREE to all.
Every Weekday,
morning and
afternoon.**



2

We are an Online* Community for Older Adults with the best creative & fitness classes for aging well. We deliver classes a day virtually, 5 days a week. In the morning is an exercise or movement class, in the afternoon we have art

classes, talks, music, socials and more.

* Telephone option is available. Ask us how.

Our sessions are good for people 55 plus, also useful and fun if you are post-operation, stuck at home, or just looking for a wide variety of programs to keep you active from the comfort of your living room.

Get registered, contact Heather at 705 739 4220 ext. 5685 or heather.kenehan@barrie.ca.



The City of Barrie Recreation Services commits to providing employees with clear guidelines regarding actions and behavior that is inclusive and respectful of all gender identities, gender expressions and sexual orientations. The City of Barrie Recreation Services will raise awareness and understanding of our shared obligation to promote the dignity and equitable treatment of all employees and members of our community, regardless of their gender identity, gender expression and sexual orientation.