The Prince Edward County Community Care for Seniors Association

Community Care for Seniors Fall Program Guide 2026

Ontario

The County
PRINCE EDWARD COUNTY ONTARIO

About the Active Living Programs

Community Care for Seniors Active Living Programs offers fitness, social and recreational activities to help older adults in Prince Edward County live well at home, stay active, and remain connected to their community. Cost is $25 annually.

Memberships are available to seniors 60+. Membership benefits include early access to all County Seniors' Centre programs, events and updates, allows access to Art Your Service programing, provides an opportunity to meet new friends, and to discover a new hobby, skill or talent.

Note: Individuals are welcome to participate in one Active Living Program event or a program without a membership on a trial basis. Further participation in any other event or program will require a membership.

For a membership application and a full schedule of upcoming County Seniors' Centre social and recreational programming, see the Active Living Program page on the website at
https://www.communitycareforseniors.org/active-living-program/
or call 613-476-7493.

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For more information on any of the following programs, please call Community Care for Seniors at 613-476-7493.

active living IN THE COUNTY

Get active, make friends, be well.

FITNESS

Chair Yoga
Using a chair to perform traditional yoga poses can support your body and protect against falls and injuries while you get stronger. This class is perfect for those who may have difficulty going from standing to sitting to floor poses, or for those with injuries or physical limitations. Class will be done mostly seated.
Registration is required.
When: Starting Friday, September 11th
Duration: 12-weeks
Time: 9:15 to 10:00am
Location: Picton Town Hall
Cost: $70

Balance Training
This class offers exercises, stretches and strengthening techniques to improve balance, focus and awareness of your body in space. Ability to stand and walk with or without assistance is required. Registration is required.
When: Starting Friday, September 11th
Duration: 12-weeks
Time: 10:15 to 11:00am
Location: Picton Town Hall
Cost: $70

Beginners Tai Chi
This gentle, low-impact class uses slow movements and deep breathing to improve balance, flexibility, and relaxation. It supports both physical and mental well-being and is easy to follow at a comfortable pace, making Tai Chi accessible to many people.
Registration is required.
When: Starting Tuesday, September 29th
Duration: 12-weeks
Time: 9:15 to 10:15am
Location: Bloomfield Town Hall
Cost: $25

Continuing Tai Chi
This class builds on the basics and focuses on practicing and refining movements, learning new techniques, and improving balance, flexibility, coordination, and body awareness. Participants continue developing their Tai Chi skills through gentle, flowing exercises that support overall physical and mental well-being. Participants are required to complete Beginner Tai Chi before enrolling in Continuing Tai Chi.
Registration is required.
When: Starting Tuesday, September 29th
Duration: 12-weeks
Time: 10:30 to 11:30am
Location: Bloomfield Town Hall
Cost: $12

Stronger U Fitness
This fitness class is designed specifically for older adults who want to maintain strength, mobility, balance, and confidence in daily life. This full-body workout focuses on functional movements to support independence, reduce fall risk, and improve overall well-being. This is a class designed for seated or standing participation based on individual needs and abilities. Registration is required.
When: Starting Tuesday, September 8th
Duration: 7-weeks
Time: 10:00am to 11:00am
Location: Picton Town Hall
Cost: $40

Walking Program
Stay active all winter long with the Walking Program. Participants can enjoy a safe, warm, and accessible space to walk and exercise during the cold, icy months. Whether the goal is to maintain fitness, improve health, or simply stay active, the program provides a comfortable indoor environment for regular physical activity throughout the winter.

When: Starting Monday, October 19th
Duration: Ends Thursday, March 25th
Time: 3:00 to 4:00pm
Location: Picton High School &
Wellington & District Community Centre
Cost: Active Living Program Membership

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This fitness class is designed specifically for older adults who want to maintain strength, mobility, balance, and confidence in daily life. This full-body workout focuses on functional movements to support independence, reduce fall risk, and improve overall well-being. This is a class designed for seated or standing participation based on individual needs and abilities. Registration is required.
When: Starting Tuesday, November 3rd
Duration: 8-weeks
Time: 10:00am to 11:00am
Location: Picton Town Hall
Cost: $45

ARTS & CRAFTS

Crafty Wednesday
Spend a relaxing afternoon crafting and socializing with others. Bring a project from home or choose from one of the free craft kits provided. Light refreshments will be available.
When: Every Wednesday afternoon
Time: 1:00 to 2:00pm
Location: County Seniors' Centre
Cost: $2

Intuitive Art Classes
Join instructor Shelia Hannon for four-part series on intuitive art-making that emphasizes self-expression, spontaneity, and trust in the self. Participants set aside preconceived ideas of what art "should" be and allow the subconscious to guide our brushstrokes, colour choices, textures and forms. Registration is required.
When: Starting Thursday September 3rd
Duration: 4-weeks
Time: 10:00 am-12:00 pm
Location: County Seniors' Centre
Cost: $100

Art Classes
Come unleash your creativity with Claudia Jean McCabe as she teaches how to bring out the inner child through the discovery of art with fluid acrylic paint. This series is open to all skill levels. Registration is required.
When: Starting Wednesday, September 30th
Duration: 5-weeks
Time: 10:00 am to 11:30 am
Location: County Seniors' Centre
Cost: $75
Bring your own materials, supply list provided.

Play Piano by Ear with Don Hinde
Retired music educator Don Hinde shares an easy approach to learning to play the piano by ear. Learning to play by ear involves developing the ability to reproduce music you hear without relying on sheet music. Registration is required.
When: Starting Monday November 2nd
Duration: 8-weeks
Time: 10:00 am-11:00 am
Location: County Seniors' Centre
Cost: $65 for the session
Piano keyboards provided

Play the Ukelele/Guitar by Ear with Don Hinde
Retired music educator Don Hinde shares an easy approach to learning to play the guitar and ukelele by ear. Learning to play by ear involves developing the ability to reproduce music you hear without relying on sheet music. Registration is required.
When: Starting Monday November 2nd
Duration: 8-weeks
Time: 11:00 am-12:00 pm
Location: County Seniors' Centre
Cost: $65 for the session
Participants bring their own instruments

SOCIAL

Social Coffee

Come enjoy a relaxed morning with a cup of coffee, connect with others, and engage in friendly conversation. Whether you're looking to meet new people or catch up with familiar faces, everyone is welcome in this warm and welcoming setting.
When: Every Friday morning
Time: 10:00 to 11:30am
Location: County Seniors' Centre
Cost: $2

Board Game Social

Enjoy a morning of friendly competition and social connection while playing a variety of board games, including favourites like Scrabble, Cribbage, Crokinole, Checkers, and more. Play in air-conditioned comfort in a relaxed, welcoming atmosphere. Coffee and tea will be provided.
When: Every Tuesday morning
Time: 10:00 to 11:30am
Location: County Seniors' Centre
Cost: $2

Wii Bowling

Wii Bowling offers a fun way to enjoy social and light physical activity, regardless of experience. Participants will be organized into teams for friendly competition. The game can be played sitting or standing and involves light movement, making it an enjoyable way to stay active and connect with others. Registration is required.
When: Mondays, starting September 14th
Time: 1:00 to 2:30pm and 2:30 to 4:00pm
Location: County Seniors' Centre
Cost: Active Living Program Membership

CARD GAMES

Social Bridge

Enjoy an afternoon of Social Bridge in a relaxed and welcoming environment. Whether you're a regular player or looking to sharpen your skills, this program offers an opportunity to enjoy friendly competition, engage in strategic play, and connect with others who share an interest in the game.
When: Every Tuesday afternoon
Time: 2:00 to 4:00pm
Location: County Seniors' Centre
Cost: $2

North Shore Euchre

Enjoy an afternoon of Euchre in a welcoming, social atmosphere. Meet new people, connect with friends, and enjoy friendly competition as you play. Takes place the first Friday of every month.
When: Starting Friday, October 2nd
Time: 1:30 to 4:00pm
Location: Sophiasburgh Town Hall
Cost: $5

Community Care Euchre

Come take part in friendly competition during an afternoon of Euchre in a relaxed, social atmosphere. Whether you're a seasoned player or new to the game, you'll find a welcoming group and plenty of good conversation. It's a great opportunity to connect with others and enjoy a classic card game.
When: Every Thursday afternoon
Time: 1:00 to 3:30pm
Location: County Seniors' Centre
Cost: $5

energy-saving upgrades. The session will also include practical tips to help reduce energy

HEALTH & WELLNESS

Art Your Service
An online interactive community that offers daily live virtual classes including fitness, arts, wellness workshops and games.
When: Daily, Monday – Friday
Location: Virtual
Cost: Active Living Program Membership

55 Alive Driver Refresher Course
The driver refresher course is developed by the Canada Safety Council and is designed specifically to help older drivers improve their driving skills. The program includes lunch, a 100-page workbook, useful resources, a certificate and instruction by David Fox, who is trained by the Canada Safety Council. Space is limited. Registration and payment in advance are required.
Cost: $40
When: Thursday, November 5th
Time: 9:30 am-3 pm
Location: County Seniors' Centre

EDUCATIONAL

Webinar - Home Energy Efficiency for Seniors
Learn about provincial programs that support income-eligible households in lowering energy usage and improving home comfort through
When: Wednesday, September 9th
Time: 1:00 to 2:00pm
Location: Zoom or County Seniors' Centre

Webinar - The Garden County of Canada with Naturalist Terry Sprague
Prince Edward County is known for its sandy beaches, wineries, and recreational fishing, but it is also recognized as the birthplace of Canada's canning industry. Learn about its founder, canning giant Wellington Boulter, and how the industry expanded from his first canning factory in Picton, to more than 100 across Prince Edward County, and the eventual demise of this once flourishing industry.
When: Thursday, September 10th
Time: 1:00 to 2:00pm
Location: County Seniors' Centre

The 2026 Municipal Election & Your Voice in the County, Presentation
County of Prince Edward Deputy Clerk Catherine Sprague presents the 2026 Municipal Election & Your Voice in the County. Learn how the municipal election process works, key dates and voter information, and how local government decisions impact the community. The session also highlights how residents can make their voices heard and take part in shaping their County. Presented in person and via Zoom.
When: Tuesday, September 15th
Time: 1:00 to 2:00pm
Location: Zoom or County Seniors' Centre

Webinar - Bats – Myth and Mayhem with Naturalist Terry Sprague
Terry Sprague looks at the bat species found in the County, as well as in the Bay of Quinte area. He explores the world of "myth-conceptions" about bats getting into your hair, loving the taste of blood and being blind (as a bat).
When: Thursday, October 15th
Time: 1:00 to 2:00pm
Location: Zoom or County Seniors' Centre

Webinar - The Upside and Downside of Downsizing with Manson Slik
Downsizing is a big change that goes beyond just selling your home, it's a tremendous opportunity to simplify your lifestyle and focus on what matters. Join Manson Slik from Gordan's Downsizing and Estate Services to learn about the upsides and the downsides to downsizing.
When: Thursday, October 22nd
Time: 1:00 to 2:00pm
Location: Zoom or County Seniors' Centre

Webinar - Nearby and Natural with Naturalist Terry Sprague
This presentation examines many of the natural areas within easy driving distance of Picton. We look at provincial parks, conservation areas, nature reserves, hiking trails, cemeteries, and some of those nooks and crannies that you may not have been aware of in your quest for nature. Learn about the Menzel Nature Reserve, Sandbanks, the Prince Edward Point National Wildlife Area, Sheffield Conservation Area, and the Scuttle holes, just to name a few.
When: Tuesday, November 10th
Time: 1:00 to 2:00pm
Location: Zoom or County Seniors' Centre

Webinar – Seniors and Concussions
This concussion education program for seniors is an educational program by the Canadian Concussion Centre. The program includes an hour-long presentation where attendees will learn about concussions and their impact on seniors. In addition, the presentation will provide information on concussion prevention and management strategies for seniors. After the presentation, attendees will also be given a guide to concussion in seniors that was developed Parachute Canada, a partner in this work.
When: Wednesday, November 18th
Time: 2:00 to 3:00pm
Location: Zoom

Webinar - Home Energy Efficiency for Seniors
Learn about provincial programs that support income-eligible households in lowering energy usage and improving home comfort through energy-saving upgrades. The session will also include practical tips to help reduce energy waste and make homes more comfortable and affordable.
When: Tuesday, November 24th
Time: 1:00 to 2:00pm
Location: Zoom or County Seniors' Centre

Webinar - Backyard Bird feeding - Mistakes & Misconceptions with Naturalist Terry Sprague
The popularity of bird feeding is at an all time high. Learn how to get the most out of this popular hobby. Is bird feeding wrong? Will bird feeding upset normal migratory habits? Will birds learn to depend on me and starve if I forget to feed them? Should I feed birds during summer? You will be surprised at the myths that the soothsayers have generated over the years, and how safe and rewarding this hobby really is.
When: Thursday, December 10th
Time: 1:00 to 2:00pm
Location: Zoom or County Seniors' Centre

SPECIAL EVENTS

Open Houses
October is Community Support Services Month in Ontario. Community Care for Seniors will be having five open houses throughout the month of October. Community members are invited to learn about the Active Living Programs and Community Support Services at the upcoming Open Houses. Attendees will have the opportunity to explore the programs, activities, available supports, ask questions, and connect with staff.

Open House One: Tuesday, September 29th from 9:30 to 11:00am at the County Seniors' Centre.

Open House Two: Thursday, October 8th from 9:30 to 11:00am at the Milford Town Hall

Open House Three: Wednesday, October 14th from 1:30 to 3:00pm at the Ameliasburgh Town Hall

Open House Four: Tuesday, October 20th from 1:30 to 3:00pm at the Sophiasburgh Town Hall

Open House Five: Thursday, October 22nd from 9:30 to 11:00am at the Bloomfield Town Hall

The Prince Edward County Community Care for Seniors Association

Thurs., November 12, 2026
10 am - 2 pm
Stay for the day!

FREE

Seniors' Information & Active Living Fair

Featuring senior care and programs for adults 60+

- Free admission & parking
- Presentations & demonstrations
- Open to the public
- Door prizes & healthy snacks
- Program & course registration
- 45+ exhibitors

FREE lunch *while supplies last!*

Wellington and District Community Centre, 111 Belleville Street, Wellington, ON

For more information contact 613-476-7493

info@communitycareforseniors.org | www.communitycareforseniors.org

active living PROGRAMS

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés
Est. 1973 50+ years of service

Funding provided by: Ontario

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