

A Guide to Recreation and Leisure Resources for Seniors in London

Developed by:

SENIORS COMMUNITY ASSOCIATION
Recreation & Leisure Committee

January 2011

*“We don’t stop playing because we grow old;
we grow old because we stop playing.”*

George Bernard Shaw



Introduction

This guide to recreation and leisure services available for older adults in London was developed by the Recreation and Leisure Committee of the Seniors Community Association. The mandate of the Recreation and Leisure Committee is to ensure that London seniors have access to recreation and leisure opportunities that are inclusive, offer choice and are geared to seniors' interests, abilities, while maintaining and improving their mobility. Committee membership is voluntary and includes a broad range of seniors, interested citizens and service providers with a keen interest and understanding of the recreation needs of older adults and the current resources available.

Given the range of leisure services being offered across London, *access to information and awareness* of those services has been raised repeatedly as the main impediment to taking part in the many community activities available and this is the purpose of the guide. The information contained has been collected to provide older adults with a primary point of contact. Although every effort has been made to ensure its accuracy, program changes occur regularly and users are urged to contact the services directly and verify the program details they are interested in. Periodic updates of this guide will be done and any errors or omissions reported will be corrected in future editions.

For more information or to provide updates, please contact:

Bev Regan, Recreation & Leisure Chairperson

519-661-1620

Bev.regan@sjhc.london.on.ca

SENIORS COMMUNITY ASSOCIATION

78 Riverside Drive

(Kiwanis Seniors Community Centre)

London, Ontario N6H 1B4

Table of Contents

Aquatic Programs

Church Social Clubs

Community Centres

Cultural Centres

Day Programs

Education/Personal Interest Courses

Fitness Centres

Health Centres

London Public Library

Miscellaneous

Seniors Centres

Support Groups

A Friendly Reminder:

Readers should inquire directly with each program regarding:

- If advance registration is required or is the program drop-in?
- If programs are free or are membership or program fees required?
- If fee discounts or subsidies may be available?
- Level of building and program accessibility?
- Availability of busing or proximity to public transit and parking?

Aquatic Programs

BERKSHIRE CLUB

500 Berkshire Dr.

www.sifton.com/residential/berkshireclub/

519-471-4590

BOB HAYWARD YMCA

1050 Hamilton Road

www.ymcawo.ca/

519-451-2395

CANADA GAMES AQUATIC CENTRE

1045 Wonderland Rd. N

www.london.ca/d.aspx?s=/Sports_and_Recreation/lacindoor.htm

519-661-4455

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE

McMahen & Elizabeth (656 Elizabeth St.)

www.london.ca/d.aspx?s=/Community_Centres/chocc.htm

519-661-2523

CENTRE BRANCH Y

382 Waterloo St.

www.ymcawo.ca/cby.html

519-667-3300

CHELSEY PARK HEALTH CLUB

312 Oxford St. W

www.chelseypark.com

519-432-8504

HORTON ST. SENIORS CENTRE

184 Horton St.

www.bgclondon.ca/seniorsPrograms.html

519-434-9114

SOUTH LONDON COMMUNITY POOL

585 Bradley Ave.

www.london.ca/d.aspx?s=/Sports_and_Recreation/slacindoor.htm

519-661-0920

ST. JOSEPH'S COMMUNITY HYDROTHERAPY PROGRAM

268 Grosvenor St.

**519-646-6000
ext. 61099**

STONEY CREEK YMCA

920 Sunningdale Rd. E.

www.ymcawo.ca/

519-667-4400

Church Social Clubs

Not a complete list - many churches have seniors programming that is open to all and people should contact their local churches to inquire

ELMWOOD SENIORS COMMUNITY CENTRE **519-438-3492**
111 Elmwood Ave.
www.elmwoodchurch.ca/

FIFTY PLUS CLUB, BYRON COMMUNITY CHAPEL **519-434-3939**
336 Glenrose Dr.
www.byroncommunitychurch.com/byroncommunitychurch/about.htm

OX-WELL ACTIVITY PROGRAM **519-432-3502**
280 Oxford St. E
www.newstjames.com/

Community Centres

ARGYLE COMMUNITY RESOURCE CENTRE **519-457-7659**
2016 Dundas St. E
www.argylecommunity.com/

BOYLE COMMUNITY CENTRE **519-680-2930**
530 Charlotte St.
www.london.ca/d.aspx?s=/Community_Centres/default.htm

BYRON OPT COMMUNITY CENTRE **519-661-5575**
1308 Norman Ave

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE **519-661-2523**
656 Elizabeth St.
www.london.ca/d.aspx?s=/Community_Centres/chocc.htm

CROUCH NEIGHBOUHOOD RESOURCE CENTRE **519-642-7630**
550 Hamilton Rd.
www.crouchonline.org/

Community Centres cont'd

EAST LONDON ARTISANS CENTRE

1731 Churchill Ave.

www.artisanslondon.org

519-661-4431

GLEN CAIRN COMMUNITY RESOURCE CENTRE

150 King Edward Ave.

www.gccrc.ca

519-668-2745

KINSMEN RECREATION CENTRE

20 Glanville St.

www.london.ca/d.aspx?s=/Community_Centres/KinsmenRecCentre.htm

519-661-5777

NORTHWEST LONDON COMMUNITY

RESOURCE CENTRE

1225 Wonderland Rd. N

www.nwlr.ca/

519-471-8444

NORTH LONDON OPTIMIST CENTRE

1345 Cheapside St.

www.london.ca/d.aspx?s=/Community_Centres/nloncc.htm

519-661-5198

SOUTH LONDON COMMUNITY CENTRE

1119 Jalna Blvd.

www.london.ca/d.aspx?s=/Community_Centres/slondon.htm

519-686-8600

SPRINGBANK GARDENS COMMUNITY CENTRE

205 Wonderland Road S

519-661-5575 or

519-963-5056

STONEY CREEK COMMUNITY CENTRE,

YMCA & LIBRARY

920 Sunningdale Rd. E.

519-667-4400

STRONACH COMMUNITY CENTRE

1221 Sandford St.

www.london.ca/d.aspx?s=/Community_Centres/Stronach.htm

519-661-2362

Cultural Centres

LONDON INTERCOMMUNITY HEALTH CENTRE **519-660-0874**

659 Dundas St.
www.lihc.on.ca

LONDON JEWISH COMMUNITY CENTRE **519-673-3310**

536 Huron St.

CERCLE DES COPAINS DE LONDON **519-645-0191 ou**

920, rue Huron, London, ON
www.cercledescopains.ca

519-472-8897

DUTCH CANADIAN CLUB **519-455-7170**

1738 Gore Rd.
www.dutchcanadiansociety.com

CHINESE CANADIAN NATIONAL COUNCIL **519-451-0760**

1701 Trafalgar St.
www.londonccnc.ca/index.asp

KOREAN-CANADIAN SOCIETY **519-433-2799**

224 William St.

LATVIAN SENIOR CITIZENS ASSOCIATION **519-649-0981**

800 Nixon Ave.

LITHUANIAN SENIORS CLUB, LITHUANIAN CHURCH **519-652-6837**

1414 Dundas St.

LONDON URBAN SERVICES ORGANIZATION **519-452-1466**

1993 Oxford St. E Unit #2
www.lusocentre.org

LONDON CROSS CULTURAL LEARNERS CENTRE **519-432-1133**

505 Dundas St.
www.lcclc.org

Day Programs

- ALZHEIMERS OUTREACH SERVICES
OF MCCORMICK HOME** **519-432-2648**
2022 Kains Rd.
www.alzheimeroutreach.org
- DEARNESS SERVICES - DAY PROGRAM** **519-661-0400**
710 Southdale Rd. E
www.london.ca/d.aspx?s=/Seniors/deariness.htm
- EAST LONDON ADULT DAY PROGRAM** **519-455-5177**
1340 Dundas St. E
Contact: Nancy Johnston
<http://thehealthline.ca/displayservice.aspx?id=2835>

Education/Personal Interest Courses

- CENTRE FOR LIFELONG LEARNING** **519-659-1224**
1230 King St.
www.cfill.on.ca
- CITY OF LONDON SPECTRUM PROGRAMS** **519-661-5575**
<http://www.london.ca/spectrum>
- EXPLORITAS (FORMERLY ELDERHOSTEL)** **1-800-454-5768**
<http://www.exploritas.org/>
- FANSHAWE COLLEGE** **519-452-4430**
1460 Oxford St. E Rm. A1037
www.fanshawec.ca/EN/SecondCareer/secondcareer.asp
- LONDON PUBLIC LIBRARY** **519-661-4600**
www.londonpubliclibrary.ca/
- SOCIETY FOR LEARNING IN RETIREMENT** **519-438-3525**
1490 Richmond St., London www.slrlondon.ca

Education/Personal Interest Courses cont'd

THIRD AGE OUTREACH PROGRAM 519-661-1621
St. Joseph's Health Care London, 78 Riverside Dr.
www.thirdageoutreach.ca

THAMES VALLEY DISTRICT SCHOOL BOARD
(Wheable Adult Education Centre) 519-452-2660
70 Jacqueline St.
www.tvdsb.on.ca

WESTERN CENTRE FOR CONTINUING STUDIES 519-661-3658
355 Wellington St.
www.uwo.ca/cstudies

Fitness Centres

BOB HAYWARD "Y" 519-667-3300
1050 Hamilton Rd.
www.ymcawo.ca/bhy.html

CANADIAN CENTRE FOR ACTIVITY AND AGING 519-661-1603
1490 Richmond St.
Contact: Clara Fitzgerald
www.uwo.ca/actage

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 519-661-2523
McMahen & Elizabeth (656 Elizabeth St.)
www.london.ca/d.aspx?s=/Community_Centres/chocc.htm

CENTRE BRANCH Y 519-667-3300
382 Waterloo St.
www.ymcawo.ca/cby.html

CHELSEY PARK COMMUNITY HEALTH CLUB 519-432-8504
312 Oxford St.
Contact: Sandi Hammond
www.chelseypark.com

Fitness Centres cont'd

HORTON STREET SENIORS COMMUNITY CENTRE 519-434-9114
184 Horton St. E
www.bgclondon.ca/seniorsPrograms.html

HUFF N' PUFF SENIORS FITNESS ASSOCIATION 519-661-5854
1345 Cheapside St.
www.huffnpuffsa.com

**PHYSICAL MAINTENANCE PROGRAM,
PARKWOOD HOSPITAL** 519-685-4019
801 Commissioners Rd. E
Contact: Cheryl Miller
www.sjhc.london.on.ca/parkwood/programs/sgs/services/index.php

PARKWOOD FITNESS CENTRE 519-685-4292 EXT 42939
801 Commissioners Rd. E
[www.sjhc.london.on.ca/parkwood/programs/services/services.htm#Fitness Centre](http://www.sjhc.london.on.ca/parkwood/programs/services/services.htm#Fitness%20Centre)

STONEY CREEK YMCA 519-667-4400
920 Sunningdale Rd. E.
www.ymcawo.ca/

Health Centres

CENTRE OF HOPE FAMILY HEALTH TEAM 519-645-2348
<http://www.centreofhope.ca/>

CHERRYHILL HEALTHY AGEING PROGRAM 519-675-1094
Cherryhill Mall, 301 Oxford St. W.
Contact: Sarah Langford
www.vonmiddlesexelgin.com

LONDON INTERCOMMUNITY HEALTH CENTRE 519-660-0874
659 Dundas St.
www.lihc.on.ca

VON COMMUNITY SUPPORT PROGRAMS 519-659-2273
200-1151 Florence St. www.vonmiddlesexelgin.com

London Public Library

LONDON CENTRAL LIBRARY Citi Plaza Mall, 251 Dundas St. www.londonpubliclibrary.ca/	519-661-4600
BEACOCK LIBRARY 1280 Huron St.	519-451-8140
BYRON LIBRARY 1295 Commissioners Rd. W	519-471-4000
CARSON LIBRARY 465 Quebec St.	519-438-4287
CHERRYHILL LIBRARY 301 Oxford St. W	519-439-6456
CROUCH LIBRARY 550 Hamilton Rd.	519-673-0111
EAST LONDON LIBRARY 2016 Dundas St. E	519-451-7600
GLANWORTH LIBRARY 2950 Glanworth Dr.	519-681-6797
JALNA LIBRARY 1119 Jalna Blvd.	519-685-6465
LAMBETH LIBRARY 7112 Beattie St.	519-652-2951
LANDON LIBRARY 167 Wortley Rd.	519-439-6240
MASONVILLE LIBRARY 30 North Centre Rd.	519-660-4646
POND MILLS LIBRARY 1166 Commissioners Rd. E	519-685-1333

London Public Library Cont'd

SHERWOOD LIBRARY 519-473-9965
1225 Wonderland Rd. N

STONEY CREEK LIBRARY 519-930-2065
920 Sunningdale Rd. E.

WESTMOUNT LIBRARY 519-473-4708
3200 Wonderland Rd. S

HOME LIBRARY SERVICE 519-661-6444
www.londonpubliclibrary.ca/node/225

Miscellaneous

CHERRYHILL SENIORS ACTIVITY CLUB 519-679-9687
190 Cherryhill Cir, Mailbox D2

COMMUNITY LIVING LONDON 519-686-3000
190 Adelaide St. S www.cl.l.on.ca

COUNCIL FOR LONDON SENIORS 519-433-0625
78 Riverside Dr.
Contact: Linda Bakker
www.councilforlondonseniors.com

GRAND WOOD PARK RETIREMENT RESIDENCE 519-432-1162
81 Grand Ave.
Contact: Tanis Siddique
www.grandwoodpark.ca

HUTTON HOUSE 519-472-6381
654 Wonderland Rd. N
Contact: Kristy Hoornic
www.huttonhouse.com

LONDON HORTICULTURAL SOCIETY 519-435-0680
364 Belfield St.
<http://lhs.starcs.ca/>

Miscellaneous Cont'd

LONDON SENIOR GAMES **519-686-9926**
www.londonseniorgames.com/us/us.htm

NEWCOMERS CLUB - ELAINE MARTENS
Various locations
www.londonnewcomersclub.com/index.html

PARKWOOD GOLF CLINICS **519-661-1620**

ROYAL CANADIAN LEGION - DUCHESS OF KENT **519-438-6521**
499 Hill St.
www.duchessofkent.ca/

ROYAL CANADIAN LEGION - VICTORY BRANCH **519-455-2230**
311 Oakland Ave.
<http://rclvictorybranch317.com/>

ROYAL CANADIAN LEGION - BYRON BRANCH **519-472-3300**
1276 Commissioners Rd. W
www.sympatico.ca/dotway.thompson/Home-Branch533.htm

THIRD AGE OUTREACH PROGRAM **519-661-1621**
St. Joseph's Health Care London, 78 Riverside Dr.
www.thirdageoutreach.ca

TAOIST TAI CHI SOCIETY **519-675-0577**
456 Southdale Rd. E
www.ttcs london.ca

TRAFALGAR TERRACE RETIREMENT HOME **519-672-9000**
96 Ridout St. S
www.trafalgarterrace.ca

Senior Centres

BERKSHIRE CLUB SENIORS' PROGRAM 519-471-4590
500 Berkshire Dr.
www.sifton.com/ResidentialRentals/BerkshireClub/fitnessclub.html

KIWANIS SENIORS COMMUNITY CENTRE 519- 661-5740
78 Riverside Dr.
Contact: Michelle Kerr
www.london.ca/d.aspx?s=/Community_Centres/kiwanis.htm

HAMILTON ROAD SENIORS CENTRE 519-661-5758
525 Hamilton Rd.
Contact: Michelle Kerr
www.london.ca/d.aspx?s=/Community_Centres/hrsr.htm

HORTON STREET SENIORS CENTRE 519-434-9114
184 Horton St.
Contact: Kathy Kosatschenko
www.bgclondon.ca/seniorsPrograms.html

Support Groups

ALZHEIMERS SOCIETY 519-680-2404
www.alzheimerlondon.ca/

ARTHRITIS SOCIETY 519-433-2191
204-400 York St, www.arthritis.ca/

HUNTINGTON SOCIETY OF CANADA 519-660-0670
Meetings at Parkwood Hospital (801 Commissioners Rd. E)
www.huntingtonsociety.ca/english/index.asp

**LONDON AND DISTRICT STROKE
RECOVERY ASSOCIATION** 519-457-6715
www.marchofdimes.ca/dimes

PARKINSON FOUNDATION OF CANADA 519-652-9437
4500 Blakie Rd. Unit 117
www.parkinsonsociety.ca