

Seniors for Nature Outdoor Club

For active seniors who enjoy the outdoors

Single-day and Multi-day Trips

Canoeing

Camping

Cycling

Cross Country Skiing

Hiking

Kayaking

Snowshoeing

Social Events



Recreational Objectives ...

- Maintain health through physical and mental activity
- Social interaction
- Enjoyment
- Environmental programs
- New friends
- New places

We Have The Answers...

Our Focus ...

- Outdoor activities
- Fellowship
- Active participation
- Safety first and always
 - Experienced organizers
 - Published trip guidelines



Club Organization ...

- Incorporated Not-For-Profit (1985)
- Eleven volunteer Directors
- Approximately 180 Members

- Meet 1st Tuesday each month October through May
 - 12:30 pm to 3 pm
 - Earl Bales Community Centre, North York
 - Guest Speakers and entertainment

WHAT We Do ...

- Cycling, canoeing, hiking, skiing, camping
- Contemplative outings
 - Museums, historical sites, etc.
- Social events
- 60 ~ 80 outings annually
- Single-day and multi-day trips



Outings ...



Outings ...





Tours of Museums, Historical Sites etc.

Overnight Trips 2-5 days
Killbear, Simcoe, Bondi Lodge
Saugeen, Rideau, & Trent Rivers



WHERE We Do It ...

- GTA and Southern Ontario
- Provincial Parks and Conservation Areas
- *Rails to Trails* and back roads for cycling and hiking
- Flat water for canoeing



Various Locations



HOW We Do It ...

- Moderate activities appropriate for seniors
- Paced to suit participants
- Day trips on weekdays
- Experienced volunteer leaders
- Newsletters
- Free introductory trips



CONCLUSION - Membership Benefits...

Active Outdoor Participation...

- Health
- Happiness
- Fellowship
- Free loaners (canoes/kayaks)
- Mentoring
- Secure Website
- Newsletter



All of This and More
For ONLY \$35 PER YEAR



COME AND JOIN US !!!

THANK YOU

For Further Inquiries

Please visit our Web Site:

www.seniorsfornatureoutdoorclub.ca

