



Spring Program Guide

Seniors Satellites

April 7, 2025 to June 27, 2025

Argyle

Boyle

Byron

Chalmers

Earl Nichols

East Lions

Medway

Stronach

Virtual



London
CANADA

General Information

About the Seniors' Satellites

Management & Supervision:

The Seniors' Satellites were created by the City of London. City staff and volunteers manage and operate the satellites operation and their programs. Various community partners may offer supplementary programming or donate space.

Membership:

Membership to **EACH Seniors Satellites** is ***\$11.12 + HST per person for one location, or \$31.21 +HST for ALL LOCATIONS** , per year! *2025 rate. Additional minimal fees per class may be charged for classes with a certified instructor (see program schedules at each satellite for more information). Membership to any satellite is open to anyone aged 55 & over, living in any area of the city. Memberships can be purchased online at www.london.ca, or at one of the City's Customer Service Centres. For City services available evenings and Saturdays visit london.ca/hours. Pre-registration is required for all programs and can be done online at www.london.ca or by calling Customer Service at 519-661-5575.

Front cover Artwork courtesy of Susan Paddick

Programs and Activities:

The programs we offer at the satellite locations mimic the ‘core’ programs available at Kiwanis and Hamilton Road Seniors’ Centre & Community Centres. Programs build on the concept of the Dimensions of Wellness, offering programs that support the physical, emotional, social, environmental, occupational, spiritual, and intellectual wellness of our members. Our satellite programs are all ‘drop-in’ in nature, and therefore it is unnecessary to stay for the duration of the programming time at your satellite location. Members must pre-register and pay for any individual program they wish to attend.

The fitness and yoga instructors are certified, and ensure that proper conditioning, stretching, form, posture, warm up and cool downs are followed, to guard against any unnecessary strain on the body, or injury.

Programs may be changed quarterly at the satellites, depending on participation levels and input of members, and availability of instructors.

Additional Information:

If you require additional information about our satellites, please visit our website at www.london.ca/senior-recreation, or contact Susan Stepien, Supervisor, City of London, by phone at 519-661-CITY, ext 4756, or by email at sstepien@london.ca.

Financial Assistance is Available for those that Qualify:

The City of London’s Play Your Way (PYW) Fund offers financial support to low-income Londoners and their families who want to access recreation programs and activities offered by the City of London. Once approved, funding can be accessed for the next 12 months, up to a maximum of \$300 per person and can be used when purchasing any Seniors Satellite membership or program fee. For more information or details on how to apply, please visit london.ca/playyourway or contact our customer service team at 519-661-5575.

In Person Programs

*Current Program Schedule (programs may change due to registration or instructor availability)

- **Argyle**

Location: East London Library, 2016 Dundas St.

Day/Time: Tuesdays & Wednesdays from 9:30am to 1:00pm

- **Boyle**

Location: Boyle Memorial Community Centre, 530 Charlotte St.

Day/Time: Fridays from 11:30am to 3:00pm

- **Byron**

Location: Byron Optimist Community Centre, 1306 Norman Ave.

Day/Time: Tuesdays from 11:00am to 3:00pm

- **Chalmers**

Location: Chalmers Presbyterian Church, 342 Pond Mills Rd.

Day/Time: Fridays from 9:00am to 12:00pm

- **East Lions**

Location: East Lions Community Centre, 1731 Churchill Ave

Day/Time: Tuesdays 10:00am to 3:00pm & Thursdays from 8:30am to 2:00pm

- **Earl Nichols**

Location: Earl Nichols Recreation Centre, 799 Homeview Rd.

Day/Time: Thursdays from 10:00am to 3:00pm

- **Medway**

Location: Medway Community Centre, 119 Sherwood Forest Square

Day/Time: Mondays from 11:30am to 3:00pm & Wednesdays 9:00am to 3:30pm

- **Stronach**

Location: Stronach Recreation Centre, 1221 Sandford St.

Day/Time: Wednesdays from 11:00am to 1:30pm

Medway Seniors Satellite

Location: Medway Community Centre, 119 Sherwood Forest Square

Day/Time: Mondays from 11:30am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Mondays

11:30am to 12:30am	Functional Fitness #182028	Meeting Room	This is a “Functional Fitness” class aimed at making your active daily living easier by incorporating cardio, balance, strength and stretching. We add some mindfulness training that will help bring confidence, contentment, and joy to your daily interactions.	\$2.33+HST per class with membership
12:45pm to 1:45pm	Chair Yoga #182030	Meeting Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. You will experience numerous benefits including increased flexibility, better sleep, reduced stress, and a general feeling of well-being. No experience is required. Please bring your own mat.	\$2.33+HST per class with membership
2:00pm to 3:00pm	Legs Up the Wall Yoga #182031	Meeting Room	This is a slower pace, gentle impact class. The practice will allow more time to explore postures and alignment. The focus is on stretching and strengthening the muscles, accompanied by proper breathing, while building awareness of the body. Please bring your own mat.	\$2.33+HST per class with membership

No Scents Make Good Sense!

Scented products can aggravate existing health problems for people who suffer from asthma, allergies, and many other medical conditions.

Please help us keep the Seniors’ Satellites fragrance free!

Medway Seniors Satellite

Location: Medway Community Centre, 119 Sherwood Forest Square

Day/Time: Wednesdays from 9:00am to 3:30pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Wednesdays

9:30am to 10:30am	Mat Yoga #183084	Meeting Room	Expanding your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.33+HST per class with membership
10:45am to 11:45am	Seniors Bootcamp #183085	Meeting Room	Develop and strengthen your muscles while burning calories and boosting your metabolism. This workout includes light weights, cardio and muscle building using a variety of equipment.	\$2.33+HST per class with membership
12:15pm to 1:00pm	Ageless Grace® #183101	Meeting Room	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.33+HST per class with membership
1:15pm to 2:15pm	Line Dancing #183105	Meeting Room	Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner. Well-fitting shoes with a smooth sole required.	\$2.33+HST per class with membership
2:30pm to 3:30pm	Line Dancing 2 #183107	Meeting Room	Just like above, with several new steps and songs added! Join us for some fun. This is a level 2 class, and participants should be familiar with the basic steps of line dance.	\$2.33+HST per class with membership

Byron Seniors Satellite

Location: Byron Optimist Community Centre, 1306 Norman Ave.

Day/Time: Tuesdays from 11:00am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Tuesdays

11:00am to 12:00pm	Walk Fit #182032	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym. We'll put a smile on your face and sweat on your brow.	\$2.33+HST per class with membership
11:00am to 12:00pm	Zumba Gold® #182034	Meeting Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning calories. We will teach you basic Latin dance steps to some great music!	\$2.33+HST per class with membership
12:15pm to 1:00pm	Ageless Grace® #182035	Gym	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.33+HST per class with membership
12:30pm to 1:30pm	Chair Yoga #182038	Meeting Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. Please bring your own mat.	\$2.33+HST per class with membership
1:15pm to 2:15pm	Pilates #182040	Gym	This series of Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13mm (1/2") yoga mat is suggested for this class.	\$2.33+HST per class with membership

1:45pm to 2:45pm	Mat Yoga #182041	Meeting Room	Expanding your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.33+HST per class with membership
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East Lions Seniors Satellite

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Tuesdays from 10:00am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Tuesdays

10:00am to 11:00am	Tai Chi for Seniors #182915	Room 1 South	This class is for anyone who has always wanted to experience the physical benefits of Tai Chi. This practice can help to alleviate difficulties associated with aging, injury, inactivity, and chronic disease.	\$2.33+HST per class with membership
11:15am to 12:15pm	Qi-Yoga #182918	Activity Room	Qi-Yoga blends Qigong, acupuncture techniques, and Yoga poses. Qi-Yoga can be practiced seated, standing, or on a mat. No experience necessary.	\$2.33+HST per class with membership
11:30am to 12:30pm	Seniors Bootcamp #182920	Gym	Develop and strengthen your muscles while burning calories and boosting your metabolism. This workout includes light weights, cardio and muscle building using a variety of equipment.	\$2.33+HST per class with membership
12:45pm to 1:45pm	Pilates #182932	Activity Room	This series of Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13mm (1/2") yoga mat is suggested for this class.	\$2.33+HST per class with membership
12:45pm to 1:45pm	Line Dancing #182945	Room 1 South	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner line dancer. Wear well-fitting shoes with a smooth sole.	\$2.33+HST per class with membership

2:00pm to 3:00pm	Mat Yoga #182937	Activity Room	Expanding your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat	\$2.33+HST per class with membership
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East Lions Seniors Satellite

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Thursdays from 8:30am to 2:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Thursdays

8:30am to 9:30am	Rise and Shine Yoga #183149	Activity Room	Start your day right! Stretch, lengthen, and tone your body in a calm and relaxed setting.	\$2.33+HST per class with membership
9:45am to 10:45am	Chair Yoga #183153	Activity Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. Please bring your own mat.	\$2.33+HST per class with membership
10:00am to 10:45am	Aqua Zumba® #183154	Pool	A unique and refreshing way to exercise, Aqua Zumba combines traditional water exercises with Latin dance moves and upbeat music. This class works every muscle in the body providing a full body, low-impact, cardiovascular workout. Participants will be able to touch the bottom.	\$2.33+HST per class with membership
11:00am to 12:00pm	Zumba Gold® #183155	Activity Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning calories. We will teach you basic Latin dance steps to some great music!	\$2.33+HST per class with membership
11:00am to 12:00pm	Fit Beat #183158	Room 1 South	This program blends cardio with rhythm and will have you working up a sweat as you drum out your stress and leave feeling recharged.	\$2.33+HST per class with membership

11:15am to 12:15pm	Walk Fit #183157	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym. We'll put a smile on your face and sweat on your brow.	\$2.33+HST per class with membership
12:15pm to 1:15pm	Qigong #183162	Activity Room	Qigong is a form of movement that is performed standing or seated. It utilizes exercises to optimize the body's structure, joint mobility, strength, and function while improving health and longevity. Qigong uses focused attention, movement and breath and has been described as a moving meditation.	\$2.33+HST per class with membership
12:30pm to 1:30pm	Sit to be Fit #183160	Room 1 South	This fitness program is done while seated in a chair. We use light weights, balls, and/or resistance bands to strengthen muscles needed for daily activities.	\$2.33+HST per class with membership

Argyle Seniors Satellite

Location: East London Library, 2016 Dundas ST. E

Day/Time: Wednesday from 9:30am to 1:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

The Argyle Seniors Satellite is provided to the community in partnership with the London Public Library.

Wednesdays

9:45am to 10:45am	Cardio Fit Light #182952	Meeting Room	Join us for this fun class that includes a combination of cardio, strength, and core work.	\$2.33+HST per class with membership
11:00am to 11:45am	Ageless Grace ® #182956	Meeting Room	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.33+HST per class with membership

12:00pm to 1:00pm	Mat Yoga #182959	Meeting Room	Expanding your mind, body, and spirit with loving kindness. Gentle moves, poses, and stretches with a variety of options for you. Please bring your own mat.	\$2.33+HST per class with membership
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Stronach Seniors Satellite

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Wednesdays from 11:00am to 1:30pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Wednesdays

11:00am to 12:00pm	Chair Fit #183109	Meeting Room	This beginner, low impact chair exercise class will help increase your overall fitness. Learn techniques, strategies, and exercises to improve strength, cardio, and posture. You will be amazed how fun and beneficial exercise in a chair can be.	\$2.33+HST per class with membership
11:15am to 12:15pm	Pilates #183110	Meeting Room	This series of Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13mm (1/2") yoga mat is suggested for this class.	\$2.33+HST per class with membership
12:45pm to 1:45pm	Circuit Training #183135	Gym	Participants will go through a series of exercise stations that target different muscle groups for an optimal full body workout. Exercises can help alleviate body pains, muscle aches and joint stiffness by strengthening the surrounding muscle tissue. The class will aim to maximize strength, endurance, and cardio.	\$2.33+HST per class with membership

Earl Nichols Seniors Satellite

Location: Earl Nichols Recreation Centre, 799 Homeview Road

Day/Time: Thursdays from 10:00am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Thursdays

10:00am to 11:00am	Core Strength #183189	Hall	Get strong! Strengthen your core, legs, back, and arm muscles with a focus on bone health. Work through a series of strength, mobility, and balance exercises designed for strength and stamina. Exercises are done both sitting and standing using weights, bands, and balls. All to great music!	\$2.33+HST per class with membership
11:15am to 12:15pm	Chair Fit #183191	Hall	This beginner, low impact chair exercise class will help increase your overall fitness. Learn techniques, strategies, and exercises to improve strength, cardio, and posture. You will be amazed how fun and beneficial exercise in a chair can be.	\$2.33+HST per class with membership
12:30pm to 1:30pm	Line Dancing #183192	Hall	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner line dancer. Wear well-fitting shoes with a smooth sole.	\$2.33+HST per class with membership
1:45pm to 2:45pm	Line Dancing Level 2 #183193	Hall	Just like above, with several new steps and songs added! Join us for some fun. This is a level 2 class, and participants should be familiar with the basic steps of line dance.	\$2.33+HST per class with membership

Chalmers Seniors Satellite

Location: Chalmers Presbyterian Church, 342 Pond Mills Rd.

Day/Time: Fridays from 9:00am to 12:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Fridays

9:00am to 10:00am	Seniors Fitness #183194	Upper Hall	Increase your mobility and endurance in this fun total body fitness class. A combination of resistance exercises, strength activities, and light cardio will challenge and improve your strength, balance and coordination.	\$2.33+HST per class with membership
9:30am to 10:30am	Taoist Yoga #183195	Lower Hall	Discover harmony of mind, body, and spirit in our Taoist Yoga class. Rooted in Ancient Chinese philosophy, this practice combines gentle movement, breathwork, and meditation to cultivate inner balance and vitality. Ideal for all levels, it promotes relaxation, flexibility, and mindfulness, aligning you with the natural flow of life.	\$2.33+HST per class with membership
10:00am to 11:00am	Tai Chi for Seniors #183196	Upper Hall	This class is for anyone who has always wanted to experience the physical benefits of Tai Chi. This practice can help to alleviate difficulties associated with aging, injury, inactivity, and chronic disease. We will be building on Tai Chi principles. You will leave the class feeling refreshed and relaxed.	\$2.33HST per class with membership
11:00am to 11:45am	Ageless Grace® #183197	Lower Hall	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.33+HST per class with membership

The Chalmers Seniors Satellite is provided to the community in partnership with Chalmers Presbyterian Church.

Boyle Seniors Satellite

Location: Boyle Memorial Community Centre, 530 Charlotte St.

Day/Time: Fridays from 11:30am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Fridays

11:30am to 12:30pm	Walk Fit #183199	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym. We'll put a smile on your face and sweat on your brow.	\$2.33+HST per class with membership
11:30am to 12:30pm	Vinyasa Flow Yoga #183200	Meeting Room	Vinyasa Flow is a dynamic and fluid style of yoga that emphasizes continuous movement and seamless transitions between poses while linking your breath with the movement.	\$2.33+HST per class with membership
1:00pm to 2:00pm	Total Body Workout #183201	Gym	This class will help to develop and strengthen your muscles while burning calories. This workout includes cardio and uses bodyweight training to help improve your core, balance, and strength.	\$2.33+HST per class with membership
1:30pm to 2:30pm	Line Dancing #183202	Meeting Room	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for the beginner line dancer. Wear well-fitting shoes with a smooth sole.	\$2.33+HST per class with membership

Self-Defence Workshop

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Tuesday, April 22 from 10:00am to 12:00pm

Open to Seniors Satellite Members from ALL Locations

10:00am to 12:00pm #183204	Self-Defence for Seniors	Room 1 South	Self-defence is a concern for older adults, both men and women. No prior training or experience necessary. Learn basic self-defence with our Certified Black Belt Instructor in this workshop. Open to members of ALL Seniors Satellites.	FREE with membership to ANY location Pre-Registration Required
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Thank you Masonville Manor for sponsoring this event.

Seniors Satellite Trail Walking

Join our experienced Hike Leader for a guided walk.

<p>Wednesday, April 16 1:00pm to 3:00pm</p>	<p>Springbank Gardens #183205</p>	<p>Springbank Gardens Trail is a paved pathway. Parking/Meeting point, at Springbank Gardens Community Centre.</p>	<p>\$2.33+HST per class with membership</p>
<p>Wednesday, May 14 1:00pm to 3:00pm</p>	<p>Kilally Meadows #183887</p>	<p>This ESA boast a large variety of vegetation which makes a great opportunity to observe your surroundings. There are numerous neighbourhood access points. We will be meeting at the entrance on Edgevalley Rd. between Greyrock Cr. and Bayside Ct.</p>	<p>\$2.33+HST per class with membership</p>
<p>Wednesday, June 18 9:00am to 11:00am</p>	<p>Kiwanis Park #183892</p>	<p>This trail is a paved path that is generally considered as an easy hike. The serene beauty of Kiwanis Park makes this a very worthwhile hike. Meet at parking lot at 612 Hale St.</p>	<p>\$2.33+HST per class with membership</p>

Seniors Satellite Photography Walk

Join our experienced hike leader and photographer for some interesting walks that will produce some amazing photographs! Don't forget your camera!

<p>Wednesday, April 23 1:00pm to 3:00pm</p>	<p>Gibbons Park #183905</p>	<p>Easy walk on a paved path. With its tranquil ambiance and scenic beauty Gibbons Park offers many opportunities for nature photographers.</p> <p>Meet at the Victoria St. entrance.</p>	<p>\$2.33+HST per class with membership</p>
<p>Wednesday, May 21 1:00pm to 3:00pm</p>	<p>Westminster Ponds #183916</p>	<p>Generally considered an easy trail with lots of small wildlife. Perfect for outdoor photography!</p> <p>Meet at the Tourist Information on Wellington Rd.</p>	<p>\$2.33+HST per class with membership</p>
<p>Wednesday, June 25 9:00am to 11:00am</p>	<p>Kelly Stanton ESA #183919</p>	<p>Environmentally Significant Areas (ESAs) have beautiful natural features and perform ecological functions that warrant their protection in a natural state.</p> <p>Meeting point is the small lot at the end of Woodcock St.</p>	<p>\$2.33+HST per class with membership</p>

Seniors Month Activities

Free to all 55+

Rooftop Yoga

<p>Tuesday, June 3</p> <p>9:30am to 10:30am</p> <p>#186021</p>	<p>Byron Community Centre</p>	<p>Take your practice to new heights!</p> <p>Rooftop Yoga transforms a normal routine into an extraordinary experience. Please bring your own mat. Appropriate for all levels.</p> <p>Sunscreen, water, and sunglasses recommended. Weather permitting</p>	<p>Free for anyone 55+ Pre-Registration required.</p> <p>Limited Capacity</p>
<p>Tuesday, June 17</p> <p>9:30am to 10:30am</p> <p>#186023</p>	<p>Byron Community Centre</p>	<p>Take your practice to new heights!</p> <p>Rooftop Yoga transforms a normal routine into an extraordinary experience. Please bring your own mat. Appropriate for all levels.</p> <p>Sunscreen, water, and sunglasses recommended. Weather permitting</p>	<p>Free for anyone 55+ Pre-Registration required.</p> <p>Limited Capacity</p>

V E N V I

**WINDERMERE
ON THE MOUNT**

— Retirement Living —

Thank you to our sponsor for these events!

Seniors Month Activities

Free to all 55+

Line Dancing Party with Shirley

<p>Friday, June 13</p> <p>1:00pm to 2:30pm</p> <p>#187564</p>	<p>Boyle Community Centre</p>	<p>Shirley brings years of experience and an upbeat teaching style that is easy to follow. Fitness and Fun, what more could we ask for? Great music? Shirley has that too! Beginner friendly.</p>	<p>Free for anyone 55+ Pre-Registration required.</p> <p>Limited Capacity</p>
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East Lions Seniors Satellites

Thursdays 10:00am - 10:45am

\$2.33+HST per class with membership

Check out our current Program Guide at
www.london.ca/senior-recreation

Pre-Registration is required for all programs and can be done online at www.london.ca, by calling Customer Service at 519-661-5575 or by visiting one of the in-person customer service locations.

Seniors Satellite Virtual



**Enjoy the convenience of taking part in classes from a distance.
Seniors Satellite Virtual classes are Free to registered participants.**

Ageless Grace® - This innovative brain fitness program activates all 5 functions of the brain while simultaneously addressing all 21 physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.

**Tuesdays and Thursdays from 10:00am to 10:45am
Free for Londoners 55+**

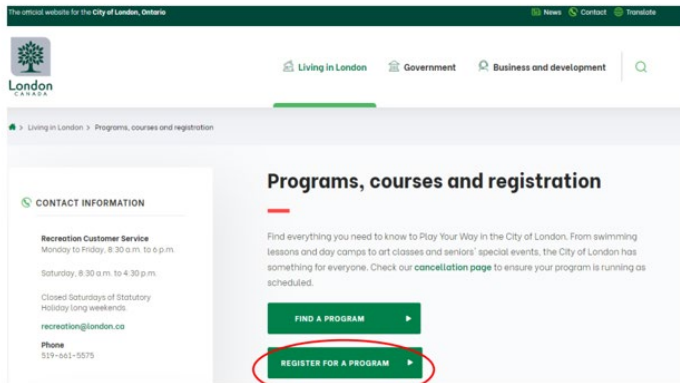
How to Register

1. You can register online at www.london.ca/pywonline, or
2. Call Customer Service at 519-661-5575 and register.

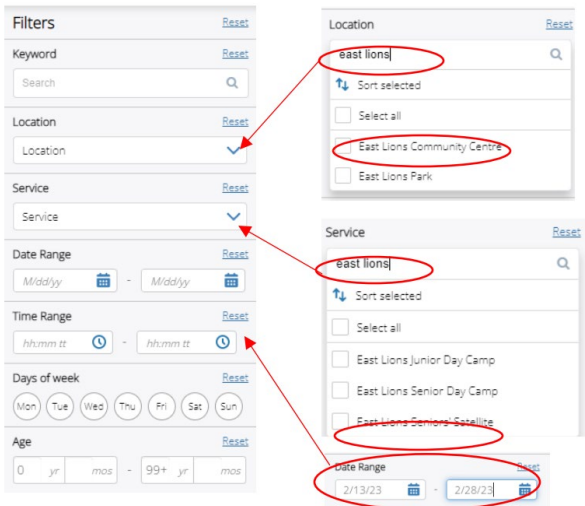
*Information regarding how to access program will be emailed to the address associated with your account.

How to view a program on the XPLOR online portal

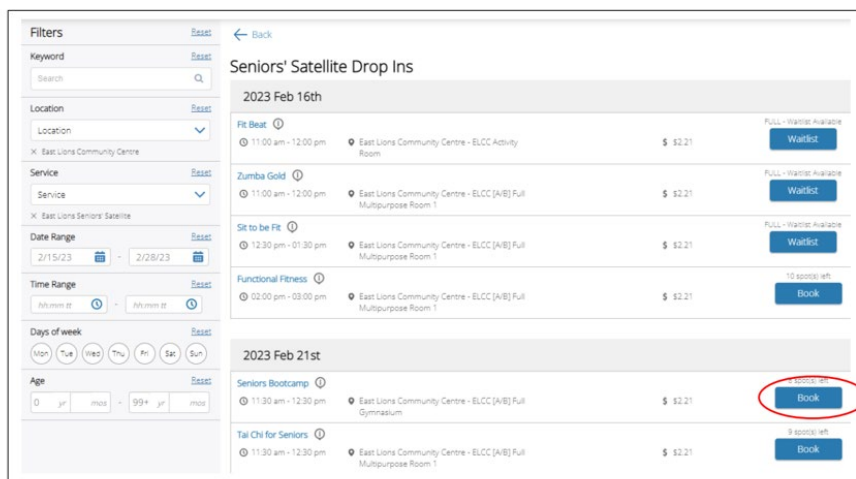
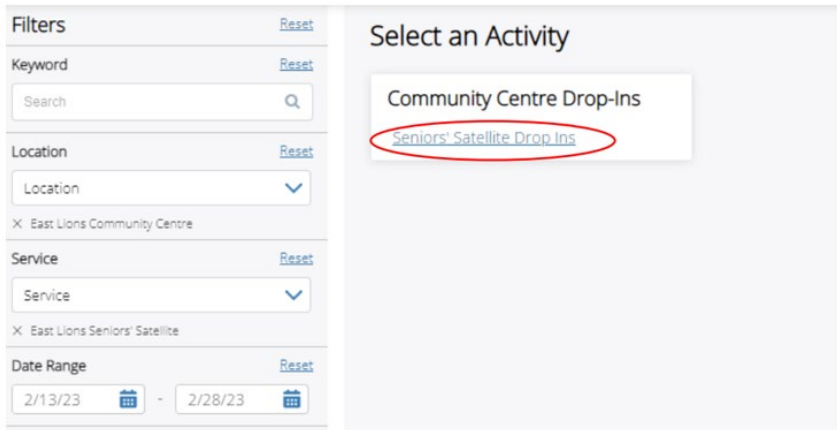
1. From the City of London website select the following <https://london.ca/living-london/recreation/programs-courses-registration>
2. Select Register for a program.



3. Using the filters selection on the left side panel narrow your search by doing the following:
 - Using drop down menu choose a location or type name in search bar (ie. East Lions Community Centre)
 - Using drop down menu choose a Service or type name in search bar (ie. East Lions Seniors Satellite)
 - Enter the date range for the programs you would like to see (ie. Feb. 13 to Feb. 28)



- Once filters are selected on the right-hand side it will populate your results. Select Seniors Satellite Drop Ins to view programs available. Next page will bring you to a list of programs. Select book to view the program and to proceed with registering.



- Select book and will prompt you to login to your Play Your Way Account to register for program.



The **Seniors Satellites** are neighbourhood outreach programs from Kiwanis & Hamilton Road Seniors' Centres & Community Centres.