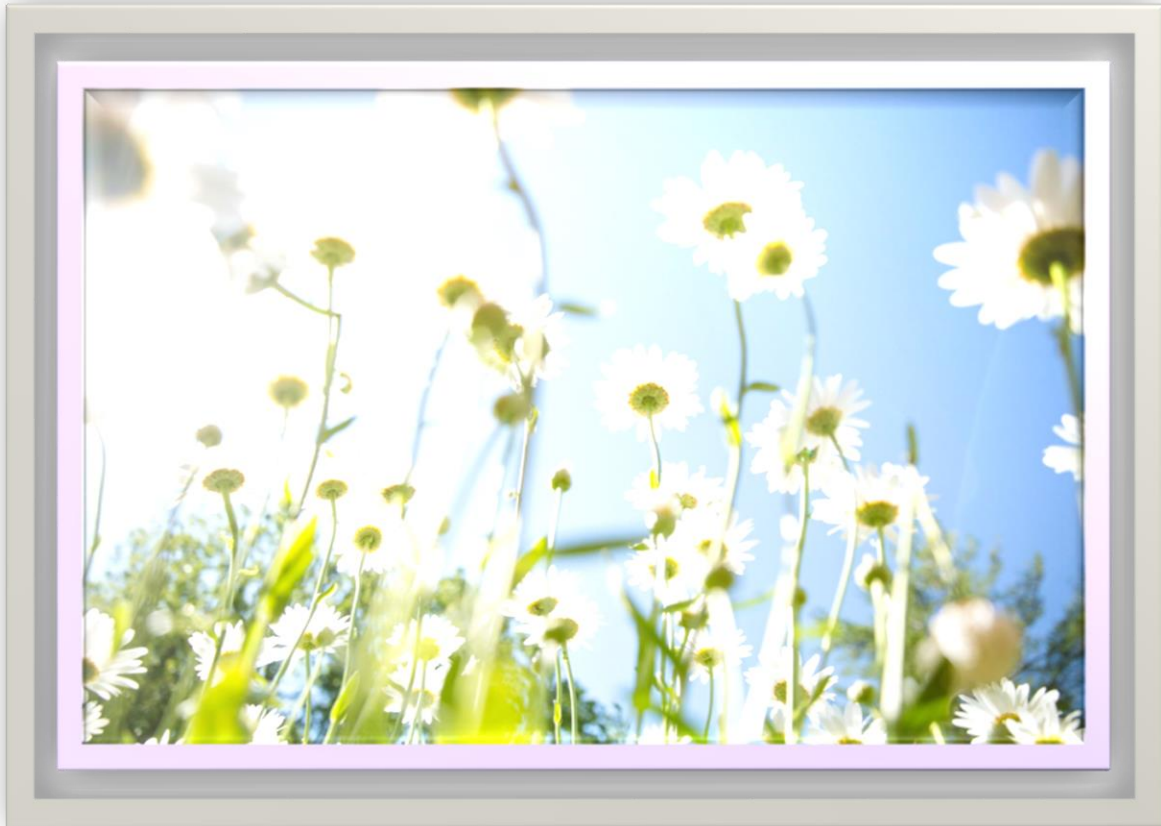


News & Views

March & April 2025



Membership Cost: \$30.00 per person

Note: Membership fees for 2025 are due

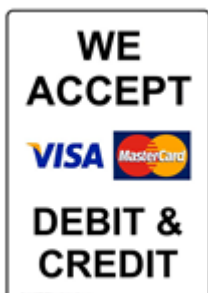
Newsletters: Free for members, \$1.00 for non-members



Lions Active Living Centre
2066 Dorchester Road
(519) 268 – 7334 ext. 708 & 728
(Mailing address: 4305 Hamilton Road,
Dorchester ON, N0L 1G3)
www.thamescentre.on.ca



Promoting Active Aging &
Senior Independence



Ontario 

Facility Information

Lions Active Living Centre

Karen: 519-268-7334 ext. 708

Lucinda: 519-268-7334 ext. 728

Email: kgress@thamescentre.on.ca
lheuving@thamescentre.on.ca

Website Address:

*Check out the Active Living Centre webpage on the
Thames Centre website at
www.thamescentre.on.ca*

- Point at Live & Play
- Click Senior Centre

Hours of Operation:

Monday – Friday
8:30 a.m. – 4:30 p.m.

Useful Information:

- Accessibility parking is available in front of the Lions Active Living Centre

Daily Sign-in Sheet

The daily sign-in book will be set out at the front entrance.

Please sign your name and the program you are participating in so we will have an actual number of all visits to the Active Living Centre activities.

Program Class Registration

Advance registration is recommended for 6-8-week courses.

Please make all cheques payable to Municipality of Thames Centre.

Newsletters can be mailed.

If you would like to have your newsletters mailed for \$15.00/year, please let us know.

Newsletters can be emailed.

Would you like your newsletter emailed to you? It's free!

Please give Karen your email address.

Weekly Program Email Update

Friday News & Funnies is sent out to keep you up to date on upcoming activities and to tickle your funny bone.

A Message and Information from Your Co-Ordinator

We have had a true Canadian winter! Hope all of you are keeping busy and staying warm.

This newsletter will give you a touch of spring to brighten your day 😊

There are new/exciting programs that might spark your interest such as the Magickal Meditation, Ukulele Lessons, Canasta/Hand & Foot, Social Bridge & Bridge Lessons, Life Story Writing Classes, Chainmaille Jewelry Making Workshop and a presentation about Pedorthics.

Register for your favourites soon!

Day excursions are a great way to prevent cabin fever! Check out all the fun bus trips that are planned for spring including a mystery tour and a musical theatre show.

We are always open to program, trip and event suggestions. Let us know what you would like to see added to the schedule in Thorndale & Dorchester. Thank you in advance for your input.

“Despite the Forecast, Live Like It's Spring.”

Yours truly,

Karen Gress

For Your Information

Membership Fees

Membership fee of \$30.00 per person are due for 2025. Your membership entitles you to participate in seniors' programs and activities at the Thorndale Lions Community Centre and at the Lions Active Living Centre in Dorchester. Payment can be made in-person with credit card, cash, or cheques. Pay over the phone with your credit card or mail a cheque payable to "Municipality of Thames Centre" and

mail it to: Lions Active Living Centre,
4305 Hamilton Road, Dorchester ON, N0L 1G3

Thank you in advance for your support!.

Residents of Thames Centre can take used household batteries to the Municipal office & they'll have them recycled.

Donate Your Unwanted Eye Glasses to "Give the Gift of Sight" There is a drop box in the lounge at the Lions Senior Centre.

Hip Hip Horray!

Members who have reached 90 years or better: Barb Beacham, Helen Bendall, Betty Chambers, Valerie Cumper, Dorothy Dicker, Russel Farquhar, Stella Mooney, Helen Reid, Betty Smith, Glen Froats, Anne Vandeven, and Barbara Wilson. If we have missed anyone, please let us know. We'll include them in the next News & Views.

Thames Centre Recognition Program

To recognize special events for those living in the municipality:

- Wedding Anniversaries at
40 years/50 years/60 years
- Birthdays at 80/90/100

A friend or family member can notify the Municipal Office with the details so that a gift will be made available. Call Tammy at 519-268-7334 ext. 227

WOW - STEPS TO CONNECT

The WOW Programs will have a different phone number and passcode as we have switched teleconferencing providers.

Call +1 (416)-850-2050

Enter Access Code

Bingo: 9377978#

For information or questions please call Karen or Lucinda at 519-268-7334 ext. 708 or 728.

Monthly Food & Entertainment Events

Call or email us at the Centre to reserve your meals.

Gluten Free, Lactose Free & Sugar Free options available upon request

St. Patrick's Hot Meal

Friday, March 14th, 2025

Lions Active Living Centre
at 12noon.

Menu: Roast Pork, Mashed Potatoes, Gravy, Apple Sauce, Vegetables, Coleslaw, Dinner Roll with Butter, Tea/Coffee, Juice and Grasshopper Pie for Dessert.

Musical Entertainment: Jim Chapman

Cost: \$20.00

Easter Hot Meal

Friday, April 11th, 2025

Lions Active Living Centre
at 12noon.

Menu: Honey Bakes Ham, Hash Brown Casserole, Harvest Vegetables, Coleslaw, Dinner Rolls with Butter, Tea/Coffee, Juice and Pie for Dessert.

Musical Entertainment: Bernie Gilmore

Cost: \$20.00

Pick-up/Take-Out Option Available

Take-out is available in Dorchester with advance notice at 1:00 p.m. Take-out is available in Thorndale at 3:30 p.m. if there are ten or more meals requested. Call 519-268-7334 extension 708 (Karen) or 728 (Lucinda) or email us at kgress@thamescentre.on.ca to reserve your meals.

Senior Centre Cinema Movie Afternoons

Movie Afternoons – Held in the Lions Den

\$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

Thank you ☺



Wicked

Monday, March 24th, 2025 @ 2:00 p.m.



Movie Overview: “The Untold Story of the Witches of Oz, or simply Wicked, is a musical with music and lyrics by Stephen Schwartz and a book by Winnie Holzman”.

Stars: Aiana Grande, Gynthia Erivo, Jonathan Bailey, Ethan Slater, Jeff Goldblum and Michelle Yeoh.

Moving On

Tuesday, April 29th, 2025 @ 2:00 p.m.

Movie Overview: “Two estranged women reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other.”

Stars: Jene Fonda, Lily Tomlin, Malcolm McDowell, Richard Roundtree, Laure Tom, and Sarah Burns.

Dorchester Weekly Programs

MONDAY

PICKLEBALL – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

GENTLE YOGA – 9:00 a.m. – 10:00 a.m. Yoga is held in the Activity Centre. Join certified instructor, June Ross, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Wear comfortable clothing. This 8-week session will begin on March 3rd and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on April 21st – Easter Monday.

TAI CHI – 10:30 a.m. – 11:30 a.m. Tai Chi is held in the Activity Centre. Join certified instructor, June Ross, as she leads you through a series gentle, low-impact deliberate, flowing motions while focusing on deep, slow breaths. Wear comfortable clothing. This 8-week session will begin on March 3rd and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on April 21st – Easter Monday.

CHAIR YOGA – 11:15 a.m. – 12:05 p.m. Every Monday in person with our certified yoga instructor April Geoffrey. Chair Yoga is held in the Lions Den. The Benefits of chair yoga increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation, and improves concentration. This 8-week session will begin on March 3rd and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class on April 21st – Easter Monday.

STITCH & CHATTER / RAGGED EDGE QUILTERS – 12:30 p.m. – 3:00 p.m. Quilting is held in the Activity Centre. Join this lively, social group for a fun afternoon of crafts. You are welcome to quilt, sew, knit, crochet, cross stitch etc. Bring your favourite craft to work on. \$2.00 for members/\$4.00 for non-members per class. No class on April 21st – Easter Monday.

SHUFFLEBOARD – New Members Welcome! – 1:00 p.m. – 3:00 p.m. Shuffleboard is held in the Lions Den every Monday. Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye co-ordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. No shuffleboard on April 21st – Easter Monday.

TUESDAY

PICKLEBALL – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. with certified instructor Laura Lea Devine. **Pilates will be held in the Lions Den.** Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 8-week session begins March 11th. The cost is \$70.00 members/\$80.00 non-members (twice a week is \$115.00/\$125.00). Pay-as-you-go is \$10.00 members/\$12.00 non-members.

DANCE FIT - 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. Dance Fit will be in the Lions Community Hall. A fun, easy to follow choreographed dance routine followed by full body toning and tightening. All fitness levels welcome, no fitness/dance experience necessary! This 8-week course begins March 3rd at a cost of \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on March 18th.

WOW CHAIR YOGA – 11:00 a.m. – 11:50 a.m. Returning next January/February.

GENTLE YOGA – 11:00 a.m. – 12 noon. Gentle Yoga will be in the Activity Centre. Join certified instructor, Bonnie Di Bernardo, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Wear comfortable clothes. This 7-week course begins March 18th at a cost of \$35.00 for members and \$45.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

POLE WALKING – 11:45 a.m. – 12:45 p.m. Urban Poling is a sport that combines the aerobic and strength building benefits of cross-country skiing with walking. A new 8-week session will begin March 3rd. Pole walking will take place at the indoor walking track in the arena Please call to sign up in advance. This class is \$24.00 members & \$34.00 non-members or pay-as-you-go \$2.00 for members & \$4.00 for non-members. The poles are provided for this class and should be returned after each day of class. No Class March 18th.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in the fun while learning new skills. Fee is \$2.00.

KURLING – 1:00 p.m. – 3:00 p.m. Kurling will be in the Lions Den. Kurling is a form of the original curling game but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. The cost is \$2.00 for members and \$4.00 for non-members. Come out and join this fun group and learn to play this enjoyable sport every Tuesday. Kurling will end on April 28th and resume in the Fall.

WEDNESDAY

PICKLEBALL – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

MAHJONG LESSONS – 9:00 a.m. – 12:00 p.m. Lessons will begin late spring in the Lions Den. Add your name to the list for lessons by calling/emailing Karen or Lucinda at the Centre. If your name is on the list for the upcoming lessons, you will receive an email when the dates and times are set up. The 6-week course is \$30.00 members/\$40.00 non-members (while taking lessons, you do not have to pay the daily fee because you have paid for the lessons). Trained/Experienced Mahjong players may also join Lawrence Seah for “Coffee and Mahjong Social” on Wednesday mornings at 9:00 a.m. and the fee is \$2.00 members/\$4.00 non-members. Make sure to arrive a few minutes early and please note that the fun begins at 9:00 a.m. and teams are determined at that time. Mahjong or mah-jongg is 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 played by four players.

DRUMFIT – 9:45 a.m. – 10:45 a.m. DrumFit will be in the Activity Centre. DrumFit is a fast-paced, non-competitive fitness program that combines music, movement, and drumming. We only have one rule: YOU MUST HAVE FUN! It is guaranteed to leave you smiling, inspired, and wanting more! This 8-week session begins March 5th at a cost of \$50.00 members & \$60.00 for non-members. Drumsticks, exercise balls and bases are all provided for this class. Certified DrumFit Instructor: Diana Schiedel. We encourage participants to sign up for the entire 8-week session.

STRENGTH & TONE FOR ACTIVE AGERS – 10:00 a.m. – 11:00 a.m. This class will be in the Lions Community Hall. Join Certified Shelley Hansford in this exciting new program. Keeping our bodies strong is the key to a healthy lifestyle. We will focus on full body functional fitness. A light warmup, followed by a variety of muscle conditioning moves to target all areas of the body. Bodyweight and external equipment will be used to help challenge our bodies and stay strong and fit. All levels of fitness encouraged; modifications supplied. This 8-week session will begin March 5th at a cost of \$40.00 members/\$50.00 for non-members. No class on March 19th.

MUSICAL JAM SESSION – 11:00 a.m. – 12:00 p.m. **Jam Session will be in the Activity Centre.** This will be a casual gathering of musicians who can improvise and play music together. It will be social, creative, and led by Diana Schiedel. Bring your own guitar, ukulele, banjo or other strumming instrument. This 8-week session begins March 5th at a cost of \$40.00 members & \$50.00 non-members.

SHUFFLEBOARD – New Members Welcome! – 1:00 p.m. – 3:00 p.m. Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye coordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. Every Wednesday in the Lions Den.

WOW BINGO – 1:30 p.m. – 2:30 p.m. Every Wednesday over the phone. Join in on the fun and interact with people from home while playing bingo. BINGO cards are provided and can either be picked up at the Centre or dropped off at your home. No prizes - winners get bragging rights. Free for members.

GENTLE YOGA – 3:00 p.m. – 4:00 p.m. **in the Activity Centre.** Follow certified yoga instructor, Marnie Verhoef as she leads you through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Ending your practice in a quiet space, relaxing and absorbing all the benefits of your time on your mat. This 8-week course begins March 12th at a cost of \$40.00 for members and \$50.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

THURSDAY

PICKLEBALL – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. Line dancing will be in the Lions Den. Learn the basic steps beginning March 6th. Stay for the 9 a.m. class to try out the steps.

BEGINNERS PLUS LINE DANCING – 9:00 a.m. – 10:00 a.m. Line dancing will be in the Lions Den. Come out for a few laughs and learn a few new moves every Thursday. This 8-week session is \$20.00 for members & \$30.00 for non-members and begins March 6th. Pay as you go \$4.00 for members and \$6.00 for non-members.

DANCE FIT - 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. Dance Fit will be in the Lions Community Hall. A fun, easy to follow choreographed dance routine followed by full

body toning and tightening. All fitness levels welcome, no fitness/dance experience necessary! This 7-week course begins March 13th at a cost of \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on March 20th.

GENTLE PILATES – 10:30 a.m. – 11:30 a.m. Pilates will be in the Lions Den. Certified Pilates instructor Laura Lea Devine leads this class. Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 7-week session begins March 13th. The cost is \$61.25 members/\$71.25 non-members. Pay-as-you-go is \$10.00 members/\$12.00 non-members. If you register to participate twice a week, the cost will be \$115.00 members/\$125.00 non-members.

CHAIR YOGA – 11:15 a.m. – 12:05 a.m. Every Thursday with our certified yoga instructor April Geoffrey in the Activity Centre. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. A new 7-week session begins March 13th. The cost is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. We encourage participants to sign up for the entire session.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

BRIDGE LESSONS – 2:00 P.M. – 4:00 P.M. in the Lions Community Hall. The course will use the Audrey Grant “Cards on the table” methodology. The instructor, Helen Reid, is an accredited teacher of the Audrey Grant Teacher Training Programme and certified through ACBL. The course will focus on: The Basics – trick taking, choosing a trump suit, bidding ladder, declarer & dummy, the plan of play, Notrump Opening Bids and Responses, Major Suit Opening Bids and Responses, Minor Suit Opening Bids and Response, And lots of fun! This class will begin on April 17th, 2 p.m. to 4 p.m. for 6 weeks plus 2 social games on May 22nd and 29th. The cost is \$100.00 members/\$110.00 non-members and includes Lessons, Bidding Ladder Tool, Audrey Grant Book. The Deadline to register is March 20th. Minimum of 12 people. Maximum of 32 people.

FRIDAY

ZOOMLICIOUS (formerly called Zumba) – 9:30 a.m. – 10:30 a.m. Join in on some fun dancing exercise classes with instructor Ellen Johnson in the Gym. A new 7-week session begins March 7th. The cost is \$35.00 for members/\$45.00 for non-members or pay-as-you-go for \$7.00 members/\$9.00 non-members. No Zumba April 18th – Good Friday.

INDOOR KITE FLYERS – 10:30 a.m. – 12 noon. Every Friday in the gym. For more information, contact Penny by email penny@pennywearne.com or call 519-268-3306.

UKULELE LESSONS – 12:30 p.m. – 1:30 p.m. Join Diana Schiedel to learn to play this fun, popular instrument in the Lions Hall. A new 7-week session will begin on March 7th at a cost of \$43.75 members/\$53.75 non-members. Bring your own ukulele. If you want to purchase a ukulele from the instructor, let us know as soon as possible.

CHOIR PRACTICE – 1:00 p.m. – 3:00 p.m. Choir will be in the Activity Centre. New members welcome! This friendly, musical group will get together every Friday to practice and have fun! Go on sing-outs to other Centre's & Retirement Homes.

MAGICKAL MEDITATION – 2:00 p.m. – 3:00 p.m. Hosted by Julie, Held in the Lions Den. Welcome to this guided meditation that encompasses soothing vibrational frequencies, aura cleansing, chakra energizing and a touch of Reiki to boost and invigorate your body, mind and spirit to get you through the week with energy, clarity, and focus. You will leave with a zest for life and a bounce in your step! Bring a mat, blanket, and a pillow (mat and chair can be provided) as we nestle into this comforting aura and enjoy this beautiful moment. A new 6-week session begins March 21st. The cost is \$60.00 members & \$70.00 non-members or pay-as-you-go for \$12.00 members & \$15.00 non-members.

Thorndale Weekly Programs

MONDAY

PICKLEBALL – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome! You must be a member to play. Bring a paddle and join in while learning new skills. The cost is \$2.00 for members. No pickleball April 21st.

CHAIR YOGA – 9:00 a.m. – 9:50 a.m. - Join certified yoga instructor April Geoffrey in meeting room #3. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. This 8-week session will begin on March 3rd and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class on April 21st – Easter Monday.

GENTLE YOGA – 10:00 a.m. – 10:50 a.m. Join our certified instructor, April Geoffrey in meeting room #3, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Please wear comfortable clothing. This 8-week session will begin on March 3rd and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on April 21st – Easter Monday.

TUESDAY

KURLING – 10:00 a.m. – 11:50 a.m. *in the gym. Would you like to lead this program? We need someone to spearhead this activity. We can arrange for staff to set up and tear down the equipment. Kurling is a form of the original curling game but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. The cost is \$2.00 for members and \$4.00 for non-members.*

EUCHRE – 1:00 p.m. – 2:50 p.m. Euchre is every Tuesday **in meeting room #1**. Come out and join this fun, social group play this enjoyable card game. The cost is \$2.00 for members and \$4.00 for non-members. Cash prizes to be won!

WEDNESDAY

BEGINNERS LINE DANCING – 9:00 a.m. – 9:50 a.m. in the gym. Come out for a few laughs and learn a few new moves every Wednesday beginning March 12th with Karen Gress. This 8-week session is \$20.00 for members & \$30.00 for non-members. No line dancing February 19th & 26th.

MEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and great conversation in meeting room #1 for \$2.00. Every Wednesday morning.

WOMEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and excellent conversation in meeting room #3 for \$2.00. Every Wednesday morning.

LIFE STORY WRITING – 3:00 p.m. – 4:00 p.m. in meeting room #3. This 8-session series with Tracy Robinson will begin March 5th. Revisit memories and enhance your writing skills. \$40.00 per person. Hosted by WWW.Stories4Life.ca. Register in advance by calling 519-268-7334 ext. 708 or 728 or email kgress@thamescentre.on.ca or lheuving@thamescentre.on.ca.

PICKLEBALL – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome. Members only. Bring a paddle and join in while learning new skills. The cost is \$2.00 for members.

THURSDAY

CHAIR YOGA – 9:00 a.m. – 9:50 a.m. - Join certified yoga instructor April Geoffrey in meeting room #3. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. A new 7-week session begins March 13th at a cost of \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 for members and \$7.00 for non-members.

GENTLE YOGA – 10:00 a.m. – 10:50 a.m. Join our certified instructor, April Geoffrey in meeting room #3, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Please wear comfortable clothing. A new 7-week session begins March 13th at a cost of \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

SHUFFLEBOARD – 1:00 p.m. – 2:50 p.m. Would you like to lead this program? We need someone to spearhead this activity. We can arrange for staff to set up and tear down the equipment. Shuffleboard is an exciting game played by people of all ages for fun and exercise. We'll be playing indoors at the Community Centre Gym every Thursday afternoon. The cost is \$2.00 for members and \$4.00 for non-members.

FRIDAY

GENTLE YOGA – 9:00 a.m. – 10:00 a.m. Yoga is held in Meeting Room #3. Join certified instructor, June Ross, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Wear comfortable clothing. This 7-week session will begin on March 7th and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on April 18th – Good Friday.

TAI CHI – 10:30 a.m. – 11:30 a.m. Tai Chi is held in Meeting Room #3. Join certified instructor, June Ross, as she leads you through a series gentle, low-impact deliberate, flowing motions while focusing on deep, slow breaths. Wear comfortable clothing. This 7-week session will begin on March 7th and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on April 18th – Good Friday.

Upcoming Bus Trips

Payment is required at time of sign-up as the Senior Centre will have to pay for the trip in advance.

Irish Kitchen Party ~ Showplace Entertainment – Bingemans Convention Centre, Kitchener ON
- Monday, March 17, 2025. Depart 10:30 a.m. Return 5:00 p.m. Cost to be announced. Includes delicious buffet lunch, fabulous show and coach bus transportation.

About the Show: “When it comes to Irish singing, dancing, story-telling and fiddling there is no area of Canada that produces more great performers than the little town of Ennismore north of Peterborough, ON. On March 17th we are bringing together the cream of the crop from that little town. You will hear some of the best singing and fiddling that you have ever heard. Featuring 7 great performers, this show will leave you shouting for more”.

Spring Mystery Tour ~ Wednesday, April 23, 2025. Depart 9:00 a.m. Return 5:30 p.m. This mystery adventure includes admission to points of interest, lunch, and lots of fun! Price to be announced soon – call the Centre for an update.

Sentimental Journey 3 ~ Kitchener/Waterloo – Friday, May 16, 2025. Depart 10:00 a.m. Return 6:00 p.m. \$160.00 members/\$170.00 non-members. This delightful excursion includes lunch at Golf’s Steak House & Seafood (Choice of Appetizers: Soup of the Day/Salad Bar, Main Course: Fresh Atlantic Salmon, Chicken Cordon Bleu, Narrow Back Ribs, Roast Prime Rib or 8oz New York Striploin. Coffee service and dessert to follow.), and your ticket to see Nicole Guse’s show Sentimental Journey 3 “A musical journey through the decades...”

ABBAMANIA ~ Walter’s Family Venue in Bright ON – Friday, August 22, 2025. Depart 10:00 a.m. Return 6:00 p.m. \$160.00 members/\$170.00 non-members. This upbeat day-away includes a buffet lunch at Quehl’s Restaurant (Rolled Stuffed Ribs & Roast Beef with all the trimmings), and your ticket to see this musical show.

Potential Trips: Lion King, Boat Cruise, Summer Theatre, Royal Winter Fair etc. If you have any trips ideas for 2025, please let us know!

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

“Beach Bike” Painting

Tuesday, March 18, 2025 at 12 p.m.

In the Creative Art Studio

Cost: \$25.00 members / \$35.00 non-members

Registration is required by March 14.

Afternoon Craft: Easter Bunny Wreath

Tuesday, April 15, 2025

In the Creative Art Studio

Cost: \$15.00 members / \$25.00 non-members

Registration is required by April 11.

Book Club

The group will meet once a month in the Activity Centre at 2PM on the last Monday to discuss the chosen book.

March: The Little Old Lady Who Broke All the Rules

April: Surprise Me

May: Daisy Darker

If you are interested in joining the book club or have questions, please email

lheuving@thamescentre.on.ca or call

519-268-7334 ext. 728

Cake Decorations with Gail Hankinson – Thorndale Lions Community Centre

Date: April 16, 2025, 9 a.m. – 12 p.m.

Location: Lions Active Living Centre Kitchen

Cost: \$15.00

Join Gail to learn how to form fondant into decorations for your cakes.

Bring an apron, rolling pin and a shoe box (or similar)

All other supplies will be provided.

Limited spots available.

Maximum of 6 people.

Call 519-268-7334 ext. 728 or 708 to register.

To register and for more information email kgress@thamescentre.on.ca or lheuving@thamescentre.on.ca, or phone 519-268-7334 ext. 708 or 728

Computer Help

Janis Baines, our computer instructor, has kindly offered to make house calls to help people with connecting with family and friends through Skype (video call) or other conference meeting apps and to help with general computer/device issues. If you are unsure how to make the most of your devices (iPad, tablet, cell phone, laptop etc.) to connect with family & friends. Please let us know if you are interested and we will have Janis contact you.

Cost: \$20.00/hour

Tech Help with Dan Parker

Mastering Modern Technology: A Comprehensive Guide for Seniors

Join Dan Parker for this comprehensive course and take control of your digital world with confidence! Whether you're new to technology or looking to expand your skills, this course offers practical, hands-on learning to help you stay connected in today's tech-driven world. This class consists of six one-hour sessions.

Course Overview

Class 1: Getting Started with Smartphones

Objective: Build a solid foundation in using smartphones, including basic functions and navigation.

Class 2: Making Calls, Sending Texts, and Managing Contacts

Objective: Teach participants to effectively use communication features on their smartphones.

Class 3: Exploring Apps and the Internet

Objective: Introduce the use of apps and web browsing for everyday tasks.

Class 4: Using Smart Home Devices

Objective: Familiarize participants with common smart home devices and their uses.

Class 5: Streaming Services and Entertainment

Objective: Teach participants to access and use streaming services for movies, TV shows, and music.

Class 6: Online Safety and Troubleshooting

Objective: Provide knowledge on maintaining online security and troubleshooting common tech issues.

iPads are available to borrow with advance notice.

Please Note: Dan is skilled in helping you with all kinds of mobile tech like tablets and phones both Android and Apple and their accessories. Along with smart home gadgets and general computer issues.

To register contact the Active Living Centre at 519-268-7334 ext. 708 | kgress@thamescentre.on.ca

Dorchester Horticultural Society

Meetings the 3rd Tuesday of every month at the Dorchester Library. Doors open at 6:45 p.m. For more information, call Sue Monk @ 519-269-3385

Thorndale & Area Horticultural Society

Meetings are the 2nd Wednesday of every month except January and July. 7:30 p.m. in Room 3. Thorndale Community Centre. For more information, thorndalehort@gmail.com.

Art Your Service - Daily Virtual Classes & Socials

Stay fit and thrive in these difficult times. Upbeat and personable classes with instructors who care and have experience working with seniors. Classes like Chair Aerobics, Yoga, Natural Movement for Seniors, Ukulele Lessons, Socials, Painting and Nature workshops.

You will have access to 45 hours of Classes and Socials a month. Each day will feature one Fitness and one Creative Class taught live by experts in the senior fitness and creative aging fields.

New Content added weekly to keep the activities fresh, exciting, and meaningful!

To register for this free service (Senior Centre is paying the membership fee), call 519-268-2025 or email kgress@thamescentre.on.ca and we'll register you and you'll receive the Zoom invitations.

Other Programs

Seniors Pickleball - Registration is required.
Paddles are available to borrow. Balls provided.
User fees are \$2.00 for members.

Dorchester Gym

Mondays-Thursdays

7 a.m. – 8:50 a.m.

Tuesdays & Thursdays

12 p.m. – 2:30 p.m.

Thorndale Gym

Mondays & Wednesdays

1 p.m. – 3 p.m.

Creative Age Art Group

Meeting in the Art Studio Thursday from 1pm - 3pm. If you are interested in joining this creative bunch, you must register in advance (limited space) email Penny Wearne at penny@pennywearne.com or call 519-268-3306.

Adult/Senior Skate

Mondays & Thursdays
10 a.m. – 10:50 a.m.
\$4.00 per person
Dorchester Arena – South Ice Pad

Foot Care Clinic

The Foot Care Clinic is held every month on the 1st
Wednesday from 12:0 p.m. – 4:30 p.m.
The cost is \$60.00
Contact Kamini Marathe, RN at 519-933-9155.

Donnybrook 433 Euchre

Euchre is every Thursday. \$2.00 per person to play, please bring correct change.
For further information about this program and their events, call President Ruby Hunter at 519-269-3095. **Location:** Activity Centre (Room Number 2 in the New Lions Active Living Centre)

Bid Euchre

Every Wednesday evening from 7 p.m. to 10 p.m in the Activity Centre (Room Number 2 in the New Lions Active Living Centre). You can bring a friend!
The cost is \$3.00 per person. Cash prizes to be won.

Dorchester Indoor Kite Flying

Every Friday in the gym from 10:30 a.m. – 12noon. For more information, contact Penny Wearne: penny@pennywearne.com or 519-268-3306

Dorchester Bowling League - Five Pin Bowling

Dorchester Seniors Bowling League! Beginning in September at the Fairmont Bowling Alleys.
To register for the fall league and for more information, please contact Norman Stewart at 519-439-4183

Women's Drumming Circle

Leader: Shelia Shorrell
1st and 3rd Thursdays of the month
Lions Den
2:00 p.m. – 3:30 p.m.

Introduction to Pedorthics Presentation – Barks Pedorthics

Tuesday April 1, 2025

2:00 p.m.

Lions Active Living Centre

Pedorthics is the management and treatment of conditions of the foot, ankle, and lower extremities requiring fitting, fabricating, and adjusting of pedorthic devices. Pedorthics uses footwear to help ease and treat these foot-related problems. This seminar covers the services offered by Barks Pedorthics, what to expect from an appointment with them, how their services interact with benefits providers and a chance to ask questions. To Register: kgress@thamescentre.on.ca | lheuving@thamescentre.on.ca or call 519-268-7334 ext. 708 or 728.

VON COMMUNITY SUPPORT SERVICES

VON Supportive Care is in need of volunteers! Help guide structured support groups (2 hours a week or month), or help with client visiting Peer Support (1 hour a week). Provide compassion, a listening ear and support for those living with a life-limiting condition or coping with the loss of a loved one. Make a lasting difference as a Supportive Care Volunteer! Please contact LMEvolunteers@von.ca or www.von.ca today!

INFORMATION SESSION: Thursday, March 13, 2025 at 1:30 p.m. “Spring” Into Learning More about Type 2 Diabetes. Guest Speaker: Amanda Mikalachki, Registered Nurse Certified Diabetes Educator, St Joseph’s Health Care, London Primary Care Diabetes Support Program. Everyone welcome. Contact Mackenzie at 519-268-7028.

CARING STEPS: FALL RISK SOLUTIONS: Available on Zoom Friday, March 28th, 2025 at 1:30 p.m. Guest Speaker: Sandra Shields, Lifeling Representative. Contact Patricia 519-637-6408 ext. 6181.

DORCHESTER CAREGIVER SUPPORT GROUP Monthly for caregivers to someone living with dementia. Caregivers can attend via zoom or in-person. Please call 51-245-3170 x228 for more information.

ALZHEIMER’S COMMUNITY SUPPORTS: Support and education for individuals with memory loss and caregivers. Monthly support groups, social recreation programs and volunteer respite available. Weekly walking group for caregivers located in Dorchester. If interested please call Mackenzie Vickers at 519-245-3170 x228

SMART EXERCISE CLASSES: Dorchester Arena gym: Mondays and Wednesdays 9-9:50 a.m. Thorndale Community Centre: Tuesdays and Thursdays 10-11 a.m.

BLOOD PRESSURE CLINICS: Dorchester Library: Every Thursday 10:30 – 12:30 p.m.

Art Studio Happenings

The Magic Yarn ~ Learn more about this inspiring project at the main website:

<https://themagicyarnproject.com/> We start at 10am and finish at noon on these dates. Contact penny@pennywearne.com if you would like to take part in this project for more information and/or to register for a workshop. The 2025 meeting dates are as follows: January 6, January 20, February 3, February 10, March 3, March 17, April 7, April 14, May 5, May 12, June 2, June 16. If you would like to drop in to meet our Magic Yarn Chapter Leader, Sue Beringer and see a workshop in action come to the Lions Community Hall at the Active Living Centre during one of our workshops.

TATTING – 1:30 p.m. – 3:30 p.m. with craft instructor Carol Smith – will resume in the spring.

Painting Lessons with Susan Hewitt Graham – Fridays from 9:00 a.m. – 11:00 a.m. March 28th, April 4th & 11th. \$70.00 members/\$80.00 non-members for 3-week session

Susan Siewert-Deibler – will return in March to teach craft classes.

Chainmaille Jewelry Making

Learn to make a two-toned bracelet (gold and silver). All supplies will be provided.

Instructor: Brian Bohnert

Wednesday April 9, 16, and 23, 1-3:30 p.m.

Week 1: Learn to handle the rings. Choose your colour option.

Week 2: Receive your ring kit and begin making your bracelet.

Week 3: Complete your bracelet.

Take home the bracelet you make (over \$25 value)

Limit of 6 participants – register as soon as possible.

Cost per person is \$45 members/\$55 non-members for 3-week session.