

# News & Views

May and June 2025



**Membership Cost: \$30.00 per person**

**Note: Membership fees for 2025 are due**

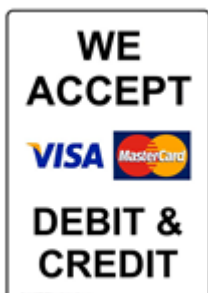
**Newsletters: Free for members, \$1.00 for non-members**



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](http://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](mailto:kgress@thamescentre.on.ca)  
[lheuving@thamescentre.on.ca](mailto:lheuving@thamescentre.on.ca)

### **Website Address:**

*Check out the Active Living Centre webpage on the  
Thames Centre website at  
[www.thamescentre.on.ca](http://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**

Happy Spring everyone! Hope you are enjoying the milder weather and all the new life sprouting around us.

Many of you are probably getting exciting about gardening and doing lots of things outdoors. I'm looking forward to springtime bike rides, barbecues and walks through the woods.

There are lots of activities, bus trips and workshops planned to keep us all busy. Register for your favourite programs! Join us at the monthly meals to enjoy delicious food and great entertainment. Check out the funny movies showing this spring.

The Garage Sale is coming up on the first Saturday in June! If you are interested in becoming a vendor, volunteer or you would like to donate items for us to sell, let us know.

Make sure to register for one or all of the interesting & educational workshops we have organized.

Enjoy the sunshine, baby animals & spring flowers and we will see you soon!

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, Dave Bonis, 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\*

## Spring Hot Meal

Friday, May 9th, 2025

**Lions Active Living Centre**  
**at 12noon.**

**Menu:** Lasagna, Salad, Garlic Bread, Tea/Coffee, Juice and cake for dessert

**Musical Entertainment:** "SOUP" Southern Ontario Ukulele Players

**Cost:** \$20.00

## Summer Hot Meal

Friday, June 13<sup>th</sup>, 2025

**Lions Active Living Centre**  
**at 12noon.**

**Menu:** Burgers (fried onions & cheese optional), salads, tea/coffee, juice and strawberry dessert made with local strawberries

**Musical Entertainment:** Joel Horvath

**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](mailto:kgress@thamescentre.on.ca) to reserve your meals.

## Heart of Africa Presentation with Author Bernie Gilmore

Tuesday, June 17, 2025, at 2:00 p.m.

Cost: \$10.00 per person

BERNIE GILMORE volunteered with the Kinsmen African Medical Relief during the Ethiopian famine in the late 1980's and worked subsequently, as their Field Director. For a twelve-year period, he led projects in integrated rural development in Africa and in 2001 was awarded the Louis Perinbam Award for Excellence in International Development. Bernie has continued his grassroots work in Africa with an elementary school in Ethiopia, the Panafric International Academy, and with St. Kizita's Church in rural Uganda.

To register call 519-268-7334 ext.708 (Karen) or 728 (Lucinda)  
email [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca) or [lheuving@thamescentre.on.ca](mailto:lheuving@thamescentre.on.ca)

# 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 ☺



## Something's Gotta Give

Tuesday, May 27<sup>th</sup>, 2025 @ 2:00 p.m.



**Movie Overview:** “This romantic comedy follows Harry, a successful playboy by Jack Nicholson, who must come to terms with his age when he falls for the mother of his younger girlfriend. Diane Keaton stars as Erica, Harry’s love interest, and together they find humour and joy in life despite their age.”

**Stars:** Jack Nicholson, Diane Keaton, Keanu Reeves, Frances McDormand and Amanda Peet

## The Three Stooges

Tuesday, June 24<sup>th</sup>, 2025 @ 2:00 p.m.

**Movie Overview:** “Left on a nun’s doorstep, Larry, Curly and Moe make their way to uncharted levels of knuckleheaded misadventure. Out to save their childhood home, only The Three Stooges could become embroiled in an oddball murder plot.”

**Stars:** Sean Hayes, Will Sasso, Chris Diamantopoulos, Jane Lynch, Sofie Vergara, Jennifer Hudson, Craig Bierko and Stephen Collins.

## 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 May 5<sup>th</sup> and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

**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 May 5<sup>th</sup> and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

**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 May 5th and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members.

**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.

**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.

## **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 6th. 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 May 13th 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 8-week course begins May 6th 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.

**POLE WALKING** – This is a self-directed class. Walking poles are available to borrow.

**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 ends on April 28<sup>th</sup> and will resume in the fall.

**Social Partner Dance**- 2:00 p.m.- 4:00 p.m. No experience, no problem~ singles and couples welcome! Learn dances such as the Cha Cha, Swing, Waltz, Tango, Lindy Hop, Polka, Salsa, Rumba, Foxtrot, West Coast, Country Line, and the meringue. The instructor will focus on one dance

for a few weeks at a time. This 8-week session will begin on May 6<sup>th</sup> at a cost of \$50.00 members/ \$60.00 non-members. Instructor: Hannah Krogman

### **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 May 14<sup>th</sup> in the Lions Den for those who have registered. 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 am 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 9:00am and teams are determined at that time. Mahjong or mah-jongg is a tile-based game that was developed in the 19<sup>th</sup> century in China and has spread throughout the world since the early 20<sup>th</sup> 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 5-week session begins April 30<sup>th</sup> at a cost of \$31.25 members & \$41.25 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 5-week session.

**STRENGTH & TONE FOR ACTIVE AGERS** – 11:00 a.m. – 12:00 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 7-week session will begin May 14<sup>th</sup> at a cost of \$40.00 members/\$50.00 for non-members

**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 5-week session begins April 30<sup>th</sup> at a cost of \$25.00 members & \$35.00 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 co-ordination 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.

**Hand & Foot and Canasta Card Games-** 1:00pm- 3:00pm. Join the group to play one of these entertaining games. The cost is \$2.00 for members and \$4.00 for non-members.

**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.

## 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 May 1<sup>st</sup>. 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 6-week course begins May 22nd at a cost of \$30.00 members/\$40.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

**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 8-week session begins May 8th. The cost is \$70.00 members/\$80.00 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 \$125.00 members/\$135.00 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 8-week session begins May 8th. The cost is \$40.00 members/\$50.00 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** – 2:00 P.M. – 4:00 P.M. in the Lions Community Hall. Join the group to play this challenging game.

## 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 5-week session will begin on May 2<sup>nd</sup> at a cost of \$31.25 members/\$41.25 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.



# 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** – 1:00 p.m.- 1:50 p.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 May 19th– Victoria Day.

**GENTLE YOGA** – 2:00 p.m. – 2:50 p.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 May 5th 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 May 19th– Victoria Day.

## 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 May 21st with Karen Gress. This 5-week session is \$12.50 for members & \$22.50 for non-members.

**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.

**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** – 2:00 p.m. – 2:50 p.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 8-week session begins May 8th 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** – 2:00 p.m. – 2:50 p.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 8-week session begins May 8th 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 8-week session will begin on May 9<sup>th</sup> and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

**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 9th and is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

## Upcoming Bus Trips

*Payment is required at time of sign-up as the Senior Centre will have to pay for the trip in advance. There will be no refunds for cancelling your spot from the bus trip unless the spot can be filled by another person.*

**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..."

Grand River Luncheon Boat Cruise~ Wednesday, June 25, 2025. Depart: 9:45 a.m. Return: 5:15 p.m. \$155.00/\$165.00 non-members. This exciting excursion includes complimentary coffee and snack in "The Landing". Board the boat and be welcomed by the captain and guide. Depart on 3 hour lunch cruise will full-course meal which includes fresh baked bread, garden salad, roast beef (or chicken upon advance request) served with potatoes and vegetables (or request in advance: vegan option of Moroccan 7 veg and bean soup served with vegetable samosa and rice), dessert (give us your dessert choice when you book your seats: Apple Crumble Pie or Classic Cheesecake), tea/coffee/soft drink. Bar service is offered on all cruises with a choice of soft drinks, beer, wine spirits. They accept cash, credit or debit for payment on board boat. During this three-hour lunch cruise a guide from Six Nations Tourism will talk about the rich history and culture of the Haudenosaunee. Return to dock for some shopping time at the Dockside Marketplace after your cruise.

**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.

The Lion King~ Princess of Wales Theatre in Toronto ON- Wednesday, September 17, 2025. Depart: 10:00 a.m. Return: 6:00 p.m. approximately. \$195.00 members/ \$205.00 non-members. This excursion includes your ticket to Toronto's Best-loved Musical~ Disney's The Lion King and a boxed lunch on the bus (roast beef on a bakery bun, veggies, fruit, homemade cookies and a cold drink).

**Dirty Rotten Scoundrels-** October

**Potential Trips:** "Friends with Wings". If you have any trips ideas for 2025, please let us know!

## Monthly Programs & Workshops

### Monthly Crafting & Painting Classes

#### "No Otter Like You" Painting

May 20th, 2025 at 12 p.m.

In the Creative Art Studio

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

Registration is required by May 15th.

#### **Afternoon Craft:** Cupcake Liner Flowers Crafts

Tuesday, June 17th, 2025

In the Creative Art Studio

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

Registration is required by June 12th.

### Book Club

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

**May:** Daisy Darker

May will be the last Book Club Meeting for the summer until we resume in September.

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

[lheuving@thamescentre.on.ca](mailto: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](mailto:kgress@thamescentre.on.ca) or

[lheuving@thamescentre.on.ca](mailto: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](mailto: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 2<sup>nd</sup> Wednesday of every month except January and July. 7:30 p.m. in Room 3. Thorndale Community Centre. For more information, [thorndalehort@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto:kgress@thamescentre.on.ca) | [lheuving@thamescentre.on.ca](mailto: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](mailto:LMEvolunteers@von.ca) or [www.von.ca](http://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, Lifeline 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](mailto: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.

Neurographic Art With Susan Hewitt Graham:

Fridays from 9:00a.m.- 11:00 a.m. April 25<sup>th</sup>, May 2<sup>nd</sup>, and 9<sup>th</sup>. \$70.00 members/ \$80.00 non-members for 3-week session. Neurographics art done with pen, watercolour, and markers. It is art which connects the conscious and unconscious mind. It promotes mindfulness, positive change, self discovery, and increased creativity. Register in advance!

**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 28<sup>th</sup>, April 4<sup>th</sup> & 11<sup>th</sup>. \$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.