

# News & Views

hello  
**May**

&

**FUN** TIME

Membership Cost: \$35.00 per person  
Newsletters: Free for members, \$1.00 for non-members



Ontario 



## Lions Active Living Centre

2066 Dorchester Road

(519) 268 – 7334 ext. 708, 728 & 730

(Mailing address: 4305 Hamilton Road, Dorchester ON, N0L 1G3)

[www.thamescentre.on.ca](http://www.thamescentre.on.ca)

**Promoting Active Aging & Senior Independence**

# Facility Information

## Lions Active Living Centre

### Telephone:

Karen: 519-268-7334 ext. 708

Kayla: 519-268-7334 ext. 728

Dayna: 519-268-7334 ext. 730

Email: [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca)  
[ksmall@thamescentre.on.ca](mailto:ksmall@thamescentre.on.ca)  
[dbarons@thamescentre.on.ca](mailto:dbarons@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)

- Scroll down to Lions Active Living Centre
  - Point and Click

### Hours of Operation:

Monday – Friday  
8:30 a.m. – 4:30 p.m.

### Useful Information:

- Accessibility parking is available in front

## Daily Sign-in Sheet

The daily sign-in book will be set out at both entrances (front and rear).

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 to 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 \$20.00/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 Coordinator

Happy Summer everyone!

We are all going to enjoying the sun and warmth because it has been a long time coming!  
Hope you have some outdoor plans so you can soak up some vitamin D.

There are a wide variety of things to do including programs, bus trips and events.  
Check out the calendar and plan your schedule.

If you have any program or bus trip ideas, let us know. We are open for suggestions!

Yours truly,  
Karen Gress

**A hacker called me  
and said he had all  
my passwords, I got  
a pen and paper and  
said 'Thank God for  
that, what are they'**



**I've been in bed for  
20 minutes and I've  
just remembered, I  
only came upstairs  
for a pen.**

# For Your Information

## Membership Fees

Please note: The membership fee for 2026 is \$35.00. 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, debit, 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

Membership goes from January – December (Calendar Year).

If you are new to taking out a membership and you join part way through the year, your fee will be prorated.

Thank you in advance for your support!

Residents of Thames Centre can take used household batteries to the Municipal office in Dorchester or the Thorndale Lions Active Living Centre & they'll have them recycled.

### Donate Your Unwanted Eye Glasses to "Give the Gift of Sight"

There is a drop box in the Active Living Centre Foyer, or you can drop them off to Karen, Kayla or Dayna

### **Active Living Centre Lending Library**

Do you have large print books hanging around that need a new home? The Active Living Centre has a lending library that is always in need of large print books for our members. We also accept puzzles and small print books.

Bring them by the Dorchester or Thorndale locations to donate.

### **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 Mike at 519-268-7334 ext. 258

### **Walkers & Wheelchairs**

If you or someone you know has a walker and/or wheelchair to donate, please let us know. They can be dropped off at the Lions Active Living Centre or we can arrange pick up.

We lend out walkers and wheelchairs to those who need to them.

Call 519-268-7334 ext. 708 (Karen) or 728 (Kayla) or email [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca) or [ksmall@thamescentre.on.ca](mailto:ksmall@thamescentre.on.ca)

Thank you in advance for your thoughtful generosity.

### **Hip Hip Hurray!**

Members who have reached 90 years or better:

Barb Beacham, Dave Bonis, Helen Bendall, Betty Chambers, Valerie Cumper, Verna Davis Dorothy Dicker, Russel Farquhar, Stella Mooney, Betty Smith, Anne Vandeven, and Barbara Wilson.

If we have missed anyone, please let us know. We'll include them in the next News & Views.

### **WOW - STEPS TO CONNECT**

1. Call +1 (866)-261-6767
2. Enter Access Code
  - Bingo: 9377978#
  - Chair Yoga: 8511178#

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

**I did some financial  
planning and it looks  
like I can retire at 97 and  
live comfortably for  
eleven minutes.**

**I'm not saying I'm  
old...but when I was in  
school we made our  
parents ashtrays**

**for Christmas**



**I found \$20 in a  
parking lot and  
thought to myself,  
What Would Jesus  
Do?**

**So, I turned it into  
wine.**

# Monthly Food & Entertainment Events

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

\*Gluten Free, Lactose Free & Sugar Free options available upon advance request\*

## Spring Hot Meal

Friday, May 8, 2026, at 12noon

Lions Active Living Centre in Dorchester

**Menu:** Roast Beef, Mashed Potatoes, Gravy, Vegetables, Coleslaw, Dinner Rolls with Butter, Tea/Coffee, Juice and Cake for Dessert.

**Musical Entertainment:** The Garage Guys

**Cost:** \$25.00



## Strawberry Hot Meal

Friday, June 12, 2026, at 12noon

Lions Active Living Centre in Dorchester

**Menu:** Roast Pork, Mashed Potatoes, Gravy, Vegetables, Coleslaw, Dinner Rolls with Butter, Tea/Coffee, Juice and Local Strawberries & Ice Cream for Dessert.

**Musical Entertainment:** Joel Horvath

**Cost:** \$25.00



## Pick-up/Take-out Option Available ~ Advance Notice Please

Take-out is available in Dorchester at 1:00 p.m.

Call 519-268-7334 extension 708 (Karen) or 728 (Kayla) or 730 (Dayna) or email us at [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca) or [ksmall@thamescentre.on.ca](mailto:ksmall@thamescentre.on.ca) or [dbarons@thamescentre.on.ca](mailto:dbarons@thamescentre.on.ca) to reserve your meals.

## Bistro Café Luncheons - Thorndale

### Chili Luncheon

Friday, May 22, 2026 at 12noon

Thorndale Lions Community Centre

**Menu:** Homemade beef chili, dinner rolls with butter, Tea/Coffee, Juice and Chocolate Cake for dessert.

**Cost:** \$15.00



### Summer Luncheon

Friday, June 26, 2026 at 12noon

Thorndale Lions Community Centre

**Menu:** Navy bean and ham soup, croissant sandwich, Tea/Coffee, Juice and Fruit Cup for dessert

**Cost:** \$15.00



## Tech Help with Dan Parker – In-Person

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

Date: Wednesdays ~ Beginning May 20<sup>th</sup>

Time: 7:00 p.m. – 8:00 p.m. (the last class will be 2 hours)

Location: Lions Active Living Centre (Creative Art Studio)

Cost: \$45.00 members/\$55.00 non-members

### Course Overview

Class 1: Getting Started with Smartphones

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

Class 3: Exploring Apps and the Internet

Class 4: Using Smart Home Devices

Class 5: Streaming Services and Entertainment & Online Safety and Troubleshooting

iPads are available to borrow with advance notice.

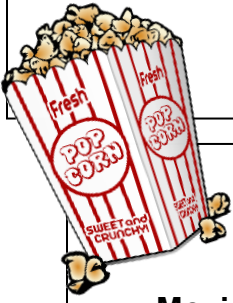
Please Note: Dan is skilled in helping you with all kinds of mobile tech like tablets and phones both Android and Apple and their accessories. Along with smart home gadgets and general computer issues.

To register contact the Active Living Centre at 519-268-7334 ext. 708 | [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca)



**TECH HELP  
FOR SENIORS**  
WITH DAN PARKER

# Dorchester Active Living Centre Cinema



## Movie Afternoons – Held in the Lions Den

\$4.00 (includes popcorn, candy & beverage).

Registration for the movies is required to reserve your spot. Thank you ☺

## MOVIE AFTERNOON

### Reminders of Him

Tuesday, May 12, 2026 @ 2:00 p.m.

**Movie Overview:** “Colleen Hoover’s bestselling novel becomes a transformative film about motherhood, forgiveness and the power of love to overcome the worst mistake. Desperate to rebuild her life with a daughter she has never known, Kenna finds unexpected compassion in a secret romance with local bar owner, Ledger. As dangers develop for both, Kenna hopes to find a second chance amid unbearable heartbreak.”

**Stars:** Maika Monroe, Tyriq Withers and Rudy Pankow

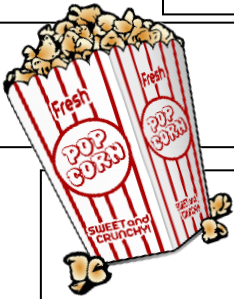
Tuesday, June 16, 2026 @ 2:00 p.m.

**Movie Overview:** A former criminal is enjoying a normal and peaceful existence with his wife and son at a secluded cabin. However, his past soon catches up with him when he learns that notorious gangsters Leftie and Lonnie are coming for them.

**Stars:** Jennifer Coolidge, Ed Harris, Gabrielle Union, and Bill Murray.



# Thorndale Active Living Centre Cinema



## Movie Afternoons – Held in Meeting Room #3

\$4.00 (includes popcorn, candy & beverage).

Registration for the movies is required to reserve your spot. Thank you ☺

## MOVIE AFTERNOON

### Bridget Jones – ‘Mad about the boy’

Wednesday, May 27<sup>th</sup>, 2026 @ 2:00 p.m.

**Movie Overview:** *Bridget Jones: Mad About the Boy* (2025) is a romantic comedy-drama that follows a 51-year-old Bridget Jones navigating life as a widowed single mother of two. Four years after Mark Darcy was killed in a landmine explosion while on a humanitarian mission in Sudan, Bridget is encouraged by her friends to re-enter the dating world, leading to a fling with a much younger man and a new, unexpected connection

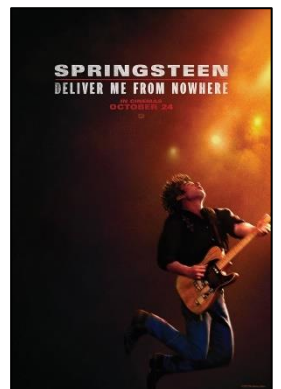
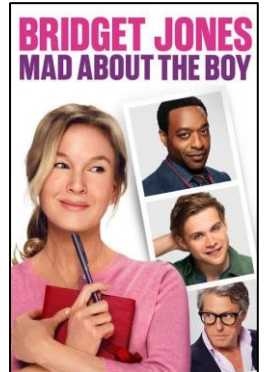
**Stars:** Renée Zellweger, Hugh Grant, Colin Firth

### Springsteen – Deliver me from Nowhere

Wednesday, June 24<sup>th</sup>, 2026 @ 2:00 p.m.

**Movie Overview:** “Written and directed by Scott Cooper, and based on the 2023 book *Deliver Me from Nowhere* by Warren Zanes, as well as some elements from Springsteen's 2016 autobiography *Born to Run*, it chronicles Springsteen's personal and professional struggles during the conception of his 1982 album *Nebraska*.”

**Stars:** Jeremy Allan White, Jeremy Strong, & Stephen Graham.



# Dorchester Weekly Programs

Registration is recommended for all 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 some fun games of Pickleball while learning some new skills. The fee is \$3.00. *No Pickleball May 18<sup>th</sup> – Victoria Day.*

**TAI CHI** – 9:00 a.m. – 10:00 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 4<sup>th</sup> and is \$56.00 members/\$66.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for non-members. *No class May 18<sup>th</sup> – Victoria Day.*

**STRENGTH & TONE FOR ACTIVE AGERS** – 10:30 a.m. – 11:30 a.m. **This class will be in the Lions Community Hall.** Join Certified Shelley Hansford. 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 4<sup>th</sup> at a cost of \$52.50 members/\$62.50 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. *No class May 18<sup>th</sup> – Victoria Day.*

**CHAIR YOGA** – 11:15 a.m. – 12:05 p.m. Every Monday in person with a chair yoga instructor on video. ***Chair Yoga is held in the Activity Centre.*** 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 4<sup>th</sup>. Free for members until an instructor is hired. *No class May 18<sup>th</sup> – Victoria Day.*

**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. \$4.00 for members/\$6.00 for non-members per class. *No class May 18<sup>th</sup> – Victoria Day.*

**SHUFFLEBOARD** – 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 \$4.00 for members and \$6.00 for non-members. *No class May 18<sup>th</sup> – Victoria Day.*

**CARPET BOWLING** - 1:00 p.m. – 3:00 p.m. **Carpet Bowling will be held in the Lions Hall every Monday.** Carpet Bowling is a variant of lawn bowling played indoors on a strip of carpet. Teams consist of four players. The cost is \$4.00 for members and \$6.00 for non-members. *No class May 18<sup>th</sup> – Victoria Day.*

### Card Making Workshop with Jane Mohs

Make 3 beautiful greeting cards of your choice.

\$30.00 members/\$40.00 non-members

All supplies included

Register as soon as possible. Limited spots available.

## Dorchester Weekly Programs Continued

### 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 \$3.00.

**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 9-week session begins May 5<sup>th</sup>. The cost is \$90.00 members/\$100.00 non-members (twice a week is \$165.00/\$175.00). Pay-as-you-go is \$12.00 members/\$14.00 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 9-week course begins May 5<sup>th</sup> at a cost of \$63.00 members/\$73.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for non-members.

**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 4-week course begins May 5<sup>th</sup> at a cost of \$28.00 for members and \$38.00 for non-members. There will be an undetermined number of classes in June, and they will be pay-as-you-go \$9.00 for members and \$11.00 for non-members.

**PICKLEBALL** – 12:00 p.m. – 2:00 p.m. in the gym. Members only. Bring a paddle or borrow one and join in the fun while learning new skills. Fee is \$3.00.

**KURLING** – Will resume in the Fall.

**VOLLEYBALL** – 2:30 p.m. – 4:30 p.m. in the gymnasium. Fee is \$4.00 members and \$6.00 non-members. Begins on May 5<sup>th</sup>. Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. Enjoy this fun game with other folks who are 50+.

**Strange new trend  
at the office.  
People putting  
names on food in  
the company  
fridge. Today I had  
a tuna sandwich  
named Linda.**

**I might wake up early  
and go running.  
I also might wake up  
and win the lottery.  
The odds are about  
the same.**

## Dorchester Weekly Programs Continued

### WEDNESDAY

**PICKLEBALL** – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in some fun games of Pickleball while learning some new skills. The fee is \$3.00.

**MAHJONG** – 9:00 a.m. – 12:00 p.m. **in the Lions Den.** Trained/Experienced Mahjong players may join Lawrence Seah for “Coffee and Mahjong Social” on Wednesday mornings at 9:00 a.m. beginning May 6<sup>th</sup>. The fee is \$4.00 members/\$6.00 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. *Please note to join this group you must register for lessons or an orientation session.*

**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. This 8-week session begins May 6<sup>th</sup> at a cost of \$60.00 for members & \$70.00 for non-members. Drumsticks, exercise balls and bases are all provided for this class. Certified instructor: Diana Schiedel.

**NEW: CHAIR DANCING** – 11:00 a.m. – 12:00 p.m. Join Diana Schiedel for upbeat music, modified dance movements all performed while seated. No standing, no stress on your joints, just safe, effective, and fun low impact exercise. In-chair dancing provides a cardiovascular workout that can improve heart health, increase stamina, and boost overall fitness levels. A new 8-week session will begin on May 6<sup>th</sup> at a cost of \$60.00 for members & \$70.00 for non-members.

**STRENGTH & TONE FOR ACTIVE AGERS** – 10:30 a.m. – 11:30 a.m. **This class will be in the Lions Community Hall.** Join Certified Shelley Hansford with the 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 May 6<sup>th</sup> at a cost of \$60.00 members/\$70.00 for non-members. Pay-as-you-go is \$9.00 members and \$11.00 for non-members.

**SHUFFLEBOARD** – 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 \$4.00 for members and \$6.00 for non-members. **Every Wednesday in the Lions Den.**

**HAND & FOOT AND CANASTA CARD GAMES** – 1:00 p.m. – 3:00 p.m. Join the group to play one of these entertaining games **in the Activity Centre.** The cost is 4.00 for members and \$6.00 for non-members.

#### **Funny:**

I took my suit to the cleaners, who wanted to charge me \$40, so I gave it to the charity shop next door. They cleaned and pressed it and put it in the window. I bought it back for \$15.

## Dorchester Weekly Programs Continued

### 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 \$3.00.

**BEGINNERS LINE DANCING** – 8:30 a.m. – 9:00 a.m. **In the Lions Den.** Learn the basic steps beginning May 7<sup>th</sup>. 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 \$32.00 for members & \$42.00 for non-members and begins May 7<sup>th</sup>. Pay as you go \$6.00 for members and \$8.00 for non-members.

**STEPPING IT UP** – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford in the Lions Community Hall. **Join our Beginner Step Class for Active Agers!**

Build strength, boost energy, and improve balance with simple, low-impact step routines. No experience needed—just bring a smile and get moving! This 8-week course begins May 7<sup>th</sup> at a cost of \$56.00 members/\$66.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 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 7<sup>th</sup>. The cost is \$80.00 members/\$90.00 non-members. Pay-as-you-go is \$12.00 members/\$14.00 non-members. If you register to participate twice a week the cost will be \$165.00 members/\$175.00 non-members.

**CHAIR YOGA** – 11:15 a.m. – 12:05 a.m. Every Thursday in person with a chair yoga instructor on video. **Chair Yoga is held in the Activity Centre.** 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 7<sup>th</sup>. Free for members until an instructor is hired.

**PICKLEBALL** – 12:00 p.m. – 2:00 p.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 \$3.00. Will resume once the gym floor is replaced.

**BRIDGE** – 1:00 P.M. – 3:00 P.M. **in the Lions Community Hall.** Join the group to play this challenging game. The cost is \$4.00 for members and \$6.00 for non-members.



## Dorchester Weekly Programs Continued

### FRIDAY

**NEW: PITCH CARD GAME** – 9:30 a.m. – 11:30 a.m. Join the group to play this exciting game!

**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. The fee is \$4.00.

**MAHJONG** – 12:00 p.m. – 3:00 p.m. **in the Lions Den.** Trained/Experienced Mahjong players may join Lawrence Seah for “Coffee and Mahjong Social” on Friday afternoons at 12:00 p.m. and the fee is \$4.00 members/\$6.00 non-members. Make sure to arrive a few minutes early and please note that the fun begins at 12:00 p.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. Let us know if you plan to attend.

**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

**STRENGTH AND TONE FOR ACTIVE AGERS** – 8:45 a.m. – 9:45 a.m. **This class will be in the Gym.** 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 are encouraged; modifications supplied. This 7-week session will begin May 4th at a cost of \$52.50 members/\$62.50 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. *No class May 18th – Victoria Day.*

**CHAIR YOGA** – 9:00 a.m. – 9:50 a.m. **Every Monday and Friday with our certified yoga instructor Maggie Squires in Meeting Room #1.** 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 4th. The cost is \$52.00 members/\$62.00 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. We encourage participants to sign up for the entire session. *No class May 18<sup>th</sup>-Victoria Day.*

**GENTLE YOGA** – 10:00 a.m. – 10:50 a.m. **Every Monday and Friday with our certified yoga instructor Maggie Squires in Meeting Room #1.** Join certified instructor, Maggie Squires, 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 4th at a cost of \$56.00 for members and \$66.00 for non-members or pay-as-you-go is \$9.00 for members and \$11.00 for non-members. *No class May 18th – Victoria Day.*

## Thorndale Weekly Programs Cont.

### MONDAY

**DROP-IN ART** – Do you have a creative eye for artwork? Come out and enjoy a relaxing time, creating whatever your heart desires, with provided supplies and some social conversation! Every Monday afternoon from 12 noon -3:00 p.m. in Meeting Room #1. \$4.00 for members.

**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 \$3.00 for members. No Pickleball May 18th – Victoria Day.

### TUESDAY

**POLE WALKING** – 9:00 a.m. – 10:00 a.m. Meet in the front lobby of the Thorndale Lions Community Centre. Pay-as-you-go. \$4.00 for members \$6.00 for non-members.

**EUCHRE** – 1:00 p.m. – 3:00 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 \$4.00 for members and \$6.00 for non-members. Cash prizes to be won!

### WEDNESDAY

**STRENGTH & TONE FOR ACTIVE AGERS** – 8:45 a.m. – 9:45 a.m. **This class will be in the Gym.** 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 are encouraged; modifications supplied. This 8-week session will begin May 6<sup>th</sup> at a cost of \$60.00 members/\$70.00 for non-members. Pay-as-you-go is \$9.00 members and \$11.00 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 \$4.00. 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 \$4.00. 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 \$3.00 for members.

### THURSDAY

**KURLING** – New Members Welcome! 1:00 p.m. – 3:00 p.m. **in the Gym.** 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 \$4.00 for members and \$6.00 for non-members.

**SHUFFLEBOARD** – New Members Welcome! 1:00 p.m. – 3:00 p.m. Shuffleboard is held **in the Gym** every Tuesday. 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 \$4.00 for members and \$6.00 for non-members.

**Grandpa Joke:** A guy walks into the bank, pulls out a gun, points it at the teller and screams, "Give me all your money or you're geography!" Puzzled, the teller asks, "Don't you mean history?"  
The robber yells, "Don't change the subject!"

## Thorndale Weekly Programs Cont.

### FRIDAY

**CHAIR YOGA** – 9:00 a.m. – 9:50 a.m. *Every Monday and Friday with our certified yoga instructor Maggie Squires in Meeting Room #1.* 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 9-week session begins May 1st. The cost is \$58.50 members/\$68.50 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. We encourage participants to sign up for the entire session.

**DANCE FIT FLOW** – 9:00 a.m. – 10:00 a.m. with certified fitness instructor Lynda Barber. **Dance Fit Flow will be held in Meeting Room #3.** A fun, easy to follow choreographed dance routine with the incorporation of scarves. All fitness levels welcome, no fitness/dance experience necessary! This 9-week course begins May 1st at a cost of \$63.00 members/\$73.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for non-members.

**GENTLE YOGA** – 10:00 a.m. – 10:50 a.m. *Every Monday and Friday with our certified yoga instructor Maggie Squires in Meeting Room #1.* Join certified instructor, Maggie Squires, 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 9-week course begins May 1st at a cost of \$63.00 for members and \$73.00 for non-members or pay-as-you-go is \$9.00 for members and \$11.00 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 9-week session will begin on May 1st and is \$63.00 members/\$73.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for nonmembers.

**OLD GUYS POKER** - 1:00 p.m. - 3:00 p.m. Poker is held in **Meeting Room #1.** A perfect mix of strategy, storytelling, and a great excuse to gather around the table. \$4.00 for members and \$6.00 for non-members.

**PICKLEBALL** - 1:00 p.m. - 3:00 p.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 \$3.00.



### Exploring Art

Sponsored by Links2Wellbeing  
Thursday mornings  
June 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup>

### Drawing Fundamentals

- Tools, lights & shadows, shapes, depth, and blend
- Drawing still life & from life
- Foreground vs background
- Creating an Art Piece



To Sign up, Call 519-268-7334 Dayna (730), Karen (708), Kayla (728) or email Dayna at [dbaronsthamescentre.on.ca](mailto:dbaronsthamescentre.on.ca)



## Upcoming Bus Trips



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

**Rhinestone Cowgirls – Walter’s Music Venue in Bright - 5 seat left!** Monday, June 15, 2026. Depart: 10:00 a.m. Return: 6:00 p.m. \$175 members/\$185 non-members. Includes: Buffet Lunch at Quehl’s in Tavistock (Rolled Ribs & Roast Turkey with all the trimmings) and ticket to see the show Rhinestone Cowgirls ~ Legendary Ladies (Pasty Cline, Loretta, Tammy, Dolly, Reba, Shania, Carrie and more).

**Summer Mystery Tour** - Thursday, June 25, 2026. Depart: 8:15 a.m. Return: 5:30 p.m. \$155.00 members/\$165.00 non-members. Enjoy a thrilling mystery adventure, including a curated, surprise travel experience where the destination and itinerary remain hidden until arrival, designed to spark adventure, camaraderie, and curiosity. This trip features pre-planned stops—such as hidden gems, scenic spots, unique attractions and a delectable lunch.

**Fallsview Casino - Niagara Falls.** Tuesday, July 14, 2026. Depart: 10:00 a.m. Return: 6:30 p.m. \$50.00 members/\$60.00 non-members. Try your luck on this excursion! You will receive \$35.00 free play. Passengers must be at least 19 years of age. Make sure to bring your government issued photo ID i.e. provincial driver’s license, Canadian passport, or provincial photo ID card. If you have a Momentum Loyalty card, bring it with you to avoid standing in line to obtain a new card.

**Muskoka Steamship Lunch Cruise.** Wednesday, July 22, 2026. Depart: 8:00 a.m. Return: 6:30 p.m. \$185.00 members/\$195.00 non-members. Welcome aboard the Wenonah as we explore the scenic shorelines of Lake Muskoka while enjoying a delicious turkey meal with all the trimmings served from the ships dining room. After the cruise enjoy a curated tour of the Muskoka Discovery Centre featuring many exhibits that will immerse you in stories, culture and the natural beauty of Lake Muskoka.

**Liars at a Funeral – Port Dover.** Tuesday, August 11, 2026. Depart: 9:45 a.m. Return: 6:00p.m. Cost to be announced. Hop on the coach bus to take a trip to Port Dover to enjoy a comedy play at the Lighthouse Festival Theatre and sometime exploring the quaint little waterside town where you will have your choice of shops and restaurants to eat at for lunch.

**Funny Girl – Shaw Festival.** Friday, September 25, 2026. Depart: 8:00 a.m. Return: 6:30 p.m. \$180.00 members/\$190.00 non-members. This excursion includes free time to explore Niagara-on-the-lake, browse boutiques, enjoy lunch on your own and then catch the beloved musical called Funny Girl.

**Trips in the Planning:** Later in the year we will have a Fall Colours/Mystery Tour, and Christmas show in Petrolia with lunch at Actor’s.



# Monthly Programs & Workshops

## Dorchester Monthly Crafting & Painting Classes

“Rainy Day Daisy” Painting  
Tuesday, May 26 @ 12 p.m.  
In the Creative Art Studio

**Cost** \$25.00 Members  
\$35.00 Non-Members

*Registration is required by May 18<sup>th</sup>.*



“Painted Flower Jug”  
Tuesday, June 30 @ 2 p.m.  
In the Creative Art Studio

**Cost** \$15.00 Members  
\$25.00 Non-Members

*Registration is required by June 22<sup>nd</sup>*



## Thorndale Monthly Crafting & Painting Classes

“Garden Pebble Pot”  
Wednesday, May 13<sup>th</sup> @ 2 p.m.  
In Meeting Room #3

**Cost** \$15.00 Members  
\$25.00 Non-Members

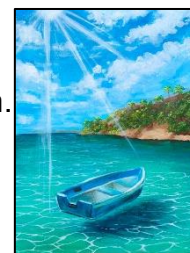
*Registration is required by May 8<sup>th</sup>*



“Tropical Boat Ride” Painting  
Wednesday, June 10<sup>th</sup> @ 12:30 p.m.  
In Meeting Room #3

**Cost** \$25.00 Members  
\$35.00 Non-Members

*Registration is required by June 5<sup>th</sup>*



### Dorchester Book Club

The group will meet once a month on the **last Monday** of the month at **2:00 p.m.** to discuss the chosen book.

**May 25<sup>th</sup>** – The Berry Pickers  
**Book club will resume in September**

If you are interested in joining the book club or have questions, please email [ksmall@thamescentre.on.ca](mailto:ksmall@thamescentre.on.ca) or call 519-268-7334 ext. 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

### Dorchester Horticultural Society

Meetings the 3<sup>rd</sup> 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 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

Upbeat classes like Chair Aerobics, Yoga, Natural Movement for Seniors, Ukulele Lessons, Socials, Painting & 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 register for this free service (Senior Centre is paying the membership fee), call 519-268-7334 ext. 708 or email [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca) and we'll register you and you'll receive the Zoom invitations.

### Thorndale Book Club

The group will meet once a month in **Meeting Room #3** on the **second Tuesday at 1:00 p.m.** to discuss the chosen book.

**May 12<sup>th</sup>** – Bring an interesting read from home

**June 9<sup>th</sup>** – The Boy from the Woods

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

[dbarons@thamescentre.on.ca](mailto:dbarons@thamescentre.on.ca) or call

519-268-7334 ext. 730

# Other Programs

## Seniors Pickleball

Registration is required.  
User fees are \$4.00 for members.

### Dorchester Gym

Mondays - Fridays  
7 a.m. – 8:50 a.m.

Tuesdays & Thursdays  
12 p.m. – 2:30 p.m.

### Thorndale Gym

Mondays, Wednesdays, and Fridays  
1 p.m. – 3 p.m.

## Adult/Senior Skate

Mondays & Thursdays  
10 a.m. – 10:50 a.m.

\$4.00 per person  
Dorchester Arena – South  
Ice Pad

## FOOT CARE CLINIC DORCHESTER

1<sup>st</sup> Wednesday of every month from  
12:00 p.m. – 4:30 p.m. The cost is  
\$60.00.

To make an appointment contact  
Kamini Marathe, RN at  
519-933-9155.

## 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

## DONNYBROOK 433 SENIORS

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

## VON COMMUNITY SUPPORT SERVICES

### VON Supportive Care needs

**volunteers!** Please contact  
LMEvolunteers@von.ca or www.von.ca  
today!

### Dorchester Caregiver Support Group

Please call 51-245-3170 x228 for more  
information.

**Alzheimer's Community Supports** If  
interested please call Mackenzie Vickers  
at 519-245-3170 x228

**Smart Exercise Classes:** Dorchester  
Arena gym: Mondays, Wednesdays and  
Fridays 9-9:50a.m.

Thorndale Community Centre:  
Tuesdays and Thursdays 10-11 a.m.

**Blood Pressure Clinics:** Dorchester  
Library: Every Thursday 10:30 – 12:30  
p.m.

## Women's Drumming Circle

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

## Bid Euchre

Every Wednesday evening  
from 7 p.m. to 10 p.m. in the  
Activity Centre. You can  
bring a friend!

The cost is \$4.00 per  
person. Cash prizes to be  
won.

## Low Impact Interval Training & Toning (LIIT)

Tuesdays and Thursdays  
7 a.m. – 8 a.m.

Lions Active Living Centre  
This class is for ALL ages and  
fitness levels.

Contact Shelley Hansford for more  
information and to register.  
[sdhans@execulink.com](mailto:sdhans@execulink.com)

## Mom & Tot

Tuesdays and Thursdays  
9 a.m. – 10 a.m.

Lions Active Living Centre  
Mom, Guardians, infants,  
and toddlers are welcome.  
This is a full body workout  
with cardio and muscle  
toning.

Contact Shelley Hansford  
for more information.  
[sdhans@execulink.com](mailto:sdhans@execulink.com)

## Word Scramble Answers

1. lilac
2. raincoat
3. sprout
4. thunderstorm
5. tadpole
6. pollinate
7. hyacinth
8. abloom
9. dragonfly
10. duckling



## The Magic Yarn Project ~ 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

[crystalfallis@themagicyarnproject.co](mailto:crystalfallis@themagicyarnproject.com)  
m if you would like to take part in this

project for more information and/or  
to register for a workshop. The 2026

meeting dates are as follows: May  
11, May 25, June 8. If you would like

to drop in to meet our Magic Yarn

Chapter Leader, Crystal Fallis and

Co-Leader Helen Minogue and see a  
workshop in action, come to the

Lions Community Hall at the Active

Living Centre during one of our

workshops.

# Recipe from the Centre's Kitchen

## Fresh Strawberry Cake

Strawberry Cake in a pie pan.

Servings: 1 (9-in) cake, 8 to 10 servings

### Ingredients

1½ cups all-purpose flour, spooned into measuring cup and leveled off

1½ teaspoons baking powder

½ teaspoon salt

6 tablespoons unsalted butter, softened, plus more for greasing the pan

1 cup + 2 tablespoons sugar, divided

1 large egg

1 teaspoon vanilla extract

½ cup milk (low-fat is fine)

About ¾ lb strawberries, hulled and halved



### Instructions

1. Preheat the oven to 350°F (175°C) and butter a 9-in (23-cm) deep dish pie pan (or 9-in/23-cm round cake pan).
2. In a medium bowl, whisk together the flour, baking powder and salt. Set aside.
3. In the bowl of an electric mixer, beat the butter and 1 cup of the sugar until pale and fluffy, for about 3 minutes. Add the egg and vanilla and beat at a low speed until well combined. Gradually add the flour mixture, alternating with the milk, and beat on low speed until smooth. (Note: the batter will be thick.)
4. Transfer the batter to the prepared pan and smooth with a spatula. Arrange the strawberries on top, cut side down, so they completely cover the batter, using more or less as needed. Sprinkle the remaining 2 tablespoons of sugar over the strawberries.
5. Bake for ten minutes, then reduce the heat to 325°F (165°C) and bake until the cake is lightly golden and a tester comes out clean, about an hour. Let the cake cool in the pan on a rack. Serve with sweetened whipped cream or vanilla ice cream, if desired.
6. The cake can be stored at room temperature for several days, loosely covered.

**Freezing Instructions:** The cake can be frozen for up to 3 months. After it is completely cooled, cover it tightly with aluminum foil or freezer wrap. Thaw overnight on the countertop before serving.

LIONS ACTIVE LIVING CENTRE

# BID EUCHRE TOURNAMENT

Cash prizes to be won!

Friday, May 29, 2026

Location: Lions Active Living Centre  
(2066 Dorchester Road, Dorchester)

10AM - 3PM (Doors open at 9 a.m.)

Admission: \$20.00 per person

Delicious Lunch Included

Call the Active Living Centre at  
519-268-7334 ext. 708 or 728  
or email [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca)  
[ksmall@thamescentre.on.ca](mailto:ksmall@thamescentre.on.ca)  
to register and for more details!



Lions Active Living Centre

# GARAGE SALE

SATURDAY JUNE 20, 2026

9:00a.m. - 1:00 p.m.

Active Living Centre - 2066 Dorchester Rd

**Be a Vendor**

Do you have items you would like to sell? Be a vendor at our Garage Sale! Vendors are welcome to sell both new and used items.

**COST: \$15/TABLE**

Contact Karen, Kayla or Dayna for Vendor Registration.  
Call 519-268-7334 ext. 708 or 728 or 730  
Email [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca) or  
[ksmall@thamescentre.on.ca](mailto:ksmall@thamescentre.on.ca) or  
[dbarons@thamescentre.on.ca](mailto:dbarons@thamescentre.on.ca)

**Stop and Shop**

Stop in to check out the vendors and see what treasures you can find! Enjoy refreshments and a BBQ lunch.



## Knotted Felting Workshop

**Butterfly**

Tuesday, May 19, 2026  
12:30 p.m. - 4:00 p.m.  
\$75 members / \$85 non-members



**Fawn**

Wednesday, June 17, 2026  
12:30 p.m. - 4:00 p.m.  
\$70 members / \$80 non-members



All supplies will be provided for the workshops.  
Call 519-268-7334 Karen (708), Kayla (728) or Dayna (730) to register for one or both classes.

## A TRIP TO Italy with Chef Kyle

Experience the warmth and simplicity of Italian cooking with this thoughtfully curated demo meal.

Starting off with a freshly baked country loaf with a crisp crust and soft inside, Tuscan Vegetable and Bean Soup a hearty, comforting blend of seasonal vegetables, bean and herbs inspired by the flavours of Tuscany. For the entree learn how to make Ricotta Gnocchi with Pomodoro and Grana Padano, a light, pillowy ricotta gnocchi served in a rich sauce, finished with generous shaving of Grana Padano cheese. Ending off the demo with a classic Tiramisu, a timeless Italian dessert layered with espresso-soaked ladyfingers, mascarpone cream, and a dusting of cocoa.

A celebration of rustic tradition and authentic flavors, this menu showcases the heart of Italian home cooking.

**LIONS ACTIVE LIVING CENTRE- DORCHESTER**  
**MONDAY, MAY 25<sup>TH</sup> AT 10:30 A.M.**  
**COST: \$60.00**



**THORNDALE LIONS COMMUNITY CENTRE**  
**TUESDAY, JUNE 23<sup>RD</sup> AT 10:30 A.M.**  
**COST: \$60.00**

Sign up for either of these delicious classes by contacting Karen(708), Kayla(728) or Dayna(730) at 519-268-7334 or by emailing [kgress@thamescentre.on.ca](mailto:kgress@thamescentre.on.ca), [ksmall@thamescentre.on.ca](mailto:ksmall@thamescentre.on.ca) or [dbarons@thamescentre.on.ca](mailto:dbarons@thamescentre.on.ca) **\*SPOTS ARE LIMITED\***

## BRAIN HEALTH FITNESS



**SIT & SHINE** with Barb  
Movement for Brain-Body Wellness

Move Joyfully from Your Chair!

Sit & Shine is a seated exercise experience that energizes your body, boosts your brain, and lifts your spirit. Led by the ever-sparkly Barb, each session feels like a dance party with a friend! These mobility-friendly workouts are designed for everyone—especially those navigating aging, recovery, or chronic conditions.

CALLING ALL MEN AND WOMEN!!!

Join us for a 6 week session - May 6<sup>th</sup> - June 24<sup>th</sup>  
Wednesday Mornings

11:00 am-12:00 noon in Meeting Room #2

To sign-up, please contact Dayna at 519-268-7334 ext. 730  
or by email at dbarons@thamescentre.on.ca.

For Brain Health, Joy, and  
Connection...



Sponsored by the Links2Wellbeing Grant

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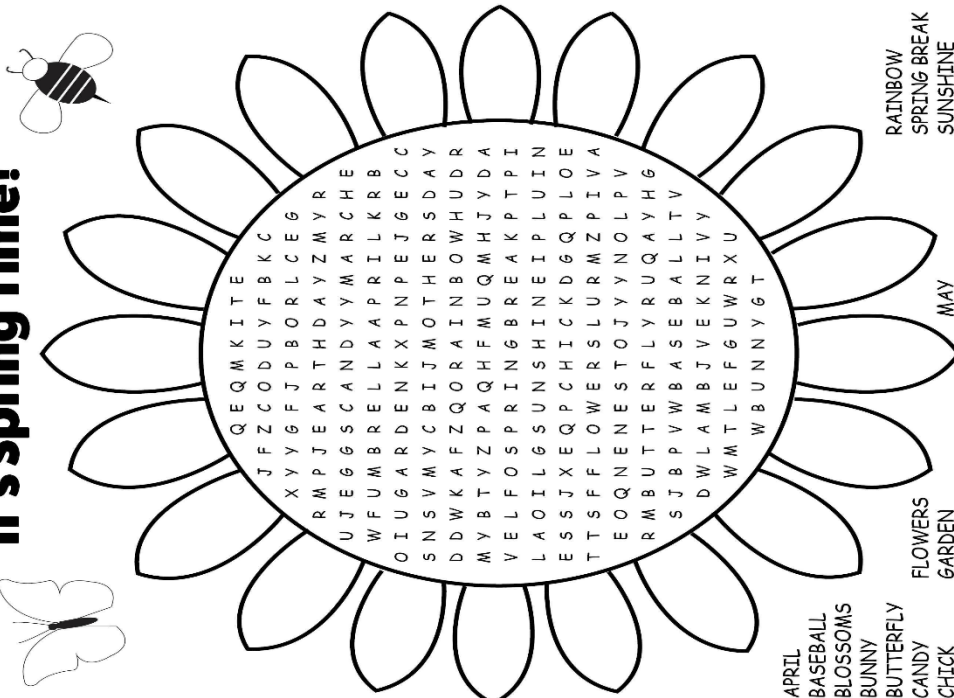
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## Word Scramble

- iclla \_\_\_\_\_
- ncotaria \_\_\_\_\_
- trsoapu \_\_\_\_\_
- dhnturermots \_\_\_\_\_
- ptdaleo \_\_\_\_\_
- lipnteloa \_\_\_\_\_
- cyithhna \_\_\_\_\_
- oambol \_\_\_\_\_
- gfdoanyl \_\_\_\_\_
- kdiuscgnl \_\_\_\_\_

Answers to the word scramble can be found on the Other Programs page.

## It's Spring Time!



- APRIL
- BASEBALL
- BLOSSOMS
- BUNNY
- BUTTERFLY
- CANDY
- CHICK
- EARTH DAY
- EASTER
- EGGS
- FLOWERS
- GARDEN
- KITE
- LAMB
- MARCH
- MAY
- MOTHERS DAY
- NEST
- RAIN
- RAINBOW
- SPRING BREAK
- SUNSHINE
- TULIP
- UMBRELLA
- WINDY

