





# January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (LD) 10:30am WOW Chair Yoga 11:15am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Social Partner Dance (CH) 2:30pm	<b>6</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm	<b>7</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm	<b>8</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)	<b>9</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm 
<b>12 Book Club (T) 1pm</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (LD) 10:30am WOW Chair Yoga 11:15am Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Social Partner Dance (CH) 2:30pm	<b>13</b> <b>Movie Afternoon (T) 2pm</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm	<b>14</b> Royal Winter Fair Bus Trip 8:00am Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm	<b>15</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm	<b>16</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
<b>19 Movie Afternoon (LD) 2pm</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (LD) 10:30am Chair Yoga (LD) 11:15am Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Social Dance (CH) 2:30pm	<b>20</b> <b>Craft Afternoon (T) 2pm</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm Social Partner Dance (CH) 2:00pm	<b>21</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Ukulele Lessons (AC) 11:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	<b>22</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)	<b>23</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
<b>26 Book Club (CA) 2pm</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (LD) 10:30am Chair Yoga (LD) 11:15am Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Social Partner Dance (CH) 2:30pm	<b>27</b> <b>Painting Afternoon (CA) 12pm</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm Social Partner Dance (CH) 2:00pm	<b>28</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Ukulele Lessons (AC) 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	<b>29</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm	<b>30</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
<b>Tech Help with Dan Parker</b>  Wednesdays ~ Beginning Soon! 7:00 p.m. - 8:00 p.m. Lions Active Living Centre (Creative Art Studio) - Dorchester		 <b>Program Legend</b> (P) – WOW: Phone (G) – Arena Gym (T) – Thorndale Lions Community Centre (W) – Walking Track (LD) – Lions Den (AC) – Activity Centre (CA) - Creative Art Studio (CH) – Lions Community Hall (K) - Kitchen		

# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (LD) 10:30am Chair Yoga (LD) 11:15am Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Social Partner Dance (CH) 2:30pm	<b>3</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm Social Partner Dance (CH) 2:00pm	<b>4</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Ukulele Lessons (AC) 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	<b>5</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)	<b>6</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm 
<b>9</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (LD) 10:30am Chair Yoga (LD) 11:15am Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Social Partner Dance (CH) 2:30pm	<b>10 Book Club (T) 1pm</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm Social Partner Dance (CH) 2:00pm Jukebox BINGO 5:30 p.m.	<b>11</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Ukulele Lessons (AC) 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	<b>12</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm 	<b>13 Valentine Hot Meal (CH) 12noon</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
<b>16</b>  <b>Centre Closed</b>	<b>17</b> <b>Movie Afternoon (LD) 2pm</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm Social Partner Dance (CH) 2:00pm	<b>18 Paint Afternoon (T) 1pm</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Ukulele Lessons (AC) 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	<b>19</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)	<b>20</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
<b>23</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (LD) 10:30am Chair Yoga (LD) 11:15am Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Social Dance (CH) 2:30pm	<b>24</b> <b>Craft Afternoon (CA) 2pm</b> Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm Social Partner Dance (CH) 2:00pm	<b>25 Movie Afternoon (T) 2pm</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Ukulele Lessons (AC) 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm WOW Bingo (P) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	<b>26</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)	<b>27</b> Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
<b>Cake Decorating Classes</b> with Gail Hankinson  Valentine's Day Theme  Watch for details!			<b>Program Legend</b>  (P) – WOW: Over the Phone (G) – Arena Gym (T) – Thorndale Lions Community Centre (W) – Walking Track (LD) – Lions Den (AC) – Activity Centre (CA) - Creative Art Studio (CH) – Lions Community Hall (K) - Kitchen	

