

# March 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 WOW Chair Yoga 11:15am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm	<b>3</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>4 Foot Care Clinic</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 Chair Dancing (AC) 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Pitch Card Game(AC) 1:00pm Slow Arting (CA) 1:00pm Bid Euchre (AC) 7:00pm	<b>5</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Indoor Kite Flying 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 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 Crochet Lessons(CA) 1:00pm
<b>9</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am No Chair Yoga (T) Today! Tai Chi (AC) 9:00am No Gentle Yoga (T) Today! Strength & Tone (LD) 10:30am WOW Chair Yoga 11:15am Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm	<b>10 Book Club (T) 1pm</b> <b>Movie Afternoon (LD) pm</b> Pickleball (G) 7:00am Cupcake Decorating 9 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>11</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 Chair Dancing 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Pitch Card Game(AC) 1:00pm Bid Euchre (AC) 7:00pm	<b>12</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Indoor Kite Flying 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 Goddess Bracelet(CA)</b> Acrylic Painting(CA) 9:00am Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm Crochet Lessons(CA) 1:00pm
<b>16</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 No Chair Yoga Today! Crochet Lessons 11:30am Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm	<b>17 Irish Kitchen Bus Trip</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 Volleyball (G) 2:30pm	<b>18 Craft Afternoon (T) 2pm</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Chair Dancing (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 Pitch Card Game(AC) 1:00pm Bid Euchre (AC) 7:00pm	<b>19</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am No Stepping Up Today! Indoor Kite Flying 10:30am Gentle Pilates (LD)10:30am No Chair Yoga Today! 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 St. Patrick's Hot Meal</b> Acrylic Painting(CA) 9:00am Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm Crochet Lessons(CA) 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 Carpet Bowling 1:00pm Pickleball (T) 1:00pm	<b>24 Knotted Felt Rabbit (CA)</b> <b>10:00am – 12:30pm</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 Volleyball (G) 2:30pm	<b>25 Movie Afternoon (T) 2pm</b> Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Coffee Hour with TREA Presentation (T) 10:00am Strength & Tone (CH)10:30am Chair Dancing (AC) 11:00am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Pitch Card Game(AC) 1:00pm Bid Euchre (AC) 7:00pm	<b>26</b> Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Indoor Kite Flying 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>27</b> Acrylic Painting(CA) 9:00am Chair Yoga (T) 9:00am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm Crochet Lessons(CA) 1:00pm
<b>30 Book Club (CA) 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 Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling 1:00pm Pickleball (T) 1:00pm	<b>31</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 Pickleball (G) 12:00pm Kurling (T) 12:00pm Shuffleboard (T) 12:00pm Kurling (LD) 1:00pm Euchre (T) 1:00pm Volleyball (G) 2:30pm	<b>Tech Help with Dan Parker</b>  Wednesdays ~ Beginning April 8 <sup>th</sup> ! 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	

# April 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Program Legend</b></p> <p>(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</p>		<p><b>1 Foot Care Clinic</b>            Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            Mahjong (LD) 9:00am            DrumFit (AC) 9:45am            Men's Coffee Hour (T) &amp;            Women's Coffee 10:00am            Strength &amp; Tone (CH) 10:30am            Chair Dancing (AC) 11:00am            Shuffleboard (LD) 1:00pm            Pickleball (T) 1:00pm            Canasta (AC) 1:00pm            Pitch Card Game(AC) 1:00pm            Bid Euchre (AC) 7:00pm            Tech Help 7:00pm</p>	<p><b>2</b>            Pickleball (G) 7:00am            Line Dancing (LD) 8:30am            Stepping Up (CH) 10:30am            Indoor Kite Flying 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)</p>	<p><b>3</b>            GOOD FRIDAY</p> <p align="center">             CENTRE CLOSED</p>
<p><b>6</b>            EASTER MONDAY</p> <p align="center">             CENTRE CLOSED</p>	<p><b>7</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            Volleyball (G) 2:30pm</p>	<p><b>8</b> Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            Mahjong (LD) 9:00am            DrumFit (AC) 9:45am            Men's Coffee Hour (T) &amp;            Women's Coffee 10:00am            Strength &amp; Tone (CH) 10:30am            Chair Dancing (AC) 11:00am            Shuffleboard (LD) 1:00pm            Pickleball (T) 1:00pm            Canasta (AC) 1:00pm            Pitch Card Game(AC) 1:00pm            Bid Euchre (AC) 7:00pm            Tech Help 7:00pm</p>	<p><b>9</b>            Pickleball (G) 7:00am            Line Dancing (LD) 8:30am            Stepping Up (CH) 10:30am            Indoor Kite Flying 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</p>	<p><b>10 Easter Hot Meal</b>            Watercolour painting 9:00am            No Chair Yoga (T) Today!            No Gentle Yoga (T) Today!            Indoor Kite 10:30am            Flying (G)            Tai Chi (T) 10:30am            Mahjong (LD) 12:00pm            Pickleball (T) 1:00pm            Choir (AC) 1:00pm            Poker (T) 1:00pm            Crochet Lessons(CA) 1:00pm</p>
<p><b>13</b>            Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            No Chair Yoga (T) Today!            Tai Chi (AC) 9:00am            No Gentle Yoga (T) Today!            Strength &amp; 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            Goddess Bracelet(CA) 1:00pm</p>	<p><b>14 Movie Afternoon (LD)2pm</b>  <b>Book Club (T) 1pm</b>            Pickleball (G) 7:00am            Pole Walking (T) 9:00am            Rug Hooking (CA) 9:30am            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            Volleyball (G) 2:30pm</p>	<p><b>15 Paint Afternoon (T) 12pm</b>            Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            Mahjong (LD) 9:00am            DrumFit (AC) 9:45am            Men's Coffee Hour (T) &amp;            Women's Coffee 10:00am            Strength &amp; Tone (CH) 10:30am            Chair Dancing (AC) 11:00am            Shuffleboard (LD) 1:00pm            Pickleball (T) 1:00pm            Canasta (AC) 1:00pm            Pitch Card Game(AC) 1:00pm            Bid Euchre (AC) 7:00pm            Tech Help 7:00pm</p>	<p><b>16 AGO Bus Trip</b>            Pickleball (G) 7:00am            No Line Dancing Today            Stepping Up (CH) 10:30am            Indoor Kite Flying 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)</p>	<p><b>17</b>            Watercolour painting 9:00am            Chair Yoga (T) 9:00am            Gentle Yoga (T) 10:00am            Indoor Kite 10:30am            Flying (G)            Tai Chi (T) 10:30am            Mahjong (LD) 12:00pm            Pickleball (T) 1:00pm            Choir (AC) 1:00pm            Poker (T) 1:00pm            Crochet Lessons(CA) 1:00pm</p>
<p><b>20</b>            Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            Coloured Pencils (CA) 9:00am            Chair Yoga (T) 9:00am            Tai Chi (AC) 9:00am            Gentle Yoga (T) 10:00am            Strength &amp; Tone (LD) 10:30am            Chair Yoga (LD) 11:15am            Crochet Lessons 11:30am            Quilting (AC) 12:30pm            Shuffleboard (LD) 1:00pm            Carpet Bowling 1:00pm            Pickleball (T) 1:00pm</p>	<p><b>21</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            Volleyball (G) 2:30pm</p>	<p><b>22 Movie Afternoon (T) 2pm</b>            Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            Mahjong (LD) 9:00am            DrumFit (AC) 9:45am            Men's Coffee Hour (T) &amp;            Women's Coffee 10:00am            Strength &amp; Tone (CH) 10:30am            Chair Dancing (AC) 11:00am            Shuffleboard (LD) 1:00pm            Pickleball (T) 1:00pm            Canasta (AC) 1:00pm            Pitch Card Game(AC) 1:00pm            Bid Euchre (AC) 7:00pm            Tech Help 7:00pm</p>	<p><b>23</b>            Pickleball (G) 7:00am            Line Dancing (LD) 8:30am            Stepping Up (CH) 10:30am            Indoor Kite Flying 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)</p>	<p><b>24</b>  <b>Soup &amp; Social (T) 12pm</b>            Watercolour painting 9:00am            Chair Yoga (T) 9:00am            Gentle Yoga (T) 10:00am            Indoor Kite 10:30am            Flying (G)            Tai Chi (T) 10:30am            Mahjong (LD) 12:00pm            Pickleball (T) 1:00pm            Choir (AC) 1:00pm            Poker (T) 1:00pm            Crochet Lessons(CA) 1:00pm</p>
<p><b>27 Book Club (CA) 1pm</b>            Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            Chair Yoga (T) 9:00am            Tai Chi (AC) 9:00am            Gentle Yoga (T) 10:00am            Strength &amp; Tone (LD) 10:30am            Chair Yoga (LD) 11:15am            Crochet Lessons 11:30am            Quilting (AC) 12:30pm            Shuffleboard (LD) 1:00pm            Carpet Bowling 1:00pm            Pickleball (T) 1:00pm</p>	<p><b>28 Craft Workshop (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            Volleyball (G) 2:30pm</p>	<p><b>29</b>            Pickleball (G) 7:00am            Strength &amp; Tone (T) 8:45am            Mahjong (LD) 9:00am            DrumFit (AC) 9:45am            Men's Coffee Hour (T) &amp;            Women's Coffee 10:00am            Strength &amp; Tone (CH) 10:30am            Chair Dancing (AC) 11:00am            Shuffleboard (LD) 1:00pm            Pickleball (T) 1:00pm            Canasta (AC) 1:00pm            Pitch Card Game(AC) 1:00pm            Bid Euchre (AC) 7:00pm            Tech Help 7:00pm</p>	<p><b>30</b>            Pickleball (G) 7:00am            Line Dancing (LD) 8:30am            Stepping Up (CH) 10:30am            Indoor Kite Flying 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)</p>	<p align="center">             CENTRE CLOSED</p>

