

News & Views



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

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



**Promoting Active Aging &
Senior Independence**

Ontario 

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
ksmall@thamescentre.on.ca
dbarons@thamescentre.on.ca

Website Address:

*Check out the Active Living Centre
webpage on the
Thames Centre website at*

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

Welcome to winter! As I write this message, there is about 7-8 inches of snow on the ground creating a winter wonderland out there! The trees look beautiful with their pine boughs covered in powdery, sparkly snow. Stay warm everyone!

During Christmas Break (starting on December 22), construction will begin at the Lions Active Living Centre in Dorchester to correct an issue with the inside entrance doors into the Lions Community Hall, the Lions Den and the Activity Room. When we return to programs and events in January there will be a few weeks where some of these doors may not be in place on any given day, however construction work will be scheduled as best as possible around the activities in these rooms, allowing most programs and events to carry on as per normal. In the event a room must be closed during any portion of the construction, that will be posted on the Municipality of Thames Centre website: www.thamescentre.on.ca, so please monitor for updates. Look closely at the program description for your favourite activities. Some instructors/group leaders have decided not to begin their programs until the week of January 19th and others will offer their classes during the weeks of January 5th & 12th on a drop in basis due to the uncertainty of room availability.

Check out all the exciting programs, activities, workshops and events! We are in the process of planning some wonderful bus trips!



See you soon!

Yours truly,
Karen Gress

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

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

Hip Hip Horray!

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, 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.

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 or ksmall@thamescentre.on.ca

Thank you in advance for your thoughtful generosity.

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.



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

Valentine's Hot Meal

Friday, February 13, 2025 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.

Variety Show Featuring 70's, 80's, Patsy Cline, Tap Dancing, Singing & Ukelele:

Staring: Jessica Ducharme

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 email us at kgress@thamescentre.on.ca or ksmall@thamescentre.on.ca to reserve your meals.

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 soon!

Time: 7:00 p.m. – 8:00 p.m.

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

Class 6: Online Safety and Troubleshooting

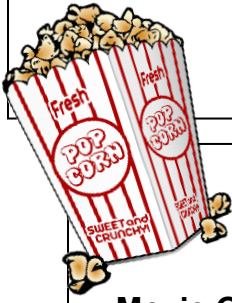
iPads are available to borrow with advance notice.

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

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

Freakier Friday

Tuesday, January 20, 2026 @ 2:00 p.m.

Movie Overview: “Two decades after an identity crisis, Anna's blended family faces new challenges. Tess and Anna discover their past may be repeating with the next generation.”

Stars: Jamie Lee Curtis; Lindsay Lohan; Julia Butters; Sophia Hammons; Manny Jacinto; Mark Harmon.

Roofman

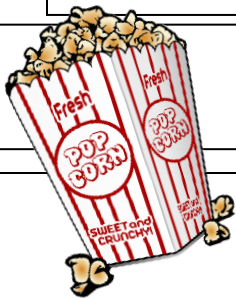
Tuesday, February 17, 2026 @ 2:00 p.m.

Movie Overview: “After escaping from prison, former soldier and professional thief Jeffrey Manchester finds a hideout inside a Toys “R” Us, surviving undetected for months while planning his next move. However, when Jeffrey falls for a divorced mom, his double life starts to unravel, setting off a compelling and suspenseful game of cat and mouse as his past closes in.”

Stars: Channing Tatum; Kirsten Dunst; LaKeith Stanfield; Juno Temple; Peter Dinklage.



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

Nonnas

Wednesday, January 14 @ 2:00 p.m.

Movie Overview: “After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs.”

Stars: Vince Vaughn, Susan Sarandon, Lorraine Bracco.

Julie & Julia

Wednesday, February 25, 2026 @ 2:00 p.m.

Movie Overview: “Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.”

Stars: Meryl Streep, Stanley Tucci, Chris Messina.



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 on some fun games of Pickleball while learning some new skills. The fee is \$4.00. *No Pickleball February 16th – Family Day.* Will resume once the gym floor is replaced.

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 5-week session will begin on January 19th (drop in classes offered on January 5th & 12th – subject to cancelation due to construction) and is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for non-members. *No class February 16th – Family Day.*

STRENGTH & TONE FOR ACTIVE AGERS – 10:30 a.m. – 11:30 a.m. **This class will be in the Lions Den.** 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 4-week session will begin January 19th (drop in classes offered on January 5th & 12th – subject to cancelation due to construction) at a cost of \$30.00 members/\$40.00 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. *No class February 2nd – Vacation & 16th – Family Day.*

CHAIR YOGA – 11:15 a.m. – 12:05 p.m. Every Monday in person with our certified yoga instructor Jodi Marissen. ***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. WOW – over-the-phone classes offered on January 5th and 12th. This 5-week session will begin on January 19th and is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. *No class February 16th – Family 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. (classes on January 5th & 12th – subject to cancelation due to construction) *No class February 16th – Family Day.*

SHUFFLEBOARD – 1:00 p.m. – 3:00 p.m. ***Shuffleboard is held in the Lions Den every Monday Starting January 19th*** (shuffleboard offered on January 5th & 12th – subject to cancelation due to construction). 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 February 16th – Family Day.*



Dorchester Weekly Programs Continued

MONDAY

SOCIAL PARTNER DANCE – 2:30 p.m. – 4:00 p.m. **Social Partner Dance will be held in the Lions Community Hall.** No Experience,; No Problem ~ Singles & 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 5-week session will begin January 19th at a cost of \$31.25 members/\$41.25 non-members. (drop in classes offered on January 6th & 12th – subject to cancelation due to construction)5Instructor: Hannah Krogman..

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 \$4.00. Will resume once the gym floor is replaced.

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 6-week session begins January 20th (drop in classes offered on January 6th & 13th – subject to cancelation due to construction). The cost is \$60.00 members/\$70.00 non-members (twice a week is \$110.00/\$120.00). 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 5-week course begins January 20th at a cost of \$35.00 members/\$45.00 non-members. (drop in classes offered on January 6th & 13th – subject to cancelation due to construction). Pay-as-you-go is \$9.00 for members and \$11.00 for non-members. No class February 3rd – Vacation.

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 6-week course begins January 20th at a cost of \$30.00 for members and \$40.00 for non-members or (drop in classes offered on January 6th & 13th – subject to cancelation due to construction) pay-as-you-go is \$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 \$4.00.

KURLING – 1:00 p.m. – 3:00 p.m. **Beginning January 20th.** (Kurling offered on January 6th & 13th – subject to cancelation due to construction). Kurling will be in the Lions Den. Kurling is a form of the original curling game but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. The cost is \$4.00 for members and \$6.00 for non-members. Come out and join this fun group and learn to play this enjoyable sport every Tuesday.

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 on some fun games of Pickleball while learning some new skills. The fee is \$4.00. Will resume once the gym floor is replaced.

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 January 21st. 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. Mahjong lessons will be held on Fridays.

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 6-week session begins January 21st at a cost of \$43.75 for members & \$53.75 for non-members. Drumsticks, exercise balls and bases are all provided for this class. Certified DrumFit Instructor: Diana Schiedel. We encourage participants to sign up for the entire 8-week session.

UKULELE LESSONS – 11:00 a.m. – 12:00 p.m. Join Diana Schiedel to learn to play this fun, popular instrument **in the Activity Centre.** A new 6-week session will begin on January 21st at a cost of \$37.50 members/\$45.00 non-members. This class is for easy intermediate's. If you know the basic chords, then this class is for you. We will be adding to the basics, and new songs will be provided. This is not a new beginner class but a continuation of what you already know. Everyone is welcome to come as long as you have the basics. Come and strum along with us.

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 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 5-week session will begin January 21st at a cost of \$35.00 members/\$45.00 for non-members. (drop in classes offered on January 7th & 14th – subject to cancelation due to construction). Pay-as-you-go is \$9.00 members and \$11.00 for non-members. No class February 4th – Vacation.

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, starting January 21st.** (shuffleboard offered on January 7th & 14th – subject to cancelation due to construction).



Dorchester Weekly Programs Continued

WEDNESDAY

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. Begins January 21st. (Canasta offered on January 7th & 14th – subject to cancelation due to construction).

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 \$4.00. Will resume once the gym floor is replaced.

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. **In the Lions Den**. Learn the basic steps beginning January 20th. 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 6-week session is \$15.00 for members & \$25.00 for non-members and begins January 20th (line dancing offered on January 8th & 15th – subject to cancelation due to construction). 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 Ageders!**

Build strength, boost energy, and improve balance with simple, low-impact step routines. No experience needed—just bring a smile and get moving! This 7-week course begins January 23rd at a cost of \$35.00 members/\$45.00 non-members. (drop in classes offered on January 8th & 15th – subject to cancelation due to construction). Pay-as-you-go is \$9.00 for members and \$11.00 for non-members. No class February 5th – Vacation.

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 6-week session begins January 22nd. The cost is \$60.00 members/\$70.00 non-members. (drop in classes offered on January 8th & 15th – subject to cancelation due to construction). Pay-as-you-go is \$12.00 members/\$14.00 non-members. If you register to participate twice a week the cost will be \$110.00 members/\$120.00 non-members.

- 1 The nicest thing about the future is that it always starts tomorrow.
 - 2 Money will buy a fine dog, but only kindness will make him wag his tail.
 3. If you don't have a sense of humour, you probably don't have any sense at all.
 4. A good time to keep your mouth shut is when you're in deep water.
 5. Business conventions are important because they demonstrate how many people a company can operate without.
 6. Why is it that at class reunions, you feel younger than everyone else looks?
 7. Stroke a cat and you will have a permanent job.
 8. The trouble with bucket seats is that not everybody has the same size bucket.
 9. Do you realize that, in about 40 years, we'll have thousands of old ladies running around with tattoos?
 10. Money can't buy happiness, but somehow it's more comfortable to cry in a Cadillac than in a Ford.
 11. Life isn't tied with a bow, but it's still a gift.
- And REMEMBER...."POLITICIANS AND DIAPERS SHOULD BE CHANGED OFTEN AND FOR THE SAME REASON.

Dorchester Weekly Programs Continued

THURSDAY

CHAIR YOGA – 11:15 a.m. – 12:05 a.m. *Every Thursday with our certified yoga instructor Jodi Marissen 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 6-week session begins January 22nd. WOW – over-the-phone classes offered on January 5th and 12th. The cost is \$37.50 members/\$45.00 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. We encourage participants to sign up for the entire session.

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 \$4.00. 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.

FRIDAY

ZUMBA – Coming Soon! Our DrumFit instructor is taking the training course to become a certified Zumba instructor. She will begin offering classes on Friday mornings, beginning in the New Year. An 8-week session will be \$50.00 members / \$60.00 non-members.

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. Will resume once the gym floor is replaced.

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. The 6-week sessions of lessons will now take place on Fridays beginning on February 6th. The fee is \$50.00 members/\$60.00 non-members. Let us know if you are interested in signing up for lessons and we will add your name and contact information to the list. There will be a limit of 6 students. If there is sufficient demand, another session will be offered in April.

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 6-week session will begin January 5th at a cost of \$45.00 for members/\$55.00 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. No class February 2nd – Vacation & 16th – Family 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 7-week session begins January 5th. The cost is \$45.00 members/\$55.00 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 February 16th – Family 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 7-week course begins December 5th at a cost of \$45.00 for members and \$55.00 for non-members or pay-as-you-go is \$9.00 for members and \$11.00 for non-members. No class February 16th – Family Day.

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 \$4.00 for members. No Pickleball February 16th – Family 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.

KURLING – New Members Welcome! 12:00 p.m. – 2:00 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.



Thorndale Weekly Programs Cont.

TUESDAY

SHUFFLEBOARD – New Members Welcome! 12:00 p.m. – 2:00 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.

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 7-week session will begin January 7th at a cost of \$50.00 for members/\$60.00 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. No class February 4th – Vacation.

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 \$4.00 for members.

THURSDAY

STITCH & CHATTER – 1:00 p.m. – 3:00 p.m. **in Meeting Room #1.** Join this lively, social group for a fun afternoon of crafts and coffee. You are welcome to quilt, sew, knit, crochet, cross stitch etc. Bring your favourite craft to work on. Cost: \$4.00 for members/\$6.00 for non-members per class.

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 8-week session begins January 9th. The cost is \$50.00 members/\$65.00 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. We encourage participants to sign up for the entire session.



Thorndale Weekly Programs Cont.

FRIDAY

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 January 9th at a cost of \$50.00 for members and \$60.00 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 8-week session will begin on January 9th and is \$55.00 members/\$65.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for nonmembers.

FRIDAY

OLD GUYS POKER - 1:00 p.m. - 3:00 p.m. Poker is held in **Meeting Room #1**, Starting January 9th. 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 \$4.00.



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.

Upcoming Bus Trips in 2026: Rhinestone Cowgirls, Spring Mystery Tour, The Caverners – Canada's #1 Beatles Tribute, Blue Jays Baseball Game, Spring Mystery Tour, and much more! Where would you like to go?



Cake Decorating Classes with Gail Hankinson

Valentine's Day Theme

Watch for details!



Monthly Programs & Workshops

Dorchester Monthly Crafting & Painting Classes

"Holly Berry Birdie" Painting
Tuesday, January 27th @ 12 p.m.
In the Creative Art Studio

Cost \$25.00 Members
\$35.00 Non-Members

Registration is required by January 19th



Tuesday, February 24th @ 2 p.m.
In the Creative Art Studio

Cost \$15.00 Members
\$25.00 Non-Members

Registration is required by February 16th



Thorndale Monthly Crafting & Painting Classes

Pinecone Bouquet
Wednesday, January 21 @ 2 p.m.
In Meeting Room #3

Cost \$15.00 Members
\$25.00 Non-Members

Registration is required by January 13th



"Smitten Mittens" Painting
Wednesday, February 18 @ 12 p.m.
In Meeting Room #3

Cost \$25.00 Members
\$35.00 Non-Members

Registration is required by February 10th



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.

January 26th – The Immortalists

February 23rd – The Book That Matters Most

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

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 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

Thorndale & Area Horticultural Society

Meetings the 2nd Wednesday of every month except January and July

7:30 p.m. in Room 3

Thorndale Community Centre

For more information, thorndalehort@gmail.com

Art Your Service - Daily Virtual Classes & Socials

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 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 #1** on the **second Tuesday at 1:00 p.m.** to discuss the chosen book.

January 13th – An American Marriage

February 10th – The Break

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

dbarrons@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
Begins: September 8th

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

FOOT CARE CLINIC DORCHESTER

1st 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 or
519-268-3306

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 (LIITT)

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

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

Word Scramble Answers

1. Pinecone
2. Sledding
3. Cupid
4. Blizzard
5. Snowflake
6. Love birds
7. Snowman
8. Sweetheart
9. Chocolate
10. Snow Day

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.



Crabby Road

2-15-12

Every year in the middle of
February, something wonderful
and heartwarming happens.
Tons of candy
goes on clearance!



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Recipe from the Centre's Kitchen

Cranberry Bars

These yummy cranberry bars are tart and sweet at the same time. They're easy to put together, and your home will smell wonderful while they're baking!

Prep Time: 15 mins **Cook Time:** 50 mins **Additional Time:** 40 mins **Total Time:** 1 hr 45 mins
Servings: 24 **Yield:** 24 bars

Ingredients

- 1 (12 ounce) package whole cranberries
- 1 cup white sugar
- $\frac{3}{4}$ cup water
- 1 (15.25 ounce) package yellow cake mix
- $\frac{3}{4}$ cup butter, melted
- 2 eggs
- 1 cup rolled oats
- $\frac{3}{4}$ cup packed light brown sugar
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon



Directions

1. In a saucepan over medium heat, combine cranberries, white sugar, and water. Cook, stirring occasionally, until all cranberries have popped and the mixture is thick, about 15 minutes. Remove from the heat and set aside to cool.
2. Preheat the oven to 350 degrees F (175 degrees C).
3. In a large bowl, mix together cake mix, melted butter, and eggs. Stir in oats, brown sugar, ginger, and cinnamon. Reserve about 1 $\frac{1}{2}$ cups of the mixture, and spread the rest into the bottom of a 9x13-inch baking dish. Pack down to form a solid crust, getting it as even as possible. Spread the cooled cranberries over the crust. Pinch off pieces of the remaining mixture and place evenly over the cranberries.
4. Bake in the preheated oven until the top is lightly browned, 35 to 40 minutes. Cool in the pan for about 40 minutes before slicing into 24 bars.



Art Studio Happenings

The Magic Yarn Project ~ Learn more about this inspiring project at the main website: <https://themagic yarnproject.com/> We start at 10am and finish at noon on these dates. Contact penny@pennywearne.com if you would like to take part in this project for more information and/or to register for a workshop. The 2026 meeting dates are as follows: January 12, February 9, February 23, March 9, March 23, April 13, April 27, May 11, May 25, June 8. 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.

Crochet Lessons ~ with instructor Becky Doyle
Mondays 11:30 a.m. – 1:00 p.m.
6-week session, begins January 12th
Create beautiful handmade baskets made in any colour so let your imagination run wild. This is an easy project with no crochet experience necessary.
All supplies are included but if you prefer to bring your own, you will need #6 thick yarn and an 8mm crochet hook.



Acrylics Painting Classes with Susan Graham
Fridays 9:00 a.m. -11:00 a.m.
3-week series: January 16th, 23rd, 30th.
Create scenes using acrylics; trees using modelling paste.
\$80.00 members/\$90.00 non-members
Creative Art Studio – Lions Active Living Centre – Dorchester.

Watercolours Painting Classes with Susan Graham
Fridays 9:00 a.m. -11:00 a.m.
3-week series: February 13th, 20th, 27th
Watercolour and pen. People playing - various activities with people doing them.
Example..tobogganing, Swimming...etc. one topic each week.
\$80.00 members/\$90.00 non-members
Creative Art Studio – Lions Active Living Centre – Dorchester.

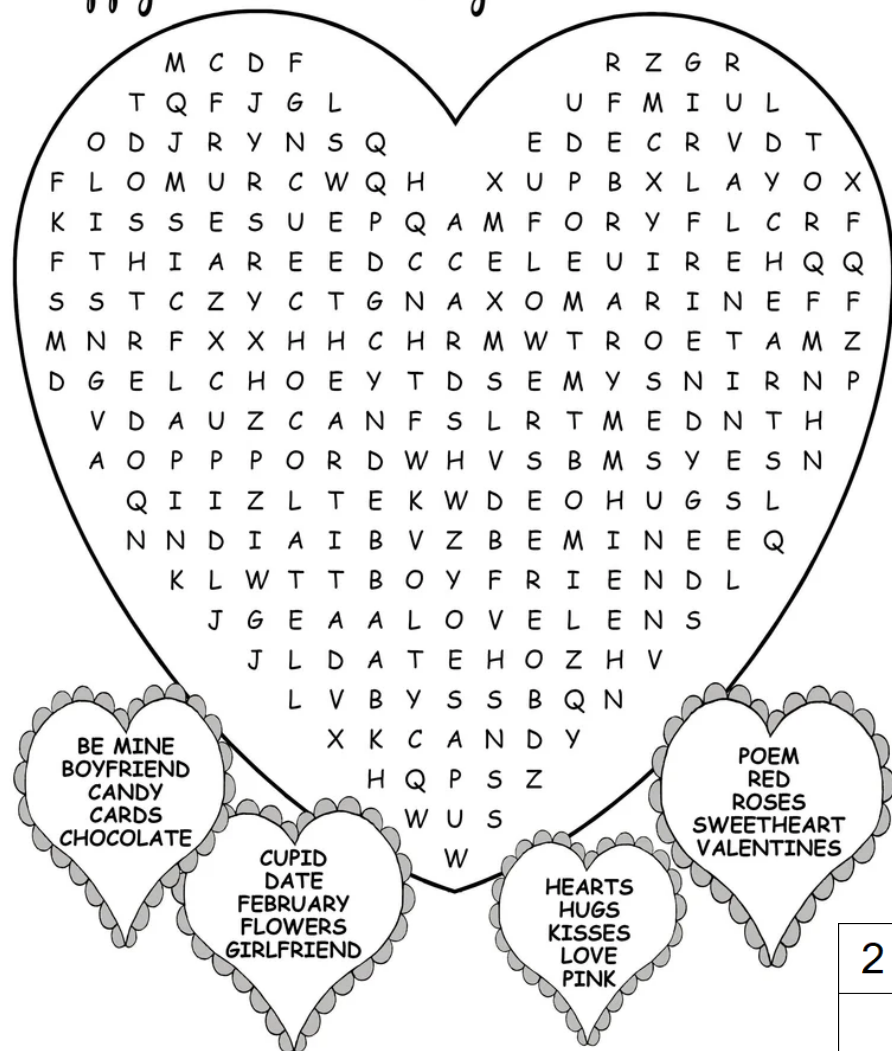
Knotted Theory Felting Workshop – Funky Chicken
Join Natashja Spenier to go on a needle felting journey
Tuesday, January 27th from 10:00 a.m. – 1:00 p.m.
Cost: \$55.00. All supplies included.
Creative Art Studio – Lions Active Living Centre
Register by calling 519-268-7334 ext. 708 or 728.



For Your Entertainment 😊

Happy Valentine's Day!

Name: _____



Winter Word Scramble

NEPONICE _____
 DSEGLNID _____
 PCIUD _____
 ZRBZILDA _____
 FSAKWONLE _____
 VELO RSDI _____
 ASMOWNN _____
 HASWTETERE _____
 LCOCAOTHE _____
 NWOS YDA _____

2					9			
	9		5				6	
8	1	5		7		9		
1				6	7		9	
9			4	5				2
	3							8
	5					8	2	
4							1	6
3			2					7

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