# News & Views

## July and August 2025



**Membership Cost: $30.00 per person**

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

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

  
Lions Active Living Centre  
2066 Dorchester Road  
(519) 268 – 7334 ext. 708 & 728  
(Mailing address: 4305 Hamilton Road,   
Dorchester ON, N0L 1G3)   
www.thamescentre.on.ca

****Promoting Active Aging &

Senior Independence



# **Facility Information**

**Lions Active Living Centre**  
Karen: 519-268-7334 ext. 708  
Lucinda: 519-268-7334 ext. 728

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

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

kschruder@thamescentre.on.ca

**Website Address:**

*Check out the Active Living Centre webpage on the*

*Thames Centre website at*

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

* Point at Live & Play
* Click Senior Centre

**Hours of Operation:**

Monday – Friday

8:30 a.m. – 4:30 p.m.

**Useful Information:**

* Accessibility parking is available in front of the Lions Active Living Centre

**Daily Sign-in Sheet**

The daily sign-in book will be set out at the front entrance.

Please sign your name and the program you are participating in so we will have an actual number of all visits to the Active Living Centre activities.

**Program Class Registration**

Advance registration is recommended for 6-8-week courses.

Please make all cheques payable to Municipality of Thames Centre.

**Newsletters can be mailed.**

If you would like to have your newsletters mailed for $15.00/year, please let us know.

**Newsletters can be emailed.**

Would you like your newsletter emailed to you? It’s free!

Please give Karen your email address.

**Weekly Program Email Update**Friday News & Funnies is sent out to keep you up to date on upcoming activities and to tickle your funny bone.

## A Message and Information from Your Co-Ordinator

Summer is finally here! I’m so excited! Hope you are enjoying some outdoor activities.  
  
We are very happy to welcome Karleigh Schruder to our team. Some of you may have met her when she was in training at the Lions Active Living Centre in Dorchester. Karleigh is now in Thorndale running lots of exciting programs at the Thorndale Lions Community Centre such as stitch & chatter, chair yoga & gentle yoga, pickleball, pole walking, euchre, line dancing, strength & tone for active agers, men’s & women’s coffee hour, crokinole, bocce ball, Tai Chi, movie afternoons, and modern square dancing. Make sure to say hi and introduce yourself. Check out the schedule in this newsletter and sign up for the wonderful activities that interest you.

Check out the exciting activities, bus trips and events planned for the summer months. Make sure to reserve your meals for the Beef BBQ & Corn Fest. Enjoy delicious food & great entertainment!

Yours truly,

Karen Gress

## For Your Information

### **Membership Fees**

Membership fee of $30.00 per person are due for 2025. Your membership entitles you to participate in seniors’ programs and activities at the Thorndale Lions Community Centre and at the Lions Active Living Centre in Dorchester. Payment can be made in-person with credit card, cash, or cheques. Pay over the phone with your credit card or mail a cheque payable to “Municipality of Thames Centre” and mail it to: Lions Active Living Centre,

4305 Hamilton Road, Dorchester ON, N0L 1G3

Thank you in advance for your support!.

Residents of Thames Centre can take used household batteries to the Municipal office & they’ll have them recycled.

Donate Your Unwanted Eye Glasses to “Give the Gift of Sight” There is a drop box in the lounge at the Lions Senior Centre.

### **Hip Hip Horray!**

Members who have reached 90 years or better:

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

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

### **Thames Centre Recognition Program**

To recognize special events for those living in the municipality:

* Wedding Anniversaries at

40 years/50 years/60 years

* Birthdays at 80/90/100

A friend or family member can notify the Municipal Office with the details so that a gift will be made available. Call Tammy at 519-268-7334 ext. 227

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

The WOW Programs will have a different phone number and passcode as we have switched teleconferencing providers.

Call +1 (416)-850-2050

Enter Access Code

Bingo: 9377978#

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

# **Monthly Food & Entertainment Events**

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

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

## Beef BBQ

Thursday, July 17, 2025

**Lions Active Living Centre**

***at 5:30 p.m.***

**Menu:** BBQ Beef, Baked Potato, Baked Beans, Pasta Salad, Coleslaw, Dinner Roll with Butter. Tea/Coffee, Juice, and Pie for Dessert.

**Musical Entertainment:** KJ $ the Motones Motown Music

**Cost:** $20.00

## Corn Fest

Thursday, August 21, 2025

**Lions Active Living Centre**

***at 5:30 p.m..***

**Menu:** Hot Buttery

Corn-on-the-Cob, Cold Roast Beef and Ham, Potato Salad, Coleslaw, Tea/Coffee, Juice, and Cake for Dessert.

**Musical Entertainment:** Michael Kelly Caven

**Cost:** $20.00

**Pick-up/Take-Out Option Available**

Take-out is available in Dorchester with advance notice at 1:00 p.m. Take-out is available in Thorndale at 3:30 p.m. if there are ten or more meals requested. Call 519-268-7334 extension 708 (Karen) or 728 (Lucinda) or email us at kgress@thamescentre.on.ca

to reserve your meals.

## Senior Centre Cinema

## Movie Afternoons

**Movie Afternoons – Held in the Lions Den**

$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

Thank you ☺

## Nonnas

### Tuesday, July 29, 2025 @ 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 grandmothers as the chefs.”

### **Stars:** Vince Vaughn, Lorraine Bracco, Talia Shire, Brenda Vaccaro, Theodore Helm, Jimmy Smagula, Jamie Eddy, Adam Ferrara.

## About My Father

Tuesday, August 26, 2025 @ 2:00 p.m.   
**Movie Overview:** “When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her parents.”   
**Stars:** Robert De Niro, Sebastian Maniscalco, Leslie Bibb, Kim Cattrall, David Rasche, Anders Holm, Brett Dier, Adan James Carrillo.

**Dorchester Weekly Programs**

## MONDAY

**PICKLEBALL** – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is $2.00.

**TAI CHI** – Will Resume in the Fall.

**CHAIR YOGA** **–** 11:15 a.m. – 12:05 p.m. Every Monday in person with our certified yoga instructor April Geoffrey. Chair Yoga is held in the Lions Den. The Benefits of chair yoga increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation, and improves concentration. This 7-week session will begin on July 7th and is $35.00 members/$45.00 non-members. Pay-as-you-go is $5.00 members/$7.00 non-members. No class on August 4 – Civic Holiday.

**STITCH & CHATTER / RAGGED EDGE QUILTERS –** 12:30 p.m. – 3:00 p.m. Quilting is held in the Activity Centre. Join this lively, social group for a fun afternoon of crafts. You are welcome to quilt, sew, knit, crochet, cross stitch etc. Bring your favourite craft to work on. $2.00 for members/$4.00 for non-members per class.

**SHUFFLEBOARD** – Will resume in the Fall

## TUESDAY

**PICKLEBALL –** 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is $2.00.

**GENTLE PILATES –** 9:30 a.m. – 10:30 a.m. with certified instructor Laura Lea Devine. **Pilates will be held in the Lions Den.** Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 5-week session begins July 15th. The cost is $45.00 members/$55.00 non-members (twice a week is $100.00/$120.00). Pay-as-you-go is $10.00 members/$12.00 non-members. No class July 1st, 8th, August 4th & 12th.

**DANCE FIT –** Will resume in the Fall.

**WOW CHAIR YOGA –** 11:00 a.m. – 11:50 a.m. Returning next January/February.

**GENTLE YOGA –** Will resume in the Fall.

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

**PICKLEBALL** – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in the fun while learning new skills. Fee is $2.00.

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

**Social Partner Dance-** Will resume in the Fall.

## WEDNESDAY

**PICKLEBALL –** 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is $2.00.

**MAHJONG LESSONS –** 9:00 a.m. – 12:00 p.m. 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. and the fee is $2.00 members/$4.00 non-members. Make sure to arrive a few minutes early and please note that the fun begins at 9:00 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.

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

**STRENGTH & TONE FOR ACTIVE AGERS –** 11:00 a.m. – 12:00 a.m. This class will be in the Lions Community Hall. Join Certified Shelley Hansford in this exciting new program. Keeping our bodies strong is the key to a healthy lifestyle. We will focus on full body functional fitness. A light warmup, followed by a variety of muscle conditioning moves to target all areas of the body. Bodyweight and external equipment will be used to help challenge our bodies and stay strong and fit. All levels of fitness encouraged; modifications supplied. This 5-week session will begin July 16th at a cost of $25.00 members/$35.00 for non-members. No class August 13th.

**MUSICAL JAM SESSION –** Will resume in the Fall.

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

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

**WOW BINGO –** Will resume in the Fall.

## THURSDAY

**PICKLEBALL –** 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is $2.00.

**BEGINNERS LINE DANCING –** Will resume in the Fall.

**DANCE FIT –** Will resume in the Fall.

**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 July 3rd. The cost is $55.00 members/$65.00 non-members. Pay-as-you-go is $10.00 members/$12.00 non-members. If you register to participate twice a week the cost will be $100.00 members/$120.00 non-members. No class July 3rd & 10th and August 7th & 14th.

**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 8-week session begins July 3th. The cost is $40.00 members/$50.00 non-members. Pay-as-you-go is $5.00 members/$7.00 non-members. We encourage participants to sign up for the entire session.

**PICKLEBALL** – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is $2.00.

## BRIDGE – 2:00 P.M. – 4:00 P.M. in the Lions Community Hall. Join the group to play this challenging game.

## FRIDAY

**ZOOMLICIOUS (formerly called Zumba) –** Looking for an instructor to start this class in the Fall. If you know of an instructor who is interested in teaching this course, please contact Karen or Lucinda.

**INDOOR KITE FLYERS –** 10:30 a.m. – 12 noon. Every Friday in the gym. For more information, contact Penny by email penny@pennywearne.com or call 519-268-3306.

**UKULELE LESSONS –** Will resume in the Fall.

**CHOIR PRACTICE** – Will resume in the Fall.

**MAGICKAL MEDITATION** – Will resume in the Fall.

# **Thorndale Weekly Programs**

## MONDAY

**STITCH & CHATTER – 9:00 a.m. – 10:30 a.m.** 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: $2.00 for members/$4.00 for non-members per class. No class on August 4 – Civic Holiday.

**PICKLEBALL** – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome! You must be a member to play. Bring a paddle and join in while learning new skills. The cost is $2.00 for members. No pickleball April 21st.

**CHAIR YOGA** – Will resume in the Fall. This class is available on Thursdays in July & August. See below for details…

**GENTLE YOGA** – Will resume in the Fall. This class is available on Thursdays in July & August. See below for details…

**TUESDAY**

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

**EUCHRE –** Will resume in the Fall.

## WEDNESDAY

**BEGINNERS LINE DANCING –** Will resume in the Fall.

**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 #3 for $2.00. Every Wednesday morning.

**WOMEN’S COFFEE HOUR –** 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and excellent conversation in meeting room #3 for $2.00. Every Wednesday morning.

**PICKLEBALL** – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome. Members only. Bring a paddle and join in while learning new skills. The cost is $2.00 for members.

## THURSDAY

**CROKINOLE – 9:00 a.m. – 11:00 a.m. in meeting room #3.** Crokinole is a Canadian board game that uses little wooden discs and a wooden target called a crokinole board. The objective of the game is to flick your discs into the center hole as much as possible. If you do not make the shots, then your opponent tries to knock your discs off the board into the gutter. Whoever has the most center holes and most discs on the board at the end of a game wins. Cost: $2.00 for members/$4.00 for non-members per class.

**CHAIR YOGA** – 9:00 a.m. – 9:50 a.m. - Join certified yoga Jodi Marissen in the Program Room at the Thorndale Library. 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 July 3rd at a cost of $40.00 members/$50.00 non-members. Pay-as-you-go is $5.00 for members and $7.00 for non-members.

**GENTLE YOGA** – 10:00 p.m. – 10:50 a.m. Join our certified instructor, Jodi Marissen in the Program Room at the Thorndale Library as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Please wear comfortable clothing. A new 8-week session begins July 3rd at a cost of $40.00 members/$50.00 non-members. Pay-as-you-go is $7.00 for members and $9.00 for non-members.

**BOCCE BALL – 1:00 p.m. – 3:00 p.m. –** Come out to play a fun game with friends! This classic summertime game will be played outdoors. Cost: $2.00 for members/$4.00 for non-members per class.

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

**FRIDAY**

**TAI CHI** – Will resume in the Fall.

# **Upcoming Bus Trips**

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

**FRIENDS WITH WINGS ~ Niagara ON –** Tuesday, July 22, 2025. Depart: 8:00 a.m. Return: 7:00 p.m. $105.00 members/$115.00 non-members. Embark on this exciting adventure to visit The Bird Kingdom in Niagara Falls. Then head to Niagara-on-the-Lake for some shopping time and grab a bite to eat. We will then stop at the Butterfly Conservatory before heading home.

**ABBAMANIA ~ Walter’s Family Venue in Bright ON – SOLD OUT!** Put your name on the waiting list. Friday, August 22, 2025. Depart: 10:00 a.m. Return: 6:00 p.m. $160.00 members/$170.00 non-members. This upbeat day-away includes a buffet lunch at Quehl’s Restaurant (Rolled Stuffed Ribs & Roast Beef with all the trimmings), and your ticket to see this musical show.

**THE LION KING ~ Princess of Wales Theatre in Toronto ON** – Sold Out! Put you name on the waiting list. Wednesday, August 13, 2025. Depart: 10:00 a.m. Return: 6:00 p.m. approximately. $195.00 members/$205.00 non-members. This excursion includes your ticket to Toronto's Best-loved Musical ~ Disney’s The Lion King and a boxed lunch on the bus (Roast Beef on a Bakery Bun, Veggies, Fruit, Homemade Cookies and a Cold Drink).

**JOHNNY CASH AND CASINO ~ Windsor Casino –** Thursday September 25, 2025. Depart: 10:00 a.m. Return: 8:00 p.m. $70.00 members/$80.00 non-members. The excursion includes 2.5 hours of gambling time, tickets to see the Johnny Cash Tribute Band, and time to grab a bite to eat.

**DIRTY ROTTEN SCOUNDRELS ~ Musical Comedy at Stratford Festival - Avon Theatre –** Tuesday, October 7, 2025. Depart: 9:00 a.m. Return: 6:00 p.m. $150.00 members/$160.00 non-members. This fall adventure begins with time for shopping and lunch in the charming city Stratford, Ontario, and your tickets to see “Dirty Rotten Scoundrels” a musical comedy. Upcoming Trips: Royal Winter Fair, The Sounds of Christmas etc.

**Potential Trips:** Royal Winter Fair, The Sounds of Christmas etc. If you have any trips ideas for 2025, please let us know!

**Monthly Programs & Workshops**

## Monthly Crafting & Painting Classes

Monthly painting and craft classes will resume in September.

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

Book Club will be resuming in September.

If you are interested in joining the book club or have questions, please email [lheuving@thamescentre.on.ca](mailto:lheuving@thamescentre.on.ca) or call   
519-268-7334 ext. 728

## 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

Meetings are 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 & SocialsStay fit and thrive in these difficult times. Upbeat and personable classes with instructors who care and have experience working with seniors. Classes like Chair Aerobics, Yoga, Natural Movement for Seniors, Ukulele Lessons, Socials, Painting and Nature workshops.  
You will have access to 45 hours of Classes and Socials a month. Each day will feature one Fitness and one Creative Class taught live by experts in the senior fitness and creative aging fields.

New Content added weekly to keep the activities fresh, exciting, and meaningful!  
To register for this free service (Senior Centre is paying the membership fee), call 519-268-7334 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.

**Other Programs  
Seniors Pickleball -** Registration is required.  
Paddles are available to borrow. Balls provided.  
 User fees are $2.00 for members.  
**Dorchester Gym**Mondays-Thursdays

7 a.m. – 8:50 a.m.

Tuesdays & Thursdays   
12 p.m. – 2:30 p.m. **Thorndale Gym**Mondays & Wednesdays   
1 p.m. – 3 p.m.

## Foot Care Clinic

The Foot Care Clinic is held every month on the 1st

Wednesday from 12:0 p.m. – 4:30 p.m.

The cost is $60.00

Contact Kamini Marathe, RN at 519-933-9155.

Donnybrook 433 EuchreEuchre is every Thursday. $2.00 per person to play, please bring correct change.  
For further information about this program and their events, call President Ruby Hunter at 519-269-3095. **Location:** Activity Centre (Room Number 2 in the New Lions Active Living Centre)

Bid EuchreEvery Wednesday evening from 7 p.m. to 10 p.m in the Activity Centre (Room Number 2 in the New Lions Active Living Centre). You can bring a friend!  
The cost is $3.00 per person. Cash prizes to be won.

Dorchester Indoor Kite FlyingEvery Friday in the gym from 10:30 a.m. – 12noon. For more information, contact Penny Wearne:[penny@pennywearne.com](mailto:penny@pennywearne.com) or 519-268-3306

## Dorchester Bowling League - Five Pin Bowling

Dorchester Seniors Bowling League! Beginning in September at the Fairmont Bowling Alleys.  
To register for the fall league and for more information, please contact Norman Stewart at 519-439-4183

## VON COMMUNITY SUPPORT SERVICES

**DORCHESTER CAREGIVER SUPPORT GROUP** Monthly for caregivers to someone living with dementia. Caregivers can attend via zoom or in-person. Please call 51-245-3170 x228 for more information.

**ALZHEIMER’S COMMUNITY SUPPORTS:** Support and education for individuals with memory loss and caregivers. Monthly support groups, social recreation programs and volunteer respite available. Weekly walking group for caregivers located in Dorchester. If interested please call Mackenzie Vickers at 519-245-3170 x228

**SMART EXERCISE CLASSES:** Dorchester Arena gym: Mondays and Wednesdays 9-9:50 a.m.

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

**BLOOD PRESSURE CLINICS:** Dorchester Library: Every Thursday 10:30 – 12:30 p.m.

# **Art Studio Happenings**

**The Magic Yarn ~** **Learn more about this inspiring project at the main website: https://themagicyarnproject.com/ We start at 10am and finish at noon on these dates. Contact penny@pennywearne.com if you would like to take part in this project for more information and/or to register for a workshop. The 2025 meeting dates are as follows: January 6, January 20, February 3, February 10, March 3, March 17, April 7, April 14, May 5, May 12, June 2, June 16, September 15, September 22, October 6, October 20, November 3, November 17. 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.**

**Fiber Art Courses with Susan Siewert-Deibler:**

Wednesdays in July at 2:30 p.m. in the Creative Art Studio. Cost per class is $35.00

Fiber Bowls - Wednesday, July 2nd

Bleeding Tissue Paper Dyed Silk Scarves - Wednesday, July 9th

Tie Dye Series with Susan Siewert-Deibler:

Tie Dye Part 1 - Wednesday, July16th

Tie Dye Part 2 - Wednesday, July 23rd