

News & Views

September and October 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



Ontario

Facility Information

Lions Active Living Centre

Karen: 519-268-7334 ext. 708

Lucinda: 519-268-7334 ext. 728

Karleigh: 519-268-7334 ext. 730

Email: kgress@thamescentre.on.ca

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*

- 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 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 6-8-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

Wow! Summer flew by in a flash of heat! Hope your dog days of summer were nice and relaxing.

We have a whole variety of activities for you to enjoy this fall. Whether you are looking for exercise, muscle conditioning, foot care, art projects, painting lessons, craft workshops, Pickleball, mat games, music, card games, Mahjong, meals, bus trips, seminars, movie afternoons, book club discussions, sewing, dancing, singing or tech help, we have a program for you 😊

There will be a Brain Health Workshop on Monday, September 8th with two, 1-hour sessions to choose from.

When you register, specify if you would like to join the 11 a.m. or 12:30 p.m. timeslot.

We hope to see you at the monthly meals and bus trips. There are always lots of laughs, entertainment and good food.

Watch for details about Penny's Witches Dance ~ New PJ collection for children.

Looking forward to a fulfilled autumn!

Yours truly,
Karen Gress

For Your Information

Membership Fees

Please note: The membership fee for 2026 will be \$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, 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 & 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

Apple Fest

Friday, September 12, 2025

Lions Active Living Centre

at 12 noon.

Menu: Baked Ham, Hashbrown Casserole, Harvest Vegetables, Coleslaw, Baguettes with Butter, Tea/Coffee, Juice, and Apple Blossoms with Ice Cream for Dessert.

Musical Entertainment:

Cost: \$20.00

Thanksgiving Hot Meal

Friday, October 17, 2025

Lions Active Living Centre

at 12 noon.

Menu: Roast Turkey, Mashed Potatoes, Gravy, Vegetables, Stuffing, Cranberries, Salad, Dinner Roll with Butter, Tea/Coffee, Juice, and Pie for Dessert.

Musical Entertainment:

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 ☺



Cinderella (2021)

Tuesday, September 23, 2025 @ 2:00 p.m.

Movie Overview: “A modern movie musical with a bold take on the classic fairy tale. Our ambitious heroine has big dreams and with the help of her fab Godmother, she perseveres to make them come true.”

Stars: Camila Cabello, Billy Porter, Nicholas Galitzine, Idina Menzel, Pierce Brosnan, Minnie Driver.

Zookeeper

Tuesday, October 21, 2025 @ 2:00 p.m.

Movie Overview: “A group of zoo animals decide to break their code of silence in order to help their loveable zookeeper find love, without opting to leave his current job for something more illustrious.”

Stars: Kevin James, Rosario Dawson, Leslie Bibb, Ken Jeong, Donnie Wahlberg, Joe Roga, Nat Faxon, Steffiana De Le Cruz.



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 – 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 7-week session will begin on September 8th and is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class on October 13th - Thanksgiving.

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 7-week session will begin September 8th at a cost of \$35.00 members/\$45.00 for non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. No class October 13th – Thanksgiving.

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. This 7-week session will begin on September 8th and is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class on October 13th - Thanksgiving.

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. No Class on October 13th – Thanksgiving.

SHUFFLEBOARD – 1:00 p.m. – 3:00 p.m. **Shuffleboard is held in the Lions Den every Monday.** Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye co-ordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. No shuffleboard on October 13th - Thanksgiving.

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 8-week session begins September 2nd. The cost is \$70.00 members/\$80.00 non-members (twice a week is \$130.00/\$150.00). Pay-as-you-go is \$10.00 members/\$12.00 non-members. No class September 30th.

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 8-week course begins September 2nd 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. No Class September 30th.

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 7-week course begins September 9th at a cost of \$35.00 for members and \$45.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No Class September 30th.

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 – 1:00 p.m. – 3:00 p.m. **Beginning October 14th.** 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 \$2.00 for members and \$4.00 for non-members. Come out and join this fun group and learn to play this enjoyable sport every Tuesday.

Social Partner Dance- 2:00 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 7-week session will begin September 9th at a cost of \$43.75 members/\$53.75 non-members. Instructor: Hannah Krogman. No Class on September 30th. Mark your calendars for a fall-themed dance party on October 28th.

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.** Lessons will begin October 1st in the Lions Den. The 6-week course is \$30.00 members/\$40.00 non-members (while taking lessons, you do not have to pay the daily fee because you have paid for the lessons). Trained/Experienced Mahjong players may also 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 – 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 8-week session begins September 3rd at a cost of \$50.00 for members & \$60.00 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.

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 8-week session will begin September 3rd at a cost of \$40.00 members/\$50.00 for non-members. Pay-as-you-go is \$7.00 members and \$9.00 for non-members.

MUSICAL JAM SESSION – 11:00 a.m. – 12:00 p.m. **Jam Session will be in the Activity Centre.** This will be a casual gathering of musicians who can improvise and play music together. It will be social, creative, and led by Diana Schiedel. Bring your own guitar, ukulele, banjo or other strumming instrument. This 8-week session begins September 3rd at a cost of \$50.00 members & \$60.00 non-members.

SHUFFLEBOARD – 1:00 p.m. – 3:00 p.m. Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye co-ordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. **Every Wednesday in the Lions Den.**

HAND & FOOT AND CANASTA CARD GAMES- 1:00 p.m. – 3:00 p.m. Join the group to play one of these entertaining games **in the Activity Centre.** The cost is \$2.00 for members and \$4.00 for non-members.

WOW BINGO – 1:30 p.m. – 2:30 p.m. Every Wednesday over the phone beginning September 10th. 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 \$2.00.

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. **In the Lions Den.** Learn the basic steps beginning September 11th. 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 7-week session is \$17.50 for members & \$27.50 for non-members and begins September 11th. Pay as you go \$4.00 for members and \$6.00 for non-members. No class on September 25th.

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 8-week course begins September 4th 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.

GENTLE PILATES – 10:30 a.m. – 11:30 a.m. **Pilates will be in the Lions Den.** Certified Pilates instructor Laura Lea Devine leads this class. Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 8-week session begins

September 4th. The cost is \$70.00 members/\$80.00 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 \$130.00 members/\$150.00 non-members.

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 September 11th. 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.

TAP DANCE LESSONS – 11:00 a.m. – 12:00 p.m. **Every Friday in the Activity Centre**. Learn to tap dance with instructor Jessica Ducharme in this beginner's class. Tap dance is a performance art that combines dance and music through the use of specially designed shoes that have metal taps on the heels and toes. No experience necessary. Tap shoes are not required to try this class. This 8-week session begins September 5th at a cost of \$180.00 members/\$190.00 non-members.

UKULELE LESSONS – 12:30 p.m. – 1:30 p.m. Join Diana Schiedel to learn to play this fun, popular instrument **in the Lions Den**. A new 8-week session will begin on September 5th at a cost of \$50.00 members/\$60.00 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.

CHOIR PRACTICE – 1:00 p.m. – 3:00 p.m. **Choir will be in the Activity Centre Beginning September 12th. 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.

MAGICKAL MEDITATION – Returning this Winter.

Thorndale Weekly Programs

MONDAY

STRENGTH AND TONE FOR ACTIVE AGERS – 9:00 a.m. – 9:50 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 3-week session will begin October 6th at a cost of \$15.00 for members/\$25.00 for non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. No class October 13th.

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 October 13th.

CHAIR YOGA – Will resume in the Winter.

GENTLE YOGA – Will resume in the Winter.

TUESDAY

POLE WALKING – 9:00 a.m. – 10:00 a.m. Meet in the front lobby of the Thorndale Lions Community Centre. Instructor: Karleigh Schruder. Pay-as-you-go. \$2.00 for members \$4.00 for non-members. No Class September 30th.

KURLING – New Members Welcome! Starting October 7th - 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 \$2.00 for members and \$4.00 for non-members.

SHUFFLEBOARD – New Members Welcome! Starting October 7th – 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 \$2.00 for members and \$4.00 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 \$2.00 for members and \$4.00 for non-members. Cash prizes to be won!

WEDNESDAY

STRENGTH & TONE FOR ACTIVE AGERS – 9:00 a.m. – 9:50 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 4-week session will begin October 8th at a cost of \$20.00 for members/\$30.00 for non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members.

MEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and great conversation in meeting room #1 for \$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

CHAIR YOGA – Will resume in the Winter.

GENTLE YOGA – Will resume in the Winter.

SQUARE DANCING- 1:00 p.m.- 3:00 p.m. Join Caller Doug Turvey **in the Gym**. Square Dancing is a country dance that starts with four couples facing one another in a square, with the steps and movements shouted out by a caller. No experience, no problem~ singles and couples welcome! This 5-week session will begin on October 2nd at a cost of \$_____ members/ \$_____ non-members.

STITCH AND 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: \$2.00 for members/\$4.00 for non-members per class.

FRIDAY

BEGINNERS LINE DANCING – 9:00 a.m. – 9:50 a.m. in the gym. Come out for a few laughs and learn a few new moves every Friday beginning October 3rd with Karleigh Schruder. This 5-week session is \$12.50 for members & \$22.50 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 5-week session will begin on October 3rd and is \$25.00 members/\$35.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for nonmembers.

OLD GUYS POKER - 1:00 p.m. - 3:00 p.m. Poker is held **in Meeting Room #1**, Starting October 4th. A perfect mix of strategy, storytelling, and a great excuse to gather around the table. \$2.00 for members and \$4.00 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 \$2.00

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 ☺



Like Father

Tuesday, September 3, 2025 @ 2:00 p.m.

Movie Overview: “Rachel, a driven advertising executive, is about to get married, but she prioritizes a work call over her vows, leaving her fiancé, Owen, calling off the wedding at the altar. Distraught, she sees her estranged father, Harry, whom she hasn’t spoken to decades, at the wedding.”

Stars: Kristen Bell, Kelsey Grammar, Danielle Davenport.

Mother of the Bride

Tuesday, October 8, 2025 @ 2:00 p.m.

Movie Overview: “After a year abroad in London, Emma returns home and stuns her mother Lana with the news that she’s getting married in a month at a resort in Phuket, Thailand. Things get worse when Lana discovers that the husband-to-be RJ is the son of Will, the man who broke her heart years earlier.”

Stars: Brooke Shields, Miranda Cosgrove, Benjamin Bratt, Rachael Harris.



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.

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 – SOLD OUT! 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.

ROYAL WINTER FAIR ~ Exhibition Place, Toronto, ON – Wednesday, November 12, 2025. Depart: 2:00 p.m. Return: 11:30 p.m. \$135.00 members/\$145.00 non-members. Come celebrate the best in agriculture, local food, and equestrian competitions from across the country. Your ticket includes general admission and admission to the horseshow (Belgian Six Horse Hitch, Special Feature: Liberté, the Magic of Sylvia Zerbini & her beautiful grey horses, The McKee 5* International Jumper Challenge).

SOUNDS OF CHRISTMAS ~ Waterloo, ON – SOLD OUT! - Friday, November 28, 2025. Depart: 10:00 a.m. Return: 6:00 p.m. \$160.00 members/\$170.00 non-members. This delightful excursion includes lunch at Golf's Steak House & Seafood (Soup or Salad Bar to start. Choice of Fresh Atlantic Salmon, Chicken Cordon Bleu, Narrow Back Ribs, Roast Prime Rib, 8oz New York Striploin with coffee and dessert to follow) and your ticket to see Nicole Guse's show Sounds of Christmas - a heartwarming multi-performer musical journey through the many styles of Christmas music from Traditional to Country to Gospel featuring harmony singing, toe-tapping instrumentals and various styles of dance.

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 October 8th (no class November 12th) Last class Nov. 19th

Time: 7:00 p.m. – 8:00 p.m.

Location: Lions Active Living Centre (Creative Art Studio)

Cost: \$35.00 members/\$45.00 non-members

Class 1: Getting Started with Smartphones

Objective: Build a solid foundation in using smartphones, including basic functions and navigation.

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

Objective: Teach participants to effectively use communication features on their smartphones.

Class 3: Exploring Apps and the Internet

Objective: Introduce the use of apps and web browsing for everyday tasks.

Class 4: Using Smart Home Devices

Objective: Familiarize participants with common smart home devices and their uses.

Class 5: Streaming Services and Entertainment

Objective: Teach participants to access and use streaming services for movies, TV shows, and music.

Class 6: Online Safety and Troubleshooting

Objective: Provide knowledge on maintaining online security and troubleshooting common tech issues.

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

Monthly Programs & Workshops

Dorchester Monthly Crafting & Painting Classes

"Trick or Treat" Painting

September 16th, 2025 at 12 p.m.

In the Creative Art Studio

Cost: \$25.00 members / \$35.00 non-members

Registration is required by September 8th.

Afternoon Craft: Yarn Acorn Craft

Tuesday, October 28th, 2025 at 2:00 p.m.

In the Creative Art Studio

Cost: \$15.00 members / \$25.00 non-members

Registration is required by October 20th.

Thorndale Monthly Crafting & Painting Classes

"Dessert Camper" Painting

September 10th, 2025 at 1:00 p.m.

In Meeting Room #3

Cost: \$25.00 members / \$35.00 non-members

Registration is required by August 29th.

Afternoon Craft: Wreath Making Workshop

Wednesday, October 1st, 2025 at 10:00 a.m.

In Meeting Room #1

Cost: \$15.00 members / \$25.00 non-members

Registration is required by September 20th.

Dorchester Book Club

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

September – Moon of the Turning Leaves

October – The Tattooist of Auschwitz

November – The Most Precious Substance on Earth

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

lheuving@thamescentre.on.ca or call

519-268-7334 ext. 728

Thorndale Book Club

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

The first meeting will take place pm October 7th. We will be reading "The Bucket List" (the book is available for pick-up the week of September 8th).

If you are interested in joining the book club or have questions, please email kschruder@thamescentre.on.ca.

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 & 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.

Other Programs

Seniors Pickleball - Registration is required.
Paddles are available to borrow. Balls provided.
User fees are \$2.00 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

1 p.m. – 3 p.m.

Adult/Senior Skate

Mondays & Thursdays

10:00 a.m. – 10:50 a.m.

\$4.00 per person

Dorchester Arena – South Ice Pad

Begins: September 8th

Foot Care Clinic

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

Wednesday from 12:00 p.m. – 4:30 p.m.

The cost is \$60.00

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

Donnybrook 433 Euchre

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

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 \$3.00 per person. Cash prizes to be won.

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: Sheila Horrell

1st and 3rd Thursdays of the month

Lions Den

2:00 p.m. – 3:00 p.m.

Low Impact Interval Training & Toning (LIITT)

Tuesdays and Thursdays

7:00 a.m. – 8:00 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

9:00 a.m. – 10:00 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 and to register.

sdhans@execulink.com

VON COMMUNITY SUPPORT SERVICES

VON Supportive Care needs volunteers! Please contact LMEvolunteers@von.ca or www.von.ca today!

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, Wednesdays, and Fridays 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.

Crochet Lessons:

Learn to crochet with instructor Becky Doyle

Tuesdays beginning September 9th at 11:00 a.m. – 12:30 p.m. Lions Den.

6-week session (no class September 16th or 30th)

\$60.00 members/\$70.00 non-members

All supplies included. If you the colours in the picture don't tickle your fancy, please specify the colours you would prefer when you register.

Painting Lessons with Susan Hewitt Graham:

Fridays from 9:00 a.m. – 11:00 a.m. September 26th, October 3rd and 10th.

\$70 members/\$80.00 non-members for 3-week session.

Knotted Theory Felting Workshop "Raven" ~ Perfect for Halloween!

Join Natasha Spenier to go on a needle felting journey...

October date coming soon!

Cost: \$72.00

All supplies included.

Creative Art Studio - Active Living Centre – Dorchester