

News & Views

July & August 2026

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

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 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 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

Happy Summer everyone!

Enjoy the sun and warmth because it has been a long time coming!
Hope you have some outdoor plans so you can soak up some vitamin D.

There are a wide variety of things to do including programs, bus trips and events.
Check out the calendar and plan your schedule.

If you have any program or bus trip ideas, let us know. We are open to suggestions!

Yours truly,
Karen Gress

*I don't know the secret to happiness, but I do know this:
I've never been sad walking around my garden, coffee in hand, talking to
my flowers while the morning sun warms my face.*



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

Active Living Centre Lending Library

Do you have large print books hanging around that need a new home? The Active Living Centre has a lending library that is always in need of large print books for our members. We also accept puzzles and small print books.

Bring them by the Dorchester or Thorndale locations to donate.

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

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.

Hip Hip Hurray!

Members who have reached 90 years or better:

Dave Bonis, Helen Bendall, Betty Chambers, Valerie Cumper, Verna Davis Dorothy Dicker, Russel Farquhar, Susan Gill, Stella Mooney, Betty Smith, Anne Vandeven, Anne Van Bommel and Barbara Wilson.

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

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.

Watercolour Painting Workshops

with Aveleen Schinkel

Monday's 1:00 p.m. – 3:00 p.m.

Intro to Watercolour techniques series: July 12th, 20th, 27th

Step 2 building on Watercolour technique series: August 10th, 17th, 24th

Free for members of the Active Living Centre

All supplies provided and will be held at the Thorndale Community Centre in meeting room #3.

Sign up for one or both workshops with Dayna at 519-268-7334 ext. 730 or email dbarons@thamescentre.on.ca



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

Beef BBQ

Thursday, July 16, 2026, at 5:30 p.m.
Lions Active Living Centre in Dorchester

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

Musical Entertainment: The Amores (Play fiddle, guitar and sing)

Cost: \$25.00



Corn Fest

Friday, August 20, 2026, at 5:30 p.m.
Lions Active Living Centre in Dorchester

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

Musical Entertainment: Paddy Stones (Play pub favourites from Ireland, Scotland, East Coast, and Sea Shanties)

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 730 (Dayna) or email us at kgress@thamescentre.on.ca or ksmall@thamescentre.on.ca or dbarons@thamescentre.on.ca to reserve your meals.

Bistro Café Luncheons - Thorndale

Summer Vegetable Stew Luncheon

Thursday, July 23rd, 2026 at 12noon
Thorndale Lions Community Centre

Menu: Homemade Summer Vegetable Stew, Dinner Roll with Butter, Tea/Coffee.

Juice and Cream Pie for Dessert.

Cost: \$15.00



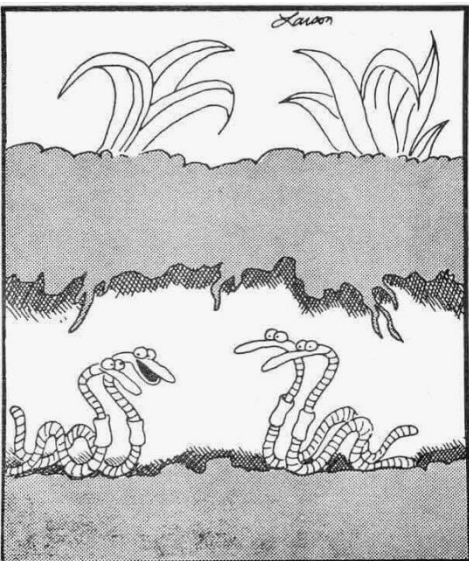
Zucchini Corn Chowder Luncheon

Thursday 13th, August 13, 2026 at 12noon
Thorndale Lions Community Centre

Menu: Zucchini Corn Chowder, Dinner Roll with Butter, Tea/Coffee, Juice and

Fruit Cake for Dessert.

Cost: \$15.00

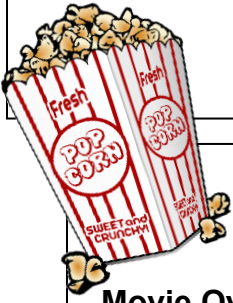


"Sally, this is Larry and his brother, Eddie. . . . Larry used to be an only child until the gardener hacked him in half."



COFFEE IN HAND, SUPPLIES AT THE READY, ALICE SETTLES IN, WAITING FOR THE FIRST TELEMARKETER TO CALL.

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 ☺

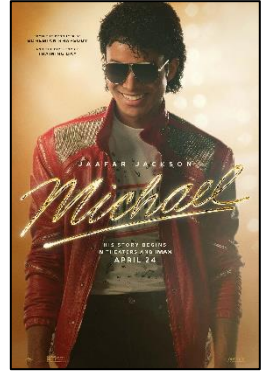
MOVIE AFTERNOON

Michael – The Movie

Tuesday, July 21, 2026 @ 2:00 p.m.

Movie Overview: Michael is the cinematic portrayal of the life and legacy of one of the most influential artists the world has ever known. The film tells the story of Michael Jackson's life beyond the music, tracing his journey from the discovery of his extraordinary talent as the lead of the Jackson Five to become the biggest entertainer in the world.

Stars: Jaafar Jackson, Nia Long, and Laura Harrier

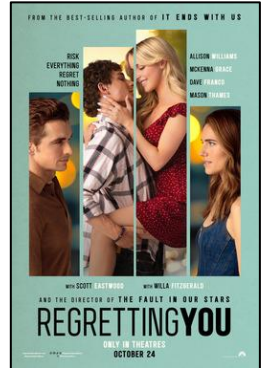


Regretting You

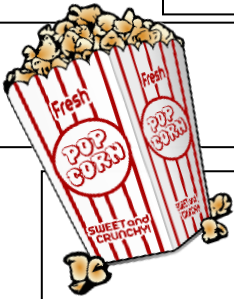
Tuesday, August 11, 2026 @ 2:00 p.m.

Movie Overview: Based on the bestselling book, after a devastation accident to tear their family apart, Morgan Grant and her daughter Clara must confront family secrets, redefine love, and discover what matters most.

Stars: Allison Williams, Dave Franco, McKenna Grace & Scott Eastwood



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 ☺

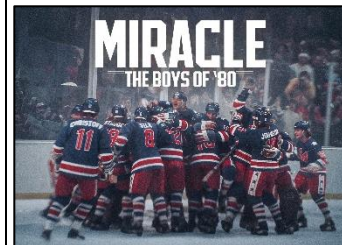
MOVIE AFTERNOON

Miracle – 'The Boys of the 80s'

Wednesday, July 29th, 2026 @ 2:00 p.m.

Movie Overview: "Miracle" is a 2004 American sports film directed by Gavin O'Connor and written by Eric Guggenheim. It is about the U.S. men's ice hockey team, whose victory in the 1980 Winter Olympics over the heavily favored seasoned Soviet team was dubbed the "Miracle on Ice". Kurt Russell stars as head coach Herb Brooks with Patricia Clarkson and Noah Emmerich in supporting roles."

Stars: Kurt Russell, Patricia Clarkson, & Noah Emmerich

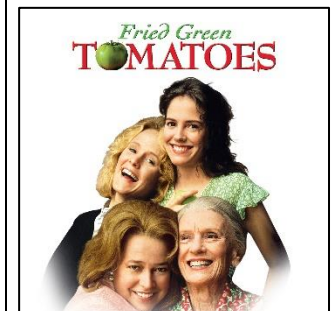


Fried Green Tomatoes

Wednesday, August 19th, 2026 @ 2:00 p.m.

Movie Overview: "Fried Green Tomatoes" is a 1991 American comedy-drama film directed by Jon Avnet and based on Fannie Flagg's 1987 novel Fried Green Tomatoes at the Whistle Stop Cafe. The film tells the story of a middle-aged housewife who, unhappy with her life, befriends an elderly lady in a nursing home and is enthralled by the tales she tells of people she used to know."

Stars: Kathy Bates to Mary Stuart Masterson.



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 some fun games of Pickleball while learning some new skills. The fee is \$3.00. *No Pickleball August 3rd – Civic Holiday*

TAI CHI, STRENGTH & TONE FOR ACTIVE AGERS, CHAIR YOGA, and STITCH & CHATTER – will resume in the Fall.

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. *No Stitch & Chatter August 3rd – Civic Holiday.*

PITCH CARD GAME, SHUFFLEBOARD, and CARPET BOWLING - Resuming 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 \$3.00. *No Pickleball August 11th – Gym Unavailable.*

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 4-week session begins July 7th. The cost is \$40.00 members/\$50.00 non-members (twice a week is \$85.50/\$95.50). Pay-as-you-go is \$12.00 members/\$14.00 non-members. *No Pilates July 21st & 28th and August 18th & 25th – Instructor Vacation.*

DANCE FIT, GENTLE YOGA, KURLING, and VOLLEYBALL – Resuming in the Fall.

PICKLEBALL – 12:00 p.m. – 2:30 p.m. in the gym. Members only. Bring a paddle or borrow one and join in the fun while learning new skills. Fee is \$3.00. *No Pickleball August 11th – Gym Unavailable.*

WEDNESDAY

PICKLEBALL – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in some fun games of Pickleball while learning some new skills. The fee is \$3.00. *No Pickleball July 1st (Canada Day) & August 12th (Gym unavailable).*

MAHJONG – 9:00 a.m. – 12:00 p.m. **in the Activity Centre.** Trained/Experienced Mahjong players may join Lawrence Seah for “Coffee and Mahjong Social” on Wednesday mornings at 9:00 a.m. beginning July 8th. The fee is \$4.00 for 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. *Please note to join this group you must register for lessons or an orientation session.* *No Mahjong July 1st – Canada Day*

Dorchester Weekly Programs Continued

WEDNESDAY

DRUMFIT AND CHAIR DANCING – Will resume in the Fall.

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 with the 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 6-week session will begin July 8th at a cost of \$45.00 members/\$55.00 for non-members. Pay-as-you-go is \$9.00 members and \$11.00 for non-members. No Class July 1st – Canada Day. No Class July 15th August 5th – Instructor Vacation.

SHUFFLEBOARD – Will resume in the Fall.

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. No Hand & Foot and Canasta July 1st – Canada Day.

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 \$3.00. No Pickleball August 13th & 20th (Gym unavailable).

BEGINNERS LINE DANCING and STEPPING IT UP – Will resume in the Fall.

GENTLE YOGA – 9:45 a.m. – 10:45 a.m. join certified instructor, Cheryl Elliott 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 July 2 at a cost of \$49.00 members/\$59.00 non-members. Pay-as-you-go is \$9.00 for members/\$11.00 for non-members. No Gentle Yoga July 23rd and August 6th – Instructor 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 5-week session begins July 2nd. The cost is \$50.00 members/\$60.00 non-members. Pay-as-you-go is \$12.00 members/\$14.00 non-members. If you register to participate twice a week the cost will be \$85.50 members/\$95.50 non-members. No Pilates July 23rd & 30th and August 20th & 27th.

CHAIR YOGA – 11:15 a.m. – 12:05 a.m. Every Thursday in person with a chair yoga instructor Cheryl Elliott. **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 May 7th at a cost of \$45.50 members/ \$55.50 non-members. Pay-as-you-go is \$7.00 members / \$9.00 non-members. No Chair Yoga July 23rd and August 6th – Instructor Vacation.



Dorchester Weekly Programs Continued

THURSDAY

PICKLEBALL – 12:00 p.m. – 2:30 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 \$3.00. No Pickleball August 13th & 20th – Gym Unavailable.

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

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 \$3.00. No Pickleball August 14th & 21st (Gym Unavailable).

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. The fee is \$4.00. No Kite Flying August 14th & 21st – Gym Unavailable.

MAHJONG and CHOIR PRACTICE – Will resume in the Fall.

Thorndale Weekly Programs

MONDAY

STRENGTH AND TONE FOR ACTIVE AGERS – 8:45 a.m. – 9:45 a.m. Resuming in the Fall.

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 July 6th. The cost is \$45.50 members/\$55.50 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 Aug 3rd - Civic Holiday and Aug 31st - Community Centre Closed.

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 July 6th at a cost of \$49.00 for members and \$59.00 for non-members or pay-as-you-go is \$9.00 for members and \$11.00 for non-members. No class Aug 3rd - Civic Holiday and Aug 31st – Community Centre Closed.

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 \$3.00 for members. No Pickleball Aug 3rd – Civic Holiday and Aug 31st – Community Centre Closed.

Thorndale Weekly Programs Cont.

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.

EUCHRE – 1:00 p.m. – 3:00 p.m. Resuming in the Fall.

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 6-week session will begin July 8th at a cost of \$45.00 members/\$55.00 for non-members. Pay-as-you-go is \$9.00 members and \$11.00 for non-members. No Class July 1st – Canada Day. No Class July 15th August 5th – Instructor 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 \$3.00 for members.

THURSDAY

KURLING – New Members Welcome! 1:00 p.m. – 3:00 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. No Kurling Aug 27th – Community Centre Closed.

SHUFFLEBOARD – New Members Welcome! 1:00 p.m. – 3:00 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. No Shuffleboard Aug 27th – Community Centre Closed.

FRIDAY

CHAIR YOGA, GENTLE YOGA and TAI CHI - Resuming in the Fall.

OLD GUYS POKER - 1:00 p.m. - 3:00 p.m. Poker is held in **Meeting Room #1**. 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. No Old Guys Poker Aug 28th – Community Centre Closed.

PICKLEBALL - 1:00 p.m. - 3:00 p.m. **in the Gym.** Members only. Bring a paddle or borrow one and join in some fun games of Pickleball while learning some new skills. The fee is \$3.00. No Pickleball Aug 28th – Community Centre Closed

NEW Thorndale Programs

TUESDAY

ICE CREAM SOCIAL & ICE T/LEMONADE SOCIAL – 2:00 p.m. – 3:00 p.m. Enjoy a cool treat every Tuesday in meeting room #3 during the warm months of the summer.

BIKE RIDING CLUB – 9:00 a.m. – 11:00 a.m. bring your bike once a month and enjoy a ride around the community with other bike riding lovers. Sign up with Dayna to join the club. Bike Riding club will meet on July 7th & August 11th.

FRIDAY

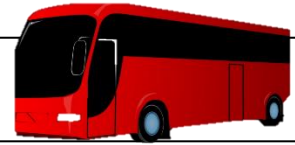
PUZZLING PASTIMES – 10:00 a.m. – 11:00 a.m. Come in, cool off and try your skills at some mind puzzling games to keep your brain stimulated during the hot months. This program will be held on July 17th, 31st, and August 7th, and 21st.

TRAVELOGUE – 2:00 p.m. – 3:00 p.m. Travel to different places from the comfort of the Thorndale Community Centre. This program is a great way of exploring different places and chatting with others without having to go outside in the summer heat. Travelogue will be running once a month on July 24th and August 14th.

BOCCE BALL – 10:00 a.m. – 11:00 a.m. Join Dayna outside the Thorndale Community Centre for a morning of Bocce Ball, a game that originated in Italy. This game involves two teams of two players, and the objective is to get your bocce ball closet to the boccino.



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.

Fallsview Casino - Niagara Falls. Tuesday, July 14, 2026. Depart: 10:00 a.m. Return: 6:30 p.m. \$50.00 members/\$60.00 non-members. Try your luck on this excursion! You will receive \$35.00 free play. Passengers must be at least 19 years of age. Make sure to bring your government issued photo ID i.e. provincial driver's license, Canadian passport, or provincial photo ID card. If you have a Momentum Loyalty card, bring it with you to avoid standing in line to obtain a new card.

Muskoka Steamship Lunch Cruise. Wednesday, July 22, 2026. Depart: 8:00 a.m. Return: 6:30 p.m. \$185.00 members/\$195.00 non-members. Welcome aboard the Wenonah as we explore the scenic shorelines of Lake Muskoka while enjoying a delicious turkey meal with all the trimmings served from the ships dining room. After the cruise enjoy a curated tour of the Muskoka Discovery Centre featuring many exhibits that will immerse you in stories, culture and the natural beauty of Lake Muskoka.

Liars at a Funeral – Port Dover. Tuesday, August 11, 2026. Depart: 9:45 a.m. Return: 6:00p.m. Cost to be announced. Hop on the coach bus to take a trip to Port Dover to enjoy a comedy play at the Lighthouse Festival Theatre and sometime exploring the quaint little waterside town where you will have your choice of shops and restaurants to eat at for lunch.

Funny Girl – Shaw Festival. Friday, September 25, 2026. Depart: 8:00 a.m. Return: 6:30 p.m. \$180.00 members/\$190.00 non-members. This excursion includes free time to explore Niagara-on-the-lake, browse boutiques, enjoy lunch on your own and then catch the beloved musical called Funny Girl.

Trips in the Planning: Later in the year we will have a Fall Colours/Mystery Tour, and Christmas show

Monthly Programs & Workshops

Dorchester Monthly Crafting & Painting Classes

“Coastal Hydrangeas” Painting
Tuesday, July 28 @ 12 p.m.
In the Creative Art Studio

Cost \$25.00 Members
\$35.00 Non-Members

Registration is required by July 20th



“Welcome Door Mat”
Tuesday, August 25 @ 2 p.m.
In the Creative Art Studio

Cost \$15.00 Members
\$25.00 Non-Members

Registration is required by August 17th.



Thorndale Monthly Crafting & Painting Classes

“Mosaic Coasters”
Wednesday, July 15th @ 2 p.m.
In Meeting Room #3

Cost \$15.00 Members
\$25.00 Non-Members

Registration is required by July 8th



“Summer Cowboy Boots” Painting
Wednesday, August 5th @ 12:30 p.m.
In Meeting Room #3

Cost \$25.00 Members
\$35.00 Non-Members

Registration is required by July 29th



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.

Book club will resume on Monday, September 28th.

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

Thorndale Book Club

The group will meet once a month in **Meeting Room #3** on the **second Tuesday at 1:00 p.m.** to discuss the chosen book.

We will be starting book club in the fall on September 15th, 2026

If you are interested in joining the book club or have questions, please email dbarons@thamescentre.on.ca or call 519-268-7334 ext. 730

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 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.
User fees are \$3.00 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.

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

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.

VON COMMUNITY SUPPORT SERVICES

Transportation volunteers are needed!

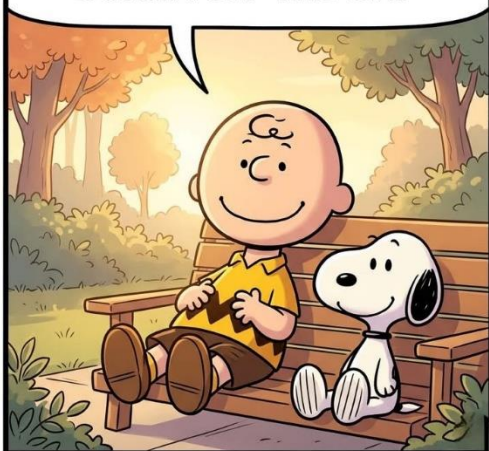
Km's are paid – if interested please stop
in at the VON and talk to Mackenzie
about details or call 519-268-7025 ext. 2
High Tea Social is the last Wednesday
of the month! Call Mackenzie to let her
know you'd like to join

Hot Meals on Wheels available
Monday, Wednesday, and Fridays for
Thames Centre and Thursdays available
in Thorndale! Meals are \$9.50! For more
information call Mackenzie or stop in
and speak with her at the VON office.
2066 Dorchester Rd.

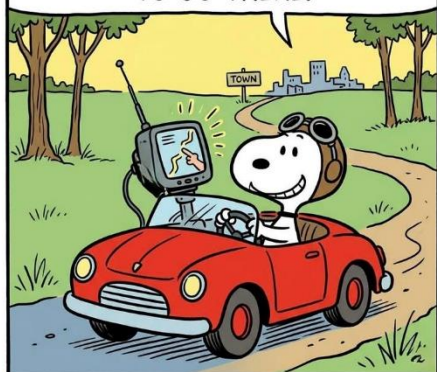
New blood pressure program at the
Thorndale Lions Community Centre! 2nd
and 4th Wednesday each month! Walk
ins are welcome!!

VON bathing program – Clients can
come to the VON for a spa tub bath. Call
Mackenzie for more information.

"I'VE TALKED THE TALK
AND WALKED THE WALK.
NOW, AT MY AGE, I'M JUST
GONNA SIT THE SIT."



I GOT MYSELF A SENIORS GPS.
NOT ONLY DOES IT TELL ME HOW
TO GET TO MY DESTINATION...
IT TELLS ME WHY I WANTED
TO GO THERE.



Word Scramble

Answers

Sunshine
Pool
Swimming
Ice Cream
Watermelon
Sandcastle
Vacation
Sunglasses
Umbrella
Popsicle

I CAME, I SAW, I FORGOT
WHAT I WAS DOING, RETRACED
MY STEPS, GOT LOST ON THE
WAY BACK, AND NOW I
HAVE TO PEE.



Recipe from the Centre's Kitchen

Peach Balsamic Grilled Chicken

Servings: 4 servings

Grilling fruit will bring out its juicy sweetness, and while you can always go the sweet route with your grilled peaches, they're just as good paired with this balsamic chicken. The marinade is simple and tangy with a little sweetness to it. Serve it with a simple farro salad for the freshest summer meal.

Ingredients

- 4 boneless skinless chicken breasts (about 2 lb. total)
- Kosher salt
- Freshly ground black pepper
- 1 lemon, juiced
- 4 Tbsp. balsamic vinegar
- 2 Tbsp. peach preserves
- 1 Tbsp. Dijon mustard
- 1/4 tsp. cayenne pepper
- 4 Tbsp. extra-virgin olive oil, divided
- 4 ripe peaches, pitted and quartered
- Chopped fresh basil, for serving



Directions

1. Step 1 Season chicken on both sides with salt and black pepper. In a large bowl, combine lemon juice, vinegar, peach preserves, mustard, cayenne, and 3 tablespoons oil. Add chicken and turn to coat. Cover and let marinate at room temperature at least 30 minutes or up to 2 hours in the refrigerator.
2. Step 2 Prepare a grill for medium-high heat; preheat 5 minutes. Grill chicken, turning halfway through, until charred and an instant-read thermometer inserted into thickest part registers 165°, about 6 minutes per side. Transfer to a platter.
3. Step 3 Reduce grill to medium heat. Brush cut sides of peaches with remaining 1 tablespoon oil. Grill until charred, 3 to 4 minutes per side.
4. Step 4 Arrange peaches around chicken. Top with basil.
5. Bake for ten minutes, then reduce the heat to 325°F (165°C) and bake until the cake is lightly golden and a tester comes out clean, about an hour. Let the cake cool in the pan on a rack. Serve with sweetened whipped cream or vanilla ice cream, if desired

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

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

Summer Word Search

S F L I P F L O P S I S L E P
 S U N S C R E E N A N U O S I
 A U N G U E S T H D O N V W C
 B N E G J O C E A N F S S I N
 A P O O L J U R Y S U H O M I
 R U G U S A T A E U N I H S C
 B M G C R E S A M A S N I U S
 E E N U F O N S U M M E R I P
 C M A A S T O H E T H I N T R
 U V A C A T I O N S R H L A I
 E R O B I L K R X J O I O U N
 I I N S E F I T S F U N P T K
 C A R E L A X S U L Y L O L L
 E J U N E A C F A M I L Y S E
 I C E P O P A H O T S R E L R



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|--|--|--|
| AUGUST
BARBECUE
BEACH
BUNNY
FAMILY
FLIP FLOPS
FUN
HOT | ICE CREAM
ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX | SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION |
|--|--|--|



CRAYONSANDCRAVINGS.COM

Summer Word Scramble

- NHSSNIUE _____
- LOPO _____
- MIWSGNIM _____
- CEI RAMEC _____
- ATLOMERNEW _____
- TECDASLNSA _____
- ONAVCATI _____
- ELASUSGNSS _____
- BLUAMLER _____
- INCICP _____

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



Dorchester Community Pool AQUA FIT



Aqua Fit is a great low-impact exercise that keeps you fit, strengthens muscles, improves cardiovascular fitness, doesn't put added stress on your joints, and is a lot of fun all while keeping you cool in the water!

Daily Schedule
 Monday - Friday 12:00 p.m. - 12:45 p.m.
 Starting June 29th

Cost: Pay-as-you-go: \$6
 Class 10-Class Punch Card: \$38