

News & Views



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



Lions Active Living Centre

2066 Dorchester Road

(519) 268 – 7334 ext. 708, 728 & 730

(Mailing address: 4305 Hamilton Road, Dorchester ON, N0L 1G3)

www.thamescentre.on.ca

Promoting Active Aging & Senior Independence

Facility Information

Lions Active Living Centre

Telephone:

Karen: 519-268-7334 ext. 708

Kayla: 519-268-7334 ext. 728

Dayna: 519-268-7334 ext. 730

Email: kgress@thamescentre.on.ca
ksmall@thamescentre.on.ca
dbarons@thamescentre.on.ca

Website Address:

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

www.thamescentre.on.ca

- Scroll down to Lions Active Living Centre
 - Point and Click

Hours of Operation:

Monday – Friday

8:30 a.m. – 4:30 p.m.

Useful Information:

- Accessibility parking is available in front

Daily Sign-in Sheet

The daily sign-in book will be set out at both entrances (front and rear).

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

Program Class Registration

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

Please make all cheques payable to Municipality of Thames Centre.

Newsletters can be mailed.

If you would like to have your newsletters mailed for \$20.00/year, please let us know.

Newsletters can be emailed.

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

Please give Karen your email address.

Weekly Program Email Update

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

A Message and Information from Your Coordinator

Happy Spring!

Looking forward to seeing flowers, butterflies, grass, buds on the trees and all the wonderful signs of spring. There are loads of things to do at the Active Living Centre locations to keep you busy, active, creative and social. Check out the informative seminars, artist workshops, fitness classes, games and much more... There is something to spark everyone's interest.

If you are getting cabin fever and would like to get away for the day, there are several excursions to choose from. Check out the line up of upcoming bus trips.

Hope to see you at the hot meals, where we gather with friends to enjoy a full course meal followed by upbeat, musical entertainment. There will be a Soup & Social in Thorndale in April. Make sure to sign up for this exciting new event! Dayna is an amazing cook so the soup will be delicious.

If you have any questions or suggestions, let us know. We are open to new ideas for programs, bus trips, events and seminars.

Yours truly,
Karen Gress



For Your Information

Membership Fees

Please note: The membership fee for 2026 is \$35.00. Your membership entitles you to participate in seniors' programs and activities at the Thorndale Lions Community Centre and at the Lions Active Living Centre in Dorchester. Payment can be made in-person with credit card, debit, cash, or cheques. Pay over the phone with your credit card or mail a cheque payable to "Municipality of Thames Centre" and mail it to: Lions Active Living Centre, 4305 Hamilton Road, Dorchester ON, N0L 1G3

Membership goes from January – December (Calendar Year).

If you are new to taking out a membership and you join part way through the year, your fee will be prorated.

Thank you in advance for your support!

Residents of Thames Centre can take used household batteries to the Municipal office in Dorchester or the Thorndale Lions Active Living Centre & they'll have them recycled.

Donate Your Unwanted Eye Glasses to "Give the Gift of Sight"

There is a drop box in the Active Living Centre Foyer, or you can drop them off to Karen, Kayla or Dayna

Thames Centre Recognition Program

To recognize special events for those living in the municipality:

- Wedding Anniversaries at 40 years/50 years/60 years
- Birthdays at 80/90/100

A friend or family member can notify the Municipal Office with the details so that a gift will be made available. Call Mike at 519-268-7334 ext. 258

Hip Hip Horray!

Members who have reached 90 years or better:

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

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

Walkers & Wheelchairs

If you or someone you know has a walker and/or wheelchair to donate, please let us know. They can be dropped off at the Lions Active Living Centre or we can arrange pick up.

We lend out walkers and wheelchairs to those who need to them.

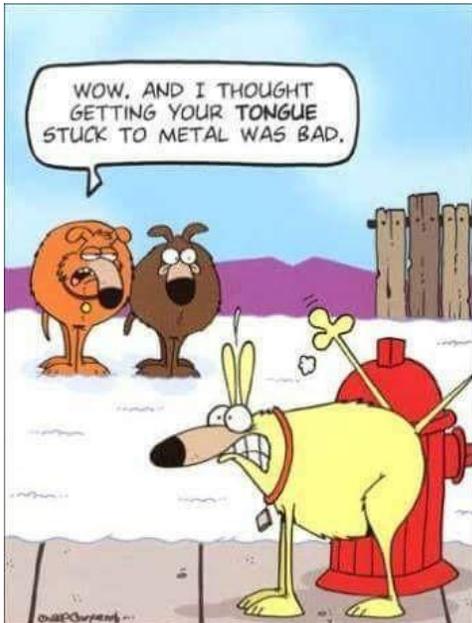
Call 519-268-7334 ext. 708 (Karen) or 728 (Kayla) or email kgress@thamescentre.on.ca or ksmall@thamescentre.on.ca

Thank you in advance for your thoughtful generosity.

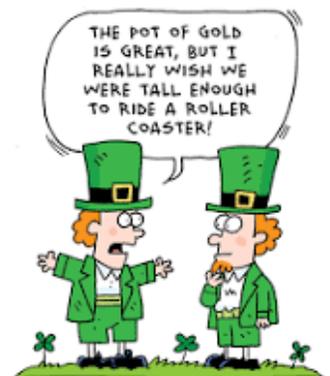
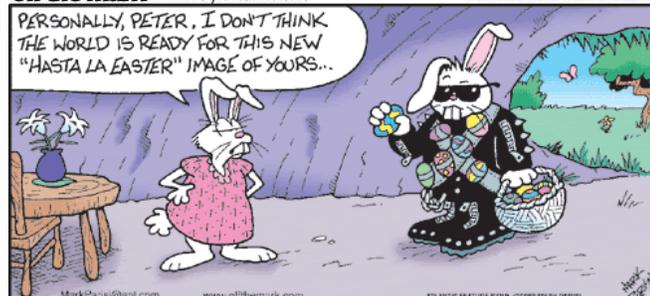
WOW - STEPS TO CONNECT

1. Call +1 (866)-261-6767
2. Enter Access Code
 - Bingo: 9377978#
 - Chair Yoga: 8511178#

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



off the mark by Mark Parisi www.offthemark.com



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



St. Patrick's Hot Meal



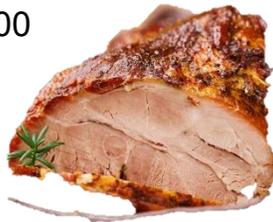
Friday, March 20, 2026 at 12noon

Lions Active Living Centre in Dorchester

Menu: Roast Pork, Mashed Potatoes, Gravy, Vegetables, Coleslaw, Dinner Rolls with Butter, Tea/Coffee, Juice and Grasshopper Pie for Dessert.

Musical Entertainment: DJ Wizard Gord Bell

Cost: \$25.00



Easter Hot Meal

Friday, April 10, 2026 at 12noon

Lions Active Living Centre in Dorchester

Menu: Baked Ham, Hashbrown Casserole, Harvest Vegetables, Coleslaw, Dinner Rolls with Butter, Tea/Coffee, Juice and Grasshopper Pie for Dessert.

Musical Entertainment: Jim Chapman

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.

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 April 8th

Time: 7:00 p.m. – 8:00 p.m.

Location: Lions Active Living Centre (Creative Art Studio)

Cost: \$45.00 members/\$55.00 non-members

Course Overview

Class 1: Getting Started with Smartphones

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

Class 3: Exploring Apps and the Internet

Class 4: Using Smart Home Devices

Class 5: Streaming Services and Entertainment

Class 6: Online Safety and Troubleshooting

iPads are available to borrow with advance notice.

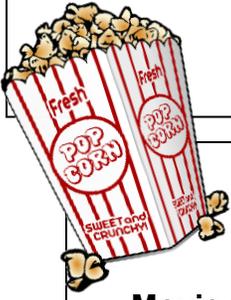
Please Note: Dan is skilled in helping you with all kinds of mobile tech like tablets and phones both Android and Apple and their accessories. Along with smart home gadgets and general computer issues.



**TECH HELP
FOR SENIORS
WITH DAN PARKER**

To register contact the Active Living Centre at 519-268-7334 ext. 708 | kgress@thamescentre.on.ca

Dorchester Active Living Centre Cinema



Movie Afternoons – Held in the Lions Den
\$4.00 (includes popcorn, candy & beverage).
Registration for the movies is required to reserve your spot. Thank you ☺

MOVIE AFTERNOON

F1 The Movie

Tuesday, March 10, 2026 @ 2:00 p.m.

Movie Overview: “In the 1990s, Sonny Hayes was Formula 1's most promising driver until an accident on the track nearly ended his career. Thirty years later, the owner of a struggling Formula 1 team convinces Sonny to return to racing and become the best in the world.”

Stars: Brad Pitt, Kerry Condon, Damson Idris and Javier Bardem

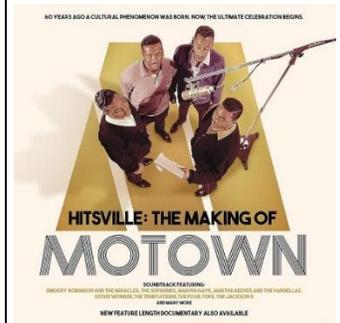


Hitsville: Motown in the Making

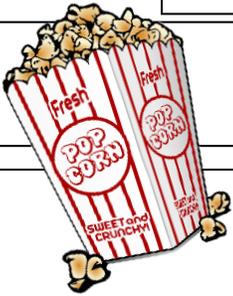
Tuesday, April 21, 2026 @ 2:00 p.m.

Movie Overview: “A look at the birth of Motown in Detroit in 1958 until its relocation to Los Angeles in the early 1970s. Featuring rare performances, interviews and behind-the-scenes footage offer insight into the history and cultural impact of Motown Records.”

Stars: Michael Jackson, Berry Gordy, John Lennon, Paul McCartney, Whitney Houston and Muhammad Ali.



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

Saving Mr. Banks

Wednesday, March 25th, 2026 @ 2:00 p.m.

Movie Overview: “P.L. Travers, a London author who is financially broke, visits Los Angeles to meet Walt Disney, who is keen to adapt Mary Poppins books for the cinema. However, her methods do not meet her approval.”

Stars: Emma Thompson, Tom Hanks, Annie Rose Buckley.



Last Laugh

Wednesday, April 22nd, 2026 @ 2:00 p.m.

Movie Overview: “After moving to a retirement home, restless talent manager Al reconnects with long-ago client Buddy and coaxes him back out on the comedy circuit.”

Stars: Chevy Chase, Richard Dreyfuss, Andie MacDowell.



Dorchester Weekly Programs

Registration is recommended for all programs.

MONDAY

PICKLEBALL – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$3.00. *No Pickleball April 6th – Easter Monday.* Will resume once the gym floor is replaced.

TAI CHI – 9:00 a.m. – 10:00 a.m. ***Tai Chi is held in the Activity Centre.*** Join certified instructor, June Ross, as she leads you through a series gentle, low-impact deliberate, flowing motions while focusing on deep, slow breaths. Wear comfortable clothing. This 8-week session will begin on March 2nd and is \$56.00 members/\$66.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for non-members. *No class April 6th – Easter Monday.*

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. 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 March 2nd at a cost of \$60.00 members/\$70.00 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. *No class April 6th - Easter Monday.*

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 January 19th and is \$43.75 members/\$53.75 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. *No class March 16th & April 6th – Easter Monday.*

STITCH & CHATTER / RAGGED EDGE QUILTERS – 12:30 p.m. – 3:00 p.m. ***Quilting is held in the Activity Centre.*** Join this lively, social group for a fun afternoon of crafts. You are welcome to quilt, sew, knit, crochet, cross stitch etc. Bring your favourite craft to work on. \$4.00 for members/\$6.00 for non-members per class. *No class April 6th – Easter Monday.*

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 \$4.00 for members and \$6.00 for non-members. *No class April 6th – Easter Monday.*

CARPET BOWLING - 1:00 p.m. – 3:00 p.m. **Carpet Bowling will be held in the Lions Hall every Monday.** Carpet Bowling is a variant of lawn bowling played indoors on a strip of carpet. Teams consist of four players. The cost is \$4.00 for members and \$6.00 for non-members. No class April 6th – Easter Monday.



Dorchester Weekly Programs Continued

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.

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 9-week session begins March 3rd. The cost is \$90.00 members/\$100.00 non-members (twice a week is \$165.00/\$175.00). Pay-as-you-go is \$12.00 members/\$14.00 non-members.

DANCE FIT – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. **Dance Fit will be in the Lions Community Hall.** A fun, easy to follow choreographed dance routine followed by full body toning and tightening. All fitness levels welcome, no fitness/dance experience necessary! This 9-week course begins March 3rd at a cost of \$63.00 members/\$73.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for non-members.

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 9-week course begins March 3rd at a cost of \$63.00 for members and \$73.00 for non-members or pay-as-you-go is \$9.00 for members and \$11.00 for non-members.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. Members only. Bring a paddle or borrow one and join in the fun while learning new skills. Fee is \$3.00.

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

VOLLEYBALL – 2:30 p.m. – 4:30 p.m. in the gymnasium. Fee is \$4.00 members and \$6.00 non-members. Begins on March 17th. Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. Enjoy this fun game with other folks who are 50+.



Dorchester Weekly Programs Continued

WEDNESDAY

PICKLEBALL – 7:00 a.m. – 8:50 a.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$3.00.

MAHJONG – 9:00 a.m. – 12:00 p.m. **in the Lions Den.** Trained/Experienced Mahjong players may join Lawrence Seah for “Coffee and Mahjong Social” on Wednesday mornings at 9:00 a.m. beginning March 4th. The fee is \$4.00 members/\$6.00 non-members. Make sure to arrive a few minutes early and please note that the fun begins at 9:00 a.m. and teams are determined at that time. Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players. *Please note to join this group you must register for lessons or an orientation session.*

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. This 9-week session begins March 4th at a cost of \$67.50 for members & \$77.50 for non-members. Drumsticks, exercise balls and bases are all provided for this class. Certified instructor: Diana Schiedel. We encourage you to sign up for the entire 9-week session.

NEW: CHAIR DANCING – 11:00 a.m. – 12:00 p.m. Join Diana Schiedel for upbeat music, modified dance movements all performed while seated. No standing, no stress on your joints, just safe, effective, and fun low impact exercise. In-chair dancing provides a cardiovascular workout that can improve heart health, increase stamina, and boost overall fitness levels. A new 9-week session will begin on March 4th at a cost of \$67.50 for members & \$77.50 for non-members. We encourage participants to sign up for the entire 9-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 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 9-week session will begin March 4th at a cost of \$67.50 members/\$77.50 for non-members. Pay-as-you-go is \$9.00 members and \$11.00 for 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 \$4.00 for members and \$6.00 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 4.00 for members and \$6.00 for non-members.

NEW: PITCH CARD GAME – 1:00 p.m. – 3:00 p.m. Join the group to play this exciting game **in the Activity Centre.**

Dorchester Weekly Programs Continued

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. Will resume once the gym floor is replaced.

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. **In the Lions Den.** Learn the basic steps beginning January 20th. Stay for the 9 a.m. class to try out the steps.

BEGINNERS PLUS LINE DANCING – 9:00 a.m. – 10:00 a.m. **Line dancing will be in the Lions Den.** Come out for a few laughs and learn a few new moves every Thursday. This 8-week session is \$32.00 for members & \$42.00 for non-members and begins March 5th. Pay as you go \$6.00 for members and \$8.00 for non-members. No class April 16th.

STEPPING IT UP – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford in the Lions Community Hall. **Join our Beginner Step Class for Active Ager!**

Build strength, boost energy, and improve balance with simple, low-impact step routines. No experience needed—just bring a smile and get moving! This 8-week course begins March 4th at a cost of \$56.00 members/\$66.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for non-members. No class March 19th.

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 9-week session begins March 4th. The cost is \$90.00 members/\$100.00 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 \$165.00 members/\$175.00 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 March 4th. The cost is \$50.00 members/\$60.00 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. We encourage participants to sign up for the entire session. No class on March 19th.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$3.00. Will resume once the gym floor is replaced.

BRIDGE – 1:00 P.M. – 3:00 P.M. **in the Lions Community Hall.** Join the group to play this challenging game. The cost is \$4.00 for members and \$6.00 for non-members.

FRIDAY

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.

Dorchester Weekly Programs Continued

FRIDAY

MAHJONG – 12:00 p.m. – 3:00 p.m. **in the Lions Den.** Trained/Experienced Mahjong players may join Lawrence Seah for “Coffee and Mahjong Social” on Friday afternoons at 12:00 p.m. and the fee is \$4.00 members/\$6.00 non-members. Make sure to arrive a few minutes early and please note that the fun begins at 12:00 p.m. and teams are determined at that time. Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players. Let us know if you plan to attend.

CHOIR PRACTICE – 1:00 p.m. – 3:00 p.m. **Choir will be in the Activity Centre. New members welcome!** This friendly, musical group will get together every Friday to practice and have fun! Go on sing-outs to other Centre's & Retirement Homes.

Thorndale Weekly Programs

MONDAY

STRENGTH AND TONE FOR ACTIVE AGERS – 8:45 a.m. – 9:45 a.m. **This class will be in the Gym.** Join Certified Shelley Hansford in this exciting new program. Keeping our bodies strong is the key to a healthy lifestyle. We will focus on full body functional fitness. A light warmup, followed by a variety of muscle conditioning moves to target all areas of the body. Bodyweight and external equipment will be used to help challenge our bodies and stay strong and fit. All levels of fitness are encouraged; modifications supplied. This 8-week session will begin March 2nd at a cost of \$60.00 members/\$70.00 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. *No class April 6th - Easter Monday.*

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 6-week session begins March 2nd. The cost is \$42.00 members/\$52.00 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. We encourage participants to sign up for the entire session. No class March 9, April 6th – Easter Monday, and April 10th & 13th.

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 6-week course begins March 2nd at a cost of \$42.00 for members and \$52.00 for non-members or pay-as-you-go is \$9.00 for members and \$11.00 for non-members. No class March 9, April 6th – Easter Monday, and April 10th & 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 \$3.00 for members. No Pickleball April 6th – Easter Monday.

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.

KURLING – New Members Welcome! 12:00 p.m. – 2:00 p.m. **in the Gym**. Kurling is a form of the original curling game but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. The cost is \$4.00 for members and \$6.00 for non-members.

SHUFFLEBOARD – New Members Welcome! 12:00 p.m. – 2:00 p.m. Shuffleboard is held **in the Gym** every Tuesday. Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye co-ordination plus strategy and a competitive spirit. The cost is \$4.00 for members and \$6.00 for non-members.

EUCHRE – 1:00 p.m. – 3:00 p.m. Euchre is every Tuesday **in Meeting Room #1**. Come out and join this fun, social group play this enjoyable card game. The cost is \$4.00 for members and \$6.00 for non-members. Cash prizes to be won!

WEDNESDAY

STRENGTH & TONE FOR ACTIVE AGERS – 8:45 a.m. – 9:45 a.m. **This class will be in the Gym**. Join Certified Shelley Hansford in this exciting new program. Keeping our bodies strong is the key to a healthy lifestyle. We will focus on full body functional fitness. A light warmup, followed by a variety of muscle conditioning moves to target all areas of the body. Bodyweight and external equipment will be used to help challenge our bodies and stay strong and fit. All levels of fitness are encouraged; modifications supplied. This 9-week session will begin March 4th at a cost of \$67.50 members/\$77.50 for non-members. Pay-as-you-go is \$9.00 members and \$11.00 for 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 \$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.

FRIDAY

CHAIR YOGA – 9:00 a.m. – 9:50 a.m. **Every Monday and Friday with our certified yoga instructor Maggie Squires in Meeting Room #1**. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. A new 6-week session begins March 6th. The cost is \$42.00 members/\$52.00 non-members. Pay-as-you-go is \$7.00 members/\$9.00 non-members. We encourage participants to sign up for the entire session. There will be no class on April 3rd and 10th.

Thorndale Weekly Programs Cont.

FRIDAY

GENTLE YOGA – 10:00 a.m. – 10:50 a.m. *Every Monday and Friday with our certified yoga instructor Maggie Squires in Meeting Room #1.* Join certified instructor, Maggie Squires, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Wear comfortable clothes. This 6-week course begins March 6th at a cost of \$42.00 for members and \$52.00 for non-members or pay-as-you-go is \$9.00 for members and \$11.00 for non-members.

TAI CHI – 10:30 a.m. – 11:30 a.m. Tai Chi is **held in Meeting Room #3.** Join certified instructor, June Ross, as she leads you through a series gentle, low-impact deliberate, flowing motions while focusing on deep, slow breaths. Wear comfortable clothing. This 7-week session will begin on March 6th and is \$48.00 members/\$58.00 non-members. Pay-as-you-go is \$9.00 for members and \$11.00 for nonmembers.

OLD GUYS POKER - 1:00 p.m. - 3:00 p.m. Poker is held in **Meeting Room #1**, Starting January 9th. A perfect mix of strategy, storytelling, and a great excuse to gather around the table. \$4.00 for members and \$6.00 for non-members.

PICKLEBALL - 1:00 p.m. - 3:00 p.m. **in the Gym.** Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$3.00. No Pickleball April 3rd - Good Friday.

Joke:

My first job was working in an **Orange Juice factory**, but I got canned. I couldn't concentrate.

Then I worked in the woods as a **Lumberjack**, but I just couldn't hack it, so they gave me the axe.

After that, I tried being a **Tailor** but wasn't suited for it mainly because it was a sew-sew job.

Next, I tried working in a **Muffler Factory**, but that was too exhausting.

Then, tried being a **Chef** - figured it would add a little spice to my life, but just didn't have the thyme.

Next, I attempted being a **Deli Worker**, but any way I sliced it I couldn't cut the mustard.

My best job was as a **musician**, but eventually found I wasn't noteworthy.

I studied a long time to become a **doctor**, but I didn't have any patience.

Next, was a job in a **Shoe Factory**. Tried hard but just I didn't fit in.

I became a **Fisherman** but discovered I couldn't live on my net income.

Managed to get a good job working for a **Pool Maintenance** Company, but the work was just too draining.

So, then I got a job in a **Workout Center**, but I wasn't fit for the job.

After many years of trying to find steady work, I finally got a job as a **Historian** - until I realized there was no future in it.

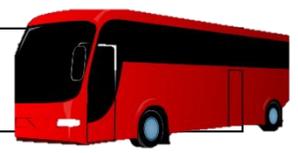
My only other job was working in **Starbucks** but had to quit because it was the same old grind.

Tried working at a **cemetery**, but it was a grave situation, I just couldn't dig it

So, I tried **retirement** and I found I'm perfect for the job!!



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.

Irish Kitchen Party ~ Showplace Entertainment - Bingemans Convention Centre, Kitchener ON – 5 Seats Left. Tuesday, March 17, 2026. Depart 10:30 a.m. Return 5:00 p.m. \$145.00 members/\$155.00 non-members. \$145.00 members/\$155.00 non-members. Includes delicious buffet lunch, fabulous show and coach bus transportation. Irish singing, dancing, storytelling and fiddling! Buffet lunch menu includes Bread, Rolls & Butter, Salads, Two Hot Entrees, Potatoes, Vegetables, Assorted Desserts and Coffee & Tea.

Art Gallery of Ontario (AGO) - Toronto, Ontario. Thursday, April 16, 2026. Depart: 9:30 a.m. Return: 7:00 p.m. **Price coming soon!** Enjoy a delicious lunch in Mississauga at Union Social Eatery, before heading to AGO for a one of a kind curated guided tour of the "AGO Collection Highlights" followed by 2 hours of free time to explore the art gallery. Watch for more details!

Welland Canal & Tulip Farm ~ St. Catherines. Friday, May 1, 2026. Depart: 8:00 a.m. Return: 6:00 p.m. \$140.00 members/\$150.00 non-members. Explore the development and operations of the historic Welland Canals in this fun and interactive guided experience through the new Welland Canals exhibit. Guests will see the world-renowned engineering marvel first-hand and participate in engaging local history activities. Enjoy a scrumptious lunch at The Feathery Pub Restaurant includes Starter Salad, Choice between Fish and Chips or Shepard's Pie, Sticky Toffee Pudding for Dessert ~ This traditional British dessert has the consistency of cake with toffee sauce and whipped cream on the side, served with tea or coffee. After lunch we will visit The Roadside Tulip Farm for a captivating sight of rows upon rows of colourful tulips (great photo op!).

Rhinestone Cowgirls – Walter's Music Venue in Bright - 18 seat left! Monday, June 15, 2026. Depart: 10:00 a.m. Return: 6:00 p.m. \$175 members/\$185 non-members. Includes: Buffet Lunch at Quehl's in Tavistock (Rolled Ribs & Roast Turkey with all the trimmings) and ticket to see the show Rhinestone Cowgirls ~ Legendary Ladies (Pasty Cline, Loretta, Tammy, Dolly, Reba, Shania, Carrie and more.

Summer Mystery Tour - Thursday, June 25, 2026. Depart: 10:00 a.m. Return: time to be announced soon. **Price coming soon!** Enjoy a thrilling mystery adventure, including a curated, surprise travel experience where the destination and itinerary remain hidden until arrival, designed to spark adventure, camaraderie, and curiosity. This trip features pre-planned stops—such as hidden gems, scenic spots, unique attractions and a delectable lunch.

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.

Trips in the Planning: July - Muskoka Steamship Boat Cruise, August - "Funny Girl" ~ Shaw Festival Theatre in Niagara-on-the-Lake, September- Music of the Beatles in Petrolia.

Monthly Programs & Workshops

Dorchester Monthly Crafting & Painting Classes

“Easter Nibbles” Painting
Tuesday, March 31 @ 12 p.m.
In the Creative Art Studio

Cost \$25.00 Members
\$35.00 Non-Members

Registration is required by March 23rd.



Mini Round Floral Wooden Sign
Tuesday, April 28th @ 2 p.m.
In the Creative Art Studio

Cost \$15.00 Members
\$25.00 Non-Members

Registration is required by April 13th



Thorndale Monthly Crafting & Painting Classes

“Potpourri Candles”
Wednesday, March 18th @ 2 p.m.
In Meeting Room #3

Cost \$15.00 Members
\$25.00 Non-Members

Registration is required by March 10th



“Morning Monarch” Painting
Wednesday, April 15th @ 12 p.m.
In Meeting Room #3

Cost \$25.00 Members
\$35.00 Non-Members

Registration is required by April 7th



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.

March 30th – Lessons in Chemistry

April 27th – Let Me Lie

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

ksmall@thamescentre.on.ca or call
519-268-7334 ext. 728

Computer Help

Janis Baines, our computer instructor, has kindly offered to make house calls to help people with connecting with family and friends through Skype (video call) or other conference meeting apps and to help with general computer/device issues. If you are unsure how to make the most of your devices (iPad, tablet, cell phone, laptop etc.) to connect with family & friends. Please let us know if you are interested and we will have Janis contact you.

Cost: \$20.00/hour

Dorchester Horticultural Society

Meetings the 3rd Tuesday of every month at the Dorchester Library

Doors open at 6:45 p.m.

For more information, call Sue Monk @
519-269-3385

Thorndale & Area Horticultural Society

Thorndale & Area Horticultural Society
Meetings the 2nd Wednesday of every month
except January and July

7:30 p.m. in Room 3

Thorndale Community Centre

For more information, thorndalehort@gmail.com

Art Your Service - Daily Virtual Classes & Socials

Upbeat classes like Chair Aerobics, Yoga, Natural Movement for Seniors, Ukulele Lessons, Socials, Painting & Nature workshops. You will have access to 45 hours of Classes and Socials a month. Each day will feature one Fitness, and one Creative Class taught live by experts in the senior fitness and creative aging fields. New Content added weekly.

To register for this free service (Senior Centre is paying the membership fee), call 519-268-7334 ext. 708 or email kgress@thamescentre.on.ca and we'll register you and you'll receive the Zoom invitations.

Thorndale Book Club

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

March 10th – The Break

April 14th – Beautiful Little Fools

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

Other Programs

Seniors Pickleball

Registration is required.
User fees are \$4.00 for members.

Dorchester Gym

Mondays - Fridays
7 a.m. – 8:50 a.m.

Tuesdays & Thursdays
12 p.m. – 2:30 p.m.

Thorndale Gym

Mondays, Wednesdays, and Fridays
1 p.m. – 3 p.m.

Adult/Senior Skate

Mondays & Thursdays
10 a.m. – 10:50 a.m.

\$4.00 per person
Dorchester Arena – South
Ice Pad

DONNYBROOK 433 SENIORS

Euchre is every Thursday.
\$2.00 per person to play.
Please bring correct change.
For further information about
this program and their
events, call President Ruby
Hunter at 519-269-3095
Location: Activity Centre

FOOT CARE CLINIC DORCHESTER

1st Wednesday of every month from
12:00 p.m. – 4:30 p.m. The cost is
\$60.00.

To make an appointment contact
Kamini Marathe, RN at
519-933-9155.

Dorchester Indoor Kite Flying

Every Friday in the gym from 10:30
a.m. – 12noon

For more information, contact Penny
Wearne:

penny@pennywearne.com or
519-268-3306

Women's Drumming Circle

Leader: Shelia Horrell
1st and 3rd Thursdays of the
month
Lions Den
2:00 p.m. – 3:30 p.m.

Low Impact Interval Training & Toning (LIIT)

Tuesdays and Thursdays
7 a.m. – 8 a.m.

Lions Active Living Centre
This class is for ALL ages and
fitness levels.

Contact Shelley Hansford for more
information and to register.
sdhans@execulink.com

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.

Mom & Tot

Tuesdays and Thursdays
9 a.m. – 10 a.m.
Lions Active Living Centre
Mom, Guardians, infants,
and toddlers are welcome.
This is a full body workout
with cardio and muscle
toning.
Contact Shelley Hansford
for more information.
sdhans@execulink.com

VON COMMUNITY SUPPORT SERVICES

VON Supportive Care needs

volunteers! Please contact
LMEvolunteers@von.ca or www.von.ca
today!

Dorchester Caregiver Support Group
Please call 51-245-3170 x228 for more
information.

Alzheimer's Community Supports If
interested please call Mackenzie Vickers
at 519-245-3170 x228

Smart Exercise Classes: Dorchester
Arena gym: Mondays, Wednesdays and
Fridays 9-9:50a.m.

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

Blood Pressure Clinics: Dorchester
Library: Every Thursday 10:30 – 12:30
p.m.

Word Scramble Answers

- | | |
|-------------|--------------------|
| 1. Flower | 12. Saturday |
| 2. Bunny | 13. Pollen |
| 3. Rain | 14. Spring Showers |
| 4. Sunshine | 15. Renew |
| 5. Bud | |
| 6. Tulip | |
| 7. Daffodil | |
| 8. Garden | |
| 9. Breeze | |
| 10. Spring | |
| 11. Blossom | |



off the mark .com by Mark Parisi



Recipe from the Centre's Kitchen

Asparagus Pecan Salad

This beautifully colorful Asparagus Pecan Salad combines tender asparagus, crunchy pecans, tangy dried cranberries, goat cheese, and a tangy balsamic dressing.

Prep Time 10minutes **Cook Time** 12minutes **Total Time** 22minutes **Servings** 6 servings

Ingredients for the Dressing:

- ¼ cup extra-virgin olive oil
- 3 tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon raw honey
- 1-2 cloves garlic pressed
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Ingredients for the Salad:

- 1 pound asparagus trimmed and cut into 2-inch pieces
- 1 tablespoon extra-virgin olive oil
- Sea salt and black pepper to taste
- ⅔ cup halved cherry tomatoes
- ¼ cup dried cranberries
- ⅔ cup coarsely chopped pecans divided use
- Feta or goat cheese for sprinkling on top



Instructions

Make the Dressing:

1. In a large bowl, whisk together all the dressing ingredients.

Make the Salad:

1. Preheat the oven to 400° F. Line a baking sheet with parchment paper.
2. In a large bowl, gently toss the asparagus in the olive oil. Season with salt and pepper to taste. Lay the asparagus on the baking sheet and roast for 12 to 15 minutes until it's tender with a hint of crunch.
3. Let the asparagus cool a bit.
4. To the bowl with the dressing, add the asparagus, tomatoes, dried cranberries, and some of the pecans. Toss gently to combine.
5. Sprinkle the salad with cheese and the remaining pecans.

Notes

Yield: Serves 4 to 6

If you want to make this salad in advance, I suggest mixing up the dressing and storing it separately from the salad. Dress the salad right before serving.

Keep any leftovers in an airtight container in the fridge for up to 3 days

Art Studio Happenings

The Magic Yarn Project ~ 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 2026 meeting dates are as follows: March 9, March 23, April 13, April 27, May 11, May 25, June 8. If you would like to drop in to meet our Magic Yarn Chapter Leader, Sue Beringer and see a workshop in action, come to the Lions Community Hall at the Active Living Centre during one of our workshops.

Crochet Lessons with Becky Doyle

Fridays 1:00 p.m. – 2:30 p.m. 7-week session begins March 6th

Our first class will be a decide what to make day. Please bring any patterns, pics, or suggestions with you. We will go over each one and I'll let you know how best I can guide you through each step, the level of difficulty, and materials needed. We will then vote on which project to make. This way everyone gets a say. If the project you like most isn't chosen, not to worry we could always make it in another session. The following 6 weeks of classes will be devoted to bringing our project to life with step-by-step instructions and in person guidance. No crocheting experience necessary, by the end of the sessions you will be an experienced crocheter. Looking so forward to seeing you all again, seeing your wonderful ideas, and agreeing collectively on what to create. See you on March 6th.

Acrylics Painting Classes with Susan Graham

Fridays 9:00 a.m. -11:00 a.m.

3-week series: March 13th, 20th, and 27th.

\$80.00 members/\$90.00 non-members

Supplies provided

Creative Art Studio – Lions Active Living Centre – Dorchester



Watercolours Painting Classes with Susan Graham

Fridays 9:00 a.m. -11:00 a.m.

3-week series: April 10th, 17th, 24th.

\$80.00 members/\$90.00 non-members

Supplies Provided

Creative Art Studio – Lions Active Living Centre – Dorchester



Knotted Theory Felting Workshop – Bunny Rabbit

Join Natashja Spenler to go on a needle felting journey.

Tuesday, March 24th from 10:00 a.m. – 12:30 p.m.

Cost: \$55.00 members/\$65.00 non-members. All supplies included.

Creative Art Studio – Lions Active Living Centre – Dorchester

Register by calling 519-268-7334 ext. 708 or 728.



Art Studio Happenings Continued

Slow Arting with Penny Wearne

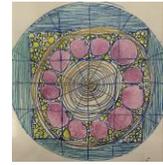
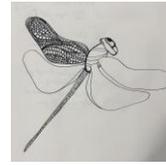
Wednesdays 1:00 p.m. – 3:00 p.m.

3-week series: March 4th, 11th, 18th

\$0.00 members/\$50.00 non-members

Creative Art Studio – Lions Active Living Centre – Dorchester

This class will focus on relaxing during the process of creating. You will be shown one art technique each week and can use a variety of art media (water colour paints, drawing pens, pencils, coloured papers, glue) to create your own version or do your own thing. Art forms will include mandalas, concentric shapes, colour blocks, doodling, neurographic, and sketching.



Goddess Bracelet with Brian Bohnert

Monday, April 13th 1:00 p.m. – 3:00 p.m.

\$25.00 members/\$35.00 non-members

Easy project with beautiful results!

Supplies Provided

Creative Art Studio – Lions Active Living Centre – Dorchester



Diving into Coloured Pencil with Beth Stewart

All-Day Workshop - Monday, April 20th - 9:00 a.m. – 4:00 p.m.

\$40.00 members/\$50.00 non-members

Supplies Provided.

Bring your lunch, drinks and snacks.

About the instructor: Beth works in coloured pencil or graphite. She is best known for her birds but also draws objects she collects. Beth is a graduate of the University of Windsor's Fine Arts program & Western University's Art Therapy program. She worked as an art therapist for 15 years and then taught secondary school for another 20. She is now retired. More of Beth's work can be seen at: www.bethstewart.ca Beth's work can be seen at: www.bethstewart.ca

Learn to Rug Hook with Heather Cook

Tuesday, April 14th - 9:30 a.m. – 11:30 a.m.

\$80.00 members/\$90.00 non-members

Creative Art Studio – Lions Active Living Centre – Dorchester

Supplies Provided – When registering, indicate which project you would like to do.





Come and join us for a presentation from the Thames Region Ecological Association (TREA)

Where: Thorndale Lions Community Centre
Meeting Room #3

When: 10:00-11:00am During Coffee Hour
March 25th, 2026

What: TREA is a local non-profit registered charity based in London, Ontario. Established in November 1986, TREA focuses on educating members and the community to protect the environment and promote a sustainable, ecologically responsible future.



EASTER CUPCAKES

BASIC BUTTERCREAM PIPING

Tuesday, March 10, 2026

9 a.m. - 11 a.m.

Kitchen in the Lions Active Living Centre ~
Dorchester

\$15.00 members / \$25.00 non-members



Learn how to pipe the Bunny Butt, Easter Egg, Hydrangea, Tulip, Rose and Chrysanthemum cupcakes with Gail Hankinson.

Bring an apron, 6 cupcakes, plastic bag and piping tips from the Christmas Piping course (if you have it). All other supplies will be provided. Spots limited.

SOUP & SOCIAL

FRIDAY APRIL, 24TH, 2026

THORNDALE LIONS COMMUNITY CENTRE

MEETING ROOM #3 AT 12PM

\$15 PER MEAL

ON THE MENU: SOUP AND DINNER ROLL WITH
BUTTER, TEA/COFFEE, DESSERT

YOUR PARAGRAPH TEXT



ART GALLERY OF ONTARIO BUS TRIP

THURSDAY, APRIL 16, 2026

DEPART: 9:30 A.M. RETURN: 7:00 P.M.

PRICE COMING SOON!!

ENJOY A DELICIOUS LUNCH IN MISSISSAUGA AT
UNION SOCIAL EATERY, BEFORE HEADING TO
AGO FOR A ONE OF A KIND CURATED GUIDED
TOUR OF THE "AGO COLLECTION HIGHLIGHTS"
FOLLOWED BY 2 HOURS OF FREE TIME TO
EXPLORE THE ART GALLERY.

Lions Active Living Centre GARAGE SALE



SATURDAY JUNE 20, 2026

9:00 a.m. - 1:00 p.m.

Active Living Centre - 2066 Dorchester Rd

Be a Vendor

Do you have items you would like to sell? Be a vendor at our Garage Sale! Vendors are welcome to sell both new and used items.

COST: \$15/TABLE

Contact Karen, Kayla or Dayna for Vendor Registration.

Call 519-268-7334 ext. 708 or 728 or 730

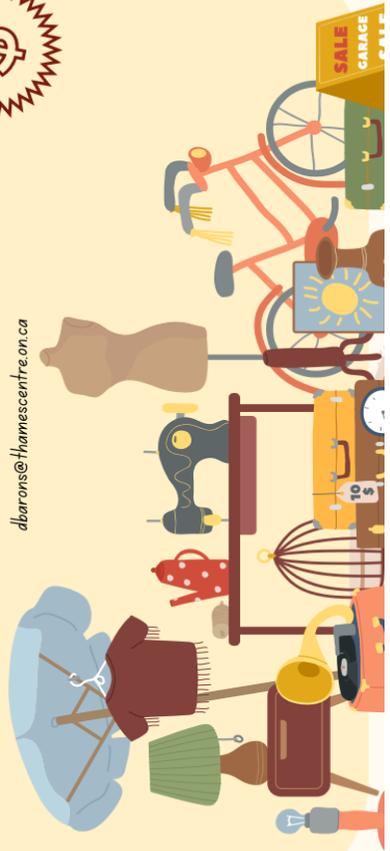
Email: kgress@thamescentre.on.ca or

ksmall@thamescentre.on.ca or

dbarons@thamescentre.on.ca

Stop and Shop

Stop in to check out the vendors and see what treasures you can find! Enjoy refreshments and a BBQ lunch.

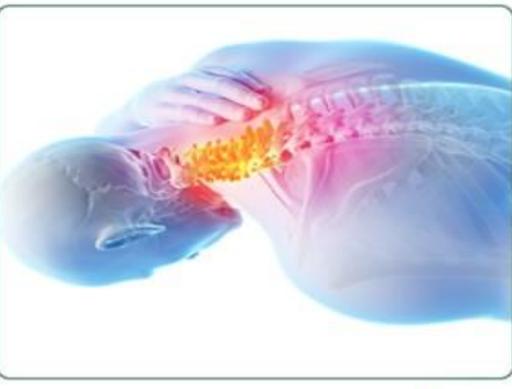


Presented in partnership with



FREE SIX-WEEK WORKSHOP!

LIVING A HEALTHY LIFE WITH CHRONIC PAIN



FlightExec Centre (Lion's Hall)
2066 Dorchester Road
Dorchester

Tuesdays
May 12 - June 16

1:00 PM - 3:30 PM

REGISTER

In-person at the Active Living Centre
Phone: 519-268-7334 ext. 708
Email: kgress@thamescentre.on.ca

WORKSHOP TOPICS INCLUDE:

- Breathing/meditation techniques
- Communicating with care providers
- Better sleep
- Medication management
- Symptom management
- Inflammation reduction
- Fatigue management
- Better decision-making ... and more!

www.swselfmanagement.ca

For Your Entertainment 😊

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



Spring WORD SEARCH

LOCATE & CIRCLE EACH SPRING WORD
THE MOST CORRECT WORDS WINS



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

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

- CUT GRASS
- FRESH RAIN
- UMBRELLA
- BLOOM
- GROWTH
- BUTTERFLY
- MARCH
- TULIPS
- BUNNY
- EASTER
- RAINBOW
- SPROUT
- APRIL
- BASEBALL
- SPRING TIME
- ROBIN
- RAINCOAT
- RENEWAL
- GARDEN



Unscramble each of the spring-themed words below.

1. RFLWEO _____
2. NBUNY _____
3. RNIA _____
4. TSNERUHSNIE _____
5. BDU _____
6. IPULT _____
7. DAFIFLODO _____
8. ROGADN _____
9. EBREZE _____
10. RSPI GN _____
11. OSLSBOM _____
12. TRPASHUA _____
13. LLOPREN _____
14. RPNIS RSHOWSE _____
15. WENRE _____

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