



May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tech Help with Dan Parker</p> <p>Wednesdays ~ Beginning May 20th! 7:00 p.m. -8:00 p.m. Lions Active Living Centre (Creative Art Studio) - Dorchester</p>	<p>Program Legend</p> <p>(P) – WOW: Phone (G) – Arena Gym (T) – Thorndale Lions Community Centre (W) – Walking Track (LD) – Lions Den (AC) – Activity Centre (CA) - Creative Art Studio (CH) – Lions Community Hall (K) - Kitchen</p>			<p>1 Welland Canal 8:00am</p> <p>Pickleball (G) 7:00am Chair Yoga (T) 9:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm</p>
<p>4</p> <p>Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (CH) 10:30am Chair Yoga (AC) 11:15am Drop-In Art (T) 12:00pm Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm</p>	<p>5</p> <p>Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Euchre (T) 1:00pm Volleyball (G) 2:30pm</p>	<p>6 Foot Care Clinic</p> <p>Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Chair Dancing 11:00am Brain Health Fitness (T) 11am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Bid Euchre (AC) 7:00pm</p>	<p>7 Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm Quilting (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)</p>	<p>8 Spring Hot Meal</p> <p>Pickleball (G) 7:00am Chair Yoga (T) 9:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm</p>
<p>11</p> <p>Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (CH) 10:30am Chair Yoga (AC) 11:15am Drop-In Art (T) 12:00pm Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm</p>	<p>12</p> <p>Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Euchre (T) 1:00pm Book Club (T) 1:00pm Movie Afternoon (LD) 2:00pm Volleyball (G) 2:30pm</p>	<p>13 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Chair Dancing (AC) 11:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Brain Health Fitness (T) 11am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Craft Afternoon (T) 2:00pm Bid Euchre (AC) 7:00pm</p>	<p>14</p> <p>Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm</p>	<p>15</p> <p>Chair Yoga (T) 9:00am Pickleball (G) 7:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm</p>
<p>18</p> <p>VICTORIA DAY CENTRE CLOSED</p> 	<p>19</p> <p>Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Euchre (T) 1:00pm Volleyball (G) 2:30pm</p>	<p>20</p> <p>Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Chair Dancing (AC) 11:00am Brain Health Fitness (T) 11am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Bid Euchre (AC) 7:00pm Tech Help (CA) 7:00pm</p>	<p>21 Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)</p>	<p>22 Chilli Lunch (T) 12:00</p> <p>Chair Yoga (T) 9:00am Pickleball (G) 7:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite Flying (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm</p>
<p>25 Chef Kyle 10:30 am</p> <p>"A Taste of Italy" (K)</p> <p>Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (CH) 10:30am Chair Yoga (AC) 11:15am Drop-In Art (T) 12:00pm Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm Book Club (CA) 2:00pm</p>	<p>26</p> <p>Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Painting Afternoon(CA) 12:00pm Euchre (T) 1:00pm Volleyball (G) 2:30pm</p>	<p>27 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am DrumFit (AC) 9:45am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Chair Dancing (AC) 11:00am Brain Health Fitness (T) 11am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Movie Afternoon (T) 2:00pm Bid Euchre (AC) 7:00pm Tech Help (CA) 7:00pm</p>	<p>28</p> <p>Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm</p>	<p>29 Bid Euchre Tournament</p> <p>Pickleball (G) 7:00am Chair Yoga (T) 9:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite (G) 10:30am Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm</p>

June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (CH) 10:30am Chair Yoga (AC) 11:15am Drop-In Art (T) 12:00pm Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm	2 Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Euchre (T) 1:00pm Volleyball (G) 2:30pm	3 Foot Care Clinic Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am No Brain Health Fitness Today Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	4 Exploring Art (T) 9-11am Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)	5 Pickleball (G) 7:00am Chair Yoga (T) 9:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
8 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (CH) 10:30am Chair Yoga (AC) 11:15am Drop-In Art (T) 12:00pm Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm	9 Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Euchre (T) 1:00pm Volleyball (G) 2:30pm	10 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Chair Dancing (AC) 11:00am No Brain Health Fitness Today! Paint Afternoon (T) 12:30pm Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	11 Exploring Art (T) 9-11am Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates(LD)10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm	12 Strawberry Hot Meal Pickleball (G) 7:00am Chair Yoga (T) 9:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
15 Rhinestone Cowgirls 10:00am Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (CH) 10:30am Chair Yoga (AC) 11:15am Drop-In Art (T) 12:00pm Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm	16 Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Euchre (T) 1:00pm Movie Afternoon (LD) 2:00pm Volleyball (G) 2:30pm	17 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Brain Health Fitness (T) 11am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Bid Euchre (AC) 7:00pm Tech Help 7:00pm	18 Exploring Art (T) 9-11am Pickleball (G) 7:00am No Line Dancing Today Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm Drumming Circle (LD)	19 Pickleball (G) 7:00am Chair Yoga (T) 9:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm
22 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Chair Yoga (T) 9:00am Tai Chi (AC) 9:00am Gentle Yoga (T) 10:00am Strength & Tone (CH) 10:30am Chair Yoga (AC) 11:15am Drop-In Art (T) 12:00pm Quilting (AC) 12:30pm Shuffleboard (LD) 1:00pm Carpet Bowling(CH) 1:00pm Pickleball (T) 1:00pm	23 Chef Kyle 10:30 am "A Taste of Italy" (T) Pickleball (G) 7:00am Pole Walking (T) 9:00am Gentle Pilates (LD) 9:30am Dance Fit (CH) 10:30am Gentle Yoga (AC) 11:00am Pickleball (G) 12:00pm Euchre (T) 1:00pm Volleyball (G) 2:30pm	24 Pickleball (G) 7:00am Strength & Tone (T) 8:45am Mahjong (LD) 9:00am Men's Coffee Hour (T) & Women's Coffee 10:00am Strength & Tone (CH) 10:30am Brain Health Fitness (T) 11am Shuffleboard (LD) 1:00pm Pickleball (T) 1:00pm Canasta (AC) 1:00pm Movie Afternoon (T) 2:00pm Bid Euchre (AC) 7:00pm	25 Exploring Art (T) 9-11am Pickleball (G) 7:00am Line Dancing (LD) 8:30am Stepping Up (CH) 10:30am Gentle Pilates (LD) 10:30am Chair Yoga (AC) 11:15am Pickleball (G) 12:00pm Quilting (T) 1:00pm Kurling (T) 1:00pm Shuffleboard (T) 1:00pm 433 Euchre (AC) 1:00pm Bridge (CH) 1:00pm Women's 2:00pm	26 Summer Luncheon (T) Pickleball (G) 7:00am Chair Yoga (T) 9:00am Dance Fit Flow (T) 9:00am Pitch Card (AC) 9:30am Gentle Yoga (T) 10:00am Indoor Kite 10:30am Flying (G) Tai Chi (T) 10:30am Mahjong (LD) 12:00pm Pickleball (T) 1:00pm Choir (AC) 1:00pm Poker (T) 1:00pm

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Pickleball (G) 7:00am
 Strength & Tone (T) 8:45am
 Chair Yoga (T) 9:00am
 Tai Chi (AC) 9:00am
 Gentle Yoga (T) 10:00am
 Strength & Tone (CH) 10:30am
 Chair Yoga (AC) 11:15am
 Drop-In Art (T) 12:00pm
 Quilting (AC) 12:30pm
 Shuffleboard (LD) 1:00pm
 Carpet Bowling(CH) 1:00pm
 Pickleball (T) 1:00pm

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Pickleball (G) 7:00am
 Pole Walking (T) 9:00am
 Gentle Pilates (LD) 9:30am
 Dance Fit (CH) 10:30am
 Gentle Yoga (AC) 11:00am
 Pickleball (G) 12:00pm
 Euchre (T) 1:00pm
 Pitch Card Game 1:00pm
 Crafting afternoon (CA) 2:00pm
 Volleyball (G) 2:30pm

**Program Legend**

(P) – WOW: Over the Phone
 (G) – Arena Gym
 (T) – Thorndale Lions Community Centre
 (W) – Walking Track
 (LD) – Lions Den
 (AC) – Activity Centre
 (CA) - Creative Art Studio
 (CH) – Lions Community Hall
 (K) - Kitchen