News & Views

November & December 2026

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



WE ACCEPT
VISA MasterCard
DEBIT & CREDIT

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

As I write this message, the fall colours look vibrant and the weather is beautiful! Let's hope these warm, pretty days last as long as possible.
We have a wide variety of classes planned for the winter months to keep everyone busy, active, and socially connected.

Make sure to sign up for the delicious meals, cooking workshops, cupcake decorating class, greeting card making, art workshops, tech lessons, craft sessions and much more! Come by for the movie afternoons to enjoy great entertainment, popcorn and treats. We have blinds for the windows now so you will have the best theatre experience.

We are planning and looking forward to the Christmas Bazaar with loads of vendors, a bake table, lunch counter and tons of great gift ideas for the holiday season!

Gift Certificates Now Available! If you are looking for a gift idea for a friend or neighbour or need to give family members an idea of what to buy for you, this may be the answer. We are now offering the opportunity to purchase gift certificates for memberships, programs, and bus trips.

We will be planning the bus trips for 2027 soon. If you have ideas/suggestions of interesting places to visit, shows/sporting events you would like to attend or hidden gems, we would love to hear from you!

Yours truly,
Karen Gress

For Your Information

Membership Fees

Please note: The membership fee for 2027 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 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 Horray!

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
   - Chair Yoga: 8511178#

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

'The Art of Collage' Workshop

with Aveleen Schinkel

Friday November 27th 1:00 p.m. – 4:00 p.m.

Learning the creative technique of collage through various textures to create a story.

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 this workshop 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

Winter Fest

Friday, November 6, 2026, at 12:00 p.m.
Lions Active Living Centre in Dorchester

Menu: Roast Beef, Mashed Potatoes, Vegetables, Coleslaw, Buns with Butter, Tea/Coffee, Juice, and Cake for Dessert.

Musical Entertainment: Choristers

Cost: $25.00



Christmas Hot Meal

Friday, December 4, 2026, at 12:00 p.m.
Lions Active Living Centre in Dorchester

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

Musical Entertainment: Gord Bell

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.

Soup & Social Luncheons - Thorndale

Creamy Turkey Pumpkin Chilli Social

Thursday, November 19, 2026 at 12noon
Thorndale Lions Community Centre

Menu: Creamy Turkey Pumpkin Chilli, Dinner Roll with Butter, Tea/Coffee, Punch, and Fall Spice Cake for Dessert

Cost: $15.00





Cranberry Apple Beef Stew Social

Thursday, December 17, 2026 at 12noon
Thorndale Lions Community Centre

Menu: Cranberry Apple Beef Stew, Dinner Roll with Butter, Tea/Coffee, Punch, and Maple Pecan Cake for Dessert

Cost: $15.00





Tech Help with Dan Parker – In-Person

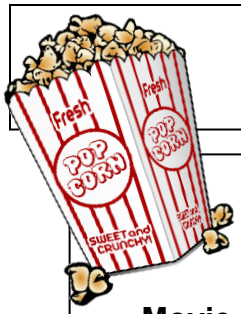
Mastering Modern Technology: A Comprehensive Guide for Seniors

Join Dan Parker for this comprehensive course and take control of your digital world with confidence! Whether you're new to technology or looking to expand your skills, this course offers practical, hands-on learning to help you stay connected in today's tech-driven world. This class consists of six one-hour sessions



Date: Wednesdays ~ Beginning October 29th
Time: 7:00 p.m. – 8:00 p.m. (the last class will be 2 hours)
Location: Thorndale Community Centre (Meeting Rm#1)
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.
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

"Practical Magic 2"

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

Movie Overview: Return to a world steeped in moonlit mischief and powerful ancestral magic, as the Owens sisters must confront the dark curse that threatens to unravel their family once and for all in a must-see cinematic event of fun, magic and mayhem.

Stars: Sandra Bullock, Nicole Kidman, Joey King, Stockard Channing and Dianne West.



Tenzing

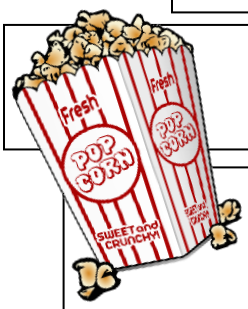
Tuesday, December 8, 2026 @ 2:00 p.m.

Movie Overview: A gifted Himalayan Sherpa climber who dreams of scaling the world's highest peak. Unlike the British climbing team led by Colonel John Hunt and New Zealand mountaineer Esmund Hillary, who view Mount Everest as a challenge to be conquered, Tenzing reveres the sacred mountain as Chomolungma, the mother of goddess.

Stars: Genden Phuntsok, Tom Hiddleston, Willem Dafoe, Caitriona Balfe.



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

'The Thursday Murder Club'

Thursday, November 12th, 2026 @ 1:00 p.m.

Movie Overview: The Thursday Murder Club is a charming mystery-comedy about four friends living in a retirement community who meet every Thursday to investigate old, unsolved murders for fun. When a real murder happens right in their community, their hobby suddenly becomes much more serious. The four friends decide to investigate themselves, using their life experience, cleverness, and connections.

Stars: Helen Mirren, Pierce Brosnan, Ben Kingley, and Celia Imrie



'The Life List'

Thursday, December 3rd, 2026 @ 1:00 p.m.

Movie Overview: "When a young woman's mother dies, she is given a challenge: complete the childhood bucket list her mother created before she can receive her inheritance. As she works through the list – trying new things, reconnecting with people and confronting parts of her past, she begins to discover more about her mother love, family and what she really wants in life.

Stars: Sofia Carson, Kyle Allen, Sebastian DeSouza, Connie Britton, Jose Zuniga



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 December 28th – Christmas Break.***

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 clothes. This 8-week session will begin on November 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 December 28th – Christmas Break.***

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 November 2nd at a cost of $60.00 members/$70.00 for non-members (three times a week is $147.00/$157.00). Pay-as-you-go is $9.00 members/$11.00 non-members. ***No class December 28th – Christmas Break.***

CHAIR YOGA – 11:15 a.m. – 12:05 p.m. Every Monday in person with our certified 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 November 2nd and is $42.00 members/$52.00 non-members. Pay-as-you-go is $7.00 members/$9.00 non-members. ***No class December 21st – Instructor Vacation & December 28th – Christmas Break.***

STITCH & CHATTER – 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 December 28th – Christmas Break.***

PITCH CARD GAME – 1:00 p.m. – 3:00 p.m. a classic 17th-century trick-taking card game derived from All Fours. Played with 3 to 8 players using a standard 52-card deck, the objective is to bid on and win specific point-scoring cards and tricks during each round rather than just collecting the most tricks. First four days will be free for members. ***No cards December 28th – Christmas Break***

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 December 28th – Christmas Break.***

Dorchester Weekly Programs Continued

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 December 28th – Christmas Break.***

TUESDAY

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 on December 29th – Christmas Break.***

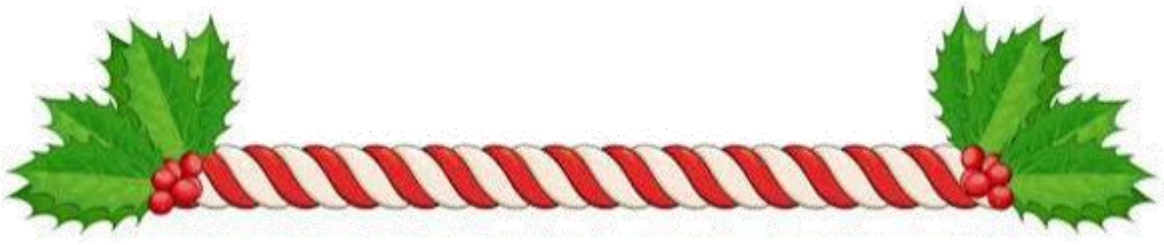
GENTLE PILATES – 9:30 a.m. – 10:30 a.m. with certified instructor Laura Lea Devine. ***Pilates will be held in the Lions Den.*** Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 8-week session begins November 3rd. The cost is $80.00 members/$90.00 non-members (twice a week is $142.00/$152.00). Pay-as-you-go is $12.00 members/$14.00 non-members. ***No Class December 29th – Christmas Break.***

MOVEMENT & MEMORY - 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. **M&M (Movement and Memory) will be in the Lions Community Hall.** A fun and welcoming fitness class for all! This class will work on walking, strengthening, balance, and flexibility, all activities to change and improve your body and brain. This 8-week course begins November 3rd 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 December 29th – Christmas Break.***

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 8-week course begins November 3rd at a cost of $56.00 for members and $66.00 for non-members or pay-as-you-go is $9.00 for members and $11.00 for non-members. ***No Class – December 29th – Christmas Break.***

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 December 29th – Christmas Break.***

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. ***No Kurling December 29th – Christmas Break.***



Dorchester Weekly Programs Continued

TUESDAY

VOLLEYBALL – 2:30 p.m. – 4:30 p.m. in the gymnasium. Fee is $4.00 members and $6.00 non-members. 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+. ***No Volleyball December 29th – Christmas Break.***

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 November 11th – Remembrance Day & December 30th – Christmas Break.***

MAHJONG – 9:15 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 9:15 a.m. 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 9:15 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 November 11th – Remembrance Day & December 30th – Christmas Break.***

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 7-week session will begin November 4th at a cost of $52.50 members/$62.50 for non-members (three times a week is $147.00/$157.00). Pay-as-you-go is $9.00 members and $11.00 for non-members. ***No Class November 11th – Remembrance Day & December 30th – Christmas Break.***

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**. No Class November 11th – Remembrance Day & December 30th – Christmas Break.

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 Class November 11th – Remembrance Day & December 30th – Christmas Break.***

THURSDAY

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 December 24th – Christmas Eve & December 31st – New Years Eve***.



Dorchester Weekly Programs Continued

THURSDAY

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. **In the Lions Den.** Learn the basic steps beginning November 5th. 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 6-week session is $24.00 for members & $34.00 for non-members and begins on November 5th. Pay as you go $6.00 for members and $8.00 for non-members. ***No Class December 17th – Instructor Vacation, December 24th – Christmas Eve & December 31st – New Years Eve.***

STEPPING IT UP – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford in the Lions Community Hall. Build strength, boost energy, and improve balance with simple, low-impact step routines. No experience needed—just bring a smile and get moving! This 7-week course begins November 5th at a cost of $49.00 members/$59.00 non-members. Pay-as-you-go is $9.00 for members and $11.00 for non-members. ***No Class December 24th – Christmas Eve & December 31st – New Years Eve.***

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 7-week session begins November 5th. The cost is $70.00 members/$80.00 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 $142.00 members/$152.00 non-members. ***No Class December 24th – Christmas Eve & December 31st – New Years Eve.***

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 November 5th at a cost of $42.00 members/$52.00 non-members. Pay-as-you-go is $7.00 members / $9.00 non-members. ***No Class December 24th – Christmas Eve & December 31st – New Years Eve.***

PICKLEBALL – 12:00 p.m. – 2:30 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 December 24th – Christmas Eve & December 31st – New Years Eve.***

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. ***No Bridge December 24th – Christmas Eve & December 31st – New Years Eve.***

BADMINTON – 2:30 p.m. – 4:30 p.m. in the gymnasium. Fee is $4.00 members and $6.00 non-members. Badminton is a team or a single person sport in which the two side are separated by a net. Each team tries to score points by grounding a birdie on the other team's court under organized rules. Enjoy this fun game with other folks who are 50+. ***No Badminton December 24th – Christmas Eve & December 31st – New Years Eve.***

Dorchester Weekly Programs Continued

FRIDAY

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 December 25th – Christmas Day & January 1st – New Years Day.***

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 December 25th – Christmas Day & January 1st – New Years Day.***

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. N***o Mahjong December 25th – Christmas Day & January 1st – New Years Day.***

CHOIR PRACTICE – 1:00 p.m. – 3:00 p.m. Held in the Activity Centre. New members welcome! This friendly, musical group will get together every Friday to practice and go on sing-outs to other Centre's & Retirement Homes. ***No Choir December 25th – Christmas Day & January 1st – New Years Day.***

STRENGTH & TONE FOR ACTIVE AGERS – 10:30 a.m. – 11:30 a.m. **This class will be in the 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 6-week session will begin November 6th at a cost of $45.00 members/$55.00 for non-members (three times a week is $147.00/$157.00). Pay-as-you-go is $9.00 members and $11.00 for non-members. ***No Class November 20th – Instructor Vacation, December 25th – Christmas Day & January 1st – New Years Day.***

Christmas Card Making Workshop with Jane Mohs

Make these 3 beautiful cards
Tuesday, November 17th
1:00 p.m. - 3:30 p.m.
In the Art Studio ~ Dorchester
$30.00 members/$40.00 non-members
All supplies included.
Register as soon as possible. Limited spots available.



Christmas Cupcake Wreath for Beginners

Learn how to pipe buttercream and make fondant decorations for a Christmas Cupcake Wreath.

Bring an apron and 12 cupcakes – any flavour.
Cupcakes should be in cupcake liners.
All other supplies will be provided.



Instructor: Gail Hankinson



Monday, December 7, 2026
9:00 a.m. – 12:00 p.m.

Kitchen in the Lions Active Living Centre

$20.00 members, $30.00 non-members.

Maximum of 6 people.

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 November 2nd at a cost of $60.00 members/$70.00 for non-members (three times a week is $147.00/$157.00). Pay-as-you-go is $9.00 members/$11.00 non-members. ***No Class December 28th – Christmas Break.***

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 8-week session begins November 2nd. The cost is $48.00 members/$58.00 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 December 28th – Christmas Break.***

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 8-week course begins November 2nd at a cost of $56.00 members and $66.00 for non-members or pay-as-you-go is $9.00 for members and $11.00 for non-members. ***No Class December 28th – Christmas Break.***

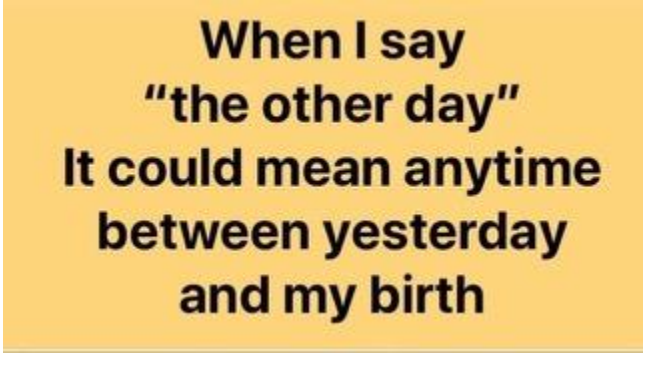
PICKLEBALL – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome! You must be a member to play. Bring a paddle and join in while learning new skills. The cost is $3.00 for members. ***No Pickleball December 28th – Christmas Break.***

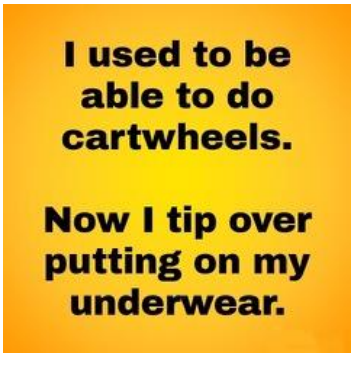
TUESDAY

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. ***No Pole walking December 29th –Christmas Break.***

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! ***No Euchre December 29th – Christmas Break.***







Thorndale Weekly Programs Cont.

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 7-week session will begin November 4th at a cost of $52.50 members/$62.50 for non-members (three times a week is $147.00/$157.00). Pay-as-you-go is $9.00 members and $11.00 for non-members. ***No Class November 11th – Remembrance Day & December 30th – Christmas Break.***

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. ***No Coffee Hour November 11th – Remembrance Day & December 30th – Christmas Break.***

PICKLEBALL – 1:00 p.m. – 2:50 p.m. **in the gym.** Welcome new players. Members only. Bring a paddle and join in while learning new skills. The cost is $3.00 for members. ***No Pickleball November 11th – Remembrance Day & December 30th – Christmas Break.***

THURSDAY

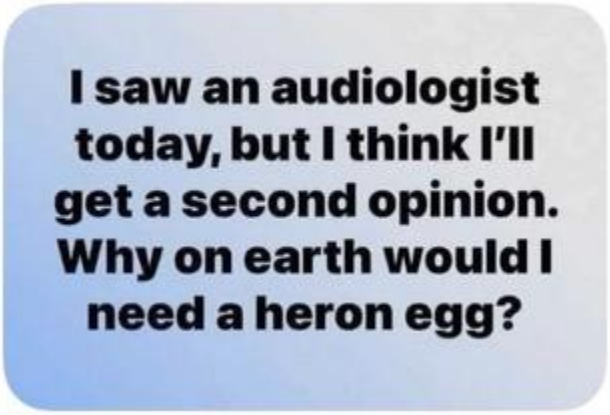
KURLING – New Members Welcome! 1:00 p.m. – 3:00 p.m. **in the Gym**. Kurling is a form of the original curling game but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. The cost is $4.00 for members and $6.00 for non-members. ***No Kurling December 24th – Christmas Eve & December 31st – New Years Eve.***

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 December 24th & December 31st – Christmas Break.***

GENTLE PILATES – 1:15 p.m. – 2:15 p.m. **Pilates will be in the Meeting Room #3.** Certified Pilates instructor Cheryl Elliott 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 7-week session begins November 5th. The cost is $70.00 members/$80.00 non-members. Pay-as-you-go is $12.00 members/$14.00 non-members. ***No Pilates December 24th – Christmas Eve & December 31st – Christmas Break.***







Thorndale Weekly Programs Cont.

FRIDAY

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 6-week session will begin November 6th at a cost of $45.00 members/$55.00 for non-members (three times a week is $147.00/$157.00). Pay-as-you-go is $9.00 members/$11.00 non-members. ***No Class November 20th – Instructor Holiday, December 25th – Christmas Day & January 1st – New Years Day.***

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 November 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. ***No class December 25th – Christmas Day & January 1st – New Years Day.***

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 November 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 December 25th – Christmas Day & January 1st – New Years Day.***

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 clothes. This 7-week session will begin on November 6th and is $49.00 members/$59.00 non-members. Pay-as-you-go is $9.00 for members and $11.00 for nonmembers. ***No class December 25th – Christmas Day & January 1st – New Years Day.***

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 Poker December 25th – Christmas Day & January 1st – New Years Day.***

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 December 25th – Christmas Day & January 1st – New Years Day.***

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.

Starbright Christmas Show – Friday, November 20, 2026. Depart: 10:00 a.m. Return: 6:30 p.m. $165.00 members/$175.00 non-members. Take a ride on a luxury coach bus to the town of Petrolia, savour a delicious lunch at Actor's Casual Dining (Starter: House Salad. Choice one of the following entrees: Reuben Sandwich, Actors Farmhouse Burger, Gyro, Soup/Salad/Sandwich, Cranberry Clubhouse, Watermelon Feta Salad or 1 Piece Fish & Chips. Beverage & Dessert included. *Please give us your entree order when you sign up*) and be dazzled at Victoria Playhouse while watching the "Starbright Christmas" show. These festive, high-energy musical features holiday sets, live professional musicians, heartwarming storytelling, a mix of traditional carols, comedy and stunning costumes.

CHEF KYLE IS BACK!!!

A premium bread making experience

Dorchester Active Living Centre

Monday, November 16th @ 10:30 a.m.

Thorndale Community Centre

Tuesday, November 17th @ 10:30 a.m.



Wow your guests this Christmas!

Focaccia with Rosemary	Whole Wheat Country Loaf
Honey Oat Loaf	Sweet Cornbread
Pasta Machine Flatbread	Za'Taar

$60.00

Sign-up by calling 519-268-7334 Karen (708), Kayla (728) or Dayna (730) or by emailing kgress@thamescentre.on.ca, ksmall@thamescentre.on.ca or dbarons@thamescentre.on.ca

The Classic Jigsaw Puzzle Joke

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."
Her neighbor asks, "What is it supposed to be when it's finished?"
The little silver-haired lady says, "According to the picture on the box, it's a rooster."
Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.
He studies the pieces for a moment, then looks at the box, then turns to her and says,
"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."
He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh...
"Let's put all the Corn Flakes back in the box."

Creative Art Studio Programs

EXPLORE AND CREATE - with Penny IN THE ART SHED: The following Thursdays on November 12, 19, and 26 will give you five hours to create and experiment in community with others from 10am - 3pm. Bring your snacks, lunch, refreshments along with your curiosity and creativity. You can work on your own project, or experiment on the art focus of the month. The focus during November will be exploring our new bookcase full of art books and magazines, quilt books and patterns, embroidery and other needlework books. You can make notes of ideas you may glean from the reading material.... or even get started on a project from the magazines and books.
Fee:$4.00/person
Materials available for your use (ie. paper, pens, paint, brushes, markers, pencils, erasers).
Register with Karen (519.268.7334 ext. 708) or Kayla (519.268.7334 ext. 728)."

Write on Right Now ~ NEW! Starting November 5th – 1:30 p.m. – 3:00 p.m. with Penny Wearne in the ART SHED. Free for members of the Active Living Centre.
On the first Thursday afternoon of November you can check in at the Active Living Centre's Art Shed, meet other writers, then settle down to write... just write. No distractions. No devices. No conversations. Just time to write for a full hour in the community of others. At the end of the hour, writers can chat, check out, and then head home.
To registration and for more information call or email Karen or Kayla at 519-268-7334 ext. 728 (Kayla), 708 (Karen), ksmall@thamescentre.on.ca, or kgress@thamescentre.on.ca.

Diving into Coloured Pencil with Beth Stewart All-Day Workshop - Monday, December 7th - 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. See Beth's work at: www.bethstewart.ca. At this workshop you will be working on still life drawings and building on skills you learned at the previous workshop.



Knotted Theory Felting Workshops with Natashja Spenler ~ Art Studio - Dorchester Gnome ~ Tuesday, November 24th, 10 a.m. - 12:30 p.m.
$60.00 members/$70.00 non-members

Watercolours Painting Classes with Susan Graham
Fridays 9:00 a.m. -11:00 a.m.
2-week series: Nov 6th and Nov 13th
$55.00 members/$65.00 non-members
Supplies Provided

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 2026/2027 meeting dates are as follows: November 2nd, 9th, January 11th, 25th, February 8th, 22nd, March 8th, and 22nd. If you would like to drop in to meet our magic Yarn Chapter Leader, Crystal Fallis and see a workshop in action, come to the Lions Den at the Active Living Centre during on of our workshops.



Monthly Programs & Workshops

Dorchester Monthly Crafting & Painting Classes

"Winter Porch Pot"
Wednesday, November 18th @ 2 p.m.
In the Creative Art Studio
Cost $15.00 Members
$25.00 Non-Members
Registration is required by Nov 10th.
Bring your own pot or one can be provided.



"Highland Christmas Cow"
Tuesday, December 15th @ 2 p.m.
In the Creative Art Studio
Cost $25.00 Members
$35.00 Non-Members
Registration is required by October 19th.



Thorndale Monthly Crafting & Painting Classes

"Christmas Wood Door Signs"
Thursday November, 26th @ 2 p.m.
In Meeting Room #3
Cost $15.00 Members
$25.00 Non-Members
Registration is required by November 19th



"Holiday Barn" Painting
Thursday, December 10th @ 12 p.m.
In Meeting Room #3
Cost $25.00 Members
$35.00 Non-Members
Registration is required by December 3rd



Dorchester Book Club

The group will meet once a month on the **last Monday** of the month (unless rescheduled) at **2:00 p.m**. to discuss the chosen book.

November 30th – *The Night We Lost Him*
December 21st – *Haven*
January 25th – *The Hotel Nantucket*
February 22nd – *The Spoon Stealer*

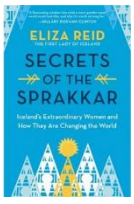
If you are interested in joining the book club or have questions, please email ksmall@thamescentre.on.ca or call 519-268-7334 ext. 728

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

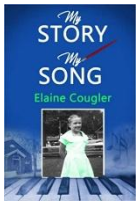
Thorndale Book Club

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.



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

Meeting 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

Meeting 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

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

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.

Adult/Senior Skate
Mondays & Thursdays
10 a.m. – 10:50 a.m.
$4.00 per person
Dorchester Arena – South Ice Pad
Begins: September 14th

Women's Drumming Circle

Leader: Shelia Shorrell
1st and 3rd Thursdays of the month
Beginning: September 17th
Lions Den
2:00 p.m. – 3:30 p.m.

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



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.

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

Low Impact Interval Training & Toning (LIITT)

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

VON BLOOD PRESSURE CLINIC
** Thorndale **

The Clinic is run by trained volunteers, and the program is entirely free for clients.

It is run on the 2nd & 4th Wednesday of Every Month in the Lobby of the Thorndale Community Centre.

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 Dat 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.

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.

Word Scramble Answers

IGLOOS IT TOGETHER

1. ICEBERG
2. SNOWING
3. CURLING
4. ZAMBONI
5. SNOWMAN
6. FREEZES
7. HOLIDAY
8. SWEATER
9. BLANKET
10. SNOW GOGGLES
11. PENGUIN
12. SKATING
13. ICE FISHING
14. MITTENS
15. JANUARY

Recipe from the Centre's Kitchen

Lemon Blueberry Cheesecake

Base Ingredients

- 3 cups graham crack crumbs
- ¾ melted butter



Filling Ingredients

- 2 blocks of cream cheese softened
- 1 cup sugar
- 1/3 cup lemon juice
- 1 cup milk
- 1 box instant lemon pudding

Topping Ingredients

- 1 can Blueberry pie filling
- Cool whip

Directions

Spray your 9x13 pan with cooking spray. Mix your graham cracker crumbs and melted butter in the pan and press down to make the base. Place it in the fridge to set while you make the filling. Add soften cream cheese and sugar to mixing bowl, once mixture is smooth add lemon juice, milk and instant lemon pudding mix to the same bowl. Mix until it is incorporated. Spread filling over your graham cracker base, top with blueberry pie filling and finally add cool whip to the top. You can serve this delicious dessert cool or frozen.

Driving Safely into Your Senior Years

Join guest speaker Kristy Kastelic for an informative afternoon of driving safety at the Active Living Centre in Dorchester on December 9th at 2 p.m.



- Trends and statistics for older drivers
- Over 80 Licence Renewal process
- Common risk factors that may affect driving
- Safe driving tips
- Review of the rules of the road

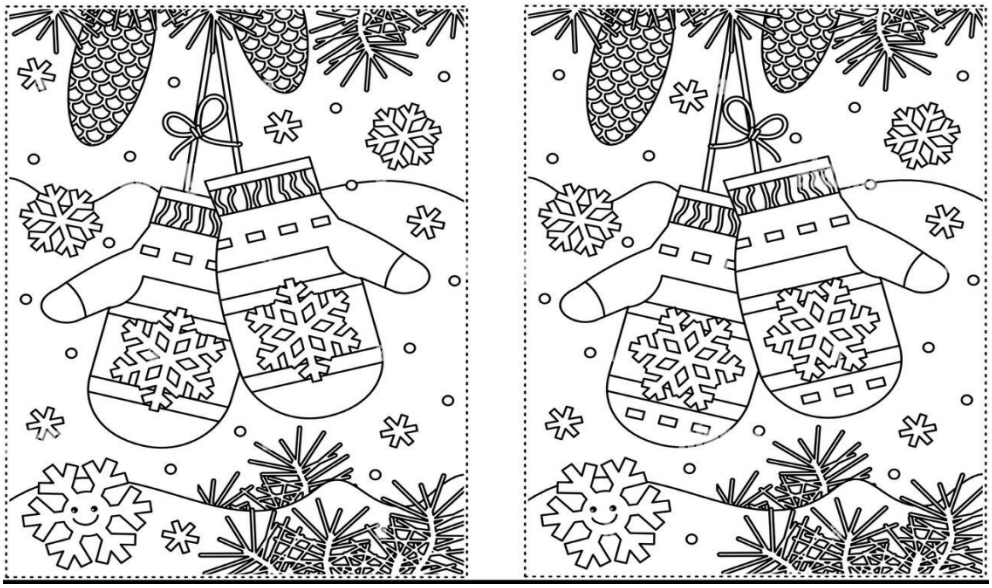
Sign up by contacting Karen (708), Kayla (728) or Dayna (730) at 519-268-7334 or by emailing kgress@thamescentre.on.ca, ksmall@thamescentre.on.ca or dbarons@thamescentre.on.ca





For Your Entertainment 😊

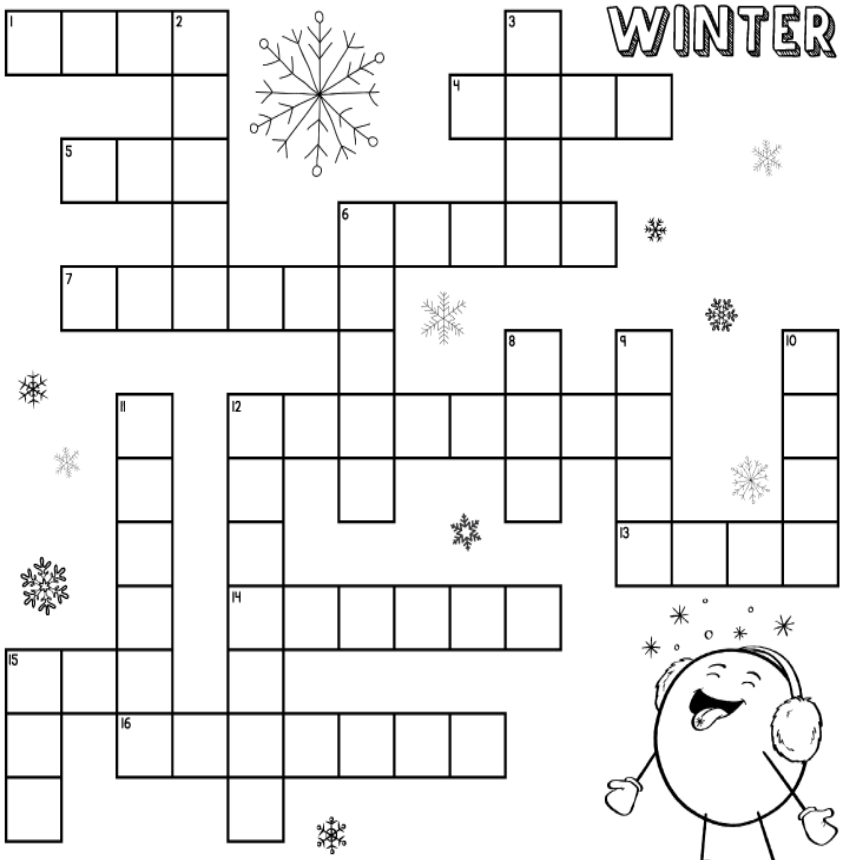
Find the ten differences between the two pictures.



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

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

WINTER



ACROSS

1. soft, white pieces of frozen water that falls to the ground
4. opposite of hot
5. to move on snow with long narrow strips attached to the feet
6. footwear in the winter
7. Dress warm so you don't ____.
12. children like to throw one of these
13. "The snow is 2 feet ____."
14. the coldest season of the year
15. frozen water
16. "We like to go ____ on the pond in the winter."

DOWN

2. the color of fresh snow
3. a piece of clothing worn to keep warm
6. "The temperature fell ___ zero last night."
8. a covering to keep the head warm
9. an outdoor winter toy for kids to slide down snowy hills
10. Be careful not to __ and fall on the ice.
11. special shoes for ice
12. a model of a person made with snow
15. In the winter, the roads can be ___.

Winter Word Scramble

7 letter words

BRECGIE

GIWSONN

NULRGCI

AZMNBIO

NMWONAS

ERFEZSE

OYLAIHD

ESTRWAE

LNTKABE

NWSO GELSOGG

IPNUENG

KTAIGSN

ECI IHNIFSG

NSITTME

AAYNJUR



How does a penguin build its house?

Tree Valley Academy

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

DONATIONS OF

Baked Goods



A fundraiser for the Lions Active Living Centre

We need donations of baked goods for the Christmas Bazaar. Baking can brought in anytime from now until the Bazaar. We will be freezing everything.

Thank you in advance for your generosity

Lions Active Living Centre

CHRISTMAS Bazaar

Saturday, November 14, 2026

9 a.m. - 1 p.m.



Crafts | Signs | Treasures | Books | Puzzles | Jewelry | Homemade Cards
Christmas Decorations | Baked Goods | Knitting & Crocheted Items

Enjoy beef on a bun and mch more at the lunch counter.

Interested in being a Vendor? Call 519-268-7334 ext. 708 or ext. 728 for more information!

Lions Active Living Centre - 2066 Dorchester Road, Dorchester N0L 1G3

Breathe, Focus, Be Present

MINDFULNESS WORKSHOP

with Cheryl Elliott

Unlock the Power of Mindfulness



Activity Centre Room
(Active Living Centre Dorchester)
Monday, November 30th
Monday, December 21st
Time: 10:15am-11:00am

Thorndale Community Centre
(Meeting Room #3)
Tuesday November 10th
Tuesday Novmeber 17th
Tuesday December 8th

Cost: $10.00 per workshop

What You'll Experience:

- Reduced stress and anxiety
- Improved focus and memory
- Better emotional regulation
- Enhanced sleep quality
- A greater sense of calm, connection and overall wellbeing

Calm Your Mind:

Practising mindfulness can support memory, emotional regulation, and overall cognitive flexibility making it very important for health aging

Take the first step towards a mindful life today!

To sign-up call 519-268-7334 Karen (708) or Kayla (728) or email kgress@thamescentre.on.ca or ksmall@thamescentre.on.ca

My Favourite Things

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.
Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.
When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.
Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favourite things.
Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

Soup Social

THURSDAY NOVEMBER 19TH 12PM

$15.00 per Person



ON THE MENU:
CREAMY TURKEY PUMPKIN CHILLI WITH A DINNER ROLL, TEA, COFFEE, AND PUNCH, AND FALL SPICE CAKE FOR DESSERT

CONTACT DAYNA TO SIGN-UP AT 519-268-7334 EXT 730 OR BY EMAIL AT DBARONS@THAMESCENTRE.ON.CA

WinterFest ROAST BEEF

Hot Meal



FRIDAY, NOVEMBER 6/26
12:00 NOON

$25.00

ENTERTAINMENT:
DORCHESTER CHOIR

Menu: Roast Beef, Mashed Potatoes, Vegetables, Gravy, Coleslaw, Dinner Roll with Butter, Tea/Coffee, Juice, and Cake for Dessert.

Lions Active Living Centre, 2066 Dorchester Road, Dorchester ON