

# MARCH 2023

**PLEASE NOTE THAT CLASSES ARE SUBJECT TO CHANGE.**

**CALL 519 256 4854 for inquiries.**

Kitchen and access to computers are open daily from 9:15 am – 3:00 pm

		Wednesday, March 1	Thursday, March 2	Friday, March 3
		<p><b>In Person Classes</b>            10am - 11am: Aquafit at Aquatic Centre            10am - 11am: Equipment Workout at Aquatic Centre            10:30am - Noon: Writing Group            Noon - 12:45pm: ZUMBA Gold            1pm - 3pm: Art – Sculpture            1pm – 2:30pm: Aikido at 1089 Tecumseh Rd E</p> <p><b>Virtual Zoom Classes</b>            7pm - 8pm: Forgiving Ourselves            8pm – 9pm: Boundaries</p>	<p><b>In Person Classes</b>            10am – Noon: Ceramics            1pm – 3pm: Leamington Group            1pm – 2pm: Loneliness            2pm - 3pm: Have Fun With Virtual Travel</p> <p><b>Virtual Zoom Classes</b>            11am - Noon: Yoga</p>	<p><b>In Person Classes</b>            9:30am – 11:30am: Sewing            10am – 11am: Forgiveness            10:30am – 11:30am: Circuit Training MHC 2<sup>nd</sup> Floor            11:30am – 12:30pm: Karaoke            12:30pm – 2:30pm: Knit &amp; Crochet            1pm – 2pm: Games &amp; Activities</p> <p><b>Virtual Zoom Classes</b>            Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)</p>
<b>Monday, March 6</b>	<b>Tuesday, March 7</b>	<b>Wednesday, March 8</b>	<b>Thursday, March 9</b>	<b>Friday, March 10</b>
<p><b>In Person Classes</b>            10am - 11am: Aquafit at Aquatic Centre            10am – 11am: Equipment Workout at Aquatic Centre            11am - Noon: Healthy Relationships            1pm - 2pm: Boundaries</p> <p><b>Virtual Zoom Classes</b>            3:10pm - 3:40pm: ZUMBA Gold Seated            7pm - 8pm: Triggers - Healthy/Unhealthy Distractions            8pm - 9pm: The Myths and Misunderstandings of Grief</p>	<p><b>In Person Classes</b>            10am - Noon: Ceramics            10:30am - 11:30am: Yoga            Noon – 1pm: Jeopardy Game            1pm - 3pm: Leamington Group            1pm - 2pm: Gratitude            2pm – 3pm: Circuit Training MHC 2<sup>nd</sup> floor</p>	<p><b>In Person Classes</b>            10am - 11am: Aquafit at Aquatic Centre            10am – 11am: Equipment Workout at Aquatic Centre            10:30am - Noon: Writing Group            Noon - 12:45pm: ZUMBA Gold            1pm - 3pm: Art – Sculpture            1pm – 2:30pm: Aikido at 1089 Tecumseh Rd E            6:30 pm– 9pm Family Support Group Meeting</p> <p><b>Virtual Zoom Classes</b>            7pm - 8pm: Forgiving Ourselves            8pm – 9pm: Boundaries</p>	<p><b>In Person Classes</b>            10am – Noon: Ceramics            1pm – 3pm: Leamington Group            1pm – 2pm: Loneliness            2pm - 3pm: Have Fun With Virtual Travel</p> <p><b>Virtual Zoom Classes</b>            11am - Noon: Yoga            7pm – 8:30pm: Page Turner Book Club</p>	<p><b>In Person Classes</b>            9:30am – 11:30am: Sewing            10am – 11am: Forgiveness            10:30am – 11:30am: Circuit Training MHC 2<sup>nd</sup> Floor            11:30am – 12:30pm: Karaoke            12:30pm – 2:30pm: Knit &amp; Crochet            1pm – 2pm: Games and Activities</p> <p><b>Virtual Zoom Classes</b>            Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)</p>
<b>Monday, March 13</b>	<b>Tuesday, March 14</b>	<b>Wednesday, March 15</b>	<b>Thursday, March 16</b>	<b>Friday, March 17</b>
<p><b>In Person Classes</b>            10:00 am – 11:00 am: Equipment workout at Aquatic Centre            11am - Noon: Healthy Relationships            1pm - 2pm: Boundaries  <b>Aquafit - Cancelled</b></p> <p><b>Virtual Zoom Classes</b>            3:10 pm - 3:40 pm: ZUMBA Gold Seated            7pm - 8pm: Triggers - Healthy/Unhealthy Distractions            8pm - 9pm: The Myths &amp; Misunderstandings of Grief</p>	<p><b>In Person Classes</b>            10am - Noon: Ceramics            10:30am - 11:30am: Yoga            Noon – 1pm: Jeopardy Game            1pm - 3pm: Leamington Group            1pm - 2pm: Gratitude            2pm – 3pm: Circuit Training MHC 2<sup>nd</sup> floor</p>	<p><b>In Person Classes</b>            10am – 11am: Equipment Workout at Aquatic Centre            10:30am - Noon: Writing Group            Noon - 12:45pm: ZUMBA Gold            1pm - 3pm: Art – Finishing Projects            1pm – 2:30pm: Aikido at 1089 Tecumseh Rd E  <b>Aquafit - Cancelled</b></p> <p><b>Virtual Zoom Classes</b>            7pm - 8pm: Forgiving Ourselves            8pm – 9pm: Boundaries</p>	<p><b>In Person Classes</b>            10am – Noon: Ceramics            1pm – 3pm: Leamington Group            1pm – 2pm: Loneliness            2pm - 3pm: Have Fun With Virtual Travel</p> <p><b>Virtual Zoom Classes</b>            11am - Noon: Yoga</p>	<p><b>In Person Classes</b>            9:30am – 11:30am: Sewing            10am – 11am: Forgiveness            10:30am – 11:30am: Circuit Training MHC 2<sup>nd</sup> Floor            11:30am – 12:30pm: Karaoke            12:30pm – 2:30pm: Knit &amp; Crochet            1pm – 2pm: Games and Activities</p> <p><b>Virtual Zoom Classes</b>            Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)</p>
<b>Monday, March 20</b>	<b>Tuesday March 21</b>	<b>Wednesday, March 22</b>	<b>Thursday, March 23</b>	<b>Friday, March 24</b>
<p><b>In Person Classes</b>            10am - 11am: Aquafit at Aquatic Centre            10am – 11am: Equipment Workout at Aquatic Centre            11am - Noon: Healthy Relationships            1pm - 2pm: Boundaries</p> <p><b>Virtual Zoom Classes</b>            3:10pm - 3:40pm: ZUMBA Gold Seated            7pm - 8pm: Triggers - Healthy/Unhealthy Distractions            8pm - 9pm: The Myths and Misunderstandings of Grief</p>	<p><b>In Person Classes</b>            10am - Noon: Ceramics            10:30am - 11:30am: Yoga            Noon – 1pm: Jeopardy Game            1pm - 3pm: Leamington Group            1pm - 2pm: Gratitude            2pm – 3pm: Circuit Training MHC 2<sup>nd</sup> floor</p>	<p><b>In Person Classes</b>            10am - 11am: Aquafit at Aquatic Centre            10am – 11am: Equipment Workout at Aquatic Centre            10:30am - Noon: Writing Group            Noon - 12:45pm: ZUMBA Gold            1pm - 3pm: Art - Watercolour            1pm – 2:30pm: Aikido at 1089 Tecumseh Rd E</p> <p><b>Virtual Zoom Classes</b>            7pm - 8pm: Forgiving Ourselves            8pm – 9pm: Boundaries</p>	<p><b>In Person Classes</b>            10am – Noon: Ceramics            1pm – 3pm: Leamington Group            1pm – 2pm: Loneliness            2pm - 3pm: Have Fun With Virtual Travel</p> <p><b>Virtual Zoom Classes</b>            11am - Noon: Yoga            7pm – 8:30pm: Page Turner Book Club</p>	<p><b>In Person Classes</b>            9:30am – 11:30am: Sewing            10am – 11am: Forgiveness            10:30am – 11:30am: Circuit Training MHC 2<sup>nd</sup> Floor            11:30am – 12:30pm: Karaoke            12:30pm – 2:30pm: Knit &amp; Crochet            1pm – 2pm: Games and Activities</p> <p><b>Virtual Zoom Classes</b>            Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)</p> <p><b>PAINT CLASS IS SATURDAY March 25th            6:30 pm - 8:30pm</b></p>
<b>Monday, March 27</b>	<b>Tuesday March 28</b>	<b>Wednesday, March 29</b>	<b>Thursday, March 30</b>	<b>Friday, March 31</b>
<p><b>In Person Classes</b>            10am - 11am: Aquafit at Aquatic Centre            10am – 11am: Equipment Workout at Aquatic Centre            11am - Noon: Healthy Relationships            1pm - 2pm: Boundaries</p> <p><b>Virtual Zoom Classes</b>            3:10pm - 3:40pm: ZUMBA Gold Seated            7pm - 8pm: Triggers - Healthy/Unhealthy Distractions            8pm - 9pm: The Myths and Misunderstandings of Grief</p>	<p><b>In Person Classes</b>            10am - Noon: Ceramics            10:30am - 11:30am: Yoga            Noon – 1pm: Jeopardy Game            1pm - 3pm: Leamington Group            1pm - 2pm: Gratitude            2pm – 3pm: Circuit Training MHC 2<sup>nd</sup> floor</p>	<p><b>In Person Classes</b>            10am - 11am: Aquafit at Aquatic Centre            10am – 11am: Equipment Workout at Aquatic Centre            10:30am - Noon: Writing Group            Noon - 12:45pm: ZUMBA Gold            1pm - 3pm: Art - Watercolour</p> <p><b>Virtual Zoom</b>  <b>Classes cancelled</b></p>	<p><b>In Person Classes</b>            10am – Noon: Ceramics            1pm – 3pm: Leamington Group            1pm – 2pm: Loneliness            2pm - 3pm: Have Fun With Virtual Travel</p> <p><b>Virtual Zoom Classes</b>            11am - Noon: Yoga</p>	<p><b>In Person Classes</b>            9:30 am – 11:30 am: Sewing            10am – 11am: Forgiveness            10:30 am – 11:30am: Circuit Training MHC 2<sup>nd</sup> Floor            11:30 am – 12:30 pm: Karaoke            12:30 pm – 2:30 pm: Knit &amp; Crochet            1pm – 2pm: Games and Activities</p> <p><b>Virtual Zoom Classes</b>            Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)            6:30 pm - 8:30pm: Paint Class</p>



**Join us for our Talent Show Wednesday, March 29<sup>th</sup> Beginning at 7pm!**