

COMMUNITY CENTRE - PROGRAM SCHEDULE

Activity	Day	Time	Contact Name	Contact Info
Autumn Leaf Tai Chi	Monday	9:15am - 10:15am	Molly Yep	yly.notl@outlook.com
	Thursday	9:30am - 10:30am	"	289-501-5666
Yoga with Amanda	Monday	9:00am - 10:00am 5:15pm - 6:15pm	Amanda Tripp	yogainaction@live.com
	Friday	9:00am - 10:00am		
SDI Line Dancing	Monday	9:30am - 11:30am	Janice Barker	jbarker23@cogeco.ca
Senior Men's Badminton	Monday / Friday	10:30am - 12:30pm	Ted Little	tedlittle39@gmail.com
Carpet Bowling	Monday / Thursday	1:00pm - 4:00pm	Paul McHoull	pmchoull@cogeco.ca
SDI Card Making	Monday	1:00pm - 4:00pm	Wilma Bosgraaf	wilmabosgraaf@hotmail.com
French Conversation	Monday	2:00pm - 3:30pm	Mariitta Maavara	mh.maavara@gmail.com
Italian Conversation	Monday	4:00pm - 5:30pm	Giancarla Criveller	905-329-9369
NOTL Badminton Club	Monday / Wednesday	8:00pm - 10:00pm	Terry Church	terry.church@gmail.com
Pickleball	please see www.notlpickleball.ca for current schedule			treasurer@notlpickleball.ca
50+ Fitness	Tuesday / Thursday	9:00am - 10:00am	Eva Devenyi	evad5117@gmail.com
Seniors Table Tennis	Tuesday	10:15am - 12:15pm	Ann Handels	905-468-4910

Activity	Day	Time	Contact Name	Contact Info
Healthy, Safe & Strong	Tuesday	12:30pm - 3:30pm	Melissa Murray	melissa.murray@niagararegion.ca
Golden Age Club	Tuesday	1:00pm - 4:00pm	Marg Boldt	marg_boldt@sympatico.ca
German Conversation	Wednesday	9:30am - 11:00am	Dan Maksenuk	dan.maksenuk@notl.com
White Wing Tai Chi	Wednesday / Friday	10:00am - 11:30am	Sue Baxter	susan.baxter@me.com
Senior Ladies Badminton	Wednesday / Friday	1:00pm - 3:00pm	Barbara Waller	notlbarbarawaller@gmail.com
Shakespeare Group	Wednesday	2:00pm - 4:00pm	Mary Kovack	marykovacknotl@gmail.com
SDI Painting	Wednesday	2:30pm - 5:30pm	Sherron Moorhead	dan.maksenuk@notl.com
Nia	Thursday	10:00am - 11:00am	Didi Wilson	didi.dances@yahoo.ca
SDI Casual Bridge	Thursday	12:30pm - 4:00pm	Dan Maksenuk	dan.maksenuk@notl.com
Spanish Conversation	Friday	10:30am - 12:00pm	Dan Maksenuk	dan.maksenuk@notl.com