

# SUMMER 2025 - COMMUNITY CENTRE - PROGRAM SCHEDULE

Activity	Day	Time	Contact Name	Contact Info
Autumn Leaf Tai Chi	Monday	9:00am - 10:00am	Molly Yep	<a href="mailto:autumnleaf.taiji@gmail.com">autumnleaf.taiji@gmail.com</a>
	Thursday	9:00am - 9:45am 9:45am - 10:30am		
Yoga by Rianna	Monday	4:00pm - 5:00pm	Rianna Reid	<a href="mailto:rianna@riannareid.com">rianna@riannareid.com</a>
	Friday	9:00am - 10:00am		
Yoga with Andrea	Monday	9:00am - 10:00am	Andrea Van Niekerk	647-968-8585
	Tuesday	9:00am - 10:00am		
	Thursday	9:30am - 10:30am 5:45pm - 6:45pm		
	Saturday	9:30am - 10:30am		
Yoga by Bebi	Friday	10:15am - 11:15am	Bebi Zabeeda	<a href="mailto:hello@bebizabeeda.ca">hello@bebizabeeda.ca</a>
Yoga for Relaxation	Monday	5:15pm - 6:15pm	Diane Corkum	<a href="mailto:dianecorkum03@gmail.com">dianecorkum03@gmail.com</a>
Yoga with Sarah	Thursday	4:00pm - 5:00pm	Sarah Barber	<a href="mailto:sarahb25@hotmail.com">sarahb25@hotmail.com</a>
Barre Fit	Wednesday	2:00pm - 3:00pm	Jena Slingerland	<a href="mailto:trainingbyjena@gmail.com">trainingbyjena@gmail.com</a>
Adult Ballet	Wednesday	3:00pm - 4:00pm	Jena Slingerland	<a href="mailto:trainingbyjena@gmail.com">trainingbyjena@gmail.com</a>
Zumba with Nicci	Saturday	11:00am - 12:00pm	Nicole O'Connor	<a href="mailto:zumbalovenicci@gmail.com">zumbalovenicci@gmail.com</a>
Boogie Nights	Wednesday	6:00-7:00pm/7:15-8:15pm	Emma Barker	(289) 501-9428
Nia with Didi	Resumes October	10:00am - 11:00am	Didi Wilson	<a href="mailto:dididances1111@gmail.com">dididances1111@gmail.com</a>
50+ Fitness	Tuesday & Thursday	9:00am - 10:00am	Eva Devyeni	<a href="mailto:evad5117@gmail.com">evad5117@gmail.com</a>
Active Aging Fitness	Monday	10:45am - 11:45am	RaeAnn Reimer	<a href="mailto:raeannreimer@gmail.com">raeannreimer@gmail.com</a>
	Wednesday	11:30am - 12:30pm		
	Friday	11:30am - 12:30pm		
Healthy, Safe & Strong	Tuesday	1:00- 2:00pm/2:30- 3:30pm	Melissa Murray	<a href="mailto:hssregistration@niagararegion.ca">hssregistration@niagararegion.ca</a>
Pickleball	Temporarily not accepting new memberships		Dragana Simao	<a href="mailto:admin@notlpickleball.ca">admin@notlpickleball.ca</a>
Badminton Club	Resumes Oct. 15	8:00pm - 10:00pm	Terry Church	<a href="mailto:terry.church@gmail.com">terry.church@gmail.com</a>
Senior Ladies Badminton	Wednesday & Friday	1:00pm - 3:00pm	Diane Walker	<a href="mailto:dianewalker4232@gmail.com">dianewalker4232@gmail.com</a>
Senior Men Badminton	Resumes Sept. 5	10:30am - 12:30pm	Brian Trnkus	<a href="mailto:brian.trnkus@gmail.com">brian.trnkus@gmail.com</a>
Seniors Table Tennis	Tuesday	10:00am - 12:00pm	Ann Handels	905-468-4910
U13 Youth Table Tennis	Fridays	7:00pm - 9:00pm	Pathma Sri Ambegoda	(289) 768-3154

Activity	Day	Time	Contact Person	Contact Info
Lawn Bowling	Varies	Varies	Paul McHoull	<a href="mailto:pmchoull@gmail.com">pmchoull@gmail.com</a>
Duplicate Bridge	Tuesday & Friday	1:00pm - 4:00pm	Muriel Tremblay	<a href="mailto:muriel@cmtmc.ca">muriel@cmtmc.ca</a>
	Thursday	7:00pm - 10:00pm	Verne Chant	<a href="mailto:vgchant@hickling.ca">vgchant@hickling.ca</a>
Golden Age Club	Tuesday	1:00pm - 4:00pm	Marg Boldt	(905) 468-3756
Dickens Group	Resumes September	6:30pm - 8:30pm	Mary Kovack	<a href="mailto:marykovacknotl@gmail.com">marykovacknotl@gmail.com</a>
Shakespeare Group	Resumes September	2:00pm - 4:00pm	Mary Kovack	<a href="mailto:marykovacknotl@gmail.com">marykovacknotl@gmail.com</a>
Ukesters	Sunday	2:00pm - 4:00pm	Alan Ash	<a href="mailto:alan.acethebass@gmail.com">alan.acethebass@gmail.com</a>
White Wing Tai Chi	Wednesday & Friday	10:00am - 11:30am	Sue Baxter	<a href="mailto:susan.baxter@me.com">susan.baxter@me.com</a>
Growing Arts - Youth Art	Resume in Autumn	4:45-5:45pm/6:00- 8:00pm	Town Programming	<a href="mailto:programs@notl.com">programs@notl.com</a>
Senior Drop-In Card Making	Monday	1:00pm - 4:00pm	Wilma Bosgraaf	<a href="mailto:wilmabosgraaf@hotmail.ca">wilmabosgraaf@hotmail.ca</a>
Senior Drop-In Casual Bridge	Thursday	1:00pm - 4:00pm	Jim Baird	<a href="mailto:jimbaird@sympatico.ca">jimbaird@sympatico.ca</a>
Senior Drop-In Line Dancing	Monday	10:00am - 11:30am	Janice Barker	<a href="mailto:jbarker23@cogeco.ca">jbarker23@cogeco.ca</a>
Senior Drop-In Mahjong	Friday	1:00pm - 4:00pm	N/A	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
Senior Drop-In Painting	Wednesday	2:30pm - 5:30pm	Sherron Moorhead	<a href="mailto:sherronm@paintingartist.ca">sherronm@paintingartist.ca</a>
French Conversation	Monday	2:00pm - 3:30pm	N/A	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
Italian Conversation	Monday	4:00pm - 5:30pm	N/A	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
Spanish Conversation	Friday	10:30am - 12:00pm	N/A	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
<b>COMMUNITY CENTRE HOURS: MONDAY - FRIDAY 6AM - 9PM/SATURDAY - SUNDAY 9AM - 4PM</b>				<b>PHONE: (905) 468-4386</b>