

**OCTOBER 2023 - COMMUNITY CENTRE - PROGRAM SCHEDULE**

<b>Activity</b>	<b>Day</b>	<b>Time</b>	<b>Contact Name</b>	<b>Contact Info</b>
Autumn Leaf Tai Chi	Monday	9:00am - 10:00am	Molly Yep	<a href="mailto:yly.notl@outlook.com">yly.notl@outlook.com</a>
	Thursday	9:00am-9:45am 9:45am-10:30am		
Yoga with Amanda	Monday	9:00am - 10:00am 5:15pm - 6:15pm	Amanda Tripp	<a href="mailto:yogainaction@live.com">yogainaction@live.com</a>
	Friday	9:00am - 10:00am		
Yoga with Andrea	Tuesday	9:00am - 10:00am	Andrea Van Niekerk	647-968-8585
	Thursday	9:30am - 10:30am 5:45pm - 6:45pm		
	Saturday	9:30am - 10:30am		
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	Monday	11:00am - 12:00pm 7:00pm - 8:00pm	Nicole O'Connor	<a href="mailto:zumbalovenicci@gmail.com">zumbalovenicci@gmail.com</a>
50+ Fitness	Tuesday	9:00am - 10:00am	Eva Devenyi	<a href="mailto:evad5117@gmail.com">evad5117@gmail.com</a>
	Thursday	9:00am - 10:00am		
Boogie Nights	Wednesday	7:15pm - 8:15pm	Emma Barker	<a href="mailto:emmabarker3@hotmail.co.uk">emmabarker3@hotmail.co.uk</a>
Healthy, Safe & Strong	Tuesday	1:00pm - 2:00pm 2:30pm - 3:30pm	Melissa Murray	<a href="mailto:hssregistration@niagararegion.ca">hssregistration@niagararegion.ca</a>
Yoga by Bebi	Monday	10:15am- 11:15am	Bebi Zabeeda	<a href="mailto:bebibunny@hotmail.com">bebibunny@hotmail.com</a>
Therapeutic Chair Yoga	Wednesday	12:45pm - 1:45pm	Elizabeth Spence	289-259-4209
Physipod	Monday	1:00pm - 2:00pm	Physipod	<a href="http://289-407-1938/www.physipod.ca">289-407-1938/www.physipod.ca</a>
Golden Age Club	Tuesday	1:00pm - 4:00pm	Marg Boldt	<a href="mailto:marg_boldt@sympatico.ca">marg_boldt@sympatico.ca</a>
Carpet Bowling	Monday & Thursday	1:30pm - 4:00pm	Paul McHoull	<a href="mailto:pmchoull@gmail.com">pmchoull@gmail.com</a>
Yoga with Sarah	Thursday	4:00pm - 5:00pm	Sarah Barber	<a href="mailto:sarahb25@hotmail.com">sarahb25@hotmail.com</a>
Nia with Didi	Thursday	10:00am - 11:00am	Didi Wilson	<a href="mailto:dididances1111@gmail.com">dididances1111@gmail.com</a>

Activity	Day	Time	Contact Name	Contact Info
Pilates Emporium	Wednesday/Friday	9:00am - 11:00am 10:00am - 11:00am	Barb Schmidt	905-328-0588
Senior Ladies Badminton	Wednesday / Friday	1:00pm - 3:00pm	Diane Walker	<a href="mailto:dianewalker4232@gmail.com">dianewalker4232@gmail.com</a>
Seniors Table Tennis	Tuesday	10:15am - 12:15pm	Ann Handels	905-468-4910
Senior Men's Badminton	Monday / Friday	10:30am - 12:30pm	Brian Law	<a href="mailto:brianlaw1828@gmail.com">brianlaw1828@gmail.com</a>
RoboThink Niagara	Saturday	1:45pm - 3:45pm	Liz Tai	<a href="mailto:niagara@myrobothink.com">niagara@myrobothink.com</a>
Badminton Club	Monday / Wednesday	8:00pm - 10:00pm	Terry Church	<a href="mailto:terry.church@gmail.com">terry.church@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>
White Wing Tai Chi	Wednesday / Friday	10am - 11:30am	Sue Baxter	<a href="mailto:susan.baxter@me.com">susan.baxter@me.com</a>
SDI Card Making	Monday	1:00pm - 4:00pm	Wilma Bosgraaf	<a href="mailto:wilmabosgraaf@hotmail.ca">wilmabosgraaf@hotmail.ca</a>
SDI Line Dancing	Monday	10:00am - 11:30am	Janice Barker	<a href="mailto:jbarker23@cogeco.ca">jbarker23@cogeco.ca</a>
SDI Painting	Wednesday	2:30pm - 5:30pm	Sherron Moorhead	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
SDI Casual Bridge	Thursday	1:00pm - 4:00pm	Jim Baird	<a href="mailto:jimbaird@sympatico.ca">jimbaird@sympatico.ca</a>
Italian Conversation	Monday	4:00pm - 5:30pm	Giancarla Criveller	905-329-9369
French Conversation	Monday	2:00pm - 3:30pm	Larry Duncan	<a href="mailto:computersinanutshell@tutanota.com">computersinanutshell@tutanota.com</a>
German Conversation	Wednesday	9:30am - 11:00am	<a href="mailto:bookings@notl.com">bookings@notl.com</a>	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
Spanish Conversation	Friday	10:30am - 12:00pm	<a href="mailto:bookings@notl.com">bookings@notl.com</a>	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
Mahjong	Friday	1:00pm - 4:00pm	<a href="mailto:bookings@notl.com">bookings@notl.com</a>	<a href="mailto:bookings@notl.com">bookings@notl.com</a>
Dickens Group	2nd Tuesday/month	6:30pm - 8:30pm	Mary Kovack	<a href="mailto:marykovacknotl@gmail.com">marykovacknotl@gmail.com</a>
Shakespeare Group	4th Wednesday/month	2:00pm - 4:00pm	Mary Kovack	<a href="mailto:marykovacknotl@gmail.com">marykovacknotl@gmail.com</a>
<b>COMMUNITY CENTRE HOURS</b>		<b>Phone: (905) 468-4386</b>		
<b>MONDAY-FRIDAY 6AM-9PM</b>				
<b>SATURDAY/SUNDAY 9AM-4PM</b>		<b>CLOSED THANKSGIVING MONDAY, OCT 9</b>		