

JANUARY 2024 - COMMUNITY CENTRE - PROGRAM SCHEDULE

Activity	Day	Time	Contact Name	Contact Info
Autumn Leaf Tai Chi	Monday	9:00am - 10:00am	Molly Yep	yly.notl@outlook.com
	Thursday	9:00am-9:45am 9:45am-10:30am		
Yoga with Amanda	Monday	9:00am - 10:00am 5:15pm - 6:15pm	Amanda Tripp	yogainaction@live.com
	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		
Restorative Yoga	Tuesday/Thursday	11:00am - 12:00pm	Melina Morsch	morschmelina1@gmail.com
Barre Fit	Wednesday	2:00pm - 3:00pm	Jena Slingerland	trainingbyjena@gmail.com
Adult Ballet	Wednesday	3:00pm- 4:00pm	Jena Slingerland	trainingbyjena@gmail.com
Zumba with Nicci	Tuesday (starts January 23)	11:00am - 12:00pm 7:00pm - 8:00pm	Nicole O'Connor	zumbalovenicci@gmail.com
50+ Fitness	Tuesday	9:00am - 10:00am	Eva Devenyi	evad5117@gmail.com
	Thursday	9:00am - 10:00am		
Boogie Nights	Wednesday	7:15pm - 8:15pm	Emma Barker	emmabarker3@hotmail.co.uk
Healthy, Safe & Strong	Tuesday	1:00pm - 2:00pm 2:30pm - 3:30pm	Melissa Murray	hssregistration@niagararegion.ca
Yoga by Bebi	Monday & Friday	10:15am- 11:15am	Bebi Zabeeda	bebibunny@hotmail.com
Therapeutic Chair Yoga	Wednesday/Friday	12:30pm - 1:30pm	Elizabeth Spence	289-259-4209
Physipod	Monday	1:00pm - 2:00pm	Physipod	289-407-1938/www.physipod.ca
Golden Age Club	Tuesday	1:00pm - 4:00pm	Dawn Morris	dawng47@icloud.com
Carpet Bowling	Monday & Thursday	1:30pm - 4:00pm	Paul McHoull	pmchoull@gmail.com
Yoga with Sarah	Thursday	4:00pm - 5:00pm	Sarah Barber	sarahb25@hotmail.com

Activity	Day	Time	Contact Name	Contact Info
Nia with Didi	Thursday	10:00am - 11:00am	Didi Wilson	dididances1111@gmail.com
Pilates Emporium	Wednesday	9:00am - 11:00am 10:15am - 11:15am	Barb Schmidt	905-328-0588
Senior Ladies Badminton	Wednesday / Friday	1:00pm - 3:00pm	Diane Walker	dianewalker4232@gmail.com
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	brianlaw1828@gmail.com
Pickleball	Daily	Varies	John Hindle	admin@notlpickleball.ca
Badminton Club	Monday / Wednesday	8:00pm - 10:00pm	Terry Church	terry.church@gmail.com
Duplicate Bridge	Tuesday / Friday	1:00pm - 4:00pm	Muriel Tremblay	muriel@cmtmc.ca
	Thursday	7:00pm - 10:00pm	Verne Chant	vgchant@hickling.ca
Core and Stretch	Tuesday	5:30pm - 6:30pm	RaeAnn Reimer	raeannreimer@gmail.com
Active Aging Fitness	Wednesday / Friday	11:30am- 12:30pm	RaeAnn Reimer	raeannreimer@gmail.com
SDI Line Dancing	Monday	10:00am - 11:30am	Janice Barker	jbarker23@cogeco.ca
SDI Painting	Wednesday	2:30pm - 5:30pm	Sherron Moorhead	bookings@notl.com
SDI Casual Bridge	Thursday	1:00pm - 4:00pm	Jim Baird	jimbaird@sympatico.ca
SDI Card Making	Monday	1:00pm- 4:00pm	Wilma Bosgraaf	wilmabosgraaf@hotmail.ca
French Conversation	Monday	2:00pm - 3:30pm	Larry Duncan	computersinanutshell@tutanota.com
Italian Conversation	Monday	4:00pm- 5:30pm	Giancarla Criveller	905-329-9369
Spanish Conversation	Friday	10:30am - 12:00pm	bookings@notl.com	bookings@notl.com
Mahjong	Friday	1:00pm - 4:00pm	bookings@notl.com	bookings@notl.com
Dickens Group	2nd Tuesday/month	6:30pm - 8:30pm	Mary Kovack	marykovacknotl@gmail.com
Shakespeare Group	4th Wednesday/month	2:00pm - 4:00pm	Mary Kovack	marykovacknotl@gmail.com
White Wing Tai Chi	Wednesday/Friday	10:00am -11:30am	Sue Baxter	susan.baxter@me.com
COMMUNITY CENTRE HOURS		Phone: (905) 468-4386		
MONDAY-FRIDAY 6AM-9PM/SATURDAY-SUNDAY 9AM-4PM				