

Fall 2026 - COMMUNITY CENTRE - PROGRAM SCHEDULE

Activity	Day	Time	Contact Name	Contact Info
Autumn Leaf Tai Chi	Monday	9:00am - 10:00am	Molly Yep	autumnleaf.taiji@gmail.com
	Thursday	9:00am - 9:45am 9:45am - 10:30am		
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		
Barre Fit	Wednesday	2:00pm - 3:00pm	Jena Slingerland	trainingbyjena@gmail.com
Adult Ballet	Wednesday	3:00pm - 4:00pm		
Mom+Baby Barre	Monday & Friday	10:30am - 11:30am (M) 9:00am - 10:00pm (F)	Andrea France	niagaramoms@gmail.com
Mom+Baby Pilates	Monday & Friday	11:30am - 12:30pm (M) 10:00am - 11:00am (F)		
Mon+Baby Yoga	Friday	11:00am - 12:00pm		
Boogie Nights	Wednesday	7:00pm - 8:00pm	Emma Barker	(289) 501-9428
Groove to Move	Tuesday/Saturday	7pm - 8pm/1pm - 2pm	Daniella Rousal	daniella.rousal@gmail.com
Nia with Didi	Resumes in the Fall	10:00am - 11:00am	Didi Wilson	dididances1111@gmail.com
50+ Fitness	Tuesday & Thursday	9:00am - 10:00am	Eva Devenyi	evad5117@gmail.com
Active Aging Fitness	Monday	10:45am - 11:45am	RaeAnn Reimer	(905) 321-4971
	Wednesday & Friday	11:30am - 12:30pm		
Chair Yoga Stretch	Wednesday	1:00pm - 2:00pm		
Walking Work Out	Tuesday	10:45am - 11:45am		
Weight & Core 101	Thursday	10:45am - 11:45am		
Chair Yoga Stretch	Wednesday	1:00pm - 2:00pm		
Chair-Fit: 50+	Mon/Tues/Thursday	9:30am -10:30am	Amanda Edmunds	amanda@seniors-fitness.com
	Tuesday & Thursday	11:00am - 12:00pm		
	Wednesday & Friday	9:30am - 10:30am		
Men's Chair-Fit: 50+	Tuesday & Thursday	12:15pm - 1:15pm	Amanda Edmunds	amanda@seniors-fitness.com
Healthy, Safe & Strong	Tuesday	1:00- 2:00pm/2:30- 3:30pm	Melissa Murray	hssregistration@niagararegion.ca

Senior Ladies Badminton	Wednesday & Friday	1:00pm - 3:00pm	Diane Walker	dianewalker4232@gmail.com
Senior Mens Badminton	Monday & Friday	10:30am - 12:30pm	Brian Trnkus	brian.trnkus@gmail.com
Seniors Table Tennis	Tuesday	10:00am - 12:00pm	Salima Merali	meralisa2@gmail.com
Lawn Bowling	Varies	Varies	Jim Brown	(416) 407-2887
Astrology for Beginners	Starts October 20	10:00am - 11:30am	Melanie Joy	melanie@melaniejoyastrology.com
Duplicate Bridge	Tuesday & Friday	1:00pm - 4:00pm	Muriel Tremblay	muriel@cmtmc.ca
	Thursday	7:00pm - 10:00pm	Verne Chant	vgchant@hickling.ca
Golden Age Club	Tuesday	1:00pm - 4:00pm	Marg Boldt	(905) 468-3756
Dickens Group	Every 2nd Tuesday	6:30pm - 8:30pm	Mary Kovack	marykovacknotl@gmail.com
Shakespeare Group	Every 4th Wednesday	2:00pm - 4:00pm	Mary Kovack	marykovacknotl@gmail.com
Ukesters	Sunday	2:00pm - 4:00pm	Alan Ash	alan.acethebass@gmail.com
White Wing Tai Chi	Wednesday & Friday	10:00am - 11:30am	Sue Baxter	susan.baxter@me.com
Senior Drop-In Card Making	Monday	1:00pm - 4:00pm	Wilma Bosgraaf	wilmabosgraaf@hotmail.ca
Senior Drop-In Casual Bridge	Thursday	1:00pm - 4:00pm	N/A	jimbaird1950@gmail.com
Senior Drop-In Line Dancing	Monday	10:00am - 11:30am	Janice Barker	jbarker23@cogeco.ca
Senior Drop-In Mahjong	Friday	1:00pm - 4:00pm	N/A	bookings@notl.com
Senior Drop-In Painting	Wednesday	2:30pm - 5:30pm	Sherron Moorhead	sherronm@paintingartist.ca
French Conversation	Monday	2:00pm - 3:30pm	N/A	bookings@notl.com
Italian Conversation	Monday	4:00pm - 5:30pm	N/A	bookings@notl.com
Spanish Conversation	Friday	10:30am - 12:00pm	N/A	bookings@notl.com
COMMUNITY CENTRE HOURS: MONDAY - FRIDAY 6AM - 9PM/SATURDAY - SUNDAY 9AM - 4PM				PHONE: (905) 468-4386