

JANUARY 2025 - 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 Amanda	Monday	9:00am - 10:00am 4:00pm - 5:00pm 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		
Yoga by Heart	Starts January 6	7:00pm - 8:15pm	Tara Rosling	(416) 728-0782
Yoga by Bebi	Monday & Friday	10:15am - 11:15am	Bebi Zabeeda	hello@bebizabeeda.ca
Therapeutic Chair Yoga	Wednesday & Friday	12:30pm - 1:30pm	Elizabeth Spence	289-259-4209
Yoga with Sarah	Thursday	4:00pm - 5:00pm	Sarah Barber	sarah25@hotmail.com
Pilates Emporium	Monday	9:30am - 10:30am	Barb Schmidt	pilatesemporium@outlook.com
	Wednesday	9:30am - 10:30am		
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	Saturday	11:00am - 12:00pm	Nicole O'Connor	zumbalovenicci@gmail.com
Boogie Nights	Wednesday	6:00-7:00pm/7:15-8:15pm	Emma Barker	(289) 501-9428
TranscenDance	Saturdays	9:30am - 11:00am	Carolyn Fish	tdwithcarolyn@gmail.com
Soul & Latin Line Dancing	Tuesday	6:00pm - 7:00pm	Daniella Rousal	1-888-988-6867
	Thursday	7:00pm - 8:00pm		
Nia with Didi	Returning April 3	10:00am - 11:00am	Didi Wilson	dididances1111@gmail.com
50+ Fitness	Tuesday & Thursday	9:00am - 10:00am	Eva Devyeni	evad5117@gmail.com
Active Aging Fitness	Monday	10:45am - 11:45am	RaeAnn Reimer	raeanreimer@gmail.com
	Wednesday	11:30am - 12:30pm		
	Friday	11:30am - 12:30pm		
Healthy, Safe & Strong	Tuesday	1:00- 2:00pm/2:30- 3:30pm	Melissa Murray	hssregistration@niagararegion.ca

Activity	Day	Time	Contact Name	Contact Info
Pickleball	Varies	Daily	Dragana Simao	admin@notlpickleball.ca
Spec Tennis	Thursday	7:00pm - 9:00pm	Rosemary Goodwin	rosemarygoodwin@mac.com
Badminton Club	Monday & Wednesday	8:00pm - 10:00pm	Terry Church	terry.church@gmail.com
Senior Ladies Badminton	Wednesday & Friday	1:00pm - 3:00pm	Diane Walker	dianewalker4232@gmail.com
Senior Men Badminton	Monday & Friday	10:30am - 12:30pm	Brian Trnkus	brian.trnkus@gmail.com
Seniors Table Tennis	Tuesday	10:00am - 12:00pm	Ann Handels	905-468-4910
Short Mat Bowling	Monday & Thursday	1:00pm - 4:00pm	Paul McHoull	pmchoull@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
Golden Age Club	Tuesday	1:00pm - 4:00pm	Marg Boldt	(905) 468-3756
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
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	Jim Baird	jimbaird@sympatico.ca
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