

## Friday, January 3, 2025

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### Indoor Walking Club

Date and Time: Friday, January 3 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

### Free Holiday Skating

Date and Time: Friday, January 3 1:00 pm - 2:30 pm

Address: 2256 Loop Road Wilberforce, ON K0L 3C0

Free Holiday Public Skating at the Keith Tallman Memorial Arena from 1:00 p.m. to 2:30 p.m.

## Sunday, January 5, 2025

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### Free Public Skating

Date and Time: Sunday, January 5 1:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## Monday, January 6, 2025

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### Indoor Walking Club

Date and Time: Monday, January 6 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

## Casual Pickleball

Date and Time: Monday, January 6 3:00 pm - 5:00 pm

Address: Lloyd Watson Centre, 2249 Loop Rd., Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## Tuesday, January 7, 2025

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### Adults and Seniors Free Public Skating

Date and Time: Tuesday, January 7 3:00 pm - 4:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy quiet skating for adults and seniors every Tuesday at the Keith Tallman Memorial Arena in Wilberforce.

### Bid Euchre

Date and Time: Tuesday, January 7 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

Everyone is welcome at the Cardiff Community Centre for Bid Euchre.

## Wednesday, January 8, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, January 8 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

- Classes are held at the Robert McAusland Memorial Community Centre in Gooderham
- All equipment (mats, chair, yoga props) is provided
- \$10 per class
- Please arrive 15 minutes early to get setup and chat with your neighbours

Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

## Evening Yoga in Gooderham

Date and Time: Wednesday, January 8 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind.

Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

Classes are held at the Robert McCausland Community Centre EVERY Wednesday from 7pm to 8pm. Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

## Friday, January 10, 2025

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### Indoor Walking Club

Date and Time: Friday, January 10 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

## Sunday, January 12, 2025

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### Free Public Skating

Date and Time: Sunday, January 12 1:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## Monday, January 13, 2025

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### Indoor Walking Club

Date and Time: Monday, January 13 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

## Casual Pickleball

Date and Time: Monday, January 13 3:00 pm - 5:00 pm

Address: Lloyd Watson Centre, 2249 Loop Rd., Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## Tuesday, January 14, 2025

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### Adults and Seniors Free Public Skating

Date and Time: Tuesday, January 14 3:00 pm - 4:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy quiet skating for adults and seniors every Tuesday at the Keith Tallman Memorial Arena in Wilberforce.

### Bid Euchre

Date and Time: Tuesday, January 14 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

Everyone is welcome at the Cardiff Community Centre for Bid Euchre.

## Wednesday, January 15, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, January 15 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

- Classes are held at the Robert McAusland Memorial Community Centre in Gooderham
- All equipment (mats, chair, yoga props) is provided

- \$10 per class
- Please arrive 15 minutes early to get setup and chat with your neighbours

Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

## Evening Yoga in Gooderham

Date and Time: Wednesday, January 15 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind. Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

Classes are held at the Robert McCausland Community Centre EVERY Wednesday from 7pm to 8pm. Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

## Thursday, January 16, 2025

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### Community Jam/Music Session

Date and Time: Thursday, January 16 7:00 pm - 9:00 pm

Address: Highland Grove Community Centre

Everyone is well to come out and participate in a community jam session at the Highland Grove Community Centre.

## Friday, January 17, 2025

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### Indoor Walking Club

Date and Time: Friday, January 17 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

# **Sunday, January 19, 2025**

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## **Free Public Skating**

Date and Time: Sunday, January 19 1:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

# **Monday, January 20, 2025**

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## **Indoor Walking Club**

Date and Time: Monday, January 20 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

## **Casual Pickleball**

Date and Time: Monday, January 20 3:00 pm - 5:00 pm

Address: Lloyd Watson Centre, 2249 Loop Rd., Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

# **Tuesday, January 21, 2025**

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## **Adults and Seniors Free Public Skating**

Date and Time: Tuesday, January 21 3:00 pm - 4:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy quiet skating for adults and seniors every Tuesday at the Keith Tallman Memorial Arena in Wilberforce.

## **Bid Euchre**

Date and Time: Tuesday, January 21 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

Everyone is welcome at the Cardiff Community Centre for Bid Euchre.

## Wednesday, January 22, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, January 22 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

- Classes are held at the Robert McAusland Memorial Community Centre in Gooderham
- All equipment (mats, chair, yoga props) is provided
- \$10 per class
- Please arrive 15 minutes early to get setup and chat with your neighbours

Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

### Evening Yoga in Gooderham

Date and Time: Wednesday, January 22 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind. Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

Classes are held at the Robert McCausland Community Centre EVERY Wednesday from 7pm to 8pm. Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

## Friday, January 24, 2025

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### Indoor Walking Club

Date and Time: Friday, January 24 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

## **Sunday, January 26, 2025**

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### **Free Public Skating**

Date and Time: Sunday, January 26 1:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## **Monday, January 27, 2025**

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### **Indoor Walking Club**

Date and Time: Monday, January 27 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

### **Casual Pickleball**

Date and Time: Monday, January 27 3:00 pm - 5:00 pm

Address: Lloyd Watson Centre, 2249 Loop Rd., Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## **Tuesday, January 28, 2025**

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### **Adults and Seniors Free Public Skating**

Date and Time: Tuesday, January 28 3:00 pm - 4:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy quiet skating for adults and seniors every Tuesday at the Keith Tallman Memorial Arena in Wilberforce.



## Bid Euchre

Date and Time: Tuesday, January 28 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

Everyone is welcome at the Cardiff Community Centre for Bid Euchre.

## Wednesday, January 29, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, January 29 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

- Classes are held at the Robert McAusland Memorial Community Centre in Gooderham
- All equipment (mats, chair, yoga props) is provided
- \$10 per class
- Please arrive 15 minutes early to get setup and chat with your neighbours

Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

### Evening Yoga in Gooderham

Date and Time: Wednesday, January 29 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind. Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

Classes are held at the Robert McCausland Community Centre EVERY Wednesday from 7pm to 8pm. Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

## Friday, January 31, 2025

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## Indoor Walking Club

Date and Time: Friday, January 31 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

Join us from 9:30 a.m. to 10:30 a.m. every Monday and Friday at the Lloyd Watson Community Centre for an indoor walking session. A loonie per person for insurance cost.

<https://calendar.highlandseast.ca>