

## **Sunday, March 2, 2025**

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### **Free Public Skating**

Date and Time: Sunday, March 2 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, March 3, 2025**

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### **Indoor Walking Club**

Date and Time: Monday, March 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.

## **Tuesday, March 4, 2025**

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

Date and Time: Tuesday, March 4 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, March 4 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

# Wednesday, March 5, 2025

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## Chair Yoga in Gooderham

Date and Time: Wednesday, March 5 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, March 5 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, March 7, 2025

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## Indoor Walking Club

Date and Time: Friday, March 7 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, March 9, 2025**

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### **Free Public Skating**

Date and Time: Sunday, March 9 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, March 10, 2025**

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### **Indoor Walking Club**

Date and Time: Monday, March 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.

## **Tuesday, March 11, 2025**

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

Date and Time: Tuesday, March 11 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, March 11 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

## **Wednesday, March 12, 2025**

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## **Free March Break Public Skating**

Date and Time: Wednesday, March 12 2:00 pm - 4:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Come out to the Keith Tallman Memorial Arena for some March Break fun with free public skating on March 12 from 2:00 p.m. to 4:00 pm.

## **Friday, March 14, 2025**

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### **Indoor Walking Club**

Date and Time: Friday, March 14 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, March 16, 2025**

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### **Free Public Skating**

Date and Time: Sunday, March 16 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, March 17, 2025**

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### **Indoor Walking Club**

Date and Time: Monday, March 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.

## **Tuesday, March 18, 2025**

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

Date and Time: Tuesday, March 18 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, March 18 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

## **Thursday, March 20, 2025**

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### **Community Jam/Music Session**

Date and Time: Thursday, March 20 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, March 21, 2025**

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### **Indoor Walking Club**

Date and Time: Friday, March 21 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, March 23, 2025**

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### **Free Public Skating**

Date and Time: Sunday, March 23 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, March 24, 2025**

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### **Indoor Walking Club**

Date and Time: Monday, March 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.

## **Tuesday, March 25, 2025**

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

Date and Time: Tuesday, March 25 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, March 25 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

## **Wednesday, March 26, 2025**

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### **Chair Yoga in Gooderham**

Date and Time: Wednesday, March 26 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 m

anage 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)

## Community Outreach Services

Date and Time: Wednesday, March 26 1:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, 2256 Loop Road, Wilberforce

Join Community Outreach Services at the Keith Tallman Memorial Arena in Wilberforce on Wednesday, March 26 from 1:00 p.m. to 3:00 p.m. and take advantage of all manner of services from Community Paramedics to Mental Health and Food Supports. Check the poster below for more details.

## Evening Yoga in Gooderham

Date and Time: Wednesday, March 26 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, March 28, 2025

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### Indoor Walking Club

Date and Time: Friday, March 28 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.

## **Saturday, March 29, 2025**

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### **Figure Skating Carnival**

Date and Time: Saturday, March 29 6:00 pm - 8:00 pm

Address: Keith Tallman Memorial Arena

The Highlands East Skating Club presents their annual skating carnival on Saturday, March 29, 2025 starting at 6:00 p.m. with the doors opening at 5:00 p.m.

Admission by donation. Everyone is welcome.

## **Sunday, March 30, 2025**

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### **Free Public Skating**

Date and Time: Sunday, March 30 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, March 31, 2025**

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### **Indoor Walking Club**

Date and Time: Monday, March 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>