

Wednesday, September 4, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, September 4 11:00 am - 12:00 pm

Address: 1043 Community Center Rd, Gooderham, ON K0M 1R0

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations and 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

Casual Pickleball

Date and Time: Wednesday, September 4 7:00 pm - 9:00 pm

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

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

Sunday, September 8, 2024

Southern Gospel Music

Date and Time: Sunday, September 8 10:30 am - 12:00 pm

Address: 1043 Mill Street, Gooderham, Ontario

Come and join us Sunday, September 8 at 10:30 a.m. at Gooderham Pentecostal Church, for a service and Southern Gospel Music, with Bryan and Phyllis Fisher. Lunch is being provided after the service. please stay and enjoy the food and fellowship.

Wednesday, September 11, 2024

Chair Yoga in Gooderham

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

Address: 1043 Community Center Rd, Gooderham, ON K0M 1R0

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Casual Pickleball

Date and Time: Wednesday, September 11 7:00 pm - 9:00 pm

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

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Wednesday, September 18, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, September 18 11:00 am - 12:00 pm

Address: 1043 Community Center Rd, Gooderham, ON K0M 1R0

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations and 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

Casual Pickleball

Date and Time: Wednesday, September 18 7:00 pm - 9:00 pm

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

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

Wednesday, September 25, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, September 25 11:00 am - 12:00 pm

Address: 1043 Community Center Rd, Gooderham, ON K0M 1R0

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations and 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

Community Outreach Services

Date and Time: Wednesday, September 25 1:00 pm - 3:00 pm

Address: Lloyd Watson Centre, 2249 Loop Road, Wilberforce

Join Community Outreach Services at the Lloyd Watson Centre in Wilberforce on Wednesday, September 25 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.

Casual Pickleball

Date and Time: Wednesday, September 25 7:00 pm - 9:00 pm

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

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

Thursday, September 26, 2024

Facility User Group Insurance Program info session

Date and Time: Thursday, September 26 3:00 pm - 4:30 pm

Address: Lloyd Watson Centre, Wilberforce

We will be hosting a public information session on Thursday, September 26, 2024 in conjunction with BFL Canada regarding the Municipal Facility User Group Insurance Program and its requirements.

Submit your questions by September 20

We encourage all community groups to attend and we will forward any pertinent questions they may have about the program to our insurance representatives.

Please RSVP and email your questions to khelkaa@highlandseast.ca before the information session by September 20, to ensure they will be addressed during the meeting.

Session details

There will be a Q&A period to address any new questions that arise during the session, but we encourage you to submit your questions to khelkaa@highlandseast.ca ahead of time, along with your RSVP.

There will be two sessions held at the Lloyd Watson Centre in Wilberforce on Thursday, September 26, 2024. One at 3:00 p.m. and the other at 6:30 p.m.

Light refreshments will be provided.

RSVP by September 20

Please RSVP and submit any questions you may have by September 20, 2024 to khelkaa@highlandseast.ca. Participants must be registered in advance.

Facility User Group Insurance Program info session

Date and Time: Thursday, September 26 6:30 pm - 8:00 pm

Address: Lloyd Watson Centre, Wilberforce

We will be hosting a public information session on Thursday, September 26, 2024 in conjunction with BFL Canada regarding the Municipal Facility User Group Insurance Program and its requirements.

Submit your questions by September 20

We encourage all community groups to attend and we will forward any pertinent questions they may have about the program to our insurance representatives.

Please RSVP and email your questions to khelkaa@highlandseast.ca before the information session by September 20, to ensure they will be addressed during the meeting.

Session details

There will be a Q&A period to address any new questions that arise during the session, but we encourage you to submit your questions to khelkaa@highlandseast.ca ahead of time, along with your RSVP.

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RSVP by September 20

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Saturday, September 28, 2024

Tory Hill Landfill Hazardous Waste Day

Date and Time: Saturday, September 28 10:00 am - 2:00 pm

Address: 19178 Highway 118 between Wilberforce and Tory Hill

Dispose of items such as paint and oil that would not normally be allowed at landfills. [Learn more.](#)

Free Mi Tula Yoga Class

Date and Time: Saturday, September 28 10:00 am - 11:30 am

Address: Lloyd Watson Centre, Wilberforce

Come enjoy the gift of free yoga with Mi Tula Yoga at the Lloyd Watson Community Centre from 10:00 a.m. to 11:30 a.m. Please arrive 10 minutes before 10:00 a.m. and if you have a yoga mat, yoga blocks, blanket and a yoga strap, please bring them!

To register for this free class call or text 905-515-5850 or email mitulayoga@gmail.com

<https://calendar.highlandseast.ca>