

## Wednesday, October 1, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, October 1 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, October 1 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)

## Saturday, October 4, 2025

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### Free Community Clothing Swap

Date and Time: Saturday, October 4 10:00 am - 2:00 pm

Address: Lloyd Watson Centre, Wilberforce

Drop-off on your no-longer needed clothing items on Friday, October 3 from 5 PM to 8 PM and then come back on Saturday, October 4 from 10AM to 2PM at the Lloyd Watson Community Centre for a FREE Community Clothing Swap!

- Clothing must be clean & in good condition.
- There is something for everyone.
- Free to attend and free to participate.
- The clothing is free. Donations are not required.
- Table for fabric and yarn!

Hosted by the Wilberforce FUNraising Committee. Email [wilberforcefunraising@gmail.com](mailto:wilberforcefunraising@gmail.com) with questions.

## Tuesday, October 7, 2025

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### Special Meeting of Council

Date and Time: Tuesday, October 7 9:30 am - 12:00 pm

Address: Online Livestream

A special council meeting is being held starting at 9:30 a.m. The meeting will be live streamed on our [YouTube Channel](#). The public is also welcome to attend in person.

This public planning meeting is being held to consider Official Plan and Zoning Bylaw Amendment applications submitted by 9184384 Canada Inc.

Note: Meeting end time is approximate and varies depending on amount of agenda items, etc.

### Bid Euchre

Date and Time: Tuesday, October 7 7:00 pm - 9:00 pm

Address: Cardiff Community Centre 2747 Monck Road

Popular card game, activity is open and everyone is welcome.

\$2.00 weekly fee

## Wednesday, October 8, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, October 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.

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## Evening Yoga in Gooderham

Date and Time: Wednesday, October 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.

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## Tuesday, October 14, 2025

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### Bid Euchre

Date and Time: Tuesday, October 14 7:00 pm - 9:00 pm

Address: Cardiff Community Centre 2747 Monck Road

Popular card game, activity is open and everyone is welcome.

\$2.00 weekly fee

## Wednesday, October 15, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, October 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.

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- \$10 per class
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## Evening Yoga in Gooderham

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

Address: Robert McCausland Community Centre, Gooderham

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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.

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## Tuesday, October 21, 2025

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### Bid Euchre

Date and Time: Tuesday, October 21 7:00 pm - 9:00 pm

Address: Cardiff Community Centre 2747 Monck Road

Popular card game, activity is open and everyone is welcome.

\$2.00 weekly fee

## Wednesday, October 22, 2025

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## Chair Yoga in Gooderham

Date and Time: Wednesday, October 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.

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## Evening Yoga in Gooderham

Date and Time: Wednesday, October 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.

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## Tuesday, October 28, 2025

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### Bid Euchre

Date and Time: Tuesday, October 28 7:00 pm - 9:00 pm

Address: Cardiff Community Centre 2747 Monck Road

Popular card game, activity is open and everyone is welcome.

\$2.00 weekly fee

## Chair Yoga in Gooderham

Date and Time: Wednesday, October 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.

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## Community Outreach Services

Date and Time: Wednesday, October 29 1:00 pm - 3:00 pm

Address: Highlands East Food Hub, 2249 Loop Road, Wilberforce

Join Community Outreach Services at the Highlands East Food Hub (around the side of the Lloyd Watson Centre) in Wilberforce 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.

## Evening Yoga in Gooderham

Date and Time: Wednesday, October 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.

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