

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

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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.

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)

## Tuesday, October 14, 2025

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### Regular Meeting of Council

Date and Time: Tuesday, October 14 9:30 am - 12:00 pm

Address: Online Livestream

Our regularly scheduled council meeting is being held starting at 9:30 a.m. The meeting will be live streamed on our [YouTube Channel](#).

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

### Adults and Seniors Free Public Skating

Date and Time: Tuesday, October 14 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

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

## Figure Skating Lessons

Date and Time: Tuesday, October 14 6:00 pm - 8:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

## 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

## Men's Pick Up Hockey

Date and Time: Tuesday, October 14 8:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Men's Pick Up Hockey is held Tuesday nights from 8:00 p.m. to 9:00 p.m.

## 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.

- 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 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, October 16, 2025

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### Parents and Tots Free Public Skating

Date and Time: Thursday, October 16 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating just for parents accompanying their small children every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

### Old Timer's Hockey

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

Address: Keith Tallman Memorial Arena, Wilberforce

Old Timer's Hockey takes place on Thursdays between 7:00 p.m. and 9:00 p.m.

## Friday, October 17, 2025

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### Wilberforce Walking Group

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

Address: Lloyd Watson Centre, Wilberforce

The walking group runs every Monday, Wednesday and Friday morning from September 1 to mid-April.

# Sunday, October 19, 2025

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## Free Public Skating

Date and Time: Sunday, October 19 2:30 pm - 4:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating, open to everyone, each Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## Men's League Hockey

Date and Time: Sunday, October 19 6:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Come watch men's league play from 6pm to 9pm every Sunday.

# Monday, October 20, 2025

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## Wilberforce Walking Group

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

Address: Lloyd Watson Centre, Wilberforce

The walking group runs every Monday, Wednesday and Friday morning from September 1 to mid-April.

## Afternoon Pickleball

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

Address: Lloyd Watson Centre, Wilberforce

This event is open to all adults and is a non-competitive, social group. Everyone is welcome to join us at the Keith Tallman Memorial Arena in Wilberforce.

There is a small fee of \$2.00 each week.

## Women's Pick Up Hockey

Date and Time: Monday, October 20 8:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Women's Pick Up Hockey is held Monday nights from 8:00 p.m. to 9:00 p.m.

## **Tuesday, October 21, 2025**

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

Date and Time: Tuesday, October 21 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

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

### **Figure Skating Lessons**

Date and Time: Tuesday, October 21 6:00 pm - 8:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

### **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

### **Men's Pick Up Hockey**

Date and Time: Tuesday, October 21 8:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Men's Pick Up Hockey is held Tuesday nights from 8:00 p.m. to 9:00 p.m.

## **Wednesday, October 22, 2025**

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### **Adult Day Program**

Date and Time: Wednesday, October 22 8:45 am - 4:15 pm

Address: Lloyd Watson Centre, Wilberforce

The adult day program runs every Wednesday at Lloyd Watson Centre and provides a structured, therapeutic and individualized day program for adults who are living at home - either alone, or with family caregivers. Within a group setting, the Day Program offers supervised activities to assist participants in achieving and maintaining th

air maximum level of function, to prevent premature and inappropriate institutionalization, and to provide respite and support for caregivers.

[Learn more.](#)

## Wilberforce Walking Group

Date and Time: Wednesday, October 22 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

The walking group runs every Monday, Wednesday and Friday morning from September 1 to mid-April.

## 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.

- 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 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)

## Evening Pickleball

Date and Time: Wednesday, October 22 7:00 pm - 9:00 pm

Address: Lloyd Watson Centre, Wilberforce

This event is open to all adults and is a non-competitive social group. Everyone is welcome to join us at the Keith Tallman Memorial Arena in Wilberforce.

There is a small fee of \$2.00 each week.

## Thursday, October 23, 2025

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### Parents and Tots Free Public Skating

Date and Time: Thursday, October 23 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating just for parents accompanying their small children every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

### Old Timer's Hockey

Date and Time: Thursday, October 23 7:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Old Timer's Hockey takes place on Thursdays between 7:00 p.m. and 9:00 p.m.

## Friday, October 24, 2025

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### Wilberforce Walking Group

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

Address: Lloyd Watson Centre, Wilberforce

The walking group runs every Monday, Wednesday and Friday morning from September 1 to mid-April.

## Sunday, October 26, 2025

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### Free Public Skating

Date and Time: Sunday, October 26 2:30 pm - 4:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating, open to everyone, each Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## **Men's League Hockey**

Date and Time: Sunday, October 26 6:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Come watch men's league play from 6pm to 9pm every Sunday.

## **Monday, October 27, 2025**

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### **Wilberforce Walking Group**

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

Address: Lloyd Watson Centre, Wilberforce

The walking group runs every Monday, Wednesday and Friday morning from September 1 to mid-April.

### **Afternoon Pickleball**

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

Address: Lloyd Watson Centre, Wilberforce

This event is open to all adults and is a non-competitive, social group. Everyone is welcome to join us at the Keith Tallman Memorial Arena in Wilberforce.

There is a small fee of \$2.00 each week.

### **Women's Pick Up Hockey**

Date and Time: Monday, October 27 8:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Women's Pick Up Hockey is held Monday nights from 8:00 p.m. to 9:00 p.m.

## **Tuesday, October 28, 2025**

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## Adults and Seniors Free Public Skating

Date and Time: Tuesday, October 28 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

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

## Figure Skating Lessons

Date and Time: Tuesday, October 28 6:00 pm - 8:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

## 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

## Men's Pick Up Hockey

Date and Time: Tuesday, October 28 8:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Men's Pick Up Hockey is held Tuesday nights from 8:00 p.m. to 9:00 p.m.

## Wednesday, October 29, 2025

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## Adult Day Program

Date and Time: Wednesday, October 29 8:45 am - 4:15 pm

Address: Lloyd Watson Centre, Wilberforce

The adult day program runs every Wednesday at Lloyd Watson Centre and provides a structured, therapeutic and individualized day program for adults who are living at home - either alone, or with family caregivers. Within a group setting, the Day Program offers supervised activities to assist participants in achieving and maintaining their maximum level of function, to prevent premature and inappropriate institutionalization, and to provide respite and support for caregivers.

[Learn more.](#)

## Wilberforce Walking Group

Date and Time: Wednesday, October 29 9:30 am - 10:30 am

Address: Lloyd Watson Centre, Wilberforce

The walking group runs every Monday, Wednesday and Friday morning from September 1 to mid-April.

## 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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## Evening Pickleball

Date and Time: Wednesday, October 29 7:00 pm - 9:00 pm

Address: Lloyd Watson Centre, Wilberforce

This event is open to all adults and is a non-competitive social group. Everyone is welcome to join us at the Keith Tallman Memorial Arena in Wilberforce.

There is a small fee of \$2.00 each week.

## Thursday, October 30, 2025

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### Parents and Tots Free Public Skating

Date and Time: Thursday, October 30 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating just for parents accompanying their small children every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

### Old Timer's Hockey

Date and Time: Thursday, October 30 7:00 pm - 9:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Old Timer's Hockey takes place on Thursdays between 7:00 p.m. and 9:00 p.m.

## Friday, October 31, 2025

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### Wilberforce Walking Group

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

Address: Lloyd Watson Centre, Wilberforce

The walking group runs every Monday, Wednesday and Friday morning from September 1 to mid-April.