

Wednesday, October 2, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, October 2 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

Euchre for Seniors

Date and Time: Wednesday, October 2 1:00 pm - 3:00 pm

Address: Cardiff Community Centre

Come out to the Cardiff Community Centre for an engaging game of euchre with other seniors.

Casual Pickleball

Date and Time: Wednesday, October 2 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.

Monday, October 7, 2024

Casual Pickleball

Date and Time: Monday, October 7 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, October 8, 2024

Bid Euchre

Date and Time: Tuesday, October 8 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

Wednesday, October 9, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, October 9 11:00 am - 12:00 pm

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

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- \$10 per class
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Euchre for Seniors

Date and Time: Wednesday, October 9 1:00 pm - 3:00 pm

Address: Cardiff Community Centre

Come out to the Cardiff Community Centre for an engaging game of euchre with other seniors.

Casual Pickleball

Date and Time: Wednesday, October 9 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.

Monday, October 14, 2024

Casual Pickleball

Date and Time: Monday, October 14 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, October 15, 2024

Bid Euchre

Date and Time: Tuesday, October 15 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

Wednesday, October 16, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, October 16 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.

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- All equipment (mats, chair, yoga props) is provided
- \$10 per class
- Please arrive 15 minutes early to get setup and chat with your neighbours

Euchre for Seniors

Date and Time: Wednesday, October 16 1:00 pm - 3:00 pm

Address: Cardiff Community Centre

Come out to the Cardiff Community Centre for an engaging game of euchre with other seniors.

Casual Pickleball

Date and Time: Wednesday, October 16 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, October 17, 2024

Community Jam/Music Session

Date and Time: Thursday, October 17 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.

Sunday, October 20, 2024

Free Public Skating

Date and Time: Sunday, October 20 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, October 21, 2024

Casual Pickleball

Date and Time: Monday, October 21 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, October 22, 2024

Adults and Seniors Free Public Skating

Date and Time: Tuesday, October 22 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, October 22 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

Wednesday, October 23, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, October 23 11:00 am - 12:00 pm

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

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- 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

Euchre for Seniors

Date and Time: Wednesday, October 23 1:00 pm - 3:00 pm

Address: Cardiff Community Centre

Come out to the Cardiff Community Centre for an engaging game of euchre with other seniors.

Casual Pickleball

Date and Time: Wednesday, October 23 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.

Gooderham Evening Yoga

Date and Time: Wednesday, October 23 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre 1043 Community Center Rd, 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 or \$40/month (payable on the first Wednesday of the month).

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

Sunday, October 27, 2024

Free Public Skating

Date and Time: Sunday, October 27 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, October 28, 2024

Indoor Walking Club

Date and Time: Monday, October 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.

Casual Pickleball

Date and Time: Monday, October 28 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, October 29, 2024

Adults and Seniors Free Public Skating

Date and Time: Tuesday, October 29 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, October 29 6:30 pm - 9:30 pm

Address: Cardiff Community Centre

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

Wednesday, October 30, 2024

Chair Yoga in Gooderham

Date and Time: Wednesday, October 30 11:00 am - 12:00 pm

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

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Euchre for Seniors

Date and Time: Wednesday, October 30 1:00 pm - 3:00 pm

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Casual Pickleball

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Fee is \$10/class or \$40/month (payable on the first Wednesday of the month).

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

Thursday, October 31, 2024

Devilishly Scary Walkthrough

Date and Time: Thursday, October 31 6:00 pm - 9:00 pm

Address: Cardiff Community Centre

Come out to the Cardiff Community Centre on Halloween from 6:00 p.m. through 9:00 p.m. and add to your trick or treating fun with a *Devilishly Scary Walkthrough* sponsored by 8 Magnolia Street.

<https://calendar.highlandseast.ca>