

# January Fit & Fun Activities



Funding by the Government of Ontario

**Please register for activities at the front desk beginning January 2, 2026**

## Continuing Programs

Cornhole: Monday 1-2:30pm

Cribbage: **NEW TIME** Monday 11am-1pm

Movie Matinees: Wednesday 1-3:30pm – Titles TBA



## Pilachi – The Grounding Place

**Beginning Thursday January 8 from 9-9:30am - Free (Main Hall)**

Wendy brings her signature mix of Pilates and Tai Chi - a gentle flow that combines the strength and structure of Pilates with the slow, intuitive energy of Tai Chi. “It’s less about how many reps you can do and more about *how deeply* you can connect to what you’re doing. It’s mindful movement in its truest form”. No experience required.

This class uses 2 yoga mats – bring your own or borrow ours.

## Watercolor Whimsy – Creative Bug

**Monday January 12 from 1-2:30pm - \$10 (Activity Room)**

Heather from Creative Bug shares her expertise as we explore watercolours and create a series of whimsically inspired watercolour cards. They are the perfect way to send happy messages out into the world or keep them for you to enjoy! Each participant will receive their own watercolour palette and art book. No experience required.



## Bingo

**Friday January 16 from 1:30-3pm - \$3 (Main Hall)**

Join us for an afternoon of bingo – prizes to be won!



## Lunch & Learn Wellness Series

**Spatial Awareness and Safety with Sensei Andy Fraser**

**Thursday January 22 from 12:15-1:15pm - Free (Activity Room)**

Sensei Andy Fraser will be sharing his expertise on safety and awareness, enhancing confidence and well-being. A light lunch will be served.

Sensei Fraser began his martial arts training in Toronto, Canada studying Shito-Ryu Itosu-Kai karate under Kei Tsumura at the Japanese Canadian Cultural Centre in 1966 followed by Shotokan karate. In 1984, Sensei Fraser joined the Butoku Kai organization studying Shorinji-Ryu karate at the Grimsby Karate Club. He received his

ZBBK Shodan in 1987 and obtained the rank of Rokudan (6th Degree Black Belt) in 2017. Sensei Fraser also received a level five certification in the art of Tai Chi.

**50s & 60s Dance – Sock Hop**

**Friday January 23 from 5:30-8pm - Free (Main Hall)**

Step into the joy of movement! Dancers of all levels are welcome to showcase their dance moves in a fun environment.

Pizza and refreshments will be served.

