

## Tuesday, April 2, 2024

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### Coffee Club

Date and Time: Tuesday, April 2 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

### Creation Circle

Date and Time: Tuesday, April 2 9:00 am - 11:00 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) [Community Care Concepts](#) is calling all creatives! Drop by the [Active Living Centre](#) to work on your knitting, crocheting, embroidery, or any craft you love. Tuesdays from 9:00 a.m. to 12:00 p.m. in the [Active Living Centre](#).

### Billiards

Date and Time: Tuesday, April 2 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

### Yoga - Mannheim Community Centre

Date and Time: Tuesday, April 2 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Garden Club

Date and Time: Tuesday, April 2 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join Community Care Concepts in the Active Living Centre on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seeding Giveaway

## Music Bingo

Date and Time: Tuesday, April 2 2:15 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Here's some music to your ears, Community Care Concepts is offering music bingo in the Active Living Centre! Offered every other Tuesday. Must register in advance for each session by calling 519-634-9225 ext 340 or in person at the Active Living Centre.

Music Bingo Special Themes:

April 30: Trivia and Facts

May 14: Country Classics

May 28: TV Show Theme Songs

## After School Drop-in with Wilmot Family Resource Centre and Region of Waterloo Libraries

Date and Time: Tuesday, April 2 2:45 pm - 4:15 pm

Address: 115 Synder's Road E

Enjoy snacks, crafts and time with friends!

- April 2 - Watercolour Painting
- April 9 - Yarn Wrapping
- April 16 - Slime Making
- April 23 - Minute to Win it!
- April 30 - Decoupage Crafting
- May 7 - Make Your Own Stickers
- May 14 - Trivia

## Wednesday, April 3, 2024

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### SMART Gentle Exercises

Date and Time: Wednesday, April 3 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### SMART Gentle Exercises

Date and Time: Wednesday, April 3 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### Coffee Club

Date and Time: Wednesday, April 3 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## TechKnow

Date and Time: Wednesday, April 3 1:00 pm - 3:45 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Sign up for one on one guidance with [Community Care Concepts](#) for your technological troubles! Register in advance in the [Active Living Centre](#). To do so, select one of three 45 minute timeslots and give a brief description of the assistance needed on the TechKnow clipboard.

This program is offered weekly on Wednesdays from 1:00 p.m to 3:45 p.m. in the [Active Living Centre](#).

## Billiards

Date and Time: Wednesday, April 3 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Art Journal Club

Date and Time: Wednesday, April 3 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for Tweens (9-12) and Teens (13-17).

Join us for a fun art journaling session where we will explore new ideas and techniques each week. We will provide all the materials. Just bring your creativity!

Register: <https://rwlibrary.libnet.info/event/10422711>

## Thursday, April 4, 2024

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## Billiards

Date and Time: Thursday, April 4 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Coffee Club

Date and Time: Thursday, April 4 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Yoga - Mannheim Community Centre

Date and Time: Thursday, April 4 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Settlement Workers at the Library in the KW Multicultural Centre

Date and Time: Thursday, April 4 10:00 am - 2:00 pm

Address: 145 Huron St

As a new Canadian in the Kitchener-Waterloo area, settlement workers are available to help with needs such as language training, career and employment, housing, health care, education and more.

Designed for all ages. Drop-in, no registration required.

The Library Settlement Partnership (LSP) program is joint partnership between Immigration, Refugees and Citizenship Canada, the Kitchener-Waterloo Multicultural Centre, and the Region of Waterloo Libraries.

Whether you are new to Canada or have been in Canada for some time, the settlement workers are here to help.

Translation services can also be made available through referral.

Languages available:

- Tigrinya
- Amharic

**Drop-in, no registration required.**

## Conversation Corner

Date and Time: Thursday, April 4 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Come and engage with us as we dive into group discussion on a variety of topics in the [Active Living Centre](#). Pick from the “topic box” or start the conversation yourself! Build connections with others from the community by sharing your own experiences, thoughts, and opinions.

Weekly on Thursdays from 11:00 a.m. to 12:00 p.m. with [Community Care Concepts](#).

## Pictionary

Date and Time: Thursday, April 4 1:00 pm - 2:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join [Community Care Concepts](#) for a fun game of Pictionary to challenge your art skills and your competitive side.

## Crokinole and Games

Date and Time: Thursday, April 4 3:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop by the [Active Living Centre](#) to play Crokinole or various cards and games based on group preference.

## Emma! A Pop Musical (at Waterloo-Oxford D.S.S.)

Date and Time: Thursday, April 4 7:00 pm - 8:30 pm

Address: 1206 Snyder's Road West

A five, six, seven, eight! Waterloo-Oxford District Secondary School's production of ***Emma! A Pop Musical*** hits the stage this April and is a heartwarming story for the whole family to enjoy!

Based on Jane Austen's classic novel, ***Emma! A Pop Musical*** is a living, dancing and soul-warming jukebox musical that features hit songs of legendary girl groups and iconic female singers, from The Supremes and Whitney Houston to Shania Twain and Katy Perry.

The story of ***Emma! A Pop Musical*** focuses on Emma, a senior at Highbury Prep. This matchmaking master strives to find love for her classmates (as well as the private school's teachers!). Her next pet project is to find the perfect boyfriend for the young and bashful Harriet by the end of the school year. However, Emma's pursuit often goes sideways in hilariously unexpected ways, not to mention her relentless efforts just might be getting in the way of finding her own happiness...

This charming, full-length musical comedy is a delightful evening out for the whole family. With dynamic performances from W-O's talented students, ***Emma! A Pop Musical*** addresses how misguided romantic relationships can be when both personal vanity and stereotypes complicate matters.

Come and immerse yourself in the foot tapping, heart-warming, giggle-inducing world of ***Emma! A Pop Musical***.

All proceeds from the show will be put forward to specifically support the arts at Waterloo-Oxford D.S.S.

**Performance Details: *Emma! A Pop Musical***

**Dates:** April 4th, 5th, and 6th, 2024 (Thursday through Saturday) at 7 pm

**Tickets/Website:** \$20 (Reserved Seating) as of March 1st

<https://sites.google.wrdsb.ca/w-o-emma>

**Running Time:** Approximately 90 minutes (+ 15 minute intermission.)

**Age Suitability:** The content of this production is suitable for the young and young at heart (a.k.a. all ages)

**For further information & media interviews:**

**Contact:** Michael Kolodziej (Director) at [michael\\_kolodziej@wrdsb.ca](mailto:michael_kolodziej@wrdsb.ca)

## Friday, April 5, 2024

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### SMART Gentle Exercises

Date and Time: Friday, April 5 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## SMART Gentle Exercises

Date and Time: Friday, April 5 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Coffee Club

Date and Time: Friday, April 5 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Garden Club

Date and Time: Friday, April 5 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join [Community Care Concepts](#) in the [Active Living Centre](#) on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway



May 24: Seeling Giveaway

## Friday Crafts

Date and Time: Friday, April 5 2:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Join [Community Care Concepts](#) in the [Active Living Centre](#) for Friday Crafts! Each week, we will try something new! Free program, materials are required. Must register in advance in the Active Living Centre.

April Crafts

April 26: [Creation Circle](#)

May Crafts

May 3: Citronella Candles

May 10: [Creation Circle](#)

May 17: Embroidered Paintings

May 24: [Creation Circle](#)

May 31: Cricut Workshop 101

## Emma! A Pop Musical (at Waterloo-Oxford D.S.S.)

Date and Time: Friday, April 5 7:00 pm - 8:30 pm

Address: 1206 Snyder's Road West

A five, six, seven, eight! Waterloo-Oxford District Secondary School's production of ***Emma! A Pop Musical*** hits the stage this April and is a heartwarming story for the whole family to enjoy!

Based on Jane Austen's classic novel, ***Emma! A Pop Musical*** is a living, dancing and soul-warming jukebox musical that features hit songs of legendary girl groups and iconic female singers, from The Supremes and Whitney Houston to Shania Twain and Katy Perry.

The story of ***Emma! A Pop Musical*** focuses on Emma, a senior at Highbury Prep. This matchmaking master strives to find love for her classmates (as well as the private school's teachers!). Her next pet project is to find the perfect boyfriend for the young and bashful Harriet by the end of the school year. However, Emma's pursuit often goes sideways in hilariously unexpected ways, not to mention her relentless efforts just might be getting in the way of finding her own happiness...

This charming, full-length musical comedy is a delightful evening out for the whole family. With dynamic performances from W-O's talented students, ***Emma! A Pop Musical*** addresses how misguided romantic relationships can be when both personal vanity and stereotypes complicate matters.

Come and immerse yourself in the foot tapping, heart-warming, giggle-inducing world of ***Emma! A Pop Musical***.

All proceeds from the show will be put forward to specifically support the arts at Waterloo-Oxford D.S.S.

**Performance Details: *Emma! A Pop Musical***

**Dates:** April 4th, 5th, and 6th, 2024 (Thursday through Saturday) at 7 pm

**Tickets/Website:** \$20 (Reserved Seating) as of March 1st

<https://sites.google.wrdsb.ca/w-o-emma>

**Running Time:** Approximately 90 minutes (+ 15 minute intermission.)

**Age Suitability:** The content of this production is suitable for the young and young at heart (a.k.a. all ages)

**For further information & media interviews:**

**Contact:** Michael Kolodziej (Director) at [michael\\_kolodziej@wrdsb.ca](mailto:michael_kolodziej@wrdsb.ca)

## Saturday, April 6, 2024

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### Emma! A Pop Musical (at Waterloo-Oxford D.S.S.)

Date and Time: Saturday, April 6 7:00 pm - 8:30 pm

Address: 1206 Snyder's Road West

A five, six, seven, eight! Waterloo-Oxford District Secondary School's production of *Emma! A Pop Musical* hits the stage this April and is a heartwarming story for the whole family to enjoy!

Based on Jane Austen's classic novel, *Emma! A Pop Musical* is a living, dancing and soul-warming jukebox musical that features hit songs of legendary girl groups and iconic female singers, from The Supremes and Whitney Houston to Shania Twain and Katy Perry.

The story of *Emma! A Pop Musical* focuses on Emma, a senior at Highbury Prep. This matchmaking master strives to find love for her classmates (as well as the private school's teachers!). Her next pet project is to find the perfect boyfriend for the young and bashful Harriet by the end of the school year. However, Emma's pursuit often goes sideways in hilariously unexpected ways, not to mention her relentless efforts just might be getting in the way of finding her own happiness...

This charming, full-length musical comedy is a delightful evening out for the whole family. With dynamic performances from W-O's talented students, *Emma! A Pop Musical* addresses how misguided romantic relationships can be when both personal vanity and stereotypes complicate matters.

Come and immerse yourself in the foot tapping, heart-warming, giggle-inducing world of *Emma! A Pop Musical*.

All proceeds from the show will be put forward to specifically support the arts at Waterloo-Oxford D.S.S.

**Performance Details: *Emma! A Pop Musical***

**Dates:** April 4th, 5th, and 6th, 2024 (Thursday through Saturday) at 7 pm

**Tickets/Website:** \$20 (Reserved Seating) as of March 1st

<https://sites.google.wrdsb.ca/w-o-emma>

**Running Time:** Approximately 90 minutes (+ 15 minute intermission.)

**Age Suitability:** The content of this production is suitable for the young and young at heart (a.k.a. all ages)

**For further information & media interviews:**

**Contact:** Michael Kolodziej (Director) at [michael\\_kolodziej@wrdsb.ca](mailto:michael_kolodziej@wrdsb.ca)

## Monday, April 8, 2024

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### SMART Gentle Exercises

Date and Time: Monday, April 8 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### SMART Gentle Exercises

Date and Time: Monday, April 8 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### Baby & Me

Date and Time: Monday, April 8 10:30 am - 11:30 am

Address: 145 Huron St

Designed for Babies (0-18 months) with their caregiver.

Join us for stories, songs and fingerplays. The last half hour of the program will be parent & baby free-play.

Siblings are welcome, but please note this program is designed for babies (0-18 months) with their caregiver.

A bonding and socializing time for you and baby intended to build a strong foundation for literacy development and success in school and beyond.

Register: <https://rwlibrary.libnet.info/event/10433754>

## Coffee Club

Date and Time: Monday, April 8 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Crokinole

Date and Time: Monday, April 8 1:00 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop by the [Active Living Centre](#) between 1:00 p.m. and 3:00 p.m. to play crokinole, the more the merrier! Free program, registration is not required.

## Billiards

Date and Time: Monday, April 8 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Homeschooler Art Club

Date and Time: Monday, April 8 2:00 pm - 3:00 pm

Address: 115 Synder's Road E

Designed for School Age (6-9) children, Tweens (9-12) and Teens (13-17).

Join us to learn about famous artists and art styles! We'll delve into the history, then try our hand at creating art in the style!

Register: <https://rwlibrary.libnet.info/event/10433624>

## Tuesday, April 9, 2024

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### Billiards

Date and Time: Tuesday, April 9 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

### Coffee Club

Date and Time: Tuesday, April 9 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

### Step by Step Painting

Date and Time: Tuesday, April 9 9:30 am - 11:30 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join [Community Care Concepts](#) for a step-by step acrylic painting in the [Active Living Centre](#)! Free program, all materials provided. Registration is required in advance in the Active Living Centre.

April Painting:

A window of a brick house with a flower box.

## Yoga - Mannheim Community Centre

Date and Time: Tuesday, April 9 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Ready, Set, Go Kindergarten

Date and Time: Tuesday, April 9 10:30 am - 11:30 am

Address: 115 Synder's Road E

A special program for 3-4 year olds entering Kindergarten in Fall 2024 to participate in with their caregiver. Help your child build literacy, math, and social skills. Caregivers join the last part of the program to explore hands-on learning centres with the children.

Preference is given to those who have not previously attended the program.

Register: <https://rwlibrary.libnet.info/event/10434881>

## Garden Club

Date and Time: Tuesday, April 9 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join Community Care Concepts in the Active Living Centre on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seedling Giveaway

## Tuesday Book Club

Date and Time: Tuesday, April 9 2:30 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) [Community Care Concepts](#) hosts book club in the [Active Living Centre](#). Books are provided through the [Region of Waterloo Library Book Club Sets](#). Pickup the [Active Living Centre](#) calendar at [Wilmot Recreation Complex](#) for monthly details.

2:15 to 3:30 in the [Active Living Centre](#).

## After School Drop-in with Wilmot Family Resource Centre and Region of Waterloo Libraries

Date and Time: Tuesday, April 9 2:45 pm - 4:15 pm

Address: 115 Synder's Road E

Enjoy snacks, crafts and time with friends!

- April 2 - Watercolour Painting
- April 9 - Yarn Wrapping
- April 16 - Slime Making
- April 23 - Minute to Win it!
- April 30 - Decoupage Crafting
- May 7 - Make Your Own Stickers
- May 14 - Trivia

## Code Corner

Date and Time: Tuesday, April 9 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for School-Age (6-9) children and Tweens (9-12).

Join us as we explore coding and robotics using Cubelets, Ozobots, Dot & Dash and more!

Register: <https://rwlibrary.libnet.info/event/10422697>

## Wednesday, April 10, 2024

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### SMART Gentle Exercises

Date and Time: Wednesday, April 10 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Discovery Time

Date and Time: Wednesday, April 10 9:30 am - 10:15 am

Address: 1176 Queen Street N

Designed for Early Years (2-5) children and their caregivers.

Stories, songs and more!

Drop-in, no registration required.

## SMART Gentle Exercises

Date and Time: Wednesday, April 10 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Coffee Club

Date and Time: Wednesday, April 10 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## TechKnow

Date and Time: Wednesday, April 10 1:00 pm - 3:45 pm



Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Sign up for one on one guidance with [Community Care Concepts](#) for your technological troubles! Register in advance in the [Active Living Centre](#). To do so, select one of three 45 minute timeslots and give a brief description of the assistance needed on the TeckKnow clipboard.

This program is offered weekly on Wednesdays from 1:00 p.m to 3:45 p.m. in the [Active Living Centre](#).

## Billiards

Date and Time: Wednesday, April 10 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## DIY Hanging Rainclouds

Date and Time: Wednesday, April 10 1:00 pm - 3:00 pm

Address: 115 Synder's Road E

Designed for Tweens (9-12) and Teens (13-17).

Create your very own dazzling raincloud!

Register: <https://rwlibrary.libnet.info/event/10437179>

## Book Talk

Date and Time: Wednesday, April 10 3:00 pm - 3:30 pm

Address: 145 Huron St

Designed for Adults (18+).

Join other local bookworms to chat about your recent reads and swap suggestions for titles to add to your TBR pile.

Drop-in, no registration required.

## Art Journal Club

Date and Time: Wednesday, April 10 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for Tweens (9-12) and Teens (13-17).

Join us for a fun art journaling session where we will explore new ideas and techniques each week. We will provide all the materials. Just bring your creativity!

Register: <https://rwlibrary.libnet.info/event/10422711>

## Thursday, April 11, 2024

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### Billiards

Date and Time: Thursday, April 11 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

### Coffee Club

Date and Time: Thursday, April 11 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

### Yoga - Mannheim Community Centre

Date and Time: Thursday, April 11 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Settlement Workers at the Library in the KW Multicultural Centre

Date and Time: Thursday, April 11 10:00 am - 2:00 pm

Address: 145 Huron St

As a new Canadian in the Kitchener-Waterloo area, settlement workers are available to help with needs such as language training, career and employment, housing, health care, education and more.

Designed for all ages. Drop-in, no registration required.

The Library Settlement Partnership (LSP) program is joint partnership between Immigration, Refugees and Citizenship Canada, the Kitchener-Waterloo Multicultural Centre, and the Region of Waterloo Libraries.

Whether you are new to Canada or have been in Canada for some time, the settlement workers are here to help.

Translation services can also be made available through referral.

Languages available:

- Tigrinya
- Amharic

**Drop-in, no registration required.**

## Conversation Corner

Date and Time: Thursday, April 11 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Come and engage with us as we dive into group discussion on a variety of topics in the [Active Living Centre](#). Pick from the “topic box” or start the conversation yourself! Build connections with others from the community by sharing your own experiences, thoughts, and opinions.

Weekly on Thursdays from 11:00 a.m. to 12:00 p.m. with [Community Care Concepts](#).

## Card Games

Date and Time: Thursday, April 11 1:00 pm - 2:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Do you love to play card games? Drop by the [Active Living Centre](#) for various Card games with [Community Care Concepts](#). Registration is not required.

May 9 - Euchre

## Puzzle Club

Date and Time: Thursday, April 11 3:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Calling all puzzle enthusiasts! Join [Community Care Concepts](#) bi-weekly in the [Active Living Centre](#) for social time as we work through different puzzles together.

## Friday, April 12, 2024

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### SMART Gentle Exercises

Date and Time: Friday, April 12 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### SMART Gentle Exercises

Date and Time: Friday, April 12 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### Coffee Club

Date and Time: Friday, April 12 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Garden Club

Date and Time: Friday, April 12 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join [Community Care Concepts](#) in the [Active Living Centre](#) on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seeding Giveaway

## Friday Crafts

Date and Time: Friday, April 12 2:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Join [Community Care Concepts](#) in the [Active Living Centre](#) for Friday Crafts! Each week, we will try something new! Free program, materials are required. Must register in advance in the Active Living Centre.

April Crafts

April 26: [Creation Circle](#)

May Crafts

May 3: Citronella Candles

May 10: [Creation Circle](#)

May 17: Embroidered Paintings

May 24: [Creation Circle](#)

May 31: Cricut Workshop 101

## Saturday, April 13, 2024

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## Ghost Walks at Castle Kilbride

Date and Time: Saturday, April 13 10:00 am - 3:00 pm

Address: 60 Snyder's Road West

Experience the Castle Kilbride in a unique way.

Featuring the artist who should have been dead. Stories of playful young spirits with Kilbride's resident ghost. A haunted antique comes home, and our theory on how a ghost scared away the local Minister. In partnership with Ghost Walks.

Spring

- Saturday April 13
- Saturday May 11
- Saturday June 8
- Saturday June 22

Summer

- Saturday July 6
- Saturday July 20
- Saturday August 10
- Saturday August 24

Please visit [Ghost Walks](#) for tickets.

Stay tuned for the fall list of 2024 walks.

## Ghost Walks at Castle Kilbride

Date and Time: Saturday, April 13 10:00 am - 3:00 pm

Address: 60 Snyder's Road West

Experience the Castle Kilbride in a unique way.

Featuring the artist who should have been dead. Stories of playful young spirits with Kilbride's resident ghost. A haunted antique comes home, and our theory on how a ghost scared away the local Minister. In partnership with Ghost Walks.

Spring

- Saturday May 11
- Saturday June 8
- Saturday June 22

Summer

- Saturday July 6
- Saturday July 20
- Saturday August 10
- Saturday August 24

Please visit [Ghost Walks](#) for tickets.

## Monday, April 15, 2024

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### SMART Gentle Exercises

Date and Time: Monday, April 15 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### SMART Gentle Exercises

Date and Time: Monday, April 15 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### Baby & Me

Date and Time: Monday, April 15 10:30 am - 11:30 am

Address: 145 Huron St

Designed for Babies (0-18 months) with their caregiver.

Join us for stories, songs and fingerplays. The last half hour of the program will be parent & baby free-play.

Siblings are welcome, but please note this program is designed for babies (0-18 months) with their caregiver.

A bonding and socializing time for you and baby intended to build a strong foundation for literacy development and success in school and beyond.

Register: <https://rwlibrary.libnet.info/event/10433754>

## Coffee Club

Date and Time: Monday, April 15 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Crokinole

Date and Time: Monday, April 15 1:00 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop by the [Active Living Centre](#) between 1:00 p.m. and 3:00 p.m. to play crokinole, the more the merrier! Free program, registration is not required.

## Billiards

Date and Time: Monday, April 15 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Homeschooler Art Club

Date and Time: Monday, April 15 2:00 pm - 3:00 pm

Address: 115 Synder's Road E

Designed for School Age (6-9) children, Tweens (9-12) and Teens (13-17).

Join us to learn about famous artists and art styles! We'll delve into the history, then try our hand at creating art in the style!

Register: <https://rwlibrary.libnet.info/event/10433624>



## Blackout Poetry

Date and Time: Monday, April 15 3:30 pm - 4:30 pm

Address: 115 Synder's Road E

Designed for Tweens (9-12) and Teens (13-17).

Let's celebrate National Poetry Month by creating our own blackout poetry!

Register: <https://rwlibrary.libnet.info/event/10437069>

## Tuesday, April 16, 2024

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### Billiards

Date and Time: Tuesday, April 16 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

### Creation Circle

Date and Time: Tuesday, April 16 9:00 am - 11:00 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) [Community Care Concepts](#) is calling all creatives! Drop by the [Active Living Centre](#) to work on your knitting, crocheting, embroidery, or any craft you love . Tuesdays from 9:00 a.m. to 12:00 p.m. in the [Active Living Centre](#).

### Coffee Club

Date and Time: Tuesday, April 16 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Yoga - Mannheim Community Centre

Date and Time: Tuesday, April 16 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Garden Club

Date and Time: Tuesday, April 16 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join [Community Care Concepts](#) in the [Active Living Centre](#) on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seeding Giveaway

## Music Bingo

Date and Time: Tuesday, April 16 2:15 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Here's some music to your ears, [Community Care Concepts](#) is offering music bingo in the [Active Living Centre](#)! Offered every other Tuesday. Must register in advance for each session by calling 519-634-9225 ext 340 or in person at the [Active Living Centre](#).

Music Bingo Special Themes:

April 30: Trivia and Facts

May 14: Country Classics

May 28: TV Show Theme Songs

## **After School Drop-in with Wilmot Family Resource Centre and Region of Waterloo Libraries**

Date and Time: Tuesday, April 16 2:45 pm - 4:15 pm

Address: 115 Synder's Road E

Enjoy snacks, crafts and time with friends!

- April 2 - Watercolour Painting
- April 9 - Yarn Wrapping
- April 16 - Slime Making
- April 23 - Minute to Win it!
- April 30 - Decoupage Crafting
- May 7 - Make Your Own Stickers
- May 14 - Trivia

## **Code Corner**

Date and Time: Tuesday, April 16 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for School-Age (6-9) children and Tweens (9-12).

Join us as we explore coding and robotics using Cubelets, Ozobots, Dot & Dash and more!

Register: <https://rwlibrary.libnet.info/event/10422697>

## **Earth Day Upcycle: DIY Seed Paper**

Date and Time: Tuesday, April 16 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for Tweens (9-12) and Teens (13-17).

Join us as we learn how to make recycled seed paper!

Register: <https://rwlibrary.libnet.info/event/10422813>

## **Wednesday, April 17, 2024**

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## **SMART Gentle Exercises**

Date and Time: Wednesday, April 17 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Discovery Time

Date and Time: Wednesday, April 17 9:30 am - 10:15 am

Address: 1176 Queen Street N

Designed for Early Years (2-5) children and their caregivers.

Stories, songs and more!

Drop-in, no registration required.

## SMART Gentle Exercises

Date and Time: Wednesday, April 17 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Coffee Club

Date and Time: Wednesday, April 17 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## TechKnow

Date and Time: Wednesday, April 17 1:00 pm - 3:45 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Sign up for one on one guidance with [Community Care Concepts](#) for your technological troubles! Register in advance in the [Active Living Centre](#). To do so, select one of three 45 minute timeslots and give a brief description of the assistance needed on the TechKnow clipboard.

This program is offered weekly on Wednesdays from 1:00 p.m to 3:45 p.m. in the [Active Living Centre](#).

## Billiards

Date and Time: Wednesday, April 17 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Art Journal Club

Date and Time: Wednesday, April 17 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for Tweens (9-12) and Teens (13-17).

Join us for a fun art journaling session where we will explore new ideas and techniques each week. We will provide all the materials. Just bring your creativity!

Register: <https://rwlibrary.libnet.info/event/10422711>

## Thursday, April 18, 2024

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## Billiards

Date and Time: Thursday, April 18 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Coffee Club

Date and Time: Thursday, April 18 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Yoga - Mannheim Community Centre

Date and Time: Thursday, April 18 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Settlement Workers at the Library in the KW Multicultural Centre

Date and Time: Thursday, April 18 10:00 am - 2:00 pm

Address: 145 Huron St

As a new Canadian in the Kitchener-Waterloo area, settlement workers are available to help with needs such as language training, career and employment, housing, health care, education and more.

Designed for all ages. Drop-in, no registration required.

The Library Settlement Partnership (LSP) program is joint partnership between Immigration, Refugees and Citizenship Canada, the Kitchener-Waterloo Multicultural Centre, and the Region of Waterloo Libraries.

Whether you are new to Canada or have been in Canada for some time, the settlement workers are here to help.

Translation services can also be made available through referral.

Languages available:

- Tigrinya
- Amharic

**Drop-in, no registration required.**

## Conversation Corner

Date and Time: Thursday, April 18 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Come and engage with us as we dive into group discussion on a variety of topics in the [Active Living Centre](#). Pick from the “topic box” or start the conversation yourself! Build connections with others from the community by sharing your own experiences, thoughts, and opinions.

Weekly on Thursdays from 11:00 a.m. to 12:00 p.m. with [Community Care Concepts](#).

## Congregate Dining Program - Community Care Concepts

Date and Time: Thursday, April 18 12:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) [Community Care Concepts](#) Congregate Dining program is offered once a month from September to June at the [Wilmot Recreation Complex](#) in the Community Centre. Registration is required by the Friday at noon the week before the lunch occurs. Call [Community Care Concepts](#) at 1-855-664-1900 for menu information and registration. \$14.00 per person paid upon entry. The monthly menu can also be found posted on the [Active Living Centre](#) bulletin board.

## Book Swap

Date and Time: Thursday, April 18 1:00 pm - 2:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Want to discover new books and share your favourites with others? Join [Community Care Concepts](#) in the [Active Living Centre](#) for Book Swap. Exchange physical books or titles to grow your reading list in time for summer.

## Crokinole and Games

Date and Time: Thursday, April 18 3:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop by the [Active Living Centre](#) to play Crokinole or various cards and games based on group preference.

# Friday, April 19, 2024

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## SMART Gentle Exercises

Date and Time: Friday, April 19 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## SMART Gentle Exercises

Date and Time: Friday, April 19 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Coffee Club

Date and Time: Friday, April 19 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).



## Garden Club

Date and Time: Friday, April 19 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join [Community Care Concepts](#) in the [Active Living Centre](#) on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seeding Giveaway

## Friday Crafts

Date and Time: Friday, April 19 2:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Join [Community Care Concepts](#) in the [Active Living Centre](#) for Friday Crafts! Each week, we will try something new! Free program, materials are required. Must register in advance in the Active Living Centre.

April Crafts

April 26: [Creation Circle](#)

May Crafts

May 3: Citronella Candles

May 10: [Creation Circle](#)

May 17: Embroidered Paintings

May 24: [Creation Circle](#)

May 31: Cricut Workshop 101

## Monday, April 22, 2024

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## SMART Gentle Exercises

Date and Time: Monday, April 22 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## SMART Gentle Exercises

Date and Time: Monday, April 22 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Baby & Me

Date and Time: Monday, April 22 10:30 am - 11:30 am

Address: 145 Huron St

Designed for Babies (0-18 months) with their caregiver.

Join us for stories, songs and fingerplays. The last half hour of the program will be parent & baby free-play.

Siblings are welcome, but please note this program is designed for babies (0-18 months) with their caregiver.

A bonding and socializing time for you and baby intended to build a strong foundation for literacy development and success in school and beyond.

Register: <https://rwlibrary.libnet.info/event/10433754>

## Coffee Club

Date and Time: Monday, April 22 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Crokinole

Date and Time: Monday, April 22 1:00 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop by the [Active Living Centre](#) between 1:00 p.m. and 3:00 p.m. to play crokinole, the more the merrier! Free program, registration is not required.

## Billiards

Date and Time: Monday, April 22 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Homeschooler Art Club

Date and Time: Monday, April 22 2:00 pm - 3:00 pm

Address: 115 Synder's Road E

Designed for School Age (6-9) children, Tweens (9-12) and Teens (13-17).

Join us to learn about famous artists and art styles! We'll delve into the history, then try our hand at creating art in the style!

Register: <https://rwlibrary.libnet.info/event/10433624>

## Tuesday, April 23, 2024

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## Billiards

Date and Time: Tuesday, April 23 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.

- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Creation Circle

Date and Time: Tuesday, April 23 9:00 am - 11:00 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) [Community Care Concepts](#) is calling all creatives! Drop by the [Active Living Centre](#) to work on your knitting, crocheting, embroidery, or any craft you love . Tuesdays from 9:00 a.m. to 12:00 p.m. in the [Active Living Centre](#).

## Coffee Club

Date and Time: Tuesday, April 23 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Yoga - Mannheim Community Centre

Date and Time: Tuesday, April 23 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Garden Club

Date and Time: Tuesday, April 23 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join [Community Care Concepts](#) in the [Active Living Centre](#) on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seeling Giveaway

## **Gentle Minute to Win It**

Date and Time: Tuesday, April 23 2:15 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Looking for some healthy competition? Join [Community Care Concepts](#) in the [Active Living Centre](#) for a few gentle minute to win it games that can be played seated or standing.

## **After School Drop-in with Wilmot Family Resource Centre and Region of Waterloo Libraries**

Date and Time: Tuesday, April 23 2:45 pm - 4:15 pm

Address: 115 Synder's Road E

Enjoy snacks, crafts and time with friends!

- April 2 - Watercolour Painting
- April 9 - Yarn Wrapping
- April 16 - Slime Making
- April 23 - Minute to Win it!
- April 30 - Decoupage Crafting
- May 7 - Make Your Own Stickers
- May 14 - Trivia

## **Code Corner**

Date and Time: Tuesday, April 23 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for School-Age (6-9) children and Tweens (9-12).

Join us as we explore coding and robotics using Cubelets, Ozobots, Dot & Dash and more!

Register: <https://rwlibrary.libnet.info/event/10422697>

## Wednesday, April 24, 2024

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### SMART Gentle Exercises

Date and Time: Wednesday, April 24 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### Discovery Time

Date and Time: Wednesday, April 24 9:30 am - 10:15 am

Address: 1176 Queen Street N

Designed for Early Years (2-5) children and their caregivers.

Stories, songs and more!

Drop-in, no registration required.

### SMART Gentle Exercises

Date and Time: Wednesday, April 24 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### Coffee Club

Date and Time: Wednesday, April 24 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Billiards

Date and Time: Wednesday, April 24 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## TechKnow

Date and Time: Wednesday, April 24 1:00 pm - 3:45 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Sign up for one on one guidance with [Community Care Concepts](#) for your technological troubles! Register in advance in the [Active Living Centre](#). To do so, select one of three 45 minute timeslots and give a brief description of the assistance needed on the TechKnow clipboard.

This program is offered weekly on Wednesdays from 1:00 p.m to 3:45 p.m. in the [Active Living Centre](#).

## Art Journal Club

Date and Time: Wednesday, April 24 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for Tweens (9-12) and Teens (13-17).

Join us for a fun art journaling session where we will explore new ideas and techniques each week. We will provide all the materials. Just bring your creativity!

Register: <https://rwlibrary.libnet.info/event/10422711>

## Billiards

Date and Time: Thursday, April 25 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Coffee Club

Date and Time: Thursday, April 25 9:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Yoga - Mannheim Community Centre

Date and Time: Thursday, April 25 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

[mannheimoptimists@gmail.com](mailto:mannheimoptimists@gmail.com) for more information or to register

## Settlement Workers at the Library in the KW Multicultural Centre

Date and Time: Thursday, April 25 10:00 am - 2:00 pm

Address: 145 Huron St

As a new Canadian in the Kitchener-Waterloo area, settlement workers are available to help with needs such as language training, career and employment, housing, health care, education and more.



Designed for all ages. Drop-in, no registration required.

The Library Settlement Partnership (LSP) program is joint partnership between Immigration, Refugees and Citizenship Canada, the Kitchener-Waterloo Multicultural Centre, and the Region of Waterloo Libraries.

Whether you are new to Canada or have been in Canada for some time, the settlement workers are here to help.

Translation services can also be made available through referral.

Languages available:

- Tigrinya
- Amharic

**Drop-in, no registration required.**

## Conversation Corner

Date and Time: Thursday, April 25 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Come and engage with us as we dive into group discussion on a variety of topics in the [Active Living Centre](#). Pick from the “topic box” or start the conversation yourself! Build connections with others from the community by sharing your own experiences, thoughts, and opinions.

Weekly on Thursdays from 11:00 a.m. to 12:00 p.m. with [Community Care Concepts](#).

## Brain Teasers

Date and Time: Thursday, April 25 1:00 pm - 1:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Keep your mind sharp! Each month before our Guest Speaker, drop by the [Active Living Centre](#) to solve brain teasers on site or to take home. Registration is not required.

## Guest Speaker - Community Care Concepts

Date and Time: Thursday, April 25 1:45 pm - 2:45 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop by the [Active Living Centre](#) on the fourth Thursday of the month for the Guest Speaker program. Registration not required. Program begins at 1:45 p.m.

April Guest Speaker: Joyce from [Community Care Concepts](#) will discuss Day Program and Caregiver relief options in Wilmot.

## Puzzle Club

Date and Time: Thursday, April 25 3:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Calling all puzzle enthusiasts! Join [Community Care Concepts](#) bi-weekly in the [Active Living Centre](#) for social time as we work through different puzzles together.

## Friday, April 26, 2024

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### SMART Gentle Exercises

Date and Time: Friday, April 26 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### SMART Gentle Exercises

Date and Time: Friday, April 26 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

## Coffee Club

Date and Time: Friday, April 26 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Garden Club

Date and Time: Friday, April 26 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join [Community Care Concepts](#) in the [Active Living Centre](#) on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seeding Giveaway

## Friday Crafts

Date and Time: Friday, April 26 2:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Join [Community Care Concepts](#) in the [Active Living Centre](#) for Friday Crafts! Each week, we will try something new! Free program, materials are required. Must register in advance in the Active Living Centre.

April Crafts

April 26: [Creation Circle](#)

May Crafts

May 3: Citronella Candles

May 10: [Creation Circle](#)

May 17: Embroidered Paintings

May 24: [Creation Circle](#)

May 31: Cricut Workshop 101

## Wilmot Lions / Lioness Club Spaghetti Dinner

Date and Time: Friday, April 26 5:30 pm - 7:00 pm

Address: New Hamburg Legion Branch 532, 65 Boullee St,

Spaghetti Dinner Fundraising event - Hosted by the Wilmot Lions / Lioness Club

Location: New Hamburg Legion Branch 532, 65 Boullee St, New Hamburg, ON N3A 1E1

Dinner includes: Spaghetti Dinner, Salad, Dessert and a glass of wine - \$ 25.00

Children 10 and under: \$ 5.00

Serving from 5:00 pm to 7:30 pm

Advance tickets only - email: [paulmackie@rogers.com](mailto:paulmackie@rogers.com) Cell: 519-498-9302

## Monday, April 29, 2024

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### SMART Gentle Exercises

Date and Time: Monday, April 29 9:00 am - 9:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 9:00 a.m. to 9:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### SMART Gentle Exercises

Date and Time: Monday, April 29 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) This FREE exercise program is designed for the practice of daily tasks from reaching to the top shelf to bending down to tie your shoes for stretching, lifting and reaching, and helps maintain balance and coordination.

Offered Mondays, Wednesdays and Fridays from 10:00 a.m. to 10:45 a.m. in the [Active Living Center](#).

This program is offered and run by [Community Care Concepts](#).

Completion of PAR-Q/Waiver is required at first visit and as needed.

### Baby & Me

Date and Time: Monday, April 29 10:30 am - 11:30 am

Address: 145 Huron St

Designed for Babies (0-18 months) with their caregiver.

Join us for stories, songs and fingerplays. The last half hour of the program will be parent & baby free-play.

Siblings are welcome, but please note this program is designed for babies (0-18 months) with their caregiver.

A bonding and socializing time for you and baby intended to build a strong foundation for literacy development and success in school and beyond.

Register: <https://rwlibrary.libnet.info/event/10433754>

## Coffee Club

Date and Time: Monday, April 29 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Crokinole

Date and Time: Monday, April 29 1:00 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop by the [Active Living Centre](#) between 1:00 p.m. and 3:00 p.m. to play crokinole, the more the merrier! Free program, registration is not required.

## Billiards

Date and Time: Monday, April 29 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Billiards

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

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Join us for drop in Billiards play in the [Active Living Centre](#).

- Mondays and Wednesdays from 1:00pm to 4:00 p.m.
- Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Creation Circle

Date and Time: Tuesday, April 30 9:00 am - 11:00 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) [Community Care Concepts](#) is calling all creatives! Drop by the [Active Living Centre](#) to work on your knitting, crocheting, embroidery, or any craft you love . Tuesdays from 9:00 a.m. to 12:00 p.m. in the [Active Living Centre](#).

## Coffee Club

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

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Drop in for coffee, tea, and treats in the [Active Living Centre](#). This program can occur during other morning programs (e.g. Billiards, Conversation Corner).

- Monday, Wednesday, and Friday mornings from 11:00 a.m. to 12:00 p.m.
- Tuesday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

This program is offered jointly by the [Township of Wilmot](#) and [Community Care Concepts](#).

## Yoga - Mannheim Community Centre

Date and Time: Tuesday, April 30 10:00 am - 11:00 am

Address: 1467 Mannheim Road

Yoga at the Mannheim Community Centre (pre registration required)

Classes on Tuesdays and/or Thursday morning at 10:00 am

## Garden Club

Date and Time: Tuesday, April 30 1:00 pm - 2:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Rd.

(55+) Hey green thumbs, black thumbs and everyone in between! Join [Community Care Concepts](#) in the [Active Living Centre](#) on Tuesdays and Fridays at 1:00 p.m. for some indoor gardening. Grow houseplants, herbs, microgreens, and vegetables that you can enjoy at home. Free program, no registration required.

Special Themes for April:

April 26: Garden Sign Activity

Special Themes for May:

May 17: Prep for Seedling Giveaway

May 24: Seeding Giveaway

## Music Bingo

Date and Time: Tuesday, April 30 2:15 pm - 3:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) Here's some music to your ears, [Community Care Concepts](#) is offering music bingo in the [Active Living Centre](#)! Offered every other Tuesday. Must register in advance for each session by calling 519-634-9225 ext 340 or in person at the [Active Living Centre](#).

Music Bingo Special Themes:

April 30: Trivia and Facts

May 14: Country Classics

May 28: TV Show Theme Songs

## After School Drop-in with Wilmot Family Resource Centre and Region of Waterloo Libraries

Date and Time: Tuesday, April 30 2:45 pm - 4:15 pm

Address: 115 Synder's Road E

Enjoy snacks, crafts and time with friends!

- April 2 - Watercolour Painting
- April 9 - Yarn Wrapping
- April 16 - Slime Making

- April 23 - Minute to Win it!
- April 30 - Decoupage Crafting
- May 7 - Make Your Own Stickers
- May 14 - Trivia

## Code Corner

Date and Time: Tuesday, April 30 4:00 pm - 5:00 pm

Address: 145 Huron St

Designed for School-Age (6-9) children and Tweens (9-12).

Join us as we explore coding and robotics using Cubelets, Ozobots, Dot & Dash and more!

Register: <https://rwlibrary.libnet.info/event/10422697>

## Stove Talk - Introduction to Induction

Date and Time: Tuesday, April 30 7:00 pm - 8:30 pm

Address: 26 Eby Crescent

The **Nith Valley Ecoboosters** will be hosting a free in-person educational event on April 30<sup>th</sup> entitled: **"STOVE TALK: Introduction to Induction"**. The event will take place in Room A at the **Wilmot Recreational Complex**, 1291 Nafziger Road in Baden, from 7:00-8:30 p.m. Lots of free parking is available at the Complex!

Please join us and learn about induction cooking, how induction burners work, and see demonstrations of how to cook some new and also familiar foods with this technology. Induction cooking is gaining popularity because it helps to protect indoor air quality, uses less energy, generates fewer carbon emissions, cooks food faster, has better temperature control, is safer to use than conventional electric and gas alternatives.

We will have 5 "local chefs" at the event and they will be preparing a variety of foods and hot drinks for everyone to sample. And you will have a chance to win one of the door prizes that we are giving away!

Register for this free event at [nvecoboosters.com](http://nvecoboosters.com)

Questions? Contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com)

<http://calendar.wilmot.ca>