

## Thursday, January 2, 2025

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### Billiards

Date and Time: Thursday, January 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](#).

### Coffee Club

Date and Time: Thursday, January 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](#).

## Friday, January 3, 2025

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### SMART Gentle Exercises

Date and Time: Friday, January 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: Friday, January 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: Friday, January 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](#).

## Monday, January 6, 2025

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## SMART Gentle Exercises

Date and Time: Monday, January 6 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.

## Coffee Club

Date and Time: Monday, January 6 9:30 am - 11:30 am

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Join us for coffee (or tea) and conversation every Monday morning. Anyone 55+ is welcome to join!

Reach out to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) with any questions.

## Craft: Pinecone Bird Feeders

Date and Time: Monday, January 6 9:30 am - 11:30 am

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Join us to create a simple bird feeder to bring those avian visitors your way this winter. Anyone 55+ is welcome to attend! Send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## SMART Gentle Exercises

Date and Time: Monday, January 6 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: Monday, January 6 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: Monday, January 6 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](#).

## SMART Exercise Class

Date and Time: Monday, January 6 1:00 pm - 2:00 pm

Address: 1028 Queen St

This free drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Any one 55+ is welcome to join us! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) or call 519-664-1900 (toll free: 1-855-664-1900) for more information. Bring a water bottle and properly-fitted shoes.

## Fall Prevention

Date and Time: Monday, January 6 2:00 pm - 3:00 pm

Address: 1028 Queen St

These free, drop-in classes are hosted by Community Care Concepts in collaboration with kinesiologists from Community Support Connections. Held at the New Dundee Community Centre, each session introduces a different topic related to the wellbeing of older adults and the prevention of falls. Anyone 55+ is welcome to attend, and no registration is required.

Please send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Line Dancing Classes

Date and Time: Monday, January 6 3:00 pm - 4:00 pm

Address: 1028 Queen St

These free, drop-in classes are hosted by Community Care Concepts at the New Dundee Community Centre. Taught by experienced line dancing instructor Sandra from Fairytale Parties, the classes will teach the delight of low-impact exercise in a friendly, supportive environment. Anyone 55+ is welcome to attend! Send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Committee of the Whole

Date and Time: Monday, January 6 6:00 pm - 9:00 pm

# Tuesday, January 7, 2025

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## Coffee Club

Date and Time: Tuesday, January 7 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](#).

## Billiards

Date and Time: Tuesday, January 7 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](#).

## Special Council Meeting - 2025 Budget - Public Delegation

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

# Wednesday, January 8, 2025

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## SMART Gentle Exercises

Date and Time: Wednesday, January 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: Wednesday, January 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.

## Coffee Club

Date and Time: Wednesday, January 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](#).

## Billiards

Date and Time: Wednesday, January 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](#).

## SMART Exercise Class

Date and Time: Wednesday, January 8 1:00 pm - 2:00 pm

Address: 1028 Queen St

This free drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Any

one 55+ is welcome to join us! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) or call 519-664-1900 (toll free: 1-855-664-1900) for more information. Bring a water bottle and properly-fitted shoes.

## TechKnow

Date and Time: Wednesday, January 8 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](#).

## Committee of Adjustment Meeting

Date and Time: Wednesday, January 8 7:00 pm - 8:00 pm

## Thursday, January 9, 2025

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### Billiards

Date and Time: Thursday, January 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: Thursday, January 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](#).

## SMART Gentle Exercises

Date and Time: Friday, January 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.

## SMART Gentle Exercises

Date and Time: Friday, January 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: Friday, January 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](#).

## TCP Presents: Auditions for Matilda the Musical

Date and Time: Friday, January 10 6:00 pm - 10:00 pm



Address: 1791 Erb's Road

We are beyond excited to invite you to audition for our upcoming production of **Matilda the Musical!** This enchanting show, based on Roald Dahl's beloved tale, brings to life the story of a brilliant young girl who defies the odds with her extraordinary intelligence and courage. Matilda Wormwood, despite her challenging circumstances, discovers her own strength and the power of standing up for what is right.

We warmly welcome performers of all ages and experience levels to join us. Whether you're a seasoned actor or new to the stage, we are here to support you and help you showcase your best self. Our team is dedicated to creating an encouraging and nurturing environment where you can explore your creativity and shine in your role. This is more than just an audition; it's an opportunity to be part of a magical journey that celebrates the joy of storytelling and the power of imagination. We can't wait to see how you'll bring Matilda's world to life and contribute to this extraordinary production. So, come with your enthusiasm and passion. We look forward to discovering the incredible talent within our community and sharing this unforgettable experience with you.

## Saturday, January 11, 2025

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### TCP Presents: Auditions for Matilda the Musical

Date and Time: Saturday, January 11 9:00 am - 5:00 pm

Address: 1791 Erb's Road

We are beyond excited to invite you to audition for our upcoming production of **Matilda the Musical!** This enchanting show, based on Roald Dahl's beloved tale, brings to life the story of a brilliant young girl who defies the odds with her extraordinary intelligence and courage. Matilda Wormwood, despite her challenging circumstances, discovers her own strength and the power of standing up for what is right.

We warmly welcome performers of all ages and experience levels to join us. Whether you're a seasoned actor or new to the stage, we are here to support you and help you showcase your best self. Our team is dedicated to creating an encouraging and nurturing environment where you can explore your creativity and shine in your role. This is more than just an audition; it's an opportunity to be part of a magical journey that celebrates the joy of storytelling and the power of imagination. We can't wait to see how you'll bring Matilda's world to life and contribute to this extraordinary production. So, come with your enthusiasm and passion. We look forward to discovering the incredible talent within our community and sharing this unforgettable experience with you.

## Sunday, January 12, 2025

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### TCP Presents: Auditions for Matilda the Musical

Date and Time: Sunday, January 12 9:00 am - 3:00 pm

Address: 1791 Erb's Road

We are beyond excited to invite you to audition for our upcoming production of **Matilda the Musical!** This enchanting show, based on Roald Dahl's beloved tale, brings to life the story of a brilliant young girl who defies the odds with her extraordinary intelligence and courage. Matilda Wormwood, despite her challenging circumstances, discovers her own strength and the power of standing up for what is right.

We warmly welcome performers of all ages and experience levels to join us. Whether you're a seasoned actor or new to the stage, we are here to support you and help you showcase your best self. Our team is dedicated to creating an encouraging and nurturing environment where you can explore your creativity and shine in your role. This is more than just an audition; it's an opportunity to be part of a magical journey that celebrates the joy of storytelling and the power of imagination. We can't wait to see how you'll bring Matilda's world to life and contribute to this extraordinary production. So, come with your enthusiasm and passion. We look forward to discovering the incredible talent within our community and sharing this unforgettable experience with you.

## Monday, January 13, 2025

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### SMART Gentle Exercises

Date and Time: Monday, January 13 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.

### Coffee Club

Date and Time: Monday, January 13 9:30 am - 11:30 am

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Join us for coffee (or tea) and conversation every Monday morning. Anyone 55+ is welcome to join!

Reach out to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) with any questions.

### Living Like You Mean It Workshop

Date and Time: Monday, January 13 10:00 am - 11:30 am

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. John Dinner (Clinical Counsellor, RP) from Interfaith Counselling Centre, will lead this workshop about living on e's life with purpose and how we can make meaning from our experiences. Anyone 55+ is welcome to attend. Reach out to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) with any questions.

### SMART Gentle Exercises

Date and Time: Monday, January 13 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: Monday, January 13 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: Monday, January 13 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](#).

## SMART Exercise Class

Date and Time: Monday, January 13 1:00 pm - 2:00 pm

Address: 1028 Queen St

This free drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Any one 55+ is welcome to join us! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) or call 519-664-1900 (toll free: 1-855-664-1900) for more information. Bring a water bottle and properly-fitted shoes.

## Hear Well Be Well Hearing Clinic

Date and Time: Monday, January 13 2:00 pm - 4:00 pm

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Michelle Redgwell from Hear Well Be Well will provide a presentation on hearing health and free onsite services, including the following:

1. Clean and check current hearing aids
2. All makes and models are welcome, regardless of the place of original purchase.
3. Ear checks for wax

Anyone 55+ is welcome to attend, and no registration is required! Send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Line Dancing Classes

Date and Time: Monday, January 13 3:00 pm - 4:00 pm

Address: 1028 Queen St

These free, drop-in classes are hosted by Community Care Concepts at the New Dundee Community Centre. Taught by experienced line dancing instructor Sandra from Fairytale Parties, the classes will teach the delight of low-impact exercise in a friendly, supportive environment. Anyone 55+ is welcome to attend! Send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Tuesday, January 14, 2025

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### Coffee Club

Date and Time: Tuesday, January 14 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](#).

### Billiards

Date and Time: Tuesday, January 14 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](#).

## Wednesday, January 15, 2025

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### SMART Gentle Exercises

Date and Time: Wednesday, January 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: Wednesday, January 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.

### Coffee Club

Date and Time: Wednesday, January 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 morn

ing 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, January 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](#).

## TechKnow

Date and Time: Wednesday, January 15 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](#).

## Thursday, January 16, 2025

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### Billiards

Date and Time: Thursday, January 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](#).

### Coffee Club

Date and Time: Thursday, January 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](#).

## Book Club Discussion

Date and Time: Thursday, January 16 1:00 pm - 2:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

(55+) "Join the club" as we dive into led discussion about our current read. Book sets are provided through the [Region of Waterloo Library](#) and are distributed to members every month. Drop by the [Active Living Centre](#) for a more information and to register for upcoming books!

Our Book Club meets every third Thursday of the month in the [Active Living Centre](#) from 1:00 p.m. to 2:30 p.m.

## Special Council Meeting - 2025 Budget Approval

Date and Time: Thursday, January 16 2:00 pm - 10:00 pm

## Friday, January 17, 2025

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### SMART Gentle Exercises

Date and Time: Friday, January 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.

### SMART Gentle Exercises

Date and Time: Friday, January 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: Friday, January 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](#).

## Monday, January 20, 2025

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### SMART Gentle Exercises

Date and Time: Monday, January 20 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.

### Painting Class with Julie

Date and Time: Monday, January 20 9:30 am - 12:00 pm

Address: 1028 Queen St

This free drop-in program by Community Care Concepts is held at the New Dundee Community Centre. Julie



will teach a landscape painting step-by-step. All acrylic paint supplies will be provided at no cost.

Anyone 55+ is welcome to attend! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) for more information.

## Coffee Club

Date and Time: Monday, January 20 9:30 am - 11:30 am

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Join us for coffee (or tea) and conversation every Monday morning. Anyone 55+ is welcome to join!

Reach out to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) with any questions.

## SMART Gentle Exercises

Date and Time: Monday, January 20 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: Monday, January 20 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: Monday, January 20 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](#).

## SMART Exercise Class

Date and Time: Monday, January 20 1:00 pm - 2:00 pm

Address: 1028 Queen St

This free drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Any one 55+ is welcome to join us! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) or call 519-664-1900 (toll free: 1-855-664-1900) for more information. Bring a water bottle and properly-fitted shoes.

## Fall Prevention

Date and Time: Monday, January 20 2:00 pm - 3:00 pm

Address: 1028 Queen St

These free, drop-in classes are hosted by Community Care Concepts in collaboration with kinesiologists from Community Support Connections. Held at the New Dundee Community Centre, each session introduces a different topic related to the wellbeing of older adults and the prevention of falls. Anyone 55+ is welcome to attend, and no registration is required.

Please send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Line Dancing Classes

Date and Time: Monday, January 20 3:00 pm - 4:00 pm

Address: 1028 Queen St

These free, drop-in classes are hosted by Community Care Concepts at the New Dundee Community Centre. Taught by experienced line dancing instructor Sandra from Fairytale Parties, the classes will teach the delight of low-impact exercise in a friendly, supportive environment. Anyone 55+ is welcome to attend! Send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Tuesday, January 21, 2025

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### Coffee Club

Date and Time: Tuesday, January 21 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 morn

ing 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: Tuesday, January 21 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](#).

## Wilmot Canada Day Event Task Force

Date and Time: Tuesday, January 21 6:30 pm - 8:30 pm

## Wednesday, January 22, 2025

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### SMART Gentle Exercises

Date and Time: Wednesday, January 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: Wednesday, January 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.

## Coffee Club

Date and Time: Wednesday, January 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](#).

## Billiards

Date and Time: Wednesday, January 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](#).

## TechKnow

Date and Time: Wednesday, January 22 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](#).

## SMART Exercise Class

Date and Time: Wednesday, January 22 1:00 pm - 2:00 pm

Address: 1028 Queen St

This free drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Any one 55+ is welcome to join us! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) or call 519-664-1900 (toll free: 1-855-664-1900) for more information. Bring a water bottle and properly-fitted shoes.

## Thursday, January 23, 2025

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### Billiards

Date and Time: Thursday, January 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](#).

### Coffee Club

Date and Time: Thursday, January 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](#).

## Friday, January 24, 2025

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### SMART Gentle Exercises

Date and Time: Friday, January 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.

## SMART Gentle Exercises

Date and Time: Friday, January 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: Friday, January 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](#).

## Monday, January 27, 2025

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### SMART Gentle Exercises

Date and Time: Monday, January 27 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.

### Coffee Club

Date and Time: Monday, January 27 9:30 am - 11:30 am

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Join us for coffee (or tea) and conversation every Monday morning. Anyone 55+ is welcome to join!

Reach out to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) with any questions.

## Joy and Mental Health Workshop

Date and Time: Monday, January 27 10:00 am - 11:00 am

Address: 1028 Queen St

This free, drop-in program is hosted by Community Care Concepts in collaboration with Interfaith Counselling Centre at the New Dundee Community Centre. Led by Manshi Pandya (Registered Psychotherapist, qualifying), the workshop will touch on how to look for and find joy to improve your mental health, lower stress, and help you to feel calm.

Anyone 55+ is welcome to attend! Send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## SMART Gentle Exercises

Date and Time: Monday, January 27 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: Monday, January 27 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: Monday, January 27 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](#).

## SMART Exercise Class

Date and Time: Monday, January 27 1:00 pm - 2:00 pm

Address: 1028 Queen St

This free drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Any one 55+ is welcome to join us! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) or call 519-664-1900 (toll free: 1-855-664-1900) for more information. Bring a water bottle and properly-fitted shoes.

## Fall Prevention

Date and Time: Monday, January 27 2:00 pm - 3:00 pm

Address: 1028 Queen St

These free, drop-in classes are hosted by Community Care Concepts in collaboration with kinesiologists from Community Support Connections. Held at the New Dundee Community Centre, each session introduces a different topic related to the wellbeing of older adults and the prevention of falls. Anyone 55+ is welcome to attend, and no registration is required.

Please send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Line Dancing Classes

Date and Time: Monday, January 27 3:00 pm - 4:00 pm

Address: 1028 Queen St

These free, drop-in classes are hosted by Community Care Concepts at the New Dundee Community Centre. Taught by experienced line dancing instructor Sandra from Fairytale Parties, the classes will teach the delight of low-impact exercise in a friendly, supportive environment. Anyone 55+ is welcome to attend! Send any questions to [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca).

## Special Council Meeting - 2025 Budget Approval (only if required)

Date and Time: Monday, January 27 5:00 pm - 10:00 pm



## Council Meeting

Date and Time: Monday, January 27 7:00 pm - 10:00 pm

## Tuesday, January 28, 2025

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### Coffee Club

Date and Time: Tuesday, January 28 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](#).

### Billiards

Date and Time: Tuesday, January 28 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](#).

## Wednesday, January 29, 2025

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### SMART Gentle Exercises

Date and Time: Wednesday, January 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: Wednesday, January 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.

## Coffee Club

Date and Time: Wednesday, January 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](#).

## Billiards

Date and Time: Wednesday, January 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](#).

## SMART Exercise Class

Date and Time: Wednesday, January 29 1:00 pm - 2:00 pm

Address: 1028 Queen St

This free drop-in program is hosted by Community Care Concepts at the New Dundee Community Centre. Any one 55+ is welcome to join us! Please contact [rachelz@communitycareconcepts.ca](mailto:rachelz@communitycareconcepts.ca) or call 519-664-1900 (toll free: 1-855-664-1900) for more information. Bring a water bottle and properly-fitted shoes.

## TechKnow

Date and Time: Wednesday, January 29 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](#).

## Thursday, January 30, 2025

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### Billiards

Date and Time: Thursday, January 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](#).

### Coffee Club

Date and Time: Thursday, January 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](#).

## Friday, January 31, 2025

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## SMART Gentle Exercises

Date and Time: Friday, January 31 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, January 31 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, January 31 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](#).

<https://calendar.wilmot.ca>