

Monday, February 3, 2025

SMART Gentle Exercises

Date and Time: Monday, February 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: Monday, February 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: Monday, February 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](#).

Billiards

Date and Time: Monday, February 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](#).

SMART Exercise Class

Date and Time: Monday, February 3 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 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, February 3 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.

Line Dancing Classes

Date and Time: Monday, February 3 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.

Committee of the Whole

Date and Time: Monday, February 3 6:00 pm - 9:00 pm

Tuesday, February 4, 2025

Coffee Club

Date and Time: Tuesday, February 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](#).

Billiards

Date and Time: Tuesday, February 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](#).

Wednesday, February 5, 2025

SMART Gentle Exercises

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

Billiards

Date and Time: Wednesday, February 5 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, February 5 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 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, February 5 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, February 5 7:00 pm - 8:00 pm

Thursday, February 6, 2025

Billiards

Date and Time: Thursday, February 6 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, February 6 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, February 7, 2025

SMART Gentle Exercises

Date and Time: Friday, February 7 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, February 7 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, February 7 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, February 10, 2025

SMART Gentle Exercises

Date and Time: Monday, February 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: Monday, February 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: Monday, February 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](#).

Billiards

Date and Time: Monday, February 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](#).

SMART Exercise Class

Date and Time: Monday, February 10 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 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, February 10 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.

Line Dancing Classes

Date and Time: Monday, February 10 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.

Tuesday, February 11, 2025

Coffee Club

Date and Time: Tuesday, February 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](#).

Billiards

Date and Time: Tuesday, February 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](#).

Heritage Wilmot and Castle Kilbride Advisory Committee meeting

Date and Time: Tuesday, February 11 7:00 pm - 9:00 pm

Wednesday, February 12, 2025

SMART Gentle Exercises

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

Billiards

Date and Time: Wednesday, February 12 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, February 12 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 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, February 12 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](#).

Thursday, February 13, 2025

Billiards

Date and Time: Thursday, February 13 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, February 13 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, February 14, 2025

SMART Gentle Exercises

Date and Time: Friday, February 14 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, February 14 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, February 14 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](#).

Sunday, February 16, 2025

FREE Sponsored Skate, Tim Louis, MP

Date and Time: Sunday, February 16 2:30 pm - 4:20 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

Join us for a FREE Public Skate at the Wilmot Recreation Complex, generously sponsored by [Tim Louis, MP](#)

- Sunday, February 16
- 2:30 - 4:20 PM

Capacity limits apply. Please check in at the ice pads for your skating ticket.

CSA approved helmets are strongly recommended. For safety reasons during skates, please skate with the flow of other skaters and please be aware that sticks pucks are not permitted on the ice. Arena personnel are there to help if you have any questions.

Capacity limits apply. View complete list of [arena rules](#).

Monday, February 17, 2025

New Hamburg Fire Department - Community Breakfast

Date and Time: Monday, February 17 8:00 am - 11:00 am

Address: 65 Boulee Street

New Hamburg Fire Department - Community Breakfast

- Monday, February 17th 2025
- 8am - 11am
- New Hamburg Legion
- \$15 per adult OR \$40 per family
- Peameal bacon, eggs, home fries, toast, beans, coffee, tea, juice etc..
- Proceeds will go towards purchasing a new "mule" cart which is essential for rescue efforts on Wilmot's expanding hiking/ trail systems.
- Come on out for some good food, good company and good times!

Family Day Public Skate - Reg. Admission

Date and Time: Monday, February 17 10:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

Join us at the Wilmot Recreation Complex for Family Day!

Regular admission rates apply. Skaters must check in and pay at the Customer Service desk (located on the pool side of the building) before heading to the rinks.

- Youth (3+ years): \$4.25
- Adult (18 - 54 years): \$4.75
- Family (2 adults/2 children under 18): \$13.50

CSA approved helmets are strongly recommended. For safety reasons during public skates, please skate with the flow of other skaters and be aware that sticks and pucks are not permitted on the ice. Arena personnel are there to help if you have any questions. View a complete list of [arena rules](#).

FREE Family Day Activities by the Baden Community Association

Date and Time: Monday, February 17 11:00 am - 3:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

Join the fun at the Wilmot Recreation Complex this Family Day!

The [Baden Community Association](#) is generously offering free facepainting, games, snacks and more in the Community Centre on the upper level. Drop by between 11 AM and 3 PM.

Family Day - Open Swim, Reg. Admission

Date and Time: Monday, February 17 1:05 pm - 2:30 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

Join us at the Wilmot Recreation Complex on Family Day for an Open Swim!

Two Open Swims are being offered. The first is from 1:05 - 2:30 PM; the second is from 2:35 - 4:00 PM. Regular admissions apply to both swim times. Swimmers must check in and pay at the Customer Service desk upon arrival.

- Youth (1 - 17 years): \$4
- Adult (18 - 54 years): \$6.25
- Family (2 adults/2 children under 18): \$16
- Additional Youth: \$2
- Infant (under 12 months): Free

Both the Leisure Pool and the Lap Pool will be open during the Open Swims. Capacity limits apply for each pool. All participants must meet the requirements of the [Swim Admission Policy](#).

Family Day - Open Swim, Reg. Admission

Date and Time: Monday, February 17 2:35 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

Join us at the Wilmot Recreation Complex on Family Day for an Open Swim!

Two Open Swims are being offered. The first is from 1:05 - 2:30 PM; the second is from 2:35 - 4:00 PM. Regular admissions apply to both swim times. Swimmers must check in and pay at the Customer Service desk upon arrival.

- Youth (1 - 17 years): \$4
- Adult (18 - 54 years): \$6.25
- Family (2 adults/2 children under 18): \$16
- Additional Youth: \$2
- Infant (under 12 months): Free

Both the Leisure Pool and the Lap Pool will be open during the Open Swims. Capacity limits apply for each pool. All participants must meet the requirements of the [Swim Admission Policy](#).

Tuesday, February 18, 2025

Coffee Club

Date and Time: Tuesday, February 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](#).

Billiards

Date and Time: Tuesday, February 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](#).

Wilmot Canada Day Event Task Force

Date and Time: Tuesday, February 18 6:30 pm - 8:30 pm

Special Council Meeting

Date and Time: Tuesday, February 18 7:00 pm - 8:00 pm

Wednesday, February 19, 2025

SMART Gentle Exercises

Date and Time: Wednesday, February 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: Wednesday, February 19 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

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ending 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, February 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](#).

Billiards

Date and Time: Wednesday, February 19 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, February 19 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, February 20, 2025

Billiards

Date and Time: Thursday, February 20 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, February 20 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, February 20 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.

Friday, February 21, 2025

SMART Gentle Exercises

Date and Time: Friday, February 21 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, February 21 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, February 21 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](#).

Saturday, February 22, 2025

Coldest Night of the Year in New Hamburg

Date and Time: Saturday, February 22 4:00 pm - 8:00 pm

Address: New Hamburg Community Centre, 251 Jacob St.

Cnoy.org/wilmot

SMART Gentle Exercises

Date and Time: Monday, February 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: Monday, February 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: Monday, February 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: Monday, February 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](#).

Fall Prevention

Date and Time: Monday, February 24 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.

Special Council Meeting- 2025 Budget Deliberations

Date and Time: Monday, February 24 2:00 pm - 6:00 pm

Council Meeting

Date and Time: Monday, February 24 7:00 pm - 9:00 pm

Tuesday, February 25, 2025

Coffee Club

Date and Time: Tuesday, February 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](#).

Billiards

Date and Time: Tuesday, February 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](#).

Wednesday, February 26, 2025

SMART Gentle Exercises

Date and Time: Wednesday, February 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: Wednesday, February 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: Wednesday, February 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 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, February 26 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, February 26 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, February 27, 2025

Billiards

Date and Time: Thursday, February 27 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, February 27 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, February 28, 2025

SMART Gentle Exercises

Date and Time: Friday, February 28 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, February 28 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, February 28 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>