

## Monday, March 3, 2025

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### SMART Gentle Exercises

Date and Time: Monday, March 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, March 3 10:00 am - 10:45 am

Address: Wilmot Recreation Complex, 1291 Nafziger Road

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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, March 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, March 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](#).

## Fall Prevention

Date and Time: Monday, March 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](mailto:rachelz@communitycareconcepts.ca).

## Committee of the Whole

Date and Time: Monday, March 3 5:00 pm - 8:00 pm

## Tuesday, March 4, 2025

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### Coffee Club

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

## Wilmot Canada Day Event Task Force

Date and Time: Tuesday, March 4 6:30 pm - 8:30 pm

## Wednesday, March 5, 2025

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### SMART Gentle Exercises

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

## TechKnow

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

## Billiards

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

## Committee of Adjustment Meeting

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

## Thursday, March 6, 2025

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## Billiards

Date and Time: Thursday, March 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, March 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, March 7, 2025

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### SMART Gentle Exercises

Date and Time: Friday, March 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, March 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, March 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, March 10, 2025

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### SMART Gentle Exercises

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

## Fall Prevention

Date and Time: Monday, March 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](mailto:rachelz@communitycareconcepts.ca).

## Tuesday, March 11, 2025

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### Coffee Club

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

## Wednesday, March 12, 2025

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### SMART Gentle Exercises

Date and Time: Wednesday, March 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, March 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.

## Spy It and Try It Week at Castle Kilbride

Date and Time: Wednesday, March 12 10:00 am - 3:00 pm

Address: 60 Snyder's Road West

March Break at Castle Kilbride

Wednesday March 12 to Sunday March 17

Times: Guided Tours at 10 & 2, other hours are self-guided.

Cost: \$20 per family or \$5 per person (if tickets are purchased in advance, regular admission prices at door)

Theme: Spy it and Try it Week

This year is all about hobbies and handcrafted items at Castle Kilbride. For March Break the museum will be focusing on fun hobbies! Participate in our Timeless Toys Eye Spy tour throughout the Castle, then play with unique old-fashioned toys and make your own wonder spinner toy to take home.

## Coffee Club

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

## TechKnow

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

## Billiards

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

## Thursday, March 13, 2025

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### Billiards

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

### Spy It and Try It Week at Castle Kilbride

Date and Time: Thursday, March 13 10:00 am - 3:00 pm

Address: 60 Snyder's Road West

March Break at Castle Kilbride

Times: Guided Tours at 10 & 2, other hours are self-guided.

Cost: \$20 per family or \$5 per person (if tickets are purchased in advance, regular admission prices at door)

Theme: Spy it and Try it Week

This year is all about hobbies and handcrafted items at Castle Kilbride. For March Break the museum will be focusing on fun hobbies! Participate in our Timeless Toys Eye Spy tour throughout the Castle, then play with unique old-fashioned toys and make your own wonder spinner toy to take home.

## Friday, March 14, 2025

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### SMART Gentle Exercises

Date and Time: Friday, March 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, March 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.

### Spy It and Try It Week at Castle Kilbride

Date and Time: Friday, March 14 10:00 am - 3:00 pm

Address: 60 Snyder's Road West

Wednesday March 12 to Sunday March 17

Times: Guided Tours at 10 & 2, other hours are self-guided.

Cost: \$20 per family or \$5 per person (if tickets are purchased in advance, regular admission prices at door)

Theme: Spy it and Try it Week

This year is all about hobbies and handcrafted items at Castle Kilbride. For March Break the museum will be focusing on fun hobbies! Participate in our Timeless Toys Eye Spy tour throughout the Castle, then play with unique old-fashioned toys and make your own wonder spinner toy to take home.

## Coffee Club

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

## Saturday, March 15, 2025

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### Spy It and Try It Week at Castle Kilbride

Date and Time: Saturday, March 15 10:00 am - 3:00 pm

Address: 60 Snyder's Road West

March Break at Castle Kilbride

Wednesday March 12 to Sunday March 17

Times: Guided Tours at 10 & 2, other hours are self-guided.

Cost: \$20 per family or \$5 per person (if tickets are purchased in advance, regular admission prices at door)

Theme: Spy it and Try it Week

This year is all about hobbies and handcrafted items at Castle Kilbride. For March Break the museum will be focusing on fun hobbies! Participate in our Timeless Toys Eye Spy tour throughout the Castle, then play with unique old-fashioned toys and make your own wonder spinner toy to take home.

## Wilmot Optimist Annual St. Patrick's Day Sale

Date and Time: Saturday, March 15 10:00 am - 3:00 pm

Address: 1291 Nafziger Road

The Optimist Club of Wilmot is holding their Annual St. Patrick's Day Sale on Saturday March 15th at the Wilmot Recreation Complex. Approximately 40 vendors selling a variety of craft and gift ideas with St. Patrick's Day, Easter, Mother's Day and any other gift giving event coming up, There will be a silent auction and bake table as well. Lunch will be available for purchase, soups and sandwiches, beverages. Come out and support our vendors as they help us raise funds to run programs for the residents of Wilmot township.

## **Sunday, March 16, 2025**

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### **Spy It and Try It Week at Castle Kilbride**

Date and Time: Sunday, March 16 10:00 am - 3:00 pm

Address: 60 Snyder's Road West

March Break at Castle Kilbride

Wednesday March 12 to Sunday March 17

Times: Guided Tours at 10 & 2, other hours are self-guided.

Cost: \$20 per family or \$5 per person (if tickets are purchased in advance, regular admission prices at door)

Theme: Spy it and Try it Week

This year is all about hobbies and handcrafted items at Castle Kilbride. For March Break the museum will be focusing on fun hobbies! Participate in our Timeless Toys Eye Spy tour throughout the Castle, then play with unique old-fashioned toys and make your own wonder spinner toy to take home.

## **Monday, March 17, 2025**

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### **SMART Gentle Exercises**

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

## Billiards

Date and Time: Monday, March 17 1:00 pm - 4:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

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

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

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

## Fall Prevention

Date and Time: Monday, March 17 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).

## Tuesday, March 18, 2025

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### Coffee Club

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

## Wednesday, March 19, 2025

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### SMART Gentle Exercises

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

Address: Wilmot Recreation Complex, 1291 Nafziger Road

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

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

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

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

## Coffee House Talks

Date and Time: Wednesday, March 19 10:00 am - 11:00 am

Address: 65 Boullee St.

Join us for March Coffee House Talks Presents: Understanding Bird Watching  
Presented by: Paul F.J Eagles Ph.D., R.P.P, M.C.I.P.

Coffee House Talks is a monthly program adults 55+ in Wilmot or Wellesley townships. Each month provides an opportunity to learn new things, share information and create new relationships!  
Past topics have included gardening, healthy living, financial safety, or hands-on arts and crafts activities - email us to be added to the mailing list for future topics!

Royal Canadian Legion Branch 532, 65 Boullee St. New Hamburg

Wednesday, March 19, 2025

10:00 am - 11:00 am

Email: [coffeehousetalks2020@gmail.com](mailto:coffeehousetalks2020@gmail.com)

Phone: 519-662-2731

***\*Refreshments Provided! \****

## Coffee Club

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

## TechKnow

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

## Billiards

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

## Thursday, March 20, 2025

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### Billiards

Date and Time: Thursday, March 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, March 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, March 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, March 21, 2025

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### SMART Gentle Exercises

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

## Monday, March 24, 2025

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### SMART Gentle Exercises

Date and Time: Monday, March 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, March 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, March 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, March 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, March 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](mailto:rachelz@communitycareconcepts.ca).

## Council Meeting

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

## Tuesday, March 25, 2025

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## Coffee Club

Date and Time: Tuesday, March 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, March 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, March 26, 2025

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### SMART Gentle Exercises

Date and Time: Wednesday, March 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, March 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, March 26 11:00 am - 12:00 pm

Address: Wilmot Recreation Complex, 1291 Nafziger Road

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

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

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

## TechKnow

Date and Time: Wednesday, March 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 TechKnow clipboard.

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

## Billiards

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

## Thursday, March 27, 2025

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## Billiards

Date and Time: Thursday, March 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, March 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, March 28, 2025

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### SMART Gentle Exercises

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

## Wilmot ACES Youth Dance

Date and Time: Friday, March 28 7:00 pm - 10:00 pm

Address: 251 Jacob Street

Wilmot ACES Youth Dance

New Hamburg Community Centre

Friday, March 28th, 2025

7-10pm

Grades 5-8

\$10

NO Backpacks, No Food, No Drinks

## Wilmot ACES Youth Dance

Date and Time: Friday, March 28 7:00 pm - 10:00 pm

Address: 251 Jacob Street

Wilmot ACES Youth Dance

Friday, March 28th

7-10 pm

Grade 5-8

New Hamburg Community Centre

251 Jacob Street, New Hamburg

No backpacks, No drinks, No food

Snacks and drinks can be purchased with cash

## **Monday, March 31, 2025**

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### **SMART Gentle Exercises**

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

## Billiards

Date and Time: Monday, March 31 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, March 31 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).

<https://calendar.wilmot.ca>