

March 2025



Don't Forget!
2025-2026 Memberships are due
April 1, 2025!
\$60 for 1 year or \$40 for 6 months!

Monday

Program	Time	Room
Billiards	9am – 3pm	Billiards
Circuit Class	9am -10am	Room 1/2/3
Sewing, Knitting & Crochet Social	9am - 3pm	Room 5
Board Games	9am-3pm	Room 7
Weights & Cardio	10am - 11am	Room 1/2/3
Dance Around the World	11am-12pm	Room 1/2/3
Beyond Parkinson's w/VON	11am - 12pm	Room 4
Beginner Line Dance w/ Judy	12pm - 1pm	Room 4
Pepper	12pm - 3pm	Room 6
Walk Fit	12pm-1pm	Room 1/2/3
Yoga w/MaryAnn-No Yoga on Mar 24&31	1pm - 2:30pm	Room 1/2/3
*Beginner Ukulele	1pm - 2pm	Room 4

Tuesday

Program	Time	Room
Billiards	9am – 3pm	Billiards
Chair Zumba	9am - 10am	Room 1/2/3
Beginner Line Dance w/ Doria	9am - 10am	Room 4
Relaxed Bridge	9:30am – 3pm	Room 6
Chair Exercise w/ Peggy	10am - 11am	Room 1/2/3
Learn to Clog	10am - 11am	Room 4
Essentrics	11am - 12pm	Room 1/2/3
*Advanced Line Dance w/ Judy	11am - 12:30pm	Room 4
Beginner Painting w/ Agnes	11:30am - 1pm	Room 5
Carpet Bowling	12:30pm - 2pm	Room 1/2
FUNctional Fitness w/ VON	1pm - 2pm	Room 3
Rummoli	1pm - 3pm	Room 7
Mahjong	1pm - 3pm	Room 4
Watercolour w/ Nancy G.	1:30pm - 3pm	Room 5

Wednesday

Program	Time	Room
Billiards	9am – 3pm	Billiards
Zumba	9am - 10am	Room 1/2/3
Djembe Drumming	9:30am - 11am	Room 4
Shuffle Board	10am - 1pm	Room 1/2
French For Fun	10am – 11am	Room 5
Beginner Clogging	11am - 12pm	Room 4
Advanced Clogging	12pm - 1pm	Room 4
*Art with John	12pm - 3pm	Room 5
Euchre	12pm - 3pm	Room 6
Walk Fit	1pm-2pm	Room 1/2/3
*Ukulele	1:15pm - 2:30pm	Room 4

Thursday

Program Name	Time	Room
Billiards	9am – 3pm	Billiards
Yoga w/ Mary Ann-No Yoga on Mar 27	9am-10am	Room 1/2
*Art with Bev	9am - 11am	Room 5
Bridge w/ Keith	9am - 12pm	Room 6
Board Games	9am-3pm	Room 7
Essentrics	10am - 11am	Room 1/2
Line Dance w/ Phyllis	10am - 11am	Room 3
Advanced Tap	10:30am - 12pm	Room 4
Weights & Cardio	11am - 12pm	Room 1/2/3
Sewing, Knitting & Crochet Social	11am - 3pm	Room 5
Hand & Foot / Cribbage	12pm - 3pm	Room 6
Singing for Fun!	12:30pm – 1:45pm	Room 4
FUNctional Fitness w/ VON	1pm - 2pm	Room 1/2/3

Sign up or extra fee required for classes with an asterisk

20 Merritt Ave, Chatham
 519-352-5633

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Friday

Program	Time	Room
Billiards	9am – 3pm	Billiards
Zumba	9am - 10am	Room 1/2
Greeting Cards	9am - 3pm	Room 5 & 7
Line Dance	10am - 11am	Room 4
*Tai Chi (currently waitlisted)	10am – 11am	Room 1/2
Chair Exercise w/ Peggy	11am - 12pm	Room 1/2
Chair Yoga – No Yoga on Mar 28	12pm – 1pm	Room 1/2
Pepper	12pm - 3pm	Room 6
Bingo	1pm-3pm	Room 4
Exercise with Steve – Mar 7 & Mar 21	1pm-2pm	Room 3

Upcoming Special Events:

ALC Book Sale

Starts: Monday, March 3, 2025. Stop by the ALC and browse through our huge selection of books of all genres! \$2 for a paperback, \$4 for a hard cover! Monday to Friday from 9am to 3pm for the month of March!

Pancake Tuesday

Tuesday, March 4, 2025. Dine in or Take out! Pre-order available! 2 pancakes with 2 sausages or bacon and a drink of your choice for \$6. Pancake Flavours available: Plain, Apple, Blueberry, or Banana.

Coffee & Menopause

Wednesday, March 12, 2025. Sip, relax & thrive with Michaela Cummings. Attend for a chance to WIN a copy of her book; The Meno Change Diary. Sign up to reserve your seat!

Annual General Meeting

Friday, March 21, 2025 at 10:30am. All programs and classes will be cancelled for the duration of the AGM. There will be coffee and baked goods following the AGM in the Common Grounds Café. The AGM is open to all **active members** of the ALC! Stop in to support your Centre and voice your ideas.

Evening Programs

Evening Pepper

Wednesday 5:30pm - 8:30pm

Steppin' out Line Dance w/ Janny

Wednesday 6pm-9pm

Call 519-437-0280 for more info.



Lucy is back with her
Fresh Baked Treats!

Pre-order now!

Mini Scones, Tarts,
Loaves, & Cakes!



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What's happening at the ALC!

- Parkinson's Society – March 5, 2025
- Dan "The Coin Guy" – March 7 & March 28, 2025
- Chatham Kent Coin Club Meeting – March 19, 2025
- Chatham Stamp Club Meeting – March 26, 2025
- Creekside Church Service – Every Sunday