



## Active Living Centre

# 4th Quarter Report

Year: 2024

### Recommendation:

THAT the Lions Active Living Centre 4<sup>th</sup> Quarter 2024 Annual Report **BE RECEIVED** for information.

### Activities:

#### 1. STATISTICS

- (A) Membership for 2025 so far - 464
  - (B) Membership for 2024 – 661
  - (C) Membership for 2023 - 485
  - (D) Membership for 2022 – 455
  - (E) Memberships for 2021 - 358
- Sign in October, November & December includes in-person seniors' programs – 10,102 – Sign ins do not include Zoom or WOW programs.**

#### 2. WOW, ZOOM and IN-PERSON PROGRAMS

- Acrylic and Watercolours Painting Lessons – 3-week painting sessions in Dorchester with local artist Susan Hewitt Graham.
- Advisory Committee Meeting: Our next meeting is scheduled for January 24<sup>th</sup> at 9 a.m. at the Lions Active Living Centre.
- “Art Your Service” – Senior Centre is subscribing to this service so our members can access online programs that augment what we are already offering. There are a variety of programs available including exercise, art, socials etc. There are 70 members taking advantage of these virtual programs.
- Arthritis Seminar – This informative session was attended by 24 people.
- Bid Euchre Tournaments – Hosting all-day tournaments in months with 5 Fridays. Lunch is included at these events. Great fund raisers for the Senior Centre. We are running a tourney on January 31<sup>st</sup> and we are expecting 80-100 participants.
- BINGO WOW Program – Running a BINGO once a week using the teleconferencing system. No prizes. Just for fun & bragging rights. BINGO cards delivered to senior's homes. An average of 5 – 10 participants weekly. Many isolated seniors have been taking part, so we plan to continue this program.

- Book Club Program – running a book club once a month.
- Books & Puzzles – many seniors drop by the centre to pick out a selection of books & puzzles, especially during the winter months.
- Bus Trips – The bus trips have been very popular. “Come From Away” – February 5<sup>th</sup>, “Irish Kitchen Party” – March 17<sup>th</sup> are sold out. The Niagara Casino excursion on February 19<sup>th</sup> is filling up. Upcoming trips in the planning include: “Spring Mystery Tour”, “Blue Jays Game”, “Summer Theatre” and much more.
- Chainmail Jewelry Making – running a 3-week series in April.
- Chair Yoga – classes run twice a week in Dorchester and twice a week in Thorndale. The class in Dorchester has tripled in size since moving into the new space.
- Choir Practice – practices every Friday afternoon.
- Christmas Bazaar – Huge success with 57 vendors and hundreds of shoppers. It was amazing to have so much space to host this event.
- Christmas Hot Meal – This event sold out with 160 registered. There was a snow storm the day before but luckily enough volunteers were able to make it to the Centre to help prepare for the meal. Almost everyone showed up to enjoy a delicious meal and entertainment.
- Coffee Hour for Men/Women – every Wednesday in Thorndale from 10 a.m. – 11 a.m. Very well attended.
- Collage Techniques Series – 8 participants.
- Craft Classes with Susan Deibler are held a few times each month.
- Craft Workshops – a group of volunteers gathered every other month to make table favours for the hot meal. In December a group of 8 ladies made 200 Christmas crackers.
- Crafter’s Corner – Once a month workshop. At the workshop in November the group painted “Sparkling Ornaments” and in December they made “Cork Christmas Decorations”.
- Creative Age Art Group – In the process of painting a large mural for the VON to hang in their new space.
- DrumFit Classes – 18 – 20 participants attend weekly.
- “Foot Care Clinics – The new group of nurses are doing a great job of providing this excellent service for seniors.
- Emergency First Aid Class – There are 26 people signed up for this one day training session with instructor Lorraine Fisher.
- Euchre/Bid Euchre – bid euchre group play cards Wednesday evenings and the group in Thorndale play euchre on Tuesday afternoons. The 433 Donnybrook Seniors Euchre group play Thursday afternoons.
- Fall Colours Mystery Bus Trip – This was a fun excursion to Cowbell Brewing Company and a fall colour tour.
- Fondant Cupcake Decorating – one day session in November was a success with everyone leaving with six festively decorated cupcakes.
- Gentle Yoga – run classes twice a week in Dorchester and twice a week in Thorndale.

- Frankenmuth and Birch Run Bus Trip – This was a fun get-away and enjoyed by all.
- Guitar Lessons – There are 8 participants in the current session.
- Kite Flyers – There are 6 participants in the group.
- Kurling – This upbeat group of 10, have a blast playing the game every Tuesday afternoon.
- Line Dancing – once a week in Dorchester attend by 18 - 20 and in Thorndale it is a smaller group.
- Magic Wig Making – Make Disney themed wigs for children with cancer.
- Magickal Meditation Classes – Beginning February 7<sup>th</sup>.
- Mahjong Lessons – Mahjong every Wednesday morning for experienced players and lessons for beginners run in 6-week sessions. Volunteer instructor. There are now over 60 players. Celebrating Chinese New Year on January 29<sup>th</sup> with a potluck lunch.
- Merry and Bright Christmas Bus Trip – This trip sold out quickly and it was very well received. The meal at Anna Mae's was fabulous and the Christmas show was wonderful.
- Movie Afternoons – Feature presentation in October was "Last Laugh" and "Thelma" in November and in December the movie was "The Fabulous Four".
- DanceFit – runs twice a week in Dorchester with a good turnout.
- Pickleball for Seniors – The Thorndale and Dorchester time slots, in the gyms, are very well attended.
- Pilates – twice a week in Dorchester.
- Pole Walking – One of our fitness instructors has taken over, leading this class. It has grown in popularity.
- Shuffleboard – run this popular program twice a week in Dorchester and once a week in Thorndale.
- Stitch and Chatter – meet once a week to quilt, knit, crochet etc.
- Tech Help with Dan Parker – running a 6-week class in Dorchester and we have the maximum registrations.
- Thanksgiving Hot Meal – Turkey dinner with over 150 people in attendance and entertainment following the meal.
- Ukulele Lessons – Beginning on February 7<sup>th</sup>.
- Witches Dance – Another successful event lead by Penny Wearne to collect new pajamas for children which Jean Davis distributed at Christmas time.
- WinterFest – This meal was attended by over 120 people.
- Women's Drumming Circle – held twice a month.
- Zumba – held once a week in Dorchester

### **3. RENTALS AT THE LIONS ACTIVE LIVING CENTRE**

The Dorchester Lions Club, the Historic Automobile Club and other groups book the rooms for their meetings. There are many private rental bookings in the various rooms.

### **4. UPCOMING BUS TRIPS**

- “Come From Away” – February 5<sup>th</sup> – Sold Out
- Fallsview & Niagara Casino – February 19<sup>th</sup>
- “Irish Kitchen Party” – March 17<sup>th</sup>

### **5. UPCOMING EVENTS**

- Movie Afternoon “Man on the Inside” – January 21<sup>st</sup>
- Chinese New Year Potluck Party & Mahjong – January 29<sup>th</sup>
- Bid Euchre Tournament – January 31<sup>st</sup>
- Valentine Hot Meal – February 14<sup>th</sup>
- St. Patrick’s Hot Meal – March 14<sup>th</sup>

#### **Other:**

#### **Strategic Plan Link:**

**Pillar:** *Active Living*

**Goal:** *Increase the accessibility and programing of recreational services, especially to community youth and seniors*

#### **Attachments:**

Prepared by: Karen Gress, Active Living Coordinator

Reviewed by: Steve MacDonald, Director of Community Services & Facilities

Reviewed by: David Barrick, Chief Administrative Officer