



Active Living Centre

1st Quarter Report

Year: 2025

Recommendation:

THAT the Active Living Centre's 1st Quarter 2025 Report **BE RECEIVED** for information.

Activities:

1. STATISTICS

- (A) Membership for 2025 so far - 607
 - (B) Membership for 2024 – 661
 - (C) Membership for 2023 - 485
 - (D) Membership for 2022 – 455
 - (E) Memberships for 2021 - 358
- Sign-in January, February and March includes in-person seniors' programs – 10,123 – 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 April 25th at 9 a.m. at the Thorndale Lions Community Centre.
- “Art Your Service” – ALC is subscribing to this service so our members can access virtual programs that augment what we are already offering. There are a variety of programs available including exercise, art, socials etc. There are 73 members taking advantage of these virtual programs.
- Bid Euchre Tournaments – Hosting all-day tournaments in months with 5 Fridays. Lunch is included at these events. Great fund raisers for the ALC. On the last tourney date, we had 70 participants. We are running a tourney on May 30, 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 Active Living Centre to pick out a selection of books & puzzles, especially during the winter months.
- Bridge Lessons – Ran a 6-week session of lesson in January & February and the group are now playing social bridge. A new 6-week session will begin in April.
- Bus Trips – The bus trips have been very popular. The spring mystery tour, Sentimental Journey 3 are sold out and ABBAMANIA has a few seats available. Upcoming trips in the planning include: “Lion King”, Grand River Boat Cruise”, “Summer Theatre”, “Butterfly Conservatory, Bird Sanctuary and Aquarium” 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.
- Chinese New Year Potluck Lunch with the Mahjong Group – Celebrated on January 29th by decorating with lanterns, sampling homemade Chinese foods and playing Mahjong. In addition to lunch, everyone received a good fortune envelope containing a surprise, fortune cookie, and Chinese candy.
- Choir Practice – practices every Friday afternoon.
- Coffee Hour for Men/Women – every Wednesday in Thorndale from 10 a.m. – 11 a.m. Very well attended with an average of 12 ladies and 16 men.
- Collage Techniques – 4-week series in the Creative Art Studio in January.
- “Come From Away” Musical at Royal Alexandra Theatre Bus Trip – February 5 sold out and very well received. To save time and money we served a boxed lunch on the bus which was enjoyed by all.
- Craft Classes with Susan Deibler will resume in the late spring.
- Craft Workshops – a group of volunteers gathered every other month to make table favours for the hot meal.
- Crafter’s Corner – Once a month workshop. At the workshop in January the group painted “Log Cabin” and in February they made a “Cardinal Button” craft. In March they painted “Beach Bike” and in April they will be making a “Easter Bunny Wreath”.
- Creative Age Art Group – In the process of painting a huge mural for the VON to hang in their new space.
- DanceFit – runs twice a week in Dorchester with a very good turnout.
- DrumFit Classes – 18 – 20 participants attend weekly.
- Emergency First Aid Class - January 27th was attended by 12 people.
- 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.
- Fallsview & Casino Niagara Bus Trip – February 19th was fun but we did not fill the bus for this excursion.
- Fondant Easter/Spring Cake Decorations – in Thorndale on April 16th.
- Foot Care Clinics – excellent turn out!
- Gentle Yoga – run classes twice a week in Dorchester and twice a week in Thorndale.

- Guitar Jam Session – There are 8 participants in the current session.
- Irish Kitchen Party at the Showplace Theatre Bus Trip – March 17 was sold out and a blast!
- Kite Flyers – There are 6 participants in the group.
- Kurling – This upbeat group of 16, have a blast playing the game every Tuesday afternoon. This group has grown since the new facility opened. They are now using two courts.
- Line Dancing – once a week in Dorchester attend by 18 - 20 and in Thorndale it is a smaller but growing group of 6.
- Magic Wig Making – Make Disney themed wigs for children with cancer.
- Magical Meditation Classes – There are 7 participants in the current session.
- 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 and 10 people are on the waiting list for the next session of lessons which will begin in May.
- Movie Afternoons – Feature presentation in January was a two-day showing of the series “Man on the Inside” and in February the movie was “Here”. In March the movie was “Wicked” with 58 in attendance.
- Partnership Dance Class – This new program begins in April and there are 18 people on the list so far. Participants will learn dances such as the waltz, ChaCha, Swing, Tango, Polka, Rumba etc.
- Pickleball for Seniors – The Thorndale and Dorchester time slots, in the gyms, for Seniors Pickleball are very well attended.
- Pilates – twice a week in Dorchester.
- Pole Walking – put on hold for now.
- Shuffleboard – run this popular program runs twice a week in Dorchester with three courts and they are asking for a fourth court. Once a week in Thorndale.
- Stitch and Chatter – meet once a week to quilt, knit, crochet etc.
- Strength & Tone – very popular weekly program has 18 – 20 participants. This class includes weight training that helps with building muscle, improve bone health, boost metabolism, enhance mental well-being, and help reduce the risk of chronic diseases. In April we are increasing this program to twice a week in Dorchester. There are also plans to offer this program in Thorndale.
- St. Patrick’s Hot Meal - March 14th was a great success with 125 in attendance and 25 takeouts. Everyone wore green clothes & hats while they enjoyed the meal and musical entertainment.
- Tai Chi – this program is back by popular demand.
- Tatting – ran two sessions of this craft in the Creative Art Studio last fall. This class may resume in the late spring.
- Tech Help with Dan Parker – running a 6-week class in Dorchester and we have the maximum registrations.
- Ukulele Lessons – currently running a 7-week class with 14 participants.
- Valentine’s Hot Meal – On February 14th we served a roast beef dinner with 145 dine-ins and 30 takeouts. It was a fun afternoon including musical entertainment and lots of guests were up on the dance floor.
- Women’s Drumming Circle – held twice a month.

- WOW Chair Yoga – ran this over-the-phone class for the months of January and February. Participants who could not attend in person during the icy weather, were able to participate in this class.
- Zentanglez Art Classes – 3-week series in the Creative Art Studio in February.
- Zumba – held once a week in Dorchester with 12 participants.

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.

3. UPCOMING BUS TRIPS

- “Spring Mystery Tour” – April 23rd – Sold Out
- “Sentimental Journey 3” – May 16th – Sold Out
- “ABBAMANIA” – August 22nd – 3 seats left

4. UPCOMING EVENTS

- Easter Hot Meal – April 11th
- Brain Health Workshop – April 16th
- Movie Afternoon – April 29th
- Spring Hot Meal – May 9th
- ALC Volunteer Appreciation Luncheon – May 14th
- Bid Euchre Tournament – May 30th

Strategic Plan Link:

Pillar: *Active Living*

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

Attachments:

First Quarter Key Performance Indicators

Prepared by: Karen Gress

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