

New Programs (Fall 2025)

Amateur Radio Operators – This club will be both conversational and educational in nature. This club is for members with a background in technology and aviation but will be broad enough to accommodate anyone curious in learning more about radio communication.

Angel Ornaments - Join us in knitting or crocheting small angel decorations. They are always a Christmas favourite or you can display them any time of the year. It is always a fun & inspiring time.

As The World Turns: Current Affairs, Diplomacy, International Relations & Global Issues - The world is complicated. Your understanding of it doesn't have to be. Go beyond the headlines with former Canadian diplomat Daryl Copeland in a dynamic current affairs program. We will tackle the big questions, from global power shifts to humanity's greatest challenges, and explore what it all means for Canada. It is time to talk!

Beads, Buttons & More - Crafting for the not crafty! Come and play with ribbon, buttons & beads and other bits to make items for the Christmas Craft Studio Sale & Bazaar. Think outside the box and have fun.

Christmas Fabric Collage - Use fabric to make unique pieces of Christmas art decor. We will cut and glue fabrics to make collages. You will be provided with a template or you can create your own design. Some will be glued to artboards and others machine quilted to make wall hangings. Sewing skills are an asset but not necessary.

Christmas Teardrop Swag - Add a festive touch for the upcoming holiday season with creativity and imagination. Embellish evergreen vertical or crescent shaped swags using ribbons, bows, baubles, bells, pinecones, poinsettia, red berries and other decorative items.

Emotional Support Owls - We are going to have a hoot with knitting and crocheting cool TGC emotional support owls. Come and help us make a small parliament.

Gentle Hatha Yoga - A calming and accessible yoga practice for everyone. Whether you are on a mat or in a chair, you will be guided through gentle movements to improve strength, flexibility, and balance. Our instructor will adapt the poses for all participants, creating a welcoming environment. With accommodations for both mat and chair practice, this class is open to all ability levels, and no prior experience is required.

Grief Café – A Space for Connection and Community

The Grief Café offers a gentle, welcoming space for anyone who has experienced loss. This is not therapy or a support group, but a peer-to-peer gathering where people can come together to share, listen, and find comfort in community. Whether your grief is recent or long-standing, you are welcome—there is no pressure to speak, just a space to be present with others who have felt the ache of loss too.

Intergenerational Play Group - A joyful space where young children and older adults come together to play, learn, and connect through stories, games, and shared activities. Building meaningful relationships across generations—one smile at a time! In partnership with Andrew Fleck Children's Services.

Painting Christmas Gift Bags - Paint and decorate Christmas gift bags for presents, with a matching gift tag. Come and try out some colourful Christmas theme designs with free hand painting, stenciling, applying paper decor and lots more.

Recorder (Beginner) - One of the easier wind instruments to play. The sound is warm and pleasant. A chance to 'toot your own horn'. Instruments/books extra \$10 each.

If you have any questions, please call 613-236-0428 and ask to speak to a member of the Day Centre team.

