



SEPTEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 THOROLD A Year for Health, Community & Connection				1 Movie Matinee: <i>The Time of Their Lives</i> 2pm Library	2 Therapy Tails Visit (All Ages) 1pm Library	3
4  <i>Labour Day</i>	5	6 Adult Craft Night: <i>Wood Slice Owls</i> 6pm Library	7 Fiction Book Club 6pm Virtual	8 Movie Matinee: <i>Hidden Figures</i> 2pm Library	9 PFLAG Niagara (All Ages) 12-2pm Library	10
11 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	12 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	13 Fiction Book Club 6pm Library History Tales: Laura Secord <i>Decew House</i>	14 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Virtual	15 Older Adults (50+) Information Fair 9:30am-1:00pm Senior's Centre Movie Matinee: <i>Must Love Dogs</i> 2pm Library	16  <i>Rosh Hashanah</i> Community Pop-Up Produce Market (All Ages) 2:30-4:30pm TCAG	17  Terry Fox Run 10am Thorold Community Credit Union
18 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	19 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre Bingo 10am Library	20 Non-Fiction Book Club 6pm Library	21 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Library	22 Cooking for One 11am Senior's Centre Movie Matinee: <i>Maudie</i> 2pm Library	23  <i>Autumn Equinox</i>	24
25  <i>Yom Kippur</i> Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	26 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	27	28 Parent/Caregiver Walking Club Facilitated 10-11am TCAG Older Adult (50+) Walking Club Social 10-11am Senior's Centre	29 Cooking for One 11am Senior's Centre Movie Matinee: <i>First Wives Club</i> 2pm Library	30  <i>National Day for Truth and Reconciliation</i> Family BBQ (All Ages) 11am-3pm Senior's Centre	



OCTOBER 2023



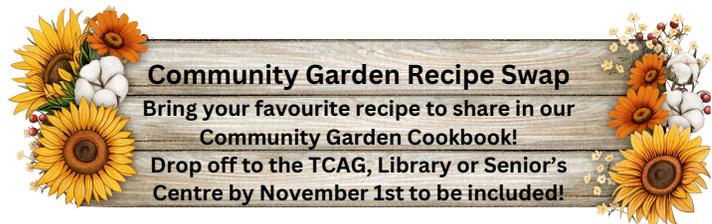
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>THOROLD A Year for Health, Community & Connection</p>						1
2 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	3 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre Bingo 10am Library	4 Positive Living Niagara (All Ages) 1-3:30pm Library Adult Craft Night: Old Book Witches 6pm Library	5 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre	6 Cooking for One 11am Senior's Centre Movie Matinee: Living 2pm Library	7 PFLAG Niagara (All Ages) 12-2pm Library Therapy Tails Visit (All Ages) 1pm Library	8
9  Thanksgiving	10 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	11 Fiction Book Club 6pm Library	12 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Virtual	13 Cooking for One 11am Senior's Centre Movie Matinee: Bonneville 2pm Library	14 Family Pumpkinfest (All Ages) 11am-3pm Senior's Centre	15
16 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	17 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre Bingo 10am Library	18 Adult Craft Night: Hallowe'en Wood Signs 6pm Library	19 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Library	20 Cooking for One 11am Senior's Centre Movie Matinee: Eddie the Eagle 2pm Library	21 Community Pop-Up Produce Market (All Ages) 2:30-4:30pm TCAG Trivia Night 6pm Senior's Centre	22
23 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	24 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	25 Nonfiction Book Club 6pm Library	26 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Virtual	27 Indigenous Foods Community Meal/ Take Out 12-1:30pm Senior's Centre Movie Matinee: Moving On 2pm Library	28	28
29 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	30 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	31  Hallowe'en Bingo 10am Library				

Important Info:

- **Activities are targeted towards older adults (age 50+) unless otherwise indicated** (ie: Family, All Ages)
- All activities are free. Program instructor reserves the right to limit participation due to safety or supplies.
- Some Fall programs require pre-registration, please see class description for details.
- Classes may be cancelled due to inclement weather or instructor illness. Cancellations will be announced on our social media channels and our website.
- Please call 905-227-0545 or visit www.thoroldgroup.org/olderadults if you have any questions.

Program Locations:

Seniors Centre (TSCA) - 8 Carleton St S
 TCAG/Richmond St Park - 131 Richmond St
 Thorold Public Library - 14 Ormond St N
 DeCew House Heritage Park - 2350 DeCew Rd
 Canada Games Park - 2021 Canada Games Way
 Terry Fox Run (Thorold Community Credit Union) - 63 Front St S
 Virtual Book Club - held online, please contact the Library for link



Program Descriptions:

- Movie Matinee** - Join us Fridays at 2pm for a movie at the Library! Pre-registration is required: 905-227-2581
- Adult Craft Night** - Come to the Library for some adult crafting time! All supplies provided. Space is limited. Patrons must register for each night they wish to attend: 905-227-2581
- Book Clubs** - Book clubs are offered by the Library, both in person and virtually (via Zoom). Registration is required; please take note of the location prior to registration. The library provides a copy of the title once you have registered. Register in person, by phone (905-227-2581), or via email (programs@thoroldpubliclibrary.ca).
- Walking Clubs** - Join us for some physical activity, while being social and having fun this Fall!
Parent/Caregiver Walking Club (All Ages) - Join other parents, grandparents, and caregivers for a facilitated warm up, neighbourhood walk and cool-down. Chat with other adults while getting out and getting active. No childcare is provided, but babies, toddlers and young children in strollers are welcome on the walk! No pre-registration required, just drop in when you're able. Mondays 1-2pm and Thursdays 10-11am at the TCAG.
Older Adult Walking Club (50+) - *Want a slightly more challenging walk, that includes a warm up and cool down? Join us on Tuesdays from 10-11am for a facilitated session with Instructor Ava. Prefer to go at your own pace or just want to get social while you walk? Come out on Thursdays from 10-11am for an unfacilitated group walk. Both Tuesday and Thursday Older Adult walking clubs depart from the Thorold Senior's Centre, no pre-registration required.*
***Note in case of inclement weather, facilitated walking club sessions are held at Canada Games Park**
- History Tales** - Join us as we explore the fascinating history of Thorold! There's a different topic and speaker for each session. Aimed at Adults 50+ but all ages welcome.
- Bingo** - Enjoy some friendly competition for small prizes at the Library. Participants will play three Bingo games per session. Cards and markers provided. Registration required: 905-227-2581
- Cooking for One** - Come for this 5-week session with a professional chef to learn some tricks of the trade when cooking for one. Pre-Registration required, call the Senior's Centre: 905-227-2161.
- Trivia Night (Adults 50+)** - Bring your trivia knowledge to this fun social event. Call 905-227-2161 for info.
- Indigenous Foods Community Meal/Take Out** - Join the Senior's Centre to learn more about traditional and contemporary Indigenous Cuisine. Call 905-227-2161 for more information.
- Therapy Tales (All Ages)** - Therapy Tails Ontario is a nonprofit dog therapy program made possible by dedicated volunteers and their specially trained and certified pups. All ages are invited to the library to meet the dogs, who provide a safe and encouraging audience for practicing or reluctant readers or simply a furry friend to cuddle for anyone in need. Drop-in.
- PFLAG Niagara (All Ages)** - Pflag Niagara is a chapter of Pflag Canada, a peer support organization that affirms, respects and values all sexualities, genders and gender expressions. Drop by the Pflag table for information, discussion, or to make a button.
- Terry Fox Run (All Ages)** - Join Team TCAG at the Thorold Terry Fox Run - you can walk, run, roll or cycle with us, come out to cheer us on, or form your own team! <https://run.terryfox.ca/team/tcag>
- Community Pop-Up Produce Market (All Ages)** - Join us for fruits and veggies, family activities, entertainment and more! Meet your Thorold neighbours and find some good market food at an affordable price. Hosted by the United Way and the TCAG; Everyone is welcome!
- Family BBQ (All Ages)** - Celebrate National Senior's Month and Grandparent's Day, and mark the National Day for Truth and Reconciliation (Orange Shirt Day), with the Thorold Senior's Centre! Drop-in.
- Positive Living Niagara (All Ages)** - Positive Living Niagara is a community based organization made up of dedicated and caring staff and volunteers committed to providing support, education and advocacy to all who are affected by HIV. Positive Living Niagara will be at Thorold Public Library the first Wednesday of every other month beginning October 4th, for free naloxone training, along with information and resources on harm reduction and sexual health.
- Family Pumpkifest (All Ages)** - Fall fun for the whole family! Drop-in.