Municipality of Middlesex Centre

# RECREATION GUIDE

## WINTER 2027



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# ABOUT

Discover a wide range of programs designed to enrich your lifestyle year-round. From tranquil yoga and energizing tai chi to exciting pickleball, there's something for everyone.

Browse our Winter Recreation guide, register online, and begin into your journey of wellness, fun, and community connection today.

Find your Fun!

# CONTACT US

Need help with registration? Reach out to us anytime!

We also welcome your feedback on our current programs and encourage you to share ideas for new ones you'd love to see. Your input helps us grow and better serve our community - thank you.

### Recreation Customer Service

519-601-8022 ext. 5110
**General Program Inquiries:**
recreation@middlesexcentre.ca

**Accessibility:** If you require this document in an alternative format, please contact us at the address above.

# KEEP UP TO DATE

Follow us on social media to stay informed about new programs, registration dates and recreation updates.

**Instagram:** @middlesexcentre

**Facebook:** @MiddlesexCentre

**X:** @MiddlesexCentre

# IN THIS ISSUE


Program Locations p.3

Program Registration p.4

Kids & Youth Programs p.5

Adult Sports p.7

Adult Fitness Programs p.8

Adult Arts p.12

Adults Workshops p.14




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# PROGRAM LOCATIONS

### 1. Bryanston Community Centre
15321 Plover Mills Rd
Ilderton ON N0M 2A0

### 2. Ilderton Community Centre
13168 Ilderton Rd
Ilderton ON N0M 2A0

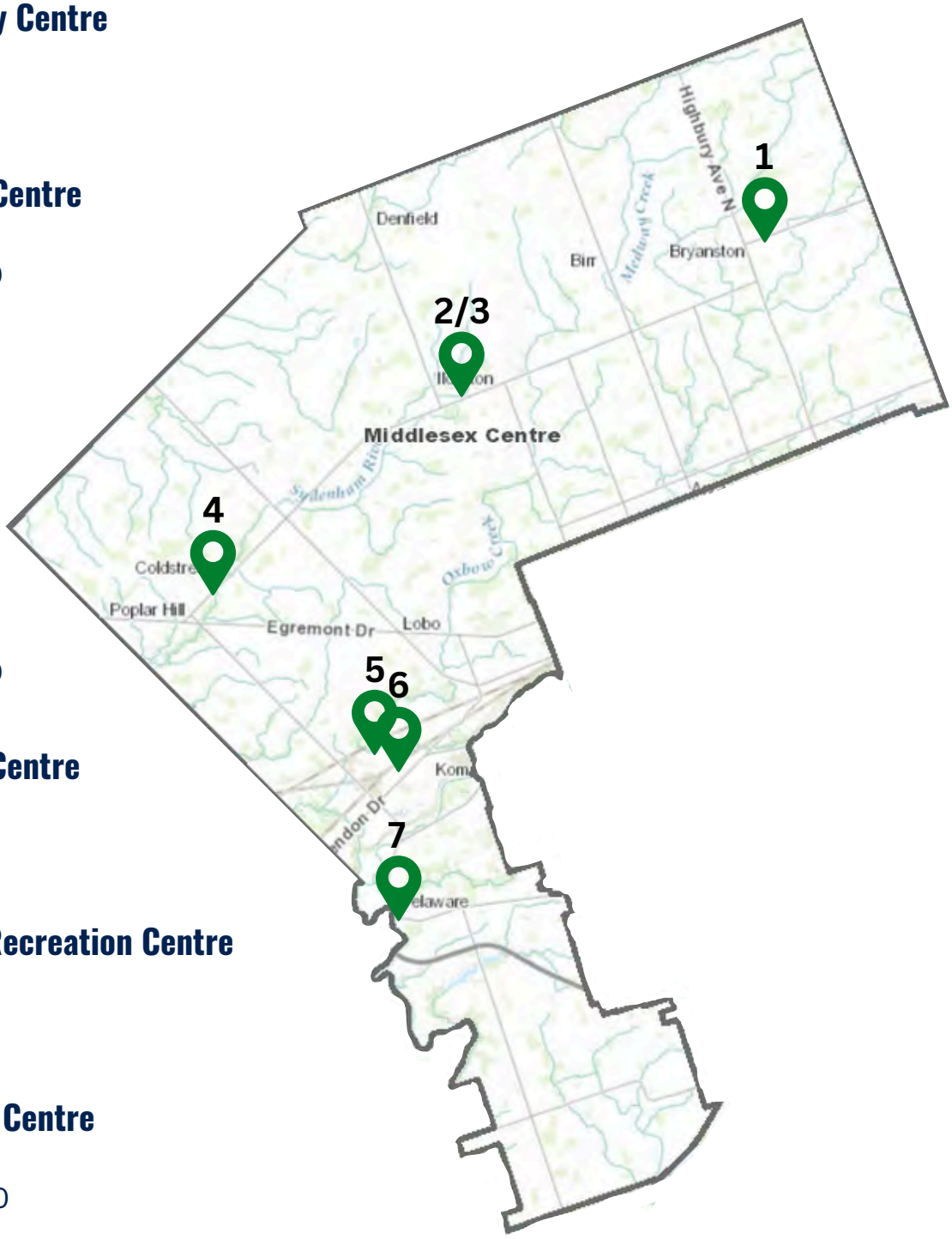
### 3. Ilderton Arena
13168 Ilderton Rd
Ilderton ON N0M 2A0

### 4. Coldstream Community Centre
10227 Ilderton Rd
Ilderton ON N0M 2A0

### 5. Komoka Community Centre
133 Queen St
Komoka ON N0L 1R0

### 6. Komoka Wellness & Recreation Centre
1 Tunks Ln
Komoka ON N0L 1R0

### 7. Delaware Community Centre
2652 Gideon Dr
Delaware ON N0L 1E0



# ONLINE PROGRAM REGISTRATION

www.middlesexcentre.ca/rec-programs



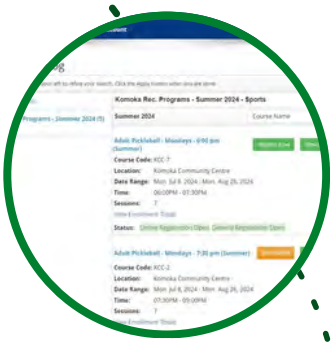

## RECREATION PROGRAMS

Registration opens **December 2, 2026, at 7:00 a.m.**

See program dates in pages that follow.

### How to Register

- Visit www.middlesexcentre.ca/rec-programs.
- Click on the “Register for Recreation Programs” button.
- Either login or create your own Univerus account.
- Once logged in, select the “Courses” tab.
- Click on a "Course Subcategory" within the "Course Category" to view offered courses.
- Click on the "View Details" button to view course details.
- Click the "Register Now" button to enroll in the course. If your account has family members added, the "Participant Selection" screen will be displayed (otherwise the "Shopping Cart" screen is displayed). Select the participant name(s) from your account that you wish to enroll into the selected course and click the "Continue" button.
- To register for additional courses, click on the "Keep Shopping" button from the "Shopping Cart" screen or click the "Process Payment" button to proceed to the "Process Payment" screen to complete your registration purchase. You may have to agree to "Terms of Service" documents before proceeding to payment.
- Once you have successfully completed the payment transaction a receipt will be displayed with complete details about the course registration(s) you have made and a confirmation email will be sent to you.





### Assistance Registering

- If you require assistance accessing or creating a Univerus account, please call Community Services Customer Service at 519-601-8022 ext. 5110 or email recreation@middlesexcentre.ca.



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# Dance

Check out all the different styles of dance we'll be offering this winter! Each class provides a fun and supportive environment where dancers can build confidence while learning the movements and techniques that correspond with their dance style. Participants will develop coordination, creativity, and self-expression as they progress throughout the session. Class descriptions are available online. The final class on March 10 will be an open house, giving dancers the opportunity to showcase what they've learned for family and friends.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre: Early Childhood Dance - Ages 3-4** | | | | |
| Jan 6-Mar 10 | Wed | 4:45-5:30pm | 9 | $126.00 |
| ***No session Feb 17** | | | | |
| **Ilderton Community Centre: Mini Ballet - Ages 5-6** | | | | |
| Jan 6-Mar 10 | Wed | 5:30-6:15pm | 9 | $126.00 |
| ***No session Feb 17** | | | | |
| **Ilderton Community Centre: Jr Ballet - Ages 6-9** | | | | |
| Jan 6-Mar 10 | Wed | 6:15-7:15pm | 9 | $126.00 |
| ***No session Feb 17** | | | | |
| **Ilderton Community Centre: Jr Jazz / Hip Hop - Ages 10-13** | | | | |
| Jan 6-Mar 10 | Wed | 7:15-8:15pm | 9 | $126.00 |
| ***No session Feb 17** | | | | |



# Indoor Soccer

Middlesex Centre and the Ilderton & District Soccer Club are offering soccer skills development programs for players looking to build their confidence and improve their game in a fun and supportive environment. Instruction will focus on fundamental skills and drills, including ball handling, shooting, passing, dribbling, and positional play. Participants will have the opportunity to develop their technique, improve teamwork and game awareness, and apply their skills through engaging activities and practice.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre: Co-ed - Ages 6-8** | | | | |
| Jan 12-Mar 9 | Tue | 6:00-6:45pm | 9 | $72.00 |
| Mar 23-Apr 27 | Tue | 6:00-6:45pm | 6 | $48.00 |
| **Komoka Community Centre: Girls - Ages 9-12** | | | | |
| Jan 12-Mar 9 | Tue | 6:45-7:30pm | 9 | $72.00 |
| Mar 23-Apr 27 | Tue | 6:45-7:30pm | 6 | $48.00 |
| **Komoka Community Centre: Boys - Ages 9-12** | | | | |
| Jan 12-Mar 9 | Tue | 7:30-8:15pm | 9 | $72.00 |
| Mar 23-Apr 27 | Tue | 7:30-8:15pm | 6 | $48.00 |

# Kids' Pickleball

Our Kids' Pickleball program is an exciting introductory program designed for kids aged 7 to 13. This fun-filled course will teach the basics of pickleball through engaging games, skill-building drills, and friendly competition. Kids will learn the fundamental rules, improve their coordination, and develop key skills like serving, returning, and rallying, all while having a blast.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Delaware Community Centre** | | | | |
| Jan 21-Mar 11 | Thu | 5:00-5:50pm | 8 | $64.00 |
| Mar 25-Apr 29 | Thu | 5:00-5:50pm | 6 | $48.00 |
| **Komoka Community Centre** | | | | |
| Jan 20-Mar 10 | Wed | 5:00-5:50pm | 8 | $64.00 |
| Mar 24-Apr 28 | Wed | 5:00-5:50pm | 6 | $48.00 |

## Craft Nights

Kids ages 6 to 12 are invited to get creative and explore their imagination at our fun, hands-on craft nights! Each session features a different craft project, giving kids the opportunity to experiment with colours, materials, and creative techniques while making something special to take home.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre - Pop-Up Groundhog** | | | | |
| Jan 19 | Tue | 6:00-7:30pm | 1 | $20.00 |
| **Ilderton Community Centre - Pop-Up Groundhog** | | | | |
| Jan 22 | Fri | 6:00-7:30pm | 1 | $20.00 |
| **Ilderton Arena - Youth Centre Room - DIY Valentines** | | | | |
| Feb 8 | Mon | 7:00-8:30pm | 1 | $20.00 |
| **Komoka Community Centre - Easter Egg Decorating** | | | | |
| Mar 23 | Tue | 6:00-7:30pm | 1 | $20.00 |
| **Ilderton Arena - Youth Centre Room - Butterfly Decorating** | | | | |
| Apr 19 | Mon | 7:00-8:30pm | 1 | $20.00 |
| **Komoka Community Centre - Butterfly Decorating** | | | | |
| Apr 20 | Tue | 6:00-7:30pm | 1 | $20.00 |

## Grow Cook Learn

Looking for a fun way to explore new foods, get creative in the kitchen, and build skills for everyday life? Join us for Grow Cook Learn, a hands-on food and cooking workshop for youth ages 12 to 17. Participants will have the opportunity to discover new ingredients, try different foods, practice practical kitchen skills, and learn about food and nutrition through fun, interactive activities. Whether you're just starting out in the kitchen or already enjoy cooking, there's something for everyone!

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 20 | Wed | 6:00-8:00pm | 1 | $20.00 |
| Feb 24 | Wed | 6:00-8:00pm | 1 | $20.00 |
| Mar 24 | Wed | 6:00-8:00pm | 1 | $20.00 |
| Apr 21 | Wed | 6:00-8:00pm | 1 | $20.00 |

## Young Writers Club

Love making up stories, creating characters, or letting your imagination run wild? Designed for writers ages 12 to 17, the Young Writers Club is a place for participants to explore their creativity and bring their ideas to life! Through fun writing games, storytelling challenges, and imaginative activities, participants will experiment with characters, settings, dialogue, and storylines.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Arena - Youth Centre Room (2nd Floor)** | | | | |
| Jan 11-Feb 1 | Mon | 6:00-7:30pm | 4 | $56.00 |
| **Komoka Community Centre** | | | | |
| Feb 4-Feb 25 | Thu | 6:00-7:30pm | 4 | $56.00 |



## Young Authors Club

Have you ever dreamed of writing your own book? Designed for young storytellers ages 12 to 17, this creative writing program invites participants to bring their imaginations to life! Explore the exciting process of turning an idea into an original story, complete with memorable characters, illustrations, and a personalized book cover.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Arena - Youth Centre Room (2nd Floor)** | | | | |
| Feb 22-Mar 22 | Mon | 6:00-7:30pm | 4 | $56.00 |
| ***No session Mar 15** | | | | |
| **Komoka Community Centre** | | | | |
| Apr 1-Apr 22 | Thu | 6:00-7:30pm | 4 | $56.00 |

# ADULT SPORTS

## Beginner Pickleball

This is a great opportunity to learn the game of pickleball. For those age 18+ who consider themselves beginner level pickleball players. Participants will be split into groups to play games together. The games are recreational and for fun.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 7-Feb 25 | Thu | 6:00-7:30pm | 8 | $64.00+HST |
| Mar 4-Apr 29 | Thu | 6:00-7:30pm | 9 | $72.00+HST |

## All Levels Pickleball

Join us for an exciting opportunity to play pickleball in a group setting! Those aged 18+ and all skill levels are invited to participate. Players will be grouped together for recreational games. Each session lasts 1.5 hours and focuses on enjoying the sport together, with no formal instruction provided. Come join the fun on the court.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Delaware Community Centre** | | | | |
| Jan 7-Feb 25 | Thu | 6:00-7:30pm | 8 | $64.00+HST |
| Mar 4-Apr 29 | Thu | 6:00-7:30pm | 8 | $64.00+HST |

***No session on Mar 18**

| | | | | |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 4-Feb 22 | Mon | 6:00-7:30pm | 7 | $56.00+HST |
| Jan 6-Feb 24 | Wed | 6:00-7:30pm | 8 | $64.00+HST |
| Jan 6-Feb 24 | Wed | 7:30-9:00pm | 8 | $64.00+HST |
| Jan 7-Feb 25 | Thu | 7:30-9:00pm | 8 | $64.00+HST |
| Mar 1-Apr 26 | Mon | 6:00-7:30pm | 8 | $64.00+HST |
| Mar 3-Apr 28 | Wed | 6:00-7:30pm | 9 | $72.00+HST |
| Mar 3-Apr 28 | Wed | 7:30-9:00pm | 9 | $72.00+HST |
| Mar 4-Apr 29 | Thu | 7:30-9:00pm | 9 | $72.00+HST |

***No sessions on Feb 15 & Mar 29**



## Advanced Pickleball

This is a great opportunity to play pickleball with a group! It's designed for players aged 18 and older who consider themselves advanced. Participants will be split into groups to play games together. These games are more competitive than our "All Levels Pickleball" sessions, but still focused on having fun.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Delaware Community Centre** | | | | |
| Jan 5-Feb 23 | Tue | 6:00-7:30pm | 8 | $64.00+HST |
| Jan 5-Feb 23 | Tue | 7:30-9:00pm | 8 | $64.00+HST |
| Jan 7-Feb 25 | Thu | 7:30-9:00pm | 8 | $64.00+HST |
| Mar 2-Apr 27 | Tue | 6:00-7:30pm | 8 | $64.00+HST |
| Mar 2-Apr 27 | Tue | 7:30-9:00pm | 8 | $64.00+HST |
| Mar 4-Apr 29 | Thu | 7:30-9:00pm | 8 | $64.00+HST |

***No sessions on Mar 16 & Mar 18**

| | | | | |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 4-Feb 22 | Mon | 7:30-9:00pm | 7 | $56.00+HST |
| Mar 1-Apr 26 | Mon | 7:30-9:00pm | 7 | $56.00+HST |

***No sessions on Feb 15 & Mar 29**





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## Low Impact Fitness

Low Impact Fitness is designed to support healthy aging through safe, effective physical activity in a 60-minute group class. Led by Canadian Centre for Activity and Aging-certified (CCAA-certified) instructors, each class focuses on improving strength, cardiovascular health, flexibility, mobility, and balance.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 14-Feb 25 | Thu | 9:00-10:00am | 7 | $42.00+HST |
| Mar 11-Apr 29 | Thu | 9:00-10:00am | 8 | $48.00+HST |

## All Levels Yoga

This class will introduce yoga poses with breath work for a full body, mind and breathing experience. Please bring a yoga mat to class. This is an introductory class that is fun for everyone and all fitness levels.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Bryanston Community Centre** | | | | |
| Jan 11-Feb 22 | Mon | 9:00-10:00am | 6 | $48.00+HST |
| Jan 7-Feb 25 | Thu | 6:30-7:30pm | 8 | $64.00+HST |
| Mar 1-Apr 26 | Mon | 9:00-10:00am | 8 | $64.00+HST |
| Mar 4-Apr 29 | Thu | 6:30-7:30pm | 9 | $72.00+HST |
| ***No session on Feb 15 & Mar 29** | | | | |
| **Coldstream Community Centre** | | | | |
| Jan 13-Feb 24 | Wed | 9:00-10:00am | 7 | $56.00+HST |
| Mar 3-Apr 21 | Wed | 9:00-10:00am | 8 | $64.00+HST |
| **Delaware Community Centre** | | | | |
| Jan 11-Feb 22 | Mon | 9:00-10:00am | 6 | $48.00+HST |
| Mar 1-Apr 26 | Mon | 9:00-10:00am | 8 | $64.00+HST |
| ***No session on Feb 15 & Mar 29** | | | | |
| **Komoka Community Centre** | | | | |
| Jan 8-Feb 26 | Fri | 9:00-10:00am | 8 | $64.00+HST |
| Mar 5-Apr 30 | Fri | 9:00-10:00am | 8 | $64.00+HST |
| ***No session Mar 26** | | | | |

## Chair Yoga

Chair Yoga is one of the gentlest forms of yoga. This class is perfect for participants who want to experience the many benefits of yoga without having to get up and down from the floor.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Delaware Community Centre** | | | | |
| Jan 7-Feb 25 | Thu | 6:00-6:50pm | 7 | $56.00+HST |
| Mar 4-Apr 29 | Thu | 6:00-6:50pm | 9 | $72.00+HST |
| ***No session Feb 18** | | | | |
| **Komoka Community Centre** | | | | |
| Jan 8-Feb 26 | Fri | 10:15-11:15am | 8 | $64.00+HST |
| Mar 5-Apr 30 | Fri | 10:15-11:15am | 8 | $64.00+HST |
| ***No session Mar 26** | | | | |



## Power Yoga

Power Yoga is a dynamic, full-body yoga experience that blends strength, movement and mindfulness. Build strength, improve flexibility and boost your energy through a creative mix of yoga flows, weights, straps and blocks. Challenge your body, calm your mind and leave feeling stronger, more balanced and energized!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Jan 12-Feb 23 | Tue | 8:15-9:15am | 7 | $56.00+HST |
| Mar 2-Apr 27 | Tue | 8:15-9:15am | 8 | $64.00+HST |
| ***No session Mar 16** | | | | |

## Pilates

Our program is perfect for adults of any skill level or ability who are curious about this dynamic fitness method. Pilates focuses on strengthening core muscles, improving flexibility, and enhancing overall body alignment.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Delaware Community Centre** | | | | |
| Jan 7-Feb 25 | Thu | 8:00-8:50pm | 7 | $56.00+HST |
| Jan 10-Feb 28 | Sun | 10:00-11:00am | 7 | $56.00+HST |
| Mar 4-Apr 29 | Thu | 8:00-8:50pm | 9 | $72.00+HST |
| Mar 7-Apr 25 | Sun | 10:00-11:00am | 7 | $56.00+HST |
| ***No sessions on Feb 14, Feb 18 & Mar 28** | | | | |
| **Komoka Community Centre** | | | | |
| Jan 6-Feb 24 | Wed | 9:00-10:00am | 8 | $64.00+HST |
| Mar 3-Apr 21 | Wed | 9:00-10:00am | 8 | $64.00+HST |



## Beginner Pilates

Beginner Pilates is a welcoming class for adults of all fitness levels who are new to Pilates or looking to build a strong foundation. Learn fundamental exercises that strengthen the core, improve flexibility, enhance posture, and increase body awareness in a supportive, guided environment.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 6-Feb 24 | Wed | 10:15-11:00am | 8 | $64.00+HST |
| Mar 3-Apr 21 | Wed | 10:15-11:00am | 8 | $64.00+HST |

## Chair Pilates

Chair Pilates is a gentle yet effective fitness class designed for adults of all skill levels and abilities. Using a chair for support, this class focuses on building core strength, improving flexibility, enhancing balance, and promoting better posture.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 6-Feb 24 | Wed | 11:15-12:00pm | 8 | $64.00+HST |
| Mar 3-Apr 21 | Wed | 11:15-12:00pm | 8 | $64.00+HST |



## Pilates & Yoga Fusion

A full-body movement class blending the strength and lengthening of Pilates with the mindful flow of yoga. Build core strength, improve posture, balance and flexibility, while developing greater body awareness. Suitable for all levels, with modifications and progressions to meet your needs. Expect controlled movements, flowing sequences and moments to reconnect with your breath. Leave feeling stronger, more balanced and connected.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Delaware Community Centre** | | | | |
| Jan 7-Feb 25 | Thu | 7:00-7:50pm | 7 | $56.00+HST |
| Mar 4-Apr 29 | Thu | 7:00-7:50pm | 9 | $72.00+HST |
| ***No session Feb 18** | | | | |

## Mindful Meditation

Mindful Meditation is an accessible introduction to mindfulness designed for beginners and those with little or no previous experience. Through brief discussions, guided meditation practices, and reflection, you'll explore different approaches to mindfulness and discover practical ways to incorporate them into everyday life.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Jan 11-Feb 22 | Mon | 2:00-2:45pm | 5 | $40.00+HST |
| Jan 14-Feb 25 | Thu | 5:30-6:15pm | 6 | $48.00+HST |
| Mar 1-Apr 26 | Mon | 2:00-2:45pm | 7 | $56.00+HST |
| Mar 4-Apr 29 | Thu | 5:30-6:15pm | 7 | $56.00+HST |
| ***No sessions on Jan 25, Feb 4, Feb 15, Mar 15, Mar 18, Mar 25 & Mar 29** | | | | |
| **Komoka Community Centre** | | | | |
| Jan 14-Feb 25 | Thu | 2:30-3:15pm | 6 | $48.00+HST |
| Mar 4-Apr 29 | Thu | 2:30-3:15pm | 8 | $64.00+HST |
| ***No sessions on Feb 4 & Mar 18** | | | | |



## Mindful Living

Discover simple ways to bring greater mindfulness and awareness into your everyday life. This practical, welcoming program explores how mindfulness can help us navigate daily stress, understand our emotions, improve communication, build healthy habits, and develop greater self-compassion.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Jan 11-Feb 22 | Mon | 3:00-3:45pm | 5 | $40.00+HST |
| ***No sessions on Jan 25 & Feb 15** | | | | |
| **Komoka Community Centre** | | | | |
| Jan 14-Feb 25 | Thu | 3:30-4:15pm | 6 | $48.00+HST |
| ***No session on Feb 4** | | | | |



## Building Everyday Resilience

Life comes with challenges, changes, and unexpected moments. Building Everyday Resilience is a practical program designed to help you navigate life's ups and downs with greater confidence and flexibility. Explore how stress affects us, develop a better understanding of your responses to challenging situations, and discover practical strategies for managing setbacks, adapting to change, and approaching everyday challenges with greater awareness and self-compassion.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Mar 1-Apr 26 | Mon | 3:00-3:45pm | 7 | $56.00+HST |
| ***No sessions on Mar 15 & Mar 29** | | | | |
| **Komoka Community Centre** | | | | |
| Mar 4-Apr 29 | Thu | 3:30-4:15pm | 8 | $64.00+HST |
| ***No session on Mar 18** | | | | |



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## Line Dancing

Line Dancing is fun, and everyone can do it. These classes are a great chance to learn some new moves on the dance floor. You will dance to a variety of music and start with basic steps that are easy to follow. Line dancing is great for increased fitness, brain stimulation, memory improvement, and social interaction.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Coldstream Community Centre - Beginner (Level 1)** | | | | |
| Jan 8-Feb 26 | Fri | 9:30-11:00am | 8 | $48.00+HST |
| Mar 5-Apr 23 | Fri | 9:30-11:00am | 8 | $48.00+HST |
| **Ilderton Community Centre - Beginner (Level 1)** | | | | |
| Jan 11-Feb 22 | Mon | 6:00-7:30pm | 5 | $30.00+HST |
| Jan 12-Feb 23 | Tue | 9:30-11:00am | 7 | $42.00+HST |
| Jan 7-Feb 25 | Thu | 9:30-11:00am | 8 | $48.00+HST |
| Mar 1-Apr 26 | Mon | 6:00-7:30pm | 8 | $48.00+HST |
| Mar 2-Apr 27 | Tue | 9:30-11:00am | 8 | $48.00+HST |
| Mar 4-Apr 22 | Thu | 9:30-11:00am | 7 | $42.00+HST |
| ***No sessions on Jan 25, Feb 15, Mar 16, Mar 18 & Mar 29** | | | | |
| **Ilderton Community Centre - Improver (Level 2)** | | | | |
| Jan 11-Feb 22 | Mon | 7:30-9:00pm | 5 | $30.00+HST |
| Jan 12-Feb 23 | Tue | 11:00-12:30pm | 7 | $42.00+HST |
| Jan 7-Feb 25 | Thu | 11:00-12:30pm | 8 | $48.00+HST |
| Mar 1-Apr 26 | Mon | 7:30-9:00pm | 8 | $48.00+HST |
| Mar 2-Apr 27 | Tue | 11:00-12:30pm | 8 | $48.00+HST |
| Mar 4-Apr 22 | Thu | 11:00-12:30pm | 7 | $42.00+HST |
| ***No sessions on Jan 25, Feb 15, Mar 16, Mar 18 & Mar 29** | | | | |



## Conditioning & Jazz

Jazz dance is a dynamic and energetic form of movement that provides a full body workout. It is characterized by its syncopated rhythms, isolations, and improvisational styles encompassing the whole body in movement. This class consists of warm up exercises, stretching and strengthening to prevent injury, technique across the floor and in the centre and combinations of steps.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Jan 6-Mar 10 | Wed | 8:15-9:15pm | 9 | $126.00+HST |
| ***No session Feb 17** | | | | |



## Tai Chi

Qualified instructors will lead participants through the 108-move Tai Chi set as developed by Master Moy Lin-shin. This is a Yang Style set Master Moy modified to maximize the health benefits of this ancient Chinese art.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre - Introduction (Level 1)** | | | | |
| Jan 14-Apr 29 | Thu | 1:00-3:00pm | 14 | $104.00+HST |
| ***No sessions on Feb 25 & Mar 18** | | | | |
| **Ilderton Community Centre - Foundations (Level 2)** | | | | |
| Jan 14-Apr 29 | Thu | 3:00-4:30pm | 14 | $96.00+HST |
| ***No sessions on Feb 25 & Mar 18** | | | | |
| **Komoka Community Centre - Introduction (Level 1)** | | | | |
| Jan 11-Apr 26 | Mon | 1:00-3:00pm | 14 | $104.00+HST |
| ***No sessions on Feb 15 & Mar 29** | | | | |
| **Komoka Community Centre - Foundations (Level 2)** | | | | |
| Jan 11-Apr 26 | Mon | 3:00-4:30pm | 14 | $104.00+HST |
| ***No sessions on Feb 15 & Mar 29** | | | | |



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# ADULT ARTS

## Paint Nights

Unleash your creativity and enjoy a fun, relaxing evening of painting! Join us for a guided painting experience where participants will create their own unique piece inspired by a featured theme. Supplies are provided. NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre - Theme: Winter Landscape** | | | | |
| Jan 4 | Mon | 7:00-9:00pm | 1 | $20.00+HST |
| **Komoka Community Centre - Theme: Winter Landscape** | | | | |
| Jan 11 | Mon | 7:00-9:00pm | 1 | $20.00+HST |
| **Komoka Community Centre - Theme: Red Rose** | | | | |
| Feb 1 | Mon | 7:00-9:00pm | 1 | $20.00+HST |
| **Ilderton Community Centre - Theme: Red Rose** | | | | |
| Feb 5 | Fri | 6:00-8:00pm | 1 | $20.00+HST |
| **Komoka Community Centre - Theme: Bunnies** | | | | |
| Mar 1 | Mon | 7:00-9:00pm | 1 | $20.00+HST |
| **Ilderton Community Centre - Theme: Bunnies** | | | | |
| Mar 5 | Fri | 6:00-8:00pm | 1 | $20.00+HST |
| **Komoka Community Centre - Theme: Spring Florals** | | | | |
| Apr 5 | Mon | 7:00-9:00pm | 1 | $20.00+HST |
| **Ilderton Community Centre - Theme: Spring Florals** | | | | |
| Apr 6 | Tue | 6:00-8:00pm | 1 | $20.00+HST |

## Sketching Across Mediums

Explore the exciting possibilities of drawing with different artistic materials. Each week introduces a new medium and a variety of techniques for creating lines, textures, shading, and colour. Learn the fundamentals of drawing while experimenting with different mediums. NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Jan 12-Feb 23 | Tue | 1:00-2:30pm | 7 | $70.00+HST |
| **Komoka Community Centre** | | | | |
| Jan 12-Feb 23 | Tue | 10:30-12:00pm | 7 | $70.00+HST |

## Watercolour Sketchbook

Discover the joy of capturing everyday subjects through sketching and watercolour. Learn to combine simple drawing techniques, loose watercolour washes, and small details to create beautifully illustrated sketchbook pages. Explore a variety of subjects while developing your own relaxed and personal sketching style. NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Mar 2-Apr 27 | Tue | 1:00-2:30pm | 8 | $80.00+HST |
| ***No session on Mar 16** | | | | |
| **Komoka Community Centre** | | | | |
| Mar-Apr 27 | Tue | 10:30-12:00pm | 8 | $80.00+HST |
| ***No session on Mar 16** | | | | |



## Intro to Coloured Pencils

Discover the versatility of coloured pencils and learn how to create beautiful, richly coloured artwork using this accessible medium. Explore layering, blending, shading, and colour mixing while developing techniques to bring everyday subjects to life. Perfect for beginners or anyone wanting to improve their coloured pencil skills. NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Mar 4-Apr 29 | Thu | 10:30-12:00pm | 8 | $80.00+HST |
| ***No session on Mar 18** | | | | |

# ADULT ARTS

## Intro to Watercolour Pencils

Discover the unique qualities of watercolour pencils, where drawing and painting come together. Learn how to apply colour directly to paper, activate it with water, blend colours, and create beautiful watercolour effects with the control of a pencil. This beginner-friendly course explores a fun and versatile medium through a variety of colourful projects.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 14-Feb 25 | Thu | 10:30-12:00pm | 7 | $70.00+HST |



## Pottery Making

Unleash your creativity with clay in this engaging hand-building pottery workshop or workshop series! Explore a variety of hand-building techniques while creating one or more unique pieces, shaped and designed by you. After firing and glazing, your finished piece(s) will be ready to take home and enjoy a few weeks later.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Wellness Centre - Easter/Spring Cookie Platter** | | | | |
| Feb 27 | Sat | 1:00-2:30pm | 1 | $65.00+HST |
| **Komoka Wellness Centre - Mother's Day Mug Making** | | | | |
| Apr 10 | Sat | 1:00-2:30pm | 1 | $65.00+HST |

## Ideas to Short Stories

Have a story idea but aren't sure where to begin? Bring your imagination to life in this creative writing program! Led by a local author, you'll explore the fundamentals of fiction writing and learn how to turn an initial idea into an original short story.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Feb 3-Feb 24 | Wed | 1:30-3:30pm | 4 | $40.00+HST |
| **Komoka Community Centre** | | | | |
| Jan 12-Feb 2 | Tue | 2:00-4:00pm | 4 | $40.00+HST |

## Stories From Our Lives

Everyone has a story worth telling! Led by a local author, this creative writing program invites you to explore meaningful life experiences, cherished memories, important relationships, and personal milestones through writing.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Apr 7-Apr 28 | Tue | 1:30-3:30pm | 4 | $40.00+HST |
| **Komoka Community Centre** | | | | |
| Mar 9-Mar 30 | Tue | 2:00-4:00pm | 4 | $40.00+HST |

## Unblock the Blank Page

Staring at a blank page? Ready to shake up your creativity and try something new? Join us for a fun, hands-on creative writing workshop designed to spark inspiration and help you break through writer's block! Explore a variety of playful solo and group activities, including blackout poetry, word collages, and paint chip poetry.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Arena - Youth Centre Room** | | | | |
| Mar 10 | Wed | 6:00-8:00pm | 1 | $20.00+HST |
| **Komoka Community Centre** | | | | |
| Feb 9 | Tue | 6:00-8:00pm | 1 | $20.00+HST |
| Apr 13 | Tue | 6:00-8:00pm | 1 | $20.00+HST |

NEW!

# ADULT WORKSHOPS

## Bone Health Cooking Class

Join us for a hands-on cooking workshop led by a Registered Dietitian! Learn practical cooking skills while preparing delicious, bone-healthy recipes in a fun, small-group setting. Enjoy a shared meal, discover important nutrients for strong, healthy bones, and explore simple ways to support bone health through everyday food choices. Take home recipes and helpful nutrition resources. No previous cooking experience is necessary!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Jan 18 | Mon | 10:30-1:00pm | 1 | $20.00+HST |

NEW!



## Heart Health Cooking Class

Join us for a hands-on cooking workshop led by a Registered Dietitian! Learn practical cooking skills while preparing delicious, heart-healthy recipes in a fun, small-group setting. Enjoy a shared meal, discover simple ways to support heart health through everyday food choices, and take home recipes and helpful nutrition resources. No previous cooking experience is necessary!

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Feb 8 | Mon | 10:30-1:00pm | 1 | $20.00+HST |
| **Komoka Wellness Centre - Hand Building Series** | | | | |
| Mar 22 | Mon | 10:30-1:00pm | 1 | $20.00+HST |

## Sourdough

Discover the art of sourdough baking in our hands-on workshop! Whether you're learning the fundamentals or building on your existing skills, you'll explore fermentation techniques and create delicious breads such as artisan loaves, focaccia, or pizza dough. Adults (18+) will gain practical skills, helpful tips, and the confidence to continue baking at home. Workshop projects and take-home materials may vary by session.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre - Beginner Bread Making** | | | | |
| Feb 4 | Thu | 6:00-8:00pm | 1 | $20.00+HST |
| **Komoka Community Centre - Beginner Bread Making** | | | | |
| Feb 22 | Mon | 6:00-8:00pm | 1 | $20.00+HST |
| **Delaware Community Centre - Beginner Bread Making** | | | | |
| Feb 24 | Wed | 6:00-8:00pm | 1 | $20.00+HST |
| **Komoka Community Centre - Focaccia & Pizza Dough** | | | | |
| Apr 12 | Mon | 6:00-8:00pm | 1 | $20.00+HST |
| **Delaware Community Centre - Focaccia & Pizza Dough** | | | | |
| Apr 14 | Wed | 6:00-8:00pm | 1 | $20.00+HST |
| **Ilderton Community Centre - Focaccia & Pizza Dough** | | | | |
| Apr 20 | Tue | 6:00-8:00pm | 1 | $20.00+HST |






middlesex centre
in the centre of it all

# ADULT WORKSHOPS

## Pickling: Learn the Basics

Learn the basics of quick pickling and create three delicious jars to take home: pickled jalapeños, red onions, and cucumbers. We'll cover the simple science, health benefits and cost saving benefits of pickling your own veggies while you chop, mix, pour, and taste your way through this fun, easy kitchen skill.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Mar 22 | Mon | 6:00-8:00pm | 1 | $20.00+HST |
| **Ilderton Community Centre** | | | | |
| Mar 25 | Thu | 6:00-8:00pm | 1 | $20.00+HST |
| **Komoka Community Centre** | | | | |
| Mar 31 | Wed | 6:00-8:00pm | 1 | $20.00+HST |



## Hearing Health

Learn about hearing health in this informative presentation covering how the ear works, the effects of untreated hearing loss, its social impacts, and the evolution of hearing technology. Presented in partnership with Ears to You Mobile Hearing Clinic. Private hearing checks are available following the presentation. To book an appointment, please call 519-601-8022. Registration is required.

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Komoka Community Centre** | | | | |
| Feb 23 | Tue | 10:00-11:00am | 1 | FREE |



## Self Care Basics

Beat the winter blues by creating simple self-care essentials using natural ingredients and aromatherapy. Make a sugar scrub, bath soak, room spray and roller blend to enjoy yourself or give as gifts.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Jan 7 | Thu | 6:00-8:00pm | 1 | $20.00+HST |
| **Komoka Community Centre** | | | | |
| Jan 18 | Mon | 6:00-8:00pm | 1 | $20.00+HST |
| **Delaware Community Centre** | | | | |
| Jan 20 | Wed | 6:00-8:00pm | 1 | $20.00+HST |

## Supportive Approaches

Communication and Supportive Approaches for Care Partners (of Persons Living with Dementia): Care partners will learn how communication can change over the course of dementia and effective ways to supportively communicate with a person living with dementia.

NEW!

| Dates | Day | Times | Sessions | Fees |
|---|---|---|---|---|
| **Ilderton Community Centre** | | | | |
| Mar 31 | Wed | 2:00-3:30pm | 1 | FREE |
| **Komoka Community Centre** | | | | |
| Apr 5 | Mon | 2:00-3:30pm | 1 | FREE |

Middlesex Centre is grateful to receive support from the Government of Ontario's Seniors Active Living Centre (SALC) program, which enhances recreational opportunities for older adults and seniors. To see which programs are supported through SALC, visit middlesexcentre.ca/rec-programs

Ontario