## Thursday, February 1, 2024

#### **Health Club**

Date and Time: Thursday, February 1 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Thursday, February 1 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Supervised Family Skate @ Outdoor Rink

Date and Time: Thursday, February 1 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## Friday, February 2, 2024

#### **Health Club**

Date and Time: Friday, February 2 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## **Morning Fitness**

Date and Time: Friday, February 2 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

### **Morning Yoga**

Date and Time: Friday, February 2 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

#### **Public Skate**

Date and Time: Friday, February 2 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Saturday, February 3, 2024

#### **Health Club**

Date and Time: Saturday, February 3 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Saturday, February 3 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## Sunday, February 4, 2024

#### Health Club

Date and Time: Sunday, February 4 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Sunday, February 4 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Monday, February 5, 2024

### **Health Club**

Date and Time: Monday, February 5 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## **Morning Fitness**

Date and Time: Monday, February 5 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Monday, February 5 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Monday, February 5 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Com

munity Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

#### **Blast Class**

Date and Time: Monday, February 5 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Tuesday, February 6, 2024

#### **Health Club**

Date and Time: Tuesday, February 6 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Tuesday, February 6 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

#### **Blast Class**

Date and Time: Tuesday, February 6 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Wednesday, February 7, 2024

#### **Health Club**

Date and Time: Wednesday, February 7 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

### **Morning Fitness**

Date and Time: Wednesday, February 7 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Wednesday, February 7 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

#### **Blast Class**

Date and Time: Wednesday, February 7 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Thursday, February 8, 2024

#### **Health Club**

Date and Time: Thursday, February 8 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Thursday, February 8 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Supervised Family Skate @ Outdoor Rink

Date and Time: Thursday, February 8 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## "Valentine's Card Workshop"

Date and Time: Thursday, February 8 6:30 pm

Address: 30 Tillson Ave

#### "Valentine's Card Workshop"

Date: Thursday, February 8<sup>th</sup>, 2024

**Time:** 6:30 p.m. to 8:30 p.m.

Cost: \$24.00 (Tax Included)

Join Museum staff as we create 1940s inspired Valentine's Day Cards inspired by cards in the Museum's collect ion. All materials and supplies are provided. Preregistration is required.

## Friday, February 9, 2024

### **Health Club**

Date and Time: Friday, February 9 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## **Morning Fitness**

Date and Time: Friday, February 9 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Friday, February 9 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

#### **Public Skate**

Date and Time: Friday, February 9 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Saturday, February 10, 2024

### **Health Club**

Date and Time: Saturday, February 10 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Saturday, February 10 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## **Family Fun Dazes**

Date and Time: Saturday, February 10 1:00 pm

Address: 30 Tillson Ave

### Family Fun Dazes

**Time:** 1:00 p.m.

**Cost:** \$18.00 a family

Join Museum Staff as we celebrate a new theme everything month with crafts, stories and museum adventures.

### **Pre-registration required.**

January 13<sup>th</sup>: Arctic Animals

February 10<sup>th</sup>: Valentine's Day

March 9<sup>th</sup>: Catch a Leprechaun

April 13<sup>th</sup>: April Showers

September 21<sup>st</sup>: Fall Foods

October 19<sup>th</sup>: Pumpkins

## Sunday, February 11, 2024

### **Health Club**

Date and Time: Sunday, February 11 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### Free Public Skate

Date and Time: Sunday, February 11 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a Free Public Skate generously sponsored by Martinrea.

## Monday, February 12, 2024

#### **Health Club**

Date and Time: Monday, February 12 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

### **Morning Fitness**

Date and Time: Monday, February 12 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Monday, February 12 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Monday, February 12 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

#### **Blast Class**

Date and Time: Monday, February 12 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Tuesday, February 13, 2024

### **Health Club**

Date and Time: Tuesday, February 13 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Tuesday, February 13 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

### **Blast Class**

Date and Time: Tuesday, February 13 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Wednesday, February 14, 2024

#### **Health Club**

Date and Time: Wednesday, February 14 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

### **Morning Fitness**

Date and Time: Wednesday, February 14 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Wednesday, February 14 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

#### **Blast Class**

Date and Time: Wednesday, February 14 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Thursday, February 15, 2024

#### **Health Club**

Date and Time: Thursday, February 15 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Thursday, February 15 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Supervised Family Skate @ Outdoor Rink

Date and Time: Thursday, February 15 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## Friday, February 16, 2024

### **Health Club**

Date and Time: Friday, February 16 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## **Morning Fitness**

Date and Time: Friday, February 16 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

### **Morning Yoga**

Date and Time: Friday, February 16 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

## Saturday, February 17, 2024

#### Health Club

Date and Time: Saturday, February 17 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Saturday, February 17 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Com

munity Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## Sunday, February 18, 2024

### **Health Club**

Date and Time: Sunday, February 18 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## Monday, February 19, 2024

#### Free Public Skate

Date and Time: Monday, February 19 9:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a Free Family Day Public Skate generously sponsored by M & J Tirecraft.

## Family Dance Class (Ages 2-5yrs)

Date and Time: Monday, February 19 9:00 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for Free Family Fun Day at the Tillsonburg Community Centre.

Thriver Dance Co. is sponsoring a Family Dance Class.

## **Magic Show**

Date and Time: Monday, February 19 9:30 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Free Family Fun Day at the Tillsonburg Community Centre.

Family Magician Peter Mennie will delight the crowds with his magic show.

## **Bouncy Castles and Games**

Date and Time: Monday, February 19 10:00 am - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for Free Family Fun Day at the Tillsonburg Community Centre.

In the Auditorium there will be bouncy castles, games and other treats to delight families.

### **Exhibition Opening: "Warmth and Beauty: Favourite Quilts from the Collection."**

Date and Time: Monday, February 19 10:00 am

Address: 30 Tillson Ave

"Warmth and Beauty: Favourite Quilts from the Collection."

Date: Sun, Feb 19<sup>th</sup> to Sun. April 28<sup>th</sup>, 2024

Come and see museum staff and volunteers' favourite quilts from the museum collection!

Opening: Sunday, February 19th at 10am

## **Family Day Fun and Games**

Date and Time: Monday, February 19 10:00 am - 4:00 pm

Address: 30 Tillson Ave

### Family Day Fun and Games

Date: Monday, February 19<sup>th</sup>, 2024

**Time:** 10:00 a.m. to 4:00 p.m.

**Cost:** By Donation

Visit the museum on Family day to participate in family games, guided tours, crafts and the popular scavenger h unt.

## **Magic Show**

Date and Time: Monday, February 19 11:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Free Family Fun Day at the Tillsonburg Community Centre.

Family Magician Peter Mennie will delight the crowds with his magic show.

## Reptile Meet & Greet

Date and Time: Monday, February 19 12:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for Free Family Fun Day at the Tillsonburg Community Centre.

Extra special guests, of the reptilian kind, will be here for a show. Stop by to say hello to these creatures.

### **Face Painting and Balloon Making**

Date and Time: Monday, February 19 12:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for Free Family Fun Day at the Tillsonburg Community Centre.

We will be painting faces and making balloon shapes and animals in the Auditorium.

## Family Dance Class (Ages 6+yrs)

Date and Time: Monday, February 19 1:00 pm - 1:30 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for Free Family Fun Day at the Tillsonburg Community Centre.

Thriver Dance Co. is sponsoring this Family Dance Class.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Monday, February 19 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## Tuesday, February 20, 2024

### **Health Club**

Date and Time: Tuesday, February 20 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Tuesday, February 20 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

#### **Blast Class**

Date and Time: Tuesday, February 20 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Wednesday, February 21, 2024

#### **Health Club**

Date and Time: Wednesday, February 21 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## **Morning Fitness**

Date and Time: Wednesday, February 21 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

### **Morning Yoga**

Date and Time: Wednesday, February 21 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

#### **Blast Class**

Date and Time: Wednesday, February 21 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Thursday, February 22, 2024

### **Health Club**

Date and Time: Thursday, February 22 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Thursday, February 22 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f

or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Lunch and Learn 2024: "A Food, Not a Fad: The Remarkable Advertising Campaign of the Tillson Company"

Date and Time: Thursday, February 22 12:00 pm

Address: 30 Tillson Ave

### "A Food, Not a Fad: The Remarkable Advertising Campaign of the Tillson Company"

Presented By Patricia Phelps

Dates: Thursday, February 22<sup>nd</sup> or Friday, February 23<sup>th</sup>

Cost: \$35.75 single ticket or \$119.25 for series pass

**Time:** 12:00 p.m.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Thursday, February 22 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Com munity Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## Friday, February 23, 2024

#### Health Club

Date and Time: Friday, February 23 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## **Morning Fitness**

Date and Time: Friday, February 23 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Friday, February 23 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

# Lunch and Learn 2024: "A Food, Not a Fad: The Remarkable Advertising Campaign of the Tillson Company"

Date and Time: Friday, February 23 12:00 pm

Address: 30 Tillson Ave

"A Food, Not a Fad: The Remarkable Advertising Campaign of the Tillson Company"

Presented By Patricia Phelps

Dates: Thursday, February 22<sup>nd</sup> or Friday, February 23<sup>th</sup>

Cost: \$35.75 single ticket or \$119.25 for series pass

**Time:** 12:00 p.m.

#### **Public Skate**

Date and Time: Friday, February 23 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Friday Night Fun (4-7 yrs)

Date and Time: Friday, February 23 5:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Theme: Food Experiments.

4-7yr olds are invited to come experiment with food! We will use the old-fashioned method to make butter, cre ate lemon volcanoes and witness fun science experiments with food.

Register online <u>www.townoftillsonburg.perfectmind.com</u>, by phone or in-person,

Fee: \$12.90/child

## Saturday, February 24, 2024

#### **Health Club**

Date and Time: Saturday, February 24 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## Supervised Family Skate @ Outdoor Rink

Date and Time: Saturday, February 24 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the JL Scott McLean Outdoor Recreation Pad - located by the East Entrance of the Tillsonburg Community Centre - for a free family skate.

No pucks, sticks nor nets will be permitted during this skate. Skates must be worn on ice. Strollers are not allo wed on the ice. Helmets are recommended. Those 10yrs & younger should be accompanied by a caregiver.

Staff will be on-site to assist with public skate safety.

\*\*\*Weather Permitting\*\*\*

## **Rock and Roll Dance Party & Concert**

Date and Time: Saturday, February 24 1:00 pm - 4:00 pm

Address: 16 Durham Street

The Tillsonburg Legion proudly presents ...

SIVLE - Sounds of Yesteryear and Today. 4 piece band from Brantford Ontario. Hits of Elvis, the Beatles, CCR , Johnny Cash, the Women of Rock, ABBA, Linda Ronstadt, Jimi Hendrix, Elton John, Lady Gaga, Pink, Dolly Parton, Kenny Rogers, John Denver, Bob Marley and a whole lot more.

Starring Joan Minnery, Bill Minnery, Dan Taylor and Jamie Reinhart.

Appearing at the Tillsonburg Legion, 16 Durham St. Tillsonburg Saturday February 24th, 1pm - 4pm

Tickets: \$15 in advance \$18 at the door (available only at the Tillsonburg Legion) Doors open at Noon Call 51 9-842-5281 for information

## Sunday, February 25, 2024

### **Health Club**

Date and Time: Sunday, February 25 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Free Public Skate**

Date and Time: Sunday, February 25 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a Free Public Skate generously sponsored by Mymotors.ca.

## Monday, February 26, 2024

#### **Health Club**

Date and Time: Monday, February 26 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

## **Morning Fitness**

Date and Time: Monday, February 26 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Monday, February 26 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

### **Blast Class**

Date and Time: Monday, February 26 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Tuesday, February 27, 2024

### **Health Club**

Date and Time: Tuesday, February 27 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

#### **Public Skate**

Date and Time: Tuesday, February 27 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

#### **Blast Class**

Date and Time: Tuesday, February 27 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Wednesday, February 28, 2024

#### Health Club

Date and Time: Wednesday, February 28 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

### **Morning Fitness**

Date and Time: Wednesday, February 28 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, musclar c onditioning exercises and ends with a relaxing stretch.

### **Morning Yoga**

Date and Time: Wednesday, February 28 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax ation techniques to reduce muscle tension and stress.

#### **Blast Class**

Date and Time: Wednesday, February 28 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

## Thursday, February 29, 2024

### **Health Club**

Date and Time: Thursday, February 29 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

### **Public Skate**

Date and Time: Thursday, February 29 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

## Leap Year Tea

Date and Time: Thursday, February 29 1:30 pm

Address: 30 Tillson Ave

Leap Year Tea

Date: Thursday, February 29<sup>th</sup>, 2024

**Time:** 1:30 p.m.

Cost: \$ 24.00 (Tax Included)

Join us in celebrating the Leap Year! Preregistration required.

https://events.tillsonburg.ca