

## **Monday, April 1, 2024**

---

### **Annandale NHS is Closed for Easter**

Date and Time: Monday, April 1 12:00 am

Address: 30 Tillson Ave

Annandale NHS is closed for Easter weekend from Friday, March 29th to Monday, April 1st. We will open again on Tuesday, April 2nd at 9am.

## **Tuesday, April 2, 2024**

---

### **Health Club**

Date and Time: Tuesday, April 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 offers 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, April 2 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 for 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, April 2 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, April 3, 2024

---

### Health Club

Date and Time: Wednesday, April 3 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 offers 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, April 3 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, muscular conditioning exercises and ends with a relaxing stretch.

### Morning Yoga

Date and Time: Wednesday, April 3 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 relaxation techniques to reduce muscle tension and stress.

### Blast Class

Date and Time: Wednesday, April 3 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, April 4, 2024

---

### Health Club

Date and Time: Thursday, April 4 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 offers 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.

## Friday, April 5, 2024

---

### Health Club

Date and Time: Friday, April 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 offers 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, April 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, muscular conditioning exercises and ends with a relaxing stretch.

### Morning Yoga

Date and Time: Friday, April 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 relaxation techniques to reduce muscle tension and stress.

## Public Skate

Date and Time: Friday, April 5 3:45 pm - 5:15 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for 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, April 6, 2024

---

### Health Club

Date and Time: Saturday, April 6 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 offers 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.

### CHAA Aircraft Service Crew Training

Date and Time: Saturday, April 6 9:00 am - 5:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

Attention aviation enthusiasts – have you ever wanted to be a ground crew member for an aircraft? Come out to our popular annual Aircraft Service Crew Training Program weekend. Designed for individuals passionate about aviation, this comprehensive training initiative will equip participants with the skills and knowledge needed to excel as a member of the service team.

Cost is a small donation to cover the daily lunches.

Saturday: 9:00 AM to 4:00 PM

Sunday: 9:00 AM to 4:00 PM

# Sunday, April 7, 2024

---

## Health Club

Date and Time: Sunday, April 7 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 offers 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.

## CHAA Aircraft Service Crew Training

Date and Time: Sunday, April 7 9:00 am - 5:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

Attention aviation enthusiasts – have you ever wanted to be a ground crew member for an aircraft? Come out to our popular annual Aircraft Service Crew Training Program weekend. Designed for individuals passionate about aviation, this comprehensive training initiative will equip participants with the skills and knowledge needed to excel as a member of the service team.

Cost is a small donation to cover the daily lunches.

Saturday: 9:00 AM to 4:00 PM

Sunday: 9:00 AM to 4:00 PM

# Monday, April 8, 2024

---

## Health Club

Date and Time: Monday, April 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 offers 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, April 8 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, muscular conditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Monday, April 8 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 relaxation techniques to reduce muscle tension and stress.

## Parent and Tot Skate

Date and Time: Monday, April 8 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages: Adult + child

Fee: Adult - \$5.70, Child 2-4yrs - \$2.70, Child

## Blast Class

Date and Time: Monday, April 8 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, April 9, 2024

---

## Health Club

Date and Time: Tuesday, April 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.

## **Standard First Aid with CPR and AED**

Date and Time: Tuesday, April 9 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

This 16hr Lifesaving Society Standard First Aid course provides comprehensive training covering all aspects of first aid, CPR and AED. This course is recognized by the Workplace Safety & Insurance Board and the Ontario Health Regulations.

Ages 13+. Fee: \$112 + \$15 manual (plus HST) + \$20.55 exam fee.

Course takes place over two days: April 9 and April 11.

Pre-registration is required.

## **Public Skate**

Date and Time: Tuesday, April 9 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 for 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, April 9 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, April 10, 2024**

---

### **Health Club**

Date and Time: Wednesday, April 10 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 offers 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, April 10 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, muscular conditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Wednesday, April 10 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 relaxation techniques to reduce muscle tension and stress.

## **Blast Class**

Date and Time: Wednesday, April 10 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, April 11, 2024**

---

### **Health Club**

Date and Time: Thursday, April 11 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 offers 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.

## **Standard First Aid with CPR and AED**

Date and Time: Thursday, April 11 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

This 16hr Lifesaving Society Standard First Aid course provides comprehensive training covering all aspects of first aid, CPR and AED. This course is recognized by the Workplace Safety & Insurance Board and the Ontario Health Regulations.

Ages 13+. Fee: \$112 + \$15 manual (plus HST) + \$20.55 exam fee.

Course takes place over two days: April 9 and April 11.

Pre-registration is required.

## **Public Skate**

Date and Time: Thursday, April 11 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 for 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, April 12, 2024**

---

### **Health Club**

Date and Time: Friday, April 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 offers 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, April 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, muscular conditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Friday, April 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 relaxation techniques to reduce muscle tension and stress.

## Public Skate

Date and Time: Friday, April 12 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 for 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, April 13, 2024

---

### Health Club

Date and Time: Saturday, April 13 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 offers 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.

## Family Fun Dazes

Date and Time: Saturday, April 13 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 every 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, April 14, 2024

---

### Health Club

Date and Time: Sunday, April 14 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 offers 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, April 15, 2024

---

## Health Club

Date and Time: Monday, April 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 offers 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, April 15 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, muscular conditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Monday, April 15 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 relaxation techniques to reduce muscle tension and stress.

## Parent and Tot Skate

Date and Time: Monday, April 15 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages: Adult + child

Fee: Adult - \$5.70, Child 2-4yrs - \$2.70, Child

## Blast Class

Date and Time: Monday, April 15 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, April 16, 2024

---

### Health Club

Date and Time: Tuesday, April 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 offers 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, April 16 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 for 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, April 16 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, April 17, 2024

---

### Health Club

Date and Time: Wednesday, April 17 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 offers 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, April 17 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, muscular conditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Wednesday, April 17 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 relaxation techniques to reduce muscle tension and stress.

## Blast Class

Date and Time: Wednesday, April 17 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.

## “Spring Bird House Workshop”

Date and Time: Wednesday, April 17 6:30 pm - 8:30 pm

Address: 30 Tillson Ave

### “Spring Bird House Workshop”

**Date:** Wednesday, April 17<sup>th</sup>, 2024

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

**Cost:** \$35.75 (Tax Included)

Come to the museum to make and paint your own bird house in celebration of the birds as add to the [ambiance](#) of Tillsonburg, past and present. **All materials and supplies are provided. Preregistration is required.**

## Thursday, April 18, 2024

---

### Health Club

Date and Time: Thursday, April 18 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 offers 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, April 18 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 for 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, April 19, 2024

---

### Health Club

Date and Time: Friday, April 19 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 offers 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.

## PA Day Camp

Date and Time: Friday, April 19 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Keep your child active and engaged on their next PA Day. Our day camp program features fun indoor and outdoor games, as well as skating (other options available if your camper chooses not to skate). Enjoy a jam-packed day of activities!

For ages 5-12 yrs.

## Morning Fitness

Date and Time: Friday, April 19 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, muscular conditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Friday, April 19 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 relaxation techniques to reduce muscle tension and stress.

## Public Skate

Date and Time: Friday, April 19 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 for 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, April 20, 2024

---



## Health Club

Date and Time: Saturday, April 20 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 offers 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.

## CHAA Monthly Member's Meeting – Welcome Centre

Date and Time: Saturday, April 20 10:00 am - 12:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

Members and non-members are welcome to join us on the third Saturday of each month for our members' meeting. It's a great opportunity to connect with fellow members, meet new people, share ideas and shape the future of our organization. Your participation and voice is valued, so let's come together to make a difference and create an impact!

## Sunday, April 21, 2024

---

### Health Club

Date and Time: Sunday, April 21 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 offers 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, April 22, 2024

---

### Health Club

Date and Time: Monday, April 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.

## **Morning Fitness**

Date and Time: Monday, April 22 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, muscular conditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Monday, April 22 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 relaxation techniques to reduce muscle tension and stress.

## **Parent and Tot Skate**

Date and Time: Monday, April 22 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages: Adult + child

Fee: Adult - \$5.70, Child 2-4yrs - \$2.70, Child

## **Blast Class**

Date and Time: Monday, April 22 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, April 23, 2024**

---

## Health Club

Date and Time: Tuesday, April 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 offers 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, April 23 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 for 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, April 23 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, April 24, 2024

---

## Health Club

Date and Time: Wednesday, April 24 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 offers 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, April 24 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, muscular conditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Wednesday, April 24 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 relaxation techniques to reduce muscle tension and stress.

## Blast Class

Date and Time: Wednesday, April 24 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, April 25, 2024

---

## Health Club

Date and Time: Thursday, April 25 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 offers 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, April 25 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 for 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: “We’ve MOVED! -35 Years Ago: The Story of the Rescue of Annandale House”**

Date and Time: Thursday, April 25 12:00 pm

Address: 30 Tillson Ave

**“We’ve MOVED! -35 Years Ago: The Story of the Rescue of Annandale House”**

*Presented by Laurel Beechey*

**Dates:** Thursday, April 25<sup>th</sup> or Friday, April 26<sup>th</sup>

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

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

## **Friday, April 26, 2024**

---

### **Health Club**

Date and Time: Friday, April 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 offers 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, April 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, muscular c

onditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Friday, April 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 relaxation techniques to reduce muscle tension and stress.

## Lunch and Learn 2024: “We’ve MOVED! -35 Years Ago: The Story of the Rescue of Annandale House”

Date and Time: Friday, April 26 12:00 pm

Address: 30 Tillson Ave

**“We’ve MOVED! -35 Years Ago: The Story of the Rescue of Annandale House”**

*Presented by Laurel Beechey*

**Dates:** Thursday, April 25<sup>th</sup> or Friday, April 26<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, April 26 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 for 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 (8-12yr olds)

Date and Time: Friday, April 26 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Kick the weekend off with new friends. Each Friday Night Fun will have a different activity to enjoy. Select th

e dates your child wishes to join.

January 26 - Games Night

March 22 - Spring Treats

April 26 - Mandala Art

Register online: [www.townofillsonburg.perfectmind.com](http://www.townofillsonburg.perfectmind.com), by phone or in person.

Fee: \$12.90/child/night

## **Saturday, April 27, 2024**

---

### **Health Club**

Date and Time: Saturday, April 27 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 offers 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.

### **CHAA's Annual Fundraising Banquet**

Date and Time: Saturday, April 27 4:00 pm - 11:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

Attention members and non-members! Mark your calendars for the highlight event of the year – our Annual Banquet that celebrates and recognizes our volunteers, and raises funds to keep our yellow birds flying. The Tillsonburg Legion, Branch 153 plays host to this delightful get together that offers silent and live auctions, a guest speaker and roomful of camaraderie.

Tickets are \$40 and available for purchase on the CHAA Website [www.harvards.com](http://www.harvards.com)

## **Sunday, April 28, 2024**

---

### **Health Club**

Date and Time: Sunday, April 28 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 offers 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, April 29, 2024**

---

### **Health Club**

Date and Time: Monday, April 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 offers 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, April 29 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, muscular conditioning exercises and ends with a relaxing stretch.

### **Morning Yoga**

Date and Time: Monday, April 29 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 relaxation techniques to reduce muscle tension and stress.

### **Parent and Tot Skate**

Date and Time: Monday, April 29 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages: Adult + child



Fee: Adult - \$5.70, Child 2-4yrs - \$2.70, Child

## **Tuesday, April 30, 2024**

---

### **Health Club**

Date and Time: Tuesday, April 30 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 offers 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, April 30 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 for 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, April 30 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.

### **Evening Yoga**

Date and Time: Tuesday, April 30 6:15 pm

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.

<https://events.tillsonburg.ca>