

Pilates

Come and learn a safe effective way to strengthen your core, create a lean strong body and enhance your stamina and confidence.

When: Mondays 6:00 pm – 7:00 pm
January 23rd – March 26th, 2012
8 weeks
No Class on February 20th & March 20th
Where: New Addition Davidson Centre
Cost: \$85 (\$75.22 + \$9.77 HST)
Instructor: Virginia Bacon
Certified Personal Trainer

Yoga for Beginners

In the beginner class you will learn safe and user-friendly fitness oriented postures, breathing exercises and relaxation techniques. Basic yoga postures will emphasize deep breathing and mindful awareness of movement.

When: Tuesdays and Thursdays 6:00 – 7:15 p.m.
January 10 – February 23, 2012 (7 weeks)
Where: Davidson Centre – West Room of Addition
Cost: \$102.65 + 13.34 HST = \$116.00

Cross Country Skiing and Snowshoeing

Four kilometers north of Kincardine on County Road 23 (the old "B" line) at Stoney Island Conservation Area are 6 kilometers of beautiful ski trails groomed in winter for classical and skate skiing. Also maintained are 5 kilometers of snowshoe trails. Trail fees for one day are: individual \$3 - a family \$5. Annual Club Membership: individual \$25 – a family \$40. We groom the trails as soon as the ground is frozen and the snow is deep enough. Free parking. If youngsters want a free introductory lesson contact us. We also recycle used cross country ski equipment. We plan two short handicap races in January - watch the local papers for an announcement. Contacts: Glen Norcliffe (President) 519-396-6552, or John Melinz (Trail Manager) 519-396-3543, or Karel Mika (Treasurer) 519-396-7383 for more information.

Bus Trip

War Horse

PRINCESS OF WALES THEATRE

From Britain's National Theatre, *War Horse* is a thrilling and sensational production!

Winner of Olivier, Evening Standard and Critics' Circle Awards.

England, 1914. As World War I begins, Joey, young Albert's beloved horse, is sold to the cavalry and shipped to France. He's soon caught up in enemy fire, and fate takes him on an extraordinary journey, serving on both sides before finding himself alone in No Man's Land. But Albert cannot forget Joey and, though not old enough to enlist, he embarks on a treacherous mission to find his horse and bring him home.

This powerfully moving and imaginative drama, filled with stirring music and songs, is a production of phenomenal inventiveness.

Date: March 21st, 2012

Bus departs Davidson Centre at 8:15am and arrives home at approximately 9:30pm. This fantastic bus trip included a coach bus trip ride to Toronto, stop for shopping at the Eaton Centre, matinee performance of War Horse and a stop on the way home for supper (meals are not included)

Cost: \$125.00

Golf Lessons

While the snow is flying you can still work on that golf swing! Taught under the supervision of CPGA golf instructor Joey Rettinger, this course teaches the fundamentals of the game of golf. Learn the skills you need to get out on the course and enjoy the game. Course includes swing analysis, swing fundamentals and putting. Space is limited in this program so sign up early. Classes take place in the Kincardine Davidson Centre Hall. An adult must accompany all children under the age of twelve.

When: Mondays March 19 – April 30, 2012
(6 weeks)

No class on April 5

Cost: \$102.00

Times:

3:00-4:00pm

4:00-5:00pm

5:00-6:00pm

6:00-7:00pm

7:00-8:00pm

8:00-9:00pm

The last class on April 30th will be held at Ainsdale Golf Course (weather permitting).

Ladies Hockey

Back at it again Ladies! For those of you who didn't get out to try it in the fall – here's your chance. Beginners are always welcome. Hockey is a great way to meet people and have fun! Helmets, face mask, shin pads, elbow pads, gloves and some form of hockey pants are recommended.

When: Wednesdays, 10:00 p.m – 11:00 p.m.

January 4 – March 21, 2012

Where: Kincardine Davidson Centre

Cost: \$108.00

Drop In Pickle Ball

When: Wednesdays

Starting: January 18th, 2012

Where: Kincardine Hall

\$2.00 drop-in fee

1:00pm – 4:00pm

No Pickle Ball March 14th & May 9th

May 7th – 2:30pm – 4:30pm

Evening Pickleball League

When: Mondays

January 9th – March 5th

No pickle ball February 20th
8 weeks
Time: 5pm – 7pm
Kincardine Hall
Cost: \$50.00

Adult Daytime Badminton

The nets are up and its time to play badminton in Kincardine Hall at the Davidson Centre.
No experience necessary just show up and be ready to play.
When: Wednesdays
Time: 9:30 – 11:30 a.m.
Where: Kincardine Davidson Centre Hall
Please note that there will be no Badminton on March 14, 2012.

Adult Daytime Table Tennis

When: Tuesdays
Starting January 10th, 2012
Time: 9:30 am – 11:30 am
Where: Kincardine Davidson Centre
\$2.00 drop-in fee
No Table Tennis on March 13

Carpet Bowling

Carpet Bowling is a great way to stay active and meet new people. Carpet Bowling is suitable for individuals of all ages. No experience necessary just a desire to learn and have fun.
When: Tuesdays
Starting January 10th, 2012
Time: 1:30 pm
Cost: \$2.00 per day
No Table Tennis on March 13th

Adult Basketball

All adults are welcome to come out and play some basketball. This is an excellent way to get into shape while having fun.
When: Thursdays
Time: 8:30 pm – 10:00 p.m.
Where: KDSS
January 6 – March 10
No Basketball January 13th

Shuffleboard

Shuffleboard is a great way to stay active throughout the winter months. Beginners are always welcome.
When: Thursdays Time: 1:30 pm

\$2.00 drop-in fee

Location: Kincardine Hall

No Shuffleboard March 15th & April 19th

Scrabble Group (Davidson Centre)

Can't get enough of triple word scores, "bingos" and outright fun? There is a new Scrabble group at the Davidson Centre that plays every Friday from 10:00am – 11:00am in the Bruce Telecom Room. Experience is not needed. This is a great way to keep your mind sharp while having fun at the same time.

Modern Square Dance Club

Kincardine Tartan Twirlers

Meets Friday Evening 8-10pm

Location: Anglican Church, Russell Street

Basic, Mainstream and Plus levels

Call 519-396-3558 or 396-7359 for more information.

Kincardine Scottish Country Dance Group

Reels, Jigs and Strathspeys Old and New

Learn Jigs, Reels and Strathspeys old and new, beginners welcome.

Where: Knox Presbyterian Church Activity Centre

Time; 7:45 pm – 10:00pm

For more information call 519-396-3622

Country Line Dancing

When: Mondays 7:00 pm – 8:30 pm

Time: 7:00 pm – 8:30 pm

For more information contact Rosemary Cutting (519) 396-9665

Royal Canadian Legion Branch #183

Winter Recreational Activities

Monday	7:30 pm	Ladies Dart League
Tuesday	8:00 pm	Mixed Dart League
Monday, Tuesday, Wednesday	6:30 - 10 pm	Snooker
Thursday	7:00 pm	Bingo (doors open at 6:00 pm)
Friday	7:15 pm	Euchre
Saturday	2:30 pm	Meat Draw

Seniors Activities

ACTIVITY	DAY	TIME	LOCATION
Bridge	Mondays	1:00 p.m.	Davidson Centre Addition

Shooter	Tuesday	1:30 p.m.	Davidson Centre Addition
Carpet Bowling	Tuesdays	1:30 p.m.	Davidson Centre Hall
Skating	Tuesdays	1:00 p.m.	Davidson Centre
Euchre	Wednesdays	1:30 p.m.	Davidson Centre Addition
Adult Daytime Badminton	Wednesdays	9:30 a.m.	Davidson Centre Hall
Pickle Ball	Wednesdays	1:00pm	Davidson Centre Hall
Adult Daytime Table Tennis	Tuesdays	9:30 a.m.	Davidson Centre Hall
Huff & Puff Hockey	Tuesdays & Thursdays Must be 60 by December 2012	9:30 a.m.	Davidson Centre
Shuffleboard	Thursdays No Shuffleboard March 15th & April 19th	1:30 p.m.	Davidson Centre Hall
Bid Euchre	Thursdays Pre- registration is required. Contact: George at 396-5572	1:00 p.m.	Davidson Centre Addition
Snooker	Tuesdays/Thursdays/Sundays	8:00 a.m.	Davidson Centre Addition
Crokinole	Fridays	1:30 p.m.	Bruce Telecom Room
Scrabble	Fridays	10:00 a.m.	Bruce Telecom Room

Merry Kin Seniors' Club

The Merry Kin is a Seniors Club based out of the Davidson Centre. Monthly meetings take place the fourth Friday of the month in the Davidson Centre Addition
President is Margot Riekenbrauck 396-7211.

KABESCC

Kincardine Area Bid Euchre & Shooter Card Club (KABESCC).

Play at 1:00pm

Shooter every Tuesday & Bid Euchre every Thursday

Fee is \$2 per day. Win Prizes! Membership is free.

Fun and Friendship for Seniors wanting to keep active and their minds alert.

Call George at 396-5572 for more information.

SENIOR GAMES FOR THOSE "55" PLUS

Kincardine & District Games - April & May

District Games (Grey/Bruce) - June

“You do not have to be a member of a club to play Senior Games”