

**CALENDAR** - If you go to our website and look at the bottom of home page, you will find a calendar. This nifty google calendar can sync with your calendar if you like, or just check it out to get information fast on classes and events.

**FAX/PHOTO COPIES** - For a small fee the BCC can help you fax your documents. We can also do photo copies in black and white or colour.

**VOLUNTEER** - We'd love to talk to you if you're interested in learning more about volunteering at BCC. You'll have a chance to: make a difference in people's lives and in your own community. Meet new people and make new friends. Use your skills, learn new skills and gain valuable work experience and be part of a team working towards a common goal – a healthy, vibrant community. Give us a call or email [general@buckhorncommunitycentre.com](mailto:general@buckhorncommunitycentre.com)

## **KEEPING OUR SENIORS ACTIVE**

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

**Canada**

ESTABLISHED 1978

**THURSDAY TALKS ~ 11am - noon**

Informative information for your health

**free**

## **FREE Fitness classes 2024 - March 2025**

Fit & Fabulous strength workout

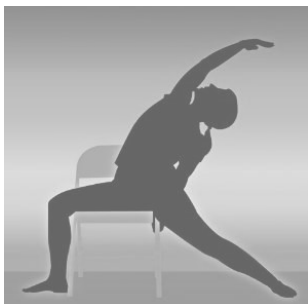
Fully seated chair yoga

Pole walking - inside in the winter

Line dancing (beginner)

Chair Volleyball - using a beach ball!

RSVP required as some classes have limited space



**Find all the information at [www.BuckhornCommunityCentre.com](http://www.BuckhornCommunityCentre.com)**

# **Buckhorn Buzzer**



## **Buckhorn Community Centre**

**1782 Lakehurst Road, Buckhorn ON**

**"Buckhorn's Cultural Centre"**

**Bee sure to check out  
what's happening!**

**For a full listing check out our website or call**

**705-657-8833**

**Visit**

**[www.BuckhornCommunityCentre.com](http://www.BuckhornCommunityCentre.com)**

The Buckhorn Community Centre is not owned by the Municipality. As an independent registered charity we issue tax receipts for donations.  
Charitable tax #118820695



# Bee Active

**TRENT LAKES SELWYN SENIORS** - Men & women 55 and over are encouraged to come out and meet new friends. Pot luck is the first Wednesday of the month. Call Lance to find out more information 705-657-1865

**BID EUCHRE** - Held **Monday** mornings **9:30am - noon** & **Tuesday 7pm - 9pm**. If you know how to play euchre you will catch on to this game pretty fast. Newcomers welcome. Nominal fee.

**VOLLEYBALL** - Held most Monday & Wednesday evenings from 7 to 9pm - Pay as you go \$3. Bring your indoor shoes and your water bottle! All ages welcome. **Contact Rick at bataberick@yahoo.ca**

**BADMINTON** - Held the second Thursday of the month from 6:30 - 8:00pm. Pay as you go \$3. **Contact: very\_kerry@hotmail.com** for more info. September to June

**EXERCISE CLASS FOR SENIORS** - Mondays at 12:30 to 1pm and 1 to 1:30pm **For more info Call Community Care 705-657-2171. FREE**

**FIT & FABULOUS** - **Thursday 9:30am**. Firm, define and strengthen your body with conditioning exercises designed for the more mature. Register by calling the BCC.

**SINGING LESSONS** - Singing lessons for all ages! Jennifer Harding is a professional singer and recording artist. Sessions run in 8 or 9 week bookings and start afternoons/evenings. Contact Jennifer for time slot availability at **jennifer\_meaghan@hotmail.com**



**LEARN TO CARVE** - **Thursdays 1pm** - The Buckhorn Carvers meet on Thursday afternoons, September until June. **Contact:derek1bland@gmail.com**

**HAPPY HOUR** - This event usually happens once a month on Friday evenings. We are happy from 4:30pm-7:30pm. There is no admission fee. Food and cash bar available for purchase. You can drop in or phone and reserve a table. Age of Majority

**INTERVAL TRAINING** - **Monday & Wednesday, 8:30am - 9:30am**. This class is great for all fitness levels and combines strength training and aerobics training for a total body workout. **Pay as you go \$5. All year. Contact the BCC for more information.**

**ATTENTION: DUE TO EVENTS SOME WEEKLY ACTIVITIES MAY BE CANCELLED.CALL THE BCC TO FIND OUT IF IT IS YOUR FIRST TIME.**

**CIRCUIT TRAINING** - **Fridays, 8:30am - 9:30am**. This class is great for all fitness levels. Move through stations with instructor Lynn. **Pay as you go \$5. All year. Contact the BCC for more information.**

**PICKLEBALL** - **Schedule varies— June - September** play in the Sports pad, **October - May**, play inside the BCC. Pay as you play. **Call Mike for info. mlblack@nexicom.net**

**TAI CHI FOR LIFE** - **Tuesdays 9:30am and Thursdays 9:30am**. Your opportunity to experience a modified Yang style. These Tai Chi classes are designed for any fitness level. **Pay as you go or buy in monthly. All year. Please call Instructor Tom at 705-874-3045 for more information**

**CHAIR YOGA** - Weekly Classes **Thursdays 3pm – 4pm** or **Tuesdays 8am – 9am** Six-week pass \$78, ten-week pass \$120 or drop-in \$12. Standing poses are offered with support of the chair. **Contact: Michelle Holdforth at Yoga Souls Email: yogasouls101@gmail.com Tel: 647-965-1770 ~ www.yogasouls.com**

**SPRING/FALL FITNESS CLASSES**- Pilates - **Tues. 10am**  
Gentle Yoga Flow - **Wed. 10am. To Register Contact instructor Michelle Doyle buckhornwellness@gmail.com**

**JAMMERS** - Do you play an instrument but are tired of playing alone. Gather with others and meet new people Very casual and relaxed. \$3. **Contact: keithharding4@gmail.com**

**TRENT LAKES OUTREACH CENTRE** - Did you know that there is a foodbank in our Municipality? Established in 2002 as a shelter for victims of domestic violence, the Outreach Centre has evolved into a year-round food bank staffed by dedicated volunteers. The TLOC Food Bank depends solely on donations-cash and food. Your support is appreciated. You can find more information about donating and volunteer opportunities at <https://tlocfoodbank.wordpress.com> or - **For urgent assistance please call: 705.768.3590**

**MEMBERSHIP** - You can support the BCC by becoming a member. Family membership **\$40**, Single **\$25**. Comes with benefits.

**BUCKHORN SINGERS** - **Thursdays 1:00pm** - If you can carry a tune and would like join others in providing entertainment to seniors, then this group is for you. **Contact Alfie for more information.705-772-7575**

