

**Weekly King Township Senior (55+) Member Drop-in Pogramming (APRIL - JUNE) revised on Mar 23 2026**

King Connection 55+ Membership is required for all drop-in programs, unless otherwise specified. Specialty programs will be at an additional cost. Schedule is subject to change at any time. Visit [king.ca/seniors](http://king.ca/seniors), [townshipofking.perfectmind.com](http://townshipofking.perfectmind.com), call 905-833-6565 or email [seniors@king.ca](mailto:seniors@king.ca) for more information on senior memberships, trips and programs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>KING CITY SENIORS CENTRE</b>	<b>Mobility Matters</b> 10:00am - 10:45am 11:00am - 11:45am <b>Music &amp; Movement</b> 1:00pm <b>Cribbage</b> 2:00pm <b>Crocheting</b> 2:00pm	<b>Line Dancing</b> 9:30am-11:00am  <b>Bid Euchre</b> 1:00pm-4:30pm	<b>Mobility Matters</b> 10:00am-10:45am 11:00am-11:45am  <b>Bridge</b> 1:00pm-4:00pm	<b>Gentle Motion</b> 9:30am  <b>QiGong</b> 11:00am <i>will resume in June</i>  <b>Carpet Bowling</b> 1:00pm	<b>Various Presentations, Art Workshops, etc.</b> 10:00am <b>Progressive Euchre</b> 1:00pm-4:00pm
<b>NOBLETON ARENA</b>		<b>Mobility Matters</b> 12:15pm - 1:00pm 1:00pm - 1:45pm		<b>Educational Workshops</b> 10:00am - 12:00pm	<b>Mobility Matters</b> 2:15pm - 3:00pm 3:00pm - 3:45pm
<b>TRISAN CENTRE</b>		<b>Mobility Matters</b> 11:00am - 11:45am <b>Bridge</b> 1:30pm-3:30pm	<b>Mahjong</b> 2:00pm-4:30pm	<b>Carpet Bowling</b> 1:00pm – 3:00pm <b>Ukelele</b> 3:00pm – 4:30pm	<b>Bid Euchre</b> 1:00pm – 3:00pm <b>Mobility Matters</b> 1:00pm 1:45pm

FREE INDOOR TRACK WALKS - Zancor and Trisan 9:00am-10:00am (Monday - Sunday). This time is designated as a free walking time on the track for seniors use only. 55+ Shiny and free public skating available for 55+ at various locations and times. Visit [king.ca/dropinprograms](http://king.ca/dropinprograms) for more information.

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Location	Event Date	Event Time	Event Title
King City Seniors Centre (King Rd)	Wed, Apr 01, 2026	10:00 AM-02:00 PM	Completing your Taxes Online - In-Person Event
Trisan Centre	Wed, Apr 01, 2026	10:00 AM-11:30 AM	Taking Care of Your Healthcare - SilverScribe
Nobleton Arena & Community Centre	Thurs, Apr 02, 2026	10:00 AM-12:00 PM	Art Workshop: Artist Angela Del Borello
King City Seniors Centre (King Rd)	Thurs, Apr 02, 2026	01:30 PM-02:30 PM	Self-Care Workshop: Skin Revival Experience
Trisan Centre	Tues, Apr 07, 2026	10:00 AM-12:00 PM	Presentation: Heart to Home
Online Only	Wed, Apr 08, 2026	10:00 AM-12:00 PM	What is Artificial Intelligence and How can it help me?
Nobleton Arena & Community Centre	Thurs, Apr 09, 2026	10:00 AM-12:00 PM	Presentation: Laughing for the Health of It
King City Seniors Centre (King Rd)	Fri, Apr 10, 2026	10:00 AM-12:00 PM	Creative Art Workshop
Trisan Centre	Mon, Apr 13, 2026	10:00 AM-12:00 PM	Presentation: Lynn Holden
Trisan Centre	Wed, April 15, 2026	9:00 AM-12:00 PM	Art Workshop: Artist Angela Del Borello
Nobleton Arena & Community Centre	Thurs, Apr 16, 2026	10:00 AM-12:00 PM	Chair Yoga
King Township Municipal Centre	Thurs, Apr 16, 2026	01:00 PM-02:30 PM	Learn 2 Play Granny Basketball®!
King City Seniors Centre (King Rd)	Thurs, Apr 16, 2026	01:30 PM-02:30 PM	Self-Care Workshop: The Luxe Spa Hours for Hands and Feet
King City Seniors Centre (King Rd)	Fri, Apr 17, 2026	10:00 AM-12:00 PM	Presentation: Lianne Harris
Trisan Centre	Mon, Apr 20, 2026	10:00 AM-12:00 PM	Presentation: Bill Anderson
King Heritage & Cultural Centre	Mon, Apr 20, 2026	01:30 PM-03:30 PM	Breathwork, Sound Healing & Connection to Self Workshop #35952
Trisan Centre	Mon, Apr 20, 2026	02:00 PM-04:00 PM	Book Club
King City Seniors Centre (King Rd)	Wed, Apr 22, 2026	01:00 PM-03:00 PM	Pottery Painting Workshop
Nobleton Arena & Community Centre	Thurs, Apr 23, 2026	10:00 AM-12:00 PM	Chair Zumba
Trisan Centre	Thurs, Apr 23, 2027	11:30 AM-1:00 PM	SuperAger Habits: Brain Training for Better Memory, Energy, and Lifelong Happiness #35954
King City Seniors Centre (King Rd)	Fri, Apr 24, 2026	10:00 AM-12:00 PM	Presentation: Naomi Simpson
Zancor Centre	Fri, Apr 24, 2026	12:30 PM-2:30 PM	Stretching and Mobility Workshop #35953
Trisan Centre	Mon, Apr 27, 2026	10:00 AM-12:00 PM	Presentation: Terry Turner
Trisan Centre	Tues, Apr 28, 2026	10:00 AM-12:00 PM	Presentation: Sean Cisterna
Nobleton Arena & Community Centre	Thurs, Apr 30, 2026	10:00 AM-12:00 PM	Presentation: Fables, Fairytales and Rhymes
King City Seniors Centre (King Rd)	Thurs, Apr 30, 2026	01:30 PM-02:30 PM	Self-Care Workshop: The Perfect Arch Experience
King City Seniors Centre (King Rd)	Fri, May 01, 2026	10:00 AM-12:00 PM	Presentation: Rose Pallotto
King City Seniors Centre (King Rd)	Sun, May 03, 2026	02:00 PM-04:00 PM	Event: Mad Hatter's Tea Party
Nobleton Arena & Community Centre	Thurs, May 07, 2026	10:00 AM-12:00 PM	Art Workshop: Artist Angela Del Borello
King City Seniors Centre (King Rd)	Thurs, May 07, 2026	9:00 AM-12:00 PM	Presentation: KCSS Music Students
King City Seniors Centre (King Rd)	Thurs, May 07, 2026	01:30 PM-02:30 PM	Self-Care Workshop: Makeup Made Easy
King City Seniors Centre (King Rd)	Fri, May 8, 2026	10:00 AM-12:00 PM	Art Workshop: Artist Angela Del Borrello
Trisan Centre	Mon, May 11, 2026	10:00 AM-12:00 PM	Presentation: What's My Line
Nobleton Arena & Community Centre	Thurs, May 14, 2026	10:00 AM-12:00 PM	Workshop: Energy Reset
King City Seniors Centre (King Rd)	Fri, May 15, 2026	10:00 AM-12:00 PM	Presentation: Pure Pharmacy
Nobleton Arena & Community Centre	Thurs, May 21, 2026	10:00 AM-12:00 PM	Book Art by Joanne
Nobleton Arena & Community Centre	Thurs, May 21, 2026	12:00 PM-1:30 PM	Living Well, Staying Sharp & Creating Your Legacy #35955
Nobleton Arena & Community Centre	Mon, May 25, 2026	10:00 AM-12:00 PM	Event: Professor Mark Rector
King City Seniors Centre (King Rd)	Wed, May 27, 2026	01:00 PM-03:00 PM	Ceramic Mug Pottery Painting Workshop
Nobleton Arena & Community Centre	Thurs, May 28, 2026	10:00 AM-12:00 PM	Presentation: Estate Planning
King City Seniors Centre (King Rd)	Thurs, May 28, 2026	01:30 PM-02:30 PM	Self-Care Workshop: Skin Revival Experience
King City Seniors Centre (King Rd)	Fri, May 29, 2026	10:30AM-11:30AM	Digestive Health and Healthy aging + Bone Broth Sampling #35956
Trisan Centre	Mon, Jun 01, 2026	02:00 PM-04:00 PM	Book Club
Nobleton Arena & Community Centre	Thurs, Jun 04, 2026	10:00 AM-12:00 PM	Art Workshop: Artist Angela Del Borello
King City Seniors Centre (King Rd)	Thurs, Jun 04, 2026	01:30 PM-02:30 PM	Self-Care Workshop: The Luxe Spa Hours for Hands and Feet
King City Seniors Centre (King Rd)	Fri, Jun 05, 2026	10:00 AM-12:00 PM	Presentation: Dr Carew
Nobleton Arena & Community Centre	Thurs, Jun 11, 2026	10:00 AM-12:00 PM	Nobleton Potluck Lunch
King City Seniors Centre (King Rd)	Fri, June 12, 2026	10:00 AM-12:00 PM	Art Workshop: Artist Angela Del Borrello
Trisan Centre	Mon, Jun 15, 2026	10:00 AM-12:00 PM	Presentation: York Regional Police
King City Seniors Centre (King Rd)	Thurs, Jun 18, 2026	01:30 PM-02:30 PM	Self-Care Workshop: The Perfect Arch Experience
King City Seniors Centre (King Rd)	Fri, Jun 19, 2026	10:00 AM-12:00 PM	Presentation: Osteoporosis
Trisan Centre	Mon, Jun 22, 2026	11:00 AM-01:45 PM	Schomberg Seniors Potluck Luncheon