

Weekly King Township Senior (55+) Member Drop-in Programming (JANUARY - MARCH)					
<p>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, townshipofking.perfectmind.com or call 905-833-6565 for more information on senior memberships, trips and programs.</p>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KING CITY SENIORS CENTRE	Mobility Matters 10:00am - 10:45am 11:00am - 11:45am Music & Movement 1:00pm Cribbage 2:00pm Crocheting 2:00pm	Line Dancing 9:30am-11:00am Bid Euchre 1:00pm-4:30pm	Mobility Matters 10:00am-10:45am 11:00am-11:45am Bridge 1:00pm-4:00pm	Gentle Motion 9:30am QiGong 11:00am Carpet Bowling 1:00pm	Various Presentations, Art Workshops, etc. 10:00am Progressive Euchre 1:00pm-4:00pm
NOBLETON ARENA	Mobility Matters 1:00pm - 1:45pm			Educational Workshops 10:00am - 12:00pm	Mobility Matters - Free 1:00pm – 1:45pm
TRISAN CENTRE	Mobility Matters 2:15pm - 3:00pm	Bridge 1:30pm-3:30pm	Mahjong 2:00pm-4:30pm	Carpet Bowling 1:00pm – 3:00pm Ukelele 3:00pm – 4:30pm	Bid Euchre 1:00pm – 3:00pm Mobility Matters - Free 2:15pm 3:00pm
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+ Shinny and free public skating available for 55+ at various locations and times. Visit king.ca/dropinprograms for more information.					

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Location	Event Date	Event Time	Event Title
Nobleton Arena & Community Centre	Thurs, Jan 08, 2026	10:00 AM-12:00 PM	Presentation: Nourish and Flourish
King City Seniors Centre (King Rd)	Fri, Jan 09, 2026	10:00 AM-12:00 PM	Workshop: Artist Angela Del Borello
Nobleton Arena & Community Centre	Thurs, Jan 15, 2026	10:00 AM-12:00 PM	Workshop: Decorate Your Home with a Winter Door Hanger
King City Seniors Centre (King Rd)	Fri, Jan 16, 2026	10:00 AM-12:00 PM	Presentation: CHATS Bone Health
Trisan Centre	Mon, Jan 19, 2026	10:00 AM-12:00 PM	Event: Naomi Simpson
Nobleton Arena & Community Centre	Thurs, Jan 22, 2026	10:00 AM-12:00 PM	Presentation: The Red Carpet is Ready
King City Seniors Centre (King Rd)	Thurs, Jan 22, 2026	01:30 PM-02:30 PM	Self-Care Workshop: Skin Revival Experience
Trisan Centre	Mon, Jan 26, 2026	02:00 PM-04:00 PM	Book Club
Nobleton Arena & Community Centre	Thurs, Jan 29, 2026	10:00 AM-12:00 PM	Presentation: Your Affairs in Order?
King City Seniors Centre (King Rd)	Thurs, Jan 29, 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, Jan 30, 2026	10:00 AM-12:00 PM	Event: Joy Swartz (MTO)
Trisan Centre	Mon, Feb 02, 2026	10:00 AM-12:00 PM	Event: Maggie & Lynn
Nobleton Arena & Community Centre	Thurs, Feb 05, 2026	10:00 AM-12:00 PM	Presentation: Acrylic Winter Forest Scene
Trisan Centre	Mon, Feb 09, 2026	10:00 AM-12:00 PM	Event: Lynda Quirino
Nobleton Arena & Community Centre	Thurs, Feb 12, 2026	10:00 AM-12:00 PM	Presentation: Energy Reset
Nobleton Arena & Community Centre	Thurs, Feb 12, 2026	01:30 PM-02:30 PM	Self-Care Workshop: Skin Revival Experience
King City Seniors Centre (King Rd)	Fri, Feb 13, 2026	10:00 AM-12:00 PM	Workshop: Artist Angela Del Borello
Nobleton Arena & Community Centre	Thurs, Feb 19, 2026	10:00 AM-12:00 PM	Presentation: Heart to Home
Nobleton Arena & Community Centre	Thurs, Feb 19, 2026	01:30 PM-02:30 PM	Self-Care Workshop: The Luxe Spa Hours for Hands and Feet
Trisan Centre	Fri, Feb 20, 2026	10:00 AM-11:30 AM	Presentation: Saxophone
King City Seniors Centre (King Rd)	Fri, Feb 20, 2026	11:30 AM-02:30 PM	Potluck Lunch
Trisan Centre	Mon, Feb 23, 2026	10:00 AM-12:00 PM	Presentation: Joy Swartz (MTO)
Nobleton Arena & Community Centre	Thurs, Feb 26, 2026	10:00 AM-12:00 PM	Presentation: Frauds, Scams and Financial Abuse
King City Seniors Centre (King Rd)	Fri, Feb 27, 2026	10:00 AM-12:00 PM	Presentation: Introduction to Type 2 Diabetes
Nobleton Arena & Community Centre	Thurs, Mar 05, 2026	10:00 AM-12:00 PM	Presentation: Freshen Your Home with a Fragrant Mist
Nobleton Arena & Community Centre	Thurs, Mar 05, 2026	01:30 PM-02:30 PM	Self-Care Workshop: The Perfect Arch Experience
Trisan Centre	Mon, Mar 09, 2026	10:00 AM-12:00 PM	Event: Marie Loureiro
Trisan Centre	Mon, Mar 09, 2026	02:00 PM-04:00 PM	Book Club
King City Seniors Centre (King Rd)	Fri, Mar 13, 2026	10:00 AM-12:00 PM	Workshop: Artist Angela Del Borello
Trisan Centre	Mon, Mar 16, 2026	10:00 AM-12:00 PM	Event: Tightly Wound Ukulele Players
King City Seniors Centre (King Rd)	Thurs, Mar 26, 2026	01:30 PM-02:30 PM	Self-Care Workshop: Makeup Made Easy
King City Seniors Centre (King Rd)	Fri, Mar 27, 2026	10:00 AM-12:00 PM	Workshop: York Paramedics
Trisan Centre	Mon, Mar 30, 2026	10:00 AM-12:00 PM	Event: Carol Hindley