

FALL 2025

TGCA Fitness, Learning & Leisure Program Guide



Thorncliffe Greenview Community Association
tgcacalgary.com | 5600 Centre Street N | 403-274-6840

Hatha Yoga

Hatha Yoga is a mindful, lightly flowing class that builds strength, flexibility and breath work. This is an intermediate class but beginners are welcome to come and learn. Fee is \$10 (\$12 drop-in) per class for TGCA members, \$15 (\$18 drop-in) for non-members. In the Thorncliffe Room.

Tuesday class | 7:15 - 8:15 pm

Session 1: Sept. 9 – Oct. 21 | 7 dates | register Aug. 18 – Sept. 5

Session 2: Oct. 28 – Dec. 16 | 7 dates,
no class Nov. 11 | register Oct. 10 - 24

Friday class | 10:30 - 11:30 am

Session 1: Sept. 12 – Oct. 24 | 7 dates | register Aug. 18 – Sept. 5

Session 2: Oct. 31 – Dec. 12 | 7 dates | register Oct. 10 - 24

Chair Yoga

Join us for a 1-hour yoga practice that will include modified yoga poses with the support of the chair, breathwork, and mindfulness. This class will increase your range of motion and improve strength and flexibility. You'll learn stretches and create balance in both your body and mind. Additional Tuesday class offered this fall. Fee is \$10 (\$12 drop-in) per class for TGCA members, \$15 (\$18 drop-in) for non-members. In the Thorncliffe Room.

NEW! Tuesday class | 10 - 11 am

Session 1: Sept. 9 – Oct. 14 | 6 dates | register Aug. 18 – Sept. 5

Session 2: Oct. 28 – Dec. 16 | 7 dates |
no class on Nov. 11 | register Oct. 10 - 24

Continued...

Thursday class | 10 - 11 am

Session 1: Sept. 11 – Oct. 16 | 6 dates | register Aug. 18 – Sept. 5

Session 2: Oct. 30 – Dec. 11 | 7 dates | register Oct. 10 - 24

Drop-in Quilting

Nothing brings the idea of comfort to mind quite like a vibrant, inviting and cozy quilt. Why not make your own? The quilting program is a great place to meet some like-minded, crafty folks in the area. There are several quilters who participate weekly and have plenty of knowledge to share and stories to tell. Wednesdays at 10:30 am – 4:30 pm in the Thorncliffe Room. Fee \$12+tax.

Members only.

Fall 2025 dates: Sept. 17 – Dec. 17 | no quilting on Oct. 8

Seniors' Coffee Talk

Come and enjoy some coffee or tea, biscuits, and company in the boardroom on Tuesdays. There's a variety of board games, puzzles and playing cards for participants to use. Come by yourself, meet a friend there, meet some new people, or connect with old friends. Creating new connections in the community is what Coffee Talk is all about.

Tuesdays at 10:30 am – 12:30 pm in the boardroom. Fee is pay what you can. No membership required.

Racquetball League

The TGCA adult racquetball league has been going strong for decades and there's always room for more players. This is a mixed league and open to any level of skill. The league nights are on Monday and Wednesday every week between 5 – 9 pm. You can play Monday or Wednesday or both. League matches are three games to 21 (rally scoring) with a 45-minute time slot. Fee is \$132+tax per night.

Fall 2025 season: registration open Aug. 5 - 27.

Monday: Sept. 8 - Dec. 15, **no league on Oct. 13**

Wednesday: Sept. 10 - Dec. 10

Windup party for both nights on Dec. 10, includes prizes and refreshments.

5-pin Bowling League

Looking for a good time every week that doesn't break the bank? 5-pin bowling is a super fun, simple game that anyone can learn. This is a recreational doubles league for adult TGCA members only. 8-week seasons, 7 weeks of regular play, 1 night of finals. Teams of 2, mixed league. Fees \$265 per team. Windup meal included in fees and prizes to be won!

Fall 2025 season: registration open Aug. 25 - Sept. 25

- Tuesdays, Sept. 30 - Nov. 25, 6:30 – 8:30 pm in the bowling alley. **No league on Nov. 11**
- Windup dinner on Nov. 29, 5 – 8 pm in The 56.

Gym Night

This weekly program is a great opportunity for the kids 4 - 14 to blow off some steam in a supervised environment, giving TGCA member parents an opportunity to use our facilities, do an errand, enjoy our wing night in The 56 or just take some much deserved you-time.

Wednesdays at 7 - 8 pm in the main hall. Certified supervision, spots limited, members only.

Fall 2025 session: Sept. 17 - Dec. 10, 13 dates – registration open Aug. 27 - Sept. 12. Fee is \$26/child.

Public/55+/Member Skate

Join us in the Forbes Innes Arena for leisure skating only on Sunday & Wednesday until March.

Public skate - Sundays, 1:45 - 2:45 pm, begins Sept. 7.

Member skate - Wednesdays, 1:30 - 2:30 pm, begins Oct. 1. Members only.

Seniors 55+ skate - Wednesdays, 10:30 - 11:30 am, begins Oct. 1.

TGCA Playgroup

The playgroup program is on hiatus until further notice. If you have any questions about this, please contact Vanessa Gillard, programming and community engagement coordinator, v.gillard@tgcacalgary.com.

Adult Art Classes

This fall the TGCA will feature a variety of pastel and acrylic classes led by artist A.S. Helwig, and we invite you to come and communicate what's in your mind through line, colour and form while expanding your self-confidence and skill in a safe and nonjudgmental environment.

Classes take place in the Horizon Room on Wednesdays 7 - 8:30 pm and Saturdays 1 - 3 pm, and are 6 dates each for either 1.5 or 2 hours.

Wednesday evening classes

\$90/TGCA members | \$120 non-members

Draw with Chalk Pastel: Sept. 24 - Oct. 29, registration open Sept. 3 - 17.

Draw with Oil Pastel: Nov. 5 - Dec. 10, registration open Oct. 15 - 31

Saturday afternoon classes

\$120/TGCA members | \$180 non-members

Intro to Acrylic Paint: Sept. 27 - Nov. 1, registration open Sept. 3 - 17

Landscape Painting in Acrylic: Nov. 8 - Dec. 20, **no class Nov. 15**, registration open Oct. 15 - 31

Kids Art Classes

Instructor, Karen Penniford, leads classes through age and skill appropriate art concepts and methods, and uses contemporary and historic examples in her lessons to bring context and weight to how art effects our lives.

Sundays in the Horizon Room. Kids classes are for ages 5-8 (12 pm – 1:30 pm) & 9-12 (1:45 – 3:15 pm).

5 dates in each class, 1.5 hours teaching time per date. Fees are \$75 for TGCA members and \$112.50 for non-members.

Still Life for Kids - Sketching Toys (ages 5-8) & **Basic Sketching** (ages 9-12) | Sept. 21 - Oct. 19 | Register Sept. 3 - 17

Continued....

Abstract Sketching for Kids (5-8) & Intermediate Sketching (9-12) | Nov. 2 - 30 | Register Oct. 15 - 29

Out of the Box Games Club

Out of the Box Games Club is your go-to spot for tabletop fun! Whether you're a seasoned player or just starting out, join us for a night of strategy, laughter and good company. Each week, we feature a fun selection of board games/card games like: Seven Wonders, Magic: the Gathering, Settlers of Catan, Ticket to Ride, Citadels and more.

Games Club is Thursdays 7-9 pm in the boardroom, fee \$2, ages 14+.

RoboThink Robotics Classes

This fall the TGCA is pleased to offer robotics classes for ages 5 - 17 in partnership with RoboThink North Calgary. These classes develop skills like problem solving, critical thinking, spatial awareness and creativity with an appropriate focus for each age group. RoboThink provides robotics kits at each class that can be configured in 100s of different builds to engage kids and youth of all ages.

Fall 2025 classes: Sept. 27 - Nov. 1, registration open Aug. 22 - Sept. 19 | 6 dates | fees: \$155 TGCA members, \$195 non-members | classes are for ages 5-8 (11:30 am - 1 pm), 9-12 (1:30 - 3 pm) and 13-17 (3:30 - 5 pm).

All equipment supplied, certified instructors supplied by RoboThink North Calgary, see TGCA site for all the details. Spots are limited, and this class is expected to be popular, so mark your calendar.



TGCA programs are subject to change, please check our website for all the latest program information and online registration: tgcacalgary.com/programs.