

News & Views

November & December 2023



Membership Cost: \$25.00 per person

Note: Membership fees for 2024 are due

Newsletters: Free for members, \$1.00 for non-members



Lions Senior Centre
2066 Dorchester Road
(519) 268 – 2025

(Mailing address: 4305 Hamilton Road,
Dorchester ON, N0L 1G3)
www.thamescentre.on.ca



Promoting Active Aging &
Senior Independence



Ontario

Facility Information

Lions Senior Centre

Telephone: 519-268-2025 (direct line)

Karen: 519-268-7334 ext. 708

Kayla: 519-268-7334 ext. 728

Email: kgress@thamescentre.on.ca
kaelliott@thamescentre.on.ca

Website Address:

*Check out the Senior Centre webpage on the
Thames Centre website at
www.thamescentre.on.ca*

- Point at Live & Play
- Click Senior Centre

Hours of Operation:

Monday – Friday

8:30 a.m. – 4:30 p.m.

Useful Information:

- Handicap parking is located adjacent to the FlightExec Centre, Libraries and Fair Grounds where programs will take place during construction.
Hand sanitizer is provided.

Daily Sign-in Sheet

The daily sign-in sheets will be set out at each program.

Please sign your name and the program you are participating in so we will have an actual number of all visits to the Senior Centre activities.

Program Class Registration

Advance registration is recommended for 8-week courses.

Please make all cheques payable to Municipality of Thames Centre.

Newsletters can be mailed.

If you would like to have your newsletters mailed for \$15.00/year, please let us know.

Newsletters can be emailed.

Would you like your newsletter emailed to you? It's free!

Please give Karen your email address.

Weekly Program Email Update

Friday News & Funnies is sent out to keep you up to date on upcoming activities and to tickle your funny bone.

A Message and Information from Your Co-Ordinator

Wow! 2023 has zipped past! It's hard to believe the holiday season is almost here.

The daycare space has opened for us to use which is great! It is on the ground floor, and it is located on the North side of the building. This makes many of our programs much more convenient and accessible during the renovation/expansion process.

Let us know if you are interested in a new program we are planning called "Armchair Travel". Holly & Barb are world travelers and they have offered to come and do presentations about the places they have visited. If you love learning about other counties, this might be the program for you.

We have lots of exciting activities, bus trips and events planned for the upcoming months, to keep everyone busy. Hope to see you all at the Fall/Christmas Bazaar where you can get some of your Christmas shopping done early and stay for hot beef-on-a-bun for lunch. Make sure to reserve your meals for WinterFest and the Christmas hot meal. It's always so much fun seeing all of you. The movie selections are hilarious! Join us for lots of laughs.

Merry Christmas & Happy New Year!

Yours truly,
Karen Gress

For Your Information

Membership Fees

Membership fee of \$25.00 per person are coming due for 2024. You can pay in-person with credit card, cash, or cheques. Pay over the phone with your credit card or mail a cheque payable to Municipality of Thames Centre to: Lions Senior Centre,
4305 Hamilton Road, Dorchester ON, N0L 1G3
Thank you in advance for your support!

Residents of Thames Centre can take used household batteries to the Municipal office & they'll have them recycled.

Donate Your Unwanted Eye Glasses to "Give the Gift of Sight" There is a drop box in the lounge at the Lions Senior Centre.

Hip Hip Horray!

Members who have reached 90 years or better:

Barb Bailey, Barb Beacham, Valerie Cumper, Dorothy Dicker, Jack Lorimer, Stella Mooney
Dorothy Pinkerton, Ken Purdon, Helen Reid, Les Shackleton, Betty Smith, Carl Summers,
Doris Summers Anne Vandeven and Barbara Wilson.

If we have missed anyone, please let us know. We'll include them in the next News & Views. If we have missed anyone, please let us know. We'll include them in the next News & Views.

Thames Centre Recognition Program

To recognize special events for those living in the municipality:

- Wedding Anniversaries at
40 years/50 years/60 years
- Birthdays at 80/90/100

A friend or family member can notify the Municipal Office with the details so that a gift will be made available. Call Tammy at 519-268-7334 ext. 227

WOW - STEPS TO CONNECT

- 1) Dial 226-781-4229 (local number)
 - 2) Enter the 6-digit PASSCODE then press #
Code for BINGO **329268**
Code for Chair Yoga & Meditation Class **524632**
 - 3) Record your name or just stay on the line then press #
- If you have any questions about how to connect, please call
Karen or Kayla at 519-268-2025.

Monthly Food & Entertainment Events

Call or email us at the Centre to reserve your meals.

Gluten Free, Lactose Free & Sugar Free options available upon request

WinterFest

Friday, November 3, 2023

Thorndale Lions Community Centre
at 12noon

Menu: Roast Beef, Mashed Potatoes, Gravy, Vegetables, Coleslaw, Dinner Roll with Butter, Juice, Tea/Coffee & Cake for Dessert.

Musical Entertainment: Joel Horvath

Cost: \$20.00

Christmas Hot Meal

Friday, December 8, 2023

Thorndale Lions Community Centre
at 12noon

Menu: Roast Turkey, Mashed Potatoes, Gravy, Vegetables, Stuffing, Cranberries, Coleslaw, Tea/Coffee, Juice & Pie for Dessert.

Musical Entertainment: Dorchester Choristers (Our very own choir)

Cost: \$20.00

Pick up & Drive-Thru Options

Take-out is available in Thorndale at 1:00 p.m. in Dorchester at 3:30 p.m. Call 519-268-7334 extension 708 (Karen) or 728 (Kayla) or email us at kgress@thamescentre.on.ca to reserve your meals.

Christmas Craft

On November 16 at 10:30 a.m. we will be making Christmas Crackers for the Christmas Hot Meal. If you are interested in helping, make these fun crackers let Karen know!

Advance Care Planning with End-of-Life Dula

Wednesday, October 11, 2023, at 2:00 p.m. in the Blueline Room.

This workshop is intended to provoke thinking, conversation, and planning, and to encourage communication among you, your loved ones, and your health care providers.

To register call 519-268-7334 ext. 708 or 728 or email kgress@thamescentre.on.ca.

Senior Centre Cinema Movie Afternoons



Movie Afternoons – Held in the Creative Art Studio (second floor, by the walking track)

\$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

Thank you ☺

Ride the Eagle

Tuesday, November 21, 2023 @ 2:00 p.m.

Movie Overview: “A man's estranged mother dies and leaves him a conditional inheritance. Before he can move into her picturesque cabin, he must complete her to-do list and step into his mother's world as she tries to make amends from beyond the grave.”

Stars: Jake Johnson, D'Arcy Carden, J. K. Simmons, and Susan Sarandon.



Mack & Rita

Tuesday, December 12, 2023 @ 2:00 p.m.

Movie Overview: “When 30-year-old Mack Martin reluctantly joins a Palm Springs, Calif., bachelorette trip for her best friend Carla, her inner 70-year-old gets released -- literally. The frustrated writer and influencer magically transform into her future self: Aunt Rita. Freed from the constraints of other people's expectations, Rita comes into her own, becoming an unlikely social media sensation and sparking a tentative romance with Mack's adorable dog-sitter, Jack.”

Stars: Diane Keaton, Elizabeth Lail, Molly Duplass, and Taylour Paige.



iPad Lessons with Dan Parker – In-Person

Thorndale Lions Community Centre

Meeting Room #1

Thursdays at 7:00 p.m. beginning November 16th
5 weeks

Cost: \$30.00 members/\$40.00 non-members

Week 1: General instruction on how to operate your iPad

Week 2: Facebook - Setting up an account

Week 3: Social Gaming and Apps

Week 4: Shopping and Banking Online

Week 5: Cyber Security.

Register for these lessons by calling

519-268-2025 or email

kgress@thamescentre.on.ca

FlightExec Centre Expansion and Renovation



A very special thank you to Marian Parker and her son Max Parker. Without their extremely generous donation, this project may not have been possible.

FLIGHTEXEC CENTRE EXPANSION with MCI Design Build Corporation

This project will include the following facility improvements:

Senior Centre – increasing from one to three multi-purpose rooms with a new kitchen which will be shared with the adjoining auditorium. Expanding to three multi-purpose rooms will allow the Senior Centre to offer more programs and activities for the community. Having larger rooms will allow more seniors to participate in the many popular events offered throughout the year.

VON Middlesex-Elgin – increasing the space rented by VON which will allow them to relocate the therapeutic tub and offer community bathing and expand the Adult Day Program space to allow more clients to attend per day. In addition, the expansion will provide new rooms to offer overnight respite.

Auditorium – the auditorium will be increased in size and moved to a new location within the expanded facility. It will have access to a new kitchen which will be shared with the Senior Centre.

FAQ's: Construction Schedule

MCI intends to begin construction by early August with a projected completion date of May 2024.

Parking & Vehicle Access

Construction perimeter fencing will be erected in July or August and will likely result in NO ACCESS around the north-east side of the building for approximately 6 months. Refer to the drawing below to see where driving and parking will be blocked by the construction site along with the proposed driving route (subject to change).

Expansion Fundraising Committee

FlightExec Centre construction is set to start this summer, with this project largely benefiting our beloved Senior Centre. As a result, I am looking for seniors interested in joining me on the fundraising sub-committee. A meeting will be held in the weeks ahead, with details for the meeting time and location to be shared in a future edition of this newsletter (so keep an eye out for updates). If interested in joining, please give me a call or email me.

If you'd like to donate to this exciting project, donations can be dropped off at the Senior Centre or the Municipal Office, or mailed to: Thames Centre, 4305 Hamilton Road, Dorchester, Ontario N0L 1G3. Official donation receipts for income tax purposes will be issued for qualifying donations of \$10 or more. If donating by cheque, please write "Expansion Project" in the memo line. Please do not mail cash. Thank you in advance for your time and generosity.

Dorchester Weekly Programs

MONDAY

WOW MEDITATION/BREATHING – 9:00 a.m. – 10:00 a.m. Join June Ross as she leads you through an essential blend of Yoga, Tai Chi, meditation and breathing for your toolbox of life skills. A new 5-week session begins November 20th and is \$30.00 members/\$40.00 non-members. Connect using over-the-phone teleconferencing. No class November 13th.

CHAIR YOGA – 11:15 a.m. – 12:15 p.m. Every Monday in person with our certified yoga instructor April Geoffrey. ***This 7-week session will begin on October 30th and will be in the Daycare room (North side of building near the old auditorium).*** The Benefits of chair yoga increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation, and improves concentration. The cost of this 7-week session is \$30.00 members/\$40.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class November 13th.

STITCH & CHATTER / RAGGED EDGE QUILTERS – 12:30 p.m. – 3:00 p.m. ***Quilting will be at the Dorchester Library (2123 Dorchester Rd, Dorchester, ON).*** Join this lively, social group for a fun afternoon of crafts. You are welcome to quilt, sew, knit, crochet, cross stitch etc. Bring your favourite craft to work on. The cost is \$2.00 for members and \$4.00 for non-members per class. No class November 13th.

SHUFFLEBOARD – New Members Welcome! – 1:00 p.m. – 3:00 p.m. ***Shuffleboard will be in the Blueline Room (second floor, beside the walking track).*** Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye co-ordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. No class November 13th.

TUESDAY

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. In-person with certified Pilates instructor Laura Lea Devine. ***Pilates will be in the Daycare.*** Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 8-week session begins October 31st. The cost is \$70.00 members/\$80.00 non-members. Pay-as-you-go is \$10.00 members/\$12.00 non-members. If you register to participate twice a week, the cost will be \$130.00 members/\$150.00 non-members. We encourage you to sign up for the entire 8-week session. The January/February session will begin January 9th.

WOW CHAIR YOGA – 10:15 a.m. – 11:15 a.m. Every Tuesday over-the-phone with certified yoga instructor Jodi Marissen. Benefits of chair yoga increase circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. This 8-week course begins November 7th. The cost is \$35.00 members/\$45.00 non-members.

GENTLE YOGA – 11:00 a.m. – 12 noon. Gentle Yoga will be at the Dorchester Library (2123 Dorchester Rd, Dorchester, ON). Join certified instructor, Bonnie Di Bernardo, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Wear comfortable clothing. This 7-week course begins November 7th at a cost of \$35.00 for members and \$45.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in the fun while learning new skills. Fee is \$2.00

KURLING – 1:00 p.m. – 3:00 p.m. **Kurling will be in the Blueline Room (second floor, beside the walking track).** Kurling is a form of the original curling game but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. The cost is \$2.00 for members and \$4.00 for non-members. Come out and join this fun group and learn to play this enjoyable sport every Tuesday.

POLE WALKING – 1:00 p.m. – 2:00 p.m. Urban Poling is a sport that combines the aerobic and strength building benefits of cross-country skiing with walking. A new 6-week session will begin November 7th. Meet at the indoor walking track in the arena (please call to sign up in advance). This class is pay-as-you-go is \$2.00 for members & \$4.00 for non-members. The poles are included for this class. Instructor: Karen Gress.

WEDNESDAY

DRUMFIT – 10:00 a.m. – 11:00 a.m. DrumFit will be in the Blueline Room (second floor, beside the walking track). DrumFIT is a fast-paced, non-competitive fitness program that combines music, movement, and drumming. We only have one rule: YOU MUST HAVE FUN! It is guaranteed to leave you smiling, inspired, and wanting more! This 8-week session begins November 1st at a cost of \$50.00 for members & \$60.00 for non-members. Drumsticks, exercise balls and bases all provided for this class. Certified DrumFit Instructor: Diana Schiedel. We encourage participants to sign up for the entire 8-week session.

GUITAR LESSONS – 11:15 a.m. – 12:15 p.m. Guitar Lessons will be in the Blueline Room (second floor, beside the walking track). Learn how to play the guitar with instructor Diana Schiedel and “Cordbuddy”. It’s the easiest way to learn guitar. To register for this class you will need to purchase a “Cordbuddy” online (Amazon) or purchase one from the instructor. Bring your own guitar or rent one for \$30.00. Let us know in advance if you need a guitar and/or “Cordbuddy”. The instructor will need to know how many to bring to class. This 8-week session begins November 1st at a cost of \$50.00 members & \$60.00 non-members.

SHUFFLEBOARD – New Members Welcome! – 1:00 p.m. – 3:00 p.m. Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye co-ordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. Every Wednesday in the Blueline Room (second floor, beside the walking track).

WOW BINGO – 1:30 p.m. – 2:30 p.m. Every Wednesday over the phone. Join in on the fun and interact with people from home while playing bingo. BINGO cards are provided and can either be picked up at the Centre or dropped off at your home. No prizes - winners get bragging rights. Free for members.

THURSDAY

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. Line dancing will be in the Blueline Room (second floor, beside the walking track). Learn the basic steps beginning November 16th. Stay for the 9 a.m. class to try out the steps.

BEGINNERS PLUS LINE DANCING – 9:00 a.m. – 10:00 a.m. **Line dancing will be in the Blueline Room (second floor, beside the walking track).** Come out for a few laughs and learn a few new moves every Thursday. This 5-week session is \$10.00 for members & \$20.00 for non-members and begins November 16th. Pay as you go \$4.00 for members and \$6.00 for non-members.

CHAIR YOGA – 10:15 a.m. – 11:15 a.m. Every Thursday in person with our certified yoga instructor April Geoffrey in the **Daycare (North side of building near the old auditorium)**. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. A new 8-week session begins November 2nd. The cost is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. We encourage participants to sign up for the entire session.

GENTLE PILATES – 10:30 a.m. – 11:30 a.m. **Pilates will be at the Dorchester Fairgrounds in the newest building (4939 Hamilton Rd, Dorchester, ON)**. In-person with certified Pilates instructor Laura Lea Devine. Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 8-week session begins November 2nd. The cost is \$70.00 members/\$80.00 non-members. Pay-as-you-go is \$10.00 members/\$12.00 non-members. If you register to participate twice a week, the cost will be \$130.00 members/\$150.00 non-members. We encourage you to sign up for the entire 8-week session.

MEDITATION YOGA – 12 noon – 1:00 p.m. **This class may resume in January.**

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

FRIDAY

CARPET BOWLING – 10:00 a.m. – 12noon. ***Carpet Bowling will be in the Blueline Room (second floor, beside the walking track)***. The cost is \$2.00 for members and \$4.00 for non-members. Come out and join this fun group and learn to play this enjoyable sport every Friday. **We're looking for new bowlers. Beginners are welcome.**

ZUMBA – 9:00 a.m. – 10:00 a.m. Join in on some fun dancing exercise classes with instructor Ellen Johnson in the **Arena Gymnasium (South side of the FlightExec Centre)**. A new 5-week session begins November 17th. The cost is \$25.00 for members/\$35.00 for non-members or pay-as-you-go for \$7.00 members/\$9.00 non-members.

INDOOR KITE FLYERS – 10:00 a.m. – 12 noon. Every Friday in the gym. For more information, contact Penny by email penny@pennywearne.com or call 519-268-3306.

ACRYLIC PAINTING with Susan Hewitt Graham – 1:00 p.m. – 3:00 p.m. Friday, November 10th, 17th, and 24th. Australian and New Zealand art experiences. See picture examples below...\$50.00 members/\$60.00 non-members. Art classes will be in the Art Studio on the second floor by the walking track.

CHOIR PRACTICE – 1:00 p.m. – 3:00 p.m. ***Choir will be in the Blueline Room (second floor, beside the walking track)***. New members welcome! This friendly, musical group will get together every Friday to practice and have fun! Go on sing-outs to other Centre's & Retirement Homes.

Thorndale Weekly Programs

MONDAY

PICKLEBALL – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome. You must be a member to play. Bring a paddle and join in while learning new skills. The cost is \$2.00 for members. No pickleball on November 13th.

MAT YOGA – 9:00 a.m. – 9:50 a.m. Join our certified instructor, April Geoffrey in meeting room #3, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Please wear comfortable clothing. A new 7-week session begins October 30th at a cost of \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class November 13th.

CHAIR YOGA – 10:00 a.m. – 10:50 a.m. - Join certified yoga instructor April Geoffrey in meeting room #3. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. A new 7-week session begins October 30th at a cost of \$30.00 members/\$40.00 non-members. Pay-as-you-go is \$5.00 for members and \$6.25 for non-members. No class November 13th.

TUESDAY

KURLING – 10:00 a.m. – 11:50 a.m. in the gym. Kurling is a form of the original curling game but adapted so that it can be played indoors in a sports hall, rather than on ice. The cost is \$2.00 for members/\$4.00 for non-members. Join in on the fun every Tuesday.

EUCHRE – 1:00 p.m. – 2:50 p.m. Euchre is every Tuesday in meeting room #1 beginning September 5th. Come out and join this fun, social group play this enjoyable card game. The cost is \$2.00 for members and \$4.00 for non-members. Cash prizes to be won!

WEDNESDAY

BEGINNERS LINE DANCING – 9:00 a.m. – 9:50 a.m. in the gym. Come out for a few laughs and learn a few new moves every Wednesday with Karen Gress. This 8-week session is \$20.00 for members & \$30.00 for non-members.

MEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and great conversation in meeting room #1 for \$2.00.

WOMEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and excellent conversation in meeting room #3 for \$2.00.

PICKLEBALL – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome. Members only. Bring a paddle and join in while learning new skills. The cost is \$2.00 for members.

THURSDAY

CHAIR YOGA – 11:45 a.m. – 12:35 p.m. Every Thursday in-person with April Geoffrey. Join certified yoga instructor. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. Pay-as-you-go is \$5.00 for members and

\$6.25 for non-members. A new 8-week session begins November 2nd. The cost is \$35.00 members/\$45.00 non-members.

MAT YOGA – 12:45 p.m. – 1:35 p.m. Join our certified instructor April Geoffrey, as they lead you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Please wear comfortable clothing. This 8-week course begins November 2nd at a cost of \$40.00 for members and \$50.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

SHUFFLEBOARD – 1:00 p.m. – 2:50 p.m. Shuffleboard is an exciting game played by people of all ages for fun and exercise. We'll be playing indoors at the Community Centre Gym every Thursday afternoon.

Upcoming Bus Trips

Payment is required at time of sign-up as the Senior Centre will have to pay for the trip in advance.

“St. Jacob’s Area Trip” – SOLD OUT! (Sign up for the waiting list). Wednesday, November 1, 2023. Depart: 8:45 a.m. Return: 6:30 p.m.

“The ABBA Story” - Showplace Dinner at Bingemans Conference Centre in Kitchener ON - **SOLD OUT! (Sign up for the waiting list).** Wednesday, November 15, 2023. Depart: 10 a.m. Return: 5 p.m. \$125 members/\$135 non-members.

"Starbright" Christmas Show & Lights" - Victoria Playhouse in Petrolia ON - SOLD OUT! (Sign up for the waiting list). Friday, December 1, 2023. Depart: 10:00 a.m. Return; 6:30 p.m. \$155.00 members/\$165.00 non-members.

Upcoming trips in the planning: Casino in February, spring mystery tour, Cirque du Soleil, Duc D' Orleans boat cruise, “Beehive” at Drayton Festival Theatre, Cowbell & Blyth Festival Theatre, Birch Run/Frankenmuth, Royal Botanical Gardens, Oktoberfest, Fall Colours, Leahy Christmas.

We are open to suggestions. If you have any trips ideas, please let us know! Thank you in advance for your input.

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

DIY Winter Planter

Monday, November 20 @ 2p.m.

In the Daycare

Cost \$25.00 members / \$35.00 non-members

Registration is required by November 13th

*We will supply a pot or you can bring your own

“Oh Christmas Tree” Painting Afternoon

Monday, December 11 @12pm

In the Creative Art Studio

Cost \$25.00 members

\$35.00 non-members
Registration is required by December 4th.

Book Club

Book club is back, for the fall, winter, and early spring months. The group will meet once a month on the last Monday to discuss the chosen book.

Nov. – *The Family Remains*

Dec. – *Hillbilly Elegy*

Jan. – *Transcription*

Feb. – *The All Girl Filing Stations Last Reunion*

Mar. – *From the Ashes*

Apr. – *Based on a True Story*

May. – *Before I go to Sleep*

If you are interested in joining the book club or have questions, please email
kaelliott@thamescentre.on.ca or call
519-268-7334 ext. 728

Computer Help

Janis Baines, our computer instructor, has kindly offered to make house calls to help people with connecting with family and friends through Skype (video call) or other conference meeting apps and to help with general computer/device issues. If you are unsure how to make the most of your devices (iPad, tablet, cell phone, laptop etc.) to connect with family & friends. Please let us know if you are interested and we will have Janis contact you.

Cost: \$20.00/hour

Dorchester Horticultural Society

Meetings the 3rd Tuesday of every month. Doors open at 6:45 p.m. For more information, call Sue Monk @ 519-269-3385 Thorndale & Area Horticultural Society. Please check our social media accounts <https://gardenontario.org/society-listing/entry/767/> and <https://www.facebook.com/ThorndaleHorticulturalSociety/> for additional information. Stay safe and happy gardening!

Art Your Service - Daily Virtual Classes & Socials

Stay fit and thrive in these difficult times. Upbeat and personable classes with instructors who care and have experience working with seniors. Classes like Chair Aerobics, Yoga, Natural Movement for Seniors, Ukulele Lessons, Socials, Painting and Nature workshops.

You will have access to 45 hours of Classes and Socials a month. Each day will feature one Fitness and one Creative Class taught live by experts in the senior fitness and creative aging fields.

New Content added weekly to keep the activities fresh, exciting, and meaningful!

To register for this free service (Senior Centre is paying the membership fee), call 519-268-2025 or email kgress@thamescentre.on.ca and we'll register you and you'll receive the Zoom invitations.

Other Programs

Seniors Pickleball - Registration is required.
Paddles are available to borrow. Balls provided.
User fees are \$2.00 for members.

Dorchester Gym

Tuesdays & Thursdays
12 p.m. – 2:30 p.m.

Thorndale Gym

Mondays & Wednesdays
1 p.m. – 3 p.m.

Creative Age Art Group

Meeting in the Art Studio Thursday from 1pm - 3pm. If you are interested in joining this creative bunch, you must register in advance (limited space) email Penny Wearne at penny@pennywearne.com or call 519-268-3306.

Adult/Senior Skate

Mondays & Thursdays
10 a.m. – 10:50 a.m.
Begins September 11th
\$3.00 per person
Dorchester Arena – South Ice Pad

Foot Care Clinic

The Foot Care Clinic is held every month on the second Tuesday, in the Blueline Room from 8:30 a.m. – 11:30 a.m. The cost is \$35.00. Contact Nan at 519-860-5214.

Donnybrook 433 Euchre

Euchre is every Thursday. \$2.00 per person to play, please bring correct change.
For further information about this program and their events, call President Sandy McNiff 202-0215

Bid Euchre

Every Thursday evening from 7 p.m. to 10 p.m. You can bring a friend!
The cost is \$3.00 per person. Cash prizes to be won.

Dorchester Indoor Kite Flying

Every Friday in the gym from 9:30 a.m. – 12noon. For more information, contact Penny Wearne: penny@pennywearne.com or 519-268-3306

Dorchester Bowling League - Five Pin Bowling

Dorchester Seniors Bowling League! Beginning in September at the Fairmont Bowling Alleys. To register for the fall league and for more information, please contact Norman Stewart at 519-439-4183

Women's Drumming Circle

Leader: Shelia Shorrell
1st and 3rd Thursdays of the month
(no session Sept. 7th)
Dorchester Fairgrounds
2:00 p.m. – 3:30 p.m.
Beginning September 21st

VON COMMUNITY SUPPORT SERVICES

Health Starts at Home: For more than 110 years, VON Middlesex-Elgin has been part of Canada's largest national not-for-profit home and community care organization. VON offers a variety of programs and services in your community to keep you healthy, independent, and safe. From at-home services to preventative programs, healthy eating and more, VON provides programs and services tailored just for you. Services include: Meals On Wheels, Transportation, Home Help, Visiting Services, Adult Day Program, Security Checks, Caregiver Support, social events and more! SMART Exercise Classes: Get fit, stretch, and keep moving. Free of charge.

Thorndale Community Centre - Tuesdays & Thursdays 10-10:50am

Dorchester Arena gym – Mondays & Wednesdays 9-9:50am

Blood Pressure Clinics: Monitor your blood pressure at our free community clinics. Dorchester Library – every Thursday 10:30am-12:30pm, Thorndale Library – 4th Thursday of each month

For more info, contact: VON office 519-268-7028, 2066 Dorchester Rd. Office hours: Mon – Fri 8am-4pm

The VON offices and Day Program are now located upstairs in the Lions Rooms on the North side of the arena.

Recipe from the Centre's Kitchen

Glazed Apple Cinnamon Oatmeal Bread

Servings: 24 large bars PREP TIME: 30 mins COOK TIME: 35 mins

Ingredients

Crust:

2 ½ cups graham cracker
¼ cup granulated sugar
½ cup unsalted butter (melted)

Cheesecake Layer:

2 packages cream cheese, softened (8 ounce each)
¾ granulated sugar
2 large eggs
1 tsp vanilla extract

Pecan Pie Layer:

1 cup light brown sugar packed
½ cup light corn syrup
½ cup heavy whipped cream
¼ cup unsalted butter
½ tsp kosher salt
1 tsp vanilla extract
2 cups chopped pecans



Directions

1. Line a 13x9 baking dish with parchment paper. Set it aside.
2. In a food processor, pulse graham crackers (or use graham crumbs) with sugar until fine crumbs. Add in melted butter and pulse until combined. Press into bottom of baking dish, firmly, using the palm of your hand (or bottom of a cup). Set it aside.

3. For the cheesecake filling, beat cream cheese with sugar, eggs, and vanilla using the whisk attachment of an electric mixer. Beat until fluffy and smooth (about 3-5 minutes). Pour over graham crust. Set it aside.
4. For the pecan pie layer, heat brown sugar, corn syrup, cream, butter, and salt in a small saucepan over medium heat. Bring to a boil. Stirring constantly, boil for 1 full minute. Remove from heat and add in vanilla and chopped pecans. Allow to cool slightly then pour slowly over cheesecake layer, using a spoon to pour it over so it doesn't sink to the bottom.
5. Bake bars at 350-degree oven for 35 minutes. Remove from oven and cool completely. Cover with plastic wrap and refrigerate for 4 hours, or overnight. Slice and ENJOY!

Creative Age Art Studio

Art Classes with Susan Hewitt Graham


Fridays - 1 pm to 3 pm.


November 10th, 17th, and 24th

Australian and New Zealand art experiences. See picture examples below...

\$50.00 members/\$60.00 non-members

Call 519-268-7334 ext. 708 or 728 or email kgress@thamescentre.on.ca or kaelliott@thamescentre.on.ca to register.




 **LONDON**
DEATH DOULA


DYING WELL


**WITH JAYNE DILL, RN,
END OF LIFE DOULA &
GRIEF EDUCATOR**

Join us for an interactive presentation open to all, where learning about Dying Well and what that means will be discussed.

Topics covered include (but not limited to) - changes in today's medicine; informed consent; palliative care; advance care planning, MAID, and community supports

 2pm on 8 November, 2023

 **Dorchester Seniors Centre**
2066 Dorchester Road

 Call Karen Gress to register
519-2682025

LOCATED IN THE FLIGHTEXEC
CENTRE GYMNASIUM



LIONS SENIOR CENTRE

FALL/CHRISTMAS BAZAAR

CRAFTS, SIGNS, TREASURES, BOOKS,
PUZZLES, JEWELRY, CHRISTMAS DECORATIONS,
BAKED GOODS, KNITTED & CROCHETED ITEMS

ENJOY BEEF ON A BUN AND MUCH MORE AT THE
LUNCH COUNTER!

SATURDAY, NOVEMBER 18, 2023
9 A.M. - 1 P.M.

2066 DORCHESTER ROAD., DORCHESTER
CALL 519-268-7334 EXT 708 FOR MORE
INFORMATION