

News & Views

September & October 2023



Membership Cost: \$25.00 per person

Note: Membership fees for 2023 are due

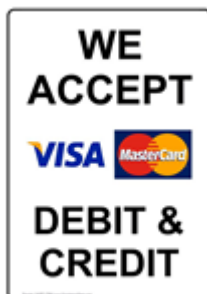
Newsletters: Free for members, \$1.00 for non-members



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



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.

A Message and Information from Your Co-Ordinator

Autumn is just around the corner! Looking forward to beautiful fall colours.

“Mother Nature has the best box of crayon!”

The summer months have given Kayla and I a chance to settled into our temporary office space (located at the South side of the building through the main arena entrance doors and to the right).

Thank you to arena staff for welcoming us and making us feel at home. We have also eased into housing programs and events in the library, Blueline Room and other spaces that have allowed us to continue offering lots of activities. Another program space we will be using starting in September is the building at the fairgrounds. Make sure to look at which location your favourite classes are taking place. The evening summer meals in Thorndale have been a hit and we will also be hosting the noontime hot meals at the Thorndale Lions Community Centre beginning in September.

The bus trips have been very successful this year!
Thank you for your support and enthusiasm.
Where would you like to go in 2024?
We are looking for suggestions.

Yours truly,
Karen Gress

For Your Information

Membership Fees

Membership of \$25.00 per person are due for 2023. You can pay in-person with credit card, cash, or cheques. Pay over the phone with your credit card or mail a cheque 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

Apple Fest

Friday, September 15, 2023

Thorndale Lions Community Centre

at 12noon

Menu: Baked Ham, Potato Casserole, Vegetables, Coleslaw, Dinner Roll with Butter, Juice, Tea/Coffee & Apple Blossoms and Ice Cream for Dessert.

Musical Entertainment:

Mugsy ~ Singer/Musician

Cost: \$20.00

*Take-out option available in Thorndale at 1:00 p.m. and Dorchester at 3:30 p.m.
Call 519-268-2025 for more information.

Thanksgiving Hot Meal

Friday, October 6, 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:

Gord Bell ~ Singer/Elvis Impersonator

Cost: \$20.00

*Take-out option available in Thorndale at 1:00 p.m. and Dorchester at 3:30 p.m.
Call 519-268-2025 for more information.

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.

OPP Community Safety Talk for Seniors

with Community Safety Officer with Jeff Hare on Tuesday, September 19, 2023 at 1:00 p.m. in the Blueline Room. Join us for coffee/tea, homemade cookies and valuable information. To register call 519-268-7334 ext. 708 or 728 or email kgress@thamescentre.on.ca

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 ☺

Jerry & Marge go Large

Tuesday, September 19, 2023 @ 2:00 p.m.

Movie Overview: “When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife go on exciting, multimillion dollar winning spree of reviving their small Michigan town. However, when a selfish college student challenges Jerry must find a way to make the game fair for all.”

Starring: Bryan Cranston, Annette Bening, Rainn Wilson, Tori Kelly & Anna Camp



Happiness for Beginners

Tuesday, October 17, 2023 @ 2:00 p.m.

Movie Overview: “A year after her divorce, 32-year-old Helen Carpenter lets her brother persuade her to sign up for a wilderness survival course. Through this experience she discovers that you must get lost to find yourself.”

Starring: Luke Grimes, Ellie Kemper, Gus Birney & Blythe Danner



Dorchester Lions Senior Centre Bid Euchre Tournament

When: Friday, September 29, 2023

Where: FlightExec Centre Gymnasium
(2066 Dorchester Road, Dorchester)

10 AM – 3 PM

\$15.00 per-person

Delicious lunch included and cash prizes to be won

Registration is required. Call 519-268-7334 ext. 708 or ext. 725 to register or for more details.

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 6-week session begins September 11th and is \$30.00 members/\$40.00 non-members. Connect using over-the-phone teleconferencing. No class September 4th, October 2nd, and October 9th due to holidays.

CHAIR YOGA – 11:15 a.m. – 12:15 p.m. Every Monday in person with our certified yoga instructor April Geoffrey. ***This 6-week session will begin on September 11th and will be in the Blueline Room (second floor, beside the walking track).*** 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 6-week session is \$27.00 members/\$37.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class September 4th, October 2nd, and October 9th due to holidays.

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 September 4th, October 2nd, and October 9th due to holidays.

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 September 4th, October 2nd, and October 9th due to holidays.

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 Blueline Room (second floor, beside the walking track).*** 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 September 5th. 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.

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 September 5th. The cost is \$40.00 members/\$50.00 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 8-week course begins September 5th 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.

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 – Will resume in November.

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 September 12th. Meet at the indoor walking track in the arena (please call to sign up in advance). During early fall, the outdoor walking track is a good option (bring your sunglasses). 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 September 6th 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 “Chordbuddy”. It’s the easiest way to learn guitar. To register for this class you will need to purchase a “Chordbuddy” 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 “Chordbuddy”. The instructor will need to know how many to bring to class. This 8-week session begins September 6th 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 September 14th. 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 8-week session is \$20.00 for members & \$30.00 for non-members and begins September 14th. 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 Blueline Room (second floor, beside the walking track).*** 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 6-week session begins September 7th. 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 September 7th. 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. **Meditation Yoga will be at the Dorchester Fairgrounds in the newest building (4939 Hamilton Rd, Dorchester, ON).** Join certified instructor, Bonnie Di Bernardo, as she leads you through ½ yoga and ½ meditation. Gentle yoga will improve mobility, stretch, and open the physical body. Feel better physically! Mindful meditation improves physical and emotional well-being. It will help to calm the mind and reduce stress and anxiety. We will learn the basic tools and techniques to improve mental and physical health! Wear comfortable clothing. This 8-week course begins September 7th 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.

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 8-week session begins September 8th. The cost is \$40.00 for members/\$50.00 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.

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 September 4th, October 2nd, and October 9th due to holidays.

CHAIR YOGA – 9:50 a.m. – 10:50 a.m. - Every Monday in-person starting September 5th. 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 6-week session begins September 11th at a cost of \$27.00 members/\$37.00 non-members. Pay-as-you-go is \$5.00 for members and \$6.25 for non-members. No class on September 4th, October 2nd, and October 9th due to holidays.

MAT YOGA – 11:00 a.m. – 12:00 p.m. Every Monday in-person starting September 5th. 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 6-week session begins September 11th at a cost of \$30.00 members/\$40.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class September 4th, October 2nd, and October 9th due to holidays.

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 beginning September 5th.

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 and begins September 6th. No line dancing September 20th.

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. Begins September 6th.

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. Begins September 6th.

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 September 7th. 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 September 7th 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.

Memoir Writing Classes

4-Session Series

\$20 for 4-week session or \$7 drop-in

10 people maximum

In-person in the Creative Age Art Studio (upstairs by the walking track)

Dorchester – Sept. 5, 12, 19 & 26

Thorndale – Oct. 3, 10, 17 & 24

3:30pm

Instructor: Tracy Robinson

Learn how to write your life story. No previous experience required. Each 1-hour class will cover aspects of memoir writing to help you access your treasured memories in a supportive group. Week 1) Finding your writing style, Week 2) Walking memory lane, Week 3) The plot thickens, Week 4) The reader.

Upcoming Bus Trips

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

"Casino Niagara" ("Older" Casino) – SOLD OUT! Niagara Falls ON. Thursday, September 7, 2023. Depart: 10 a.m. Return: 6:30 p.m. \$50.00 members/\$60.00 non-members. Everyone will receive \$35.00 slot play on player's card.

"Fall Colours Tour" - Hockley Valley area - SOLD OUT! (Sign up for the waiting list). Thursday, October 19, 2023, Depart: 8:00 a.m., Return: 6:30 a.m. \$160.00 members/\$170.00 non-members.

"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.

Christmas in Toronto ~ 2 night & 3 days - December 5th - 7th

Depart on Dec. 5th at 9:00 a.m., Return on Dec. 7th to Senior Ctr. 7:00 p.m.

* Please note: You must register for this trip with Great Canadian Tours because it is a multiple day excursion. To register for this bus trip, go to the link below:

<https://www.greatcanadianholidays.com/Tour/Ingersoll-Dorchester-to-Toronto-MDay> or call

1-800-461-8687 extension 280.

Single: \$1,165 members

Double: \$775 members

Triple: \$765 members

- Luxury motor coach transportation
- Tour Director
- 2 nights' accommodation at The Chelsea Hotel
- 2 Deluxe Breakfast Buffets (at hotel)
- 1 Dinner at Restaurant
- Nightcap Meet & Greet (wear your Christmas/festive hats)
- Sightseeing (Distillery Market, Allen Gardens, Nathan Philips Square & Eaton's Centre)
- And all applicable taxes

Let us know where you would like to go in 2024!

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

Scrap Fabric Pumpkins

Monday, September 18 @ 2p.m.

In the Creative Art Studio

Cost \$15.00 members / \$25.00 non-members

Registration is required by Sept. 11

Autum Birch Painting

Monday, October 16 @ 12pm

In the Creative Art Studio

Cost \$25.00 members

\$35.00 non-members

Registration is required by Oct. 9

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.

Oct. – *Etta and Otto and Russel and James*

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.

iPad Lessons with Dan Parker – In-Person

Thorndale Lions Community Centre

Meeting Room #1

Tuesdays at 7:00 p.m. beginning October 3rd
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

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

YIELDS: 2 Loaves PREP TIME: 15 mins COOK TIME: 45 mins TOTAL TIME: 1 hrs.

Ingredients

Loaves:

1 $\frac{3}{4}$ cup flour
1 cup old fashioned oat
 $\frac{1}{4}$ tsp salt
1 $\frac{1}{2}$ tsp cinnamon
1 $\frac{1}{2}$ tsp baking powder
1 cup sugar
 $\frac{3}{4}$ cup vegetable oil
2 eggs, beaten
 $\frac{1}{2}$ cup plain nonfat Greek yogurt.
1 cup applesauce
1 tsp vanilla

Glaze:

$\frac{2}{3}$ cup powdered sugar
 $\frac{1}{4}$ cup applesauce



Directions

1. Preheat the oven to 350 degrees and grease two 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ loaf pans.
2. In a large bowl, add flour, oats, salt, cinnamon, and baking powder and stir to combine. Set it aside.
3. In another bowl, whisk together the sugar, oil, eggs, yogurt, applesauce, and vanilla. Fold in the dry ingredients into the wet ingredients by hand until just combined.
4. Divide the batter between the two loaf pans and bake for 41-45 minutes (test doneness with a toothpick – it should come out a little moist, but mostly clean).

Remove from the oven and keep in the pan for 5 minutes. Meanwhile whisk together the powdered sugar and applesauce in a small bowl.

Turn out the bread onto a cooling rack with waxed paper under it. Spoon the glaze evenly over both loaves. Allow the glaze to set before slicing.

Creative Age Art Studio

Creative Art Studio Presents: A Fall of Collage

Collage is "The Art of Gluing" ... the art of combining and gluing a variety of materials to a surface to create a new image. Join me at the Dorchester Creative Age Art Studio for an introduction to Collage... then join me on Zoom to continue collaging together. We will create some interesting collages and share them with each other in-person and online. Every piece will be unique! These photos are some samples. Read the schedule carefully... it will be an alternating studio class with a zoom class on Thursdays.

The following materials will be provided for your use at the studio and at home and will be yours to keep:

- 10 sheets of heavyweight coloured construction paper
- 1 18x12" self-healing cutting mat
- 1 Craft Knife with 30 blades
- 1 Elmer's glue stick

There will be magazines and other materials at the Creative Age Studio to work with at our first in-person class. You will want to start gathering magazines, old books, newspapers, wrapping paper to carry on with at home.

Schedule for the classes will alternate between in-person and Zoom. Read this schedule carefully.

Thursday, September 7, and September 21 - In-person at the Dorchester Creative Age Studio - 1pm - 4pm

Yes, these will be three-hour classes to get familiar with the materials and spend time going through magazines etc. to make our works of collage art.

Thursday, September 14, and September 28 - Zoom classes from 7pm - 9pm

Yes, these will be two-hour classes to work together through cutting, planning, gluing, and sharing. I will send out the Zoom invitation to the classes on these mornings.

Thursday, October 5, and October 19 - In-person at the Dorchester Creative Age Studio - 1pm - 4pm

Thursday, October 12, and October 26 - Zoom classes from 7pm - 9pm

If there is sufficient interest, we will carry on with this schedule for the month of November.

Fee for three months of classes: \$50.00/member \$60.00/non-member.

Contact Karen Gress to register and pay for these classes: 519-268-2025.

Hope to collage with you! Penny Wearne

Christmas Cupcake Decorating

For Beginners

October 23rd & 30th 10 a.m. – 12 noon

2-week session

\$25.00 members/\$35.00 non-members

Payment required in advance to reserve your spot.

All supplies included.

~ Learn to pipe gorgeous buttercream swirls

~ Fillings, frostings, simple syrup, and flavour combinations

~ Apply colour to your buttercream

Instructor: Fehinti Adebawale

Register by call 519-268-2025 or email kgress@thamescentre.on.ca

LOCATED IN THE FLIGHTEXEC
CENTRE GYMNASIUM



LIONS SENIOR CENTRE

FALL/CHRISTMAS BAZAAR

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

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

SATURDAY, NOVEMBER 18, 2023

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