

News & Views



September & October 2020

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 1J3)*

www.thamescentre.on.ca

*Promoting Active Aging &
Senior Independence*



WE ACCEPT



DEBIT & CREDIT

Facility Information

Lions Senior Centre

Telephone: 519-268-2025

Fax: 519-268-2583

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

Website Address:

Check out the Senior Centre webpage on the new & improved 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 Centre.
- The Centre is equipped with automatic doors.
- Hand sanitizer is provided and recommended to use when entering the building as well as during your time at the center.

Daily Sign-in Sheet

The daily sign-in book is located by the coat rack at the main door.

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

Program Class Registration

Advance registration is mandatory. We will not be having any drop in classes at this time.

Please make all cheques payable to Municipality of Thames Centre.

Newsletters can be mailed

If you would like to have your newsletter mailed, 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

Hello folks! This sure has been a challenging time. Many things have happened and lots has changed but we will all do our best to stay positive. I hope all of you are doing well, keeping busy and enjoying the summer weather.

We are getting ready to offer some in-person programs. There are safety measures in place that we hope will make you feel comfortable returning to your favourite activities. Some programs will be delayed a little longer but will resume as soon as we can do so with less risk to everyone. Our choir will wait until the New Year to decide when to resume practices and for the time being Seniors' Pickleball will remain outside, while the weather permits. Due to the small size of the Art Studio, art lessons will not resume until further notice but the Creative Age Art Group will continue to meet on Zoom. The kite flying group and writing group are also going to continue to meet on Zoom. BINGO will remain a WOW program which is over the phone. Pilates will be in-person on Tuesdays and over the phone on Thursdays. Card games are on hold for now but we are working towards offering card program using iPads that will be purchased for participants.

The hot meals and bus trips are on hold for now but it'll be exciting when we can get back to these fun, social gatherings and outings. We will be having another drive-thru event on September 25th where we'll be serving hot apple cider and homemade muffins. Some participants have brought along a lawn chair to the drive-thru events and had a social distance visit with friends while enjoying their treat.

We are thrilled to be able to offer some of our programs but of course there are some new rules such as registering/signing up in advance. This will give us a clear picture of how many people plan to attend and we can prepare, by booking the appropriate sized room, space tables & chairs out appropriately etc. Everyone will be required to wear a mask when entering the Centre or Arena. If you are participating in an exercise class, you can remove your mask during your activity. All equipment, tables, chairs, door pulls etc. will be sanitized before and after each class.

Everyone will be encouraged to use hand sanitizer that will be provided.

It is perfectly understandable if you choose not to return to in-person classes at this point. We are trying to offer lots of options in order to reach out to everyone during these uncertain times and provide some well needed recreation, exercise, socialization and fun.

We are so happy that we'll have the chance to see you soon!

Yours truly,
Karen Gress

For Your Information

Membership Fees

We are still accepting membership payments. 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:

Georgina Carroll, Betty Lawson,
Pauline Livingstone,
June Rogers, Nancy Rose,
Les Shackleton, Beulah Thomas,
And Barbara Vincent.

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

What is WOW

It can be difficult for many people to be alone at home for extended periods of time. Stay social, informed and connected during this difficult time with Senior Centre's Without Walls (WOW). We are pleased to offer Without Walls (WOW). It is a free interactive telephone-based program that connects all seniors 50+ living in the community. It is a Seniors' Centre from the comfort of home!

About WOW:

- It's a completely free program
- Programs are multi-person phone conversations (or conference calls)
 - No special equipment needed – just your average phone!
 - Each phone session lasts between 30-60 minutes
- You are able to hear each other, talk to one another, learn and/or have fun!

How to participate: On the day and time of a chosen program you can use the "Steps to Connect" (below) to call yourself into that program. If at any time you require assistance, simply dial *0 to speak to an operator who can get you connected.

For more information, contact Karen Gress by email at kgress@thamescentre.on.ca or by phone at 519-268-2025.

STEPS TO CONNECT

- 1) Dial 1-866-279-1594
- 2) Enter the 6-digit PASSCODE **329268** then press #
- 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.

Registration is mandatory for all programs. Hand sanitizer will be provided. Please wear a mask when coming to the Seniors Centre. If you are participating in an exercise program you may remove your mask for the duration of the activity otherwise, please keep your mask on.



Regular Programs

MONDAY

GENTLE YOGA – 9:00 a.m. – 10:00 a.m. Join certified instructor, June Ross, as she leads you through a gentle invigorating class that will increase your flexibility, build strength and create balance, while reducing stress. The class will end with a guided relaxation. Please wear comfortable clothing. This 8-week course is \$30.00 for members and \$40.00 for non-members or pay as you go is \$4.00 for members and \$5.25 for non-members. A new session begins September 14th.

TAI CHI - BEGINNERS – 10:30 a.m. – 11:30 a.m. Tai Chi is an ancient form of Chinese exercise using slow, rhythmic movements to help improve balance, breathing and help maintain a better range of motion. A new 8-week session with instructor June Ross begins September 14th. The cost is \$30.00 for members and \$40.00 for non-members or pay as you go is \$4.00 for members and \$5.25 for non-members.

STITCH & CHATTER/RAGGED EDGE QUILTERS – 12:30 p.m. – 3:00 p.m. If you'd like to learn to quilt, there are lots of helpers here to give you a hand. 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 and share with others. You don't have to be a pro crafter, just come out to have fun, stitch away and have a chat with the gang. (Except the 1st Monday of the month when the group Sews for Cancer). The cost is \$2.00 for members and \$4.00 for non-members per class. Marlene McKnight is the organizer of this class.

TUESDAY

WINDOWS 10 COMPUTER LESSONS – 9:00 a.m. – 10:00 a.m. Are you finding it tricky to figure out this new operating system? Come for a few lessons to get you on the right track. A new 6-week session will begin September 22nd at a cost of \$60.00 for advance. Janis will also make house calls. Call the Centre to make arrangements.

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. A new 8-week session begins September 15th. The cost is \$65.00 for members and \$75.00 for non-members. Pay-as-you-go is \$9.00 members/\$11.00 non-members. 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. Its unique system of exercises helps to strengthen the body without punishing it. The class is held on Tuesdays in the Seniors Centre and on Thursdays over the phone WOW.

BELLY DANCING – 11:00 a.m. – 12:00 noon. Belly Dancing is a sinuous and dynamic rhythmic form of dance and its great exercise too! Join instructor Sarah Batson to learn this fun and unique activity. This class is pay-as-you-go \$4.00 for members & \$5.25 for non-members. Please come prepared to dance in your bare feet or bring a pair of dance shoes. Dance belts will be provided to use during class. Class will take place in the arena auditorium beginning September 15th. Join this class anytime!



Regular Programs Continued

TUESDAY

KURLING – 1:00 p.m. – 3:00 p.m. 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. Join this fun group and learn to play this enjoyable sport. The fun begins September 15th.

POLE WALKING – 1:00 p.m. – 1:45 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 22nd. Meet at the indoor walking track in the arena (please call to sign up in advance). This class is pay-as-you-go \$2.00 for members & \$4.00 for non-members. The poles are included and will be sanitized before and after each class. If you own your own poles, please bring them. Instructor: Karen Gress.

WEDNESDAY

iPad LESSONS – 9:00 a.m. – 10:00 a.m. Have you used your iPad more and more lately but there are things you still need to learn? Instructor Janis Baines will answer your questions and help you use your device more effectively. A new 6-week session begins September 23rd at a cost of \$60.00 for members/\$70.00 for non-members.

DRUMFIT – 10:00 a.m. – 11:00 a.m. 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 9th at a cost of \$50.00 for members & \$60.00 for non-members. Drum sticks, 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 noon – 12:15 p.m. Learn to play the guitar with “Guitar Buddy”. This program begins September 9th and runs for 8 weeks at a cost of \$48.00 members/\$58.00 non-members. Bring your own guitar or rent one for \$30.00 with the option to buy at the end of the session. Instructor: Diana Schiedel.

SHUFFLEBOARD – 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. We’ll be playing indoors at the arena auditorium beginning September 16th. The cost is \$2.00 for members and \$4.00 for non-members. **We’re looking for new Shufflers. Beginners are welcome. Please contact us if you are interested.**

BINGO – 1:30 p.m. – 2:30 p.m. Every Wednesday using the WOW program (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. There aren’t any prizes but the winners get bragging rights!



Regular Programs Continued

THURSDAY

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. Learn the basic steps beginning September 17th. Stay for the 9 a.m. class to try out the steps you've learnt.

BEGINNERS PLUS LINE DANCING - 9:00 a.m. – 10:00 a.m. Come out for a few laughs and learn a few new moves every Thursday. This 8-week session is \$15.00 for members & \$25.00 for non-members and begins September 17th. Pay as you go \$3.00 for members and \$5.00 for non-members. This class will be held in the arena auditorium. Line dancing videos posted on YouTube

Search Karen G line dance Link to the latest line dance videos:

<https://www.youtube.com/watch?v=BcPvSUsCxFQ>

CHAIR YOGA – Call the Centre to find out when this class will resume.

MAC LESSONS – 9:00 a.m. – 10:00 a.m. A new 4-week session will September 24th at a cost of \$60.00 for members and \$70.00 for non-members. Instructor: Janis Baines. Learn the basics of using a Macbook/Mac computer. You are welcome to bring your own Macbook. It's easier to learn on your own machine. Please register in advance.

GENTLE PILATES – 10:30 a.m. – 11:30 a.m. Thursday classes will be held over the phone... WOW. Instructor: Laura Lea Devine.

CREATIVE AGE ART GROUP – At 1 pm over Zoom video chat, the art group gets together every Thursday to visit, share and create. Certain times an artist presents a new project. If you are interested in participating, contact Penny Wearne at penny@pennywearne.com. Penny has put together art kits. If you are interested in receiving a kit, contact us at the Centre or email Penny.

KITE FLYERS - Not flying kites in the gym yet but the group is getting together over zoom every Friday around noon to chat and have lunch together in the comfort of their homes.

FRIDAY

CARPET BOWLING – 9:00 a.m. – 12noon. 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 beginning on September 18th. **We're looking for new bowlers. Beginners are welcome.**

GENTLE YOGA – 11:30 a.m. – 12:30 p.m. at the Thorndale Library. Pay-as-you-go is \$4.00. A new 8-week session begins September 18th. Instructor: June Ross. Call the Centre for new location.

TAI CHI (in Thorndale) – 1:00 p.m. – 2:00 p.m. at the Thorndale Library. A new 8-week session begins September 18th. Instructor: June Ross. Pay-as-you-go is \$4.00. Call the Centre for new location.

Monthly Programs

Crafting Group

At the end of each month you can participate in the Crafting Group in-person at the Centre. The cost to participate will be \$10.00, and all supplies will be provided. The craft on September 24th at 2:00 pm will be a "Hello Fall" sign. The cutoff date to sign up for the craft will be on September 15th. On October 22nd the craft will be "Decorative Pumpkins". The cutoff date to sign up for the craft will be on October 13th. Everyone will have their own table set up with all of the supplies needed for the craft.



Computer Help

Janis Baines, our computer instructor, has kindly volunteered to help people with connecting with family and friends through Skype (video call) or other conference meeting apps. 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.

Book Club

Using the website/app called hoopla the book club is able to rent a book to read using your library card. Once a month we will rent a book to read or listen to from the comfort of your home. This is a free app to use on your phone, tablet, computer or ereader. If you are interested, contact Kayla at (519) 268 – 2025 or kaelliott@thamescentre.on.ca
Meeting dates: September 29th and October 27th at 2 p.m.
Happy Reading!

Writing Group

Once a month the writing group has been getting together over a zoom chat to discuss the writing material they have been working on.

Meetings are on the 1st Sunday of every month (except Canada Day weekend – meet July 12th) Contact Penny Wearne at penny@pennywearne.com for more information.

Movie Afternoon

We are giving our movie afternoons a try. Please sign up for program prior to date. Limited space.

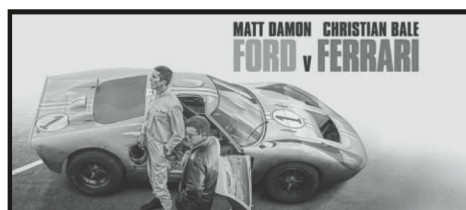
Ford VS Ferrari

Tuesday, October 6th, 2020 2:00 p.m.

Movie Overview

"Carroll Shelby and fearless British race car driver Ken Miles battle to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966."

Stars: Matt Damon and Christian Bale





Women's Drum Circle




Tentative – Has not been confirmed.

With Sheila Shorrell
4th Tuesday of Every Month
September 22nd & October 27th
1 – 3 p.m. \$5.00

September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pilates (P) 9:30 am	2 Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am BINGO (P) 1:30 pm	3	4	5
6	7 Centre Closed Labour Day	8 Foot Care Clinic Pilates (P) 9:30 am	9 Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am BINGO (P) 1:30 pm	10	11	12
13 Grandparent's Day	14 Gentle Yoga (C) 9:00 am Tai Chi (C) 10:30 am Stitch Club 12:30 pm	15 Pilates (C) 9:30 am Belly Dancing (A) 11:00 am Kurling (A) 1:00 pm Pole Walking (W) 1:00 pm	16 Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am Shuffleboard (A) 1:00 pm BINGO (P) 1:30 pm	17 Line Dancing (C) 8:30 am Pilates (P) 11:15 am	18 Carpet Bowling (C) 9:00 am Gentle Yoga (T) 11:00 am Tai Chi (T) 1:00 pm	19 
20	21 Gentle Yoga (C) 9:00 am Tai Chi (C) 10:30 am Stitch Club 12:30 pm	22 First Day of Fall Computer Lessons (C) 9:00 am Pilates (C) 9:30 am Belly Dancing (A) 11:00 am Kurling (A) 1:00 pm Pole Walking (W) 1:00 pm Drumming Circle (C) 1:00 pm	23 iPad Lessons (C) 9:00 am Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am Shuffleboard (A) 1:00 pm BINGO (P) 1:30 pm	24 Line Dancing (C) 8:30 am Mac Lessons (C) 9:00 am Pilates (P) 11:15 am Crafters Corner (C) 2:00 pm	25 Carpet Bowling (C) 9:00 am Apple Cider & Muffin Drive-Thru - Thorndale 10:00 am Gentle Yoga (T) 11:30 am Tai Chi (T) 1:00 pm Apple Cider & Muffin Drive-Thru - Dorchester 2:00 pm	26
27	28 Gentle Yoga (C) 9:00 am Tai Chi (C) 10:30 am Stitch Club 12:30 pm	29 Computer Lessons (C) 9:00 am Pilates (C) 9:30 am Belly Dancing (A) 11:00 am Kurling (A) 1:00 pm Pole Walking (W) 1:00 pm Drumming Circle (C) 1:00 pm Book Club (P) 2:00 pm	30 iPad Lessons (C) 9:00 am Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am Shuffleboard (A) 1:00 pm BINGO (P) 1:30 pm	<div> (C) - Centre (A) - Auditorium (P) - Wow program over the phone (T) - Thorndale (W) - Walking Track </div>		

October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Line Dancing (C) 8:30 am Macbook Lessons (C) 9:00 am Pilates (P) 11:15 am	2 Carpet Bowling (C) 9:00 am Gentle Yoga (T) 11:30 am Tai Chi (T) 1:00 pm	3 
4	5 Gentle Yoga (C) 9:00 am Tai Chi (C) 10:30 am Stitch Club (C) 12:30 pm	6 Computer Lessons (C) 9:00 am Pilates (C) 9:30 am Belly Dancing (A) 11:00 am Kurling (A) 1:00 pm Pole Walking (W) 1:00 pm Movie Afternoon (C) 2:00 pm	7 iPad Lessons (C) 9:00 am Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am Shuffleboard (A) 1:00 pm BINGO (P) 1:30 pm	8 Line Dancing (C) 8:30 am Macbook Lessons (C) 9:00 am Pilates (P) 11:15 am	9 Carpet Bowling (C) 9:00 am Gentle Yoga (T) 11:30 am Tai Chi (T) 1:00 pm	10
11 	12 Centre Closed - Thanksgiving Day	13 Foot Care Clinic Computer Lessons (C) 9:00 am Pilates (C) 9:30 am Belly Dancing (A) 11:00 am Kurling (A) 1:00 pm Pole Walking (W) 1:00 pm	14 iPad Lessons (C) 9:00 am Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am Shuffleboard (A) 1:00 pm BINGO (P) 1:30 pm	15 Line Dancing (C) 8:30 am Macbook Lessons (C) 9:00 am Pilates (P) 11:15 am Crafters Corner (C) 2:00 pm	16 Carpet Bowling (C) 9:00 am Gentle Yoga (T) 11:30 am Tai Chi (T) 1:00 pm	17
18	19 Gentle Yoga (C) 9:00 am Tai Chi (C) 10:30 am Stitch Club (C) 12:30 pm	20 Computer Lessons (C) 9:00 am Pilates (C) 9:30 am Belly Dancing (A) 11:00 am Kurling (A) 1:00 pm Pole Walking (W) 1:00 pm	21 iPad Lessons (C) 9:00 am Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am Shuffleboard (A) 1:00 pm BINGO (P) 1:30 pm	22 Line Dancing (C) 8:30 am Macbook Lessons (C) 9:00 am Pilates (P) 11:15 am	23 Carpet Bowling (C) 9:00 am Gentle Yoga (T) 11:30 am Tai Chi (T) 1:00 pm	24
25	26 Gentle Yoga (C) 9:00 am Tai Chi (C) 10:30 am Stitch Club (C) 12:30 pm	27 Computer Lessons (C) 9:00 am Pilates (C) 9:30 am Belly Dancing (A) 11:00 am Kurling (A) 1:00 pm Pole Walking (W) 1:00 pm Drumming Circle (C) 1:00 pm Book Club (P) 2:00 pm	28 iPad Lessons (C) 9:00 am Drum Fit (C) 10:00 am Guitar Lessons (C) 11:15 am Shuffleboard (A) 1:00 pm BINGO (P) 1:30 pm	29 Line Dancing (C) 8:30 am Macbook Lessons (C) 9:00 am Pilates (P) 11:15 am	30 Carpet Bowling (C) 9:00 am Gentle Yoga (T) 11:30 am Tai Chi (T) 1:00 pm	31 Happy Halloween 

Other Programs

Pickleball

The outdoor Pickleball courts are open from 7am – 11pm. There are social distancing rules in place and signs are posted. There are only 4 people allowed on each court. Those waiting must sit outside the court at a 6-ft distance. Bring a lawn chair! Call the Centre to have us connect you with people in the group to set up a game. As soon as indoor Pickleball is permitted, we'll get the word out to you.

Attention Card Players:

Cards and table games seems to be activities that the health unit is advising against at the present time. As soon as they give us the go ahead we will resume euchre, cribbage etc.

We are looking at buying iPads for all players, to help bring Euchre back to the Centre sooner. Would you be willing to learn to play cards on an iPad/tablet? Let us know.

Stay tuned for more information!!

Indoor Kite Flying group is meeting on Zoom every Friday around noon to socialize and have lunch together

For more information, contact Penny:

penny@pennywearne.com or 519-268-3306

DONNYBROOK 433 SENIORS

This program is on hold until further notice.

For further information about this program and their events, call President Sandy McNiff 202-0215

FOOT CARE CLINIC

The Foot Care Clinic is held every month on the second Tuesday, at Lions Senior Centre from 8:30 a.m. – 11:30 a.m.

The cost is \$30.00. Contact Nan at 519-686-0971.

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. Call for info. on Zoom classes.

Thorndale Community Centre - Tuesdays & Thursdays 9-10am – on hold for now.

Dorchester Arena gym – Mondays, Wednesdays & Fridays 9-10am – on hold for now

Blood Pressure Clinics: Monitor your blood pressure at our free community clinics. Dorchester Shoppers Drug Mart – every Thursday 9am-12pm, Thorndale Library – 1st & 3rd Tuesdays of each month, 2-4:30pm

Many programs on hold for the time being. Please call if you have questions.

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

Dorchester Horticultural Society

Meeting are on hold for now.

For more information, call Sue Monk @ 519-269-3385

Thorndale & Area Horticultural Society

Our meetings for September and October have been cancelled. However, we are hosting a plant sale from 10 am until 12 noon on Saturday, September 12th outside The Market on King (198 King Street, Thorndale). For additional information, please contact us at thorndalehort@gmail.com and follow us on Facebook (Thorndale Horticultural Society).

Apple Cider & Muffins Drive-Thru



Who: The Seniors of Thorndale & Dorchester



When: September 25, 2020
Thorndale from 10 a.m.—11 a.m.
Dorchester from 2 p.m.—3 p.m.



What: Receive Hot Apple Cider & a delicious
Homemade Muffin



Where: Nissouri Manor in Thorndale
Lions Senior Centre in Dorchester



How: Drive or walk up to receive your goodies



Please email kgress@thamescentre.on.ca or call (519)268-2025 if you plan to attend. Indicate if you'd like a Pumpkin Cheesecake Swirl Muffin or Apple Strudel Muffin (Gluten Free Option Available)



Pumpkin Cheesecake Swirl Muffins

Prep Time: 20 minutes
muffins

Cook Time: 20 minutes

Servings: 12

Ingredients:

- $\frac{3}{4}$ cup pumpkin puree (the canned variety is best, unsweetened)
- 2 eggs
- 1 cup white sugar
- $\frac{1}{2}$ cup vegetable oil
- 1 $\frac{1}{2}$ cups of all purposed flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon sea salt
- 2 teaspoons ground cinnamon
- $\frac{1}{4}$ teaspoon ground cloves
- 1 teaspoon ground ginger
- 8 ounces full fat cream cheese, softened to room temperature
- $\frac{1}{2}$ egg (beat one egg and use half of the mixture)
- $\frac{1}{3}$ cup of white sugar



Instructions:

1. Preheat your oven to 350 degrees Fahrenheit and line a 12 cup muffin tin with paper liners.
2. In a large bowl, whisk together the pumpkin puree, eggs, sugar and vegetable oil until well combined.
3. Add the flour, baking soda, salt, cinnamon, cloves, and ginger and mix with a rubber spatula just until no streaks of flour remain. Set batter aside.
4. Combine the cream cheese, $\frac{1}{2}$ egg, and sugar in a medium bowl with a wire whisk until the mixture is creamy and smooth. Set aside.
5. Portion out the pumpkin batter into the 12 muffin cups, filling each one about $\frac{2}{3}$ full.
6. Add one tablespoon or so, of the cheesecake mixture to the top of each and use a toothpick to swirl the cheese cake mixture into the pumpkin batter.
7. Bake the muffins at 350 degrees Fahrenheit for about 20 minutes, or until the muffins pass the toothpick test (insert a toothpick and if it comes out clean, they're done!)
8. Allow the muffins to cool in their pans for about 10 minutes before removing them to a wire rack to cool completely.

Note: These muffins keep at room temperature in an airtight container for about 2 days.



Other Programs

What kind of exercise do lazy people do?
Diddly-squats.
What do you call a pony with a cough?
A little horse!

Let's have a moment of
silence for all those stuck in
traffic on the way to the
gym to ride stationary
bicycles.

**I see people around my
age mountain climbing
- meanwhile, I feel
good getting my leg
through my underwear
without losing my
balance**

**I went to the psychiatrist
today. She told me I had a
split personality and
charged me 160 dollars.**

**I gave her 80 dollars and
told her to get the rest
from the other idiot.**



Tonight I dreamt of a
beautiful walk on a sandy
beach. At least that explains
the footprints I found in the
cat litter box this morning.

Boy comes up to his father, all angry, "Dad, you remember how you told me to put a potato in my swimming trunks? How you said it would impress the girls?" Father looks up, smiling, "Yeah, did it work?" The boy screams, "You could have mentioned that the potato goes in the front!"

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

1			4	8	9			6
7	3						4	
					1	2	9	5
		7	1	2		6		
5			7		3			8
		6		9	5	7		
9	1	4	6					
	2						3	7
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			8		3			1
	8	3	2		4			7
	7			9				
		1			2		6	8
	6	2		4		1	7	
7	3		6			4		
				6			1	
9			3		1	5	2	
3			4		5			

	7	2		3	6	4		
	9		7				3	5
			1	8				2
2		6					9	
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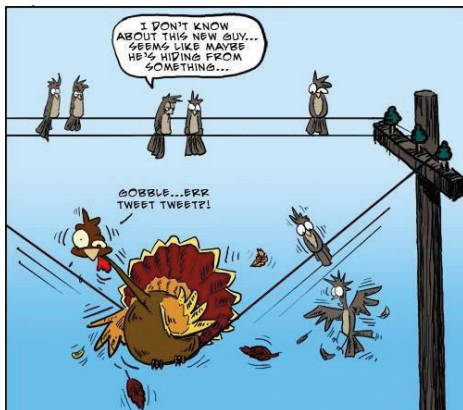
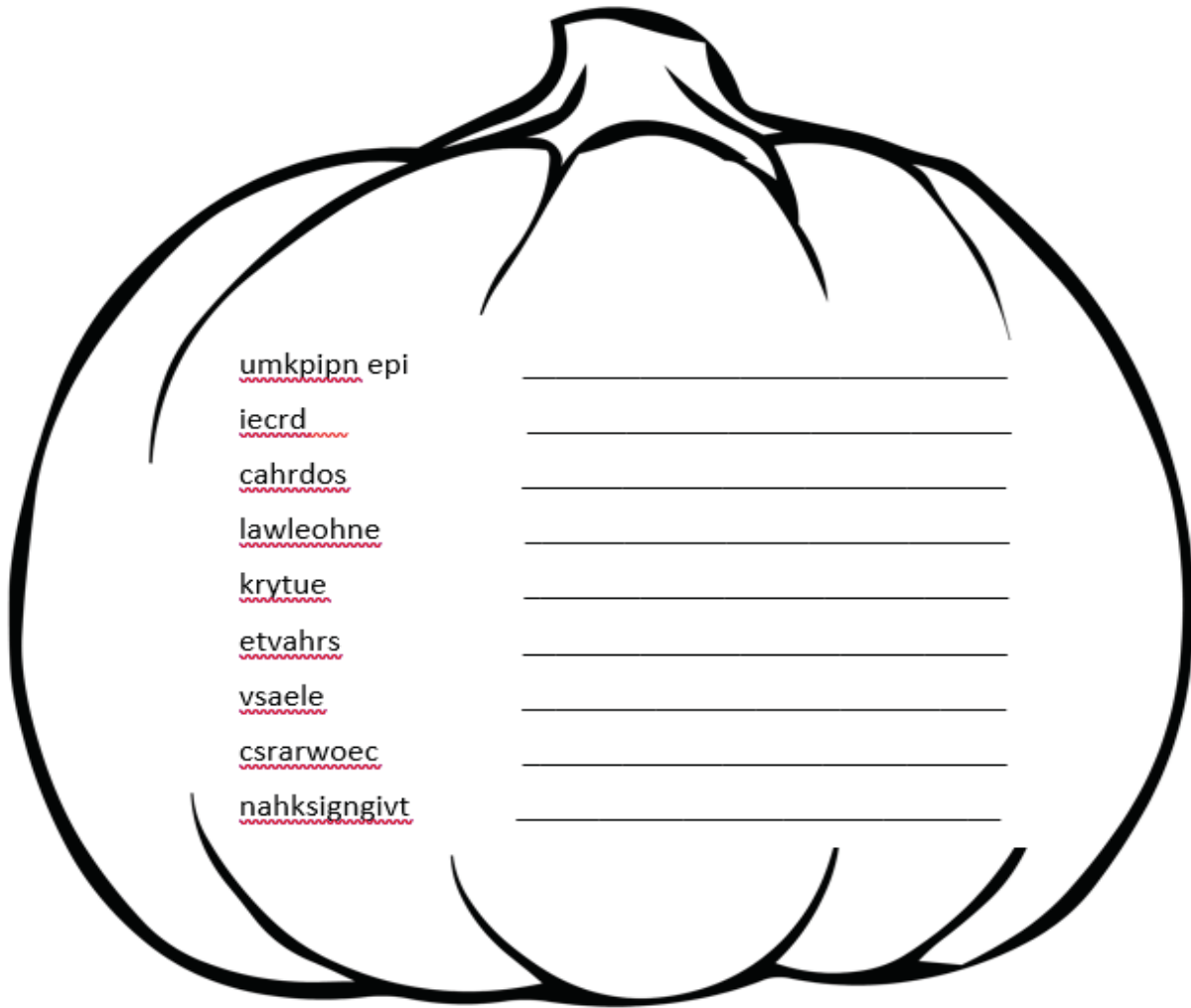
Thanksgiving Word Search

T	U	A	L	O	F	S	P	I	L	G	R	I	M
E	G	O	L	A	A	Y	P	O	O	E	K	R	C
T	E	U	M	A	E	D	U	T	I	T	A	R	G
E	K	I	U	F	M	A	Y	F	L	O	W	E	R
L	L	L	F	S	U	O	I	C	I	L	E	D	R
Y	L	A	B	M	N	O	A	O	L	L	A	F	T
M	I	S	I	M	A	N	I	K	P	M	U	P	H
H	N	P	U	C	C	E	L	B	B	O	G	B	A
M	A	T	I	O	P	G	I	U	L	M	C	T	N
B	U	R	R	E	I	P	S	B	R	A	I	T	K
A	Y	N	V	T	U	R	K	E	Y	H	D	V	F
S	M	A	Y	E	T	S	E	O	M	C	E	A	U
R	H	M	M	A	S	S	O	U	U	N	R	T	L
I	D	N	F	O	O	T	B	A	L	L	P	A	R

GOBBLE
AUTUMN
HARVEST
HAM
FOOTBALL
FALL
MAYFLOWER
DELICIOUS
FAMILY
GRATITUDE
THANKFUL
TURKEY
CORN
PILGRIM
PIE
YAMS
CIDER
PUMPKIN



Fall Word Scramble



That Time Someone Dropped the Turkey

"I dropped the turkey after rubbing olive oil all over it. I rinsed it off, rubbed [the oil] on again, and cooked it. Didn't tell anybody for 10 years... I just told them last year. Oh well, it didn't kill anybody or make them sick!" —Debbie K.