

Dorchester Lions Senior Centre's "Other News"

- “Croquet Golf” is coming to Dorchester! We had the pleasure of learning & playing this challenging, strategic game with Malcolm & Marion on a warm summer evening on June 26. It’s a fun, intriguing game that’s suited to all ages. It’s one of the fastest growing sports in Canada and USA. Many people remember playing croquet in their backyards but this activity has matured to the point where many golf courses are now creating space for new golf croquet courts. There are several reasons for this. Many people give up golf as they get older and golf croquet is a natural follow-on sport. A few advantages of golf croquet are that it is not expensive and it is very social. It does not create the stress on muscles or other body parts which some sports do. It is a much more leisurely activity but being leisurely does not mean that it is not competitive. There is a great deal of skill and strategy involved in playing this game. This game is played in many countries around the world (it’s the national sport in Egypt) and was an Olympic sport in Paris in 1904. There are several golf croquet clubs in Toronto, one in Bayfield and a court now exists at the Hunt Club in London. Two golf croquet courts are being developed at the Cromarty Gardens at 2429 Dorchester Road. These gardens will be open to the public, at designated days/times in the near future to see how the game is played and get an introduction to the sport. Mallets, balls and instruction will be provided. If you are interested, make sure to have your name put on the list by contacting Malcolm Cromarty at 519-268-0923 or by email at MalcolmCromarty@hotmail.com. Have fun on the court!
- The next foot care clinic will be held on July 9 from 8:30 a.m. – 11:30 a.m. Get your toes sandal worthy. To make an appointment, contact nurse Nan at 519-686-0971.
- Come out to see a great movie on July 17 at 2 p.m. The feature presentation is “The Upside”.
- About the flick: A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who is hired to help him. Stars: Kevin Hart, Bryan Cranston & Nicole Kidman. Popcorn, treats and cold drinks will be served. See you at the picture show!
- Enjoy a delicious meal of BBQ roast beef, baked potatoes, baked beans, salads, dinner rolls, tea/coffee, juice and assorted pie for dessert at the annual beef BBQ on July 18 at 5:30 p.m. in the arena auditorium. Dee Gee’s Country will be here to entertain during and after the meal. Get your tickets as soon as possible. It’s always a fun time! See you there.

- Step N Out dance fit classes will run in July & August on Tuesdays from 10:30 a.m. – 11:30 a.m. at the Senior Centre. On July 9 & August 13 the class will be held in the Blueline Room. This exercise program emphasizes: Balance, Breathing, Memory skills, Muscle coordination, Improved Circulation and Awareness of the mind, body, and spirit connection. It combines Dance, Tai Chi, Core Strengthening and Low Impact Aerobics, in a way that gradually gets your body moving, the way it used to. Your instructor is Bev Dukes.
- Another way to stay fit over the summer is by joining “Chair Yoga”. It’ll be held every Thursday in July from 10:30 a.m. – 11:30 a.m. with instructor John Schieven. 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.
- Cool down in the pool while getting your exercise at the Dorchester Community Pool aqua fit program. It’s from Monday – Friday 12:00 noon – 12:45 p.m. beginning July 1. Aqua fit is a lot of fun, gets you outside and keeps you active during the summer months all while keeping cool in the water! Why Aqua Fit? Using the buoyancy of water, Aqua Fit helps you strengthen your muscles and improve your cardiovascular fitness without subjecting your body to additional wear and tear. If you are recovering from an injury Aqua Fit doesn’t put added stress on your joints. And if you are new, don’t worry! Your instructor will offer plenty of modifications to increase or decrease the difficulty of the moves.
- Attention all ages! Come out and try “Yoga on the Lawn” at the Flight Exec Centre on the lawn at the entrance off Dorchester Road on Wednesdays, August 7,14,21,28 from 7PM – 8PM (weather permitting). This is a fund raiser to support Lions Senior Centre Programs. Come out and enjoy Yoga on the Lawn. All levels and beginners welcome. Come by yourself and make new friends, or come as a family or share the experience with a friend. Enjoy the great outdoors while getting flexible and fit. Facilitated by certified yoga instructor John Schieven.
- Join the mini 4-week session of Pilates in August with instructor Laura Lea Devine. This is a great chance to try this amazing class. 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.
- Winners for bid euchre on June 20 were as follows: Audrey Degaust & Martin Van Bommel.