

News & Views



July & August 2019

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



Lions Senior Centre
(519) 268-2025



Promoting Active Aging &
Senior Independence



Facility Information

A Message From Your Co-ordinator

Summer is on the way! Yay!
I'm looking forward to warm, sunny days ☺

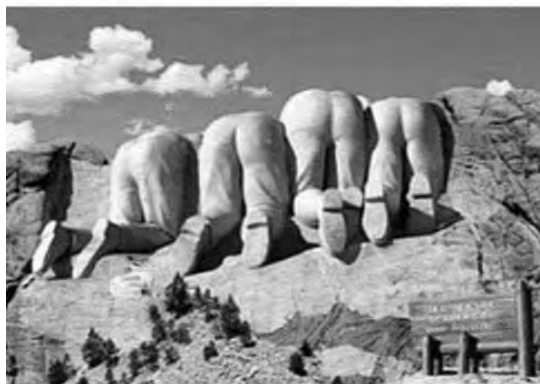
We have lots going on at the Centre including movie afternoons, meals, art workshops, lots of classes that'll get you movin' and grovin' and much more...

Register for all of your favourite programs & bus trips to fill your summer with exciting things to look forward to.

Yours truly,
Karen Gress



You know, there are some things that you just never think of like Mt. Rushmore from the Canadian side.



Lions Senior Centre

Address:

2066 Dorchester Road
Dorchester, Ontario
N0L 1G2

Mailing Address:

4305 Hamilton Road
Dorchester, Ontario
N0L 1G3

Telephone: 519-268-2025

Fax: 519-268-2583

Email: kgress@thamescentre.on.ca

Website Address:

Check out the Senior Centre webpage on the Thames Centre website at

www.thamescentre.on.ca

- Point at Living Here
- Drag Mouse & Point to Recreation
- Click Senior Centre

Hours of Operation:

Monday – Friday

8:30 a.m. – 12 noon & 1:00 p.m. – 4:30 p.m.

(closed at lunch hour 12 noon – 1:00 p.m.)

Evening and Weekend Programs as Advertised

Centre Closed:

July 1, 2019 – Canada Day

August 5, 2019 – Civic Holiday

Useful Information:

- Handicap parking is located adjacent to the Centre.
- The Centre is equipped with automatic doors.
- A wheelchair is available for anyone with special needs while at the Centre or on bus trips

WE ACCEPT

VISA



DEBIT & CREDIT

For your convenience we now accept debit & credit.

For Your Information

Membership Fees Are Due!

Fees for 2019 are \$22.00 per person (HST included).

Becoming a member is easy and entitles you to discounts on courses and bus trips.

The number of members the Centre serves is **very important** for our Funding!

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.

Your assistance is **very important** as these lists also help to support the need for funding. Thank you!

Program Class Registration

Advance registration is much appreciated.

Please make all cheques payable to Municipality of Thames Centre.

Bus Trips

IN PERSON: Register by putting your name on the sign-up sheets. Please do this in advance.

BY PHONE: Call the office (519-268-2025) and have your name added to the sign-up sheets.

PLEASE MAKE PAYMENTS FOR ALL BUS TRIPS WHEN YOU SIGN-UP.

Tickets for food events

Please purchase your advance tickets for food events as soon as possible.

This is very helpful to the program coordinator and volunteers as it helps to estimate the amount of food and supplies needed.

Put your name on the back of your ticket for a door prize draw.

Newsletters can be mailed

If you would like to have your newsletter mailed, please let us know.

There is a fee of \$10.00 per household per year to cover the cost of postage.

Newsletters can be emailed

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

Please give Karen your email address.

Note: It is very important to pay for your bus trips at least 1 month in advance because the Centre has to let the bus company know that far ahead of the trip day.

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.



Stamps!

Clip those stamps off your envelopes & bring them to the Centre. It's another fund raiser for a non-profit organization.

Hip Hip Horray!

Members who have reached 90 years or better:

Georgina Carroll, Betty Lawson,
Pauline Livingstone,

Mary Moore,

June Rogers, Nancy Rose,
Les Shackleton, Beulah Thomas,
Elizabeth Thompson and
Barbara Vincent.

If I have missed anyone please let me know. I'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

Monthly Food & Entertainment Events

Bring your friends and enjoy some delicious food and good times.
Thank you for purchasing your tickets in advance to help the committees in preparing the food quantities. Put your name on the back of your ticket for the chance to win a prize!

Beef BBQ

Thursday, July 18th at 5:30 p.m.
Dorchester Arena Auditorium
Cost: Adult: \$15.00 Children 5 – 12 yrs. \$7.00
(Children 4 and under – free)

Menu: Beef, Baked Potato, Baked Beans,
Salads, Dinner Rolls, Pie for Dessert,
Tea/Coffee & Juice.



Entertainment:
Gary McGill
(Singer/Guitarist)

Corn Fest

Thursday, August 15th at 5:30 p.m.
Dorchester Arena Auditorium
Cost: \$15.00 Children 5 – 12 yrs. \$7.00
(Children 4 and under – free)

Menu: Hot Buttery Corn-on-the-Cob,
Cold Ham & Roast Beef, Baked Beans,
Salads, Dinner Rolls,
Dessert, Tea/Coffee & Cold Drinks.



Entertainment:
Gordon Bell (Singer)

Movie Afternoons

\$2.00 (includes popcorn, candy & beverage)

The Upside

Wednesday, July 17, 2019 2:00 p.m.

Movie Overview

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,

On The Basis of Sex

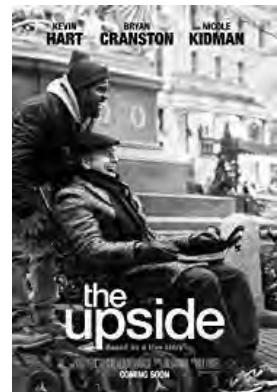
Wednesday August 14, 2019 2:00 p.m.

Movie Overview

The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.

Stars:

Felicity Jones, Armie Hammer, Justin Theroux



Back Care Yoga

We'd like to offer a Back Care Yoga class in the fall.
Does Tuesday or Thursday afternoon work best for you?

Regular Programs

All program fees include H.S.T. Register in advance for courses.

MONDAY

GENTLE YOGA – will resume in the fall.

TAI CHI - BEGINNERS – will resume in the fall.

STITCH & CHATTER CLUB – 12:30 p.m. – 3:00 p.m. 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. If you'd like to learn to quilt, there are lots of helpers here to give you a hand. 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. Join "The Ragged Edge Quilters" Guild.

TUESDAY

MICROSOFT OFFICE WORD – will resume in the fall.

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. A new 4-week session begins August 6th. The cost is \$33.00 for members and \$43.00 for non-members. Pay-as-you-go is \$9.00. 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.

STEP N OUT LOW IMPACT DANCE AEROBICS – 10:30 a.m. – 11:30 a.m. 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. Join instructor Bev Dukes beginning July 2nd in the Senior Centre. Pay-as-you-go \$4.00 members.

TUESDAY

POLE WALKING – will resume in the fall.

KURLING – will resume in the fall.

CRIBBAGE – will resume in the fall.

WEDNESDAY

YOGA ON THE LAWN - Flight Exec Centre – Lawn at entrance off Dorchester Road
Wednesdays: August 7, 14, 21, 28 TIME: 7pm – 8pm (weather permitting) COST:
\$5/PERSON (Children under 12 are free) FUND RAISER to support Lions Senior Centre Programs. Come on 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

Guitar Lessons – this fall.

iPad LESSONS – will resume in the fall.

DRUMFIT – will resume in the fall.

July 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1 CANADA DAY	2 Step n Out 10:30 a.m. Pickleball 12 noon	3	4 Pickleball 12 noon 433 Euchre 1:00p.m. Bid Euchre 7:00p.m.	5 Indoor Kite Flying 9:30 a.m.	6
7	8 Foot Care Clinic 8:30 a.m. Step n Out 10:30 a.m. Pickleball 12 noon	9	10 Pickleball 12 noon 433 Euchre 1:00 p.m. Bid Euchre 7:00 p.m.	11 Indoor Kite Flying 9:30 a.m.	12
14	15 Stitch Club 12:30 p.m	16 Step n Out 10:30 a.m. Pickleball 12 noon	17 Movie Afternoon "The Upside" 2 p.m.	18 Pickleball 12 noon 433 Euchre 1:00 p.m. Bid Euchre 7:00 p.m. Beef BBQ 5:30 p.m.	19 Indoor Kite Flying 9:30 a.m.
21	22 Stitch Club 12:30 p.m	23 Step n Out 10:30 a.m. Pickleball 12 noon	24	25 Pickleball 12 noon 433 Euchre 1:00 p.m. Bid Euchre 7:00 p.m.	26 Indoor Kite Flying 9:30 a.m.
28	29 Stitch Club 12:30 p.m	30 Step n Out 10:30 a.m. Pickleball 12 noon	31		





August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <p>Pickleball 433 Euchre Bid Euchre</p> <p>12 noon 1:00 p.m. 7:00 p.m.</p>	<p>2</p> <p>Indoor Kite Flying 9:30 a.m.</p>	<p>3</p>
	<p>4</p> <p>Civic Holiday - Senior Centre Closed</p>	<p>5</p> <p>Step n Out 10:30 a.m. Pickleball 12 noon</p>	<p>6</p> <p>"Come From Away" Bus Trip 8:15 a.m.</p>	<p>7</p> <p>Pickleball 433 Euchre Bid Euchre</p> <p>12 noon 1:00 p.m. 7:00 p.m.</p>	<p>9</p> <p>Indoor Kite Flying 9:30 a.m.</p>	<p>10</p>
<p>11</p> <p>Stitch Club 12:30 pm</p>	<p>12</p> <p>Foot Care Clinic 8:30 a.m. Point Edwards Casino Bus Trip 9:30 a.m. Step n Out 10:30 a.m. Pickleball 12 noon</p>	<p>13</p> <p>Movie Afternoon "On the Basis of Sex" 2 p.m.</p>	<p>14</p> <p>Pickleball 433 Euchre Bid Euchre Corn Fest</p> <p>12 noon 1:00 p.m. 7:00 p.m. 5:30 p.m.</p>	<p>15</p> <p>Indoor Kite Flying 9:30 a.m.</p>	<p>16</p>	<p>17</p>
<p>18</p> <p>Stitch Club 12:30 pm</p>	<p>19</p> <p>Step n Out 10:30 a.m. Pickleball 12 noon</p>	<p>20</p> <p>Step n Out 10:30 a.m. Pickleball 12 noon</p>	<p>21</p>	<p>22</p> <p>Pickleball 433 Euchre Bid Euchre</p> <p>12 noon 1:00 p.m. 7:00 p.m.</p>	<p>23</p> <p>Indoor Kite Flying 9:30 a.m.</p>	<p>24</p>
<p>25</p> <p>Stitch Club 12:30 pm</p>	<p>26</p> <p>Step n Out 10:30 a.m. Pickleball 12 noon</p>	<p>27</p> <p>Step n Out 10:30 a.m. Pickleball 12 noon</p>	<p>28</p>	<p>29</p> <p>Pickleball 433 Euchre Bid Euchre</p> <p>12 noon 1:00 p.m. 7:00 p.m.</p>	<p>30</p> <p>Bid Euchre Tournament 10 a.m. - 3 p.m. Indoor Kite Flying 9:30 a.m.</p>	<p>31</p>

Regular Programs Continued

WEDNESDAY

SHUFFLEBOARD – will resume in the fall.

YOGA BACK CARE - will resume in the fall.

THURSDAY

WINDOWS 10 COMPUTER LESSONS – will resume in the fall.

BEGINNERS LINE DANCING – will resume in the fall.

BEGINNERS PLUS LINE DANCING - will resume in the fall.

CHAIR YOGA – will resume in the fall.

FRIDAY

CARPET BOWLING – will resume in the fall.

GENTLE PILATES – Friday classes will resume in the fall.

GENTLE YOGA IN THORNDALE – will resume in the fall.

ACRYLICS SERIES – will resume in the fall.

Provide your email address to Karen and you'll receive reminders about meals, bus trips, important notices, movie afternoons and invitations ☺

Upcoming Bus Trips



We do joint trips with the Ingersoll Senior Centre & Great Canadian Travel Company.

“Come From Away” – August 7, 2019 – SOLD OUT.

Point Edwards Casino – August 13, 2019. \$23/members, \$33/non-members.

Departs: 9:30 a.m. Returns: 5:30 p.m. Trip Includes coach bus transportation, a 5 hour stay at the casino, as well as \$15 slot play. Choice of 2 restaurants where you can purchase your lunch. SOLD OUT but we might add a second bus.

Port Stanley Halloween Murder Mystery – Saturday, October 26, 2019. \$105.00 members/\$115.00 non-members. Depart: 4 p.m. Trip includes coach bus transportation, an evening of “mystery” and fun all aboard the Port Stanley Rail Train, roast beef dinner and licensed cash bar.

Watch for the following exciting upcoming bus trip:

September – “Hogan’s Hoedown” – details to follow

October - Mystery Trip

Saturday, November 2nd: Royal Winter Fair – details to follow

Saturday, November 30th: Sounds of Christmas –details to follow

Never give up

“When I read about the evils of drinking, I gave up reading.”

— Henry Youngman

Other Programs

Bid Euchre

Bid Euchre every Thursday evening from
7:00 p.m. to 10:00 p.m.

Bring a friend for an evening of cards.

The cost is \$3.00 per person which
includes refreshments and prizes.

Seniors Pickle Ball

**Beginners on Tuesdays &
Thursdays at 12noon – 2:15 p.m.**

User fees are \$2.00 for members.

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 9-10am

Dorchester Arena gym – Mondays & Wednesdays 9-10am

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

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

Indoor Kite Flying in the gym

Fridays 9:30 a.m. – 12 noon

For more information, contact Penny:

penny@pennywearne.com or 519-268-3306

Aquafit: Monday – Friday 12 noon – 12:45 p.m.

Dorchester Community Pool: Starting July 1st

Pay-as-you-go \$4/day or you can purchase a 10-
class punch card for \$32.00

DONNYBROOK 433

SENIORS

Euchre every Thursday afternoon
from 1:00 p.m. to 4:00 p.m.

Occasional socials offered.

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

Foodland Receipts

The Lions Senior Centre collects Foodland
grocery store tapes as a fund raiser.

Please save your receipts and bring them to
the Centre.

Thank you for bringing in your tapes!

*Thank you to Foodland for providing this
fund raising opportunity.*

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.

Dorchester Horticultural Society

Doors open at 6:45 p.m.

June 22 Whistling Gardens Bus Trip with stops on the way home...

All welcome to bring a friend or neighbour... and bring questions as well...

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

Karen's Kitchen

Club Tropicana ice cream cake



What You'll Need

1 madeira sponge cake

500ml tub mango sorbet

500ml tub vanilla ice cream

50g dark chocolate

500ml tub raspberry sorbet

150ml double cream, whipped

maraschino cherries, to decorate

Method

1. Cut a piece of sponge about 5mm thick to fit a 1lb 16 x 10cm loaf tin and trim off any dark edges (off-cuts are a cook's perk). Line the loaf tin with a double layer of strong cling film and push the sponge into the base. If the madeira cake is smaller than the tin, patch any gaps – you won't see them when the cake is finished.

2. Spoon a layer of mango sorbet into the tin using three-quarters of the tub, flatten the surface using the back of a spoon and freeze for 10 minutes. Repeat using the vanilla ice cream, then add another layer of sponge. Melt the chocolate and pour it over the second layer of sponge. Freeze for 10 minutes, then carefully add a layer of raspberry sorbet in the same way, followed by a final layer of sponge. Cover the lot in cling film, then freeze until you need it. Turn the ice cream cake out of the tin onto a plate and peel off the cling film, then decorate the top with whipped cream and cherries. Wait 10 minutes before slicing with a long, straight-edged knife. Extra cherries are optional.

Art Studio Happenings

WORKSHOPS WITH PETER JOHN REID ... SPECIFICALLY DESIGNED FOR ACRYLIC PAINTERS

DATES: Tuesdays ... August 6, September 3, October 1, November 5

COST: Each class will cost \$80.00/members ... \$85/non-members (student grade materials provided, light snacks)

LOCATION: DORCHESTER CREATIVE AGE ART STUDIO

INFORMATION: www.peterjohnreid.com ... go to the 2019 Courses tab to get information on each class because there is a lot to read up on before you get here.

REGISTER SOON FOR THIS SERIES ... PETER'S CLASSES FILL UP FAST!

Lots of upcoming art classes. Watch for details.

Bid Euchre Tournament

Friday, August 30th

10 a.m. – 3 p.m.

\$10.00

(Lunch included with admission)

Cash Prizes to Be Won!



Senior Five Pin Bowlers Wanted

Come Join Us!

Five pin bowlers (men & women) needed for 55+ Seniors' fun league. Bowling at Fairmont

Bowling Lanes

972 Hamilton Road, London ON

Beginning: Monday, Sept. 9, 2018,

1:00 p.m. ending approx. 3:15 p.m.

For further details, contact:

Norm 519-439-4183



Joke: Chicken's for dinner

"Doctor, I think my wife is getting hard of hearing."

"There's a simple test you can run to see how bad the problem is: Start out 40 feet away from her, and in a normal conversational speaking tone say something and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the man's wife is in the kitchen cooking dinner, and he's in the living room. In a normal tone, he asks, "Honey, what's for supper?"

No response.

So he moves to the other end of the room and repeats, "Honey, what's for supper?" Still no response. Next, he moves into the dining room. "Honey, what's for supper?" No response, so he walks up to the kitchen door. "Honey, what's for supper?" Again, there is no response, so he walks right up behind her. "Honey, what's for supper?"

"For the fifth time, Harry, CHICKEN!"

Dorchester Community Pool AQUA FIT PROGRAM

AQUAFIT



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.

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!

Starting July 1st, 2019:

Monday - Friday
from 12:00 noon - 12:45 p.m.

The cost is based on either a "pay-as-you-go" method for **\$4/day** or you can purchase a **10-class punch card for \$32.00**



Brown bears vs. grizzly bears

A Canadian park ranger is giving some rambler a warning about bears, "Brown bears are usually harmless. They avoid contact with humans so we suggest you attach small bells to your rucksacks and give the bears time to get out of your way. However, grizzly bears are extremely dangerous. If you see any grizzly-bear droppings leave the area immediately."

"So how do we know if they're grizzly bear droppings?" asks one of the rambler.

"It's easy," replies the ranger. "They're full of small bells."



Soup or sex?

For his birthday, an old man's nephews secretly hire a call girl for him. When he answers the door she's standing there in a slinky black dress. She says, "I'm here to give you super sex."

After thinking for a minute the old man replies, "I guess I'll have the soup."

Flight Exec Centre ~ On the lawn at the entrance off Dorchester Road

Wednesdays ~ August 7, 14, 21, 28, 2019

7pm - 8pm (weather permitting)

Price: \$5.00/Person (Children under 12 are free)



Yoga on the Lawn

Come on out and enjoy "Yoga on the Lawn".

All levels and beginners welcome. Come by yourself and make new friends, 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.

This is a fundraiser to support Lions Senior Centre Programs.

For more information call 519-268-2025.

