

News & Views

September & October 2019



Lions Senior Centre
(519) 268-2025

Promoting Active Aging & Senior Independence



***Get a Jump Start & Pay Your
Membership fees for 2020 Now***



Facility Information

A Message From Your Co-ordinator

Well, that was a hot summer! I hope you stayed cool and had lots of fun. There are so many opportunities this Fall to get busy and have a ball.

Check out the upcoming special workshops, Snacks & Facts, movies and meals. We have an activity/event for everyone. If you have the travel bug, make sure to take a peek at the day trips we have planned for you to enjoy!

Yours truly,
Karen Gress

If you answer
the phone with
"Hello, you're on the air!"
most telemarketers
will quickly hang up...

WE ACCEPT
VISA **MasterCard**
DEBIT & CREDIT

For your convenience we now
accept debit & credit.

"Age is merely the
number of years the
world has been
enjoying you."

Unknown

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 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. – 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:

September 2, 2019 – Labour Day

October 14, 2019 – Thanksgiving Day

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

**CRAP, THE OLD LADY
FELL AND SHE CAN'T
GET UP.**

**WHO'S GONNA FEED
ME NOW?**

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

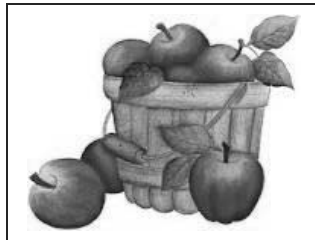
Bring your friends and enjoy some delicious food and good times.
Thank you for purchasing your tickets in advance to help the committees in preparing the food quantities. Put your name on the back of your ticket for the chance to win a prize!

Apple Fest

Wednesday, September 11 at 12 noon
Dorchester Arena Auditorium
Tickets: Adult: \$15.00

Menu: Honey Baked Ham, Scalloped Potatoes,
Harvest Vegetables,
French Bread, Apple Blossoms, Tea/Coffee &
Juice.

Entertainment: Dan-the-Country-Man
Dan Skelcher

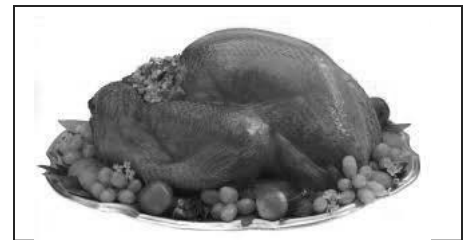


Thanksgiving Hot Meal

Wednesday, October 2 at 12 noon
Dorchester Arena Auditorium
Tickets: \$15.00

Menu: Roast Turkey, Mashed Potatoes,
Gravy, Vegetables, Salad, Stuffing,
Cranberries, Dinner Rolls, Dessert,
Tea/Coffee & Juice.

Entertainment:
Rockin' Oldies



Movie Afternoons

\$2.00 (includes popcorn, candy & beverage)

Poms

Wednesday, September 4, 2019 2:00 p.m.

Movie Overview

POMS is a comedy about a group of women who form a cheer leading squad at their retirement community, proving that you're never too old to 'bring it!'

Stars:

Diane Keaton, Jacki Weaver, Celia Weston

Rocketman

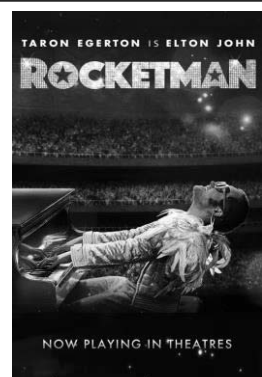
Wednesday, October 9, 2019 2:00 p.m.

Movie Overview

A musical fantasy about the fantastical human story of Elton John's breakthrough years.

Stars:

Taron Egerton, Jamie Bell, Richard Madden



Regular Programs

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

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 9th.

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 9th. 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 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. The session begins September 9th. Marlene McKnight is the organizer of this class. Join "The Ragged Edge Quilters" Guild.

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 17th at a cost of \$60.00 for advance.

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. A new 8-week session begins September 3rd. 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. If you register to participate twice a week, the cost will be \$95.00 for members/\$115.00 for 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.

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 September 3rd in the arena auditorium. Pay-as-you-go \$4.00 members.

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

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. Come out and join this fun group and learn to play this enjoyable sport begins September 3rd.

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 10th. 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 for this class. Instructor: Karen Gress.

CRIBBAGE – 1:00 p.m. – 3:00 p.m. Come out and play this fun game. The cost is \$2.00 for members and \$4.00 for non-members. Beginning September 3rd.

WEDNESDAY

iPad LESSONS – 9:00 a.m. – 10:00 a.m. Have you received or purchased an iPad and you're finding it difficult to figure out how to use it? Learn how to navigate the technology of these handy devices in this class. Instructor: Janis Baines. A new 6-week session begins September 18th at a cost of \$60.00 for members/\$70.00 for non-members.

DRUMFIT – 11:00 a.m. – 12 noon. 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 program begins September 11th and runs for 8 weeks 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 – 12:15 noon – 1:15 p.m. Learn to play the guitar with "Guitar Buddy". This program begins September 11th 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, healthy outdoor and indoor exercise, and 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 3rd. No shuffleboard on Sept. 11th & Oct. 2nd (due to the hot meals). The cost is \$2.00 for members and \$4.00 for non-members. Call (519) 268-2025 to sign up. **We're looking for new Shufflers. Beginners are welcome.**

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

Regular Programs Continued

THURSDAY

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. Learn the basic steps beginning September 12th. 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 12th. Pay as you go \$3.00 for members and \$5.00 for non-members.

CHAIR YOGA – 10:30 a.m. – 11:30 a.m. A new 8-week session will begin September 19th with certified yoga instructor John Schieven. The cost is \$4.00 for members and \$5.25 for non-member. 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.

MAC LESSONS – 9:00 a.m. – 10:00 a.m. A new 6-week session will begin September 19th 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.

YOGA BACK CARE - 1:00 p.m. – 2:00 p.m. at the Senior Centre. "Yoga Back Care": has been designed to achieve strength, flexibility and relaxation, building a stronger back and good posture. This gentle technique can benefit people of any age, body type or yoga experience. If you are experiencing any back issues and would like to try a natural way to receive relief, this class might be for you. An 8-week session will begin on September 19th with instructor John Scheiven.

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 begins September 6th. **We're looking for new bowlers. Beginners are welcome.**

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. A new 8-week session begins September 5th. 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. If you register to participate twice a week, the cost will be \$95.00 for members/\$115.00 for non-members (also offered on Tuesdays). See above program description. Instructor: Laura Lea Devine.

GENTLE YOGA – 11:30 a.m. – 12:30 p.m. at the Thorndale Library. Pay as you go is \$4.00. A new session begins September 6th.


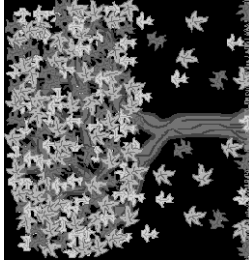
ACRYLICS & WATERCOLOURS SERIES – 1 p.m. – 3 p.m. in the Art Studio. Discovering your own creativity with Acrylics & Water Colours. Instructed by artist Susan Hewitt Graham. Dates for Acrylics Series: Sept. 20, 27, and October 4; Dates for Watercolours Series: November 1, 8, 15. The cost for 3 classes will be \$60.00 members/\$70.00 non-members (all supplies included). There is a limit of 10 participants, so sign up as soon as possible.

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labour Day Centre Closed	3 Peer John Reid Arc Pilates Step n Out Pickleball Cribbage Kurling	4 Guitar Lessons Show & Tell 10:00 a.m. Shuffleboard Movie Afternoon "Porns" 2:00 p.m.	5 St. Jacobs Trip Pickleball 435 Euchre Bid Euchre	6 Carpet Bowling Pilates Indoor Kite Flying Yoga in Thorndale Tai Chi in Thorndale	7
8	9 Yoga Tai Chi Surch Club	10 Foot Care Clinic Pilates Step n Out Pickleball Pole Walking Cribbage Kurling	11 Drum fit Apple Fesc Guitar Lessons 12:15 p.m.	12 Line dancing Pickleball 435 Euchre Bid Euchre	13 Carpet Bowling Pilates Indoor Kite Flying Yoga in Thorndale Tai Chi in Thorndale Community Lunch & Conference	14 Bridge Fest
15	16 Yoga Tai Chi Surch Club	17 Pilates Step n Out Pickleball Pole Walking Cribbage Kurling	18 Hogan's Hoedown Bus Trip 10 a.m. Computer Lessons Drum fit Guitar Lessons Shuffleboard 1:00 p.m.	19 Line dancing Chair Yoga Pickleball 435 Euchre Yoga Back Care Bid Euchre	20 Carpet Bowling Pilates Indoor Kite Flying Yoga in Thorndale Tai Chi in Thorndale Choir	21
22	23 Fall Begins Yoga Tai Chi Surch Club	24 Pilates Step n Out Pickleball Pole Walking Cribbage Kurling	25 Crafts Computer Lessons Drum fit Guitar Lessons Shuffleboard Snacks & Facs	26 Line dancing Chair Yoga Pickleball 435 Euchre Yoga Back Care Bid Euchre	27 Carpet Bowling Pilates Indoor Kite Flying Yoga in Thorndale Tai Chi in Thorndale Choir	28
29	30 Yoga Tai Chi Surch Club					



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<div>1</div> <div>National Senior's Day Peter John Reid Arc 9:00 a.m. Pilates 9:30 a.m. Step n Out 10:30 a.m. Pickleball 12 noon Cribbage 1:00 p.m. Kurling 1:00 p.m.</div>	<div>2</div> <div>Computer Lessons 9:00 a.m. Drum fic 11:00 a.m. Thanksgiving Hot Meal 12 noon Guitar Lessons 12:15 p.m.</div>	<div>2</div> <div>Line dancing Chair Yoga Pickleball 433 Euchre Yoga Back Care Bid Euchre</div>	<div>3</div> <div>Carpet Bowling 9:00 a.m. Pilates 9:30 a.m. Indoor Kite Flying 9:30 a.m. Yoga in Thorndale 11:30 a.m. Tai Chi in Thorndale 12:30 a.m. Choir 1:30 p.m.</div>	<div>4</div> <div></div>	
	<div>6</div> <div>Yoga 9:00 a.m. Tai Chi 10:30 a.m. Sutch Club 12:30 p.m.</div>	<div>7</div> <div>Pilates 9:30 a.m. Step n Out 10:30 a.m. Pickleball 12 noon Cribbage 1:00 p.m. Kurling 1:00 p.m.</div>	<div>8</div> <div>Computer Lessons 9:00 a.m. Drum fic 11:00 a.m. Guitar Lessons 12:15 p.m. Shuffleboard 1:00 p.m. Movie Afternoon 2:00 p.m. "Rockerman"</div>	<div>9</div> <div>Line dancing Chair Yoga Pickleball 433 Euchre Yoga Back Care Bid Euchre</div>	<div>10</div> <div>Carpet Bowling 9:00 a.m. Pilates 9:30 a.m. Indoor Kite Flying 9:30 a.m. Yoga in Thorndale 11:30 a.m. Tai Chi in Thorndale 12:30 a.m. Choir 1:30 p.m.</div>	<div>11</div> <div></div>	<div>12</div> <div></div>
	<div>13</div> <div>Thanksgiving Day Centre Closed</div>	<div>14</div> <div>Pilates 9:30 a.m. Step n Out 10:30 a.m. Pickleball 12 noon Cribbage 1:00 p.m. Kurling 1:00 p.m.</div>	<div>15</div> <div>Computer Lessons 9:00 a.m. Drum fic 11:00 a.m. Guitar Lessons 12:15 p.m. Shuffleboard 1:00 p.m.</div>	<div>16</div> <div>Line dancing Chair Yoga Pickleball 433 Euchre Yoga Back Care Bid Euchre</div>	<div>17</div> <div>Carpet Bowling 9:00 a.m. Pilates 9:30 a.m. Indoor Kite Flying 9:30 a.m. Yoga in Thorndale 11:30 a.m. Tai Chi in Thorndale 12:30 a.m. Choir 1:30 p.m.</div>	<div>18</div> <div></div>	<div>19</div> <div>Fall/Christmas Bazaar 9 a.m. - 1 p.m.</div>
	<div>20</div> <div>Yoga 9:00 a.m. Tai Chi 10:30 a.m. Sutch Club 12:30 p.m.</div>	<div>21</div> <div>Pilates 9:30 a.m. Step n Out 10:30 a.m. Pickleball 12 noon Cribbage 1:00 p.m. Kurling 1:00 p.m.</div>	<div>22</div> <div>Computer Lessons 9:00 a.m. Drum fic 11:00 a.m. Guitar Lessons 12:15 p.m. Shuffleboard 1:00 p.m.</div>	<div>23</div> <div>Line dancing Chair Yoga Pickleball 433 Euchre Yoga Back Care Bid Euchre</div>	<div>24</div> <div>Carpet Bowling 9:00 a.m. Pilates 9:30 a.m. Indoor Kite Flying 9:30 a.m. Yoga in Thorndale 11:30 a.m. Tai Chi in Thorndale 12:30 a.m. Choir 1:30 p.m.</div>	<div>25</div> <div></div>	<div>26</div> <div>Port Stanley Murder Mystery Bus Trip 4 p.m.</div>
	<div>27</div> <div>Yoga 9:00 a.m. Tai Chi 10:30 a.m. Sutch Club 12:30 p.m.</div>	<div>28</div> <div>Pilates 9:30 a.m. Step n Out 10:30 a.m. Pickleball 12 noon Cribbage 1:00 p.m. Kurling 1:00 p.m.</div>	<div>29</div> <div>Computer Lessons 9:00 a.m. Drum fic 11:00 a.m. Guitar Lessons 12:15 p.m. Shuffleboard 1:00 p.m. Wellsprings Talk 1:30 p.m.</div>	<div>30</div> <div>Line dancing Chair Yoga Pickleball 433 Euchre Yoga Back Care Bid Euchre</div>	<div>31</div> <div></div>		

Regular Programs Continued

FRIDAY

CHOIR – 1:00 a.m. – 3:00 p.m. This friendly group, get together every Friday to practice and have fun, beginning September 21st. Go on sing-outs to other Centres & Retirement Homes. **New members welcome!**

TAI CHI (in Thorndale) – 12:45 p.m. – 1:45 p.m. – at the Thorndale Library. A new 8-week session begins September 6th. Instructor: June Ross. Pay as you go is \$4.

Upcoming Bus Trips



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

“St. Jacob’s Farmer’s Market” Trip – Thursday, September 5, 2019. \$40.00

members/\$50.00 non-members. Depart Dorchester: 9:00 a.m., Departs Thorndale: 9:30 a.m. Trip includes mini bus transportation. Depart from St. Jacob’s at 3:00 p.m.

“Hogan’s Hoedown” Victoria Playhouse Petrolia – Wednesday, September 18, 2019.

\$119.00 members/\$129.00 non-members. Departs: 9:45 a.m. Returns: 5:45 p.m. Trip includes coach bus transportation, lunch at Actor's Restaurant (includes choice of entree: Burger Melt, Pulled Pork Wrap, Country Fried Chicken, Catfish. All choices include coffee/tea/pop, chef's soup or salad or fries and dessert), free time in Petrolia and your ticket to see this hilarious, toe tapping show. Featuring classics like Cow Patti and May the Bird of Paradise Fly Up Your Nose. Music Arrangements by Mark Payne, Starring David Hogan.

“It’s a Gorgeous Day Tour” Mystery Trip – Tuesday, October 15, 2019. \$87.00

members/\$97.00 non-members. Depart: 8:30 a.m. Return: 6:00 p.m. A delightful day including a guided tour, scrumptious turkey dinner, shopping, sight seeing and scenic country drive.

Port Stanley Halloween Murder Mystery – Saturday, October 26, 2019. \$105.00

members/\$115.00 non-members. Depart: 4:30 p.m. Return: 10:00 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.

“Royal Winter Fair & Horse Show” Trip – Saturday, November 2, 2019. \$107.00

members/\$117.00 non-members. Depart: 9:30 a.m. Return: 7:30 p.m. Trip includes coach bus transportation, Green Circle ticket for horse show featuring the RCMP Musical Ride (show starts at 1 p.m.).

“Sounds of Christmas” - Saturday, November 30, 2019. \$123.00 members/\$133.00

non-members. Departs: 8:15 a.m., Return: 5:45 p.m. Trip includes coach bus transportation, visit to Belgian Nursery (free time to shop), buffet lunch at Conestoga Place (includes 2 meats, potatoes, vegetables, gravy, coleslaw, pasta salad, rolls & butter, coffee, tea, decaf and desserts) with Tom Leadbeater entertaining during the meal and the show “Sounds of Christmas” at WMB Church.

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

Tuesdays & Thursdays
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

Adult/Senior Skate

Mondays & Thursdays

10 a.m. – 11 a.m.

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.

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

Apple Brownies

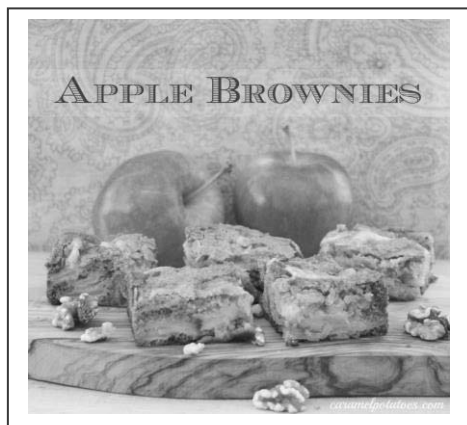
Easy and quick to make. Apples and walnuts are packed into a cinnamon spiced blonde brownie. Very moist and great to make in the fall when apples are plentiful.

Ingredients

- 1/2 cup butter, melted
- 1 cup white sugar
- 1 egg
- 3 medium apples - peeled, cored and thinly sliced
- 1/2 cup chopped walnuts 1 cup all-purpose flour
- 1 cup of all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking dish.
2. In a large bowl, beat together the melted butter, sugar, and egg until fluffy. Fold in the apples and walnuts. In a separate bowl, sift together the flour, salt, baking powder, baking soda, and cinnamon. Stir the flour mixture into the wet mixture until just blended. Spread the batter evenly in the prepared baking dish.
3. Bake 35 minutes, or until a toothpick inserted in the center comes out clean.



Snacks & Facts

Learn about Wellsprings ~ Cancer Support
with Valerie Johnston-way

Wednesday, October 30th
1:00 p.m.

Please sign up as soon as possible.



Thanksgiving Craft Workshop

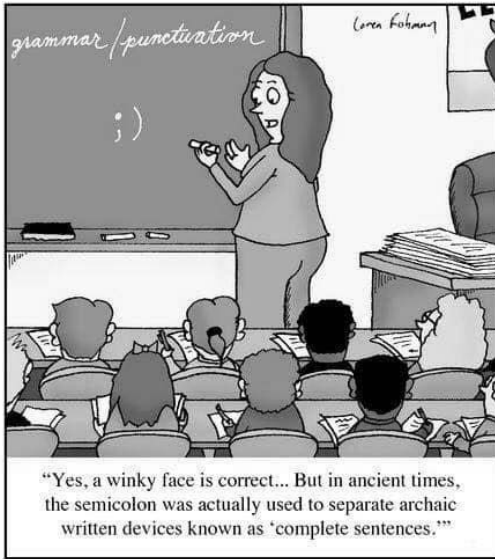
Wednesday, September 25th
9:00 a.m.

Make table favours for the
Thanksgiving Hot Meal



Gold Toilets

Two teenagers, Fred and Joe, meet after school and Fred is all excited: "Man I was at the most awesome party this weekend! We went to this dude's house and guy had toilets made of pure gold!" "No way!" "Yes way," insists Fred, "come with me and check it out for yourself if you don't believe me." Twenty minutes later they're ringing the doorbell at the place. "Hi! I'm sorry to bother you but there was a party at your house yesterday and my friend doesn't believe that you have toilet bowls of pure gold!" The lady looks at him for a moment and then yells into the inside of the house, "Roger, the kid that crapped in your trombone is here!"



How Children Perceive Their Grandparents

She was in the bathroom, putting on her makeup under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!" I'll probably never put lipstick on again without thinking about kissing the toilet paper good-bye.

Tired of constantly being broke and stuck in an unhappy marriage, a young husband decided to solve both problems by taking out a large insurance policy on his wife with himself as the beneficiary and then arranging to have her killed.

A 'friend of a friend' put him in touch with a nefarious dark-side underworld figure who went by the name of 'Artie.' Artie explained to the husband that his going price for snuffing out a spouse was \$10,000.

The Husband said he was willing to pay that amount but that he wouldn't have any cash on hand until he could collect his wife's insurance money. Artie insisted on being paid at least something up front, so the man opened his wallet, displaying the single loonie that rested inside. Artie sighed, rolled his eyes and reluctantly agreed to accept the dollar as down payment for the dirty deed.

A few days later, Artie followed the man's wife to the local Loblaws superstore. There, he surprised her in the produce department and proceeded to strangle her with his gloved hands. As the poor unsuspecting woman drew her last breath and slumped to the floor, the manager of the produce department stumbled unexpectedly onto the murder scene.. Unwilling to leave any living witnesses behind, Artie had no choice but to strangle the produce manager as well.

However, unknown to Artie, the entire proceedings were captured by the hidden security cameras and observed by the shop's security guard, who immediately called the police. Artie was caught and arrested before he could even leave the premises. Under intense questioning at the police station, Artie revealed the whole sordid plan, including his unusual financial arrangements with the hapless husband who was also quickly arrested.

The next day in the newspaper, the headline declared...

'ARTIE CHOKES 2 for \$1.00 @ Loblaws'

Bid Euchre Tournament

Friday, November 29th
10 a.m. – 3 p.m.
\$10.00
(Lunch included with
admission)
Cash Prizes to Be Won!



Bread Making with Carlos

Carlos Domingo Perrone will teach you the art of making bread.



Tuesday, September 17th
1:30 p.m. – 2:30 p.m.
\$8.00 per person



- Learn about different types of flour.
- Watch a demonstration on mixing & knead the dough etc.
- Gain knowledge about the process of bread making.
- Enjoy samples

Register as soon as possible.

Snacks & Facts

Join Shawn Wilding from
Forest Lawn
Wednesday, Sept. 25th
at 2:00 p.m.
to learn about the
Family Registry Estate Planner

Please sign up as soon as
possible.

Baked Goods

We need your donations of delicious
baked goods for the bake table.
Cookies, squares, tarts, loaves, pies, cakes,
muffins, cupcakes would be much appreciated!
Thank you in advance for your support!



Art Studio Happenings

Volunteer Opportunity:

Drop-In Art Day has moved to Thursdays. There is a different theme for the Drop-In Days each month. Penny is looking for volunteer artists to bring their talents to the Drop-In Days. It doesn't have to be art based... it could be a writing class... or a meditating class... or a playlist sharing class! Please consider taking one or two or more drop-in days to share your art passion... let Penny know if you'd like to lead a small class or two and she'll arrange for materials. Also send her your ideas for Drop-In Days... what would you like to experiment with... what would you like to learn more about? penny@pennywearne.com

AUGUST - Acrylic Techniques with Peter John Reid -Tuesday: August 6. All Day Workshop: 10am - 4pm

The last half-hour of the workshop will be for evaluation of the work done that day.

"Dry Brushing Technique and Knife Work" <http://www.peterjohnreid.com/techniques---dorchester--2.html>

Student grade paints and canvases will be provided. Bring your lunch. Tea/Coffee/Water & muffins will be provided. Cost: \$80/members \$90/non-members

SEPTEMBER

Acrylic Techniques with Peter John Reid - Tuesday: September 3. All Day Workshop: 10am - 4pm

The last half-hour of the workshop will be for evaluation of the work done that day.

"Splash and Watercolour Techniques" <http://www.peterjohnreid.com/techniques---dorchester--3.html>

Student grade paints and canvases will be provided. Bring your lunch. Tea/Coffee/Water & muffins will be provided. Cost: \$80/members \$90/non-members



DROP-IN THURSDAYS with VARIOUS THEMES

Thursdays: September 5, 12, 19, 26, October 3, 10, 24, 31, November 7, 14, 21, 28, December 5, 10, 19

Afternoons: 1pm - 3pm. Student grade materials will be provided. Cost: \$2.00

Art Studio Happenings Continued

Acrylic Painting with Susan Hewitt Graham - Fridays: Sept. 20, 27, and October 4

Afternoon Workshop: 1pm - 3pm. Student grade paints and canvases will be provided. Brushes are available for use. If you have your own brushes, please feel free to bring for use during the classes. This is a set of three workshops which will lead to the completion of one canvas. Cost: \$60/members \$70/non-members

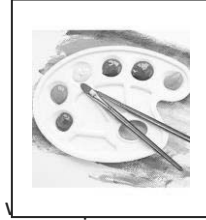
OCTOBER

Acrylic Techniques with Peter John Reid Tuesday: October 1 - All Day Workshop: 10am - 4pm

The last half-hour of the workshop will be for evaluation of the work done that day.

"S'graffito Technique" <http://www.peterjohnreid.com/techniques---dorchester--4.html>

Student grade paints and canvases will be provided. Bring your lunch. Tea/Coffee/Water & muffins will be provided. Cost: \$80/members \$90/non-members



Encaustics with Kim Kool

"Encaustics is an ancient art form that involves fusing layers of oil tinted beeswax together with various heating techniques. As the layers are built up, objects can be embedded in the wax and gouging techniques are incorporated to create shapes and designs. Colors are used simultaneously to add depth and beauty to the work. Encaustics is a unique medium which allows participants to explore their creativity while effectively engaging the senses. It is both deeply therapeutic while at the same promoting a sense of play."

Tuesday: October 15 - All Day Workshop: 10am - 4pm, <http://www.edgeofgrey.ca/art.html>

Encaustic materials and 4x6" cards and 6x6" boards will be provided. Bring your lunch. Tea/Coffee/Water & muffins will be provided.

Cost: \$110/members \$120/non-members. Class size limited to 8.

Silk Painting with Arale Valley

"A native of Hong Kong, Arale has been painting exclusively on silk since 2009. She is inspired by the challenge of aesthetically capturing complex subjects such as flowers and food through this unique medium. Having lived in Hong Kong, Qatar, and now Canada, her artistic themes have been greatly influenced by her multicultural experience. Arale's work resides in collections in more than a dozen countries around the world, and she has been featured in print publications, art symposia, and charity events overseas. A visit to her newly-renovated studio space will illustrate how she produces her unique works and how she teaches others the process of silk painting."

Tuesday: October 22. Four Hour Workshop: 10am - 2pm. <http://artbyarale.com/>

This workshop will take place at Arale's Studio in west London. Car-pooling can be arranged for a small group of 4 - 6.

Materials will be provided. Bring a lunch & snacks. Cost: \$60.00

Please email penny@pennywearne.com to indicate your interest in this unique opportunity.

NOVEMBER

Acrylic Techniques with Peter John Reid - Tuesday: November 5. All Day Workshop: 10am - 4pm

The last half-hour of the workshop will be for evaluation of the work done that day.

"Impasto Technique". <http://www.peterjohnreid.com/techniques---dorchester-2.html>

Student grade paints and canvases will be provided. Bring your lunch. Tea/Coffee/Water & muffins will be provided. Cost: \$80/members \$90/non-members.

FELTING A LANDSCAPE with MEGAN CLELAND - Tuesday: November 12. All day workshop: 10am - 3pm

"Megan is a self-taught artist with a passion for felting. Living on a sheep farm in Australia for ten years taught her to appreciate excellent quality fibre. While there, a studio was built and being surrounded by wool, mohair, and alpaca, Megan felted hats and shawls while she spun, wove and knit her own wool. Megan returned to Canada with her precious supplies, and in 2009, began to combine her love of portraiture and needle felting. She strives to create realistic portraits using this amazing technique." <https://www.inthelineoffibre.ca>. Materials will be provided. Bring your lunch. Tea/Coffee/Water & muffins will be provided. Cost: \$80/members \$90/non-members

Minimum class size of 5 needed. Watercolour Painting with Susan Hewitt Graham

Fridays: November 1, 8, 15. Afternoon Workshop: 1pm - 3pm

Student grade paints and paper will be provided. Brushes are available for use. If you have your own brushes, please feel free to bring for use during the classes. This is a set of three workshops with skills and techniques building on each class. Cost: \$60/members \$70/non-members.

Registrations and payments: All workshops are registered and paid for through Karen Gress (519-268-2025) in the Senior Centre office. The exception to this is the Silk Painting workshop. Drop-In Fees can be made that day at the art studio.

Fall/Christmas Bazaar

Saturday, October 19, 2019

9:00 a.m. – 1:00 p.m.

Arena Auditorium



Crafts, Knitted Items, Baked Goods including frozen pies,
Hand-Made Jewelry, Lunch Counter (hot beef on a bun),
Books & Puzzles and much more...

Volunteers Needed.
Accepting Donations of Baked Goods.

Vendors Welcome! \$10.00/table
For more information, call (519) 268-2025



Joke:

A woman returned from her shopping trip, refreshed her make-up, slid into casual, Happy Hour wear, and, preparing favorite libations for her and her husband, joined him in the den.

While enjoying their evening cocktails, the wife asks her husband, in very seductive voice, "Have you ever seen Twenty Dollars all crumpled up?"

"No," said her husband.

She gave him a sexy little smile, unbuttoned the top 3 or 4 buttons of her slinky blouse, and slowly reached down into the cleavage created by a soft, silky push-up bra, and pulled out a crumpled Twenty Dollar bill. He took the crumpled Twenty Dollar bill from her and smiled approvingly.

She then asked him, "Have you ever seen Fifty Dollars all crumpled up?"

"Uh... no, I haven't," he said, with an anxious tone in his voice.

She gave him another sexy little smile, pulled up her lounging skirt, and seductively reached into her panties...

He took the crumpled Fifty Dollar bill and started breathing a little quicker with anticipation.

"Now," she said, "have you ever seen Fifty Thousand Dollars all crumpled up?"

He said, "No!," trying to contain his excitement.

She said, "Check the garage."