

News & Views

July & August 2023



Membership Cost: \$25.00 per person

Note: Membership fees for 2023 are due

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

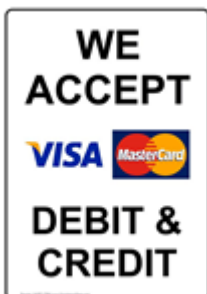


Lions Senior Centre
2066 Dorchester Road
(519) 268 – 2025

(Mailing address: 4305 Hamilton Road,
Dorchester ON, N0L 1G3)
www.thamescentre.on.ca



Promoting Active Aging &
Senior Independence



Ontario 

Facility Information

Lions Senior Centre

Telephone: 519-268-2025 (direct line)

Karen: 519-268-7334 ext. 708

Kayla: 519-268-7334 ext. 728

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

Website Address:

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

www.thamescentre.on.ca

- Point at Live & Play
- Click Senior Centre

Hours of Operation:

Monday – Friday

8:30 a.m. – 4:30 p.m.

Useful Information:

- Handicap parking is located adjacent to the FlightExec Centre, Libraries and Fair Grounds where programs will take place during construction.

Hand sanitizer is provided

Daily Sign-in Sheet

The daily sign-in sheets will be set out at each program.

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

Program Class Registration

Advance registration is recommended for 8-week courses.

Please make all cheques payable to Municipality of Thames Centre.

Newsletters can be mailed.

If you would like to have your newsletters mailed for \$15.00/year, please let us know.

Newsletters can be emailed.

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

Please give Karen your email address.

A Message and Information from Your Co-Ordinator

Happy Summer Everyone!

We are slowly moving out of the Senior Centre and into the various locations, where we will be running programs during the expansion of the FlightExec Centre. Our summer schedule is quieter than the rest of the year but there is still plenty to keep you busy. Check out what we have planned and where it will be located.

Everything relating to summer programming is outlined in this newsletter.

Kayla and I will be moving to the recreation office, located on the South side of the building.

Our phone numbers and email addresses will stay the same so you will have no trouble contracting us with questions and to register for your favourite courses and events.

Make sure to sign up for the summer meals, held in the evening, at the Thorndale Lions Community Centre. We have picked some funny shows for the movie afternoons so beat the heat and come for some laughs and popcorn. Satisfy your travel bug by going on some of the exciting bus trips.

Enjoy some well-deserved R&R this July & August!

Yours truly,
Karen Gress

For Your Information

Membership Fees

Membership of \$25.00 per person are due for 2023. You can pay in-person with credit card, cash, or cheques. Pay over the phone with your credit card or mail a cheque to:
Lions Senior Centre, 4305 Hamilton Road, Dorchester ON, N0L 1G3
Thank you in advance for your support!

Residents of Thames Centre can take used household batteries to the Municipal office & they'll have them recycled.

Donate Your Unwanted Eye Glasses to "Give the Gift of Sight" There is a drop box in the lounge at the Lions Senior Centre.

Hip Hip Horray!

Members who have reached 90 years or better:

Barb Bailey, Barb Beacham, Valerie Cumper, Dorothy Dicker, Jack Lorimer, Stella Mooney
Dorothy Pinkerton, Ken Purdon, Helen Reid, Les Shackleton, Betty Smith, Carl Summers,
Doris Summers Anne Vandeven and Barbara Wilson.

If we have missed anyone, please let us know. We'll include them in the next News & Views. If we have missed anyone, please let us know. We'll include them in the next News & Views.

Thames Centre Recognition Program

To recognize special events for those living in the municipality:

- Wedding Anniversaries at
40 years/50 years/60 years
- Birthdays at 80/90/100

A friend or family member can notify the Municipal Office with the details so that a gift will be made available. Call Tammy at 519-268-7334 ext. 227

WOW - STEPS TO CONNECT

- 1) Dial 226-781-4229 (local number)
 - 2) Enter the 6-digit PASSCODE then press #
Code for BINGO **329268**
Code for Chair Yoga & Meditation Class **524632**
 - 3) Record your name or just stay on the line then press #
- If you have any questions about how to connect, please call
Karen or Kayla at 519-268-2025.

Monthly Food & Entertainment Events

Call or email us at the Centre to reserve your meals.

Gluten Free, Lactose Free & Sugar Free options available upon request

Beef BBQ

Thursday, July 13, 2023

Thorndale Lions Community Centre

at 5:30p.m.

Menu: BBQ Beef, Baked Potato, Baked Beans, Pasta Salad, Coleslaw, Dinner Roll with Butter, Punch, Tea/Coffee, & Slice of Pie for dessert

Musical Entertainment:

Deb & Fred - Country/Rock Music

Cost: \$20.00

*Take-out option available in Thorndale at 6:30 p.m.

Call 519-268-2025 for more information.

Corn Fest

Thursday, August 17, 2023

Thorndale Lions Community Centre

at 5:30p.m.

Menu: Hot Buttery Corn-on-the-Cob, Cold Roast Beef & Ham, Potato Salad, Coleslaw, Tea/Coffee, Juice & Cake for Dessert.

Musical Entertainment:

Goldies Band

Cost: \$20.00

*Take-out option available in Thorndale at 6:30 p.m.

Call 519-268-2025 for more information

Pick up & Drive-Thru Options

We know that a lot of people really enjoyed the drive-thru meals so we would like to accommodate people if we can. If you would like to pick up a meal in Dorchester after a hot meal at 1:00 p.m., please call or email to reserve your meals. We will also be offering a drive-thru in Thorndale the day of the in-person meals on Friday Drive-Thru at 4 p.m.

Senior Centre Cinema Movie Afternoons

Movie Afternoons – Held in the Creative Art Studio (second floor, by the walking track)



\$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

Thank you ☺

Jerry & Marge go Large

Tuesday, July 18, 2023 @ 2:00 p.m.

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

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



Book Club: The Next Chapter

Tuesday, August 15, 2023 @ 2:00 p.m.

Movie Overview: “Four best friends take their book club to Italy for the fun girl’s trio they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.”

Starring: Diane Keaton, Jane Fonda, Mary Steenburgen, Candice Bergen, Andy Garcia, Don Johnson & Craig T. Nelson



FlightExec Centre Expansion and Renovation



A very special thank you to Marian Parker and her son Max Parker. Without their extremely generous donation, this project may not have been possible.

FLIGHTEXEC CENTRE - EXPANSION

NEW SENIOR CENTRE ENTRANCE

NOTE: CONCEPTUAL IMAGE ONLY - IMAGES DOES NOT NECESSARILY REPRESENT THE SPECIFIC FINANCIAL INCLUSIONS IN THE SENIOR - BOND PROPOSAL.

FLIGHTEXEC CENTRE EXPANSION with MCI Design Build Corporation

This project will include the following facility improvements:

Senior Centre – increasing from one to three multi-purpose rooms with a new kitchen which will be shared with the adjoining auditorium. Expanding to three multi-purpose rooms will allow the Senior Centre to offer more programs and activities for the community. Having larger rooms will allow more seniors to participate in the many popular events offered throughout the year.

VON Middlesex-Elgin – increasing the space rented by VON which will allow them to relocate the therapeutic tub and offer community bathing and expand the Adult Day Program space to allow more clients to attend per day. In addition, the expansion will provide new rooms to offer overnight respite.

Auditorium – the auditorium will be increased in size and moved to a new location within the expanded facility. It will have access to a new kitchen which will be shared with the Senior Centre.

FAQ's: Construction Schedule

MCI intends to begin construction by early August with a projected completion date of May 2024.

Parking & Vehicle Access

Construction perimeter fencing will be erected in July or August and will likely result in NO ACCESS around the north-east side of the building for approximately 6 months. Refer to the drawing below to see where driving and parking will be blocked by the construction site along with the proposed driving route (subject to change).

Expansion Fundraising Committee

FlightExec Centre construction is set to start this summer, with this project largely benefiting our beloved Senior Centre. As a result, I am looking for seniors interested in joining me on the fundraising sub-committee. A meeting will be held in the weeks ahead, with details for the meeting time and location to be shared in a future edition of this newsletter (so keep an eye out for updates). If interested in joining, please give me a call or email me.

If you'd like to donate to this exciting project, donations can be dropped off at the Senior Centre or the Municipal Office, or mailed to: Thames Centre, 4305 Hamilton Road, Dorchester, Ontario N0L 1G3. Official donation receipts for income tax purposes will be issued for qualifying donations of \$10 or more. If donating by cheque, please write "Expansion Project" in the memo line. Please do not mail cash. Thank you in advance for your time and generosity.

Dorchester Weekly Programs

MONDAY

WOW MEDITATION/BREATHING – Will resume in September.

CHAIR YOGA – 11:15 a.m. – 12:15 p.m. Every Monday in person with our certified yoga instructor April Geoffrey. ***This 8-week session will begin on July 10th and will be in the Blueline Room (second floor, beside the walking track).*** The Benefits of chair yoga increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. Pay-as-you-go is \$5.00 members/\$7.00 non-members.

STITCH & CHATTER / RAGGED EDGE QUILTERS – 12:30 p.m. – 3:00 p.m. ***Quilting will be at the Dorchester Library (2123 Dorchester Rd, Dorchester, ON).*** Join this lively, social group for a fun afternoon of crafts. You are welcome to quilt, sew, knit, crochet, cross stitch etc. Bring your favourite craft to work on. The cost is \$2.00 for members and \$4.00 for non-members per class.

SHUFFLEBOARD – ***New Members Welcome!*** – 1:00 p.m. – 3:00 p.m. ***Shuffleboard will be in the Blueline Room (second floor, beside the walking track).*** Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye co-ordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. Every Monday in the arena auditorium.

TUESDAY

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. In-person with certified Pilates instructor Laura Lea Devine. ***Pilates will be in the Blueline Room (Second floor, beside the walking track).*** Pilates is an exercise method designed to condition and connect your mind and body. Emphasis is on correcting muscular imbalances, improving posture, and toning the body from head to toe by creating long lean muscles. A new 6-week session begins July 4th. The cost is \$52.50 members/\$62.50 non-members. Pay-as-you-go is \$10.00 members/\$12.00 non-members. We encourage you to sign up for the entire 6-week session. Please note: No class on July 11, August 8 & 15.

WOW CHAIR YOGA – 10:15 a.m. – 11:15 a.m. Every Tuesday over-the-phone with certified yoga instructor Jodi Marissen. Benefits of chair yoga increase circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. This 8-week course begins July 4th. The cost is \$40.00 members/\$50.00 non-members.

GENTLE YOGA – Will resume in September.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in the fun while learning new skills. Fee is \$2.00

KURLING – Will resume in November.

POLE WALKING – Will resume in September.

WEDNESDAY

DRUMFIT – Will resume in September.

SHUFFLEBOARD – New Members Welcome! – 1:00 p.m. – 3:00 p.m. Shuffleboard is an exciting game played by people of all ages for fun and exercise. It calls upon players to develop hand/eye coordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. ***Every Wednesday in the Blueline Room (second floor, beside the walking track).***

WOW BINGO – 1:30 p.m. – 2:30 p.m. Every Wednesday over the phone. Join in on the fun and interact with people from home while playing bingo. BINGO cards are provided and can either be picked up at the Centre or dropped off at your home. No prizes - winners get bragging rights. Free for members.

THURSDAY

BEGINNERS LINE DANCING – Will resume in September.

BEGINNERS PLUS LINE DANCING – Will resume in September.

CHAIR YOGA – 10:15 a.m. – 11:15 a.m. ***Every Thursday in person with our certified yoga instructor April Geoffrey in the Blueline Room (second floor, beside the walking track).***

Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. A new 8-week session begins July 13th. The cost is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. We encourage participants to sign up for the entire session.

GENTLE PILATES – Will resume in September.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Members only. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

FRIDAY

CARPET BOWLING – 10:00 a.m. – 12noon. ***Carpet Bowling will be in the Blueline Room (second floor, beside the walking track).*** The cost is \$2.00 for members and \$4.00 for non-members. Come out and join this fun group and learn to play this enjoyable sport every Friday. **We're looking for new bowlers. Beginners are welcome.**

ZUMBA – Will resume in September.

INDOOR KITE FLYERS – Will resume in September.

CHOIR PRACTICE – Choir practice will resume on September 8th.

Thorndale Weekly Programs

MONDAY

PICKLEBALL – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome. You must be a member to play. Bring a paddle and join in while learning new skills. The cost is \$2.00 for members.

TUESDAY

KURLING – Will resume in September.

EUCHRE – Will resume in September.

CHAIR YOGA – 9:50 a.m. – 10:50 a.m. - Every Tuesday in-person starting July 11th. Join certified yoga instructor April Geoffrey at the ***Thorndale Library (21790 Fairview Rd, Thorndale, ON)***. Benefits of chair yoga: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, improves balance, eliminates toxins, calms the mind/relaxation and improves concentration. Pay-as-you-go is \$5.00 for members and \$6.25 for non-members.

MAT YOGA – 11:00 a.m. – 12:00 p.m. Every Tuesday in-person starting July 11th. Join our certified instructor, April Geoffrey at the ***Thorndale Library (21790 Fairview Rd, Thorndale, ON)***, as she leads you through yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation. Please wear comfortable clothing. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

WEDNESDAY

BEGINNERS LINE DANCING – Will resume in September.

MEN'S COFFEE HOUR – Will resume in September.

WOMEN'S COFFEE HOUR – Will resume in September.

PICKLEBALL – 1:00 p.m. – 2:50 p.m. in the gym. New players welcome. Members only. Bring a paddle and join in while learning new skills. The cost is \$2.00 for members.

THURSDAY

DRUMFIT – Will resume in the Fall.

CHAIR YOGA – Will resume in September.

MAT YOGA – Will resume in September.

SHUFFLEBOARD – Will resume in September.

Upcoming Bus Trips

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

“Grand River Boat Cruise & Blazing Fiddles Show” 2.0 –Thursday, July 6, 2023. Depart: 9:45 a.m., Return: 5:00 p.m. \$130.00 members/\$140.00 non-members. Trip includes complimentary coffee and muffin upon arrival, shopping time in Dockside Market Place, live music show featuring the Blazing Fiddles Show, 2 1/2 hour dinner cruise with delicious 3-course roast beef lunch (chicken available with advance notice).

“Blue Jays vs San Diego Padres Camp Day” – SOLD OUT! (Sign up for the waiting list)

Thursday, July 20, 2023. Please Note: New times: Depart: 9:00 a.m. Return: 7:15 p.m.

“Kinky Boots” - SOLD OUT! (Sign up for the waiting list). Wednesday, August 9, 2023. Depart: 10 a.m. Return: 6 p.m.

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

“Fall Colours Tour” - Hockley Valley area. Thursday, October 19, 2023, Depart: 8:00 a.m., Return: 6:30 a.m. - \$160.00 members/\$170.00 non-members. Includes coach bus transportation, a coffee break at Greystone Cafe (Orangeville ON) for pastries & coffee/tea, fall colours tour in Hockley Valley, wine tasting at Windrush Estate Winery: includes a unique tour and tasting as well as a bottle of wine to take home (choose from ‘ruby red’ Pinot Noir or ‘honey white’ either Riesling or Pinot Grigio). There is an amazing view, on the winery grounds, at the top of the hill near the Chateau delicious lunch buffet at Restaurant 85 at Hockley Valley Resort (Regional & locally inspired lunch buffet: BREADS & SPREADS: House made focaccia & locally sourced bread, whipped butter, olive tapenade. SALADS: Daily themed salads. DAILY HOT ENTRÉES & SIDES: Daily themed entrées / seasonal vegetables / sides. DAILY DESSERTS: Fresh daily pastries or cakes or dessert from our bakery. SEASONAL FRUIT: Fresh seasonal cut fruit platter. Locally roasted coffee and tea) and a visit to Museum of Dufferin (The MoD facility was purpose-built as a museum. The style of an Ontario bank-barn was chosen to reflect the rural and agricultural heritage of the region). On the way home we will travel down highway 89 for a scenic tour of the vibrant fall colours.

St. Jacob’s Area Trip” – SOLD OUT! (Sign up for the waiting list). Wednesday, November 1, 2023. Depart: 8:45 a.m. Return: 6:30 p.m.

“The ABBA Story” - Showplace Dinner at Bingemans Conference Centre in Kitchener ON. Wednesday, November 15, 2023. Depart: 10 a.m. Return: 5 p.m. \$125 members/\$135 non-members. *The ABBA Story is a wonderful retelling of the rise of four young Swedes from relative obscurity in their homeland to the top of the music world. A narrator tells the story in between note-perfect renditions of all your favorite ABBA hit songs. Hear how these two young couples came out of nowhere to win the prestigious Eurovision Contest with the hit song "Waterloo". Hit after hit followed until their eventual breakup in the early 1980s. Audience members are thrilled as the band appears in the identical costumes worn by the original ABBA.* The trip includes coach bus transportation, buffet luncheon menu: Bread, Rolls & Butter, Salads, Two Hot Entrees, Potatoes, Vegetables, Assorted Plated Desserts, Tea and Coffee and your tickets to see this thrilling musical show.

"Starbright" Christmas Show & Lights" - Victoria Playhouse in Petrolia ON - Friday, December 1, 2023. Depart: 10:00 a.m. Return; 6:30 p.m. \$155.00 members/\$165.00 non-members. Trip

includes a delicious lunch at Actor's Restaurant (choice of four entrees), ticket to see "Starbright" Christmas show (traditional Christmas songs and performances), and "Magic of Lights" Christmas display at Longwoods Conservation Area.

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

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

Single: \$1,165 members

Double: \$775 members

Triple: \$765 members

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

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

Monthly crafting and painting afternoon classes will return in the Fall.

Book Club

Do you enjoy reading during the cooler months?

Book club is back, and we have quite a few great books on the agenda for the fall, winter, and early spring. The group will meet once a month to discuss the chosen book and then receive the next month's book. We will be using the Library's Book Club Bags.

We will be taking a break during the summer and pick back up in October.

If you are interested in joining the book club or have questions, please email kaelliott@thamescentre.on.ca or you can call the Centre at 519-268-2025.

Computer Help

Janis Baines, our computer instructor, has kindly offered to make house calls to help people with connecting with family and friends through Skype (video call) or other conference meeting apps and to help with general computer/device issues. If you are unsure how to make the most of your devices (iPad, tablet, cell phone, laptop etc.) to connect with family & friends. Please let us know if you are interested and we will have Janis contact you.

Cost: \$20.00/hour

Dorchester Horticultural Society

Meetings the 3rd Tuesday of every month. Doors open at 6:45 p.m. For more information, call Sue Monk @ 519-269-3385 Thorndale & Area Horticultural Society. Please check our social media accounts <https://gardenontario.org/society-listing/entry/767/> and <https://www.facebook.com/ThorndaleHorticulturalSociety/> for additional information. Stay safe and happy gardening!

Art Your Service - Daily Virtual Classes & Socials

Stay fit and thrive in these difficult times. Upbeat and personable classes with instructors who care and have experience working with seniors. Classes like Chair Aerobics, Yoga, Natural Movement for Seniors, Ukulele Lessons, Socials, Painting and Nature workshops. You will have access to 45 hours of Classes and Socials a month. Each day will feature one Fitness and one Creative Class taught live by experts in the senior fitness and creative aging fields.

New Content added weekly to keep the activities fresh, exciting, and meaningful! To register for this free service (Senior Centre is paying the membership fee), call 519-268-2025 or email kgress@thamescentre.on.ca and we'll register you and you'll receive the Zoom invitations.

iPad Lessons with Dan Parker – In-Person
iPad Lessons with Dan Parker will resume in the Fall.

Other Programs

Seniors Pickleball - Registration is required.
Paddles are available to borrow. Balls provided.
User fees are \$2.00 for members.

Dorchester Gym

Tuesdays & Thursdays
12 p.m. – 2:30 p.m.

Thorndale Gym

Mondays & Wednesdays
1 p.m. – 3 p.m.

Creative Age Art Group

Meeting in the Art Studio Thursday from 1pm - 3pm. If you are interested in joining this creative bunch, you must register in advance (limited space) email Penny Wearne at penny@pennywearne.com or call 519-268-3306.

Aqua Fit Classes

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 Tuesday, July 4, 2023

Monday - Friday

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

The cost is based on either a "pay-as-you-go" method for \$5/day or you can purchase a 10-class punch card for \$36.00.

Held in the Dorchester Community Pool.

Foot Care Clinic

The Foot Care Clinic is held every month on the second Tuesday, in the Blueline Room from 8:30 a.m. – 11:30 a.m. The cost is \$35.00. Contact Nan at 519-860-5214.

Donnybrook 433 Euchre

Euchre is every Thursday. \$2.00 per person to play, please bring correct change.

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

Bid Euchre

Every Thursday evening from 7 p.m. to 10 p.m. You can bring a friend!

The cost is \$3.00 per person. Cash prizes to be won.

Dorchester Indoor Kite Flying

Every Friday in the gym from 9:30 a.m. – 12noon. For more information, contact Penny Wearne: penny@pennywearne.com or 519-268-3306

Dorchester Bowling League - Five Pin Bowling

Dorchester Seniors Bowling League! Beginning in September at the Fairmont Bowling Alleys. To register for the fall league and for more information, please contact Norman Stewart at 519-439-4183

Women's Drumming Circle

Will resume in September at the Fair Grounds.

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.

Dorchester Arena gym – Mondays & Wednesdays 9-9:50am

Blood Pressure Clinics: Monitor your blood pressure at our free community clinics. Dorchester Library – every Thursday 10:30am-12:30pm, Thorndale Library – 4th Thursday of each month

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

Recipe from the Centre's Kitchen

Lemon Blueberry Cake

Lemon Blueberry Cake

Bright and sweet, it's the perfect sheet cake!

YIELDS: 12 serving(s) PREP TIME: 15 mins TOTAL TIME: 2 h

Ingredients

FOR THE CAKE:

- 2 3/4 c. plus 1 tbsp. all-purpose flour, divided
- 1 3/4 tsp. baking powder
- 1/2 tsp. baking soda
- 3/4 tsp. kosher salt
- 1 3/4 c. granulated sugar
- 1 c. vegetable oil
- 3 large eggs, room temperature
- 3/4 c. buttermilk, room temperature
- 1/3 c. lemon juice
- 2 tbsp. firmly packed lemon zest, plus more for garnish
- 2 tsp. vanilla extract
- 2 c. fresh blueberries, plus more for garnish
- Nonstick baking spray with flour



FOR THE FROSTING:

1 8-oz. block cream cheese, softened
1/4 c. unsalted butter, softened
1 tbsp. lemon juice
1 tsp. firmly packed lemon zest
4 c. powdered sugar

Directions

For the cake: Preheat the oven to 350°F.

1. In a medium bowl, whisk together 2 3/4 cups flour, baking powder, baking soda, and salt.
2. In a large bowl, whisk together sugar and oil until combined. Add the eggs, one at a time, and whisk until fully combined.
3. In a small bowl, whisk to combine the buttermilk, lemon juice, lemon zest, and vanilla extract.
4. To the egg mixture, add the flour mixture in 3 parts, alternating with the buttermilk mixture, whisking just until combined after each addition.
5. Toss the blueberries with the remaining 1 tablespoon of flour in a small bowl. Gently fold them into the batter until evenly distributed.
6. Spray a 13-by-9-inch baking pan with baking spray with flour. Pour the batter into the prepared pan and bake for 40 to 45 minutes, or until a wooden pick inserted in the center comes out clean. Let the cake cool completely in the pan.
7. For the frosting: In the bowl of a stand mixer fitted with a paddle attachment, beat the cream cheese, butter, lemon juice, and lemon zest at medium speed until creamy, about 2 minutes. Add the powdered sugar and beat at low speed until combined. Increase the speed to medium and beat until smooth, about 1 minute, stopping to scrape down the sides and bottom of the bowl as needed.
8. To assemble: Spread cream cheese frosting on top of cake and garnish with additional blueberries and lemon zest if you'd like.

Tip: Use a five-hole citrus zester for pretty lemon zest curls!

Creative Age Art Studio

DORCHESTER CREATIVE AGE STUDIO

A few artists at the Dorchester Creative Age Studio will be going on-line during the summer. This means you can be at home, relaxing after a day of gardening or aqua fitting or walking, and still connect with a group to learn a new art or craft skill. No driving, no mosquitos, no June bugs in your hair... all in the comfort of your own home. You will need a laptop, or desktop computer, or ipad, or tablet, or smartphone and access to the Internet. An email address will be required to take part in these workshops. You will also need ZOOM on your device. The invitations to the Zoom workshops will be sent out the morning of the workshops to your email address.

MANDALA MOMENTS: July 11, 18, and 25

Penny Wearne will be facilitating Mandala workshops using Zoom on Tuesday evenings. If you are interested in being included on the evening "Mandalas on Zoom" classes please email Penny and she will send you the invitation. You will need to have paper, coloured pencils and/or pens, compass, protractor, ruler, and a cuppa your favourite refreshment. We will be working with informal and formal grids in circles to create mandalas and then add colour to bring them to life.

Register for these free classes by emailing Penny penny@pennywearne.com before July 9th.

Card Making With Jan McCallum

A new artist to the Creative Age Studio, Jan McCallum, will be presenting card-making skills on Zoom. Materials will be provided. Each participant will pick up their materials before Jan's workshops... you can pop into the Sr Centre to pick up your envelope of goodies. An email address

will be required to take part in these workshops. To register and pay for Jan's workshops, contact Karen Gress by phone (519-268-2025).

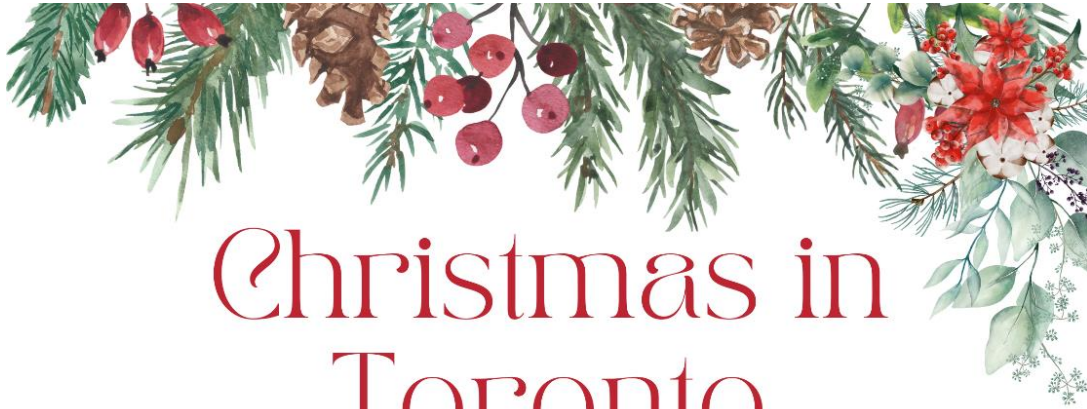
CardMaking for Beginners

Wed 1:30-3:30

July 19 and 26

Cost for these two workshops will be \$50.00.

To register and pay for Jan's workshops contact Karen Gress by phone (519-268-2025).



Christmas in Toronto

DECEMBER 5, 6 & 7, 2023

Trip includes:

- ~ Luxury motor coach transportation
- ~ Tour Director
- ~ 2 night accomodations at The Chelsea Hotel
- ~ Night Cap meet and greet (wear your Christmas/Festive hat)
 - ~ 2 Deluxe Breakfast Buffets
 - ~ 1 dinner at a local Restuarnt
- ~ Sightseeing at the Distillery Market, Allen Gardens, Nathan Philips Square & Eaton's Centre

Price

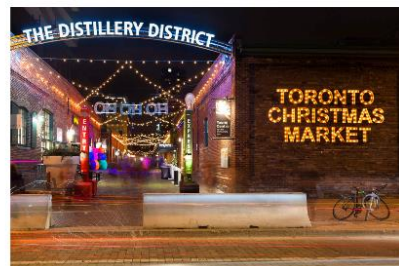
Single Room ~ \$1155 members / \$1165 non-members

Double Room ~ \$765 members / \$775 non-members

Triple Room ~ \$755 members / \$765 non-members



To sign up for this festive overnight bus trip call the Centre at 519-268-2025 or email kgress@thamescentre.on.ca





Bus Trip

Thursday, September 7, 2023

\$50.00 members/ \$60.00 non-members

This trip includes:

- Coach bus transportation
- Fun at the "Older" Casino
- \$35.00 free slot play
- Muffins & Cold Drinks on Bus

Departure 10:00 a.m.

Return: 6:30 p.m.



A fun-filled day trip to the Casino Niagara!

