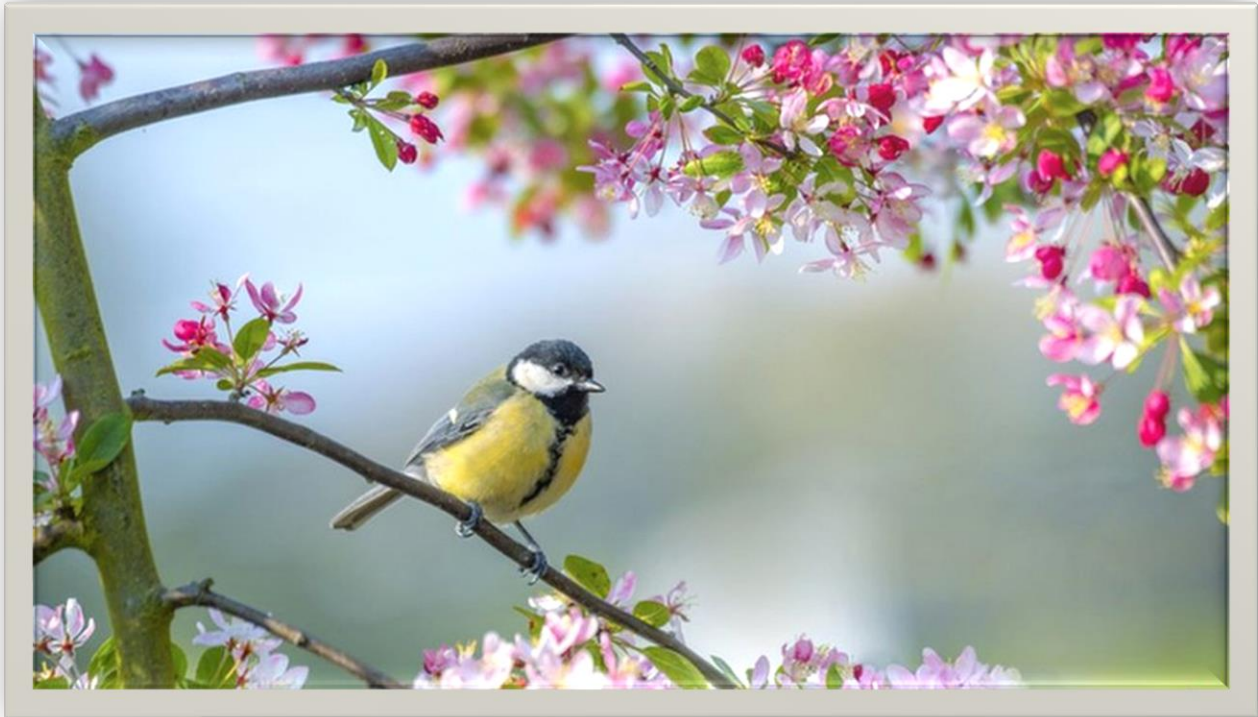


News & Views

March/April 2024



Membership Cost: \$25.00 per person

Note: Membership fees for 2024 are due

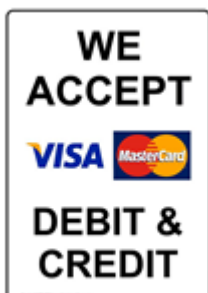
Newsletters: Free for members, \$1.00 for non-members



Lions Senior Centre
2066 Dorchester Road
(519) 268 – 7334 ext. 708 & 728
(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/Lucinda: 519-268-7334 ext. 728

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

Weekly Program Email Update

Friday News & Funnies is sent out to keep you up to date on upcoming activities and to tickle your funny bone.

A Message and Information from Your Co-Ordinator

Kayla and I are very excited to introduce Lucinda Heuving to everyone! She will be joining our team on March 4th and will be covering Kayla's Maternity Leave. We will have a few weeks when all three of us will be working together and Kayla and I will show her the ropes. Join us in welcoming Lucinda to the Senior Centre 😊

There are so many exciting activities, workshops, events, seminars, and bus trips planned for you to enjoy! Check out the hot meals, funeral planning seminar, expansion info session, art workshops, excursions, movie afternoons, and new programs such as Mahjong Drop-in and Dance Fit.

We are looking for a few volunteers to run curling, carpet bowling and shuffleboard in Thorndale. Each of these programs is a 2 – 2 ½ hour commitment each week. If you are interested, please let us know.

Happy Spring! Happy St. Patrick's Day! And Happy Easter!

Yours truly,
Karen Gress

For Your Information

Membership Fees

Membership fee of \$25.00 per person are coming due for 2024. You can pay in-person with credit card, cash, or cheques. Pay over the phone with your credit card or mail a cheque payable to

Municipality of Thames Centre 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, Russel Farquhar, 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

St. Patrick's Hot Meal

Tuesday, March 8, 2024

Thorndale Lions Community Centre

at 12noon

Menu: Roast Pork, Mashed Potatoes, Gravy, Apple Sauce, Vegetables, Coleslaw, Dinner Roll with Butter, Tea/Coffee, Juice & Grasshopper Pie for Dessert

Musical Entertainment: Gord Bell

Cost: \$20.00

Easter Hot Meal

Friday, April 12, 2024

Thorndale Lions Community Centre

at 12noon

Menu: Honey Baked Ham, Hash Brown Casserole, Harvest Vegetables, Coleslaw, Dinner Rolls with Butter, Tea/Coffee, Juice & Pie for Dessert

Musical Entertainment: Bob Finlay

Cost: \$20.00

Pick up & Drive-Thru Options

Take-out is available in Thorndale at 1:00 p.m. in Dorchester at 3:30 p.m. Call 519-268-7334 extension 708 (Karen) or 728 (Kayla) or email us at kgress@thamescentre.on.ca to reserve your meals.

Funeral Planning Education Session

Tuesday, March 12th

2:00 p.m.

In the Daycare ~ Call to register ~ Limited Space Available

Learn about goods and services available at a reduced cost. There are high quality and cost-effective alternatives to families when they are planning a commemorative event for a loved one. These options may greatly reduce the financial stress that many feel at such a time as this.

Speaker Keith Gillespie will provide information such as the fact that many residents in Ontario do not know that provincial legislation allows them to purchase goods and services from outside the funeral home and bring these goods and services into the funeral home for use during their event. The funeral home is obligated to accept such items as caskets and cremation urns etc. The funeral home cannot charge a fee for accepting these items. This seminar will provide information related to what people's rights and responsibilities are in this regard. This allows the public to make informed decisions in the future when they are called upon to make such arrangements. The presentation is approximately 30-45 minutes in length. Upon arrival, all attendees are given a complete copy of the materials used in this presentation to take with them at the end of the seminar. At the end of each presentation, residents and their families are encouraged to participate in a question-and-answer session to address any questions they may have. This is not a sales presentation.

Refreshments will be served!

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.

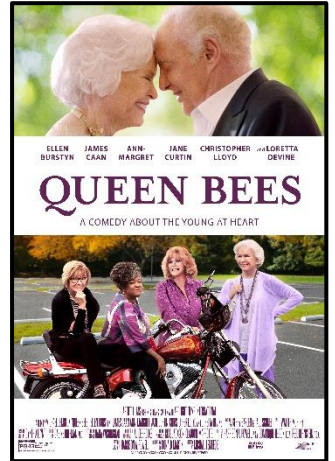
Thank you ☺

Queen Bees

Tuesday, March 26, 2024 @ 2:00 p.m.

Movie Overview: “While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying “mean girls.”

Stars: Ellen Burstyn, James Caan, Ann-Margaret, Jane Curtin, Christopher Lloyd & Loretta Devine

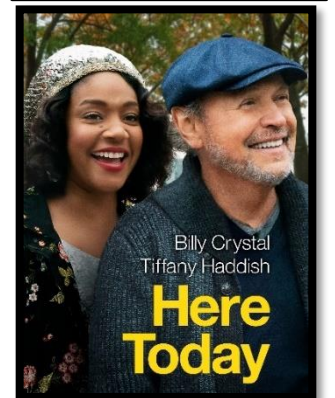


Here Today

Tuesday, April 16, 2024 @ 2:00 p.m.

Movie Overview: “Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, but their relationship gets off to an extremely rocky start. Before long, each finds in the other a sort of soulmate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love and trust.”

Stars: Billy Crystal; Tiffany Haddish, Andrew Durand & Laura Banati.



Bid Euchre Tournament

Friday, March 22, 2024

(Please register by Monday, March 18th)

Where: Flight Exec Centre Gym
(2066 Dorchester Road, Dorchester)

10AM-3PM

\$15.00 per person

Delicious lunch included and cash prizes to be won

Registration is required

Call the Senior Centre at 519-268-7334 ext. 708 or 728 to register and for more details!

Dorchester Weekly Programs MONDAY

WOW MEDITATION/BREATHING – 9:00 a.m. – 10:00 a.m. Join June Ross as she leads you through an essential blend of Yoga, Tai Chi, meditation and breathing for your toolbox of life skills. A new 7-week session begins March 11th and is \$35.00 members/\$45.00 non-members. Connect using over-the-phone teleconferencing. No class April 1st (Easter Monday).

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 be in the Daycare room (North side of building). 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. The cost of this 7-week session will begin on March 4th and is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class April 1st.

STITCH & CHATTER / RAGGED EDGE QUILTERS – 12:30 p.m. – 3:00 p.m. *Quilting is held in the Daycare room (North side of the building).* 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. \$2.00 for members/\$4.00 for non-members per class. No Quilting on April 1st.

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. No class April 1st.

TUESDAY

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. with certified instructor Laura Lea Devine. Pilates will be in the Daycare Room North side of the building). 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 8-week session begins March 5th. The cost is \$70.00 members/\$80.00 non-members (twice a week is \$130.00/\$150.00). Pay-as-you-go is \$10.00 members/\$12.00 non-members. No class March 12th.

WOW CHAIR YOGA – 10:15 a.m. – 11:05 a.m. Every Tuesday over-the-phone with certified yoga instructor April Geoffrey. 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 5-week course begins April 2nd at a cost of \$25.00 members/\$35.00 non-members.

GENTLE YOGA – 11:00 a.m. – 12 noon. Gentle Yoga will be at the Dorchester Library (2123 Dorchester Rd, Dorchester, ON). Join certified instructor, Bonnie Di Bernardo, 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. Wear comfortable clothing. This 8-week course begins March 5th at a cost of \$40.00 for members and \$50.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

DANCEFIT – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. Dance Fit will be in the Blueline Room. This class is a low Impact, dance styled fitness class that consists of a warmup, 20-30mins of cardio, full-body toning, a cool down and stretch. All Welcome, no fitness/dance experience necessary! This 8-week course begins April 9th at a cost of \$40.00 members/\$50.00 non-members. If you plan to attend twice a week for 8 weeks, (course also offered on Thursdays) the price is \$80.00 members/\$100.00 non-members.

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 – 1:00 p.m. – 3:00 p.m. Kurling will be in the Blueline Room (second floor, beside the walking track). 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 every Tuesday until the end of April. No Kurling March 12th.

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 March 12th. Meet at the indoor walking track in the arena (please call to sign up in advance). Bring your sunglasses in case we walk on the outdoor track. This class is pay-as-you-go is \$2.00 for members & \$4.00 for non-members. The poles are included for this class. Instructor: Karen Gress.

WEDNESDAY

NEW! MAHJONG LESSONS – 9:00 a.m. – 12:00 p.m. Join Lawrence Seah for “Coffee and Mahjong Social” beginning February 28th. Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players. If you are interested in this exciting new opportunity to learn this game, call, or email us to sign up. Once participants learn to play the game, this will develop into a social drop-in program where everyone can join in on Wednesday mornings to play Mahjong.

DRUMFIT – 9:45 a.m. – 10:45 a.m. DrumFit will be in the Blueline Room (second floor, beside the walking track). DrumFIT is a fast-paced, non-competitive fitness program that combines music, movement, and drumming. We only have one rule: YOU MUST HAVE FUN! It is guaranteed to leave you smiling, inspired, and wanting more! This 8-week session begins March 6th at a cost of \$50.00 for members & \$60.00 for non-members. Drumsticks, exercise balls and bases all provided for this class. Certified DrumFit Instructor: Diana Schiedel. We encourage participants to sign up for the entire 8-week session.

GUITAR LESSONS – 11:00 a.m. – 12:00 p.m. Guitar Lessons will be in the Blueline Room (second floor, beside the walking track). Learn how to play the guitar with instructor Diana Schiedel and “Chordbuddy”. It’s the easiest way to learn guitar. To register for this class you will need to purchase a “Chordbuddy” online (Amazon) or purchase one from the instructor. Bring your own guitar or rent one for \$30.00. Let us know in advance if you need a guitar and/or “Chordbuddy”. The instructor will need to know how many to bring to class. This 8-week session begins March 6th at a cost of \$50.00 members & \$60.00 non-members.

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 – 8:30 a.m. – 9:00 a.m. Line dancing will be in the Blueline Room (second floor, beside the walking track). Learn the basic steps beginning March 7th. Stay for the 9 a.m. class to try out the steps.

BEGINNERS PLUS LINE DANCING – 9:00 a.m. – 10:00 a.m. Line dancing will be in the Blueline Room (second floor, beside the walking track). Come out for a few laughs and learn a few new moves every Thursday. This 8-week session is \$20.00 for members & \$30.00 for non-members and begins March 7th. Pay as you go \$4.00 for members and \$6.00 for non-members.

CHAIR YOGA – 10:15 a.m. – 11:05 a.m. Every Thursday in person with our certified yoga instructor April Geoffrey in the Daycare (North side of building near the old auditorium). 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 February 29th. 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.

DANCEFIT – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. Dance Fit will be in the Blueline Room. This class is a low Impact, dance styled fitness class that consists of a warmup, 20-30mins of cardio, full-body toning, a cool down and stretch. All Welcome, no fitness/dance experience necessary! This 8-week course begins April 9th at a cost of \$40.00 members/\$50.00 non-members. If you plan to attend twice a week for 8 weeks, (course also offered on Tuesdays) the price is \$80.00 members/\$100.00 non-members.

GENTLE PILATES – 10:30 a.m. – 11:30 a.m. Pilates will be at the Dorchester Fairgrounds in the newest building (4939 Hamilton Rd, Dorchester, ON). In-person with certified Pilates 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. A new 8-week session begins March 7th. The cost is \$70.00 members/\$80.00 non-members. Pay-as-you-go is \$10.00 members/\$12.00 non-members. If you register to participate twice a week, the cost will be \$130.00 members/\$150.00 non-members. No class March 14th.

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. Would you like to lead this program? We need someone to spearhead this activity. 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.

ZUMBA – 9:30 a.m. – 10:30 a.m. Join in on some fun dancing exercise classes with instructor Ellen Johnson in the Arena Gymnasium (South side of the FlightExec Centre). A new 8-week session begins March 8th. The cost is \$40.00 for members/\$50.00 for non-members or pay-as-you-go for \$7.00 members/\$9.00 non-members.

INDOOR KITE FLYERS – 10:30 a.m. – 12 noon. Every Friday in the gym. For more information, contact Penny by email penny@pennywearne.com or call 519-268-3306.

CHOIR PRACTICE – 1:00 p.m. – 3:00 p.m. Choir will be in the Daycare Room (North side of building near the old auditorium). New members welcome! This friendly, musical group will get together every Friday to practice and have fun! Go on sing-outs to other Centre's & Retirement Homes.

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. No Pickleball April 1st.

MAT YOGA – 9:00 a.m. – 9:50 a.m. Join our certified instructor, April Geoffrey in meeting room #3, 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. A new 8-week session begins March 4th at a cost of \$45.00 members/\$55.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class April 1st (Easter Monday).

CHAIR YOGA – 10:00 a.m. – 10:50 a.m. - Join certified yoga instructor April Geoffrey in meeting room #3. 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 March 4th at a cost of \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 for members and \$6.25 for non-members.

TUESDAY

KURLING – 10:00 a.m. – 11:50 a.m. in the gym. Kurling is a form of the original curling game but adapted so that it can be played indoors in a sports hall, rather than on ice. The cost is \$2.00 for members/\$4.00 for non-members. Join in on the fun every Tuesday.

EUCHRE – 1:00 p.m. – 2:50 p.m. Euchre is every Tuesday in meeting room #1. Come out and join this fun, social group play this enjoyable card game. The cost is \$2.00 for members and \$4.00 for non-members. Cash prizes to be won!

WEDNESDAY

BEGINNERS LINE DANCING – 9:00 a.m. – 9:50 a.m. in the gym. Come out for a few laughs and learn a few new moves every Wednesday with Karen Gress. This 7-week session is \$17.50 for members & \$27.50 for non-members beginning March 6th.

MEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and great conversation in meeting room #1 for \$2.00. Every Wednesday morning.

WOMEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee, baked good and excellent conversation in meeting room #3 for \$2.00. Every Wednesday morning.

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

CHAIR YOGA – 11:45 a.m. – 12:35 p.m. Every Thursday in-person with April Geoffrey. Join certified yoga instructor. 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. A new 8-week session begins March 7th. The cost is \$35.00 members/\$45.00 non-members.

MAT YOGA – 12:45 p.m. – 1:35 p.m. Join our certified instructor April Geoffrey, as they lead 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. This 8-week course begins March 7th at a cost of \$40.00 for members and \$50.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

SHUFFLEBOARD – 1:00 p.m. – 2:50 p.m. Would you like to lead this program? We need someone to spearhead this activity. Shuffleboard is an exciting game played by people of all ages for fun and exercise. We'll be playing indoors at the Community Centre Gym every Thursday afternoon. The cost is \$2.00 for members and \$4.00 for non-members.

Upcoming Bus Trips

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

"Irish Kitchen Party" - Showplace Dinner at Bingemans Conference Centre in Kitchener ON **Sold Out but there is a waiting list.** Friday, March 15, 2024. Depart: 11 a.m. Return: 5 p.m. \$135 members/\$145 non-members.

Caesars Windsor Casino - Wednesday, April 24, 2024. Depart: 9:30 a.m. Return: 7:30 p.m. \$50.00 members/\$60.00 non-members. Join us for a day in Windsor! \$15.00 free slot play
Bring government issued photo identification.

Spring Mystery Tour - Wednesday, May 22, 2024. Depart: 7:45 a.m. Return: 6:00 p.m. \$110.00 members/\$120.00 non-members. Enjoy a mystery adventure, including lunch (Lunch Options: Pulled Chicken Sandwich, house pickles, spiced kettle chips, Perch Sandwich lettuce, tomato, tartar sauce, house cut fries, Classic Quiche butter pastry crust, Ontario cheese, seasonal vegetables, mixed green salad) and two destinations for exploration. Please give your lunch order at the time of sign up.

Royal Botanical Gardens & IKEA - Wednesday, June 12, 2024. Depart: 8:30 a.m. Return: 6:30 p.m. \$90.00 members/\$100.00 non-members. Guided tour of Laking Gardens featuring Iris & Peony, lunch at the Annex Cafe (choice of Smoked Turkey on a Bun, Grilled Veggie Wrap or Ham & Cheese on a Bun with Gluten Free available upon request, side, bottle water and dessert), time to visit the gift shop, explore the indoor Mediterranean Garden and/or Hendrie Park and 1 1/2 hours to shop at IKEA. Please give your lunch/sandwich order at time of sign up.

BEEHIVE - The '60s Musical - Tuesday, June 18, 2024. Depart: 9:45 a.m. Return: 6:00 p.m. \$155.00 members/\$165.00 non-members. On this flower power excursion, our first stop will be at "The Right Spot Restaurant Bakery" in Alma ON where you will have the choice of one of four entrees Fish & Chips (1 piece) served with coleslaw, Liver & Onions served with 1 piece of liver, fried onions, roasted potatoes and vegetables, Chicken Fingers - 3 chicken fingers, served with coleslaw and fries or Spaghetti served with our signature meat sauce & a slice of garlic bread, tea/coffee and dessert. We will then take a short drive to the Drayton Festival Theatre to enjoy an afternoon of musical entertainment. Flower power meets girl power in BEEHIVE, a musical celebration of the most powerful and iconic female voices of the 1960s. Told from the perspective of six women who come of age in this enigmatic decade, BEEHIVE takes audiences on a nostalgic journey through timeless hits of the era such as "My Boyfriend's Back," "Son of a Preacher Man," "Natural Woman," "It's My Party," "Where the Boys Are," and "You Don't Own Me." From Leslie Gore to Janis Joplin, the Shirelles to the Supremes, and Aretha Franklin to Tina Turner, this toe-tapping production features 40 classic chart-toppers that will put a song in your heart and leave you dancing in the aisles.

Blue Jays vs Huston Astros Bus Trip ~ Sold Out ~ There is a waiting list. Thursday, July 4th
Depart: 9:00 a.m. Return: 6:30 p.m. \$145.00 members/\$155.00 non-members. Trip includes homemade bagged lunch (roast beef on a bun, juice box, veggies, fruit and homemade cookies), ticket to the baseball game (section 134 - just to the left of the Blue Jays dugout ~ excellent seats!), welcome message on the Jumbotron Tron and a chance to cheer on your favourite team! *Note: Rogers Centre is a cashless venue ~ only debit/credit accepted*

"Shane Cook and the Woodchippers" – Walters Family Music Venue in Bright ON - Tuesday, September 10, 2024. Depart: 10:00 a.m. Return: 5:30 p.m. \$150.00 members/\$160.00 non-members. This exciting adventure includes lunch at Quehl's Restaurant where you will enjoy a delicious all-you-can-eat buffet lunch and shopping time at their quaint gift shop, and a ticket to see Canadian and U.S. National fiddle champion Shane Cook and his band the Woodchippers. Joining Shane as a four-member group of multi-instrumentalists, singers and step dancers, The Woodchippers are: Emily Flack (Leahy) on piano, vocals and dance, Joe Phillips (Art of Time Ensemble) on vocals, double bass and guitar, and Kyle Waymouth (five-time national step dance champion) on guitar, tenor banjo and dance.

Frankenmuth & Birch Run – Tuesday, November 19, 2024. Depart: 8:00 a.m. Return: 8:00 p.m. \$140.00 members/\$150.00 non-members. This excursion includes lunch at Zehnder's of Frankenmuth (Lunch Menu: Two Pieces of Fried Chicken, Mashed Potatoes with Gravy, Grandma Zehnder's Dressing. Served with Cabbage Salad, Freshly Baked Breads, Whole Fruit Preserves, Ice Cream, and Coffee, Tea, Milk or Soft Drink Included), an hour free time in Frankenmuth (With an ultra-walkable shopping district dotted by Bavarian architecture, it's hard to say which you'll eye up more — the gorgeous storefronts or what's inside!), shopping time at Bronner's Christmas Store (Bronner's features a fantastic selection of Christmas ornaments, trims, trees, Christmas lights, nativities, and collectibles. Christmas cards, garlands, stockings, Advent calendars, and wreaths are also among the many items available. Of the more than 6,000 styles of ornaments which Bronner's carries, half of the glass ornaments are Bronner's exclusive designs.) and shopping time at the Birch Run Premium Outlets (features over 100 stores for your shopping pleasure including kate spade new york, The North Face, Under Armour, adidas, Columbia, and Michael Kors).

Upcoming trips in the planning: Sumer boat cruise, Cowbell & Blyth Festival Theatre, Oktoberfest, Fall Colours, Christmas Show. *If you have any trips ideas, please let us know!*

We are open to suggestions. If you have any trips ideas, please let us know! Thank you in advance for your input.

Tech Help with Dan Parker – In-Person

Thorndale Lions Community Centre

Meeting Room #1

Wednesdays at 7:00 p.m. beginning March 27th

(No class on April 17th)

5 weeks

Cost: \$30.00 members/\$40.00 non-members

Week 1: General instruction on how to operate your

Apple/Android devices

Week 2: Facebook - Setting up an account

Week 3: Social Gaming and Apps

Week 4: Shopping and Banking Online

Week 5: Cyber Security.

Please Note: Dan is skilled in helping you with all kinds of mobile tech like tablets and phones both

Android and Apple and their accessories. Along with smart home gadgets and general computer issues.

Register for these lessons by calling,
519-268-2025 or email
kgress@thamescentre.on.ca

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

"Sunflower Fields" Painting

Monday, March 11th @ 12 p.m..

In the Creative Art Studio

Cost \$25.00 members / \$35.00 non-members

Registration is required by March 4th.

Book Club

Book club is back, for the fall, winter, and early spring months. The group will meet once a month on the last Monday to discuss the chosen book.

Mar. – From the Ashes

Apr. – Based on a True Story

May. – Before I go to Sleep

If you are interested in joining the book club or have questions, please email

kaelliott@thamescentre.on.ca or call

519-268-7334 ext. 728

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 at the Dorchester Library. 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.

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.

Adult/Senior Skate

Mondays & Thursdays
10 a.m. – 10:50 a.m.
Begins September 11th
\$3.00 per person
Dorchester Arena – South Ice Pad

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 10:30 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

Leader: Shelia Shorrell
1st and 3rd Thursdays of the month
(no session Sept. 7th)
Dorchester Fairgrounds
2:00 p.m. – 3:30 p.m.
Beginning September 21st

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 10-10:50am

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

The VON offices and Day Program are now located upstairs in the Lions Rooms on the North side of the arena.

Recipe from the Centre's Kitchen

Oma's Rhubarb Cake:

This rhubarb cake was always made by someone's Oma for her grandkids after she picked through her garden.

Prep Time: 30 mins **Cook Time:** 45 mins **Total Time:** 1 hr 15 mins **Servings:** 12 **Yield:** 1 (9x13-inch) cake

Ingredients

Cake:

- 2 cups all-purpose flour
- 1 ¼ cups white sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 eggs, beaten
- 1 cup sour cream
- 3 cups diced rhubarb

Streusel:



- 1 cup white sugar
- ¼ cup butter, softened
- ¼ cup all-purpose flour
- ¼ teaspoon ground cinnamon, or to taste

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking dish.
2. To make the cake: Stir together flour, sugar, baking soda, and salt in a large bowl. Stir in eggs and sour cream until smooth, then fold in rhubarb. Pour into the prepared dish and spread evenly.
3. To make the streusel: Stir together sugar and butter in a medium bowl until smooth. Stir in flour until mixture is crumbly. Sprinkle mixture on top of cake, then dust lightly with cinnamon.
4. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 45 minutes.

Creative Age Art Studio

The Magic Yarn – Monday mornings: March 4, 18, and 25 and May 6. Interested people can email Penny Wearne at penny@pennywearne.com for more information and/or to register for upcoming workshops.

Zoom Art Drop-in Classes – Thursday nights from 6-8pm. These classes are not formal lessons but rather a chance to work on art projects with others "in your computer". Penny is focusing on Collage techniques so will chat about her own work during the two hours. Others may be working on different art pieces and will share their techniques and their projects.

Quilling - Creative Art Studio, 1:30 p.m. 3:30 p.m. 3-week series \$45.00 members/\$55.00 non-members. All supplies included. Tuesday, February 27, 2024

Introduction to Quilling: The instructor will introduce the art of Quilling plus show a video in which we try to duplicate all the different shapes on a display board.

Tuesday, March 5th (Part II of Quilling): Making flowers and putting the parts together to make things. We will learn to make flowers such as roses and how to make larger flowers etc. by putting the various little rolled Quilling together.

Tuesday, March 12th (Part III of Quilling): We will begin a larger project filling in your initial of your name or of your choice of project. You can also continue with the piece you started the week before.

Chainmail Jewelry Making!

Learn to make a two-toned bracelet (gold & silver). All supplies will be provided.

Instructor: Brian Bohnert

Thursdays, April 11, 18 and 25, 2024. 1:00 p.m. to 3:30 p.m.

Creative Art Studio \$45.00 for the 3-week session

Week 1: Learn to handle the rings. Choose your colour option, Week 2: Receive your ring kit and begin making your bracelet, Week 3: Complete your bracelet.

Take home the bracelet you made (over \$25.00 value). Maximum of 8 people per class.

Art Classes with Susan Hewitt Graham – New Zealand Art called Maori , Fridays: April 5, 12, 19, 1-3 pm, ...\$50.00 members/\$60.00 non-members. Art classes will be in the Art Studio on the second floor by the walking track.